

FRUITA SENIOR



July/August 2020

The Fruita Community Center – Senior Department has a newsletter just for our seniors here in Fruita. For the full newsletter, please go to www.fruita.org (Recreation & Events tab – go to Seniors Tab & Newsletter).

Hope everyone is doing well and not going totally stir crazy! We can help with some time lapsing activities, along with COVID information, links to websites for virtual tours around the world, educational links to keep you informed, exercises via video to keep you moving & hike ideas around Fruita, activity ideas to keep you busy & games that can entertain. AARP, MCL & many more activities!

Senior Planet is scheduled to have online computer classes covering some interesting topics – How to spot fake news, Online drug resources, Online shopping, & Youtube. These classes are provided by an online live video class. To obtain the class information, go to fruita.org/seniors for the online link.



We have been traveling around Fruita with our 'Fruita Loops' program to check in on & deliver goodie bags with bingo cards that we play via ZOOM once a week on Thursday. If we haven't visited you yet, give us a call & we'll get you on the list!

For more information on our weekly Bingo game, go to fruita.org/seniors or contact Jacqui Foster (see contact info. below) for more information.

We have ways to help with meals, food & light shopping errands for those in need! Contact Jacqui for assistance!

Canyon West Worship Center
Food Distribution – Open to Everyone in Need! Second Saturday of month from 9-11 am. In the Kokopelli Plaza, Fruita.

Meals on Wheels Home Delivery
available. To sign up, call 243-9844 x2.

Check our webpage frequently for new updates on activities & events around Fruita www.fruita.org

Fruita Community Center Reopen?

- The FCC is reopening for fitness, swimming, room rentals, pickle ball & youth day camp.

The Senior Center remains Closed.

COVID – 19

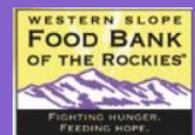
- Wear your face covering in public!
- Remain 6 feet from others.
- Wash your hands often.

FOOD BANK OF THE ROCKIES

970-464-1138

July 16th at Shelledy Elementary from 11-12p.

- 3rd Thursday of the Month
Food Bank of the Rockies will be distributing food boxes to those in need – 60+. Call **Food Bank of the Rockies** to sign up for the monthly food box –



Contact **Jacqui Foster** – jfoster@fruita.org
858-0360 ext: 6408
In need of any help or have questions – Please contact me!

Morton Salt Girl

In the famous logo, what is the Morton Salt girl holding in her right hand?

What slogan was used that she needed the umbrella?



Trivia –

What was President John Kennedy's middle name?

Fredrick Fitzgerald Francis Fritz the Fonz

How old was Evel Knievel when he died?

42 98 69 73

How many years did Nelson Mandela spend in Prison?

5yrs 27yrs 5days 1yr 2mo & 8 days

The first vending machines in the US dispensed what?

Soda Pop Cigarettes Gum Face Masks

How many Witches are in a coven?

12 13 15 21

Free Nelson Mandela



Evel Knievel his rocket motorcycle parachuted to safety on the Snake River bottom



Male Witches are called – Warlocks

Web page that you've never seen before – Check it Out!

<https://www.nationalgeographic.com>

National Geographic

<https://explore.org> Explore... a whole world

<https://www.nature.org/en-us/>

Nature Conservancy watch Wildlife caught on camera!

Older Than Dirt Quiz

- ✓ Where were headlight dimmer switches previously located?
 - a. On the floor shift
 - b. On the floor, left of clutch
 - c. Next to the horn
- ✓ Who left his heart in San Francisco?
 - a. Tony Bennet
 - b. Xavier Cugat
 - c. George Gershwin

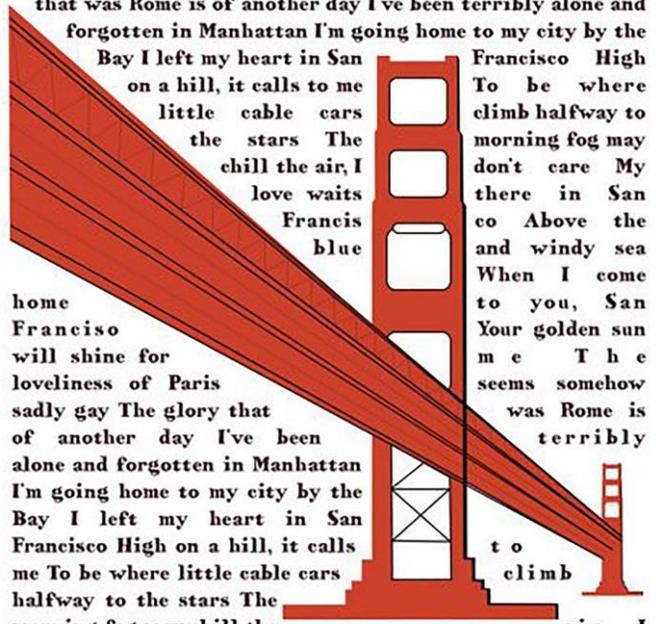


Answers on last page...

The loveliness of Paris seems somehow sadly gay The glory that was Rome is of another day I've been terribly alone and forgotten in Manhattan I'm going home to my city by the Bay I left my heart in San Francisco High on a hill, it calls to me little cable cars the stars The chill the air, I love waits Francis blue

home Francisco will shine for loveliness of Paris sadly gay The glory that of another day I've been alone and forgotten in Manhattan I'm going home to my city by the Bay I left my heart in San Francisco High on a hill, it calls to me little cable cars halfway to the stars The morning fog may chill the air, I don't care My love waits there in San Francisco Above the blue and windy sea When I come home to you, San Francisco Your golden sun will shine for me The loveliness of Paris seems

i left my heart in SAN FRANCISCO



Wear cloth face coverings

- [Cloth face coverings](#) should be worn over the nose and mouth. Cloth face coverings are especially important when it is difficult to stay at least 6 feet apart from others or when people are indoors to help protect each other.
- Cloth face coverings may slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others
 - Wearing a cloth face covering helps protect others in case you're infected, while others wear one to protect you should they be infected.

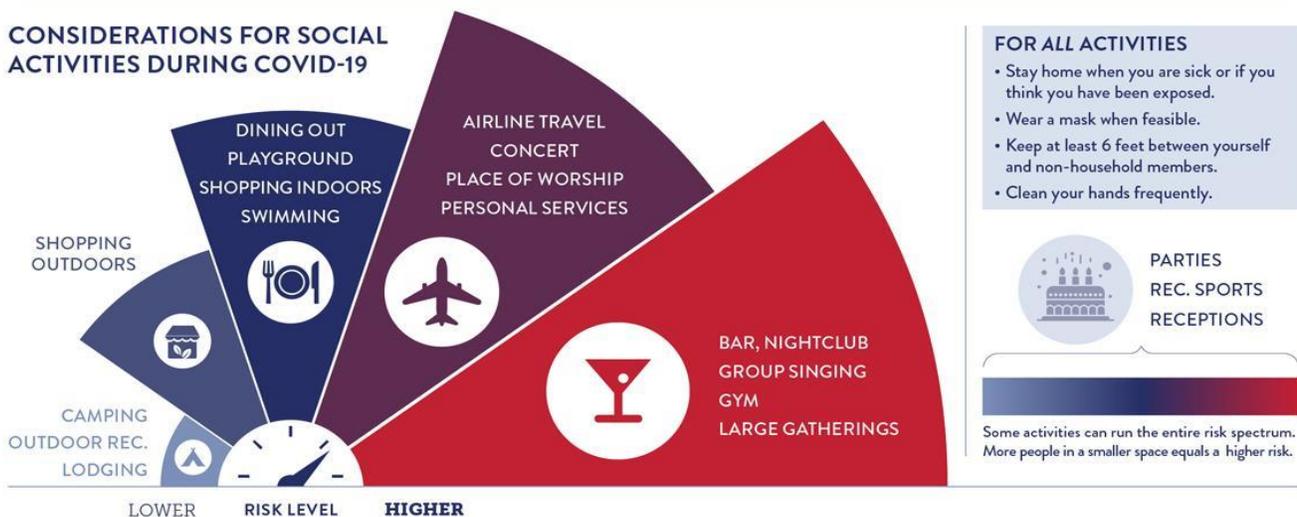
Encourage social distancing during your visit

- Visit with your friends and family **outdoors**, when possible. If this is not feasible, make sure the room or space is well-ventilated (for example, open windows or doors) and large enough to accommodate [social distancing](#).
 - Arrange tables and chairs to allow for social distancing. People from the same household can be in groups together and do not need to be 6 feet apart from each other.
 - Consider activities where social distancing can be maintained, like sidewalk chalk art or yard games.
 - Try to avoid close contact with your visitors. For example, do not shake hands, elbow bump, or hug. Instead wave and verbally greet them.
- If possible, avoid others who are not wearing cloth face coverings or ask others around you to wear cloth face coverings

RISKS AND BENEFITS



CONSIDERATIONS FOR SOCIAL ACTIVITIES DURING COVID-19



SAFER AT HOME MESA COUNTY will happen Gradually.

Fruita Community Center

FCC hours: Mon-Fri 5:30a – 7p. Sat. 8-5p. Sun. 12-5p.



- We are discouraging anyone 60+ from coming to the facility during this phase.
- Non-residents of Mesa County are discouraged from participating at the FCC at this time.
- Face Coverings must be worn entering, walking around the building & exiting. Bring your own mask.
- **Family Swim: Time slots begin at** - Mon-Fri 1p. Sat & Sun 12p. Register Sign up Genius for slots.
- **Hot Tub Closed** – TBD. Water Aerobics by reservation - Mon, Wed & Fri 8:30a – 10:20a.
- Pickleball: Mon - Thurs. 6a – 11a. Players must bring their own ball & paddle.
- Check out **Sign Up Genius** - <https://www.signupgenius.com/go/fcc2020> for all workout & swim reservations.
- Fitness Classes Mon - Sat. Check out Sign up Genius for time slot reservations.
- The Senior Center will remain Closed until further notice.
- Senior Meals on Wheels are Home Delivery only. NO Thursday Pot luck lunch.
- Front play area closed. Vending area closed. No drinking fountains. No showers. No gathering.
- For more info – check out all the information at www.Fruita.org Click on In The Spotlight on the left!

Shopping Hours at Local Grocery Stores Reserved for Seniors/Vulnerable Populations:

This information is kept as up-to-date as possible. If in doubt, please contact the store directly.

- Safeway:** Tuesdays and Thursdays: 7-9am
- City Market:** Mondays, Wednesdays, Fridays: 6-8am
- Walmart:** Tuesdays: 6-7am
- Walgreens:** Tuesdays: 8-9am
- Target:** Wednesdays: 8-9am
- Sams Club:** Tuesdays and Thursdays: 7-9am
- Dollar General:** Everyday: 8-9am

The 'Fruita Loops'

are coming to your Neighborhood!

Look forward to the **Fruita Loops** coming to your neighborhood soon! Get on the list by emailing **Jacqui at jfoster@fruita.org**

We are here to check in with you. We are playing a weekly Bingo Game on Thursdays. It's a great way to see & visit with our Fruita 55+ Friends! We just want to see your wonderful faces! From 6 feet away!

We will be delivering Goodie Bags & Great Vibes!

- Bingo via conference call or by Zoom. Get your weekly card & play to win!

Mesa County Library: ReOpened

- Reading Program
- Scavenger hunt
- Virtual Art Show Galleries
- Ancestry.com links

Noon-6 p.m. Monday-Thursday; Noon-5 p.m. Friday; 10 a.m.-2 p.m. Saturday; closed Sunday

<https://mesacountylibraries.org/>



Computer Classes!

Date:	Time:	Lecture Topic:
July 9 th	5:00pm	How to Spot Fake News
July 16 th	5:00pm	Intro to Social Media
July 23 rd	5:00pm	Mindfulness
July 30 th	5:00pm	Online Drug Resources
August 6 th	5:00pm	Online Shopping
August 13 th	5:00pm	Protecting your Personal Information
August 20 th	5:00pm	Video Chat
August 27 th	5:00pm	Youtube

Join Zoom Class – go to fruita.org – Senior page – Senior planet tab & click on link.

Answer Key:

What was President John Kennedy's middle name?

Fredrick **Fitzgerld** Francis Fritz the Fonz

How old was Evel Knievel when he died?

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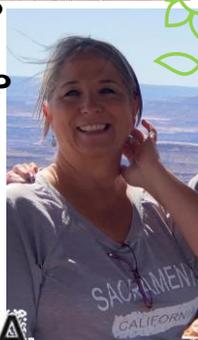
b. On the floor, left of the clutch. Hand controls, popular in Europe, took till the '60s

Who left his heart in San Francisco? **a. Tony Bennet**

Umbrella & 'When it rains, it pours'



Fruita Community Center - Senior Staff



Wishing You Safe & Well!

