

Fruita Senior community update



55+ Newsletter

Hikes!

- Paleo Area
- Rustlers Loop
- Canyon Rim
- Fruita Dugway
- Skinner Cabin

<https://www.fruita.org/parksrec/page/seniors>

Check out the website for Exciting Hikes

October 2020

October

BY: ROBERT FROST

O hushed October morning mild,
Thy leaves have ripened to the fall;
Tomorrow's wind, if it be wild,
Should waste them all.
The crows above the forest call;
Tomorrow they may form and go.
O hushed October morning mild,
Begin the hours of this day slow.
Make the day seem to us less brief.
Hearts not averse to being beguiled,
Beguile us in the way you know.
Release one leaf at break of day;
At noon release another leaf;
One from our trees, one far away.
Retard the sun with gentle mist;
Enchant the land with amethyst.
Slow, slow!
For the grapes' sake, if they were all,
Whose leaves already are burnt with frost,
Whose clustered fruit must else be lost—
For the grapes' sake along the wall.

We will be 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 and additional programs, go to <https://www.fruita.org/parksrec/page/seniors> or contact Jacqui Foster (see contact info. below) for more information.

Thank you to **Senior Blue Book, Lithic, Main Attraction salon, Skip's farm to market, Humana, Suds, Chow Down, Munchies & Enstroms!** for their wonderful donations for our Senior Bingos!
Your support is **Greatly Appreciated!**

Canyon West Worship Center

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

Meals on Wheels Home Delivery

available. To sign up, call 243-9844 x2.



Contact **Jacqui Foster**
jfoster@fruita.org
858-0360
For any questions

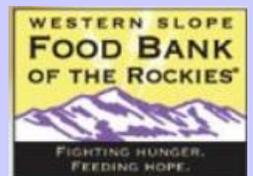
FOOD BANK OF THE ROCKIES

970-464-1138

Oct. 15th

at Little Salt Wash
Park from 11-12p.

✓ Call to sign up
970-464-1138



Mesa County Library - Fruita

New 55+ programs
beginning soon –
upcoming classes:

Crafts, Lectures,
History, and Many
more!

<https://www.fruita.org/parksrec/page/seniors>



Mesa County
LIBRARIES

Munchies
PIZZA & DELI

SENIOR SOCIAL CLUB

Join us for a bi-monthly Senior Social Club via Zoom! There will be structured and unstructured activities in which participants can chat and socialize to share stories and life experiences.

THIS MONTH:

Show-and-Tell

10 a.m., Monday, October 12

MEETINGS TAKE PLACE EVERY 2ND AND 4TH MONDAY OF EACH MONTH.
REGISTRATION IS REQUIRED. VISIT MESACOUNTYLIBRARIES.ORG TO SIGN UP



Mesa County
LIBRARIES

visit mesacountylibraries.org



Fruita Farmers Market

Has been extended through October!

Come on down to Reed Park Oct. 10-31 to support your local vendors of all kinds.

The Fruita Farmers Market features a variety of agriculture, artisan vendors, and family activities!

Fruita Farmers Market for Online Pre-orders!

Join us at **Reed Park** on **Saturday** morning between **8:30 – 12:00p.**

& kick your weekend off with some local produce! Order Online through **WhatsGood.**

Super easy online ordering.

<https://fruitafarmersmarket.org/>

Go to 'Shop Now' To place your order. Pick up on Saturday & enjoy!

Mesa County Library has a great variety of activity opportunities

available at www.mesacountylibraries.org

Check out their **Events Calendar** under the **Events** tab to select a program like – Senior Social Club, Spring Bulb Planting, Book Club, Artist in Residence, Art is Brewing (craft beer), Poetry night & so much more!

Join us at 10 am, Monday, Oct 12, for a Senior Social Club meeting via Zoom! Our first event will be show-and-tell with participants sharing something of value or personal significance. Registration is required to receive the Zoom link.

Visit mesacountylibraries.org to register.



Fruita Thrift Shop
Since 1951



AARP ACTIVITIES & EVEVNTS: Discover and Learn with AARP Colorado Webinars -

<https://states.aarp.org/colorado/discover-and-learn-with-aarp-colorado-webinars>

- ❖ [Fall Planted Bulbs for Spring Bling Webinar](#)
Monday, October 12, 2020
1:30 - 2:30 p.m.
- ❖ [Neighborwalks Virtual History Tour - Denver Architecture](#)
Tuesday, October 13, 2020
10 - 11 a.m.
- ❖ [Neighborwalks Virtual History Tour - The Arts District on Santa Fe](#)
Tuesday, October 20, 2020
10 - 11 a.m.
- ❖ [Lavender Fields of Chatfield Farms Webinar](#)
Wednesday, November 4, 2020
10 - 11 a.m.
- ❖ [Lavender Fields of Chatfield Farms Webinar](#)
Wednesday, November 4, 2020
10 - 11 a.m.

AARP[®]
Real Possibilities



Thanks for all the folks
who entered the
September Newsletter
Quizzes & Games
Puzzle drawing!

Last month's winner is
Cori Gil!

Congratulations!

Check below for your
chance to Win!



July 2020 Ronzio's

Ponderosa Camp

A long time coming, but finally here,
A three-hour drive with friend so dear.

It is a delight to hear the birds sing
While camping at Turkey Spring.

We hiked to the ravine's notch
To smell the "quartet of trees" of butterscotch.

I might go into a delightful trance
While smelling butterscotch or vanilla fragrance.

No mosquitos or bugs
Just COVID – 19 hugs.

We went to the doggie cooling pond
And a collapsed homestead cabin beyond.

It might bring me to my knees
When I see bear claw marks on Aspen trees.

We spied a tiny all white spider
And the large purple thistle could not hide her.

Wine and delicious food celebration
At Spruce-Pine Forrest 8100-foot elevation.

Lewis Woodpecker, Night Hawks and Hummers
Seen on a much-needed getaway in summer.

A long time coming, but finally here,
A three-hour drive with friends so dear.

Terri Ahern 7.25.2020



Winner of the Quarantine Bingo game!
Congratulations Terri

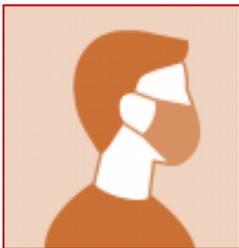
Protect our Neighbors

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.
- Face Coverings must be worn entering, around the building & exiting. Bring your own mask.
- **Indoor Pool Opens at the end of Sept. Register Sign up Genius for slots.**
- Water Aerobics by reservation – Check out Sign Up genius.
- Pickleball: **DROP-IN** - 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 Potluck lunch.
- **For more info – check out all the information at www.Fruita.org Click on 'In The Spotlight' on the left!**



Guidance for wearing masks

The order requires people in Colorado who are 11 years and older to wear a covering over their nose and mouths:

- When entering or moving within any public indoor space.
- While using or waiting to use public (buses, light-rail) or non-personal (taxis, car services, ride-shares) transportation services.

Research shows that people who have no symptoms can spread COVID-19. Wearing a non-medical face mask helps minimize the spread of the virus. Instructions for making homemade masks can be found at the [Colorado Mask Project](#).

Masks should:

- Be clean and in good repair.
- Fit snugly, but comfortably against the side of the face.
- Be secure.
- Include multiple layers of fabric.
- Allow for breathing without restriction.
- Be able to be laundered and machine dried.
- Be on the wearer's face.
- Be laundered daily.

Masks should not:

- Have anything hanging off the facial covering that would create a food safety hazard.
- Have holes or tears.
- Masks should not be shared with others.

Other tips:

- Wash your hands before and after putting a facial covering in place.
- Do not touch the facial covering again until you remove it.
- Masks should be positioned so that there is no need to adjust or otherwise touch the face frequently.
- If your mask becomes soiled or hard to breathe through, you should remove and not wear again until laundered.
- Remove your mask to eat and drink and if it is still in good repair, you may continue to use it for the duration of your shift.

Puzzles

Answer the puzzles below with a number or answer by Nov. 1st
 Email me at jfoster@fruita.org for a chance to win a Drawing Prize!
 Answers will be given via email on Nov. 1st to those requesting them.

1

Why we have the youngest customers in the business

This young man is 11 months old—and he isn't our youngest customer by any means. For 7-Up is so pure, so wholesome, you can even give it to babies and feel good about it. Look at the back of a 7-Up bottle. Notice that all our ingredients are listed. (That isn't required of soft drinks, you know—but we're proud to do it and we think you're pleased that we do.) By the way, Mom, when it comes to toddlers—if they like to be coaxed to drink their milk, try this: Add 7-Up to the milk in equal parts, pouring the 7-Up gently into the milk. It's a wholesome combination—and it works! Make 7-Up your family drink. You like it... at this age!

Nothing does it like Seven-Up!

2

90% can't solve this!!!

A doctor and a taxi driver are both in love with the same attractive woman named Mary.

The taxi driver had to go on a long trip that would last a week.

Before he left, he gave Mary seven apples. Why?

3

How Many Hidden Numbers Can You Find In This Logic Puzzle?

Mind Game

4

For a better start in life start COLA earlier!

How soon is too soon?

Not soon enough. Laboratory tests over the last few years have proven that babies who start drinking soda during that early formative period have a much higher chance of gaining acceptance and "fitting in" during those awkward pre-teen and teen years. So, do yourself a favor. Do your child a favor. Start them on a strict regimen of sodas and other sugary carbonated beverages right now, for a lifetime of guaranteed happiness.

The Soda Pop Board of America
 1515 W. Hart Ave. - Chicago, ILL.

- Promotes Active Lifestyles!
- Boosts Personality!
- Gives baby essential sugars!

6

Can you find the the mistake?

There's something wrong here

Get out the magnifying glass for this puzzle from Playbuzz that proves things aren't always as they seem. Give up?

1 2 3 4 5 6 7 8 9

CAN YOU SOLVE THIS?

A grandmother, two mothers and two daughters went to the café for some coffee. They ordered one cup each. What were the total number of cups that they ordered

?

pandraw.com

#1 - Which ad is True & Hoax?
 What year did each ad come out?

5

Have you visited Lithic Bookstore in Fruita?
 Yes or No

LITHIC BOOKSTORE & GALLERY

138 SOUTH PARK SQUARE #202, FRUITA, CO 81521

7

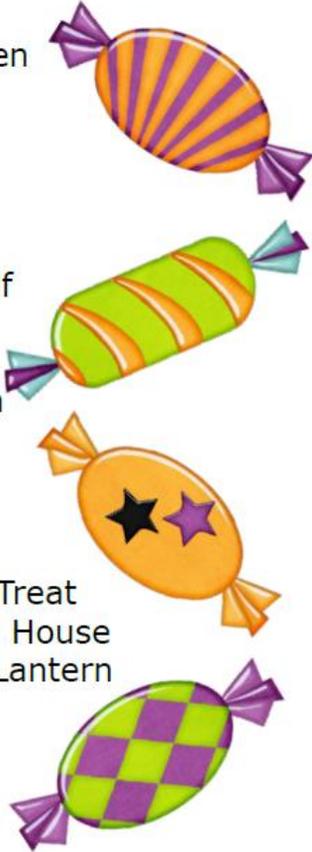
What day would yesterday be if Thursday was four days before the day after tomorrow?

8

I HAVE A HEAD
 A TAIL
 BUT NO ARMS
 AND LEGS
 WHAT AM I?

HALLOWEEN WORD SEARCH

Halloween
 October
 Spooky
 Scary
 Ghost
 Vampire
 Werewolf
 Witch
 Zombie
 Skeleton
 Monster
 Black
 Orange
 Candy
 Trick or Treat
 Haunted House
 Jack O' Lantern
 Boo
 Spider
 Bats



Y	W	I	T	C	H	D	Y	R	A	C	S	J	W	K
W	J	A	C	K	O	L	A	N	T	E	R	N	C	D
L	H	E	G	G	H	O	S	T	H	S	K	A	R	E
N	R	E	T	S	N	O	M	A	P	K	L	O	E	I
O	O	S	U	E	D	R	L	I	R	B	J	P	B	B
T	O	U	V	M	R	L	D	P	S	E	Z	V	O	M
E	B	O	Z	V	O	E	G	B	G	H	C	A	T	O
L	A	H	L	W	R	I	E	N	A	W	F	M	C	Z
E	T	D	E	Y	A	R	A	Y	E	Y	J	P	O	S
K	S	E	T	A	E	R	T	R	O	K	C	I	R	T
S	N	T	K	K	O	Q	E	Y	I	O	T	R	J	O
I	Y	N	X	L	U	W	D	P	X	O	Z	E	O	Q
K	M	U	E	S	O	N	T	I	N	P	S	K	F	B
M	N	A	U	L	A	L	V	C	M	S	X	K	C	P
J	E	H	F	C	T	F	J	K	T	G	B	N	N	B

KNOCK, KNOCK, KNOCK!

Knock, knock, knock, here I come,
 A bag of flour, a bag of gum,
 You can choose, the trick or treat,
 Please leave me something sweet to eat.



Five Little Pumpkins

Five little Pumpkins sitting on a gate.
 The first one said, "My, it's getting late."
 The second one said, "There are witches in the air."
 The third one said, "But we don't care."
 The fourth one said, "We'll run and run and run."
 The fifth one said, "It's just Halloween fun."
 "Whooooo" went the wind.
 And out went the light.
 And the five little pumpkins rolled out of sight.





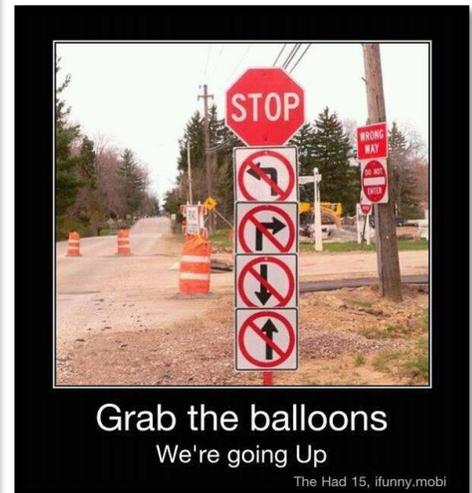
Leaf Maze



FUNNIES



Dad's jokes are really ruff.



55+ Hikes are BACK! Here are more hikes for the Fall 2020!

1. Canyon Rim Trail – Colorado National Monument

For a view of Praying Hands, Independence Monument, and the other statuesque monoliths in Monument Canyon, take a stroll along Canyon Rim Trail. A wonderful trail to start your day. The trail is half a mile one-way or one-mile round trip. Additionally, the hike can be extended beyond Book Cliff View by hiking another quarter mile to Window Rock. No matter what distance you hike, this is an easy trek with excellent views.

Date: Oct. 16 Friday

Time: 8:30 am.

Meet: Colorado National Monument Visitor's Center



2. Fruita Dugway – Moderate to Hard, some steep areas.

The trail was built along a cattle trail that had been in use since the 1880's and remained an important driveway for many years afterwards. You might imagine yourself being part of a cattle drive a hundred years or more ago and pick out the spots where you might stop for lunch or lay up for the night. Rusty old tin cans lay upon the ground in various places. Steep trail in a couple places. Bring your trekking poles.

Date: Oct. 23 Friday

Time: 8:30 am.

Meet: Kodel's trail head – turnout just past Kings View Drive off Hwy. 340.

3. Skinner's Cabin –

A wonderful stretch of rolling terrain below steep cliffs as you make your way back into the canyon towards Skinner's cabin. The cabin is fun to check out for an early Nov. hike!

Date: Nov. 6 Friday

Time: 8:30p.

Meet: Paleo parking lot off Kings View Drive into McInnis Canyons National Conservation Area.



Sign up for one or all of these hikes at the Fruita Community Center –
858-0360 OR go online at www.fruita.org
See you there!

Jokes from the Quarantine Bingo game:

1. Why does a Blonde stare at Orange Juice? (The can says – **Concentrate!**)
2. Knock Knock – Who's there? Opportunity... Opportunity doesn't knock twice!
3. Why shouldn't you write with a broken pencil? (Because it's **Pointless!**)

