

FRUITA SENIOR COMMUNITY UPDATE



The Fruita Community Center – Senior Department has developed a newsletter just for our seniors here in Fruita. Hope everyone is doing well and not going totally stir crazy! For the full newsletter, please go to www.fruita.org (Recreation & Events tab – go to Seniors Tab - Newsletter) & we will help with some time lapsing activities, along with information, links to websites, activity ideas & puzzles.

We also have information on the COVID – 19 epidemic and ways for you to keep safe! For folks who are 60+ and at a higher risk due to a variety of medical issues **ARE DISCOURAGED FROM ATTENDING THE FRUITA COMMUNITY CENTER AT THIS TIME.** It is best for you to remain at home, limit your shopping outings & always be safe by wearing your face covering, wash your hands often and remain at least 6 feet from another person.



At this time, the State of Colorado & Mesa County Health have recommended that seniors not gather in groups. The Senior Center, Thursday Potluck, Daily Meals on Wheels & Senior Programs at the Fruita Community Center have been canceled indefinitely. We are aware that our seniors in Fruita are an active bunch & are itching to get out and about. Hang on tight because we will be able gather once again soon! We have been traveling around Fruita with our 'Fruita Loops' program to check in & deliver goodie bags equipt with bingo cards that we play via ZOOM every week. If we haven't visited you yet, give us a call & we'll get you on the list!

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

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

Fruita Community Center Reopen?

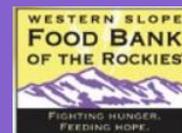
- June 1st - the FCC is reopening for limited fitness, swimming, room rentals, pickle ball & youth day camp.

COVID – 19

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

FOOD BANK OF THE ROCKIES

- **June 18th at Shelledy Elementary from 11-12p.**
- 3rd Thursday of the Month **Food Bank of the Rockies** will be distributing food boxes to those who have previously signed up AND Free 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!

What was the name of the Indian Princess on the Howdy Doody show?

- Princess Summerfallwinterspring
- Princess Sacajawea
- Princess Moonshadow



Name that Tune!

Who sang the White Cliffs of Dover?

Who sang 'Boogie Woogie Bugle Boy'?



Finish these lyrics:

We'll meet again don't know where don't know when

We all live in a ... hint - (Beatles).

I like the way you walk, I like the way you talk...

& Who originally sang it in 1957? 1939? 1961? 1965? 1968? Who else sang this song?

What artist is YOUR favorite?

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

<https://denverzoo.org/zootoyou/> Denver Zoo Live Cams!

<https://explore.org> Baby Bald Eagle, Owls Nest!
Explore... a whole world by your desk top!

<https://www.nature.org/en-us/> Nature Conservancy
watch Wildlife caught on camera!



Brain Teasers Connections-

- ✓ What are the names of the 3 Stooges? _____
- ✓ _____
- ✓ _____
- ✓ Who was the 4th Stooge? _____
- ✓ _____
- ✓ What color is the M in McDonalds? _____
- ✓ _____



Answers on last page...

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

Big Lots: Everyday: 9-10am

Dollar General: Everyday: 8-9am

Calculate your next travel destination

Instructions

1. Choose a number between 1 and 9
2. Multiply it by 3
3. Add 3
4. Multiply by 3 again
5. Add the two digit number you get together
6. Number you get is where you will be travelling to

Destination

1. Singapore
2. Spain
3. India
4. Thailand
5. Malaysia
6. Indonesia
7. Brazil
8. England
9. Stay at home
10. Australia
11. Cambodia
12. Vietnam
13. Japan
14. South Korea
15. India
16. Canada
17. Mexico
18. New Zealand

 Skyscanner



PERSONAL RESPONSIBILITY

Q: Are there any people or groups who should remain home?

A: We continue to encourage vulnerable populations to Stay at Home in accordance with the Governor's and CDPHE's Order. Vulnerable Individuals are defined as:

- Individuals who are 65 years and older;
- Children 19 yrs or younger; Pregnant women
- Individuals with chronic lung disease or moderate to severe asthma;
- Individuals working with vulnerable populations or in a group residential setting.
- Individuals who have serious heart conditions;
- Individuals who are immunocompromised;

SAFER AT HOME MESA COUNTY will happen Gradually.

Fruita Community Center

Phase 2.

- FCC hours: June 1st – 13th Mon-Fri 6a – 7p. Sat. 8-5p.
 - June 14th – 30th Sun. 12-5p. Mon-Fri 6a – 7p. Sat 8a -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.
- June 1-12 Indoor pool open for fitness. June 13th Indoor & Outdoor pool open – Open swim 1-close.
- 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.
- Customers shall wear a face covering- entering & exiting the facility.
- 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 information – check out all the information at www.Fruita.org Click on Banner at top!



Volunteer Opportunities! Are you in need of getting out while keeping safe? We have some of our most vulnerable seniors that are in need of some assistance that you might be able to help! NO contact assistance.

In Need of Assistance? We might be able to help with small errands, light yard work, shopping, picking up your meds? Let us know & we're here to help!

The Fruita Community Center's Senior Department is organizing a community volunteer based assistance program to connect with our seniors in need! So far we've cleaned up several yards & made several seniors extremely happy!

Fruita is looking *Marvelous* because of it! Thank You! 😊

Contact Jacqui at jfoster@fruita.org for more info. !

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. How are you doing? Are you in need of anything? Can we help you with shopping? Food? Getting your Meds? *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!

"Four Stooges"



The three stooges have a rather complicated history, yet we all know the names Larry, Curly, Moe & Shemp. The original Stooges were Moe Howard, Shemp Howard And Larry Fine. The trio stemmed from a 1925 vaudeville Act, and their first film was 1930's Soup to Nuts.

Mesa County Library:

ReOpen: June 8th

- ✓ **Summer 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

www.Mesacountylibraries.or

Answer Key:

Who sang White Cliffs of Dover? **Vera Lynn**

Who sang 'Boogie Woogie Bugle Boy'? **the Andrew Sisters**

We'll meet again don't know where don't know when...
But I know we'll meet again some sunny day!

We all live in a ... (Beatles). **In a yellow submarine!**

Suzie Q. Sonny Boy Williamson 1939. Dale Hawkins 1957. Bobbie Vee 1961. Johnny Rivers 1965. CCR! 1968.

Which version is YOUR favorite? Check out Youtube & search 'Suzie Q ... with each artist above & listen to the different versions. Example: "Dale Hawkins Suzie Q"



Fruita Community Center - Senior Staff



Wishing You Safe & Well!



FRUITA
COLORADO
PARKS & RECREATION