From left, Nancy Heiliger, Friend of the Seniors; Mildred Meeker, Senior of the Year; and John and June Zacharias, Senior Couple of the Year.

**EXERCISE OF THE MONTH**

This simple exercise should help if you have trouble picking things up, or holding on to them. It also will help you open things like that pickle jar more easily. You can even do this exercise while reading or watching TV. Hold a tennis ball or other small rubber or foam ball in one hand.

1. Slowly squeeze the ball as hard as you can and hold it for 3-5 seconds.
2. Relax the squeeze slowly.
3. Repeat 10-15 times.
4. Repeat 10-15 times with other hand; repeat 10-15 times more with each hand.

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How much water should I drink?

- Most people have heard they should consume eight glasses of water a day; however, it may not be quite that simple.
- The National Academy of Medicine now says females should consume nine and a half cups a day, and men should consume 12 cups a day. Seniors over the age of 70 are recommended to consume seven cups a day.
- This recommended amount includes not only water, but also: coffee, tea, milk, juice and similar drinks.
- Watch out for alcohol consumption. Alcohol dehydrates us.
- Be diligent in making sure you consume enough fluids! As we age, our body isn’t as good at telling us when we are thirsty.
- Some of you might have first-hand experience with frequent urination. This can be cause by multiple factors, such as our bodies do not concentrate urine as well as we age, and use of certain medications.
- Even with frequent urination, it is important to still meet your fluid recommendations.

Be an expert in hydration:

- One of the best ways to tell if you are consuming enough liquids is by looking at the color of your urine.
- If it is very yellow in color, like apple juice or darker, drink more fluids.
- The perfect shade is a pale yellow color.
Watermelon feta summer salad

ingredients

- 1/4 cup freshly squeezed orange juice
- 1/4 cup freshly squeezed lemon juice (2 lemons)
- 1/4 cup minced shallots (1 large)
- 1 tablespoon honey
- 1/2 cup good olive oil
- 1/2 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 6 cups baby arugula, washed and spun dry
- 1/8th seedless watermelon, rind removed, and cut in 1-inch cubes
- 12 ounces good feta cheese, 1/2-inch diced
- 1 cup (4 ounces) whole fresh mint leaves, julienned

Directions

1. Whisk together the orange juice, lemon juice, shallots, honey, salt, and pepper. Slowly pour in the olive oil, whisking constantly, to form an emulsion. If not using within an hour, store the vinaigrette covered in the refrigerator.
2. Place the arugula, watermelon, feta, and mint in a large bowl. Drizzle with enough vinaigrette to coat.

Well & Wise Exercise Programs:

If you are interested in an exercise program, Matter of Balance, Tai Chi, N’ Balance, Geri-Fit or Cooking Matters, please call Debby at 970-945-9191, ext. 3084, to reserve your spot.

Participants will learn: Exercises to increase strength and balance, to change their environment to reduce fall risk factors, to set realistic goals for increasing activity, to view falls and fear of falling as controllable.

Cooking Matters classes: You will learn to identify healthy low-cost food options, make quick and easy nutritious snacks, and plan menus and understand food nutrition labels.
FARMERS MARKETS

Carbondale farmers market, Wednesdays, 10 a.m. - 3 p.m., June 12 through September 25, 4th Street Plaza.

Glenwood Springs farmers market, Tuesdays 4 - 8 p.m., at Centennial Park, 9th and Grand Ave., June 11 through September 17. Saturday Market in Glenwood will start late June and run through November in Walgreens parking lot across from the high school.

New Castle farmers market, Thursdays, 4:30 - 7:30 p.m., July 11 through September 12 at Burning Mountain Park.

Rifle farmers market, Fridays, 4 - 8 p.m. at Heinze Park, 612 Railroad Ave., June 21 through September 6.

JUNE BIRTHDAYS

Missy Anderson
Marcia Antes
Gary Bachus
Jo Balardetta
Donald Baldwin
Ruth Barber
Marie Barr
Beth Bascom
Marlene Batzel
Chuck Bottineau
Bessie Burr
Bob Campbell
Marty Campbell
Joan Chapman
Leona Croissant
Jenny Elmore
Eliza Gallegos
Lorriane Gilmore
Mary Goodhue
Edna Goodrich
Yanina Hahn
Mary Jane Hangs
Karen Hardwick
Edmond Hempstead
Carolyn Henry
Joan Isenberg
Nick Isenberg
Frieda Jackson
Marie Jowell
Vi Kilton
Rosemary Kious
Judy Martin
Cher McAlary
Margaret McCann
Chris McCullough
Sharon McLin
Randall Mc Murray
Ronald McNeal
Clarice McQuillan
Patsy Medina
Norma Miller
Penelope Olson
Ray Ostrom
Doug Palmer
June Pardee
Ralph Pittard
Butch Pressler

Gerald Lynn Richardson
James Reed
Vern Scott
Elbert Shelton
Joshua Shroyer
Loy Smith
Dick Smith
Pat Smith
Tommy Tomlinson
Mary Vaughan
Jan Walker
Shirley Webster
Janet West
Steven West
Karla Wheeler
June Zacharias
Norma Ziegler

Our birthday list is compiled from completed consumer assessments.

Please accept our apology if we missed your birthday. If you want to complete an assessment, please see Judy, Barbara or Debby for a form.

Thanks to everyone who turned in their 2019 assessments.

We wish each of you a very happy birthday and a great year ahead!

June 16, Father’s Day
June 21, Summer begins
UPCOMING EVENTS

June 1
- A Band called Alexis & Citizen Twange at the Glenwood Vaudeville Revue. 7:30 p.m. show. For tickets call 970-945-9699.

June 6
- Art around Town Walk in Carbondale, 5:30 p.m., begin at Town Hall.

June 7
- First Friday, downtown Carbondale, 4th Street Plaza. Live music, 5 to 8 p.m.
- First Friday, downtown Rifle at Midland Arts Company. Light snacks, 5 to 7 p.m.
- Parking lot sale, 150 & 250 Ute Ave. in Rifle. From 8 to 11:30 a.m.
- The Great K & A Train Robbery at the Glenwood Vaudeville, 7 p.m. movie. For reservations, call 945-9699. $7 for adults.
- Grand Junction Botanical Gardens and lunch trip. Call Tami at 665-6540 for reservations; $ 5 bus ride and gardens, and lunch on your own.

June 7 - August 23
- Carbondale Wild West Rodeo at The Gus Darien Arena. Gates open at 5:30 p.m. Tickets $10.

June 8
- An evening of magic with Doc Eason at the Glenwood Vaudeville, 7:30 p.m. For reservations, call 945-9699.

June 9
- Summer Concert Series at Carbondale Sopris Park gazebo, 3:30 to 7:30 p.m. Celebrating the classic British roadster, the MG Car Club Rallye will be at Two Rivers Park, 8 a.m. to 12:30 p.m.

June 12
- Dinner in the Valley at New Castle. $3 bus ride and dinner on your own. Call Tami at 970-665-6540 to sign up.

June 14
- Free Senior Music Jam at the First Baptist Church in Silt, 632 Grand Ave., 7 - 9 p.m. Refreshments provided and donations accepted. Call Charlie at 970-876-2493 for more information.

June 14, 15, 16, 20, 21, 22, 27, 28, 29
- Vaudeville Show in Glenwood, 6 p.m. on Fri and Sat., and 5 p.m. on Sundays. Tickets for seniors $22.50; call 945-9699.

June 15
- Faith Lutheran Church in Carbondale (south of Main Street on Hwy 133) hosts a free community meal from 11:30 a.m. - 1:30 p.m. Call 510-5046 for info.
- Music on the Mountain Glenwood Caverns Adventure Park. Missing Link Band kicks off to summer, 6-10 p.m.

June 15 - August 10
- Friday Afternoon Club on the Mountain at Glenwood Caverns, 5 to 8:30 p.m. Live music and food.

June 19 - August 13
- Sunset Sounds at Glenwood Hot Springs, 6-9 p.m. Free music.

June 21
- Twin Lakes tour With Carbondale Recreation Dept. Bring money for lunch 9 a.m. to 5 p.m. Cost is $15. Call 970-510-1290 to register by June 14.

June 21 - 23
- The 122nd Strawberry Days at Sayre Park in Glenwood. Arts and crafts/food court. Parade on June 22 at 10 a.m.

June 25
- Garfield Council on Aging meeting in Rifle, 10 a.m. at the Rifle Senior Center. All seniors are welcome to come!

June 26 – August 1
- Summer of Music at Two Rivers Park in Glenwood Springs. 7:30 p.m.

June 28
- Grand Junction Rockies game. Call Tami at 665-6540 to make reservations. $14 bus ride and game ticket. Food and beverage on your own.
- Take me out to the ball game senior/kid trip 4:30 to 11 p.m., in Grand Junction. $15 fee, call Carbondale Recreation Dept. at 970-510-1290 to register by June 21.

June 29
- Community Breakfast at the Rifle Senior Center, 8 to 9:30 a.m., $4.
VOLUNTEER BANQUET PICTURES

For more photos, go to www.garfield-county.com/human-services/senior-award.aspx
May the Fourth be with you!
<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Location and Event Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>June 5</td>
<td>Wednesday</td>
<td>Parachute at the Valley Senior Center, 540 N. Parachute Avenue</td>
</tr>
<tr>
<td>June 7</td>
<td>Friday</td>
<td>Rifle “Senior Delight” at the Rifle Senior Center, 50 Ute Avenue</td>
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<tr>
<td>June 10</td>
<td>Monday</td>
<td>New Castle “The Gathering” at Castle Valley Senior Housing, Activity Center, 201 Castle Valley Blvd.</td>
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<tr>
<td>June 12</td>
<td>Wednesday</td>
<td>Carbondale “Roaring Fork &amp; Spoon” at Crystal Meadows Senior Housing, 1250 Hendrick Drive</td>
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<tr>
<td>June 19</td>
<td>Wednesday</td>
<td>Silt “Meet ‘n Eat” at Colorado River Fire Rescue Fire Station, 611 Main Street</td>
</tr>
<tr>
<td>June 21</td>
<td>Friday</td>
<td>Glenwood Springs “Chat ‘n Chew” at Colorado Mountain College, 1402 Blake Avenue, Lucy Huntley Senior Center</td>
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</table>

**Reservations are required and should be made at least two days in advance** of the BBQ by calling (970) 665-0041. We would appreciate you arriving no later than 11:45 a.m., so you can sign in. The lunch service begins at noon. Suggested donation is $3.

**Tips for safe food handling, preparation and storage**

- Keep foods cold, below 40 degrees, or hot, above 140 degrees. Foods left out between those temperatures for more than two hours should be discarded.
- Keep cooked foods separate from raw foods. Cross-contamination of foods could occur if bacteria-harboring raw foods come in contact with cooked foods. Wash hands, utensils, cutting boards and countertops after preparing or handling raw meats.
- Avoid interrupted cooking. If you are partially cooking foods indoors to finish cooking on the grill, make sure food goes directly from the oven to the hot grill. Don’t let the food stand partially cooked for any period of time.
- Store leftovers in separate containers and refrigerate.

*Provided by www.florida-agriculture.com.*
WORD SEARCH

BASEBALL
Word Search

ASSIST
AT BAT
BUNT
CARD
CHAMPION
CLUB
DECK
DOUBLE HEADER
FIRST
FOUL
GROUND BALL
HELMET
HITS
LEAGUE
LINEUP
LOSE
MITT
NINE
NO-HITTER
OUT
PARK
RUN
SAVES
SCORE
STARTING PITCHER
STEAL
TAG
THROW
UNIFORM
WALK
Menus for all locations are provided monthly and are available at the nutrition meal sites or www.garfield-county.com (Senior Programs). Come see what you have been missing, and have lunch with friends.

For those age 60 and older, the recommended voluntary contribution for each meal is $3. Participants are encouraged to pay as they are able. Guest fees are $9.50 for those under the age of 60. Meal tickets are available — 10 meals for $30.

Program benefits:
Good nutrition, balanced diet, remaining in your home, restoring and maintaining good health, contact with friends.

Monday and Thursday – Sunnyside Retirement Center in Glenwood Springs, 601 21st Street (limited seating) in lunch room. Call 665-0041 for reservations.

Monday – New Castle Senior Housing, Community Room
201 Castle Valley Boulevard. Call 665-0041 by Thursday for reservations (limited seating).

Tuesday and Friday – Glenwood Springs CMC in the Lucy Huntley Room
1402 Blake Ave. Call 945-9117 for reservations.

Tuesday, Thursday and Friday – Rifle Senior Center
50 Ute Ave. Call 665-6540 for reservations.

Wednesday – Silt Colorado Fire and Rescue (Silt Fire Station)
611 Main Street. Call 665-6540 for reservations.

Wednesday – Carbondale Senior Housing in the Rominger Room
1250 Hendrick Drive. Call 945-9117 for reservations.

Wednesday – Parachute Valley Senior Center
540 N Parachute Ave. Call 285-7216 (Mondays only before noon) for reservations.

Reservations and Cancellations: To provide you with the best dining experience, please call and place reservations by noon, 24 hours in advance of attending the meal site, or to cancel your reservation. Please call 970-665-0041, if you have questions about attending or where meal sites are located.

Meal service begins at noon, and no meals are served after 12:15 pm.

No alcohol or dogs (unless service animal) are permitted at the lunch site.
The mission of Senior Programs is to enable independence, dignity, health and nutritional well-being of seniors and people with disabilities living in Garfield County.

Free dietary guidance and consultation is a service provided through our meal program in Garfield County. Contact Stephanie at 970-625-5200, ext. 2036, for information, answers or to set up a consultation.

Traveler (970) 945-9117 or (970) 625-1366
Nutrition Program (970) 665-0041

If you are interested in becoming a volunteer at one of our seven meal sites, just give us a call Debby at 945-9191, ext.3084, or Barbara, ext. 3005.
Volunteers who will not be able to volunteer at the meal site, because they are sick or on vacation should call Debby 945-9191, ext. 3084, or Barbara 945-9191, ext.3005, to let them know of their absence.

High Country RSVP
Mary Moon, Interim Director
970-947-8462

Helping Hands
970-384-8746

Tax Program
970-945-1596

Medicare Counseling
970-384-8744

AARP Driver Safety Classes
970-384-8747
www.highcountryrsvp.org

Senior Matters
Diane Johnson 970-306-2587
John Hoffman 970-963-1689
www.seniormatters2@sopris.net

Senior Centers

Rifle Senior Center
Tami Sours
970-665-6540
Bingo, Bunco, Pinochle, Dinner in the Valley, concerts, Call to join us.

Valley Senior Center in Parachute
Call 970-285-7216, or Cheryl at 970-285-9755, to play pinochle.