

LAKE COUNTY SENIOR NEWS



UPCOMING EVENTS >>>

- **Friday, July 5th at 7:30 p.m.**
Opera Stars at the Tabor Opera House. Tickets are \$30 at the door. Call for a ride or meet us there.
- **Monday, July 8th at 9:00 a.m.**
Fishing at Hayden Meadows. Call for a ride or meet us there.
- **Thursday, July 11th at 11:00 a.m.**
Potluck at Huck Finn Park. \$2 or bring a side. Please RSVP.
- **Monday, July 15th at 7:30 a.m.**
Blackhawk. To sign up or for more info, call Clo at 719-486-1170. \$5 excursion fee plus breakfast and fun money.
- **Thursday, July 18th at 10:30 a.m.**
Brunch. \$2. Please RSVP.
- **Monday, July 22nd.**
St. Elmo Ghost Town Tour. Van departs at 9:00 a.m. \$3 excursion fee.
- **Thursday, July 25th at 11:00 a.m.**
Picnic at Kendrick Park for \$2. Please RSVP.
- **Monday, July 29th.**
Walmart & lunch in Salida. Van departs at 9:00 a.m. Call for a ride.
- **Every Wednesday at 1:00 p.m.**
Safeway Shopping. Call for a ride if you need to shop or run an errand.

CONTACT US >>>

For more information or to RSVP for any of our programs or events, contact the Lake County Senior Center:

719-486-1774
421 W. 6th St., Leadville, CO 80461

July 2019



COORDINATOR'S CORNER >>> by Judy Mayne

Thank you to the Senior Center's community partners!

There is generosity pouring into the Lake County Senior Center from community organizations and individuals. Here are just a few of the highlights:

The **Senior Center received two grants for a commercial-grade dishwasher** that has been needed for quite some time. The high-end commercial dishwasher has been ordered and is on its way. One load of dishes will clean (and rinse) in approximately 95 seconds! As you might guess, this will greatly reduce the labor load that has been completed by hand from staff and volunteers for years. The funding for the dishwasher was received by the following organizations:

- **\$2500** provided by the **Lake County Community Fund (LCCF)**. Applying for and receiving a grant from the LCCF was a competitive process. The LCCF Board of Directors undertake a careful assessment of community needs, research existing programs, and identify gaps in services to give grants that will provide the most effective support for the Lake County community. We are grateful that LCCF chose to support the Senior Center!
- **\$2500** provided by the **Upper Arkansas Council of Governments and Area on Aging (UAACOG)**. The UAACOG is our partner for the Senior Center nutrition program. In addition to the three day a week congregate lunches and the Meals on Wheels program, UAACOG provides financial assistance for vision and dental services, legal services, transportation, caregiver respite, and chore services.

The **Tabor Opera House** and Christina Floyd of **Rocky Mountain General Counsel** provided several free tickets to "An Evening with Opera Stars" on July 5 at the Tabor Opera House. We are grateful for the partnership that has been established with the Tabor Opera House and look forward to future events at this magnificent gem in Leadville!

FEATURED EVENTS >>>

Adventure Back in Time: **St. Elmo Ghost Town Exploration**

Join us on **Monday, July 22** for a **scenic ride to and from St. Elmo**, a well-preserved ghost town located in Chaffee County, 20 miles southwest of Buena Vista, at an elevation of 9,961 feet. The town was in its peak in the 1890s from gold and silver. Although it is still inhabited on a part-time basis, it is noted to be one of the best-preserved ghost towns in Colorado. We will walk around town, explore the old buildings and shop at the general store.

Bring a sack lunch or buy some snacks and enjoy the beautiful surroundings and company of others as you explore the past. Bring a rain jacket just in case. **Excursion Fee: \$3.** Will depart from the Senior Center at 9:00 a.m. and will return by mid-afternoon. Optional stop: ice cream in BV on the way back to Leadville.

FREE Events in July

- **Fishing or walking at Hayden Meadows on Monday, July 8.** Located just south of Leadville, along Highway 24, is a high meadow reservoir called Hayden Meadows. With incredible views of Mt. Elbert and Mt. Massive, ADA accessible trails, interpretive signs, and two bridges, it's a great place to walk and find quiet solitude. Bring your pole (if you want to fish), chair, hat, water and snack. Even if you don't fish, join us for a quiet and relaxing morning. Will leave Senior Center at 9:00 a.m. and will be back by 11:30 a.m. An annual fishing license for seniors is \$9.75. It can be purchased at Saturday's. Call for a ride or meet us there.
- **Community BBQ at St. Vincent Hospital on July 4 from 11:30-1:30.** Free food and music! Come see the new hospital construction site and plans. Parking is available in the high school parking lots.

UAACOG NEWS >>>

Do you have a medical appointment in the Denver area? The Area Agency on Aging provides up to \$150 for transportation to those who qualify. Call Janice at 719-539-3341 or meet in-person at the Senior Center on July 16 from 11:30-1:30.

OTHER NEWS YOU CAN USE >>>

As I'm sure you've heard or read by now, exercise can help improve your mental and physical health. Now that the weather has greatly improved, there is no excuse in not getting out to exercise. The following are activities beneficial to older people (from HelpGuide.org):

Walking. It's the perfect way to start exercising. It's free. Call a neighbor or a friend and start walking on the Mineral Belt Trail.

Aqua Stretch. Working out in water reduces the strain on the body's joints. Free for seniors at the Lake County Aquatic Center (Lake County Intermediate School building). Swimming knowledge is not a requirement. You might just have a good time with others! Call for the current schedule of classes: 719-486-7486.

Tai Chi and Qi Gong. These classes focus on improving balance and increasing strength. Offered free to seniors through our Recreation Department. Call for location and dates: 719-486-7484.

VOLUNTEER SPOTLIGHT >>>



Steve & Kayte Boyle by: **Agnes Fabian**

The team of Steve and Kayte Boyle has been delivering meals for a few years. Originally from New York City, Steve was with Summit County fire departments in Copper Mountain and Frisco before moving to Leadville six years ago and is now Lake County's Fire Marshall. His wife Kayte hails from Florida and commutes to her front desk job at the Baymont Hotel in Frisco.

As a couple, they enjoy volunteering for special events in the area when time permits, and they also love trying out various restaurants. Another of their interests is enjoying the outdoors by hiking the many trails in Colorado. They love being a part of the community, and we appreciate the volunteer work they do for the Senior Center.