

LAKE COUNTY SENIOR NEWS



July 2020

UPCOMING EVENTS >>>

- **Thursday, July 2nd at 11:30.**
Picnic at Ice Palace Park.
- **Thursdays, July 9th & 16th**
10:30-11:00. Brunch Grab & Go! Please RSVP the day before.
- **Thursday, July 23rd at 9:00.**
Walmart & lunch (drive-through) in Salida. Call to sign up.
- **Thursday, July 23rd at 9:00.**
Senior Advisory Council via Zoom. Link will be emailed.
- **Wednesdays at 1:00.**
Errands & Shopping in Leadville. Call for a ride.
- **Tuesdays, Wednesdays & Fridays:** Grab & Go Lunch; Meals on Wheels delivered.



Coordinator's Corner: by Judy Mayne

- The Senior Center is making some progress with new opportunities while managing this pandemic. For starters, we are having our **first picnic on Thursday, July 2nd at 11:30**. We will all practice safe distancing and have several tables. In addition, we are limiting the picnic to the first 20 people who sign up. After we eat, we will be treated to a free session of Tai Chi for Better Balance by Felicia Federico, Recreation Coordinator for Lake County. This free informal exercise session will be easy and fun with low movement. To sign up for the picnic, please call the Senior Center. The Senior Center will provide all the food, including dessert!
- Have you ever wanted to learn how to use email and the internet? Do you want to learn how to 'video chat' or 'Zoom' with your grandchildren? The **Senior Center is diving into the digital age and developing a computer lab for seniors**. It provides an opportunity to socialize with others and to learn skills. There is so much to learn and explore! We will have four computers with a printer, all of which are being donated by the Lake County IT Department. We will provide one on one assistance as well as classes. By the time you receive the next newsletter in late July, the computer lab will be up and running! Stay tuned for further details.
- **This is the final newsletter that you will receive** unless you have called and indicated that you want to continue to receive it. If you haven't called us, please do so and let us know. Thanks to those who have already responded. Our community partners will continue to receive the newsletter via email.

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

Tuesday	Wednesday	Friday
<p><u><i>A \$3.00 suggested donation per meal is appreciated, but not required. Must have assessment form for our meal program on file with UAAACOG.</i></u></p>	<p>1 <u>#11 Beef & Broccoli Stir Fry</u> Steamed Brown Rice Pineapple Tidbits WW Bread w/Butter</p>	<p>3 <u>CLOSED IN OBSERVANCE OF INDEPENDENCE DAY HOLIDAY</u></p>
<p>7 <u>#9 BBQ Chicken</u> Potato Salad Spinach Salad w/Mandarin Oranges Apple WW Roll w/Butter</p>	<p>8 <u>#93 Swiss Broccoli Pasta</u> 5-Way Vegetables Salad w/Lite Ranch Banana Mitzie's WW Rolls w/Butter</p>	<p>10 <u>#70 Roast Beef Sandwich on Wheat</u> Chunky Vegetable Soup Oven Browned Potatoes Confetti Salad Apple</p>
<p>14 <u>#1 American Lasagna</u> Green Beans Tossed Salad Bana WW Roll</p>	<p>15 <u>#41 Dijon Chicken</u> Brown Rice Broccoli Florets Vegetable Salad Strawberries Raisin Nut Cup WW Bread w/Butter</p>	<p>17 <u>#35 Chili Relleno Bake</u> Corn & Zucchini Mexicana Tortilla Whole Wheat Salsa Tossed Salad w/Lemon Wedge Plums</p>
<p>21 <u>#95 Taco Salad</u> Salsa, Tomato, Lettuce Garnish Strawberry Applesauce Flan Custard Cornbread</p>	<p>22 <u>#17 Black Bean & Tortilla Casserole</u> Steamed Brown Rice Whipped Sweet Potatoes Mixed Fruit</p>	<p>24 <u>#60 Meatloaf</u> Brown Gravy Roasted Sweet Potatoes Brussel Sprouts Vegetable Salad Pineapple Tidbits WW Bread w/Butter</p>
<p>28 CLOSED LORETTA ON VACATION</p>	<p>29 CLOSED LORETTA ON VACATION</p>	<p>31 CLOSED LORETTA ON VACATION</p>

Please call (719) 486-1774 before 9:30 a.m. for reservations. Congregate meals served Tuesday, Wednesday, and Friday at noon. All menus subject to change.