

THE SENIOR SCENE

A Newsletter for the Montrose Senior Center

OCTOBER, 2026

50+ EDUCATIONAL PRESENTATIONS

This series is free. Call Liz at 970-252-4884 to reserve a seat.

Monday, October 5 at 1 pm

Medical Debt by Colorado Legal Services

Colorado has passed significant consumer protection laws regarding medical debt. These statutes provide several safeguards and include interest caps, collection protections, garnishment exemptions, and credit reporting.

Presenter: Andrea Rosenberry, Colorado Legal Services

Monday, October 19 at 1 pm

Silverton Shady Ladies

Bars and brothels went hand-in-hand with the Boom-and-Bust cycles that characterized the San Juan mining towns from the 1870s as late as 1960. Kate Burke shares some great stories and fun facts about Silverton's infamous Good Time Girls.

Presenter: Kathryn Burke, Speaker/Artist/Publisher

Monday, October 26 at 1 pm

Morningstar Therapy Dogs

Morningstar Therapy Dogs, since 2003, organizes fundraisers, helps in community crisis situations, and aids others to build confidence as a certified dog therapy assistant.

Presenter: Nikki Zwaschka

Monday, November 9 at 1 pm

Memory Mastery

Let's grease the wheel of our brains with Games, Recall, Exercise, Association, Say it, and Engage. Be encouraged! Our brains are neuroplastic, meaning they continually grow new cells, and we can participate in that process.

Presenter: Andrea Plotner, Active Adults Leader

SENIOR CENTER CLOSURES

October 12 and 16

NOTICE OF UPCOMING ELECTIONS

The Board of Directors of the Golden Circle Seniors, Inc. is currently seeking interested individuals to serve on our board for the 2027 term. Serving on the board is a vital way to guide our mission, support our senior community, and contribute to the ongoing success of the Senior Center.

See President's message on page 2 for more information.

Golden Circle Seniors, Inc.
BOARD OF DIRECTORS MEETING
October 7 at 1 pm



50+ TOURS & CULTURE

Please call 970-249-7705 or go online to register. If a trip is full,

Delta-Montrose Concert Association **Presents "You Raise me Up" (Delta)**

Musical duo Erin Shields and David Shenton present their unique and highly entertaining show, *Songs of Love, Hope & Inspiration*. Songs performed include: "You Raise Me Up", "Climb Every Mountain", "Here comes the Sun" and much more.

Date: Tuesday, September 29 • Time: 4:30 pm - ~9:30 pm • Fee: \$35 (includes ticket; bring money for dinner at A&M Creations)

Location: Meet at the Senior Center

The AppleShed and SIPS on Main (Cedaredge)

Discover The AppleShed with 35 years of local art, wine, gifts and sweet treats. Follow this up with an early dinner at SIPS on Main.

Date: Thursday, October 8 • Time: 1:15 pm - ~6:30 pm

Fee: \$22 (bring money for shopping and dinner)

Location: Meet at the Senior Center

(Continued on page 2)

50+ HIKES



Color Hike: East Cimarron

Date: Thursday, October 1 • Time: 10:00 am to ~1:00 pm

Fee: \$19 (bring a sack lunch) • Location: Meet at the Senior Center

This is a 5-6 mile out and back trail that follows an old mining road that parallels the East Fork Cimarron River through meadows and forest. The trail is rated easy/moderate with some water crossing and high elevation.

Trail Through Time

Date: Thursday, October 15 • Time: 8:15 am to ~3:00 pm

Fee: \$22 (bring money for lunch) • Location: Meet at the Senior Center

Located in Rabbit Valley, this 2-mile easy/moderate hike will take you past 140-million-year-old, Jurassic Age, dinosaur and plant fossils.

\$10
ADMISSION

Join us for a
night of dancing
and listening to
the music of a
live band.

PLEASE DO NOT BRING HOMEMADE REFRIGERATED FOOD TO THE DANCE.

Saturday
NIGHT
DANCES

DOOR
PRIZE!

*All ages
are
welcome!*

Senior Center Ballroom ♦ 7 to 10 pm

October 10

GHOST RIVER

October 24

LUGNUTS

SENIOR PLANET

Aging with Attitude

FROM **AARP**

All classes are held at the Senior Center unless noted otherwise.

Pre-registration required as class size is limited. You may register online at montroserec.com or by calling the front desk at the Rec Center at 970-249-7705.

Computer Essentials Course

This 5-week course is designed for students with little or no computer experience. It will cover using a mouse and a keyboard, word processing programs, connecting to the internet, exploring websites, performing a web search, email, and online safety.

Dates: Mondays and Wednesdays, October 5, 7, 12, 14, 26, 28 and November 2, 4

Time: 9:00 am - 10:30 am

Fee: \$50*

*Fees can be covered by MRD's fee assistance program. No one will be turned away. If you need further fee assistance, contact Liz via email or by calling 970-252-4884.

50+ TOURS & CULTURE *continued*

Black Bridge Winery and Pumpkin Patch (Paonia)

This farm market and winery is located in the North Fork Valley near Paonia.

Date: Monday, October 19 • Time: 8:45 am - ~2:30 pm

Fee: \$22 (bring money for market, tastings and lunch)

Location: Meet at the Senior Center

Dream Catcher Therapy Center (Olathe)

At Dream Catcher Therapy Center, healing unfolds across 72 acres – where rescue horses teach resilience without words, and the quiet presence of dogs, cats, and chickens helps you reconnect, feel safe, and begin again. Healing comes naturally. We will be given a tour by Tina, Lead Horse Therapist, and have some hands-on time with the horses.

Date: Thursday, October 22 • Time: 9:15 am - ~2:30 pm

Fee: \$30 (includes donation; bring money for lunch)

Location: Meet at the Senior Center

Ouray Hot Springs and Chloe's Charcuterie

Enjoy a soak in the healing waters of the Ouray Hot Springs pool and follow this up with a delightful lunch at Chloe's in Ridgway.

Date: Tuesday, October 27 • Time: 10:00 am - ~3:00 pm

Fee: \$30 (includes admission to the pool, bring money for lunch) Location: Meet at the Senior Center

Tropical-Themed Happy Hour at the New Tippy Tiki (Montrose)

Join us for a tropical happy hour at Phelanies Tippy Tiki Bar offering vibrant cocktails, rum flights, island bites, live steel-drum vibes and colorful sunset-inspired décor. Wear your best tropical attire.

Date: Thursday, October 29 • Time: 3:45 pm - ~5:45 pm

Fee: \$19 (bring money for drinks and appetizers)

Location: Meet at the Senior Center

A Message from the PRESIDENT of The Golden Circle Seniors, Inc.

This is probably going to seem early for putting a notice in for people to serve on the Board of Directors for the Golden Circle Seniors. Our election will be coming up on January 6, 2027. If you can at least think about serving and helping to make decisions for the Senior Center it would be great. There are several positions that you can run for so please let me know what position you would like to help out with. I will put you on the ballot. Here is what each position would require of you if you decide to run for that position.

President: Shall have general and active control of affairs of business, general supervision of officers, directors, assistants and committees. Perform duties as directed by the Board.

Vice President: Shall assist the President with any duties the Board may assign to them.

Secretary: Will keep the minutes of each meeting.

Treasurer: The principal financial officer of the corporation who takes care of and custody of the funds of the organization.

We also now have a Financial Director who will remain in place serving with the Treasurer.

Dance Committee: Shall line up bands for the dances held twice a month. Will assign volunteers to check in the attendees and make sure the bands are paid. Responsibilities include ensuring that the Ballroom is clean before leaving for the evening after a dance. This position is held by Brandy Spencer and Gus Weber who are both doing an excellent job. As far as I know these two will remain doing this job for next year; they are already lining up bands for 2027.

The Board of Directors requires that there be at least three people on the board but there can be more.

As I wrote earlier, you can run for any of these seats that you feel you can do for the period of one (1) year. There is an election meeting on January 6, 2027 and you can put your application in anytime between now and then to run for any office. Anyone can attend the meeting and vote for the new board.

On a lighter note, the luncheon was really great. I did not hear from anyone who did not enjoy themselves so I count that as a success. Even though it rained on BeaconFest day it was very busy and I did not hear any complaints on that day either. Maybe no one wants to complain to me. After it's over with what are you going to do???? However, anytime someone has a complaint please stop by and talk about it, and we will see what we can do.

Your President, Joy Long

Friday Afternoon Watercolor with Kate Burke

Registration required as class size is limited. You may register online at montroserec.com or call customer service at 970-249-7705.

1-3:30 pm in the Field House in October

FEE: \$40 per person, per class (includes snack and soft drink.)

OCTOBER 16: Fall Foliage

Paint fall trees using the "tap and dab" technique with mop brushes, layering vibrant liquid watercolor on 9" x 12" Cold Press paper. Finish leaves with flat brush "wiggle and twist" technique. Step-by-step instruction. Freehand or template available. Everything provided.

MONTROSE PAVILION SENIOR CENTER CALENDAR

OCTOBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
For general information call Liz at 970-252-4884. (*) <i>Golden Circle Seminar Series</i> (S) <i>Sharing Ministries Food Drop-Offs.</i> <i>Check out our new website at</i> <i>(Bring your own shopping bag.)</i> montroseseniorcenter.org Line Dancing: (B) = Beginners (B+) = Beginners Plus (I) = Improvers (II) = Improvers/Intermediate <i>All attempts are made to ensure accuracy at the time of printing but things may change during the course of the month so it would be best to double-check a few days before the event.</i>			1 50+ HIKE — Color Hike - East Cimarron 9:00 Moving w/Mike DVD 9:00-11 Clay Workshop 1-3 Black Canyon Woodcarvers 1-3 Cribbage 1-3:30 Texas Hold'em	2 8:30-11:30 Scrapbooking 9:00-9:45 Core Fitness Chair Exercise 10-10:45 Chair Yoga 10:30-2 Blood Drive Noon Lunch Bunch
5 (\$) Sharing Ministries 9:00-9:45 Core Fitness Chair Exercise 9:00-10:30 Senior Planet 10-Noon Square Dance 12:30-3:30 Bridge 1:00 * <i>Medicare Debt</i> 2:15-3:15 Intro to Line Dance 3:30-4:30 Line Dancing (B) 3:45-5:45 Jam Session 4:40-5:45 Line Dancing (B+)	6 9:00 Moving w/Mike DVD 9:45-11:30 Crafty Chatty 10-11 Line Dance (I) 11:10-Noon Line Dance (II) Noon Lunch Bunch 12-12:45 Chair Yoga 1-3:30 Hand, Knee & Foot 1-3:30 Mahjong 1-3:30 Omaha Poker	7 (\$) Sharing Ministries 9:00-9:45 Core Fitness Chair Exercise 9:00-10:30 Senior Planet 10-10:30 Tai Chi 10-11:30 Newcomers Noon-2 Whispering Winds Practice Noon-3 Crafters Day 1:00 Board Meeting 2-3:30 New Horizons Band Get-together	8 50+ TRIP — The AppleShed and SIPS 9:00 Moving w/Mike DVD 9:00-11 Clay Workshop 1-3 Black Canyon Woodcarvers 1-3 Cribbage 1-3:30 Texas Hold'em	9 8:30-11:30 Scrapbooking 8:45-2:30 Reflexology (RC) 9:00-9:45 Core Fitness Chair Exercise 10:00 Low Vision Support Group 10-10:45 Chair Yoga Noon Lunch Bunch
Saturday, October 10 SATURDAY NIGHT DANCE Music: GHOST RIVER 7-10 pm				
12  SENIOR CENTER CLOSED	13 9:00 Moving w/Mike DVD 9:45-11:30 Crafty Chatty 10-11 Line Dance (I) 11:10-Noon Line Dance (II) Noon Lunch Bunch 12-12:45 Chair Yoga 1-3:30 Hand, Knee & Foot 1-3:30 Mahjong 1-3:30 Omaha Poker	14 (\$) Sharing Ministries 9:00-9:45 Core Fitness Chair Exercise 9:00-10:30 Senior Planet 10-10:30 Tai Chi Noon-2 Whispering Winds Practice Noon-3 Crafters Day 2-3:30 New Horizons Band Get-together	15 50+ HIKE — Trail Through Time 9:00 Moving w/Mike DVD 9:00-11 Clay Workshop 1-3 Black Canyon Woodcarvers 1-3 Cribbage 1-3:30 Texas Hold'em	16 The Senior Center will be closed all day for the Caregiver Summit
19 (\$) Sharing Ministries 50+ TRIP — Black Bridge Winery and Pumpkin Patch 9:00-9:45 Core Fitness Chair Exercise 10-Noon Square Dance 12:30-3:30 Bridge 1:00 * <i>Silverton Shady Ladies</i> 2:15-3:15 Intro to Line Dance 3:30-4:30 Line Dancing (B) 3:45-5:45 Jam Session 4:40-5:45 Line Dancing (B+)	20 9:00 Moving w/Mike DVD 9:45-11:30 Crafty Chatty 10-11 Line Dance (I) 11:10-Noon Line Dance (II) Noon Lunch Bunch 12-12:45 Chair Yoga 1-3:30 Hand, Knee & Foot 1-3:30 Mahjong 1-3:30 Omaha Poker	21 (\$) Sharing Ministries 9:00-9:45 Core Fitness Chair Exercise 10-10:30 Tai Chi Noon-2 Whispering Winds Practice Noon-3 Crafters Day 2-3:30 New Horizons Band Get-together	22 50+ TRIP — Dream Catcher Therapy Center 9:00 Moving w/Mike DVD 9:00-11 Clay Workshop 1-3 Black Canyon Woodcarvers 1-3 Cribbage 1-3:30 Texas Hold'em	23 8:30-11:30 Scrapbooking 9:00-9:45 Core Fitness Chair Exercise 10-10:45 Chair Yoga Noon Lunch Bunch
Saturday, October 24 SATURDAY NIGHT DANCE Music: LUGNUTS 7-10 pm				
26 (\$) Sharing Ministries 9:00-9:45 Core Fitness Chair Exercise 9:00-10:30 Senior Planet 10-Noon Square Dance 12:30-3:30 Bridge 1:00 * <i>Morningstar Therapy Dogs</i> 2:15-3:15 Intro to Line Dance 3:30-4:30 Line Dancing (B) 3:45-5:45 Jam Session 4:40-5:45 Line Dancing (B+)	27 50+ TRIP — Ouray Hot Springs and Chloe's Charcuterie 9:00 Moving w/Mike DVD 9:45-11:30 Crafty Chatty 10-11 Line Dance (I) 10-3 Chair Massage at Senior Center 11:10-Noon Line Dance (II) Noon Lunch Bunch 12-12:45 Chair Yoga 1-3:30 Hand, Knee & Foot 1-3:30 Mahjong 1-3:30 Omaha Poker	28 (\$) Sharing Ministries 9:00-9:45 Core Fitness Chair Exercise 9:00-10:30 Senior Planet 10-10:30 Tai Chi Noon-2 Whispering Winds Practice Noon-3 Crafters Day 2-3:30 New Horizons Band Get-together	29 50+ TRIP — Topsy Tiki 9:00 Moving w/Mike DVD 9:00-11 Clay Workshop 1-3 Black Canyon Woodcarvers 1-3 Cribbage 1-3:30 Texas Hold'em	30 8:30-11:30 Scrapbooking 9:00-9:45 Core Fitness Chair Exercise 10-10:45 Chair Yoga Noon Lunch Bunch

**THE MONTROSE PAVILION
PO BOX 790
MONTROSE CO 81402
SEN**

RETURN SERVICE REQUESTED