

March EVENTS

Pelican Perch

Mon Mar 4 ~ Day Trip / Gambling' Bus (Black Hawk): Gamblers will receive \$5 food voucher upon arrival, \$5 free play on player's card, and an additional \$5 food voucher at 600 points. There must be a minimum of 35 people registered for motor-coach service, otherwise the trip will be cancelled. Special offers, coupons and discounts may not apply on all trips to Mardi Gras Casino, this bus is NOT wheelchair accessible (Walking Level: Easy—Moderate).

NOTE: Depart time from casino is now 3pm.

Time: 7:45 a.m. - 5 p.m.

Cost: \$10 (NEW REDUCED PRICE!!!)

Thu Mar 7 ~ Day Trip / Leonardo da Vinci: 500 Years of Genius (Denver): Inventor, artist, scientist, anatomist, engineer, architect, sculptor, philosopher. Although Leonardo da Vinci died in 1519, his influence has endured. His extraordinary legacy comes to life in Leonardo da Vinci: 500 Years of Genius, the most comprehensive exhibition about Leonardo ever presented. You will be plunged into his world through the revolutionary SENSORY4 system, featuring high-definition motion graphics combined with authentic multimedia content and cinema-quality audio narrative. An IMAX film, to be determined, will be part of this trip as well (Walking Level: Moderate).

Time: 8:30 a.m. - 3:30 p.m.

Cost: \$39, lunch on your own

Tue Mar 12 ~ Breakfast Club / Doug's Day Diner (Fort Collins): Get your day started off right with great conversation and make new friends. Breakfast is at a different restaurant every month! There is no charge if you drive yourself, or you can catch a ride on the Parks and Recreation mini-bus for just \$6. Please sign up at the front desk or call 674-3500 so appropriate reservations can be made (Walking Level: Easy).

Time: 7:30 a.m. departure, 8 a.m. breakfast

Cost: \$6 for a ride; breakfast on your own

Tue Mar 12 ~ Aspen Club / Vision Concerns as We Age:

Eye disease is a common occurrence and just about everyone knows someone who is living with a diagnosis that may steal their sight. Join Ensign to learn about eye diseases, what causes eye diseases, and what you need to do to work to prevent eye disease. Register by calling 970-624-1860 or 970.313.2796 - No charge

Time: 1:00pm -2:30pm.

Cost: Free

Thu Mar 14 ~ Silver Surfer Class / Apps for Reading News, Books and Newspapers on Your Mobile Device: Learn the basics for reading books, newspapers and magazines on your mobile device. We'll explore popular news and magazine apps (free and subscription based), and learn how to use your local library website and the Overdrive app to find and check out eBooks, audiobooks and magazines for free. Class is demonstration style but feel free to bring a device (Apple or Android) for hands-on application. You must know how to use this device confidently as this is not a workshop on how to use your device.

Time: 1:30 p.m. 3:30 p.m.

Cost: \$21

Thu Mar 14 ~ Day Trip / Colorado History Museum (Denver):

The History Colorado Center in Denver is a research center that's a

portal to vast collections of books, manuscripts, photography, documents, maps, and other artifacts. They share the stories of the countless cultures that have made Colorado's landscapes their home and shaped Colorado's past—and still shape its present and future. The current exhibit is "Written on the Land, Ute Voices, Ute History" (Walking Level: Moderate).

Time: 9:00 a.m. - 3:30 p.m.

Cost: \$22, lunch on your own

Mon Mar 18 ~ Grocery Bingo (Rec Center): Every third Monday, enjoy some bingo action and a chance to win a gift card. If you want to join us for lunch, REMEMBER to sign-up at the front desk, by 9am, the Friday before. If you want to just play Bingo, no registration is required and begins at 12pm (Walking Level: Easy).

Grocery Bingo Sponsored by Bank of Colorado.

Time: 11:00 a.m. Lunch

(pre-registration required, \$4)

12:00 p.m. Bingo (Free)

Thu Mar 21 ~ Day Trip / Colorado Capitol Building Tour

(Denver): Did you know the building is made from Colorado rose onyx (also known as Beulah red marble), a type of stone so rare that all known reserves were used in the capitol's construction? The Colorado rose onyx itself was quarried in the town of Beulah, Colorado. And did you know the capitol's original signature dome was made of copper, but was swapped out for gold in 1908 due to the copper's tendency to oxidize, creating a dull patina cover? The dome was plated with 200 ounces of glistening 24-karat gold leaf to commemorate the Colorado's Gold Rush and the brave pioneers and miners who helped build Colorado. Learn about the history and construction of the Colorado Capitol Building. (Walking Level: Moderate).

Time: 9:00 a.m. - 3:30 p.m.

Cost: \$17, lunch on your own

Thu Mar 28 ~ Silver Surfer Class / iPhone and iPad Photo Basics: Learn the basics of using your iPhone and iPad camera to capture and exchange images with friends and family. Mostly demonstration with some hands-on, this class will cover: how to take a photo, front (selfies) vs. rear facing camera, editing tools, organizing and storing photos, sending and receiving photos through email and text, sharing through social media, and popular photo apps to help create great images. Bring your device for hands-on application of the topics covered; you should know how to use it with confidence as this is not a class to learn your device.

Location: Senior Lounge, Windsor CRC

Registration Deadline: Friday before

Thu Mar 28 ~ Snowshoe Trip / Dream Lake (RMNP): Snowshoe trips will be scheduled at different locations and may be changed according to weather conditions. Some experience is necessary and these trips are not intended for beginners. Please bring your own gear, pack a lunch, dress appropriately, and be prepared to purchase a trail pass or park permit depending on the location. (Walking Level: Difficult) 2.5 miles, 425' elevation gain, trail rating moderate.

Time: 8 a.m. Departure

Cost: \$15, pack your own lunch

Pelican Perch

February 2019 Edition

Mon Feb 4 ~ Day Trip / Gambling' Bus (Black Hawk): Gamblers will receive \$5 food voucher upon arrival, \$5 free play on player's card, and an additional \$5 food voucher at 600 points. There must be a minimum of 35 people registered for motor-coach service, otherwise the trip will be cancelled. Special offers, coupons and discounts may not apply on all trips to Mardi Gras Casino, this bus is NOT wheelchair accessible (Walking Level: Easy—Moderate). **NOTE: Depart time from casino is now 3pm.**

Time: 7:45 a.m. - 5 p.m.

Cost: \$10 (NEW REDUCED PRICE!!!)

Fri Feb 8 ~ Day Trip / Colorado Model Railroad Museum

(Greeley): This one-of-a-kind facility features more than 600 railroad-related artifacts, ranging from a Virginia and Truckee Railroad switch key to a full-sized Colorado and Southern wooden caboose available for examining inside and out. The highlight of the museum is its huge, 5,500-square-foot operating model railroad dubbed "the finest model railroad I've ever seen," by the 30-year senior editor of Model Railroader magazine, Jim Hediger.

After the museum visit, enjoy some great grub at JB's Diner, the best sock-hop style restaurants since 1931. Try the shrimp basket, you won't regret it! (Walking Level: Moderate).

Time: 9:30 a.m. - 2:00 p.m.

Cost: \$21, dinner on your own

Tue Feb 12 ~ Breakfast Club / Silver Grill Café (Fort Collins):

Get your day started off right with great conversation and make new friends. Breakfast is at a different restaurant every month! There is no charge if you drive yourself, or you can catch a ride on the Parks and Recreation mini-bus for just \$6. Please sign up at the front desk or call 674-3500 so appropriate reservations can be made (Walking Level: Easy).

Time: 7:30 a.m. departure, 8 a.m. breakfast

Cost: \$6 for a ride; breakfast on your own

Thu Feb 14 ~ Silver Surfer Class / Facebook 101

Facebook provides an excellent way to stay connected to family and friends online. But getting started can be frustrating and intimidating. If you're new to Facebook or not yet on, this overview class will cover how the social media platform works, commonly used terms, and the steps for setting up a personal account. We'll

also explore the basics of using your account, including posting, making and accepting friend requests, commenting on posts, and managing your privacy settings. You are welcome to bring your smartphone, tablet, or laptop to follow along, but a device is not required. A handout with detailed instructions will be provided.

Time: 1:30 p.m. 3:30 p.m.

Cost: \$21

Thu Feb 14 ~ Day Trip / Chocolate Therapist (Denver):

In Charles Schulz's "The Peanuts," Lucy Van Pelt once declared, "All I really need is love, but a little chocolate now and then doesn't hurt!" Lucy's sentiment is similar to the Chocolate Therapist's guiding principles: that chocolate is good for you when incorporated properly into your life. After all, one of the shop's mottos reads, "When in doubt, more dark chocolate." On this perfect

Valentine's Day tour, owner/operator Julie Nygard will show you how to properly pair dark chocolate with tea, and will share with you the benefits of dark chocolate and her story of how she became the "Chocolate Therapist." (Walking Level: Easy).

Time: 9:00 a.m. - 2:30 p.m.

Cost: \$25, lunch on your own

Mon Feb 18 ~ Grocery Bingo (Rec Center): Every third Monday, enjoy some bingo action and a chance to win a gift card. If you want to join us for lunch, REMEMBER to sign-up at the front desk, by 9am, the Friday before. If you want to just play Bingo, no registration is required and begins at 12pm (Walking Level: Easy).

Grocery Bingo Sponsored by Bank of Colorado.

Time: 11:00 a.m. Lunch

(pre-registration required, \$4)

12:00 p.m. Bingo (Free)

Thu Feb 21 ~ Day Trip / Brown Palace Tour and Tea

(Denver): No visit to the Brown Palace luxury hotel in Denver is complete without experiencing afternoon tea. Complete with herbal teas, scones, and finger sandwiches, the tea room provides guests the opportunity to witness the unique longstanding tradition that is afternoon tea in Denver. With Devonshire cream shipped directly from England and the soft sounds of a harpist or pianist

floating in the air, this is truly an experience you won't soon forget. A history tour of the hotel is also part of this trip, so prepare to buzz your taste buds and your brain buds (Walking Level: Easy).

Time: 9:45 a.m. - 3:00 p.m.

Cost: \$77, Tea and light lunch included

Thu Feb 28 ~ Snowshoe Trip / Mt. Margaret (Red Feather): Snowshoe trips will be scheduled at different locations and may be changed according to weather conditions. Some experience is necessary and these trips are not intended for beginners. Please bring your own gear, pack a lunch, dress appropriately, and be prepared to purchase a trail pass or park permit depending on the location. (Walking Level: Difficult) 4.0 miles, 300' elevation gain, trail rating easy.

Time: 8 a.m. Departure

Cost: \$15, pack your own lunch

February Calendar

Pelican Perch

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat
					1	2
3	4 Gambling Bus (Black Hawk) 7:45 a.m.	5	6	7	8 Colorado Model Railroad Museum 9:30 a.m.	9
10	11 Breakfast Club-Silver Grill Cafe 7:30 a.m (depart)	12	13	14 Chocolate Therapist 9:00 a.m.	15	16
17	18 Grocery Bingo Rec. Center 12:00 pm	19	20	21 Brown Palace Tour/Tea 9:45 a.m.	22	23
24	25	26	27	28 Snowshoe Trip 8:00 a.m.		

Coffee Club Hours

Enjoy a **FREE** cup of coffee (or two) and great conversation each day, Monday - Friday!

Mon., Wed. & Fri.
Evergreen Room
7:30 – 10 A.M.

Tues. & Thurs.
Senior Lounge
8 – 10 A.M.

PLEASE REMEMBER

to call the **Recreation Office** at **970-674-3500** to sign up/cancel your lunch by **9 A.M.** at least **one day prior** to the scheduled lunch.

Suggested Donation: 60 yrs. & over \$4; under 60 yrs. \$12.

Lunch check-in before 11:00 a.m.
Monday, Wednesday & Friday at the **Community/Recreation Center: 250 N. 11th Street.**

If you need meals delivered on a regular basis, please call **Meals on Wheels** at **970-353-9738**.

Unfortunately, we are not allowed to deliver meals.

February Menu

1	BBQ Pork Spare Ribs, Corn on the Cob, Baked Beans, Creamy Coleslaw, Wheat Roll, Butter, Milk 1%
4	Country Fried Steak with Gravy, Oven Browned Potatoes, Asparagus and Baby Carrots, Spiced Peaches, Buttermilk Biscuit, Butter, Milk 1%
6	Roast Beef and Gravy, Mashed Potatoes and Gravy, Peas, Tomato-Cucumber-Mint Salad, Morning Glory Muffin, Butter, Milk 1%
8	Chicken Torta Sandwich, Spanish Brown Rice, Refried Beans, Orange Wedges, Milk 1%
11	Sloppy Joe on Bun, Baked Beans, Marinated Vegetable Salad, Cranberry Gelatin Salad, Milk 1%
13	Herb Baked Chicken Breast with Gravy, Red Mashed Potatoes with Tarragon, Cheesy Cauliflower and Peas, Wheat Roll, Butter, Bananas-Apples-Oranges, Milk 1%
15	Au Gratin Potatoes with Ham, Asparagus, Chocolate Zucchini Muffin, Butter, Strawberries and Yogurt, Milk 1%
18	In House Buxmann Chili, Rausch Carrot Sticks, Ridder Cinnamon Rolls, Stark Crackers, Swanson Cheese and Kozlovsky Chocolate Milk 2%
20	Spaghetti and Meatballs, French Cut Green Beans, Dill Roll, Butter, Pineapple-Grapes, Nut Cup, Milk 1%
22	Chicken Pesto Wrap, Spinach and Garbanzo Salad, Hot Cinnamon Apples, Crunchy Fruit Snack, Milk 1%
25	Beef Enchilada Casserole, Broccoli and Squash, Tropical Fruit Salad, Churro, Milk 1%
27	Chicken and Dumplings, Glazed Baby Carrots, Green and Red Grapes, Fruity Nut Bar, Milk 1%



Happy Birthday

Robert Clarey	2/3	Norma Rider	2/17
Ruby Lind	2/6	Teresa Stieb	2/17
Mae Lewis	2/10	Ron Hoagland	2/23

Join us for dessert on the second Wednesday of the month!