Save the Date:

Our next Care Partner Dinner will be held
Tuesday, March 17th from 5:00-7:00pm

ADRS participants will have dinner together and participate in a separate fun activity, while Care Partners will have a chance to socialize with each other and learn from our presenters.

Please RSVP to Trisha at the front desk by Tuesday, Mar 10th.

Please be sure to indicate whether your participant will ride their normal transportation home and come back with you or if they will stay here and you’ll take them home.

We will be CLOSED:

Monday, February 17th for President’s Day

We sure do have fun at SRC! Learn about our activity offerings on pages 2 & 3

Check Out Our Facebook!

Did you know SRC has a Facebook Page? You can sometimes see what is happening with our programs including ADRS. We also post blogs, videos, share important articles, announce events, and many other things.

Check it out at:

www.facebook.com/seniorsresourcecenter

Our Starr center, Southwest location, and Evergreen location also have Facebook pages.
February Activity Highlights—Come Join the Fun!

Entertainment:

Monday, February 3rd –
Don Garcia at 10:15

Wednesday, February 5th –
GAL-axies (Women’s Choir Group) at 1:30

Wednesday, February 12th –
Steve Ellis at 10:15
Nina the Storyteller at 1:30

Tuesday, February 18th –
The Curious Dragonfly at 1:30

Wednesday, February 19th –
Don and the Melodics at 1:30

Friday, February 21st –
Josh Brookstein at 10:15

Monday, February 24th –
Bill Sucke at 10:15

Wednesday, February 26th –
Vic Anderson at 1:30

Thursday, February 27th –
Heritage Choir at 1:30

FEBRUARY 2020 OUTINGS

Tuesday, February 4th – IMAX Movie at the Denver Museum of Nature and Science Cost $6
Come experience “Hidden Pacific,” a pioneering film profiling the Pacific Ocean’s national wildlife refuge islands and marine national monuments. The bus will leave the center at 9:15, and will return at 12:30. Lunch will be provided.

Tuesday, February 11th – Valentine’s Lunch and Tea with Starr Center No Cost
Enjoy an afternoon at Starr Center; Seniors’ Resource Center’s day program for adults with intellectual and developmental disabilities. We will have a blast eating lunch, socializing, and making valentines. The bus will leave the center at 11:00a and will return at 1:00p

Tuesday, February 18th - Lunch at Chile Verde Cost: $20
Come enjoy a delicious Mexican meal at this tasty eatery. The bus will leave the center at 11:00, and will return at 1:00.

Tuesday, February 25th – Thrift Shopping at Peak Thrift No Cost
Help us find the funkies outfit at Peak thrift store! Prizes will be given for “craziest shirt,” “weirdest Knick-Knack,” and “ugliest dress.” We will combine our finds and create the scarecrow of the century! The bus will leave at 9:30, and will return for lunch at 11:00

Please contact Alex Oliver, our Senior Activity Coordinator, about one week in advance (the sooner the better) to secure your spot!

aoliver@srcaging.org
303.235.6960
Hair and Massage Services Announcement:
Our Hairstylist and Massage Therapist Keesha Leavitt’s last visit will be February 12th, She is needing to cut back on her hours to focus on her family. We’d like to extend much gratitude and appreciation to Keesha for her 3 years of service!

If you know of a hair stylist or massage therapist who would be interested in providing services here, please have them reach out to Tia at 303-235-6995. Unfortunately, until we are able to identify a new provider, we will not be offering salon services after February.

Special Services
- Woody Creek Spa
Available: Mondays, Wednesdays, and Fridays.
Hydrotherapy Tub: $28.00
Showers: $23.00, Shave: $10.00

- Seven Falls Haircuts & Styles

Wednesday, February 12th
Keesha Leavitt, hair stylist and massage therapist.
Women’s shampoo and cut: $30
Men’s shampoo and cut: $20
Shampoo and style: $25
Shave: $15

- Massage

Wednesday, February 12th
Keesha Leavitt, hair stylist and massage therapist.
Price: $1.00 per minute, $45.00 an hour, $70.00 for 90 minutes

- Foot Care:
The Happy Hoofer will be providing foot care this month on Tuesday, February 11th 8am-12pm, and Wednesday February 18th, 8am-2pm

- Contact the Front Desk to make reservations! 303.235.6961.

Parties:
Monday, February 10th –
Valentine’s decorating with Library Kiddos at 10:15

Friday, February 14th –
Valentine’s Day Dance at 1:30

Wednesday, February 19th –
February Babies Birthday Bash at 1:30

Tuesday, February 25th –
Mardi Gras Celebration at 1:30

New Special Interest Groups:

Bird Watchers:
Spend a restful hour learning about the native birds of Colorado, while watching as they snack on our homemade bird feeders. (Thursday, February 27th, at 10:15)

Drama Club:
Have a flare for the dramatic? Join us for our first meeting of the SRC Drama Club. (Wednesday, February 19th, at 10:15)

Frozen February:
SRC is excited to announce that we will be serving Root-beer floats every Tuesday at 1:30 in the month of February. Come enjoy a refreshing treat with us!
Winter Weather is Here

As winter is on the horizon. Here are a couple reminders for winter from SRC.

*As beautiful as the snowy and icy weather may be, it can also be dangerous to travel and walk in. Here are a few safety tips:

- Be careful getting in and out of vehicles. Walk slowly outside. Watch where you are walking and avoid the ice if possible.
- Stomp off snow and ice before proceeding to the stairs or walking inside a building. Wet shoes can be slippery inside, too.
- Speaking of shoes – wear ones with non-skid soles if at all possible.
- Always hold on to stair railings, going up or down.
- Allow extra time to cross streets, especially during or after snow storm.
- Wherever you go, always take a cell phone, just in case.

If you use SRC Transportation Services, please help our drivers by having your walkway and entry free of snow and ice.

Please make sure all winter essentials like coats, mittens, gloves, scarves, and hats have the participant’s names on the inside. Sometimes the weather may be too bad for SRC to open.

Check our Weather line at 303.235.6916 to make sure we are open on those classic Colorado weather days.

With the cold weather arriving, it tends to bring germs with it. If your loved one has an illness that is or may be contagious, please keep them home, so as not to expose other medically frail individuals at the program. Participants who have a fever, vomiting, diarrhea, a green or yellow nasal discharge, or excessive sneezing and/or coughing should stay home. If these symptoms develop at the program, a family member will be called to take the participant home immediately. Since we are a social setting, germs can travel very quickly in our environment. Help us preserve everyone’s health by keeping any questionable germs home.

New Forms:

Please be on the lookout for new 2020 forms that need to be updated. You should have received them last month. We need them completed and returned as soon as possible. Thanks for your cooperation!

Care Partner Support Group

Join us for our Support Group on Thursday, February 13th from 10-11:30 am. This is a small group of other care partners, and an opportunity to connect with others going through similar experiences caregiving for a loved one. It is facilitated by our Registered Nurse, Margaret. Please RSVP to the Front Desk at 303-235-6961 or frontdesk@srcaging.org
Stress-Busting Program for Family Caregivers™

Program for Family Caregivers of People with Alzheimer’s Disease or Dementia

Do you provide care for a loved one with Alzheimer’s disease or dementia?

You Are Not Alone

- We know caregiving can be stressful
- This program will teach:
  - stress management techniques
  - relaxation and coping strategies
  - strategies for challenging behaviors of people with dementia

- Program available at no cost

Information

Who: Family caregivers of a loved one with dementia

What: Multi-component program meets
  - 90 minutes/week for 9 weeks
  - Groups of up to 8 people

Where: Seniors’ Resource Center
       3227 Chase Street Wheat Ridge, CO 80212

When: Thursdays, 9:30-11:00 am (2/20/20-4/16/20)
Caregivers should plan to attend all sessions

“I was at a very low point in my life. This program saved my life.”
Participant

Developed at UT Health Science Center

Please call for more information or to register:
303.233.1666 x 257 or mkluth@eastersealscolorado.org

Distributed by
Your input is requested for an important focus group to help Jefferson County learn more about seniors’ housing, community and human service needs.

The 1-1.5 hour focus group will be held:

Thursday, February 27th from 11:00-12:30
immediately after our regularly scheduled Stress Busting Class.

As a thank you for your time, they’re offering a $20 Wal-Mart gift card to all participants. Your feedback is highly valued!

Please RSVP to Trisha at the front desk at frontdesk@srcaging.org or 303-235-6961 and let us know if you’ll be able to make it.
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<th>Monday</th>
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<tbody>
<tr>
<td>Black History Discussion</td>
<td>Horse Show</td>
<td>Travel Club</td>
<td>Art Club</td>
<td>Horse Show</td>
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<td>Bingo</td>
<td>Watercolor Painting</td>
<td>Music with Pat.</td>
<td>Mind Reading</td>
<td>Music with Pat.</td>
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<td>Pilgrimage</td>
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<tr>
<td>Tuna Tuesday Dinner</td>
<td>Lunch at Chile Verde</td>
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**February 2020**

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<tr>
<td>Valentine’s Day</td>
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Special Events:
- Valentine’s Day
- Tuna Tuesday Dinner
- Black History Discussion
- Horse Show
- Travel Club
- Art Club
- Mind Reading
- Music with Pat.
- Pilgrimage

Activities are subject to change based on the needs of our PCI members.
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<th>Monday</th>
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<tbody>
<tr>
<td>BBQ Chicken 4oz WW buns</td>
<td>Beef Encharito 2oz 1 Tortilla, 1oz cheese.</td>
<td>Meatloaf 4oz Mashed Potatoes ¼ c</td>
<td>Pork loin 4oz Rice ½ C</td>
<td>Chicken Catchatori Roasted Potato 1/2c</td>
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<tr>
<td>Macaroni salad</td>
<td>Encharito 2oz 1 Tortilla, 1oz cheese.</td>
<td>Green Beans ½ c</td>
<td>Veggie Medley ½ C</td>
<td>Broccoli ½ C</td>
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<td>Corn Obrien ½ c</td>
<td>Calavitas ½ C</td>
<td>Whole Wheat rolls 1+ Dinner salad ½ cup</td>
<td>Whole Wheat roll 1 Dinner salad ½ C</td>
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<td>Dinner salad ½ cup</td>
<td>Pinto beans ½ C</td>
<td>Ice cream (enhancement)</td>
<td>Mandarin orange ½ C</td>
<td>Dinner salad ½ C</td>
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<td>Tropical fruit ½ cup</td>
<td>Whole Wheat roll 1 ea.</td>
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<td>Eclair Cake (enhancement)</td>
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<td>Pork Loin 4oz</td>
<td>Quiche de jour 1/6 Fresh Fruit Garnish 3slices</td>
<td>Turkey breast. 4 oz Cornbread stuffing ½ C</td>
<td>Shepard’s Pie Mashed Potato ½ C</td>
<td>Beef and cheddar sandwich 2 wheat bread, cheese, 2</td>
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<tr>
<td>Green chili</td>
<td>Rice Pilaf ½ cup</td>
<td>Glazed Carrots ½ C</td>
<td>Peas and carrots ½ C</td>
<td>Turkey 2 slices Tomato soup 5 oz.</td>
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<td>Au gratin Potatoes 4oz</td>
<td>Whole Wheat rolls</td>
<td>Whole Wheat roll 1 ea.</td>
<td>Whole Wheat roll 1 Dinner salad ½ C</td>
<td>Potato Triangles 1 ea</td>
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<td>Green beans ½ C</td>
<td>Dinner salad ½ cup</td>
<td>Pears ½ cup</td>
<td>Mandarin orange ½ C</td>
<td>Coleslaw ½ C</td>
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<td>CLOSED</td>
<td>Chicken Parmigianino 1ea Squash medley ½ C</td>
<td>All beef hot dog WW buns</td>
<td>Pasta with Meat Balls ½ cup, ½ C sauce</td>
<td>Baked fish fillet 4oz</td>
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<td>For President’s Day</td>
<td>Pasta with Tomato ½ cup</td>
<td>Macaroni salad ½ c</td>
<td>Mixed squashes ½ C</td>
<td>Potato Hash brown ½ C</td>
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<td>Whole Wheat roll 1</td>
<td>Baked beans ½ c</td>
<td>Whole Wheat roll 1 Dinner salad ½ C</td>
<td>Vegetable medley ½ C</td>
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<td>Dinner salad ½ C</td>
<td>Ice cream (enhancement)</td>
<td>Carrot Cake (enhancement)</td>
<td>Dinner Salad ½ Cup</td>
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<td>Berry shortcake (enhancement)</td>
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<td>Dinner Roll ½ Cup</td>
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<td>Chicken Strips 5 ea</td>
<td>Pasta with Meat Sauce ½ cup, ½ C sauce</td>
<td>Chicken soft Taco 2oz 1 Tortilla, 1oz cheese.</td>
<td>Swedish Meat Balls 4oz meatball</td>
<td>Turkey and cheddar sandwich 2 wheat bread, cheese, 2</td>
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<td>Corn O’Brian 1/2C</td>
<td>Mixed squashes ½ C</td>
<td>Calavitas ½ C</td>
<td>Egg noodles ½ C</td>
<td>Turkey 2 slices Mushroom Soup 5 oz.</td>
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<td>Hash Brown potato ½ C</td>
<td>Whole Wheat roll 1 Dinner salad ½ C</td>
<td>Pinto beans ½ C</td>
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<td>Honey Mustard 1ea</td>
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<td>Assorted Cracker (7ea) String Cheese 1 oz</td>
<td>Yogurt Parfait (fruit and yogurt) ½ cup fruit, 1/2 cup yogurt</td>
<td>Pretzels Peanut butter 2 oz</td>
<td>Mini Turkey Corndogs</td>
<td>Ritz Crackers 7 ea, String Cheese 1 oz</td>
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<td>Fruit cup ¼ cup Ritz Bits 1 bag, 1 oz</td>
<td>Crackers 7ea peanut butter 2 oz</td>
<td>Tortilla chips 1oz+ Salsa 2oz</td>
<td>Apple Wedges 4oz or 1/2 ea. Animal crackers 7ea</td>
<td>Graham crackers Fruit 4oz</td>
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