

SENIOR CITIZENS CALENDAR

Thursday, July 22
10-12 noon Senior Walking, Gym
 (Requires membership or drop-in fee)

Friday, July 23
10-12 noon Senior Walking, Gym
12 noon Young at Heart Luncheon,
 Community Center
BEEF AND NOODLES

Monday, July 26
10-12 noon Senior Walking, Gym
12 noon Young at Heart Luncheon,
 Community Center
CHICKEN ENCHILADA CASSEROLE

Tuesday, July 27
10-12 noon Senior Walking, Gym
 (Requires membership or drop-in fee)

Wednesday, July 28
10-12 noon Senior Walking, Gym
12 noon Young at Heart Luncheon,
 Community Center
MEATLOAF

Meals
 All seniors, 60 or older, \$4 .00
 59 and under, \$5.00
 Children 7-12 years, \$4.00
 Children 6 and under are free

Come and enjoy a reasonable and delicious meal and socialize Mondays, Wednesdays and Fridays at 12:00 noon. Bring a friend.

Any home bound senior in need of meals, please call 641-2107 on Monday, Wednesday and Friday before 10:00 a.m. with your request; it will be delivered that day.

The Young at Heart Luncheon takes place at the Community Center at 200 E. Spencer.

PITKIN DAY IS JULY 31

Pitkin Day, July 31, is the community's big celebration of its past and its present. Sponsored by the Pitkin Historical and Community Association, it is the organization's major fund raising event for maintenance of the historic buildings, including the school house, an early home, the original town hall, the new community center and for community activities.

The annual noon picnic will be held at the Newcomb Community Center and grounds where most of the day's events will take place. Everyone is encouraged to contribute to the meal by bringing salad, vegetable or desserts for the "potluck" meal. The brisket, brats, hot dogs, baked beans, potato salad and table service will be furnished for a donation and contribution to the Pitkin Historical and Community Association.

The traditional drama will be a comedy/mystery, "Weird Is the Night", presented three evenings, Thursday, Friday, and Saturday July 29 -31, at 7:30 in the historic town hall. Only 120 tickets will be sold for each performance. Advance tickets may be purchased at the School House Museum, and at the Silver Plume. Tickets will be available at the door if not sold out in advance.

An added attraction for Saturday night is the band, "18 Mile Radius" will play a free concert from 6:00-7:15 in the Town Hall followed by the drama. Tickets for the drama are \$6.00 for adults and \$3.00 for children who take a seat.

The "drawings" will be held after noon lunch. All donated items for the drawings are on display at the School House/Museum from 10:00 until 2:00. The week of July 29 through Pitkin Day, the hours will be 10:00 through 4:00. Tickets for the drawings will be available at the School House/Museum, the Silver Plume, and on Pitkin Day.

The annual Fun Run/Walk begins Pitkin Day at 8:00 a.m. followed by the children's fishing contest at 9:00. Games and activities will be held throughout the day beginning at 11:00. Contact person for information is Natalie Zook at 641-1316.

YARD O' THE WEEK

The Top of the World Garden Club congratulates Kathleen Kinkema and Rogene McKiernan, 701 W. Elizabeth Avenue, for winning Yard of the Week. Nine years ago, they were awarded a CityScape grant which initiated the evolution of their weed-infested yard into a xeric showpiece.

Redwood benches with flower boxes flank the front deck entryway to their home. Low growing junipers outline the home's perimeter. The flower boxes are filled with a colorful selection of annuals such as: geraniums, lobelias, verbena, pansies, portulaca, dianthus, and marigolds in primary colors.

The home is bordered on the west side with a vegetable garden, flowering crab apple tree, large yellow potentilla, and an ornamental boulder. The east side of the property is formed by a double row of white and lavender lilac bushes. A blue spruce, a variety of evergreens, and a cottonwood tree are surrounded by coreopsis, scabiosa, and Shasta daisies.

Front flower beds are filled with lupine, penstemon, bee balm, Mexican hat, sedum, perennial bachelor buttons, silver sage, blue flax, and scabiosa. A meandering walkway of sliced logs allows one to walk leisurely among the flower beds not only to admire the current blooms, but also to plant and weed.

This yard is the perfect reminder that "zeric" does not mean "zero" landscaping. Their lush flowerbeds of thriving low water usage plants attest to that!



THE SENIOR SCOOP

Your source for current local happenings...

WANTED - material, thread, zippers, elastic, buttons or any sewing materials for a Gunnison family. Please donate to the Senior Resource Office or Department of Health & Human Services at 225 N. Pine Street. Your good deed is deeply appreciated!

POOL EXERCISE CLASS FOR OLDER ADULTS ON TUESDAYS at the WSC POOL from 11-12. Participants may buy a pool pass, punch card or pay per session. Please call Karen at 641-2559 with questions.

There will be **FREE Community Ballroom Dances** at the Elks Lodge the **SECOND SATURDAY** of every month! **NEXT ONE IS ON FOR AUGUST 14TH.** If you are an Elks Lodge member and would like to "sponsor" one or more of the dances, please let Bob & Rita know at 641-1292. There must be an Elks Lodge member "sponsor" for all the dances. -- Only means you must be at the dance...the work will be done. Dances will be from 6pm - 9 pm. Bring a snack to share. If you can help set up and clean up it only takes a few minutes as the help is really appreciated! The dances are free; however donations are always accepted to help off set costs.

RSVP VOLUNTEERS & STATIONS - MARK THIS ON YOUR CALENDAR FOR "A GOOD OLE SUMMERTIME LUNCHEON"! All registered RSVP (Retired Sr. Volunteers) are invited to the annual Recognition Luncheon for 2009 which will be held on Thursday, August 19, 2010 at the Community Center from 11:30 - 2:30 p.m. Gunnison Bank and Trust is the event sponsor with the meal prepared and served by Young at Heart. The event partners are Senior Resources and RSVP. Registered RSVP Volunteers will be honored, Ashley Burt of Gunnison Bank & Trust will be guest speaker, special community guest will be invited, door prizes will be given and a silent auction by donation will be for fund raising. For reservations sign up at your station or call Sr. esources 641-7984. The stations are Pioneer Museum, the Elks, Hospice, Opportunity Shop, Young at Heart/Meal on Wheels, AWL, Sr. Resources, Literacy Action Program, Library, WSC Bookstore, AARP/CSPERA, GGLC, Gunnison Arts Center and Livingstone's. **PLEASE TURN IN YOUR VOLUNTEER HOURS AT YOUR STATIONS OR CALL Joyce Price at 641-5049**

VISIT THE Gunnison Community Center for **FREE walking** and **FREE billiards** from 10-Noon on MWF. Bring a friend! Remember to join the gang for the **FREE Classic Movie Matinee the LAST FRIDAY OF EVERY MONTH AT 1:00 p.m.** Come on over to 200 East Spencer or call 641-8060.

Check out all the happenings and events in or around Gunnison County by visiting www.gunnison seniors.com the calendar is printer friendly.

THE SENIOR SCOOP is brought to you by the Gunnison County Senior Resources Office and a grant made possible by The Colorado Trust



For information on sponsoring this space contact Geri Howard at the Senior Resources Office 225 N. Pine St. 642-4664.

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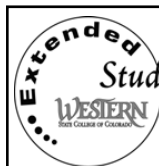
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Western State
 Extended Studies
 Summer Classes

BEGINNING BIRD WATCHING WITH JIM BARRY
 Wednesday, August 11, 6:00am-2:00pm
 Cost: \$10

Start the day with a quick review of the participants' bird
 watching experience and equipment before traveling to local
 area for morning hours of viewing nesting birds.

For further information and to register, call 943-2885
 or visit the website at www.western.edu/extendedstudies.

The Extended Studies office has moved to Ute Hall, room 109.