

SENIOR CITIZENS CALENDAR

Thursday, February 4

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

Friday, February 5

10-12 noon Senior Walking, Gym
12 noon Young at Heart Luncheon,
Community Center

RAVIOLI

Monday, February 8

10-12 noon Senior Walking, Gym
12 noon Young at Heart Luncheon,
Community Center

SALISBURY STEAK

Tuesday, February 9

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

Wednesday, February 10

10-12 noon Senior Walking, Gym
12 noon Young at Heart Luncheon,
Community Center

BEAN & BEEF BURRITOS

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.

DEAR PUBLISHER,

A note to the community of Gunnison:

We are continuing to send packages to our troops in combat. At present, we have 8 with ties to the Gunnison area. We are sending packages to those injured and recovering at Landstuhl Regional Medical Center, also. Recent donations have been received from Chapter GY PEO, Elks Lodge, House of China, Gunnisack Restaurant, City Market, the High School Leadership class, and the Car Club. We shipped 106 packages in 2009, and have shipped 537 packages since 2004. We will continue with this project as long as we have funds and donations and there is a need for the support of our combat veterans. There is still a drop off box at the County Library.

We appreciate all that the community has done and want you to know that these young men and women serving in the combat areas do as well. If you know of anyone who is in Iraq or Afghanistan, please let us know.

Roth and Larry Dolezal
American Legion Post and Auxiliary
641-0172

FLAG DISPLAY DAYS

The flag may be displayed on any or every day. Listed below are the Flag Display Days, or in other words when it is particularly appropriate to display the flag.

New Year's Day - January 1; Martin Luther King, Jr. Day - Third Monday in January; Inauguration Day - January 20; Lincoln's Birthday - February 12; Washington's Birthday - February 22; Presidents' Day - Third Monday in February; Easter Sunday - April; Mother's Day - Second Sunday in May; Peace Officers Memorial Day (half-staff) - May 15; Armed Forces Day - Third Saturday in May; Memorial Day (half-staff until noon) - Last Monday in May; Flag Day - June 14; Army Day - June 14; Independence Day - July 4; Korean War Veterans Day (half-staff) - July 27; Labor Day - First Monday in September; Patriot Day - September 11 (flag should be flown at half-staff from sunrise to sundown); Citizenship Day - September 17; Air Force Day - September 17; Constitution Day - September 17; POW/MIA Recognition Day - September 21; Columbus Day - October 12; Navy Day - October 27; National Election Day - First Tuesday in November; Marine Corps Day - November 10; Veterans' Day - November 11; Thanksgiving Day - Fourth Thursday in November; National Pearl Harbor Remembrance Day (half-staff from sunrise to sundown) - December 7; Christmas Day - December 25.

For more information on Flag Display Days, call toll-free at 800-782-0500.



THE SENIOR SCOOP

Your source for current local happenings...

IT'S TIME TO DRESS UP!

WHO: You
WHAT: Senior Sweetheart Ball
WHERE: Fred Field Western Heritage Center (Multi-Purpose Building)
WHEN: Saturday, February 13, 2010 from 6-9 p.m.
This is a non alcohol event to celebrate the wonderful older people of Gunnison! Come enjoy a well deserved night out with traditional ball room dance music and special treatment from our GHS and WSC leadership students. They will be there to escort you to and from your ride, hang your coat, help serve your choice of Valentine treats and some will even be dance partners. You do not have to come with a date...just come and enjoy your friends and meet some new ones. Transportation is available by calling the Senior Resources Office at 642-4664.

Let it snow and let someone else shovel for you! **SHOVEL FOR SENIORS** is here to provide free snow shoveling for seniors this winter. If you have an e Call Eric at 703-307-1593 or Amy at 719-331-1801

MARK YOUR CALENDARS FOR THE LAST THURSDAY OF EVERY MONTH FOR A WILD GAME OF BONKO! This game is held at the Willows at 6:30 p.m. and sponsored by Livingstone's. Contact Mary or Emily at 641-3031 for more information. The next BONKO will be on February 25th!

The next **AARP/CSPERA** meeting is scheduled for **TUESDAY FEBRUARY 9th** beginning at 9:30 a.m. with brunch (\$5 per person) with the meeting to follow at 10:00 a.m. The program will be provided by Melanie Torpey with Bal-A-Vis-X (balance, agility, vision and exercise). Reservations are not needed, just come on over to the Community Center, 200 E. Spencer.

CAREGIVERS - we need your help! A survey has been developed to assess the needs of family caregivers and is available by calling 641-7984 or by going on-line to <http://www.surveymonkey.com/s/3HNGF2Y>. Please complete a survey today!

The second session of **AQUA FIT** will start Feb. 24-March 31 at the Community Center pool. \$40 members/\$42 non-members. This is a moderately paced class that will focus on increasing strength, flexibility and improve your full range of motion. This class is taught in the shallow and warm (88 degrees) water. Your instructor is Madelyn Curry.

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.



TAKE A FRESH LOOK AT YOUR BUSINESS WITH A SMALL BUSINESS COUNSELOR

ASK THE SBDC

Marilyn Laverty, Director 943-3157

Now Hear This!

Q: Why do my hearing aids make a high-pitched whistling noise sometimes?

A: When sound leaks out of a hearing aid or earmold, it gets re-amplified by the microphone, causing the high-pitched whistling noise called feedback. Hearing aid feedback will happen from the following: 1) If your hearing aid has not been inserted properly 2) If you place your hand over your hearing aid 3) If the hearing aid no longer fits properly, is too loose in your ear 4) If the battery is going dead 5) If there is a mechanical problem with the hearing aid which will need repair. For more information about hearing aids, hearing loss and hearing care call Gunnison Hearing Center.



Certified Audiologist
Ellyn Houghton,
M.S. CCC-A



641-2814
A sound choice.

114 North Boulevard, Suite 106, Gunnison, CO 81230

The Gunnison Country shopper

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Western State Extended Studies Spring Classes

- **GERTRUDE BELL: A VICTORIAN ICON IN PERSIA.** 36041, ANTH 297, Credit: 1, \$135; 36042, NON CREDIT, \$80. 2/19-2/21/
- **CELL BIOLOGY YOU WANT TO KNOW.** 35976, NON CREDIT, \$50. 2/09-3/16 (no class 2/23/2010) Tuesday, 5:00-7:00PM
- **CROSS COUNTRY SKI OUTING FOR BEGINNERS 50 AND BETTER.** 35975, NON CREDIT, \$20 (no senior discount available) Date: 2/11/2010; 36050, NON CREDIT, \$20 (no senior discount available). 2/25, 8:00AM-2:00PM
- **YOGA INTERMEDIATE.** 35940, ESS, 297, Credit: 1, \$175; 35941, NON CREDIT, \$135. 2/23-4/22, Tuesday, Thursday, 5:00-6:30PM

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