

November Menu 2016



1

Crunchy Baked Fish
Coleslaw
Five-way veggie blend
Wheat roll
Pineapple & Mandarin oranges
Salad bar

2

Chicken Enchiladas
Lettuce & tomatoes
Pinto beans
Salad Bar
Fruited Jello

3

Rosemary Pork Loin
Whipped sweet potato
Beets
Salad bar
Rye roll
Spiced applesauce

4

French dip
Oven browned potatoes
Mixed veggies
Salad bar
Mandarin oranges
Chocolate pie

7

Shrimp Scampi
Angel hair pasta
Zucchini
Salad bar
Garlic wheat bread
Chocolate cake
Orange juice

8

Chicken Dijon
Steamed rice
Orange beets
Salad bar
Wheat roll
Blueberry cobbler

9

Pork Chops
Apple stuffing
Snap peas
Salad bar
Pineapple orange cake
Orange wedges

10

Swiss steak
Whipped potatoes
Seasoned broccoli
Salad bar
Wheat roll
Peaches

11

Closed for Veterans Day



14

Chicken Alfredo
Fettuccine
Salad bar
Garlic bread
Apple crisp
Banana

15

Lemon Tilapia
Wild rice
Corn
Peas
Salad bar
Fresh fruit

16

Italian Sausage
Pasta
Brussel sprouts
Salad bar
Bread sticks
Baked apples w/ cinnamon

17

Thanksgiving Turkey Dinner
Roast Turkey w/ gravy
Mashed potatoes
Stuffing
Sweet potatoes
Green beans
Dinner salad
Cranberries/ roll
Pumpkin cake

18

Tortilla Burger
Smothered with green chili
Pinto beans
Stewed tomatoes
Salad bar
Fruited Jello

21

BBQ Brisket
Cheesy potatoes
Broccoli Peanut salad
Salad bar
Wheat roll
Cantaloupe

22

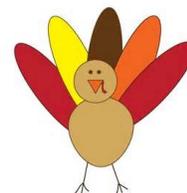
Herb Baked Chicken
Chicken gravy
Chopped spinach
Carrots
Salad bar
Wheat roll
Strawberry shortcake

23

Salmon w/ Dill Sauce
Wild rice pilaf
Broccoli & carrots
Salad bar
Wheat roll
Lemon bar
Orange juice

24

Closed for Thanksgiving



25

Closed for Napping



28

Lemon Chicken
Baked Potato
Veggie Blend
Salad bar
Wheat roll
Chocolate pudding

29

Teriyaki Steak
Sautéed veggies
Spinach salad
Rice pilaf
Mixed greens
Wheat roll
Fresh fruit

30

Baked Ham
Garlic mashers
French cut green beans
Salad bar
Rye roll
Mandarin oranges

Reservations are required. Please call 970-382-6445 by 9:30am to make your lunch reservation.



Cost is a suggested donation of \$4 for seniors age 60+ or a \$7 fee for under 60.

<p>November 2016 Nutritionals</p>	<p>1 Crunchy Baked Fish Calories(kcal) 684.23 Carbohydrates(g) 101.21 Fiber(g) 11.68 Fat(g) 15.73 Sodium(mg) 1178.76 Protein(g) 38.14</p>	<p>2 Chicken Enchiladas Calories(kcal) 795.46 Carbohydrates(g) 98.77 Fiber(g) 22.35 Fat(g) Sodium(mg) 19.71 Protein(g) 59.02</p>	<p>3 Rosemary Pork Loin Calories(kcal) 891.25 Carbohydrates(g) 116.88 Fiber(g) 12.38 Fat(g) 23.7 Sodium(mg) 775.68 Protein(g)54.11</p>	<p>4 French Dip Calories(kcal)819.15 Carbohydrates(g) 88.82 Fiber(g) 10.53 Fat(g) 29.01 Sodium(mg) 766.07 Protein(g) 53.32</p>
<p>7 Shrimp Scampi Calories(kcal) 721.59 Carbohydrates(g) 103.5 Fiber(g) 10.43 Fat(g) 18.9 Sodium(mg) 1094.02 Protein(g)36.72</p>	<p>8 Chicken Dijon Calories(kcal) 1075.87 Carbohydrates(g) 97.47 Fiber(g) 9.94 Fat(g) 34.03 Sodium(mg) 1045.83 Protein(g)95.42</p>	<p>9 Pork Chops Calories(kcal) 942 Carbohydrates(g) 118.57 Fiber(g) 10.25 Fat(g) 29.6 Sodium(mg) 896.93 Protein(g)51.34</p>	<p>10 Swiss Steak Calories(kcal) 867.35 Carbohydrates(g) 94.69 Fiber(g) 14.68 Fat(g) 20.06 Sodium(mg) 965.38 Protein(g)80.37</p>	<p>Closed for Veteran's Day Holiday</p>
<p>14 Chicken Alfredo Calories(kcal) 744.83 Carbohydrates(g) 103.62 Fiber(g) 10.03 Fat(g) 20.54 Sodium(mg) 631.78 Protein(g)41.59</p>	<p>15 Lemon Tilapia Calories(kcal) 713.21 Carbohydrates(g) 96.4 Fiber(g) 10.55 Fat(g) 17.72 Sodium(mg) 326.08 Protein(g)44.45</p>	<p>16 Italian Sausage Pasta Calories(kcal)740.72 Carbohydrates(g) 123.37 Fiber(g) 13.7 Fat(g) 15.84 Sodium(mg) 1041.54 Protein(g)32.67</p>	<p>HAPPY THANKSGIVING</p> 	<p>18 Sweet N Sour Pork Calories(kcal)731.4 Carbohydrates(g) 116.89 Fiber(g) 11.43 Fat(g) 13.61 Sodium(mg) 1012.6 Protein(g)35.98</p>
<p>21 BBQ Brisket Calories(kcal)799.47 Carbohydrates(g) 94.13 Fiber(g) 10.18 Fat(g) 26.67 Sodium(mg)876.87 Protein(g)50.96</p>	<p>22 Herbed Baked Chicken Calories(kcal) 700.65 Carbohydrates(g) 83.38 Fiber(g) 11.93 Fat(g) 20.95 Sodium(mg) 1035.59 Protein(g)47.92</p>	<p>23 Salmon w/ dill Sauce Calories(kcal)778.63 Carbohydrates(g) 98.93 Fiber(g) 10.45 Fat(g) 27.54 Sodium(mg) 350.78 Protein(g)36.52</p>	<p>Closed for Thanksgiving</p> 	<p>Closed for Skiing</p> 
<p>28 Lemon Chicken Calories(kcal) 857.18 Carbohydrates(g) 114.31 Fiber(g) 10.9 Fat(g) 16.7 Sodium(mg) 767.72 Protein(g)60.37</p>	<p>29 Teriyaki Steak Calories(kcal) 889.06 Carbohydrates(g) 76.68 Fiber(g)8.66 Fat(g) 42.47 Sodium(mg) 1208.22 Protein(g) 50.07</p>	<p>30 Baked Ham Calories(kcal)867.53 Carbohydrates(g) 109.23 Fiber(g) 10.08 Fat(g) 35.29 Sodium(mg) 822.61 Protein(g)31.72</p>		

November 2016 Activities

The Computer Lab will be closed on all or part of the day on Mondays, Wednesdays & Fridays for Medicare Counseling. Sorry for the inconvenience!



<p>1 8:30am Glucose checks 9am Crafts 9:15am Begin Tai Chi 9:30am Zumba 10:30am WYS 12:30pm Grand Dames 12:45pm Canasta 1:30pm Staff mtg 6pm Sanct.Dup.Bridge</p>	<p>2 9am-5pm Medicare 9am Acrylics 1 8:45am TOPS 10:15am WYS 10:30am Caregiver 10:30am Int. Tai Chi 12:15pm Bfd. Middle School Orchestra 12:30pm Mah Jongg 12:30pm Queen's 12:30pm Table Tennis 1pm Creative Music 1pm Gentle Yoga</p>	<p>3 9am Acrylics 2 9:15am Begin Tai Chi 10:30am WYS 10:45am Widowers 12pm 299'er Bridge 12pm Lunch & Learn 12:45pm Canasta 1pm DAV 1:30pm Line Dance</p>	<p>4 9am-5pm Medicare 9am Quilting 9:30am Zumba 10am Int. Tai Chi 12:00pm Bridge 12:30pm Cribbage 12:45pm Thrift Store Staff Meeting 1pm Bingo 6pm SJ Square Dancers</p>	
<p>7 10am Bridge Lesson 10:15am WYS 12:30pm Rec. Bridge 12:45pm Dominoes 1pm-5pm Medicare 1pm Movie Monday <u>The Bishops Wife (1947)</u></p>	<p>8 9am Crafts 9:15am Begin Tai Chi 9:30am Zumba 10:30am WYS 12pm St. Paul's Preschool performance 12:45pm Canasta 6pm Sanct.Dup.Bridge</p>	<p>9 8:45am TOPS 9am Acrylics 1 9am-5pm Medicare 10:15am WYS 10:30am Int. Tai Chi 12:30pm Mah Jongg 12:30pm Misfits 12:30pm Table Tennis 1pm Creative Music 1pm Gentle Yoga</p>	<p>10 9am Acrylics 2 9:15am Begin Tai Chi 10:30am WYS 12pm Veterans Celebration 12pm 299'er Bridge 12:30pm Carolyn's 12:45pm Canasta 1:30pm Line Dance 4pm Adv. in Dining</p>	<p>11 Closed for Veterans day</p> 
<p>14 9am Computer Class 9am-5pm Medicare 10am Bridge Lesson 10am VIP 10:15am WYS 12:30pm Rec. Bridge 12:45pm Dominoes</p>	<p>15 9am Computer 9am Crafts 9:15am Begin Tai Chi 9:30am Zumba 10am AARP 10:30am WYS 12:30pm Grand Dames Bridge 12:30pm Table Tennis 12:45pm Canasta 6pm Sanct.Dup.Bridge</p>	<p>16 8:45am TOPS 9am-5pm Medicare 10:15am WYS 10:30am Caregiver Support Group 10:30am Int. Tai Chi 12:30pm Mah Jongg 12:30pm Queen's Bridge 12:30pm Table Tennis 1pm Creative Music 1pm Gentle Yoga</p>	<p>17 9am Acrylics 2 9:15am Begin Tai Chi 10:30-11:15am WYS 10:45am Widowers 11:30am & 1pm Thanksgiving Lunch 12pm 299'er Bridge 12:30pm Crazy 8's 1:30pm Canasta 2:30pm Line Dance</p>	<p>18 9am-5pm Medicare 9am Quilt workshop 9:30am Zumba 10am Int. Tai Chi 12:00pm Bridge 12:30pm Cribbage 1pm Bingo 6pm SJ Square Dancers</p>
<p>21 9am-5pm Medicare 10am Bridge Lesson 10:15am WYS 12:30pm Rec. Bridge 12:45pm Dominoes 1pm Movie Monday <u>Hunt for the Wilderpeople</u></p>	<p>22 9am Crafts 9:15am Begin Tai Chi 9:30am Zumba 10:30am WYS 12:30pm Table Tennis 12:45pm Canasta 6pm Sanct.Dup.Bridge</p>	<p>23 8:45am TOPS 9am-1pm Medicare 10:15am WYS 10:30am Int. Tai Chi 10:30am Talking Book 12:30pm Mah Jongg 12:30pm Misfits 12:30pm Table Tennis 1pm Creative Music 1pm Gentle Yoga</p>	<p>24 Closed for Thanksgiving</p> 	<p>25 Closed for Shopping</p> 
<p>28 10am Bridge Lesson 10:15am WYS 12:30pm Rec. Bridge 12:45pm Dominoes 1pm-5pm Medicare Counseling</p>	<p>29 9am Crafts 9:15am Begin Tai Chi 9:30am Zumba 10:30am WYS 11:45am Special B-day 12:30pm Table Tennis 12:45pm Canasta 6pm Sanct.Dup.Bridge</p>	<p>30 8:45am TOPS 9am-5pm Medicare 10:15am WYS 10:30am Int. Tai Chi 12:30pm Mah Jongg 12:30pm Misfits 12:30pm Table Tennis 1pm Creative Music 1pm Gentle Yoga</p>		<p>Call Greta at 970-382-6428 to schedule an appointment for Medicare Part D Open Enrollment</p>

Exercise Classes

For more information about the exercise classes, contact Greta at 970-382-6428 or email

greta.kirker@co.laplata.co.us

Yoga

Relieve your stress, and improve your flexibility and balance with yoga.

This class is taught by Jill Tierney on Wednesdays from 1pm-2pm at the Senior Center. The cost is 5 classes for \$15.



Watch Your Step

Try this engaging class that will use every muscle in the body! Our wonderful and talented instructors use hand weights, resistance bands, playground balls and balancing techniques to keep students fit and having fun! Two sessions offered: Each 8 week session costs \$20.

Mon/ Wed at 10:15am-11:15am

Session begins Wednesday, Nov 2nd

Tues/Thurs at 10:30am-11:30am

Session begins Tuesday, Nov 1st



Zumba

9:30am on Tuesdays and Fridays.

This class is a Latin-inspired dance workout for active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity. The cost is \$15 for 5 classes. We are sorry to announce that our Zumba instructor is leaving. **The last class will be on November 29th.** We will be offering **Nia Dance** on Tuesdays from 9:15am-10am beginning in December or January. The Nia Dance instructor is Ashley Hill.



Line Dancing

Dancing simultaneously involves kinesthetic, rational, musical and emotional processes. Dance often!

Beginning Line Dancing

Thursdays from 1:30pm to 2:30pm

The cost is \$20.00 for 2 month session (Nov-Dec)

Traditional Line Dancing

Thursdays

2:30pm-3:30pm

\$20.00 for 2 month session (Nov-Dec)



Tai Chi

Learn how to improve your flexibility, balance, aerobic exercise, and reduce stress. Tai Chi has been studied and proven to reduce falls, and decrease the amount of multiple falls. Our instructors are certified in Tai Chi for Arthritis for Fall Prevention. The suggested donation is a request for \$20 per month (classes run 2 days per week).

Beginning Tai Chi

Tuesdays and Thursdays

9:15am-10:15am

Intermediate Tai Chi

Wednesdays

10:30am-11:30am and

Fridays 10am-11am



COA NEWS

Wow! Another year almost over! The Annual meeting is December 12

10am-12pm. At this meeting the Board and officers will be elected. If you would like to nominate someone for the COA Board, or if you have a project you would like COA to consider supporting, please contact Paula West

970-903-1575 or by mail at
Durango~La Plata Senior Center
Attn: Council on Aging
2424 Main Ave
Durango, CO 81301



Save the date for the **Holiday Craft Bazaar**

Saturday, December 3rd 9am-2pm

Cost per booth is \$25.

If you are interested in having a booth to sell hand-made items, call Greta at 970-382-6428.

COA THRIFT STORE

Get your holiday shopping done at the COA Thrift Store!

Open Mon-Fri

9:30am-12:30pm

Accepting Donations Mon-Fri
10am-11am



Movie:

There has been a **CHANGE** to the Monday Movie schedule!

Movies will be shown on the 1st & 3rd Mondays at 1pm, rather than every Monday.



Creative Music Class



Instructor: Caprice Fox
Wednesdays 1pm-2pm

Tap into your creative side and stimulate your brain while learning the basics about music. This class will include singing lessons. Sing all of your favorite old songs! No prior musical experience is necessary. This 4 session class runs every Wednesday from Nov 16-Dec 7th and the cost is \$12. Sign up with Greta 970-382-6428.

The Quilt Group

9am-12pm on most Fridays & 9am-3pm on the 3rd Friday of the month (November 18th).



The 3rd Friday meets in a larger room which is set up for pinning the quilt layers together for personal quilts or for quilts that will be donated to Project Linus. The Quilt Group can teach techniques, like, "enveloping" the quilt so it doesn't require binding and doing the final quilting on a regular home machine. Feel free to stop by to help and learn. If you have questions call Faye Gooden at 970-946-8082 or Jane Benham at 970-769-0640

Talking Book Discussion Group



Did you know that there is a free "Talking book library," available to people with visual disabilities & physical limitations? This group is scheduled to meet monthly to discuss the books they have read/heard and intend to read/hear in the future. This group meets the 4th Wednesday of the month, **Nov. 23rd 10:30am-11:30am.**

Visit the website:

<http://www2.cde.state.co.us/ctbl/index.htm> for more information.

Medicare

Open Enrollment Period for Prescription Drug Plans

Prescription drug plans can make changes each year—things like cost, coverage, and which providers and pharmacies are in their networks.

Mark your calendar with these important dates! This may be the only chance you have each year to make a change to your Medicare health and prescription drug coverage.

Contact your local Medicare Counselors for an appointment if you need assistance with Medicare; Greta Kirker 970-382-6428 or Sheila Casey at 970-382-6442.

October 1, 2016	Start comparing your coverage with other options. You may be able to save money.
October 15– December 7, 2016	Change your Medicare health or prescription drug coverage for 2017, if you decide to.
January 1, 2017	New coverage begins if you made a change. New costs and benefit changes also begin if you keep your existing Medicare health or prescription drug coverage and your plan makes changes.

Prevent Medicare Fraud

Protect yourself from errors, fraud, and abuse

Protecting your personal information is the best line of defense in the fight against healthcare fraud and abuse. Medicare and Medicaid lose billions of dollars each year to scam artists. You can make a difference.

- Don't give your Medicare, Medicaid, or Social Security numbers to strangers.
- Remember that Medicare does not call or visit to sell you anything.
- Keep records of your doctor visits, tests, and procedures in your personal health care journal or calendar.
- Save your Medicare Summary Notices and Part D Explanation of Benefits.
- Learn to protect yourself against identity theft.
- Read Medicare's lists of Do's and Don'ts to prevent fraud.

Detect potential errors, fraud, and abuse

Even if you do everything right, there is a chance you could be a target of health care fraud. Keep a close eye on your medical records to quickly detect issues.

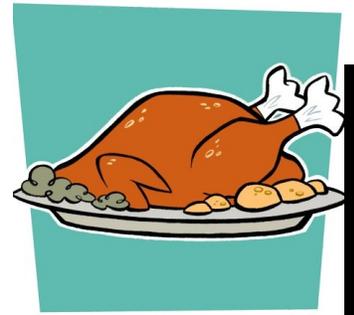
Review your Medicare Summary Notices and Part D Explanation of Benefits for mistakes. You can access your Medicare account 24 hours a day at www.MyMedicare.gov. Compare your Medicare Summary Notices and Part D Explanation of Benefits to your personal health care journal and prescription drug receipts to make sure they are correct. Learn more about examples of Medicare fraud schemes from the Office of the Inspector General.

If you suspect errors, fraud, or abuse—report it. Visit <https://www.stopmedicarefraud.gov/preventfraud/index.html> for more information.



Nutrition

Food Safety Tips For Healthy Holidays



Parties, family dinners, and other gatherings where food is served are all part of the holiday cheer. But the merriment can change to misery if food makes you or others ill. The good news is that practicing four basic food safety measures can help prevent foodborne illness.

1. Clean:

- Wash hands with warm water and soap for 20 seconds before and after handling any food.
- Wash food-contact surfaces with hot, soapy water after preparing each food item
- Rinse fruits and vegetables thoroughly under cool running water and use a produce brush to remove surface dirt.

2. Separate:

- Keep raw eggs, meat, poultry, seafood, away from foods that won't be cooked. Take this precaution while shopping in the store, when storing in the refrigerator at home, and while preparing meals.
- Consider using one cutting board only for foods that will be cooked (such as raw meat, poultry, and seafood) and another one for those that will not (such as raw fruits and vegetables).
- Keep fruits and vegetables that will be eaten raw separate from other foods such as raw meat, poultry or seafood—and from kitchen utensils used for those products.

3. Cook:

- Use a food thermometer to make sure meat, poultry, and fish are cooked to a safe internal temperature. To check a turkey for safety, insert a food thermometer into the innermost part of the thigh and wing and the thickest part of the breast. The turkey is safe when the temperature reaches 165°F. If the turkey is stuffed, the temperature of the stuffing should be 165°F.
- Bring sauces, soups, and gravies to a rolling boil when reheating.
- Cook eggs until the yolk and white are firm. When making your own eggnog or other recipe calling for raw eggs, use pasteurized shell eggs, liquid or frozen pasteurized egg products, or powdered egg whites.
- Don't eat uncooked cookie dough, which may contain raw eggs.

4. Chill:

- Refrigerate leftovers and takeout foods—and *any* type of food that should be refrigerated—within two hours. That includes pumpkin pie!
- Set your refrigerator at or below 40°F and the freezer at 0°F. Check both periodically with an appliance thermometer.
- Never defrost food at room temperature. Food can be defrosted safely in the refrigerator, under cold running water, or in the microwave. Food thawed in cold water or in the microwave should be cooked immediately.
- Allow the correct amount of time to properly thaw food. For example, a 20-pound turkey needs four to five days to thaw completely when thawed in the refrigerator.
- Don't taste food that looks or smells questionable. "When in doubt, throw it out." Leftovers should be used within three to four days.

Use care with stuffing

- Whether it is cooked inside or outside the bird, all stuffing and dressing must be cooked to a minimum temperature of 165°F. For optimum safety, cooking your stuffing in a casserole dish is recommended.
- Stuffing should be prepared and stuffed into the turkey immediately before it's placed in the oven.
- Mix wet and dry ingredients for the stuffing separately and combine just before using.
- The turkey should be stuffed loosely, about 3/4 cup stuffing per pound of turkey.
- Any extra stuffing should be baked in a greased casserole dish.

This article appears on [FDA's Consumer Updates page](http://www.fda.gov/ForConsumers/ConsumerUpdates/default.htm), which features the latest on all FDA-regulated products. <http://www.fda.gov/ForConsumers/ConsumerUpdates/default.htm>

Meetings

- **TOPS Take Off The Pounds Sensibly:** Every Wednesday in the Window Room. Weigh-in from 8am-8:45am, Meeting from 9am-10am. First meeting is free. Call Ellen at 970-749-2799 for more information.
- **VIP Visually Impaired Persons:** Meets the 2nd Monday of the month, November 14th, at 10am in the Sun Room.
- **Medicare Counseling:** By appointment only on Mondays, Wednesdays and Fridays, now through December 7th, please call Greta 970-382-6428 to schedule an appointment (no drop-ins, please).
- **Family Caregiver Support Group:** 1st and 3rd Wednesdays of the month at 10:30am in the Sun Room or Window Room.
- **DAV Disabled American Veterans:** Thursday, November 3rd at 1:00pm in the Sun Room.
- **AARP:** Meets on the 3rd Tuesday, November 15th at 10:00am in the Window room.
- **Widow/Widower's Support Group:** Meets the 1st and 3rd Thursdays (Nov 3rd & 17th) at 10:45am in the Window Room

Computer classes

Instructor: Jon Cordalis,

The Computer Tutor

Classes are from 9am-12:00pm

and **the cost is \$15.00 per class.**

Please register and pay with

Greta **prior** to the class at the

Senior Center 382-6428. You may register for classes

Mon-Fri between 9am and 1pm. Payment ensures

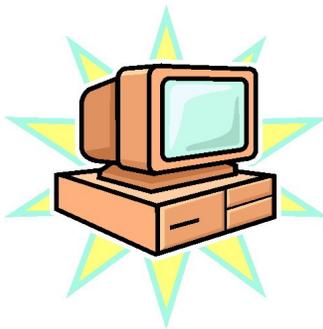
your place in the class!

Monday, Nov 14: **Getting the Most from Your iPad**

and iPhone, Part 3: Learn more ways to use your Apple devices: There are so many things a person can learn about the iPhone and iPad! In this class we will continue to explore tips, techniques, apps and more. It is not necessary to have taken the other classes, this is for all users. You will cover basics as well as information for the experienced user. This is an Apple iPad/iPhone class, other devices will not be covered.

Tuesday, Nov. 15th– **Working with Digital Photos:**

This class will address the basics of working with digital images. Learn how to download images taken with your digital device, manage and organize photos, do some photo editing and manipulation, and see the many things you can do with these images.



Free Health Screening



1st Tuesday of Every Month
Durango Senior Center
Provided by San Juan Basin
Health Promotors
November 1st &
December 6th 2016
8:30am – 11:30am
Cholesterol, glucose, blood
pressure screening

**It is recommended that you
fast for 9-12 hours before
testing.**

Walk-Ins welcome, but
please call to schedule your
time slot ahead of time in
order to better serve you!
970-335-2076

Thank you to the
Durango Photo Club
for hanging artwork
in the lobby!

Adventures in Dining



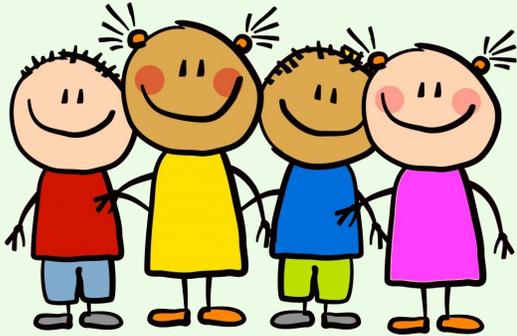
Blue Moon Diner
In Farmington, NM
Thursday, November
10th,
Depart the Durango
Senior Center at 4pm.
The cost is \$8 for
transportation (the cost

for dinner is not included). Space is
limited to 14 passengers. Call
970-382-6428 to sign up.

The "Be Frank Foundation" orchestra will play for us on Nov 2nd at 12:15pm. They are a string orchestra of 25 students from Bayfield Middle School.



St. Paul's Preschool will be here to sing for us on Nov 8th at 12pm!



Lunch & Learn

Nov 3: Darrah Blackwater- will speak about the new home health services being offered through Sunshine Gardens Assisted Living Facility at 12pm.



Durango Community

Thanksgiving Dinner:

Enjoy a traditional Thanksgiving meal with all the fixins' in a warm, welcoming atmosphere at the annual Durango Community Thanksgiving Dinner. Dinner will be served on November 24th, from noon to 2:00 p.m. at the **La Plata County Fairgrounds**, located at 2500 Main Ave. in the heart of Durango. Everyone is welcome, and dinner is free!

VOLUNTEERS NEEDED!

Come volunteer and you will get a free lunch! The Durango Senior Center is looking for volunteers for the Front Desk Reception position and for Meals on Wheels! Please contact Greta at 970-382-6428 if you are interested in the Front Desk position or Carol at 970-382-6435 for Meals on Wheels. Thank you!

Trivia

1. What was the name of Smokey the Bear's mate?
2. Where was the fortune cookie actually invented?
3. What is a group of crows called?
4. If cats are feline, and dogs, canine, then what are bears?
5. What is the dot over the letter "i" and "j" called?
6. Can you lick your elbow?
7. Did you try to lick your elbow after reading the previous answer?

- Answers**
1. Goldie
 2. America. [Most people think it's China]
 3. A murder
 4. Urnine
 5. A tittle
 6. Well, it seems there are a few tricks, using which you actually can!
 7. Probably, yes. Most people try to