Our Mission is to provide services and activities to older adults which enhance dignity, support independence, and encourage involvement in the community.

The FVSC will be closed on Monday, May 27th in observance of Memorial Day!

Cinco de Mayo Celebration!

Monday, May 6th @ 11:00am
Entertainment provided by Sproul Mariachi Band

Bring in your favorite salsa and we will provide the chips for a pre-lunch snack that everyone will enjoy!

Picnic!

Join us at Fountain Creek Regional Park on June 11th at 10:00 am for the annual FVSC picnic. We will provide the meat and bottled water, bring a dish to share! There will be games such as horseshoes and bean bag toss, music and entertainment!

The senior center will close at 10:00 am and reopen at 1:00 pm. Transportation will be provided, sign up in the office or call 719-520-6472

The Fountain Valley Senior Center with The Colorado Springs Show Choir present

All Aboard That Train!

The Song Spinners dinner and show!

Friday, June 7th
5745 Southmoor Dr.
Fountain, CO 80817
719-520-6470 for more information or to request transportation to the event

 TICKETS: $10

 Super seniors 90 and over and kids 12 & under: $6

 Dinner @ 5:30 pm
 Preshow Music by Dennis A. Crosser @ 6:15 pm
 Song Spinners @ 7:00 pm

 MENU:
 Spaghetti & Meatballs, Salad, Roll with Butter, Cake, Tea and Lemonade
 Prepared and served by the Fountain Valley Senior Center

 All proceeds benefit the Fountain Valley Senior Center
**AARP Driver Safety Program**

Allows you to receive a **mandatory** discount on your vehicle insurance premiums.

**Cost:** $15 for AARP members and $20 for non-members; pay instructor on the day of class.

**Wednesday, May 8th from 8:30 am - 12:30 pm**

**A minimum of 10 students is required to hold class. Please call 520-6470 to pre-register.**

**Grocery Shopping - (By Appointment Only)**

**Note:** Please call 520-6472 for your appointment 48 hours (two working days) in advance.

**Shoppers:** Please remember that the driver is not obligated to carry your groceries. They do it as a courtesy. Limit your purchases to under 20 LBS.

**Cost:** $15 for AARP members and $20 for non-members; pay instructor on the day of class.

**Wednesday, May 8th from 8:30 am - 12:30 pm**

**A minimum of 10 students is required to hold class. Please call 520-6470 to pre-register.**

**Did you know?**

Our porcelain instructor, Aggie Shryack, will make repairs to those old dolls you have! If you have broken dolls that you’d like to have restored, she will look at them and fix them for just the cost of the supplies and a donation to FVSC. Find those dolls and give them new life!

**KKTV Channel 11 News Alerts**

Now that the snowy weather is rolling in, it is important to be informed of forecasts, road conditions, business closures, etc. The senior center closures and activity cancellations will be broadcast on the **KKTV Channel 11 News** ticker during the upcoming months. You may also access this information at [KKTV.com](http://www.kktv.com).

**DIRECTOR’S REPORT**

Hello! Happy May! I cannot believe how fast this year has gone by. I hope you are enjoying spring and the flowers blooming.

I would like to invite you to our Annual Members Meeting on May 15th at 12:30. It will be an opportunity for the members to hear our annual report, meet our board members, and interact with your input. It will be a great time to gather and share our enthusiasm for why we are all part of the Fountain Valley Senior Center! I look forward to seeing you there.

May is Older Americans Month (OAM). This year’s OAM theme is **Connect, Create, Contribute**, encouraging older adults to:

- Connect with friends, family and local services and resources.
- Create through activities that promote learning, health, and personal enrichment.
- Contribute time, talent, and life experience to benefit others.

Our members here at Fountain Valley Senior Center celebrate the theme of **Connect, Create, Contribute**, daily! We have great groups of friends here and you have the opportunity every day to make new ones as well. We create through great programming to enrich your daily lives. And we have AWESOME volunteers, staff, members, and community members that contribute every day to enriching the lives of all our members.

I hope to see you during the month of May!

Sincerely,

Jolene

**BE A MEMBER - FOUNTAIN VALLEY SENIOR CENTER ENCOURAGES YOUR MEMBERSHIP**

Membership is **open** to anyone age 55 years or older (and spouse, regardless of age) in El Paso county. Membership dues entitle you to receive the newsletter mailed on a monthly basis (one newsletter mailed to the same address), discounts and special services. Annual dues are $15.00/single or $20.00/couple.

**Correct change a check or credit card would be greatly appreciated.** You can check your renewal date on the mailing page. It is in the upper right-hand corner of your mailing label.

**For mail-in renewal please add $1.00.**

**MACULAR SUPPORT GROUP**

The Macular Degeneration Support Group meets in the CCC room on the 2nd Wednesday of each month at 1:00 pm. This month’s meeting will be on **Wednesday, May 8th.**

*The gravel area at the front of the building between Southmoor Dr. and our paved parking lot is **NOT** part of our property. That area is not designated for parking and, if you are parking in this area, you are doing so at your own risk.*

**Dinner Out On The Town**

24-48 HOURS NOTICE REQUIRED FOR TRANSPORTATION!

On **Wednesday, May 22nd our hungry bunch will be going to Red Lobster.** Please sign up in the office by the Friday before; “day of” requests can’t be accommodated. Stop by the office to sign up. The bus leaves the Center at 4:30pm.
GOOD TIME DAY TRAVELERS - UPCOMING TRIPS

3rd Thursday Movie on May 16th at 1:00pm
This month’s movie is
A Quiet Place

A Quiet Place is a 2018 American post-apocalyptic science fiction horror film directed by John Krasinski, who wrote the screenplay with Bryan Woods and Scott Beck. The film stars Krasinski, alongside Emily Blunt, Millicent Simmonds, and Noah Jupe. The plot revolves around a family struggling to survive in a post-apocalyptic world inhabited by blind extraterrestrial creatures with an acute sense of hearing.

Thank you to Security Library for providing the movie, popcorn and drinks!

GAME DAY!
Saturday, May 18th
11am-5pm.
This event is a potluck and $3.
Come have lunch and play all day.
Bring your family and friends with you!

Biscuits & Gravy
We will have biscuits and gravy for breakfast on Wednesday, May 8th at 8:00am.
Come on down and get a nice hot breakfast & juice or coffee for $3.

GOOD TIME DAY TRAVELERS - UPCOMING TRIPS

MEETING DATE/TIME! CCC Room @ 1:00 pm on Tuesday, May 14th


Saturday, May 18th: Denver Aquarium with lunch at the Aquarium Café. Entrance is $27 and bus $18. Bus leaves St. Dominic’s at 8:30am. *Registration ends May 3rd.


Saturday, June 29th: Rio Grande Scenic Railroad concert series. Ticket includes ride, concert (Michael Martin Murphey) and brunch on the way to the concert. Ticket is $115 for 1st class and bus fee is $35. Bus leaves senior center at 6:30am.
*Registration ends May 28th.

Sunday, July 14th: Rockies vs. Cincinnati Reds. Tickets $12 each. Bus fee is $18, Bus leaves St. Dominic’s at 10:30am. *Registration ends June 21st.

If you shop online at Amazon, don’t forget that Amazon Smile is a website operated by Amazon that lets you enjoy the same wide selection of products, low prices, and convenient shopping features as on Amazon.com - the difference is that when you shop on Amazon Smile (smile.amazon.com), the Amazon Smile Foundation will donate 0.5% of the purchase price to the eligible charitable organization of your choice! We would appreciate it if you would support your El Paso Fountain Valley Senior Citizen Program by selecting us as your recipient organization!
FOUNTAIN VALLEY SENIOR CENTER

Do you enjoy technology and helping others? If you are interested in providing computer, Smartphone or Ipad knowledge once a week for an hour stop by the office and fill out a volunteer application.

FVSC Marketing Committee will be meeting at 9:30am on Tuesday, May 14th.

The City of Fountain Street Division is going to help the Senior Citizens(65+) of Fountain with curbside pickup of unwanted items on May 20th. Loads will be limited to ONE standard pick up truck.

You must REGISTER by May 10th and provide proof of Senior Citizen status (drivers license, passport, birth certificate). Registration will be at Fountain City Hall 116 S. Main St., Fountain, CO 80817

*There are certain items they will not accept so make sure and stop by the FVSC office to get more details regarding this service.

We also have information regarding a Spring Cleanup hosted at Waste Connections Landfill on Saturday, May 18th from 7am-12pm Visit www.fountaincolorado.org for more info.

The Harmonizers will be performing on Thursday, May 9th @ 11am

Java with Jolene! Tuesday, May 7th @ 10:00am
Come down and visit with Jolene.

Pinochle Tournaments will be the 1st Monday of each month in the CCC room at 12:30pm. Monday, May 6th will be our next tournament!

Would you like to wish a family member or friend that attends the senior center a Happy Birthday or Happy Anniversary on the big screen in our common area? For $5.00 you can add a picture (optional) and Birthday or Anniversary greeting to our daily slideshow. We will run your greeting for one week. Stop by the office or call 520-6470 if you are interested. What a great way to surprise someone on their special Day!

Barb Bragdon will be providing musical entertainment on Friday, May 3rd at 11:00am with Karaoke to follow at 12:30pm.

If you enjoy singing come down and have some fun at this favorite event!

We are celebrating our mothers at the FVSC on Friday, May 10th at 9:00am.
The Fountain Valley Senior Center staff will be preparing breakfast for our mothers. Come down and treat yourself to a nice breakfast. All mothers will receive their breakfast at no cost and the cost to everyone else will be $2.

Pinochle Tournaments will be the 1st Monday of each month in the CCC room at 12:30pm. Monday, May 6th will be our next tournament!

Java with Jolene! Tuesday, May 7th @ 10:00am
Come down and visit with Jolene.

The Harmonizers will be performing on Thursday, May 9th @ 11am

Our Kittie Paster Thrift Shoppe is open Monday thru Friday 10 am - 2 pm and is located at 5725 Southmoor Dr. next to the center. Come and see our updated Thrift Shoppe. We have brand new and gently used items with more coming in all the time. We have a .50-cent bargain room and sell $3.00 clothes bags daily. We accept donations Monday through Friday from 10am until 2pm.

All proceeds help support the mission of the Fountain Valley Senior Center.
TRANSPORTATION GREG’S  Instant Pot Experience Tip #3

Tip 3. There’s no start button.
You put all your food in, and would think there would be a satisfying “start” button to push before you walk away. There is not. Instead, you’ll put all your food in, adjust it to however many minutes you want it to cook once it’s pressurized, and then...nothing. You just sit there and hope you did it right. Luckily, it’s only a matter of seconds before the command is set. The display changes to “on” once it’s coming up to pressure to finally pressure cook your meal.

FVSC Senior Vendor Fair
Thursday, May 23rd 10am-1pm
This event will be in our CCC room.

FVSC Demand Rides

The Fountain Valley Senior Center would like to implement a demand ride (same day rides) program. We have several days where our drivers have idle time; usually mid-mornings. What we would like to start to do is use this idle time for on-demand rides. These rides could be for going shopping at Wal-Mart, Dollar Tree, Walgreens or even to the park. We would need to keep these rides in the Fountain Valley area.

Our transportation history shows; our idle times to be 10:30 am to 12:30 pm
What you need to do;
• You would need to sign up for these demand rides in the Transportation office, we do ask for your patience because even though we have some Idle time to fill, if a medical appointment is involved this would have to take priority, this would be rare.
• We would also ask that if you are shopping to keep the bags to what you can carry.
• The rides would need to depart and return to the Senior Center.
• When shopping be ready at the pick times the driver tells you, Very important.

Note: this service might not always be available daily, in lieu of driver call offs.

Fountain Municipal Transit Information

Fountain Municipal Transit has direct service to the Citizen’s Service Center on Garden of the Gods Road. Each Wednesday, the bus will leave from Fountain Valley Senior Center, 5745 Southmoor Drive, at 9:00 am and return at 1:00 pm.

Standard rates apply.

The municipal bus also runs the normal transit route on Saturdays, available 9:25 am to 4:55 pm (regular transit route, one bus only).

For more information and route schedules, see www.fountaincolorado.org

T-SHIRTS ARE AVAILABLE!

T-shirts are now available in the reception office! Sizes range from small to 5X; price is $12 for S-1X, $14 for 2X-5X. They are heather blue in color and have our new colorful logo on them - get yours today!

Did you know?? You can receive your newsletter via email! If you are interested in getting your newsletter without ads, in full color and earlier than the mailed one, come to the reception office and give us your email address; we will be happy to accommodate you!
<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
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<tr>
<td>9:00am Grandparent Advocate*&lt;br&gt;9:00am Zumba Gold&lt;br&gt;10:30am Interpretive dance&lt;br&gt;11:00am Sproul Mariachi Band&lt;br&gt;12:30pm Pinochle Tournament*&lt;br&gt;3:00pm Seated Yoga Cinco de Mayo Celebration</td>
<td>9:30am Porcelain class *<em>&lt;br&gt;10:00am Computer class&lt;br&gt;10:00am Java w/ Jolene&lt;br&gt;1:00pm Diabetes self-management workshop</em>&lt;br&gt;1:00pm Line dancing</td>
<td>8:00am Biscuits &amp; Gravy&lt;br&gt;8:30am AARP driver safety&lt;br&gt;8:30am Oil painting&lt;br&gt;9:00am Quilt class **&lt;br&gt;9:30am T’ai Chi&lt;br&gt;1:00pm Macular Degeneration support&lt;br&gt;1:30pm Legal assistance&lt;br&gt;2:30pm Harmonizer practice</td>
<td>8:30am Oil painting&lt;br&gt;9:30am Quilt class *&lt;br&gt;9:30am T’ai Chi&lt;br&gt;12:30pm Board Meeting&lt;br&gt;2:30pm Harmonizer practice</td>
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<td>Happy Mother’s Day!&lt;br&gt;9:00am Zumba Gold&lt;br&gt;10:30am Interpretive dance&lt;br&gt;1:00pm Bingo&lt;br&gt;3:00pm Seated Yoga</td>
<td>9:30am Marketing Committee mtg.&lt;br&gt;9:30am Porcelain class **&lt;br&gt;10:00am Computer class&lt;br&gt;10:45am BP Check&lt;br&gt;1:00pm Diabetes self-management workshop *&lt;br&gt;1:00pm Day Travelers mtg&lt;br&gt;1:00pm Line dancing</td>
<td>8:30am Oil painting&lt;br&gt;9:30am Quilt class *&lt;br&gt;9:30am T’ai Chi&lt;br&gt;12:30pm Board Meeting&lt;br&gt;2:30pm Harmonizer practice</td>
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<td>8:30am Oil Painting&lt;br&gt;9:30am Quilt class *&lt;br&gt;9:30am Ta’i Chi&lt;br&gt;2:30pm Harmonizer Practice</td>
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<td>26</td>
<td>27</td>
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<tr>
<td>Memorial Day observed. FVSC CLOSED</td>
<td>9:30am Porcelain class **&lt;br&gt;10:00am Computer class&lt;br&gt;10:45am BP Check&lt;br&gt;1:00pm Line dancing</td>
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</table>
| 8:00am Woodcarving **  
10:00am Rubber Stamp Class  
10:30am Fitness walking*  
1:00pm Bingo | 9:00am Seated Yoga  
10:00am Chi Kung  
10:30am WII games  
11:00am Barb Bragdon  
12:30pm Canasta **  
12:30pm Barb Bragdon’s Karaoke party | |
| 9:00am Woodcarving **  
10:00am Rubber Stamp Class  
10:30am Fitness walking*  
11:00am Harmonizers performance | 9:00am Mother’s Day Breakfast  
9:00am Seated Yoga  
10:00am Chi Kung  
10:30am WII games  
12:30pm Canasta **  
GMDC Box packing | GMDC Box packing |
| 11:00am Movie Day! | |

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<tr>
<th>Thursday</th>
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<th>Thursday</th>
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</table>
| 8:00am Woodcarving **  
10:00am Rubber Stamp Class  
10:30am Fitness walking*  
1:00pm Bingo | 9:00am Seated Yoga  
10:00am Chi Kung  
10:30am WII games  
12:30pm Canasta ** | |
| 26 | 27 | 28 |

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<thead>
<tr>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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</table>
| 8:00am Woodcarving **  
10:00am Rubber Stamp Class  
10:30am Senior Vendor Fair*  
11:00am Birthday Social  
1:00pm Bingo | 9:00am Seated Yoga  
10:00am Chi Kung  
10:30am WII games  
12:30pm Canasta **  
12:30pm Ice Cream Social & Dance | 11:00am GAME DAY! |
| 29 | 30 | 31 |

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<thead>
<tr>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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</table>
| 8:00am Woodcarving **  
10:00am Rubber Stamp Class  
10:30am Fitness walking* | 9:00am Seated Yoga  
10:00am Chi Kung  
10:30am WII Games  
12:30pm Canasta ** | |
### 2019 BOOST AND SUPPORT CAMPAIGN DONATIONS

<table>
<thead>
<tr>
<th>Amount</th>
<th>Name</th>
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<tr>
<td>$500.00</td>
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<td>$500.00</td>
<td>Jackie Saye</td>
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<tr>
<td>$125.00</td>
<td>Gilbert &amp; Mary Munoz</td>
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<td>$100.00</td>
<td>Dan &amp; Dorothy Ittner</td>
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<td>Harvey Schaeffer</td>
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<td>Barb Tatum</td>
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<td>Fumie Sakanai</td>
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<td>Richard &amp; Shelley Igo</td>
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<td>$100.00</td>
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<td>$38.00</td>
<td>Emilia DeChristofano</td>
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<tr>
<td>$30.00</td>
<td>Ray &amp; Gerlinde Johnson</td>
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<tr>
<td>$28.00</td>
<td>June Hickmann</td>
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<tr>
<th>Group Donations</th>
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<tbody>
<tr>
<td>Harmonizers</td>
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<tr>
<td>Yoga Class</td>
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<tr>
<td>Zumba Gold</td>
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</table>

### The Marianne Logan “Dollar-A-Month” Club

Become a member of our Dollar of the Month Club. For just $1.00 a month (payable annually) your name will be included in our list of members. So make a donation of any multiple of $12.00 and bring in or mail to the Center.

**Louise Washington (Lifetime)**

**JANUARY**
- Ruth & Arnold Johnson
- Mitsuko Lahren
- Gilbert & Mary Munoz
- Harvey Schaefer
- Mona Giesing
- Eldon & Phyllis Berry
- Irene Roadcap
- Anna Klobe
- June Carter
- Barbara Holstead
- Suzanne Griffith
- Chizuko Holliday
- Phyllis Davis
- Edgar Bode
- Ray Chaney
- Nila Bailey
- Larry & Linda Christian

**FEBRUARY**
- Benjamin Hooper
- Toshiko Walker
- Kay Boone
- Anna Darmody
- Karoline Paige
- Victor & Connie Lopez
- Sonya Marshall
- Phyllis Price
- Barb Tatum
- Betty Freeman
- Rosa Hough
- In memory of Lizabel de Oliva
- Suzanne Griffith
- Pat Oakes

**MARCH**
- Mary Jean Ciemiewicz
- Donna & Ted Prillaman
- In memory of Helen Wilson
- Margaret & Nelson Samsel
- Apollonia & Kurt Moore
- June Hickman
- Emilia DeChristofano
- Jackie Saye
- Richard & Shelley Igo

**APRIL**
- Lewis & Darlene Dudley
- Jennifer Greiner
- Leah King

**MAY**
- Emmy Reid

**JUNE**
- Bill & Sumiko Butcher
- Dora Schmidt
- Frances Kratzer

**JULY**
- Louis & Mary Boknecht

**AUGUST**
- Amabel Sanchez

**SEPTEMBER**
- Jeri Howells
- Carole Stockonis
- In memory of Rose Wilson
- Stan Nelson

**OCTOBER**
- Vicki Allen
- Richard & Sylvia Carter
- Nancy Waller
- Marlies Gross

**NOVEMBER**
- Elsie Wampler
- Vic Coletti
- Lorraine Holman
- Shirley Taylor
- Larry LeMay
- Charles Peterie
- Karen Zajicek
- Jean Nelson

**DECEMBER**
- Jerald & Sumiko Hansz
- Kiyo Carpenter
- Norma Pate
- Marie Wickman
- Irene Roadcap
# May 2019 Menu

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td>Chicken Fajitas w/ Pepper, Onion, Cheese, Sour Cream, Salsa Tortillas Spanish Rice SW Black Beans Peaches Milk</td>
<td>Ham Salad on Croissant Cream of Mushroom Soup Spinach Mandolin Salad Strawberries High Fiber Cookie Milk</td>
<td>Pork Pot Roast w/ Onion Celery Carrots Potato Medley Caesar Salad Orange Salad Apple Raisin Nut Cup Milk</td>
<td>Beef Carbonara Broccoli Green Bean Salad Spiced Peaches Oatmeal Raisin Cookie Milk</td>
<td>Pork Chow Mein Rice Winter Blend Vegetables Whole Wheat Roll Pear Sugar Cookie Milk</td>
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<tr>
<td>Hamburger w/ Lettuce, Tomato &amp; Onion Carrots Coleslaw Peaches Chocolate Pudding Milk</td>
<td>BBQ Turkey Sweet Potato Fries Peas Orange Raisin Nut Cup Milk</td>
<td>Beef Burrito/Green Enchilada sauce SW Black Beans Pineapple Orange Compote Raisin Nut Cup Milk</td>
<td>Riblettes Baked Beans Spanish Rice Apple Sauce Whole Wheat Roll Milk</td>
<td>Baked Cod Olympia Potato Medley Italian Vegetables Roll Pear Milk</td>
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<tr>
<td>Chicken Cordon Bleu Wild &amp; Brown Rice Green Bean Almandine Mandolin Orange Pineapple Compote High Fiber Cookie Milk</td>
<td>Turkey Salad Sandwich on Croissant Minestrone Soup Mandolin Spinach Salad Apple Raisin Nut Cup Milk</td>
<td>Proo Lime Cod Baby Baked Potatoes Carrots Coconut Crunch Salad High Fiber Cookie Milk</td>
<td>Honey Curry Chicken Wild &amp; Brown Rice Green Beans Carrot Raisin Salad Apple Spice Cake Milk</td>
<td>Lasagna Roll/ Marinara Green Beans Breadstick Tossed Salad Banana Milk</td>
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<td>20</td>
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<tr>
<td>Closed for Memorial Day</td>
<td>Baked Chicken Sandwich w/ Lettuce &amp; Tomato Spinach Mandolin Salad Orange Peanut Butter Cookie Milk</td>
<td>Beef Tacos w/ Lettuce, Tomato, Cheese, Sour Cream &amp; Salsa Spiced Pinto Beans Applesauce Beans Apple Raisin Nut Cup Milk</td>
<td>BBQ Chicken Baked Potato Soup Peas &amp; Carrots 3 Bean Salad Apple Milk</td>
<td>Meatball Sub Vegetable Soup Cauliflower Orange Milk</td>
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<td>27</td>
<td>28</td>
<td>29</td>
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Meals are partially funded by the Pikes Peak Area Agency on Aging
Transportation – (By Appointment Only, 48 hours advanced notice)

For seniors 60+ or non-elderly disabled transportation is provided to medical appointments, congregate meals, shopping, personal business and to the senior center. To make reservations through One Ride call 663-7433, except City of Fountain residents, please call 520-6472. Note: Please make your appointments Monday-Friday, between 9am-3pm, 48 or more hours (two working days) advanced notice is required. Please call at least 24 hours in advance if you need to cancel your transportation reservation.

Emergency transportation is not available.  
Suggested Donations:
*Within the Fountain Valley area $4  
*Colorado Springs or Ft Carson $6  
*Air Force Academy or Manitou Springs $8

Suggested donations to all other areas within Colorado are based on distance.

Entertainment trips are now fare-based. This is based on the distance of the trip and the amount will be available when sign-up occurs.

NOTE: In the interest of cutting fuel costs, we will only be offering trips to Fort Carson on Thursdays, as a bus is already going for Rx pick-up. The bus will pick people up in the morning, drive to Evans Hospital and stay there until the last appointment is completed before coming off-post to deliver prescriptions.

Rural Area Meal Program (R.A.M.P.) Home Delivered Meals

Frozen and/or shelf stable meals can be delivered to seniors 60 and older in El Paso County. RAMP meals provide a minimum of 1/3 the recommended daily diet needs, are nutritionally balanced, are low in sodium, and are appropriate for diabetics. 

Phone: 520-6471 for more information. Cost: Suggested Donation $15.00 / 7 frozen meals, $20.00/12 shelf-stable meals.
MONDAY

- **Modern “Low Mobility” Interpretive Dance**: 10:30am-11:30am - Free (Tina Wider Phone: 520-6470)
- **Zumba Gold**: 9:00am, Mondays of each month-Free
  (Wilma Lumpkin)
- **Yoga for Seniors**: 3:00 pm - Free (Jean & Mary)
- **Cards & Games**: Pinochle, Dominoes, Hand & Foot - free. Get together for some fun! 1pm-3:30pm
- **Monday Bingo**: 1:00 pm, second and third Mondays of each month

TUESDAY

- **Porcelain Class**: 9:30am-12pm and 12:30pm–3pm (Aggie Shryack, Phone: 391-9181)
- **Basic Technology Class**: 10:00am, by reservation; call 520-6470
- **Day Traveler’s Meeting**: 2nd Tuesday, 1:00pm
- **Blood Pressure Check**: Every 2nd and 4th Tuesday, 10:45 am
- **Line Dancing Class**: 1 pm–2:30 pm, Cost: $2 (Sharon, 520-6470. No charge.
- **Cards & Games** - Pinochle, Dominoes, Hand & Foot - free. Get together for some fun! 1pm-3:30pm

WEDNESDAY

- **AARP Driver Safety Class** - 2nd Wednesday 8:30-12:30 (See page 2 of the newsletter for details)
- **Oil Painting**: 8:30am–11:30am, Cost: $25 for a 4-week course, supplies not included (Anne Dunn, Phone: 520-6470)
- **Quilting Class**: 9:30 - 11:00 (Pat Hubert 520-6470)
- **T’ai Chi Class**: 9:30am–11am, Cost: $2 a class (Master Austin Box, Phone: 392-5142)
- **Macular Degeneration Support Group**: 2nd Wed 1:00 pm
- **Executive Board Meeting**: 3rd Wednesday 3:30pm-5pm - Everyone is welcome and encouraged to attend -
- **Legal Assistance**: 2nd Wednesday (Free) By Appointment Only: 1:30-3:30 pm

THURSDAY

- **Woodcarving** – 8am – 12pm, Cost: $2 per class 1st & 3rd Thursday class hours are extended to 3:00pm (Art Gibson)
- **Rubber Stamp class** – 10am-11:30am Cost: $2 per class, all supplies included (Karen Zajicek/Leona Howells)
- **Fitness Walking** - 10:30am - 11:30am. No charge
- **First Thursday Bingo** - 1st Thursday 1-2 pm
  Cost: 50¢/card
- **Third Thursday Movie**: 3rd Thursday, 1:00 p.m.
  Sponsored by Security Public Library.
- **Birthday Social** - Fourth Thursday from 11am to 12pm. Members with a May birthday get a Birthday Balloon, a ticket for a free Golden Circle Meal purchased by the Center, and a ‘Bingo Buck’ for a free game of bingo. Just show us your Fountain Valley Senior Center membership card. Entertainment will be provided by Dennis Crosser. Everyone who wears their FVSC button to the birthday social is eligible for the noon-time drawing for a free Golden Circle Nutrition Program meal ticket, compliments of the Fountain Valley Senior Center. Wear as many buttons as you like and receive a ticket for each one! Buttons are only $1! Also, anyone who wears a t-shirt with the FVSC logo on it is eligible for the drawing.
- **A Very Special Thank You goes to the Security Lions Club for providing Cake for this monthly event!**
- **Birthday Bingo** - Fourth Thursday each month, at 1:00 pm, Cost: 50¢/card - $50 blackout prize with $25 additional for winning in less than posted numbers called.

*Denotes the CCC Room in the main building
**Denotes the Kittie Paster Building Lower Level
FRIDAY

- **Chi Kung Class** – 10:00am-11:00am, Cost: $1 a class (Master Austin Box, Phone: 392-5142)
- **Yoga for Seniors**: 9:00am-10:00am FREE (Norm & Dixie)
- **Wii Games** - 10:30 am-12pm (Free)
- **Canasta Class** - 12:30pm-3:45pm

- Every Third Friday (12:30pm-2:30pm)

**HAPPY HOUR AND ICE CREAM SOCIAL**

Presenting #1 RADIO CLASSIC HIT SONGS
Provided by “DYNAMISM”
for your LISTENING and DANCING Pleasure
Featuring Dennis Crosser

When was the last time you went to an Old Fashioned Ice Cream Parlor? Remember the last time you enjoyed a Banana Split or a Chocolate Sundae? You can do it all over again for just $1 a serving while you listen and dance to #1 Radio Classic Hits Songs provided through the Dynamic sounds of Dynamism featuring Dennis playing a variety of music from yesterday and today that include Old Fashioned Standard Favorites, Swing, Country, 50’s and 60’s, Rock and Pop plus more!

**FUN FOR THE WHOLE FAMILY**

Transportation is available for eligible clients– Call 520-6472

SATURDAY

GAME DAY: Saturday, May 18th 11am-5pm

Fold this insert in half and keep it with you for reference to all of the weekly and monthly activities that Fountain Valley Senior Center has to offer.

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MONDAY THROUGH FRIDAY

- **Daily Drop In** - Time for breakfast, socialization, lunch, activities, events and entertainment- 8am-4pm
- **Breakfast Corner** – 8:30am–11am Free Coffee & Tea - Donuts 50¢. Sugar, Powdered Creamer and Coffee (Regular and Decaf) needed, donations gratefully accepted.
- **Kittie Paster Thrift Shoppe Open** – 10am-2pm. The thrift shop accepts donations of resalable or like-new items. All proceeds come directly back to our Center.
- **Nutritious Meals** provided by the Golden Circle Nutrition Program - Lunch is served daily at noon.

**SPECIAL EVENTS FOR MAY**

- **Barb Bragdon entertainment and Karaoke**: Friday, May 3rd
- **GMDC event**: Friday & Saturday, May 10th & 11th
- **Mother’s Day**: Sunday, May 12th
- **Board of Directors Annual Meeting**: Wednesday, May 15th
- **Memorial Day**: Monday, May 27th (FVSC CLOSED)

**COMING IN JUNE**

- **Song Spinner Show**: Friday, June 7th
- **FVSC Picnic**: Tuesday, June 11th
- **Father’s Day Car show**: Friday, June 14th
- **Father’s Day**: Sunday, June 16th

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