

SUMMIT SENIORS DECEMBER NEWSLETTER



Summit County Community & Senior Center
 PO Box 1845, Frisco, CO 80443

2020/2021 Summit Seniors Board Officers:
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 Ryan, Chuck Drake, Cathy Sapp, Phil Mervis
www.summit-seniors.org

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 - Sara Hopkins (x2950)
 Office Hours: Mon - Fri, 9am to 4pm
www.SummitCountyCO.gov/seniors



Summit Seniors Board Meeting
No meeting in December.
Next meeting: Jan 5, 2021




Generosity
changes everything

Summit Seniors are happy to announce the grant recipients from our very successful Summit Seniors Gives Day (in lieu of the Rummage Sale) this summer. We raised \$39,000 thanks to your contributions. The recipients are Summit Community Care Clinic, Summit County nutrition program, Summit Seniors, Timberline Adult Day Services, and Building Hope Summit County.

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From the Summit Senior Board

This year, 2020, is going out like no other in our groups' history or this countries, except maybe 1918. As the Board continues to look at what programs and activities we can provide for our membership we need to continually adjust to the Summit County Department of Public Health directives for the size and scope of what activities and gatherings are recommended and allowed. This does make it difficult to plan as these change due to the status of the Covid-19 Pandemic changing frequently. We are now seeing a sharp uptick in virus activity and the need to impose further restrictions on gathering sizes and what can be allowed inside. We will continue to follow those guidelines and encourage all of our members to follow them as well.

In light of this the Board continues to look at providing virtual meetings and activities where available. If any of our membership have any suggestions for activities they would like to see or recommend to us for the group, please contact any of the Board members or forward comments to us via the Summit County Community and Senior Center office. Luckily, we should be able to continue some of our outdoor activities such as our snowshoeing and backcountry skiing, with group size restrictions and mask wearing requirements. There is the ongoing Winter Challenge with the December activity described on the following page. Unfortunately, we will not be able to have any indoor activities at this time including the popular Holiday dinner, nor restart Monday Night Dinners. Despite how this year has limited our activity offerings we hope you will continue to support Summit Seniors and renew your memberships so we can rebound from 2020 and the pandemic restrictions even stronger.

Finally, on a personal note, as a retired physician and someone who spent 49 years of my life involved in health care I implore all of us to follow the Public Health Guidelines put forth by the County, the State, and nationally via the CDC and Covid-19 task force to minimize the effects of this crisis on ourselves, our families, community, and the nation. Our hospitals, including St. Anthony Summit Medical Center, are seeing increases in hospitalizations and staff are feeling increased stresses. As we enter the ski season when there are normally increased hospitalizations due to injuries and illnesses with the addition of Covid admissions there is and will be decreased capacity. Please wash your hands frequently, wear a mask to protect yourselves and others, limit the size of both indoor and outdoor activities, stay at home if you don't feel well, get tested, take your influenza vaccine this year if you haven't already done so. When a safe and effective Coronavirus vaccine is available and approved by the FDA take it. Doing these simple things will allow the world to get control of this pandemic and allow us to return to a more "normal" life sooner and hopefully with less illnesses and deaths.

Have a Happy Holiday season and please stay safe and stay healthy!

Marc L Schlesinger, MD, JD
President Summit Seniors Board



Colorado Gives Day is an important fundraiser for Summit County non-profits. Donations help us do more to support the community and Summit Seniors. When you donate to Summit Seniors, the funds are used to provide activities and programs for seniors in Summit County. You may preschedule your donation now at ColoradoGives.org/SummitGives.



SCSC Happenings

Building Healthy and Delicious Meals!

Let's Get Back to the Basics! Join Lynne Drakos, Natural Grocer's Nutritional Health Coach, for a virtual nutrition class on how to create healthy meals at home on Thursday, **December 17th** at 3:00pm. Discover the importance of getting off of the blood sugar roller coaster using high quality proteins, fats and carbohydrates to build healthy and delicious meals as we move into the holiday season. During this hour long class from the comfort of your home, we will consider what healthy eating looks like, what goals you might set for yourself and how we truly are what we eat! Attendees will receive a \$5 coupon for attending the presentation. **Email: vicki.hernandez@summitcountyco.gov by Dec. 14th to register & for log on information.**

Ski with Us/Cancelled

Breckenridge Ski Resort's 50+ Ski with Us program will be suspended for the 2020/2021 season.

Questions: Contact Steven Alberico: 815-685-0278



SUMMIT SENIORS WINTER CHALLENGE

Get outside and enjoy our **Summit Seniors Winter Challenge** with fellow members over the coming wintery months! Physically distanced outdoor activities will be posted in the Summit Seniors Newsletter with one Challenge Activity per month from November through April. Do the Challenge Activity yourself, with family, or better yet, with fellow members! A great way to connect with other members during this covid winter while enjoying our beautiful mountain communities and staying healthy and safe. **At each monthly Challenge Activity take a photo of yourself and send them to Summit Seniors via friscoscs@gmail.com** We will print a page of photos showing members enjoying the monthly Challenge Activity in each month's newsletter. In April we will host an outdoor party to celebrate everyone's participation. Start YOUR Summit Seniors Winter Challenge this month and remember to send in your photos!

DECEMBER Winter Challenge – Breckenridge Ullr Fest (Dec 9-19th)

Put on that **Ugly Christmas Sweater**, take a photo, and send it to us at friscoscs@gmail.com. You can stay safe at home or check out these fun activities:

- This year's Ullr Fest will pay homage to Ullr with static open-air art installations instead of the usual Ullr Fest Parade. Visit the **Parade floats** in stationary locations throughout town and take your photo.
- Join the **Annual Ullr ShotSki** virtually! On Thursday Dec 10th Breckenridge will be live on Instagram @breckdistillery for the official countdown to the ShotSki. Virtually raise a glass to Ullr with your fellow SCSC members (in your Ugly Christmas Sweater) while staying safe and warm at home.



Above: Timberline Toppers Nola Chavez & Joan Tilden (Board Member) start the SCSC November Winter Challenge: 5K Turkey Trot down Frisco Main—Nov. 12th. Left: Joel High and Nola at the halfway point near Ten Mile Canyon parking lot. Way to go!

Aging Gracefully in Summit

A year-long series of events, presentations and discussions about living a fulfilling, healthy and active life in Summit County for those 50 and older.

Tis the Season—Good Ski and Snowboard Tips for staying healthy and safe on the slopes or in the backcountry.

Check your skis. Are your edges sharp? How do your bases look? Dull edges and dry rough bases can be easily remedied at a reputable ski shop. They will help your skis glide better and make your turns sharper and more in control.

How about those bindings? They should be release checked at least once a season and more if you ski frequently. Don't fib on the form they ask you to fill out. Your answers to their questions will affect the way your bindings are adjusted.

How is your gear? The plastic shell of a helmet gets brittle from exposure to sun and should be replaced every 5 years. When replacing a helmet—do your research. A helmet is designed to protect your brain from an impact. The new research on concussions show these are not trivial events and can have serious consequences. You can buy used jackets, pants, skis, boots and even underwear but don't buy a used helmet. You don't know how old it is and you don't know how its been treated. Most helmets offer protection from one impact. You cannot tell if a helmet is good by looking at it. Micro-cracks may be present which will render the helmet useless. Also the new MPS helmets offer more protection for your brain in the event of an impact. Make sure the helmet think about this. A survey done several years ago revealed that season pass holders are the most likely people to wear a helmet.

Does your soft wear match the weather conditions that you will be skiing in? There is nothing worse than cold fingers or even worse-frost bite. There are chemical hand and foot warmers that are inexpensive, especially if not purchased at a ski resort. Plan ahead for frigid temps.

Skiing and riding demand good balance. As we age our sense of balance can deteriorate. An easy way to improve your balance is while brushing your teeth. As you brush your lower jaw stand on one foot then while brushing the upper stand on the other. Too easy? Do it with your eyes closed. That will help when you ski in those low light conditions we all hate. Don't forget to stretch before you head outside.

Lastly it's important to get a good night's sleep, eat well and be well hydrated before hitting the slopes. At higher altitudes the air is extremely dry and you can get dehydrated without realizing it. Camelbacks or collapsible water bottles are a good way to make sure you drink enough water. Keep a snack in your pocket in case your energy needs a boost.

Skiing alone—let someone know your plan. Better yet—go with a ski buddy. It will be fun and you can watch out for each other. Thanks to Bill Benkwitt (Member). Bill serves as V.P. of The Alliance for Responsible Skiing and Riding.



The Summit County Community & Senior Center is offering a special series in 2020 to help our 50+ community “Age Gracefully”

Questions? Contact us:

Phone: (970) 668-2940

Fax: (970) 668-2954

CandSC@SummitCountyCO.gov

www.SummitCountyCO.gov



Volunteer Opportunities

Summit Seniors is looking for a volunteer to coordinate the biking group for next summer (2021).

For more information or interest in leading the group contact Ferol. Ferol.menzel@gmail.com



Medical Transport



The mission of the Medical Transportation program is to provide seniors with access to necessary medical appointments when they are unable to obtain adequate transportation. Volunteers drive seniors to appointments in the county or on occasion to Denver. Volunteers may use the County car for transport.

Clients needing rides are not ill. Rides are typically for physical therapy or to the VA for appointments. To volunteer call the Center at (970) 668-2940.

Caregiver Respite News

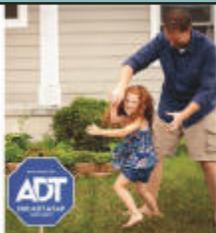
Timberline is currently looking for new **Volunteers** to help with our reading program, music and art, or assisting with community outings. Timberline Adult Day Program is the only Respite Care in Summit County serving adults, over the age of 18, with memory impairment, physical, and/or intellectual disabilities.

If you are interested in Volunteering at Timberline, please contact Libby, Libby@timberlineadultday.org / 970 - 668 - 2952

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References available on request

Susan B. Gregory
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Thanks Volunteers



Thanks to our volunteers who supported the flu clinics. Top left: Michael Jones. Middle: Marty Sheets. Top Right: Bill Benkwitt. Bottom Right: Norb Chehak

Happy Holidays

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to you at www.ourseniorcenter.com





Bridge



All games are at 1 pm online on Tues/Fri and limited games on 1st /3rd Wednesdays of the month. Bridge lessons continue using BBO teaching tables the 2nd/4th Thursdays at 2 pm. Call Brenda at (815) 258-5843 w/ questions and make sure she has your BBO name. Intermountain Game hosted by Vail, Steamboat and us on Sat. at 3 pm.



ACBL Duplicate	Tue/Fri online	12:50—4:30 pm		Need a partner? Call Howard at 970-468-2313.
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ACBL Novice Duplicate Limited to players with 99 points or less	Online 3rd Wed	12:45pm	Need a partner? Call Howard at 970-468-2313. This is a relaxed and conversational format.
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ACBL Novice Duplicate Limited to players with 299 points or less	Online 1st Wed	12:45pm	Need a partner? Call Howard at 970-468-2313. This is a relaxed and conversational format.
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Book Clubs

Group	Day	Time	Info	Comments
Page Turners Book Club	Dec 15	6:00 pm	Meet by Zoom Karen Johns 319-329-4557	The 6th Extinction: An Unnatural History By: Elizabeth Kolbert
Happy Hour Book Club	Dec 9	4:30 pm	Meet by Zoom KathyCardwell12@gmail.com	The Tattooist of Auschwitz By: Heather Morris

Games, Social Activities

Activity	Days	Times	Contact	Location/Info
Dominoes	No Dec Meeting	6:00-9pm	Sandy Ruggaber (970) 513-8468	
Mah Jongg	No Dec Meeting	12:30pm	Donna Goldich (225) 573-5744	
Cards ,Games, Social Bridge (no partner needed)	No Dec Meeting	1-4:30pm	Sandy Ruggaber (970) 513-8468	
GALS (Golden Adventurous Ladies of the Summit)	TBD		Sandy Ruggaber (970) 513-8468	

Quilting and Sewing

Meeting & Social	No Dec Meeting	5:30—8:00	Deb Conway deb@huskytail.com	Contact Deb for info.
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Great Decisions 2021

**“ Democracy is not inherited but taught and learned anew by every generation”
observed Alexis de Tocqueville**

This US foreign policy discussion group meets on Wednesday afternoon @3:30 PM to 5:30 PM. Topics are picked by the Foreign Policy Association (www.fpa.org), who also prepare a workbook with essays on the topic and a video further exploring the subject. Each meeting is led by a volunteer who elaborates on the topic and shows the video.

No reservations are needed, but you do need to be a member of Summit Seniors (SS). Go to the website www.summitseniorcenter.com or come to the Senior Center front desk to sign up for 2021 SS membership. Workbooks for these sessions will be available at the front desk for \$ 25.00 after January 1st. They are useful, but not required.

Preliminary Topic Listing for 2021

Topic 1: The role of international organizations in a Global Pandemic

Topic 2: Global supply chains and national security

Topic 3: China and Africa

Topic 4: Korean Peninsula

Topic 5: Persian Gulf Security

Topic 6: Brexit and the European Union

Topic 7: The fight over the melting Arctic

Topic 8: The End of Globalization?



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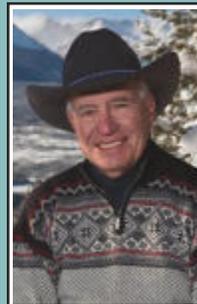


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Back Country Ski Group

Winter is essentially here and this is a great time to start looking ahead to fun outdoor adventures. The Summit Senior backcountry group will be starting either in December or January depending on snow conditions. The trips have leaders who pick the route and scout the trail, but they are not necessarily first aid qualified. You are responsible for your own safety and knowing your skill level.

It is best to have skis with metal edges and either fish scales or skins. If you have a favorite trail and would like to lead, please let me know as soon as possible. The calendar should be finalized in December. We will not be having our usual lunches after our ski. Want more info? Contact Carol Hess. hess.carol@gmail.com

LOOSEY—GOOSEY

It looks like this is going to be a ski season like never before. Covid-19 cases have been increasing across the country which will impact our local ski resorts and access to group events. Although no final decision has been made, Large group events will likely be restricted though January and perhaps beyond. Local Ski Areas are planning major reductions in access, using reservations and parking restrictions.

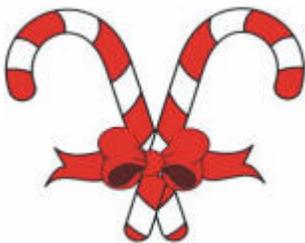
We encourage our members to join Summit Seniors and Loosey Goosey this year. Many members are planning on visiting Colorado to ski, enjoy the weather, and will be looking forward to reconnecting with their Summit County “family.” We all need to maintain our connections through these times and the funding will support the many efforts Summit County Seniors are involved in that are helping the senior population.

The Loosey Goosey Group is a “loosely” structured social group of fun and active folks 50 years old and over who enjoy skiing and boarding that coordinates popular weekly potluck après ski parties from December through March. As of early this November publication, we have suspended our parties through December. Please see the Summit Seniors’ January Newsletter for further party scheduling information.

Please contact Don with any questions.
Don DeVries 201-913-5035



NEW MEMBERS—WELCOME!



Al Kraft
Mary Kraft
Kathy Luck
Oliver Luck
Pat Sutherlin



James (Jim) Sielaff (Apr 30, 1032-Oct 19, 2020). Jim passed away peacefully at home. He is survived by his loving wife Adrienne of 50 years, 2 sons, Curtis and Mark, grandson Delan; siblings Albert, Joan, Jane; deceased siblings Jill and John; and parents Albert and Josephine.

Jim’s major employment included wood-model maker at Ford in Dearborn, MI, and he worked at Triangle Electric after moving to Summit Co. Jim loved hiking and skiing. He was extremely artistic in creating beautiful wood sculptures. He was a beloved husband and father. His celebration of life was held on November 7, 2020.



DECEMBER—HAPPY BIRTHDAY

Duane Abbott
 Sherry Abbott
 Brenda Alberico
 Nancy Allen
 Warren Avery
 Theodora Barron
 Fritz Baumgartner
 Jack Beckner
 Colette Berge
 Troy Berry
 Donna Bishop
 Carol Bosserman
 Bernie Bottomley
 Pamela Bradley
 Marilyn Broom
 Marilyn Brown
 Deborah Brown
 Francine Burns
 Kathy Cardwell
 Carol Carini
 Judith Cathrall
 Paul Chamberlain
 Janet Chamberlain
 Samuel Sloan Colt
 Tom Copper
 Jayne Couillard
 Bernice Daniels
 Cynthia Derdeyn
 Joan Donnelly
 Shari Dorton
 Marsha Dunlavy
 Larry Dunn
 Joe Fassel
 Carol Faust

Paul Fisher
 Stewart Fleisher
 Cathy Gadomski
 Judy Goebel
 Marleen Goodman
 Jill Gordon
 Angela Griffith
 Clyde Grindell
 Richard Groff
 Rose Haas
 Judy Hall
 Lilly Hardin
 Connie Haseloh
 Joseph Heaton
 John Henderson
 Loralee Hettinger
 Patricia Hinman
 Laura Hoepfner
 Kristin House
 Edward Hoyer
 Janet Huiatt
 Emiko Hull
 Marian Ittner
 Jane Johnston
 Paul Jones
 Art Kalbach
 Colin Kelly
 Cheryl Klee
 Glen Kraatz
 Lee Kulbitski
 Ronald Kutsche
 Steven Ladin
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 Janet Lee

Bob Lee
 Tony Leonard
 Nancy Lindblade
 JoAnne Malmgren
 Don R Martin
 Beverley McArthur
 Kyle McDonald
 Linda McMahan
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 Mark Meyer
 Ellie Moller
 William Morgan
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 Jan Patschke
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 Erik Vermulen
 Valerie Walker
 Carol Wallace
 John Warner
 Donna Wellington
 Peter Wessel
 Jim Whiteley
 Gary Williams
 Bob Woodbury
 Bill Word
 Kathryn Word
 John Zinkus



In Memory



Edward Moutford September 30, 1927- October 18, 2020, a longtime resident of Silverthorne, CO died at the age of 93 on October 18, 2020 in Alpharetta, GA. Ed was preceded in death by his wife, Marcia. He was a loving father to Michael, Cathy, Ann, Mark, Mary, and David and proud grandfather of eight grandchildren and many young great grandchildren.

Edward was born in Portland Maine, was a University of Maine graduate and had a decorated 30-year career in the US Navy. He moved to Eagles Nest in Silverthorne in 1998 and loved the life that Summit County offered. He was an avid golfer and enthusiastic skier and took advantage of all the outdoor activities, keeping him active and healthy and promoting a long life.

Edward was an active member of the Summit County Senior Center as well as the Catholic Church in Silverthorne and served as President for the Hideaway HOA for many years. He will be proudly remembered by family and friends as a competitive athlete, a proud patriot, and US Navy veteran. Thank you from the Moutford family for all the prayers and condolences you so graciously sent. We will have an observance of his life in February in Summit County.

December Classified Ads



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Newly furnished monthly vacation rental in Catalina Foothills, near Sabino Canyon. 2BR/2BA. Gated community/2nd floor

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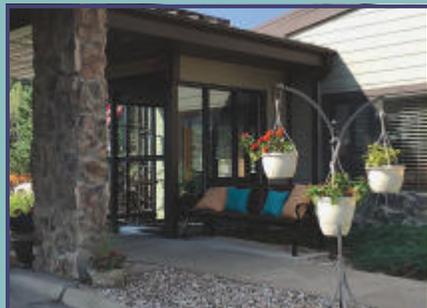
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Senior Services

Medicare

Have your Medicare questions answered in a private one-hour session at the Senior Center by trained volunteers.

Services include: Understanding Medicare, Medicare supplements and cost plans, navigating medicare.gov for your best personal Part D Drug Plan, and comparing employer retirement plan to Medicare. Call the Center for an appointment. 970-668-2940.

Ed & Dyann	By Appointment	Community & Sr. Center
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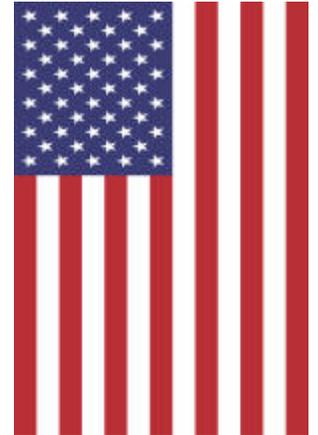
Veterans Services

Need some assistance navigating Veterans Affairs? Contact our regional expert who can answer questions and guide you through the process.

Call Duane Dailey at 970-725-3122

ddailey@co.grand.co.us

Meets at SCCSC



Group	Day	Time	Contact	Comments
Caregiver Support Group	Dec 1	1-2:30pm	Jenniffer Gonzalez 970-668-2943	Meet at Senior Center. By Appointment or Zoom
Meals on Wheels	Mon—Fri		(970) 668-2940	Home-delivered meals are available for homebound and short-term seniors within Summit County.
Ask a Certified Financial Planner®	Flexible		Aleda Kresge, CFP®	Call to make appointment (970) 668-8448
Parkinson's Support Group	Contact Joe	10 am	Joe Heaton	josephheaton@yahoo.com
Ask a Lawyer	Dec Cancelled	noon	(970) 668-2940	Show up at Senior Center at noon to sign up. It is on a first-come first-serve basis.

Medical Transport	Days available are dependent on volunteer drivers	Call to make an appointment (970) 668-2940	Volunteer drivers provide transportation for seniors to medical appointments to the Front Range and Summit County. Two weeks notice please. We are also looking for drivers to help with this program. County car available.
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Care Navigation	Jenniffer Gonzalez provides free care navigation services for low-income seniors age 55+. She assists individuals and families with accessing community resources and determining eligibility for public benefits. Call Jenniffer at (970) 668-2943
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Neighbors Helping Neighbors	Our volunteers provide a short-term service to assist our seniors with activities such as picking up mail, bringing garbage to the curb, watering plants. Call (970) 668-2940 for assistance or to volunteer to help a neighbor . Kindness counts.
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Check out the Vintage website (formerly Alpine Area on Aging) for Resources
<http://nwccog.co.networkofcare.org/aging>

Computer Seminars and Help Sessions

Zoom Webinar

While lockdown has ended, many of us are still frequently sheltering at home. Zoom is a free video conferencing app that allows you to set up a virtual get-together where you can visit with your friends & family. In April, our volunteer Tech Help Team conducted a webinar on how to use Zoom. If you were unable to attend or would like to watch portions again, here are web links to the webinar and an accompanying slide deck. For those concerned about security, Zoom has significantly upgraded its software (on several occasions).

Web link to our Zoom Webinar: <https://vimeo.com/411796545/b7d0a119f8>

Web link to our Slide Deck: <https://www.slideshare.net/secret/34kDmf7on5CTe6>



Remote Tech Help

The Senior Center Tech Help team will also continue remote help to Senior Center members. If you need tech assistance of any type, please submit our Remote Help Form. Once submitted, we'll assign a volunteer who will be in touch to assist you. Remote Help Form: <https://summit-seniors.org/senior-center-tech-help/>

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Michael Hornback

970-389-3463

Bright Health plans are HMOs and EPOs with a Medicare contract. Bright Health's New York D-SNP plan is an HMO with a Medicare contract and a Coordination of Benefits Agreement with New York State Department of Health. Our plans are issued through Bright Health Insurance Company or one of its affiliates. Bright Health Insurance Company is a Colorado life and health company that issues indemnity products, including EPOs offered through Medicare Advantage. An EPO is an exclusive provider organization plan that may be written on an HMO license in some states and on a Life and Health license in some states, including Colorado. Enrollment in our plans depends on contract renewal. Number of transportation rides limited. Please visit website for additional detail. Some areas do not offer all benefits. Plan premiums and benefits vary.

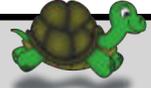
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Summit Seniors Activities



SNOWSHOE, YAK TRACK or HIKE



The Turtles continue outings all through the winter on Thursday mornings. We plan our outings depending on the weather conditions (amount of snow, temperature, etc.). We usually decide on Monday where we will hike, yak track or snowshoe on Thursday. We invite anyone interested in joining us to call on Tuesday or Wednesday for information. We may opt for a rec path walk if not enough snow for snowshoes. We don't do anything hard and length of outing often depends on how cold it is.

Contact: Pat Kopystianskyj (970) 485-3813



Help Older Adults in Need this Holiday Season

Contribute to Summit County Community & Senior Center (SCG) so it can provide medical transportation, nutritious meals and crisis assistance.

The Summit County Community & Senior Center offers services to older adults in need in Summit County. Our programs are funded through grants, public funds and the generosity of community members like you. Our **Care Navigation** program allows clients to come to us in crisis, whether they have lost their vision, have no family to help, are about to be evicted from their home or have lost a spouse. Our bilingual care navigator provides invaluable assistance to individuals and families, helping them identify and access community resources and determine eligibility for public benefits.

Our **Medical Transportation** program provides free rides to medical appointments for older adults who cannot drive themselves or need someone to accompany them. With the help of volunteers, we drive seniors to appointments and procedures in Summit County, neighboring communities and Denver-area facilities.

Mountain Meals on Wheels brings nutritious meals prepared by our chef to older adults anywhere in Summit County, five days a week. The program serves older adults who are permanently homebound and those who only need meals in the short term. Program participants might be recovering from surgery or have other medical conditions. We collaborate with the Library to bring reading materials at the client's request.

COVID-19 Emergency Food Response has become one of our most important programs, serving the entire community through an economic and health crisis. This new program includes the following:

- On call 24-7 for emergency food needs
- Delivery of 300 meals per week
- Distribution of shelf-stable food boxes and bags
- Coordination of nearly 200 volunteers to pack, distribute and deliver fresh and shelf-stable foods
- Physically distanced outdoor meals for seniors to allow for safe socialization and meals



Please help us maintain all these vital programs for our community. Think of the Summit County Community & Senior Center (SCG) this year as part of your charitable holiday donations. Call 970-668-2940 if you have questions.

Meals on Wheels Delivery Volunteers—Thank you all!



Left: Martha Herwehe Above: Dave Bittner

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Summit Seniors

PO Box 1845
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December 2020 Newsletter

Please help enforce our membership policy. Membership to Summit Seniors is only \$15 per calendar year. Fees help defray the cost of rooms, supplies, insurance, newsletter etc. Guests may attend one activity/dinner and then join the Summit Senior. This includes all Summit Senior sponsored activities such as bridge, book clubs, Mah Jongg, hiking, Loosey Goosey, Timberline Toppers and Monday Night Dinners. Guests must still sign the liability waiver before participating in any activity, as the members do on joining. The waiver is on the back side of the membership application.

Thank you for supporting Summit Seniors. **Marc Schlesinger,**
President, Summit Seniors



SCCSC Office will close at 12:00 on Dec 24th. The office will be closed on Dec. 25th and reopen on Dec. 28th at 9:00 a.m. We wish you all a joyous holiday season! Stay safe!



Setting the example with masks and distancing! Board Member Marty Sheets, Sharon Henry and Laurel Wilkerson hiking Ptarmigan.