

PO BOX 309 FAIRPLAY, CO 80440 WWW.PARKCOSENIORS.ORG
719-836-4295 SCOFPC@PARKCO.US

THE SENIOR CONNECTION

JANUARY/FEBRUARY 2023



Next PCSC Board
Meetings:

**January 10th &
February 21st
9:30am**

Park County
Government Building in
Fairplay Meeting Room
1101 and via zoom

Stay warm this winter with a little help from the Park County Senior Coalition. Eligible clients can receive financial assistance with firewood delivery and stacking, chimney sweeping, and more. Reach out to our Program Manager, Penny Everest 719-836-4295 for more info.

Five tips to help you stay motivated to exercise!

Being physically active is one of the most important things you can do each day to maintain and improve your health and keep doing things you enjoy as you age.

- Find ways to fit exercise into your day. You are more likely to get moving if exercise is a convenient part of your day.



- If there's a break in your routine get back on track. Start slowly and build back up to your previous level of activity.



- Do activities you enjoy to make it more fun. Be creative and try something new!



- Make it social. Find a friend to keep you going!
- Keep track of your progress. Make an exercise plan and don't forget to reward yourself when you reach your goals.



Madeline Mann loves being in the mountains and has lived in the Bailey area for 43 years. She is extremely proud of her beautiful family and loving husband. Madeline and her husband Tom have been married for 58 terrific years. They first met while she was working at a store in California. Tom walked into the store and they both fell head over heels. It was true love at first sight. Madeline

describes Tom as "the best guy in the whole world".

Madeline and Tom have three wonderful children who they love dearly. Madeline is happiest whenever she is with her family and enjoys being all together. (Including their two dogs, Holly and Penny!) When asked what her kids were like growing up she said, "they were tons of fun!".

Madeline is a delicate and devoted master of the arts. Her hobbies include knitting, quilting, and ceramic painting. The life advice she would pass along to others is to be happy and enjoy your life. Madeline Mann has created a joyful family and life in the mountains surrounded by love, happy memories, and beauty.

Brussel Sprout and Bacon Frittata

This quick, hearty frittata is loaded with crispy bacon and brussels sprouts and makes a filling meal

INGREDIENTS:

- 1/2 pound thick-cut bacon, diced
- 2 shallots, halved and thinly sliced
- 3/4 pound brussel sprouts, halved and sliced 1/4 inch thick
- Kosher salt
- Freshly ground pepper
- 8 large eggs
- 2 tablespoons whole milk
- 1 cup shredded gruyere cheese
- 1/4 cup snipped chives



INSTRUCTIONS:

1. Preheat the broiler. In a 12-inch nonstick ovenproof skillet, cook the bacon over moderately high heat, 3 to 5 minutes. Add the shallots and cook, stirring occasionally, until softened, about 3 minutes. Add the brussels sprouts, season with salt and pepper and cook, tossing occasionally, until crisp-tender and lightly browned, about 5 minutes.

2. In a large bowl, beat the eggs with the milk, 1 teaspoon of salt and 1/4 teaspoon of pepper. Stir in the shredded cheese and snipped chives. Pour the egg mixture into the skillet and cook over moderate heat, stirring gently, until the eggs start to set and the bottom is lightly browned, about 5 minutes. Transfer the skillet to the oven and broil the frittata for about 3 minutes, until the center is just set. Run a rubber spatula around the edge of the frittata and slide it onto a serving plate, then serve.

Director's corner

Dear Seniors,

Thank you to all who donated to the Park County Senior Coalition on Colorado Gives Day!! We are so grateful for the generosity and support. Your donations will positively impact local older adults as well as support our organization to meet the growing number of seniors in Park County. We appreciate you all! Thank you for helping our organization to be successful.

If you would like to give back in other ways please consider volunteering your time with us, donating a specialty skill, joining our Board of Directors or one of our new committees, or just spreading the word about our work. We highly value all contributions and involvement! Please feel free to get in touch with any interest or questions.

Kindly,
Jennie Danner

Executive Director
jdanner@parkco.us
719-836-4150



THANK
YOU

Word Game

Use the letters from each flower to generate words.
Letters can be used from one or both flowers.

Example Word: some

[illegible]

Next Senior Brunch in Fairplay

January 23th:

Advice for younger generations
&

February 27th:

Baby photo guessing game
(bring a baby photo of yourself to
play!)

**10am-noon at the
Fairplay Community Center
880 Bogue St.**



PARK COUNTY
— SENIOR COALITION —

PARK COUNTY SENIOR COALITION
PO BOX 309
FAIRPLAY, CO
80440

STD MAIL
PERMIT NO 4
FAIRPLAY CO