
Senior Service Finder

May is Senior Month, as proclaimed by the National Council on Aging. In Fort Collins, the Senior Center is celebrating with special activities and rates.

Senior Month activities began Monday with a pancake breakfast, including sausage, fruit juice and coffee.

If you missed the breakfast, you can attend the Mother's Day Tea on Thursday. At the tea, J.C. Penney will hold a style show and fitting, using senior models. Susan Cole will be the announcer.

"Businesses are becoming more aware of older adult needs in fashion," said Rhonda Eubanks, recreation leader at the Senior Center. For instance, Velcro can replace hard-to-reach buttons. The show will present such features.

For those who play bingo, the Senior Center will hold Special Bingo on May 11. This event is free, and players can win special prizes.

If bridge, canasta or pinochle is your game, Special Cards will be held May 19. Again, this event is free, with opportunity to win special prizes.

On May 14, Elizabeth Elliot of KCSU will present classical music on a compact disc player while you dine on classical cuisine.

Then on May 18, enjoy elegant

dining and dancing at the Senior Prom. Music follows the meal. Dress formally for a fine evening.

In addition to May events, begin training now for the August Senior Games, held in Greeley. Participants compete against other Colorado senior centers in basketball, track and field, swimming, tennis, bike racing, and long distance running.

Seniors can also join the center's regular activities. These include Senior Chuckwagon meals, china and oil painting, fitness, and special monthly activities and classes. The center plans one special trip each month, and two extended trips each year. An extended trip to Canada is scheduled for September.

The Senior Center is a social, educational and service-oriented center for senior citizens. It strives to cover all age groups, educational levels, and income levels in its activities.

Classes and activities are listed in the Parks and Recreation brochure three times a year. The Senior Center's monthly newsletter, *The Greening Leaf*, describes activities in more detail. Seniors can pick one up free at the Senior Center, or receive it in the mail for \$3.00 a year.

For more information on Senior Month and other activities, call 221-6644.

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May also celebrates the 20th birthday for the VCH Opportunity Center.

VCH Opportunity Center (also known as Volunteers Clearing House) recruits volunteers for community agencies, and teaches classes in life skills to low-income populations. Classes teach home management, family health, and literacy, among other topics.

The birthday celebration will be 10 a.m. to 4 p.m. Saturday at 401 Linden Street. Activities include demonstrations of Kachina carving, Native American weaving, folk dancing and music, a film about Hispanics of Colorado and New Mexico, displays of southwestern art, and refreshments.

Volunteers made a king-sized candlewick quilt to be given as a door prize.

For information on the birthday celebration, classes, or volunteer opportunities, call 482-4357.

This column was written by Marsha Talley on behalf of the city of Fort Collins volunteer office.

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