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# CROSSROADS

# *Courier*

● JUNE | ● 2010 | ● RIFLE

## CROSSROADS AT RIFLE STAFF

### Executive Director

Sandra Coe

### Resident Services Director

Sharon Anderson

### Activity Director

Stacy Hunt

### Resident Relations

Karalue Anderson

### Dietary Director

Connie Alvarado

### Maintenance Director

Daryl Comroe

## Director's Note

By Sandra Coe



Summer is promising to be an interesting one. We have had a cool spring but the weather is warming up and we are looking forward to getting out and going on our summer outings. Many scenic drives and picnics are planned. We also have an open house planned for the 2nd of July. Come and see Crossroads if you have not been here for a while and if you have, come and join the festivities. We are going to have a BBQ, music and games. We look forward to seeing you there!

If there is ever a time that you or a family member would like to join us for any of the events we have planned, we would love to have you come along.

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COMMUNITY



970.625.4343

[www.crossroadsalc.org](http://www.crossroadsalc.org)



## Fitness Fun Facts

### Be a Tortoise, Not a Hare



You've heard the old saying: Slow and steady wins the race. Well, it may also burn more calories, at least in the long run.

Researchers at Maastricht University in the Netherlands concluded that people who engage in moderate physical activity, such as walking and biking, had the highest overall physical activity levels.

Their study of 30 men and women over a two-week period also revealed that those who exercised vigorously for short periods of time compensated for that activity by spending a greater part of their day being sedentary.

Sure, vigorous exercise burns more calories, but the moderate exercisers tended to be more active overall.

*Taken from: [www.acefitness.org/healthandfitnesstips/healthandfitnesstips\\_display.aspx?itemid=199](http://www.acefitness.org/healthandfitnesstips/healthandfitnesstips_display.aspx?itemid=199)*



375 West 24th Street  
Rifle, CO 81650

# JUNE 2010 EVENTS CALENDAR *Crossroads at Rifle*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>1</b> <b>9:00</b> Stretch <b>9:45</b> Bingo <b>1:15</b> Scenic Drive <b>3:00</b> Show and Tell	<b>2</b> <b>9:00</b> Mass <b>10:00</b> Walmart <b>2:00</b> Bingo	<b>3</b> <b>9:00</b> Stretch <b>9:45</b> Spa Time <b>10:30</b> Pakeeno <b>2:00</b> ULA	<b>4</b> <b>9:00</b> Stretch <b>9:45</b> Wii Bowling <b>10:00</b> Fingernails <b>2:00</b> Bingo	<b>5</b> <b>2:00</b> Movie and Popcorn
<b>6</b> <b>2:00</b> Movie and Popcorn	<b>7</b> <b>9:00</b> Stretch <b>10:00</b> Resident Council <b>10:45</b> Yahtzee <b>2:00</b> Bingo	<b>8</b> <b>9:00</b> Stretch <b>9:45</b> Hangman <b>11:00</b> "The Year 1959" <b>2:00</b> Pakeeno	<b>9</b> <b>9:00</b> Stretch <b>10:00</b> City Market <b>2:00</b> Bingo	<b>10</b> <b>9:00</b> Stretch <b>9:45</b> Spa Time <b>11:15</b> Sr. Center Lunch <b>2:00</b> Sounds of the Valley	<b>11</b> <b>9:00</b> Stretch <b>9:45</b> Wii Bowling <b>10:00</b> Fingernails <b>2:00</b> Bingo	<b>12</b> <b>2:00</b> Movie and Popcorn
<b>13</b> <b>10:00</b> Worship with the Huffman's <b>2:00</b> Movie and Popcorn	<b>14</b> <b>9:00</b> Stretch <b>9:45</b> Uno <b>2:00</b> Bingo	<b>15</b> <b>9:00</b> Stretch <b>9:45</b> Trivia <b>10:30</b> "You be the Judge" <b>2:00</b> Yahtzee	<b>16</b> <b>9:00</b> Mass <b>10:00</b> Walmart <b>2:00</b> Bingo	<b>17</b> <b>9:00</b> Stretch <b>9:45</b> Spa Time <b>10:30</b> Hangman <b>2:00</b> Scenic Drive	<b>18</b> <b>9:00</b> Stretch <b>9:45</b> Wii Bowling <b>10:00</b> Fingernails <b>2:00</b> Bingo	<b>19</b> <b>2:00</b> Movie and Popcorn
<b>20</b> <b>2:00</b> Movie and Popcorn	<b>21</b> <b>9:00</b> Stretch <b>9:45</b> Yahtzee <b>2:00</b> Bingo	<b>22</b> <b>9:00</b> Stretch <b>9:45</b> Hangman <b>11:00</b> Picnic at Harvey Gap <b>2:00</b> Uno	<b>23</b> <b>9:00</b> Stretch <b>10:00</b> City Market <b>2:00</b> Bingo	<b>24</b> <b>9:00</b> Stretch <b>9:45</b> Spa Time <b>10:30</b> Pakeeno <b>2:00</b> Show and Tell	<b>25</b> <b>9:00</b> Stretch <b>9:45</b> Wii Bowling <b>10:00</b> Fingernails <b>4:00</b> Burger King	<b>26</b> <b>2:00</b> Movie and Popcorn
<b>27</b> <b>10:00</b> Worship with the Huffman's <b>2:00</b> Movie	<b>28</b> <b>9:00</b> Stretch <b>9:45</b> Uno <b>2:00</b> Bingo	<b>29</b> <b>9:00</b> Stretch <b>9:45</b> Trivia <b>11:15</b> Lunch @ Sr. Center <b>2:00</b> Yahtzee	<b>30</b> <b>9:00</b> Stretch <b>10:00</b> Walmart <b>2:00</b> Bingo			

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## The Month of June

- Spring ends and summer begins on June 20, 21, or 22 in the Northern Hemisphere.
- Trees and shrubs are often at their freshest, and there are more flowers during June than at any other time. June is especially the month of roses.
- When June comes, green fruit is just beginning to appear in some regions.
- Bees move from flower to flower, gathering nectar.
- Baby birds of some species have hatched in some regions, and their parents are kept busy bringing them food.
- From early Roman times, June was believed to be the best time for marriages.
- It is still a popular month for weddings.



Taken from: [www.annieshomepage.com/june.html](http://www.annieshomepage.com/june.html)

## Resident Spotlight



### *This month's spotlight is on Shirley Gilfry.*

Shirley was born at her home in Snyder Colorado in Morgan County. She was the youngest of nine children. Her father had a very large ranch near Brush. Her family homesteaded the ranch that was over 800 acres. She had 4 sisters and 4 brothers. One of her brothers still lives on the ranch. When she was very young the family moved to Brush to be nearer the school.

She met and married her high school sweetheart. When he left for the service, she stayed with her family in Brush. When her husband came home from the service he wanted to move away from all the family for a short while so they moved to Western Colorado. She laughs and says "and I am still here". They made their home here and raised two boys and a girl. Her sons both live in Carbondale and her daughter lives near New Castle. She has two Grandsons both married with lives of their own.

Shirley came to Crossroads over 4 years ago and enjoys being a part of the Crossroads Family. Her favorite thing is Bingo and the music entertainment that comes to play for the residents. She often sings all the words to every song and knows them all by name. Shirley is also a big fan of Shirley Temple. She has an authentic Shirley Temple doll and loves all of her movies.