

Senior Community Update

OLDER, WISER, LIVELIER, SENIORS

Join the OWLS. We're a HOOT! Bridge: Party Bridge 547 1822. Duplicate Bridge 562-0937. Christian Singles (PW): 547-9787. Creative Writing 547-0250 or 583-2885. Creature Comforts 671-2030 or 543-4750. Day Trips 547-8181. Dominoes 543-6926. Dream Appreciation 583-2885. Fine Dining 546-6189. Genealogical Society 545-6326. Theater...Music 545-2803. Movies 543-6657.

OVER THE HILL GANG

Don't Think of Us as Being Over the Hill.. Think of Us as Picking Up Speed! Camping, 545-3787; Cycling, 545-3787; Fishing, 545-2803 or 647-6479; Hiking 545-3787 or 547-8181; Riverwalking, 545-3787; Trail Cleaning 545-3787; Call Caroline Luellen 545-3787.

Pueblo Children's Chorale

PUEBLO — The Pueblo Children's Chorale will hold its first concert of its 11th season, "Merrily We Roll Along- a season of music and mischief," at 3 p.m. on Saturday, November 18, 2006 in Hoag Hall at Colorado State University - Pueblo.

The fall concert is sure to please those of all ages with a variety of sacred and holiday favorites. Selections will include: "Et in Terra Pax", "A Winter Day", "Alleluia", "Angus Dei" and the always popular "Shalom" which will include past graduates from the Chorale as special guest performers.

Tickets for the concert will go on sale at the Sangre de Cristo Arts Center box office on Nov. 6, or they may be purchased at the door. Tickets cost \$7 for those 13 years and older, and \$3 for children 12 years and younger. Tickets can be purchased over the phone by calling the box office at (719) 295-7200.

NEW LION CUBS AT PUEBO ZOO

A lioness at the Pueblo Zoo gave birth to three cubs on October 4, 2006. These are the first cubs born to 2 1/2 year-old Ulana, who was born at the Cheyenne Mountain Zoo and came to Pueblo a year ago. The father is Jahari, who was born at the Lincoln Park Zoo and has been in Pueblo for the past 3 years. These are also the first lion cubs born at the Pueblo Zoo in possibly

50 years and a first for the new African Lion Exhibit, built in 1995. The lioness and her cubs were

monitored around the clock via video recordings. On Sat., (Oct. 7) morning,

lion keeper Heather Smith noticed that one cub (#1) was lethargic. Veterinarian Kathy Wolyn came to the Zoo immediately, separated the cub from its mother, and found it was cold and dehydrated. She put the tiny animal on a heating pad, started IV fluids, and drew blood for laboratory tests. Later in the afternoon it appeared that Ulana had abandoned a second cub (#2). It too was taken from its mother, but was in better condition than the first cub. Dr. Wolyn took both animals to her home for care over the remainder of the weekend. On Oct. 9th, cub #1 died. Dr. Wolyn, Curator Marilyn McBirney, and the lion keepers have decided to hand-raise cub #2—something that is a last resort in modern zoos as it is always preferable for young animals to be raised by their mothers.

On Sun., Oct. 8, Ulana appeared to be caring for the third cub (#3); however keepers were not sure that it was receiving enough milk, so on Sunday afternoon it was given a supplemental feeding with kitten formula. Last Monday morning (Oct. 9), this cub, too, was cold and inactive so it was taken from its mother. The veterinarian made every attempt to save cub #3 and it is responding well to treatment, at this time.

In captive births of these large felines, the first two weeks are a critical time for bonding between the mother and her babies.

FLU SHOTS

Shepherd of the Hills Lutheran Church (801 North Sheridan Avenue, Canon City) will be holding two (2) Flu Clinics. Friday, October 27th - 9:00 AM - 1:30 PM and Wednesday, November 8th, 1:00 PM - 4:30 PM.

The cost: Flu Shots, \$25.00; Pneumonia Shots, \$40.00 and Tetanus Shots, \$35.00. Medicare Recipients: Paper Work will be filed out for you!

These clinics are open to the public. PLEASE call Shepherd of the Hills Lutheran Church at 719.275.6797 between the hours of 10:00 - 11:30 AM ONLY, Tuesday through Friday to put your name on the list. These are not appointments but a way to determine how many vaccines will be needed.

PUEBLO STEPUP

NOVEMBER WELLNESS CLINICS

Wed. Nov. 8

Joseph Edwards Ctr.

230 N. Union

9:45 - noon

Thurs. Nov. 9

Mineral Palace Towers

1414 N. Santa Fe

9 - 11:30 a.m.

AND

Pueblo West Memorial Rec. Ctr. 230 E. George **Mon. Nov. 13** McHarg Park Community Ctr. Avondale 409 2nd St. 9-11:30 a.m.

Tues. Nov. 14

Vail Hotel

217 S. Grand

9 - 10:30 a.m.

AND

Hyde Park Comm. Ctr.

2136 W. 16th

1-2:30 p.m.

Wed. Nov. 15

Mesa Towers

260 Lamar

9 - 11:30 a.m.

Thurs. Nov. 16

Ogden Apts.

2401 Ogden

9-10:30 a.m.

AND

Fulton Heights Comm. Ctr.

1331 Santa Rosa

(Aspen Dr. to Roselawn Cemetary: Santa Rosa turn rt.)

1 - 2:30 p. m.

Mon. Nov. 20

Park Hill Christian Church

1404 E. 7th St.

10 - noon

Tues. Nov. 21

Minnequa Apartments

1400 E. Orman

9 - 11:30 a.m.

ORCHARD OF HOPE FOUNDATION BEGINS DISBURSEMENTS

Pueblo, Colorado, October 12- The Orchard of Hope Foundation in Pueblo announces that it has funded five local cancer patients, and four additional patients will be funded next week. Money has been raised through the fundraisers Gourmet Sampler and Walk For Hope and through general donations. Spradley Auto Network donated \$100 for each car sold on Oct. 6 and 7 (the day of the Walk For Hope) for a total of \$2,200. Also, the David and Lucile Packard Foundation has recently given a grant to the Orchard of Hope Foundation. Cancer patients who live in Pueblo County and who are currently in treatment are invited to submit an application for assistance. Applications are available at the office at 1618 Bonforte Blvd., or on the website www.orchardofhope.org.

For additional information about the Orchard of Hope Foundation, call 544-7171.

Pies, Scrumptious Ice Cream Pies

from page 20.

cream, if used.

Serves 8 to 10.

Although chocolate and vanilla are a difficult combination to beat, you can substitute other flavors of ice cream to create this spectacular two-toned dessert.

CHOCOLATE MARBLE ICE CREAM PIE

3 cups fine chocolate wafer cookie crumbs

Pinch salt

1 teaspoon cinnamon

1/2 teaspoon nutmeg

1 teaspoon instant coffee powder (optional)

3/4 cup butter, melted

1/4 cup ground almonds

1 1/2 quarts vanilla ice cream, softened slightly

1 1/2 quarts chocolate ice cream, softened slightly

1 cup mixed chopped toasted nuts

2 tablespoons amaretto (almond liqueur) or other liqueur

Sweetened whipped cream, for garnish (optional)

2 ounces grated white chocolate, for garnish (optional)

2 ounces grated bittersweet chocolate, for garnish (optional)

1. Prepare chocolate cookie crust: In a large bowl, combine cookie crumbs, salt, cinnamon, nutmeg, coffee powder, butter and almonds and stir to blend. Spoon into a 12-inch springform pan. Pat crumbs firmly onto bottom and press them 3/4-inch up the sides. Cover and freeze overnight.

2. Prepare filling: In a large bowl, place softened vanilla and chocolate ice creams; swirl together briefly to marble. Stir in nuts and liqueur, if used. Spoon into chocolate cookie crust and return to freezer. Freeze until solid (at least 2 hours).

3. Just before serving, garnish with sweetened whipped cream, white chocolate and bittersweet chocolate, if used.

Serves 10 to 12.

PLAN FOR YOUR LIFE'S NEXT MOVE

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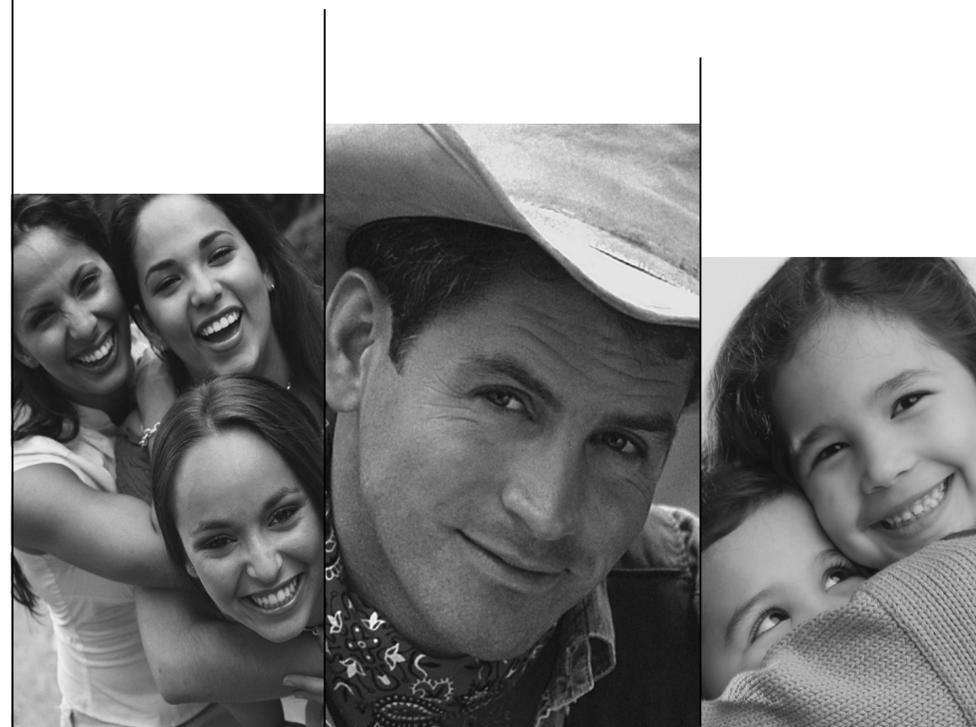


FINALLY, A NEW PATIENT-CENTERED EXPERIENCE AWAITS SOUTHERN COLORADO RESIDENTS.

The moment you walk in the door of St. Mary-Corwin's impressive \$59 million bed tower, you're greeted with a sense of newness unlike any other. From the welcoming customer service amenities—valet parking and streamlined admissions—to the 112 private, well-appointed patient rooms, we've taken a fresh approach to coordinated health care. Here, patients have the benefit of the area's most comprehensive, one-stop cancer center, as well as a new emergency department that caters to all types of emergencies—whether major or minor. And our dedicated experts are delighted to offer the latest technologies, including an innovative ICU and our greatly enhanced diagnostic services unit, home to the region's newest 64-slice CT Scan. All of these exceptional resources complement our commitment to treating the human spirit—as well as the body. In fact, we believe it's the level of care that southern Colorado deserves. And we're confident that you'll agree.

Learn more about our exceptional patient services by calling 719-560-HELP. Or visit stmarycorwin.org.

St. Mary-Corwin Medical Center



AARP SCHEDULE FOR NOVEMBER 2006

Pueblo Information Center AARP
PHONE: (719) 543-8876
1117 Prairie Avenue
HOURS: Mon-Sat 10-3pm
Pueblo, Colorado 81005
SAFE DRIVING CLASSES

NOV. (Tues/Wed)7/8th Noon-4pm; NOV.28/29th.(Tue/Wed) Noon-4pm NOTE: ***Classes may be full, however there could be cancellations, or call to sign up for future classes-**BENEFITS CHECK-UP AARP: SRDA and THE NATIONAL COUNCIL ON AGING**

Confidential and free. Call for appointment. S.H.I.P. Counselor available by appointment for MEDICARE Rx. questions.

TAI-CHI-SUN

NEW SCHEDULE: 9-10am (Advanced) and 10-11am (Beginners) Tuesdays and Thursdays. SPONSORED BY Pueblo STEP-UP. Instructor is Jo Stinchcomb: Certified Exercise and Health Promotion Specialist: CALL 560-5886 for further information of classes to be held at the Center.

THU: Nov.2nd; Tai-Chi 9-10am (A) Tai-Chi 10-11(B)

FRI: Nov.3rd. The Center will close at 11am..Volunteers' luncheon

SAT: Nov.4th. "Lets Go Fishing Seniors"- 10:15am

MON: Nov 6th - Colorado Nurses Assn Mtg DIST IV - 6pm

TUE. Nov.7th. Tai-Chi 9-10am;10-11am

DAY 1 SAFE DRIVING, Noon-4pm

WED: Nov.8th. ***DAY 2 SAFE Driving - Noon-4pm;

FRI: Nov.10th. A L Z H E I M E R S ASSN. program, 9-4pm, Tai-Chi 9-10am;10-11am

TUE: Nov.14th. Tai-Chi 9-10am;10-11am

WED: Nov.15th. ***BROWN BAG MEDICINE/ PRAXIA LUNG FUNCTION/MEDICAL PASSPORT-All day program

THU: Nov.16th-Tai-Chi 9-10am;10-11am

MON: Nov.20th. ***MEDICARE RX 2007 Updating your plans - 1pm.

TUE: Nov. 21st. Tai-Chi-9-10am

BETTER BREATHERS: TRAVELING WITH OXYGEN - Dr.Gogarty and the MEDICAL PASSPORT-1pm

THU: Nov.23rd. The Center will be closed "HAPPY and SAFE THANKSGIVING"

TUE: Nov.28th. Tai-Chi 9-10am;10-11am

***DAY 1: SAFE DRIVING - Noon-4pm

CALICO QUILTERS-6pm

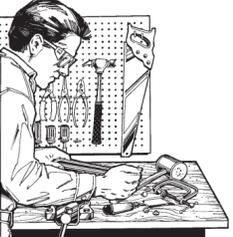
WED: Nov.29th. ***DAY 2 SAFE DRIVING-Noon-4pm

THU. Nov.30th. Tai-Chi 9-10am;10-11am

***TRIAD meeting to be announced

***ATTORNEY meeting to be announced

NOTE: All programs*** have to have seat reservations: Call 543-8876 for further information



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547-0608 (ask about our senior discount)