



Thank You so very much to Southwest Ag for their generous donations to the Ignacio Senior Center over the years!

Visit Southwest Ag for all your equipment needs

39927 US Highway 160 Bayfield CO 81122 (970) 884-4101



Ignacio Senior Center

15345 Highway 172 Ignacio CO 81137

Pox 800

Phone # 970-563-4561

Fax # 970-563-3166

<https://www.sococaa.org>

Senior Center Staff:

Hugo Vega - Program Director

Hvega@sococaa.org

Robert Silva – Program Coordinator

Rsilva@sococaa.org

Lenora Barry – Head Cook

lbarry@sococaa.org

Dale Valencia – Program Aide

Eva Moreno-Valdez – assistant cook

Micah Lucero – Facility Aide



masks are optional in the senior center building we ask that you please be respectful to everyone's personal freedoms to wear or not wear a mask.


- Meals on Wheels are prepared on site daily and are delivered Monday through Thursday between 10am and 12pm.
 - Congregate Meals are served Tuesday, Wednesday, and Thursday from 12pm-12:30pm **reservations are required when attending lunch**
- Medical transportation and Rx pick up are available to seniors within our district, we ask a **24hr notice for all transports and pickups** and are first come first served basis.
- The Staff also offers in town grocery store transports or grocery pick up at this time and dependent on the availability of staff and vehicles.

Please Note: when coming to the senior center or joining any activity is at your own risk, if you feel that an activity isn't right for you please use your own judgment on your personal health issues).

Our Mission: To help seniors prevent and avoid hospitalization and extend the time of independent living through, Nutrition, escorted transportation, exercise program, recreation, and referral services. Please feel free to contact us @ (970)-563-4561 for any Questions or concerns about the services we provide.

The Senior Center provides the transportation for all trips, the client is responsible for any other costs i.e. entry fees, meals, gambling etc.... All materials for crafts are provided by the senior center, all activities are subject to change or cancelation without notice. Please follow all rules, guidelines, mandates and driver instructions when being transported, failure to do so can result in suspension and/or termination of services. Joining the Senior Center for any activity is at your own Risk, if you feel that an activity isn't right for you please use your own judgment on your personal health issues. Thank you!

Please contact the Senior Center for questions or comments @ 970-563-4561 or email Rsilva@sococaa.org

Monday	Tuesday	Wednesday	Thursday	Friday
				<div style="border: 1px solid black; padding: 2px; display: inline-block;">1</div> Dominos And Pool available
<div style="border: 1px solid black; padding: 2px; display: inline-block;">4</div> Happy Fourth of July! Closed	<div style="border: 1px solid black; padding: 2px; display: inline-block;">5</div> Arts and crafts 2pm (epoxy keychains)	<div style="border: 1px solid black; padding: 2px; display: inline-block;">6</div> Dominos And Pool Exercise Tai Chi class 10 am	<div style="border: 1px solid black; padding: 2px; display: inline-block;">7</div> Dominos And Pool available	<div style="border: 1px solid black; padding: 2px; display: inline-block;">8</div> Hongs Garden 11:30am
<div style="border: 1px solid black; padding: 2px; display: inline-block;">11</div> Dominos And Pool available	<div style="border: 1px solid black; padding: 2px; display: inline-block;">12</div> Sun Ute Museum 1pm	<div style="border: 1px solid black; padding: 2px; display: inline-block;">13</div> Dominos And Pool Exercise Tai Chi class 10 am	<div style="border: 1px solid black; padding: 2px; display: inline-block;">14</div> Game Day! Live action Monopoly	<div style="border: 1px solid black; padding: 2px; display: inline-block;">15</div> Dominos And Pool available
<div style="border: 1px solid black; padding: 2px; display: inline-block;">18</div> Dominos And Pool available	<div style="border: 1px solid black; padding: 2px; display: inline-block;">19</div> Arts and crafts 2pm	<div style="border: 1px solid black; padding: 2px; display: inline-block;">20</div> Dominos And Pool Exercise Tai Chi class 10 am	<div style="border: 1px solid black; padding: 2px; display: inline-block;">21</div> Dominos And Pool available	<div style="border: 1px solid black; padding: 2px; display: inline-block;">22</div> The Bar-D 4pm
<div style="border: 1px solid black; padding: 2px; display: inline-block;">25</div> Dominos And Pool available	<div style="border: 1px solid black; padding: 2px; display: inline-block;">26</div> Thrift store shopping 1pm	<div style="border: 1px solid black; padding: 2px; display: inline-block;">27</div> Dominos And Pool Exercise Tai Chi class 10 am	<div style="border: 1px solid black; padding: 2px; display: inline-block;">28</div> Bingo! 2pm	<div style="border: 1px solid black; padding: 2px; display: inline-block;">29</div> Dominos And Pool available

July 2022 Menu

Now Serving Congregate meals from 12:00pm – 12:30pm On Tuesday, Wednesday, and Thursday. **Reservations are required** Lunches are subject to change or cancelation without notice For Meals on Wheels info please contact The Senior center (970)-563-4561.



Monday	Tuesday	Wednesday	Thursday
<p>•Please make reservations by 9:30am on the day you plan to eat at the Senior Center by calling 970-563-4561. Salad bar and hot meal are served at 12pm. All meals served with 8 oz. milk.</p> <p>•The cost is a suggested donation of \$4 for seniors 60+ or \$8.50 fee for people under 60.</p> <p>•The cost is a suggested donation of \$4 for Native Americans 55+ or \$8.50 fee for Native Americans under 55.</p>			
<p>4</p> <p>Happy 4th of July Closed</p>	<p>5</p> <p>Pork rib patty Baked beans Mixed veggies Coleslaw Mandarins</p>	<p>6</p> <p>Frito pie w/beef Cheese, lettuce, tomatoes Spanish rice pears</p>	<p>7</p> <p>French Dip Au jus French fries Mixed veggies apricots</p>
<p>11</p> <p>Chicken fried steak Whipped potatoes Country gravy Broccoli w/cheese Fruit cocktail</p>	<p>12</p> <p>Beef Stew w/ mixed veggies Cornbread Tropical fruit Brownie</p>	<p>13</p> <p>Biscuits and sausage gravy Potato rounds Fruit</p>	<p>14</p> <p>Annual Senior center Picnic Lunch will be served 12pm-12:30pm No meals on wheels delivery</p>
<p>18</p> <p>Crunchy baked fish Red bliss potatoes Oriental veggie blend Diced peaches Cookie</p>	<p>19</p> <p>Breaded pork chops Stuffing Green beans Pineapples</p>	<p>20</p> <p>Chicken fettuccine alfredo Italian blend veggies Garlic bread Apple crisp</p>	<p>21</p> <p>Spaghetti and Meatballs Italian veggie blend Garlic bread Plums Sugar cookie</p>
<p>25</p> <p>Combo burrito topped w/ green chili Cheese, lettuce. Tomatoes Sour cream Corn Tropical fruit</p>	<p>26</p> <p>Salisbury steak Mashed potatoes Gravy Cali blend veggies Mandarin oranges</p>	<p>27</p> <p>Italian sausage pasta Asparagus Bread sticks Baked apples w/ cinnamon</p>	<p>28</p> <p>Beef enchiladas Pinto beans Corn confetti Fruited gelatin</p>



Please Note: To see your birthday in the Newsletter you must be a current client receiving services from the SOCOCAA Senior Center with an updated intake assessment form on record.

David Martin 7-1

Phyllis Lewis 7-7

Michael Sage 7-13

SoCoCAA's Senior Center transportation program has received funding from [Next Fifty Initiative](#), a Colorado-based foundation that supports efforts to improve the lives of older adults and their caregivers. This funding will allow SoCoCAA Senior Center to grow The Transportation Program by two ways: Offering improved riding experience from previous years with high-tech equipment. Secondly by offering Medicaid transportation to residents of the Ignacio area. Its effort to support those 50 and older in Ignacio and La Plata County.



The Senior Center and staff take your safety very serious and strive to provide professional courteous service to every client. Although we do our best to keep every client safe, accidents are beyond our control. Joining us on activities are at the clients discretion and own risk, if you feel that an activity isn't right for you please use your own judgment on your personal health issues.

Senior Center Donation(s) requests change

Beginning August 1st 2022 the meals on wheels and congregate lunch donation request will change from \$4 to \$5. The Senior Center relies on your donations to ensure that the program continues to provide meals to our local seniors. Seniors are defined as 55+ for native and 60+ for non-native. There is a \$9 fee for all non-seniors.

Meals will not be denied to seniors who meet the age requirement regardless of their ability to donate.

Voluntary contributions are always appreciated and are used to expand and provide additional services. Contributions can be dropped in the box in the vehicle, at the Center (Red donation box), or mailed to us. You may contribute by cash, check or contact the Center to charge a contribution. Please know that Whether or not you choose to contribute, you are still eligible for services. All contributions will remain Confidential.

SUGGESTED VOLUNTARY CONTRIBUTIONS for transportation

Town of Ignacio \$3.00- \$5.00

Town of Durango \$4.00- \$8.00,-Towns of Arboles, Tiffany, and Allison \$6.00 -\$12.00

Due to rising cost and shortages of various items we reserve the right to substitute, change, or cancel meals, trips and/or activities. Any change to the menu, activity, or trip will be without notice. We do apologize for any inconvenience this causes but unfortunately we have no control over what is available or rising costs. Please feel free to contact the Senior Center staff for questions or concerns.

Senior Center, Senior Day Lunch

(Free Lunch, Wednesdays only)

Age 55-60 or older the congregate lunch at the senior center will be offering free lunch every Wednesday beginning May 11th Through September 7th (Summertime). Lunch is served from 12pm-12:40 P.M., if you are not a senior we will be offering a discounted price of \$4 per lunch. Menus are available at the senior center. Reservations are required at least one day prior to receive a lunch. Please feel free to contact us with any questions or concerns. We are serving congregate lunch every Tuesday, Wednesday, and Thursday from 12-12:40 P.M. Again Reservations are required to join us for lunch.

4th Of July Word Search



A B P A S N W G P F E U Q E B R A B
 A G X M M U H U V F D C U Z C G P R
 S T F F A N T A C X C F S K M Y L C
 O K O S Y B G A I V F A K K W G I F
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