



**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.

### **Ignacio Senior Center**

**15345 Highway 172 Ignacio CO,  
81137 PO Box 800  
Phone # 970-563-4561  
Fax # 970-563-3166  
[Https://www.sococaa.org](https://www.sococaa.org)**

#### **Senior Center Staff:**

**Hugo Vega - Program Director**

**Lenora Barry – Head Cook**

**Eva Moreno-Valdez – assistant cook**

**Dale Valencia – Program Aide**

**Micah Lucero – Facility Aide**

### **The Ignacio Senior center offers a variety of helpful options for seniors in our area.**

- Our meals program offers two options for lunch, meals on wheels and congregate lunches.

All meals are prepared daily in house Monday thru Thursdays. Meals on wheels are delivered Mon-Thurs between 10am and 12pm.

Congregate meals are served Monday thru Thursday from 12pm-1230pm **reservations are required.**

- Medical transportation and RX pick-ups available with **24hr advance notice required.**
- We offer a variety of activities throughout the month such as crafts, games and trips (please see activities page of monthly newsletter)  
**Clients must sign up for all trips by the sign up date to secure a seat.**
- Exercise program is Mon, Wed, and Fri from 10am-11am and is conducted by Eldersise matter of balance trainer.

**Medical transportations takes priority over all other activities.**

**All services are first come first served basis.**

### **Upcoming activities**

December 5<sup>th</sup>: Craft Day

December 6<sup>th</sup>: Tech Day

December 7<sup>th</sup>: Game Day

December 12<sup>th</sup>: Craft Day

December 14<sup>th</sup>: Movie Day

December 19<sup>th</sup>: Craft Day

December 20<sup>th</sup>: Christmas Party






December 26<sup>th</sup>: Game Day



# December 2023 Activities

The Senior Center will be planning trips throughout the year, all trips will have a minimum and maximum client participation. **Activities are weather permitted and may be canceled without notice.**

The senior center will provide all materials for any planned crafts, games or other activity here at the center. If we do not get enough participation on game day we will than only plan games every other month.

Monday	Tuesday	Wednesday	Thursday
<b>All activities are first come first served and have a maximum client participation so come early to secure a seat. Any and all activities planned during winter will depend on the weather and may be canceled without notice.</b>			
			
<div>4</div> <p>Games And Pool table Open</p>	<div>5</div> <p>Exercise At 10:00</p> <p>Craft Day (Christmas Gnome limit of 8)</p>	<div>6</div> <p>Games And Pool table Open</p> <p>Technology Hour (2:00 to 3:00)</p>	<div>7</div> <p>Exercise At 10:00</p> <p>Games And Pool table Open</p> <p>Game Day (loteria 1:30 to 3:30)</p>
<div>11</div> <p><b>Closed for Leonard C. Burch</b></p>	<div>12</div> <p>Exercise At 10:00</p> <p>Craft Day Part 1 (Epoxy Christmas ornaments limit of 8)</p>	<div>13</div> <p>Games And Pool table Open</p>	<div>14</div> <p>Exercise At 10:00</p> <p>Senior movie day (50 first dates) At 1:30</p>
<div>18</div> <p>Games And Pool table Open</p>	<div>19</div> <p>Exercise At 10:00</p> <p>Craft Day Part 2 (Epoxy Christmas ornaments limit of 8)</p>	<div>20</div> <p>End of year slideshow and Christmas party (Must have RSVP) 11:30 am to 4:00 pm</p>	<div>21</div> <p>Exercise At 10:00</p> <p>Games And Pool table</p>
<div>25</div> 	<div>26</div> <p>Exercise At 10:00</p> <p>Game Day (Uno Dominoes) At 1:00 pm</p>	<div>27</div> <p>Games And Pool table Open</p>	<div>28</div> <p>Exercise At 10:00</p> <p>Games And Pool table Open</p>

# December Meals

Meals on wheels are prepared daily Mon-Thurs and delivered between 10am and 12pm, our frozen route is delivered between 11am-12:30pm. Please call for info about meals on wheels. Congregate meals are served Monday, Tuesdays, Wednesdays, and Thursdays from 12pm to 12:30pm **reservations are required** to ensure enough meals are prepared.

As we plan our meals and prepare the menus in advance some items may be too expensive and/or are unable to get due to inflation and shortages, **we reserve the right to change cancel or substitute items on the menu and /or meals without notice to the client.**

Monday

Tuesday

Wednesday

Thursday

**All activities are first come first served and have a maximum client participation so come early to secure a seat. Any and all activities planned during winter will depend on the weather and may be canceled without notice.**



4

Vegetable beef soup and salad

5

Cooks choice

6

Cooks choice  
(Free lunch day)

7

Cooks choice

11

**Closed for  
Leonard C. Burch**

12

Cooks choice

13

Cooks choice  
(Free lunch day)

14

**Christmas dinner**

18

Creamy potato soup w/bacon

19

Cooks choice





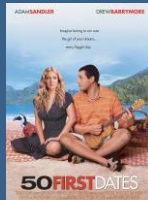
# Information from the senior center

This year staff will be taking vacation from December 20<sup>th</sup> through January 1<sup>st</sup>. During this time the senior center will be open with very limited services for that week. This means no meals will be served that week and only medical transportation will be provided upon availability. The Senior Center will be closed on Monday the 25<sup>th</sup> and Monday the 1<sup>st</sup> for Christmas and New Year.

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.

**The Senior Center wishes to say thanks to all those that donate to our programs! Donating helps keep the center running and provide essential needs to local seniors, like daily nutrition, activities and a place to come hang out in a group setting enjoying games like pool, dominoes, and arts and crafts. All donations are used locally and help benefit seniors in our area. Again thank you so much for your generosity.**

*Playboy vet Henry sets his heart on romancing Lucy, but she has short-term memory loss; she can't remember anything that happened the day before. So every morning, Henry has to woo her again. Her friends and family are very protective, and Henry must convince them that he's in it for love.*



**We would like to give Robert Silva a huge Thank you for the 6 years he worked at the senior center. Wishing you success on your new adventure!**

**THANK YOU ROBS!**

