

February Newsletter

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>

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-12:30pm **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 Mondays and Wednesdays from 10:00 am-10:40 am 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.

Senior Center Staff:

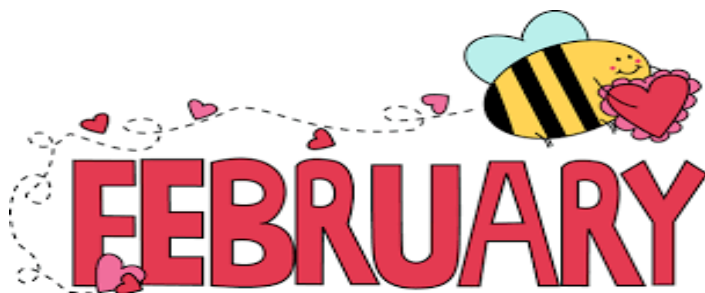
Hugo Vega - Program Director

Lenora Barry – Head Cook

Dale Valencia – Program Aide

Eva Moreno-Valdez – assistant cook

Micah Lucero – Facility Aide



Hours of operation at the senior center are Monday through Thursday from 7:00 am to 4:00 pm.

February 2024 Activities

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.



Monday	Tuesday	Wednesday	Thursday
			<div>1</div> <p>Technology Day (2:30 to 3:30)</p>
<div>5</div> <p>Exercise At 10:00</p>	<div>6</div> <p>Senior continental breakfast (7:00 to 9:00)</p> <p>Craft Day (Epoxy calendar Part 2) 2:00 PM</p>	<div>7</div> <p>Exercise At 10:00</p> <p>Free senior lunch</p>	<div>8</div> <p>Movie Day (Free popcorn and pizza) The Grizzlies 1:30 PM</p>
<div>12</div> <p>Exercise At 10:00</p>	<div>13</div> <p>Game Day (Loteria 1:30 to 3:30)</p>	<div>14</div> <p>Exercise At 10:00</p> <p>Free senior lunch day</p>	<div>15</div> <p>Technology Day (2:30 to 3:30)</p>
<div>19</div> 	<div>20</div> <p>Craft Day (DIY Chalkboard) 2:00</p>	<div>21</div> <p>Free senior lunch day</p>	<div>22</div> <p>Movie Day (Free popcorn) (Smoke Signals) 1:30 PM</p>
<div>26</div> <p>Exercise At 10:00</p>	<div>27</div> <p>Senior continental breakfast (7:00 to 9:00)</p>	<div>28</div> <p>Exercise At 10:00</p> <p>Free senior lunch day</p>	<div>29</div> <p>Live action Monopoly 1:30 to 3:30</p>

February 2024 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
			<div>1</div> <p>Lasagna Italian veggies Garlic bread Pineapple</p>
<div>5</div> <p>Green chili stew frybread</p>	<div>6</div> <p>Tater tot casserole Cali blend veggies w. w. roll apple crisp</p>	<div>7</div> <p>Frito Pie w/beef , cheese, lettuce tomato Spanish rice pudding</p>	<div>8</div> <p>Chicken cordon bleu Rice pilaf Chuckwagon corn mandarins</p>
<div>12</div> <p>Clam chowder soup salad</p>	<div>13</div> <p>Red chili cheese fries Chuckwagon corn pudding</p>	<div>14</div> <p>Crunchy fried chicken mashed potatoes gravy mixed veggies w.w. roll apple sauce</p>	<div>15</div> <p>Spaghetti and meatballs Marinara sauce Italian blend vegetables Peaches Garlic bread cookie</p>
<div>19</div> 	<div>20</div> <p>Chicken fried steak Mashed potatoes Country gravy Mixed veggies Mixed fruit</p>	<div>21</div> <p>Beef Enchiladas Pinto beans Corn confetti Apple sauce</p>	<div>22</div> <p>Hamburger gravy over rice Green beans W. W. roll spinach tropical blend fruit</p>
<div>26</div> <p>Chicken noodle soup salad</p>	<div>27</div> <p>Mandarin chicken Rice Pineapple Egg roll</p>	<div>28</div> <p>Chili relleno Spanish rice Corn Fruited jell-o</p>	<div>29</div> <p>Sloppy joes w.w. bun Mixed veggies French fries Apple sauce</p>

January 2024 Nutritionals



Monday	Tuesday	Wednesday	Thursday
<div>1</div> 	<div>2</div> <div>Calories (kcal)</div> <div>Carbohydrates (g)</div> <div>Fiber(g)</div> <div>Fat (g)</div> <div>Sodium(mg)</div> <div>Protein (g)</div>	<div>3</div> <div>Calories (kcal)</div> <div>Carbohydrates (g)</div> <div>Fiber(g)</div> <div>Fat (g)</div> <div>Sodium(mg)</div> <div>Protein (g)</div>	<div>4</div> <div>Calories (kcal)</div> <div>Carbohydrates (g)</div> <div>Fiber(g)</div> <div>Fat (g)</div> <div>Sodium(mg)</div> <div>Protein (g)</div>
<div>8</div> <div>Calories (kcal)</div> <div>Carbohydrates (g)</div> <div>Fiber(g)</div> <div>Fat (g)</div> <div>Sodium(mg)</div> <div>Protein (g)</div>	<div>9</div> <div>Calories (kcal)</div> <div>Carbohydrates (g)</div> <div>Fiber(g)</div> <div>Fat (g)</div> <div>Sodium(mg)</div> <div>Protein (g)</div>	<div>10</div> <div>Calories (kcal)</div> <div>Carbohydrates (g)</div> <div>Fiber(g)</div> <div>Fat (g)</div> <div>Sodium(mg)</div> <div>Protein (g)</div>	<div>11</div> <div>Calories (kcal)</div> <div>Carbohydrates (g)</div> <div>Fiber(g)</div> <div>Fat (g)</div> <div>Sodium(mg)</div> <div>Protein (g)</div>
<div>15</div> 	<div>16</div> <div>Calories (kcal)</div> <div>Carbohydrates (g)</div> <div>Fiber(g)</div> <div>Fat (g)</div> <div>Sodium(mg)</div> <div>Protein (g)</div>	<div>17</div> <div>Calories (kcal)</div> <div>Carbohydrates (g)</div> <div>Fiber(g)</div> <div>Fat (g)</div> <div>Sodium(mg)</div> <div>Protein (g)</div>	<div>18</div> <div>Calories (kcal)</div> <div>Carbohydrates (g)</div> <div>Fiber(g)</div> <div>Fat (g)</div> <div>Sodium(mg)</div> <div>Protein (g)</div>
<div>22</div> <div>Calories (kcal)</div> <div>Carbohydrates (g)</div> <div>Fiber(g)</div> <div>Fat (g)</div> <div>Sodium(mg)</div> <div>Protein (g)</div>	<div>23</div> <div>Calories (kcal)</div> <div>Carbohydrates (g)</div> <div>Fiber(g)</div> <div>Fat (g)</div> <div>Sodium(mg)</div> <div>Protein (g)</div>	<div>24</div> <div>Calories (kcal)</div> <div>Carbohydrates (g)</div> <div>Fiber(g)</div> <div>Fat (g)</div> <div>Sodium(mg)</div> <div>Protein (g)</div>	<div>25</div> <div>Calories (kcal)</div> <div>Carbohydrates (g)</div> <div>Fiber(g)</div> <div>Fat (g)</div> <div>Sodium(mg)</div> <div>Protein (g)</div>
<div>29</div> <div>Calories (kcal)</div> <div>Carbohydrates (g)</div> <div>Fiber(g)</div> <div>Fat (g)</div> <div>Sodium(mg)</div> <div>Protein (g)</div>	<div>30</div> <div>Calories (kcal)</div> <div>Carbohydrates (g)</div> <div>Fiber(g)</div> <div>Fat (g)</div> <div>Sodium(mg)</div> <div>Protein (g)</div>	<div>31</div> <div>Calories (kcal)</div> <div>Carbohydrates (g)</div> <div>Fiber(g)</div> <div>Fat (g)</div> <div>Sodium(mg)</div> <div>Protein (g)</div>	

Information from the senior center

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.



A group of disaffected students form an unlikely bond through the game of lacrosse when a new teacher introduces the sport to their remote Arctic town.



Arnold (Gary Farmer) rescued Thomas (Evan Adams) from a fire when he was a child. Thomas thinks of Arnold as a hero, while Arnold's son Victor (Adam Beach) resents his father's alcoholism, violence and abandonment of his family. Uneasy rivals and friends, Thomas and Victor spend their days killing time on a Coeur d'Alene reservation in Idaho and arguing about their cultural identities. When Arnold dies, the duo set out on a cross-country journey to Phoenix to retrieve Arnold's ashes.



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