

# Ignacio Senior Center September 2024



**15345 Highway 172/ P.O. Box 800**

**Ignacio, Colorado 81137**

**Phone: 970-563-4561**

**Fax: 970-563-3166**

<https://www.sococaa.org/senior-center/>

## Staff

Hugo Vega, Program Director: [hvega@sococaa.org](mailto:hvega@sococaa.org)

Lenora Barry, Head Cook: [lbarry@sococaa.org](mailto:lbarry@sococaa.org)

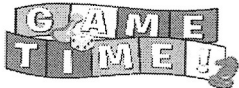
Dale Valencia: Program Aide

Eva Moreno: 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.



**Hours of Operation: MONDAY – THURSDAY  
7:00 A.M. TO 4:00 P.M.**

- Congregate meals are served four times a week; Monday, Tuesday, Wednesday, and Thursday.
- Meals on Wheels are delivered 4 times a week.

**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


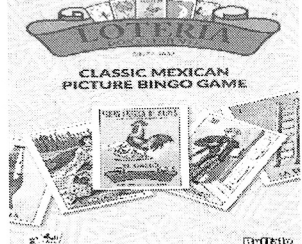

**Our Mission: To help our seniors prevent and avoid hospitalization and extend the time of independent living through, Nutrition, escorted transportation, exercise program, recreation, and referral service**



*September*  
NEWSLETTER

# September 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 data-bbox="73 273 414 630">  <p><b>WE WILL BE CLOSED FOR LABOR DAY</b></p> </div>	<div data-bbox="454 273 803 630"> <p><b>3</b></p> <p><u>Senior breakfast</u> 7:00 to 8:30</p> <p><u>Line Dancing class</u> (10:00 to 11:00)</p> <p><b>Free senior lunch day</b></p> </div>	<div data-bbox="828 273 1177 630"> <p><b>4</b></p> <p><u>Arts &amp; Crafts</u> Epoxy picture frames Start at 1:30</p> <p><u>Exercise</u> At 10:00</p> </div>	<div data-bbox="1193 273 1526 630"> <p><b>5</b></p> <p><u>Free senior breakfast</u> 7:00 to 8:30</p> <p><u>Technology Day</u> (2:30 to 3:00)</p> <p><u>Senior social hour</u> Snacks and drinks 2:00 to 3:00</p> </div>
<div data-bbox="73 651 414 1018"> <p><b>9</b></p> <p><u>Exercise</u> At 10:00</p> <p><u>Senior movie day</u> Chasing Mavericks 1:30</p> </div>	<div data-bbox="454 651 803 1018"> <p><b>10</b></p> <p><u>Senior breakfast</u> 7:00 to 8:30</p> <p><u>Line Dancing class</u> (10:00 to 11:00)</p> <p><b>Free senior lunch day</b></p> </div>	<div data-bbox="828 651 1177 1018"> <p><b>11</b></p> <p><u>Exercise</u> At 10:00</p> <p><u>Game day</u> Family feud (1:30 to 3:00)</p> </div>	<div data-bbox="1193 651 1526 1018"> <p><b>12</b></p> <p><u>Free senior breakfast</u> 7:00 to 8:30</p> <p><u>Technology Day</u> (2:30 to 3:00)</p> <p><u>Senior social hour</u> Ice cream 2:00 to 3:00</p> </div>
<div data-bbox="73 1039 414 1407"> <p><b>16</b></p> <p><u>Game Day</u> Loteria ( 1:30 to 3:30)</p> <p><u>Exercise</u> At 10:00</p> </div>	<div data-bbox="454 1039 803 1407"> <p><b>17</b></p> <p><u>Senior breakfast</u> 7:00 to 8:30</p> <p><u>Line Dancing class</u> (10:00 to 11:00)</p> <p><b>Free senior lunch day</b></p> </div>	<div data-bbox="828 1039 1177 1407"> <p><b>18</b></p> <p><u>Garden club</u> at the growing dome (2:00 to 3:00)</p> </div>	<div data-bbox="1193 1039 1526 1407"> <p><b>19</b></p> <p><u>Free senior breakfast</u> 7:00 to 8:30</p> <p><u>Technology Day</u> (2:30 to 3:00)</p> <p><u>Senior social hour</u> Snacks and drinks 2:00 to 3:00</p> </div>
<div data-bbox="73 1428 414 1701"> <p><b>23</b></p> <p><u>Arts &amp; Crafts</u> Clay magnets Start at 1:30</p> <p><u>Exercise</u> At 10:00</p> </div>	<div data-bbox="454 1428 803 1701"> <p><b>24</b></p> <p><u>Senior breakfast</u> 7:00 to 8:30</p> <p><u>Line Dancing class</u> (10:00 to 11:00)</p> <p><b>Free senior lunch day</b></p> </div>	<div data-bbox="828 1428 1177 1701"> <p><b>25</b></p> <p><u>Exercise</u> At 10:00</p> <p><u>Garden club</u> at the growing dome (2:00 to 3:00)</p> </div>	<div data-bbox="1193 1428 1526 1701"> <p><b>26</b></p> <p><b>End of summer picnic at vallecito lake (10:00 to 3:00)</b></p> </div>
<div data-bbox="73 1722 414 1974"> <p><b>30</b></p> <p><u>Exercise</u> At 10:00</p> <p><u>Senior movie day</u> Where the crawdads sing 1:30</p> </div>	<div data-bbox="454 1722 1526 1974">   </div>		

# September 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.**

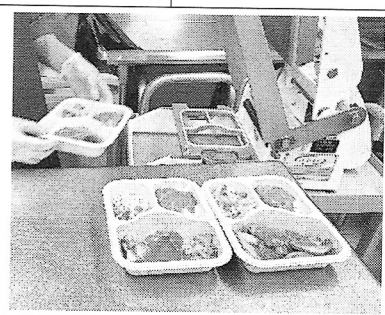
Monday	Tuesday	Wednesday	Thursday
<div style="text-align: center;">  <p><b>WE WILL BE CLOSED FOR LABOR DAY</b></p> </div>	<div style="text-align: center;"> <p>3</p> <p>Pork tamale pie Spanish rice Corn cookies</p> </div>	<div style="text-align: center;"> <p>4</p> <p>beef taco lettuce, tomato, cheese cilantro rice fruited gelatin LPL menu</p> </div>	<div style="text-align: center;"> <p>5</p> <p><b>Arboles congregate lunch</b> Bbq pulled pork Mixed veggies Baked beans mandarins</p> </div>
<div style="text-align: center;"> <p>9</p> <p>Brats and sauerkraut Scalloped potatoes Green beans Fruit salad EGE menu</p> </div>	<div style="text-align: center;"> <p>10</p> <p>Red chili cheese fries Chuckwagon corn pudding</p> </div>	<div style="text-align: center;"> <p>11</p> <p>Pork rib patty on a hoagie bun Baked beans Mixed veggies Mandarins/pineapple</p> </div>	<div style="text-align: center;"> <p>12</p> <p><b>Arboles congregate lunch</b> Combo burrito w/ beef and beans smothered in green chili lettuce, tomatoes, cheese corn mixed fruit</p> </div>
<div style="text-align: center;"> <p>16</p> <p>Chicken noodle soup crackers Salad fruit</p> </div>	<div style="text-align: center;"> <p>17</p> <p>Tater tot casserole Cali blend. Veggies w.w. roll apple crisp</p> </div>	<div style="text-align: center;"> <p>18</p> <p>Nacho supreme Lettuce, tomatoes, cheese Salsa apricots</p> </div>	<div style="text-align: center;"> <p>19</p> <p><b>Arboles congregate lunch</b> Native tacos Pinto beans Lettuce, tomatoes, cheese salsa pineapple</p> </div>
<div style="text-align: center;"> <p>23</p> <p>Baked chicken tender Country gravy Mashed potatoes Mixed veggies Fruit cup DEN. menu</p> </div>	<div style="text-align: center;"> <p>24</p> <p>Chicken cordon bleu Rice pilaf Chuckwagon corn pineapple</p> </div>	<div style="text-align: center;"> <p>25</p> <p>Chili relleno Spanish rice Corn pineapple</p> </div>	<div style="text-align: center;"> <p>26</p> <p>Spaghetti and meatballs Italian blend vegetables Peaches Garlic bread</p> </div>

30

Clam chowder  
crackers  
Salad  
fruit

**FOOD ALLERGY NOTICE**

PLEASE BE ADVISED THAT FOOD PREPARED HERE MAY CONTAIN THESE INGREDIENTS: MILK, EGGS, WHEAT, SOYBEAN, PEANUTS, TREE NUTS, FISH AND SHELLFISH.



## Senior Movie day

### Chasing Mavericks

When 15-year-old surfing phenomenon Jay Moriarty (Jonny Weston) discovers that the mythic Mavericks surf break, one of the biggest waves on Earth, actually exists near his California home, he becomes determined to conquer it. Jay enlists the aid of local surfing legend Frosty Hesson (Gerard Butler) to train him to ride the Mavericks and live to tell about it. As Jay and Frosty carry on their quest to achieve the impossible, they develop a unique friendship that transforms both their lives.

### Where the crawdads sing

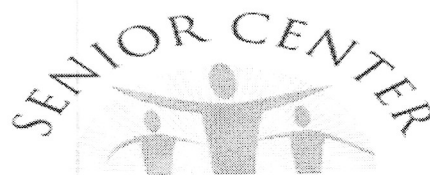
Abandoned as a girl, Kya raised herself in the dangerous marshlands of North Carolina. For years, rumors of the marsh girl haunted Barkley Cove, isolating the sharp and resilient Kya from her community. Drawn to two young men from town, she opens herself to a new and startling world. However, when one of them is found dead, Kya immediately becomes the main suspect. As the case unfolds, the verdict as to what happened becomes increasingly unclear, threatening to reveal many secrets.

## 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.



**Are you 55 yrs. or older or have parents or grandparents 55+ you take care of, The Ignacio Senior Center is here to help with Medical transportation needs. We offer a door through door service for Medicaid and Medicare transportations to and from medical appointments. Our service can pick up residents of Ignacio or up to 9 miles out of town and transport them to medical appointments in Bayfield or Durango. We do ask a minimum of 24hr notice for all transports. Please contact Hugo at the Senior Center For more information (970)-563-4561 or by email [hvega@sococaa.org](mailto:hvega@sococaa.org). We do ask a \$6 donation for these trips but services will be provided regardless of ability to donate.**



The Ignacio Senior Center and the services provided are open to all eligible seniors who meet the age requirements. We provide service to all seniors within the Ignacio school district. These services are not limited to just tribal members. We offer a variety of services to seniors which include but are not limited to, trips, games, activities, RX pick up, medical transportation, home chore, meals on wheels deliveries, and referral services. If you have any questions about services we provide please contact The Senior Center and talk to Hugo.