

*Montezuma County Senior Services Proudly serving the towns of
Cortez, Dolores and Mancos*

SEPTEMBER 2023

Newsletter



EVENTS

Mancos Senior Center Fundraiser

Friday Sept 1st from 4-8pm
at Fenceline Cider in Mancos

Veterans Stand Down

Saturday Sept 16th 9am-3pm

Hosted by Veterans of Foreign
Wars Post 5231 for Veterans
and their families.

County Annex 107 N Chestnut

For Pets Sake Annual Yard Sale

Wed-Sat Sept 20-23 8am

Montezuma County Fairgrounds

Cortez Farmers Market

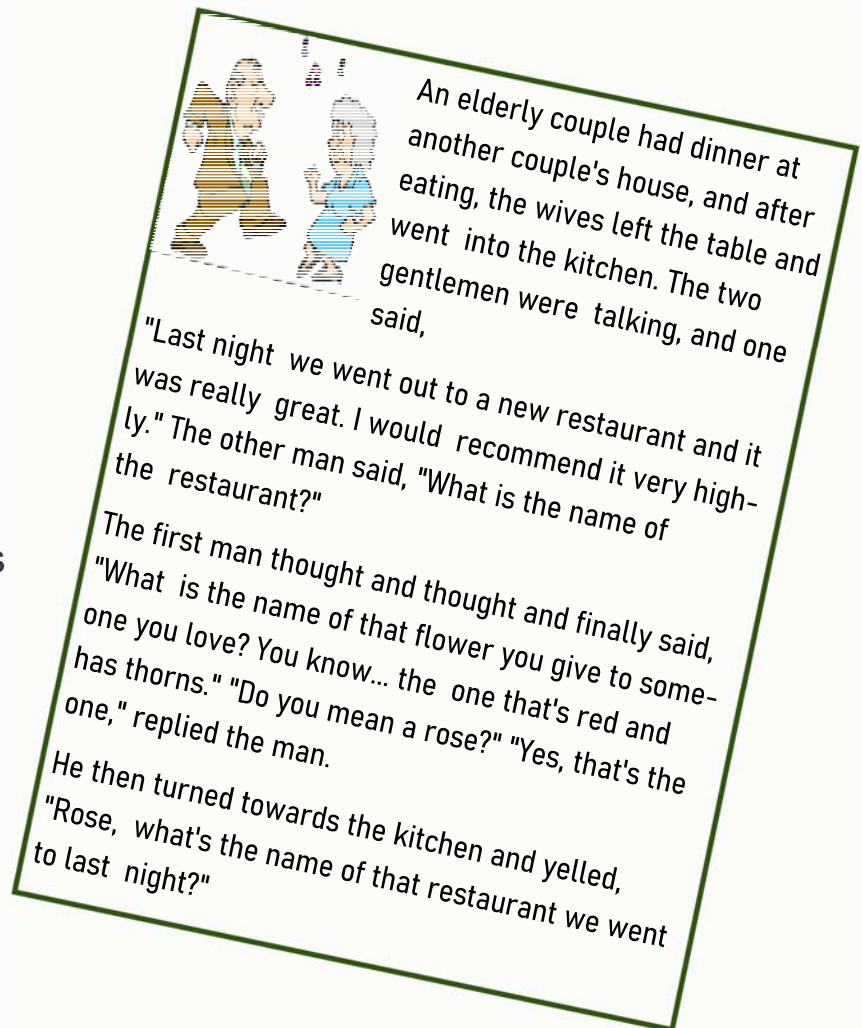
Saturdays 7:30am-11:30am

Corner of Main & Elm Street

Dolores Farmers Market

Wednesdays 4-7pm

Flanders Park Dolores



MONTEZUMA COUNTY SENIOR SERVICES
107 N CHESTNUT, CORTEZ 970-565-4166

JENNIFER MORRIS, LORI THOMPSON, TAMMNY TREVINO, CASSIN MCCLURE, EILEEN EICHNER,
DENISE CHARTRAND, LESLIE BRYAN

Happy September



SENIOR CENTER

107 NORTH CHESTNUT

CORTEZ, CO 81321

970-565-4166

Jennifer Morris—Director of Senior Services

Lori Thompson—Nutrition Services

Cassin McClure—Office Manager

Denise Chartrand –Site Coordinator

Eileen Eichner—Cook Cortez Center

Tammy Trevino -Cook Mancos Center

Leslie Bryan –Cook Dolores Center



Hello, my name is Jennifer Morris, I am the new Director for Senior Services (The Senior Center and MoCo Transportation).

A little about me:

I have been in Cortez for about 40 years. I have been with Montezuma County for 10 years this month. I have been the Manager of MoCo Transportation for the last almost 5 years. I have a daughter who is married to one of our County IT's, who is a wonderful man. I also had my first grandbaby who turned 1 in August. I have 2 dogs and 3 cats. My newest edition is a Maine Coon Cat, he is such a cutie. I look forward to serving the senior population of Montezuma County. Please stop by and say hi. I am in the director's office of the Annex. When I am here my door is always open. Got suggestions or concerns please let me know.

NEED A RIDE?

Call MoCo Transportation

To schedule a ride please call
Dispatch

970-564-2773

Menu, Newsletter and Calendar can be
viewed online at [montezumacounty.org/
senior-services](http://montezumacounty.org/senior-services) **SENIOR SERVICES**

HERE'S THE NEWS!

Beginning Friday, Sept 1st we
will be serving lunch in Man-
cos on Fridays at **Mt Lookout
Grange, 680 Grand Ave.,
Mancos**

This will continue until the re-
model is finished. You can still
opt to get your meal delivered
if you want. Please call the
Cortez senior center 970-565-
4166 to let us know if you are
going to attend the congregate
meal.

On-site lunch served at noon
Fridays— Donations \$5.00 for
seniors 60 years of age & over,
\$8.50 for non-seniors.

CORTEZ

Meals Served at **11:30** on
MON, WED, THUR, & FRI-
DAY

Reservations call ahead to:

**RESERVATIONS CALL ahead
to 970-565-4166**

DOLORES

Meals Served at **11:30** on
MONDAY & WEDNESDAY

Dolores Community Center
400 Riverside, Dolores

**RESERVATIONS CALL ahead
to 970-882-7337**

SOCIALIZE AND ENJOY LIFE!

SEPTEMBER Activities at the Senior Center 107 N Chestnut, Cortez

Bring a friend or make a friend! JOIN US!

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9am-10am
Movements and Light-weights with Sandy
Bring your own weights & bands
\$2 donation

12:15
SWIPE
A fun & friendly card game
12:30 Dominos
Mexican Train game

7pm-8pm NEW CLASS
Dance with Grace and Rhythm
DANCE! DANCE! DANCE!
Swing, Jitterbug, Latin, Waltz, Foxtrot, Two-Step, & Tango
Dance Lessons with Jared & Martha Ann Rogers
Please call 970-560-7462
Donations accepted

TUESDAY

8am—9am
Strong Women, Strong Bones
Limited Space—please call Jan @ 970-529-0545

10am-12pm
Southwest Art League
Contact Frances @720-448-0418

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9am-10am
Movements and Light-weights with Sandy
Bring your own weights & bands
\$2 donation

12:15
SHOWTIME
Showing Documentaries
on the large screen TV

6:00pm-8pm
DANCE! DANCE! DANCE!
Swing, Jitterbug, Latin, Waltz, Foxtrot, Two-Step, & Tango
Dance Lessons with Jared & Martha Ann Rogers
Please call 970-560-7462
Donations accepted

THURSDAY

8am—9am
Strong Women, Strong Bones
Limited Space—please call Jan @ 970-529-0545

12:15
Mahjong

6:30pm
DANCE! DANCE! DANCE!
Golden Age 55+ Dance Group
Four Corners Dancers—contact Duane @970-560-2137

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9am-10am
Movements and Light-weights with Sandy
Bring your own weights & bands \$2 donation

10am to the winners!
Hand & Foot card game
Contact Paula @ 970-382-1237

DANCE GROUP CONTACTS: Duane Randall 970-560-2137

Jared or Martha Rogers 970-560-7462 or Four Corners Dance Group 970-759-0980

SEPTEMBER MENU

Sun	Monday	Tues	Wednesday	Thursday	Friday	Sat
					1	
					REUBEN CASSEROLE PICKLES & CHIPS BROWNIES	
3	4	5	6	7	8	9
	HOLIDAY CLOSED LABOR DAY		SPAGHETTI GREEN SALAD BREAD STICK DESSERT	OVEN-BAKED CHICKEN WILD RICE MIXED VEGETABLES COOKIES	CHICKEN-FRIED STEAK MASHED POTATOES CORN BREAD PUDDING	
10	11	12	13	14	15	16
	CHEESEBURGER BAKED BEANS CHIPS PUDDING		BLT & PICKLE POTATO SALAD FRUIT	SLOPPY JOE FRENCH FRIES FRUIT SALAD	BAKED PORK CHOPS AUGRATIN POTATOES CALIF VEGETABLES APPLESAUCE	
17	18	19	20	21	22	23
	CHEF SALAD ROLLS COOKIES		GRILLED CHEESE TOMATO SOUP COTTAGE CHEESE W/ PINEAPPLE DESSERT	BBQ CHICKEN MAC n' CHEESE VEGGIES COOKIE	LASAGNA GARDEN SALAD BREAD STICKS CHOCOLATE MOUSSE	
24	25	26	27	28	29	
	COOKS CHOICE		SAUSAGE PEPPERS & CABBAGE ROLL BLUEBERRY DESSERT	FISH RICE PILAF STEAMED VEGGIES CAKE	PORK TENDERLOIN POTATOES & CARROTS ROLL DESSERT	

**LUNCH SERVED AT 11:30 PLEASE CALL
970-565-4166 to make a RESERVATION
\$5 donation (60+) \$8.50 for non-senior**