

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

SENIOR CENTER

107 NORTH CHESTNUT, CORTEZ, CO

970-565-4166

Jennifer Morris—Director of Senior Services

Lori Thompson—Nutrition Services

Denise Chartrand –Site Coordinator

Eileen Eichner—Cook Cortez Center

Tammy Trevino -Cook Mancos Center

Leslie Bryan –Cook Dolores Center



**April Showers Bring May Flowers!!
Here's hoping right!**



As you may or may not know we are completely grant and donation funded. We do need your updated information in for the New Year. To keep our services going, and help keep fees low for you, our grantors require certain information from our clients in order to comply.

We may need:

- ◆ A copy of your State issued ID or passport, must be valid.
- ◆ Proof of Income for 2024, this could be your SSA letter or a bank statement. please blackout the account number.
- ◆ We also have a form for you to fill out

Thank you to those who have done so.

I also want to let you all know that your information is very secure. We all have to go through a HPPA class and the information is always in a locked file cabinet. Again, thank you for being a part of our Senior Services World.

If you have any questions about why we need this information or any other questions, please feel free to contact myself or any other staff member at:

Phone 970-565-4166

Fax 970-565-0833

Or by email at senior@co.montezuma.co.us

email senior@co.montezuma.co.us

Menu, Newsletter and Calendar can be viewed online at
montezumacounty.org/senior-services SENIOR SERVICES



When you realize
you're allergic to all
the things you love.

Woman's World

Name: _____ Date: _____

Spring Word Search!

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

butterfly	sunshine	blossom	flowers	puddles
rainbow	rabbit	spring	April	grass
March	tulip	windy	grow	rain
warm	May			

**SOCIALIZE
AND
ENJOY LIFE!**

**APRIL Activities at the
Senior Center
107 N Chestnut, Cortez**

**Bring a friend
or make a
friend! JOIN
US for lunch!**

**LUNCH
EXERCISE
DANCE
POOL TABLE
CARD GAMES
MAHJONG
MEXICAN
TRAIN
VIDEOS
DISCUSSIONS**

**M
O
N
D
A
Y**

8am-9am Advanced Senior Fitness with Rayna Donations \$2.00 Bring weights & bands. Equipment needs can be provided if necessary.	9am-10am All Levels Senior Fitness with Rayna Donations \$2.00 Bring weights & bands. Equipment needs can be provided if necessary.	12:15 SWIPE Card game 12:30 Dominos Mexican Train game	Dance Classes See following page for dates and times of classes
---	--	---	---

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	Dance Classes See following page for dates and times of classes
---	--	---

**W
E
D
N
E
S
D
A
Y**

8am-9am Advanced Senior Fitness with Rayna Donations \$2.00 Bring weights & bands. Equipment needs can be provided if necessary.	9am-10am All Levels Senior Fitness with Rayna Donations \$2.00 Bring weights & bands. Equipment needs can be provided if necessary.	12:15 SHOWTIME Documentaries on the large screen TV We will be showing the Ken Burns Documentaries as well as many other interesting videos.	
---	--	---	--

THURSDAY

8am-9am Strong Women, Strong Bones Limited Space—please call Jan @ 970-529-0545	12:15 Mahjong and/or Mexican Train Dominos	Dance Classes See following page for dates and times of classes
---	---	---

**F
R
I
D
A
Y**

10am to the winners! Hand & Foot card game Contact Paula @ 970-382-1237		SATURDAY Dance Classes See following pages for dates and times
---	--	--

APRIL MENU



Cortez Senior Center
107 N Chestnut

**LUNCH SERVED AT 11:30 MONDAY,
WEDNESDAY, THURSDAY and FRIDAY**
LUNCH RESERVATIONS **970-565-4166**

\$5 (60+) Donation

****\$10.50 (non senior)**

ALL DONATIONS ARE GREATLY APPRECIATED

S	Monday	T	Wednesday	Thursday	Friday	S
	1	2	3	4	5	6
	SHRIMP SCAMPI OVER NOODLES FRUIT SALAD COOKIE		CHICKEN ENCHILADAS PINTO BEANS BANANA PUDDING	COOKS CHOICE	PULLED PORK ON BUN POTATO SALAD CHERRY CAKE	
7	8	9	10	11	12	13
	CHICKEN SALAD SANDWICH TOMATO SOUP APPLE CRISP		POTATO BAR W/FIXINGS BREAD PUDDING	OPEN-FACED TURKEY SANDWICH GRAVY FRIED POTATOES CAKE	MEATLOAF AuGRATIN POTATOES GARDEN SALAD STRAWBERRY DESSERT	
14	15	16	17	18	19	20
	STREET TACOS SPANISH RICE APPLESAUCE		CHEESEBURGER DILL SLICE CARROT & CHIPS PUDDING	BBQ CHICKEN QUARTERS BAKED POTATO SALAD DESSERT	SALISBURY STEAK GRAVY MASHED POTATOES CARROTS FRUIT CUP	
21	22	23	24	25	26	27
	TAMALE PIE GARDEN SALAD POKE CAKE		CHICKEN FETTUCCINE ALFREDO GREEN BEANS GARLIC TOAST DESSERT	SAUERKRAUT & HOTDOGS BAKED BEANS DESSERT	ROAST BEEF BAKED POTATO CALIF VEGETABLES BANANA BREAD	
28	29	30				
	BLT PASTA SALAD COTTAGE CHEESE COOKIES					

Dolores Community Center 400 Riverside
LUNCH SERVED at 11:30 MONDAY and WEDNESDAY
 LUNCH RESERVATIONS **970-564-4770**
\$5.00 Seniors (donation)
\$10.50 under 60

APRIL 2024

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
DOLORES	BLT Pasta Salad Cookie	2		3	Layered Beef Enchiladas Beans Ice Cream	4		5	
8	Shrimp Scampi Fettucini Green Beans Garlic Toast Dessert	9		10	Potato Bar With all the Fixins Dessert				
Sauerkraut and Hotdogs 15	Hashbrowns Baked Beans Dessert	16		17	Meatloaf Potatoes Au Gratin Garden Salad Strawberries, Whipped Topping				
Chicken Salad Sandwich 22	Tomato Soup Apple Crisp	23		24	Lasagna Salad Garlic Toast Dessert				
29	Salisbury Steak Gravy/ Grilled Onions Mashed Taters Fruit Cup	30							

Save the Date:
April 17th
We will have a White Elephant Sale

**For Lunch Reservations,
 Please call in Advance.
 Our New number is
 970-564-4770**

MANCOS

MONDAY, APRIL 1 Pulled Pork on a Bun Potato Salad, Cake	WEDNESDAY, APRIL 3 Chicken Enchiladas, Pinto Beans, Garnish, Banana Pudding	FRIDAY, APRIL 5 Shrimp Alfredo/w Garlic, Garden Salad, Rolls, Cookie
MONDAY, APRIL 8 Hot Turkey Sandwich w/ Gravy, Mashed Potatoes, Carrots, Cake	WEDNESDAY, APRIL 10 Meatloaf auGratin Potatoes, Brussel Sprouts, Rolls, Strawberry Shortcake	FRIDAY, APRIL 12 Baked Potato Bar Bread Pudding
MONDAY, APRIL 15 Tacos, Spanish Rice, Cake	WEDNESDAY, APRIL 17 BBQ Chicken, Potato Salad, Peas & Carrots, Rolls, Dessert	FRIDAY, APRIL 19 Roast Beef, Mashed Potatoes & Brown Gravy, Asparagus, Rolls, Lemon Bars
MONDAY, APRIL 22 Tamale Pie, Fresh Garden Salad, Cake	WEDNESDAY, APRIL 24 Chicken Pot Pie, Coleslaw, Dessert	FRIDAY, APRIL 26 Hot dogs on a Bun, Chips, Vegetable Salad, Cookie
MONDAY, APRIL 29		

Mancos Senior Center
141 E Montezuma
LUNCH SERVED at 12pm Mon, Wed, and Fri
 RESERVATIONS
970-533-7721
Seniors (donation)\$5.00
under 60- \$10.50