

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



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
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T	Q	K	R	N	P	A	L	M	L	W	L	C	P	O	S	U
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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**

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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
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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
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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.	
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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
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10am to the winners! Hand & Foot card game Contact Paula @ 970-382-1237			SATURDAY Dance Classes See following pages for dates and times
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For details: Duane at 560-2137
or Patty at 560-4709

For details: Jared
at 970-560-7462

\$10 donation

GOLDEN AGE—55 DANCE.
For details: 970-560-2137

Led by Jarod and Martha Ann

Four Corners Dancers
A night of dancing led by
Duane & Patty.

For details:
970-759-0980

Four Corners Dance Group (Heyl) - 970-759-0980

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

DOLORES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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

MONDAY, APRIL 8

Hot Turkey Sandwich w/
 Gravy, Mashed Potatoes,
 Carrots, Cake

MONDAY, APRIL 15

Tacos, Spanish Rice, Cake

MONDAY, APRIL 22

Tamale Pie, Fresh Garden
 Salad, Cake

MONDAY, APRIL 29

WEDNESDAY, APRIL 3

Chicken Enchiladas, Pinto
 Beans, Garnish, Banana
 Pudding

WEDNESDAY, APRIL 10

Meatloaf auGratin Potatoes,
 Brussel Sprouts, Rolls,
 Strawberry Shortcake

WEDNESDAY, APRIL 17

BBQ Chicken, Potato Salad,
 Peas & Carrots, Rolls, Des-
 sert

WEDNESDAY, APRIL 24

Chicken Pot Pie, Coleslaw,
 Dessert

FRIDAY, APRIL 5

Shrimp Alfredo/w Garlic,
 Garden Salad, Rolls, Cookie

FRIDAY, APRIL 12

Baked Potato Bar
 Bread Pudding

FRIDAY, APRIL 19

Roast Beef, Mashed Potatoes
 & Brown Gravy, Asparagus,
 Rolls, Lemon Bars

FRIDAY, APRIL 26

Hot dogs on a Bun, Chips,
 Vegetable Salad, Cookie

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**