

Montezuma County Senior Services Newsletter - October 2026

A poster for a 'Haunted House' event. It features a witch in a black robe and hat, holding a lantern, standing in a dark, foggy graveyard with tombstones and jack-o'-lanterns. In the background is a large, spooky house with lit windows. The text 'COMMUNITY HELPING COMMUNITY' is at the top in orange. Below it, 'HAUNTED HOUSE' is written in large, yellow, stylized letters. Underneath that, 'OCT 22-25 & OCT 29-31 • 6-10 PM' is in white on a black background. At the bottom, there is a blue banner with the Vista Grande logo and contact information.

COMMUNITY HELPING COMMUNITY

HAUNTED HOUSE

OCT 22-25 & OCT 29-31 • 6-10 PM

All Weather Storage (Look for the Big Red Building!) 9340 Road 29.25 Cortez, CO 81321

A PORTION OF ALL PROCEEDS WILL BENEFIT MONTEZUMA COUNTY SENIOR SERVICES, SERVING CORTEZ, DOLORES, AND MANCOS. DONATED PROCEEDS WILL BE MATCHED BY VISTA GRANDE REHABILITATION AND HEALTHCARE CENTER.

VISTA GRANDE
REHABILITATION & HEALTHCARE CENTER

680 HOSPITAL DRIVE, CORTEZ, CO 81321
970.564.1122 • VISTAGRANDEHHC.COM

5 STAR QUALITY AWARD
CMS
LAST UPDATED APRIL 2024

Spread the word and join the fun at a community haunted house. A portion of all proceeds will benefit Montezuma County Senior Services, serving Cortez, Dolores and Mancos. Donated proceeds will be matched by Vista Grande and The Valley Rehabilitation and Healthcare Center.

Haunted House
Oct 22-25 & Oct 29-31 6:00 – 10:00 PM

All Weather Storage
(Look for the Big Red Building)
9340 Road 29.25 Cortez, CO

A special thank you to Donna Hauser for coordinating this event and the generous donation to support seniors in Montezuma County.

See Carmen if you are interested in volunteering.

YOGA

Yoga at the Dolores Senior Center
Mondays and Wednesdays
after lunch



Montezuma County Senior Services Proudly serves the Towns of
Cortez, Mancos & Dolores

Cortez Senior Center: 107 North Chestnut St. Cortez
970-565-4166

Dolores Senior Center: Community Center - 400 Riverside Ave. Dolores
970-564-4770

Mancos Senior Center: Masonic Lodge - 141 East Montezuma Ave. Mancos
970-533-7721

Activities at the Cortez Senior Center

Smooth Moves with Rayna

Mondays and Wednesdays at 8:00 AM Advanced Level Senior Fitness

Mondays and Wednesdays at 9:00 AM: All Level Senior Fitness

Montezuma County Annex Building (North Entrance)

Pilates and Yoga Combo

Tuesdays at 9:00 AM

Montezuma County Annex Building (North Entrance)

Beginning October 6th

Strong Women, Strong Bones with Jan

8:00 – 9:00 AM

Every Tuesday & Thursday – Cortez Senior Center (West Entrance)

Salad Bar

Served in addition to lunch on the menu

11:30 am – 12:30 PM

Every Wednesday, Thursday & Friday

Cortez Senior Center (West Entrance)

Provided by the LOR Foundation

Swipe Card Game

12:15 – 2:15 PM

Every Monday & Friday - Cortez Senior Center (West Entrance)

Mahjong & Mexican Train Dominoes

12:30-2:30 PM

Every Thursday – Cortez Senior Center (West Entrance)

Hand & Foot (Card Game)

10:00 am-3:00 PM

Every Friday - Cortez Senior Center (West Entrance)

For Details and to Sign Up Contact Paula Neal:

970-382-1237 or 970-317-8899

Dance with Grace & Rhythm

Hours Vary Contact Rogers Dance Class

Contact Jared & Martha Ann Rogers for Details & Information: 970-560-7462

Let's Talk About Benefits

Medicaid, Supplemental Nutrition Assistance Program, Long Term Care, Old Age Pension

Every Wednesday 8 AM – 5PM

Sign up available at the main Senior Services office

Square Dance Lessons with Four Corners Dancers

7:00 pm – 8:30 pm

Every Monday – Cortez Senior Center (West Entrance)

Contact Duane or Patty Randol for details:

970-560-2137

Square Dance with The Four Corners Dancers

1:00 pm – 8:30 pm

First & Third Saturday of the month - Cortez Senior Center

(West Entrance)

Contact Duane or Patty Randol

for Details & Information: 970-560-2137

Four Corners Dance Society

1:00 pm – 9:00 pm

Second Saturday of the Month – Cortez Senior Center

(West Entrance)

Contact Robert Heyl for Details & Information:

970-759-0980

Southwest Artist's League

10:00 AM

Meets Every Tuesday - At the Cortez Senior Center (West Entrance)

Everyday Eats Food Box Distribution

October 30th 8:00 AM – 5:00 PM

County Annex Building – 107 N Chestnut St. Cortez

Senior Services Advisory Board Meeting

October 13th 10:00 – 11:30 AM

Montezuma County Annex Building – 107 N Chestnut St. Cortez

Everyone is invited to attend

RSVP: carchibeque@co.montezuma.co.us

This institution is an equal opportunity provider.

Tips for Taking Medicines Safely as You Age

Medicines are intended to help us live longer and healthier lives, but taking medicines the wrong way or mixing certain drugs and supplements can be dangerous. Older adults often have multiple medical conditions and may take many medicines. The following tips can help you safely take and keep track of all your medicines.



Know What You're Taking



Mixing certain medicines can cause unpleasant and sometimes serious side effects. Make sure you know about all medicines and supplements you take, including:

- Prescription medications
- Over-the-counter (nonprescription) drugs
- Vitamins
- Dietary supplements
- Herbal remedies

Be sure your doctor and pharmacist are also aware of everything you take. Also tell your health care provider about alcohol, tobacco, and drug use. These substances can have harmful interactions with certain medications and may change the way your medicines work.

Ask Questions About Your Medicines



Ask your doctor or pharmacist any questions you have about your medications. Possible questions include:

- Why am I taking this medicine? How much medicine should I take and how often?
- When will the medicine start working? How will I know if it's working?
- What are common side effects of this medication? What should I do if I experience serious side effects?
- Is it safe to drive while taking this medicine?
- Should I take the medicine with food?
- What should I do if I forget to take my medicine?

Keep Track of Your Medicines



Make a list of all prescription medicines, over-the-counter drugs, vitamins, and dietary supplements you take. Keep one copy of the list in a safe place at home and one in your wallet or purse.

The list should include the:

- Name of each medicine or supplement
- Amount you take
- Time(s) you take it

For prescription medicines, also include the:

- Name of the doctor who prescribed it
- Reason it was prescribed

Follow Instructions



When you have a prescription filled, read everything on the prescription label and any paper handouts that come with the medicine. Follow the instructions carefully. Here are some dos and don'ts for taking your medicines the right way:

- ✓ **DO take the right dose.** Don't take a larger dose of a medicine, thinking it will help you more, and don't skip or take half doses of a prescription drug to save money. Talk with your doctor or pharmacist if you can't afford the medicine.
- ✓ **DO take medicine on time.** Some people use meals or bedtime as reminders to take their medicine. You can also use charts, calendars, timers, or smartphone apps to help you remember when and how to take your medications each day.
- ✓ **DO report problems.** Call your doctor right away if you have any trouble with your medicines. There may be something else you can take.
- ✗ **DON'T stop taking your medicine abruptly.** If you have uncomfortable side effects, write them down so you can report them to your doctor or pharmacist accurately.
- ✗ **DON'T share medicines.** Do not take medicines prescribed for another person or give yours to someone else.
- ✗ **DON'T take medicines in the dark.** Turn on a light so you don't make a mistake.

Store and Dispose of Medicines Safely



- Keep your medicines out of the reach of children and pets. If you take any prescription pain medicines (for example, morphine or codeine), keep them in a locked cabinet or drawer.
- Check the expiration dates on your medication bottles and discard any unused or expired medicines as soon as possible. Timely disposal of medicines can reduce the risk of others taking them accidentally or misusing the medications on purpose.
- Ask your doctor or pharmacist how to safely discard expired or unneeded medications.

Do I Need To Take So Many Medications?



People age 65 and older tend to take more medicines than those in any other age group, often because they have several diseases or other health problems at the same time. Taking multiple medications can be expensive and difficult to track. It also can increase the risk of side effects and other unintended problems.

If you are concerned that you might be taking too many medications, or you can't afford all your medications, have a conversation with your health care provider about whether there are any you could safely reduce or stop. But don't stop taking your medicine before talking with your doctor.

To learn more about taking medicines safely as you age, visit www.nia.nih.gov/medication-safety.

National Institute on Aging Information Center

800-222-2225 | 800-222-4225 (TTY)

niaic@nia.nih.gov | www.nia.nih.gov/health

NIH Publication No. 23-AG-7348 | December 2022



National Institutes of Health

Mancos Senior Center

Call if you are interested in joining us for the card game Hand and Foot and check out our library of interesting books, word searches and seasonal puzzles.

**Mancos Senior Center: Masonic Lodge - 141 East Montezuma Ave. Mancos
970-533-7721**



Senior of the Month
Cook Barb Z. presented the September Senior of the Month award and a personalized plaque to Rita.





Harvest Moon Craft Show



Local Crafters, Artists & Vendors Welcome

Silent auction—Food available for sale

Date: Saturday, October 10, 2026

Time: 9:00 am-3:00 pm

**Place: Montezuma County Annex Bldg.
107 North Chestnut St.**

Sponsored by your local

Women's Veterans of America (WVA) , Chapter 54

Rent table space for just \$30 (tables furnished)

Deadline: October 9th (limited space available)

All table rental proceeds will be used to support the Women Veteran of America, an organization whereby local women veterans and their families can obtain information about assistance programs, employment opportunities, VA benefits and to socialize with other women veterans. The WVA also assists other organizations that support all women in the community through fundraising activities.

Any questions concerning the event or if you are interested in renting a table, please contact Melva Terry @ 970-529-0063

Fall Fundraiser: Harvest Moon
Craft Fair

The Mancos Senior Center will host a Bake Sale fundraiser at table #32 during the Harvest Moon Craft Fair. Please consider stopping by to pick up a sweet treat to support the services offered at the center.



We hope everyone will dress up in their Halloween best on Friday, October 30.

Plans are in the works for a day of fun and laughter at the Mancos Senior Center, and we hope to see you there!



Generous Donations: In mid-September, we received several generous donations. Four of our seniors—"Cowboy" Dave, "Hiker" Dave, Jose, and Jim—had a lot of fun trying on some donated white robes!





Craft Class

Wednesday October 7th
After lunch
At the Cortez Senior
Center

Join Colleen to make
these Halloween
lanterns!

Jokes, Jokes, Jokes



How do you mend a broken
jack-o-lantern?

- *With a pumpkin patch*

What do you get when you
cross a vampire and a
snowman?

- *Frostbite!*

Why didn't the skeleton go to
the Halloween party?

- *He had nobody to go
with!*

What is a vampire's favorite
candy?

- *Suckers*

Why did the scarecrow win an
award?

- *Because he was
outstanding in his field!*

Medicare Open Enrollment — October 15 - December 7 —

SHIP can help.

Free, unbiased, one-on-one guidance.



Understand costs and coverage



Compare your options



Complete the enrollment process

Call to Schedule Individual Counseling:

La Plata County: 970-382-6444

Archuleta, Montezuma, Dolores, San Juan: 970-403-6759

Pilates and Yoga Combo

Certified instructor
Susie Higgins

Tuesdays at 9:00 AM
Montezuma County Annex
Building (North Entrance)
Beginning October 6th

Bring mat, chairs provided
Free class or \$2.00 donation to
Home Delivered Meal
program.

This class is for all levels.



SHIP
State Health Insurance
Assistance Program

SAN JUAN BASIN
AREA AGENCY ON AGING



Find Your Local SHIP:
shiphelp.org
877-839-2675

SHIP is a national program of the Administration for Community Living, an operating division of the U.S. Department of Health and Human Services.

October Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Chicken Fried Steak Mashed Potatoes & Gravy Corn Apple Crisp	2 Pulled Pork Sandwich French Fries Coleslaw Pudding
5 Hot Turkey Sandwich Mashed Potatoes Asparagus Oranges	6 No Meals Served or Delivered	7 Lasagna Green Beans Salad Garlic Bread Peaches	8 BBQ Chicken Peas Pasta Salad Roll Cherry Crisp	9 Clam Chowder Mixed Veggies Crackers Brownies
12 Indigenous Peoples' Day No Meals Served or Delivered	13 No Meals Served or Delivered	14 Chicken Florentine Over Pasta Mixed Veggies Fruit Salad	15 French Dip Potato Salad Blueberry YumYum	16 Chili Con Carne Corn Bread Pears
19 Pollock w/ Mango Salsa Wild Rice Broccoli Salad Cookies	20 No Meals Served or Delivered	21 Beef Stew Biscuit Pudding	22 Tuna Mac Salad Cucumber Salad Biscuits Cake	23 Smothered Chicken Stuffing Peas Dinner Roll Peach Crisp
26 Meatloaf Mac and Cheese Beets Apricots	27 No Meals Served or Delivered	28 Crunchy Baked Fish Oven Browned Potatoes Roll 7-layer bars	29 Chicken Salad w/ Grapes Raisin Carrot Salad Oranges	30 Pizza Corn Salad Pudding

Montezuma County Senior Meals are served:

Cortez: Monday, Wednesday, Thursday, Friday at 11:30 AM **970-565-4166**

Dolores: Monday & Wednesday at 11:30 AM **970-564-4770**

Mancos: Monday, Wednesday and Friday at noon 970-533-7721

\$1.00 - \$10.00 Donation (Seniors 60 +)

\$ 16.71 per meal (non-seniors)

**** Please call to make a reservation for lunch****

ALL DONATIONS ARE GREATLY APPRECIATED!