



GUADALUPE SENIOR CENTER NEWSLETTER

April 16, 2021

Hello Seniors!! We hope that you all are doing great and staying safe and healthy!! We thought we would take a moment to update you all with what's happening here at the center. Although we are still not completely open to the public just yet, TOG leaders will be discussing reopening of the Town and Senior Center at the end of July. Waiting until COVID 19 cases have shown to be under control and more of the community becomes vaccinated. However, **WE ARE STILL OPEN FOR ALL SERVICES: SOCIAL SERVICES, TRANSPORTATION, AND MEALS**, it is just by appointment only. Please feel free to call and make an appointment for anything you may need. Our hours are still Mon.- Fri. 7:30am-3:30pm except for holidays. We continue to offer nutritious curbside takeout meals Mon.- Fri. 11:30 am-12:30pm. We are available for your transportation needs, except during our food delivery time, so please give us a call 24 hours in advance to schedule a time we can take you and pick you up.

Some of you may not know all the resources available to you through Area Agency On Aging. If you are in need of any services from caregiver resources, help with benefits, to becoming part of the home delivered meals program, you can call the 24-Hour Senior HELP LINE at 602-264-HELP (4357) operators are available in English & Spanish.



AREA AGENCY ON AGING
REGION ONE, INCORPORATED

WHAT'S NEW?

EXERCISE HAS RETURNED!

We have begun limited in-person Geri-Fit exercise classes! Our very own Abelina Banda is instructing Geri-Fit exercise classes on Tuesdays & Thursdays at 10am. In person attendance is limited to 5 slots and advanced scheduling is mandatory. Please give us a call to be added to the waiting list if you are interested and/or if you need transportation to the class. For everyone else who is unable to attend in person, every class will be streamed online through the ZOOM app starting the class of 04/20/21. If you need assistance installing or navigating the app on your device, please contact us for help!

We are excited to begin using this technology with all of you! We are hoping these classes will be a success and we can do more activities via ZOOM to reconnect with everyone like virtual bingo or loteria. All suggestions for activities you would like to do virtually are welcomed!

BURRITO SALE!

Our 4th burrito sale of the year will be held Thursday, April 22nd & Friday, April 23rd! We will be serving beef green chile burritos & popovers!!! As always beans, and eggs will be available! A flyer will be made soon and sent out with more details!

VACCINES!

The Guadalupe Senior Center will keep you updated on any COVID 19 Vaccination events happening in town. We will provide information as soon as we know what will be offered to all of you!

We hope you all remain in good health and hope to reconnect with all of you soon!!! Thank you all for being wonderful, understanding participants, and please contact us with any concern or need!!!