



Senior Citizen Action Group DBA Senior Social Center (SSC)

Our mission is to provide a permanent, accessible gathering place to enhance the quality of life for seniors citizens through socialization, exercise, creativity, and education.

Where People Connect

We believe that adults over 50 deserve an opportunity to achieve their greatest potential with physical, social, and emotional health.

- Socialization > Conversation- Special Events- Coffee- Cards- Groups
- Exercise > Full gym of exercise equipment- Geri Fit- Qigong- Yoga- Swimming- Movement & Exercise class- Line Dancing & more
- Creativity- Art- Cooking- Crafts- Music- Sewing- crocheting
- Education- Presentations (Lunch & Learns)- Resources- Senior Law Series- other classes & trainings. AARP Tax prep

We have a committed and talented board of directors and Senior Center staff.

BOARD OF DIRECTORS

Title	Name
President/Chair	Arin Daigneau
Vice Chair	Lois Wymore
Secretary	Jnl Linsacum
Treasurer	Bill Booker
Board Member	Kathy Shea
Board Member	Stephanie Whitman
Board Member	Cheryl Fultz
Board Member	Stephanie Etzler
Board Member	Dale Peterson

SSC & Medicare SHIP Staff

Title	Name
Executive Director	Rebekah Greenwood
Medicare SHIP Coordinator	"
Office Assistant	Jackie Camp
Medicare Navigator	Lynne Malizia
Medicare Navigator	Rashella Huber
Senior Outreach Coordinator	Ruth Ann Hendershott
Resource Navigator/Program Assistant	Kristin Skowronski
Custodian	Gabriel Holloway

Senior Center Action Group DBA Senior Social Center was founded 10 years ago this June in 2014, when a group of Moffat County delegates for the Area Agency on Aging of Northwest Colorado (AAA) collaborated with local business owners and community members to create a permanent, accessible gathering place for active adults. In addition, the SSC partnered with many non-profits and other agencies interested in the health and wellbeing of seniors in our community.

Since this time the SSC has grown exponentially and has become the Hub for Aging Services in Moffat County.

We served a recorded number of 766 unique clients in 2023 and had 7814 recorded participants sign-in. Not everyone signs in, so we don't capture the total number of participants. We are consistently growing in participation each year.

In 2020 our budget was \$67,206.
We ended the year at \$83,770.39
brought in as income.

Our current budget for our fiscal year
July 1, 2023- June 30, 2024 is
\$186,135.83.

We will surpass that budget by at least
\$20,000 because of additional funding to
start our Home Modification and
Services program.

SSC Funding

The Senior Social Center receives its primary funding from the Area Agency on Aging of Northwest Colorado grant. About 40% of that funding goes to operate the Medicare SHIP program.

We receive some additional grants from:

Yampa Valley Community Foundation

Yampa Valley Electric Association

The City & County HRC grant

CHFA- Colorado Housing and Finance Authority

Other grant funders when opportunities arise

We also receive some donations and participants contribute to programming.

Our annual Wine Tasting/Art Show event goes to pay for things our grants don't cover, like events and meetings.

Keep Your Mind & Body Active!

The Senior Social Center believes that adults over 50 deserve an opportunity to achieve their greatest potential with physical, social, and emotional health.

Join us!

EXPERIENCE MORE:

JOIN US!

WHERE

SENIORS

CONNECT



A 501(C)(3) Organization

Exercise

Geri Fit • CT
Combo • Qigong
Yoga • Swimming
Exercise Equipment

Creativity

Art • Music
Cooking

Education

Classes • Presentations
Resources • Training
Medicare Counseling

Socialization

Conversation
Coffee • Cards
Parties • Activities

Senior Outreach Services:

We strive to improve participants' quality of life through consistent, appropriate personal contact. SOS reaches isolated seniors in need of connection with phone calls, cards, visits & gifts.

775 Yampa Ave.
Craig, CO 81625

970-326-3188

info@seniorsocialcenter.org
www.seniorsocialcenter.org



Medicare SHIP (State Health Insurance Assistance Program)

Helping recipients:

- *Understand options
- *Make informed choices
- *Know their rights
- *Save money

970-819-6401

The SSC's SHIP program serves Moffat and Rio Blanco County residents. We provided 410 one-on-one appointments with Medicare recipients during this last year SHIP fiscal year.

We serve more clients per capita in Moffat County than any other county or region in Colorado. We are very proud of our staff and volunteers.

This program makes such a difference in peoples lives, helping them make the best choices for their health and finances as they grow older.

Our services are free and confidential. We do not sell or endorse health plans. Colorado SHIP is part of a national network of programs. Counselors go through a rigorous training and are required to continue training as long as they serve as a counselor.

3 employees have part-time hours assigned to this program and we currently have 3 volunteers.

Senior Outreach Services

We strive to improve participants' quality of life through consistent, appropriate personal contact. Our Outreach program targets those in need of socialization and encouragement, who may be homebound, frail, and/or low-income residents age 60 and older who live in Craig and its surrounding communities.

A SSC staff person (Ruth Ann Hendershot) and two volunteers connect with 77 clients through:

- Weekly phone calls.
- Cards for birthdays, holidays, encouragement and bereavement.
- Providing multiple home visits, visit in groups at Sunset Meadows and periodically visit at either the Haven, Casey's Pond, Sandrock Ridge Care & Rehabilitation and the Walbridge Memorial Wing.

Resource Navigator Program

The SSC 's Resource Navigator finds ways to provide needed resources and services to help senior live more comfortably in their homes and help improve their quality of life. This position improves the capacity of the SSC to reach more vulnerable underserved clients. Staff sits down face to face with clients to help them sign up for programs like LEAP, CARE, free internet, lo-cost phone service, etc.

We had gentleman come in that had been to many different agencies in the city looking for help. He really just needed someone to take time with him and address his individual concerns. It was overwhelming to him having to go to so many different places and not really understanding the services they provided. He kept saying "no one has the time to help me". He needed someone to look at his overall picture and help go through the process of applying through a website or over the phone. Funds are secured to fund this position through Sept. 2024. The SSC is in the process of applying for funding to help develop this program to where it is sustainable.

Our Resource Navigator will facilitate an expansion of our Senior Outreach program to include more tangible services through the new Home Modification & Services program. Providing things like small home repairs and cleaning services. To help seniors live more comfortably in their homes and help improve their quality of life.

The navigator works to enlist volunteers, donations, in-kind service and products to enable the SSC's capacity to deliver these services.

Working with area partners like NWCCI and NWCO options for Long Term Care to find additional funding to help the clients gets as much of the needed projects done as possible.

CircleTalk Program



It has become increasingly and more apparent that one of the most critical needs for our community's older population is Mental Health services.

The SSC has started structured support-group meetings using courses from the "CircleTalk" program, with the goal of forming a healthy group to foster belonging and connection, a place to share personal stories, insights, and feelings.

CircleTalk is a relationship-centered program where people can experience an intimate community and meaningful connections with their peers.

Everyone deserves to belong to something.

Connection. Belonging. Community.

Resource Provider Meeting- Partners

- Memorial Region Health
- Integrated Community
- Health Partnership
- Community Budget Center
- Alzheimer Association
- AARP
- Department of Human Services
- Northwest Colorado Health
- Veteran Association
- Caregiver Support & Senior Equipment
- Options for Long Term Care

Funding of Regional Senior Center's

- Radino Senior Center in Rangely- County owns and maintains the building. County staff run meal sites and transportation. Volunteer help with other center activities.
- Meeker Chuck Wagon- is not an official Senior Center. County owns and maintains the building. County staff run meal sites and transportation. They play games and have other activities occasionally.
- Rifle Senior Center- funded and operated by City staff. The City owns and maintains the building. Garfield County helps pay for the meals. Other activities are at the center.
- Fruita Senior Center- The City Community Center is owned and maintained by the city. They have a full list of activities that are run by city employees.
- Grand Junction Senior Center- City owns and maintains the building. County meals are in a separate location. Volunteers help with other center activities.
- Routt County Council on Aging- City owns and maintains the community center building. RCCOA pay \$1 per year. The County pays for 3 shuttles busses, insurance and staffing. An additional \$25,000 each from the city and county for operations. Regional funding for Vintage Area Aging of NWCO.

SSC Funding invested into the Yampa Building

CO Senate Grant

• HVAC System in the Senior Social Center area	\$18,576.00
• Remodel in 2 restrooms- Flooring & ADA Toilets & bars	\$2,695.85
• Electric repair	\$220.00

Area Agency on Aging NWCO

• Fence & Garden project-	\$3952.29
• Patio Area- Limestone	\$3827.84

*** Foundation

• Support for the Yampa Building Project	\$50,000.00
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Total Capital Improvements- invested	\$79,271.98
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Large Annual Events



JUNE 3, 2024, 10AM- 3PM @ 775 YAMPA		
<p>Senior SPA DAY</p> <p>MANICURES AND MINI FACIALS FROM CNCC STUDENTS</p> <p>@ the SSC</p> 		
HAIR CUTS		<p>CALL FOR A FREE APPOINTMENT 970-326-3188</p>
		
<p>Chair Massage Chair Yoga</p>		

OLDER ADULT RESOURCE BOOTHS

VOLUNTEER OPPORTUNITIES

EXPO

JUNE 27

2-6 PM

THURSDAY





Food, Fun & Prizes

775 YAMPA AVE. CRAIG, CO

@ THE YAMPA BUILDING

HEALTH FAIR SERVICES & SCREENINGS

HEALTH & WELLNESS

SOCIALIZE CREATE EXERCISE

MENTAL HEALTH

VOLUNTEER

the SENIOR SOCIAL CENTER OF CRAIG presents

The better with age

WINE TASTING

ENJOY VARIOUS CHARCUTERIE BOARDS

PLUS ART AUCTION

STARTS AT 7:30PM

Enjoy an evening of wine, live music and local artwork.

SATURDAY SEPT 30, 2023

FROM 6PM - 9PM

TICKETS \$25

MORE INFO: (970) 326-3188

EVENT HOSTED AT THE YAMPA BUILDING

775 YAMPA AVE, CRAIG, CO

tickets available @ **THE CRAIG CHAMBER**

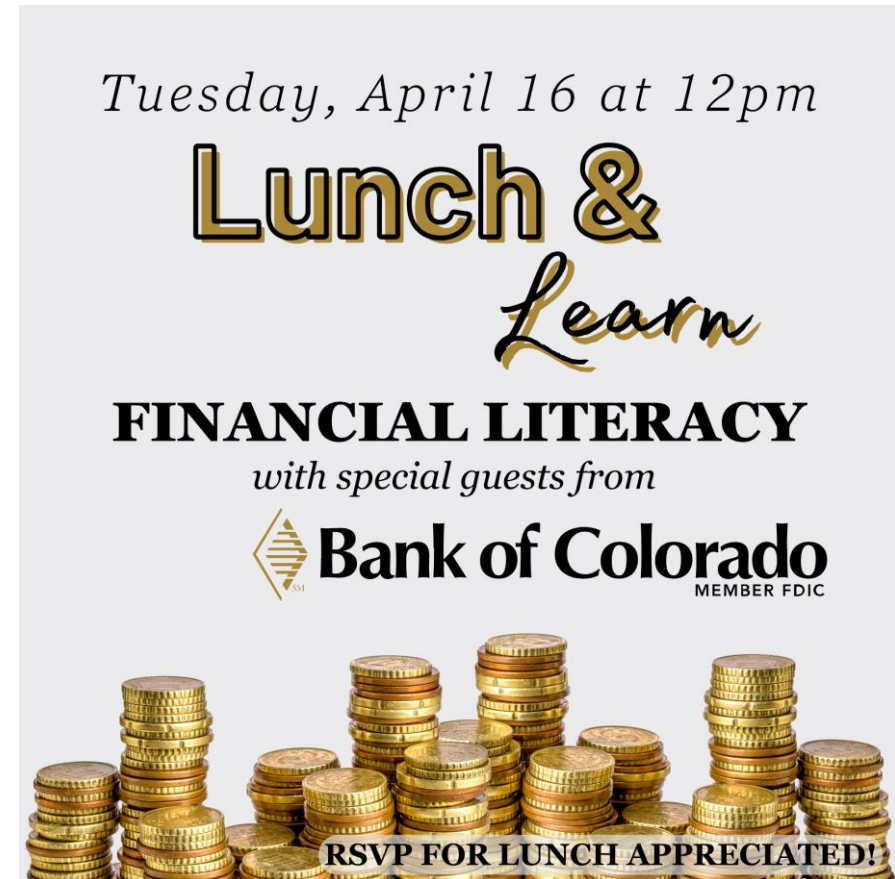
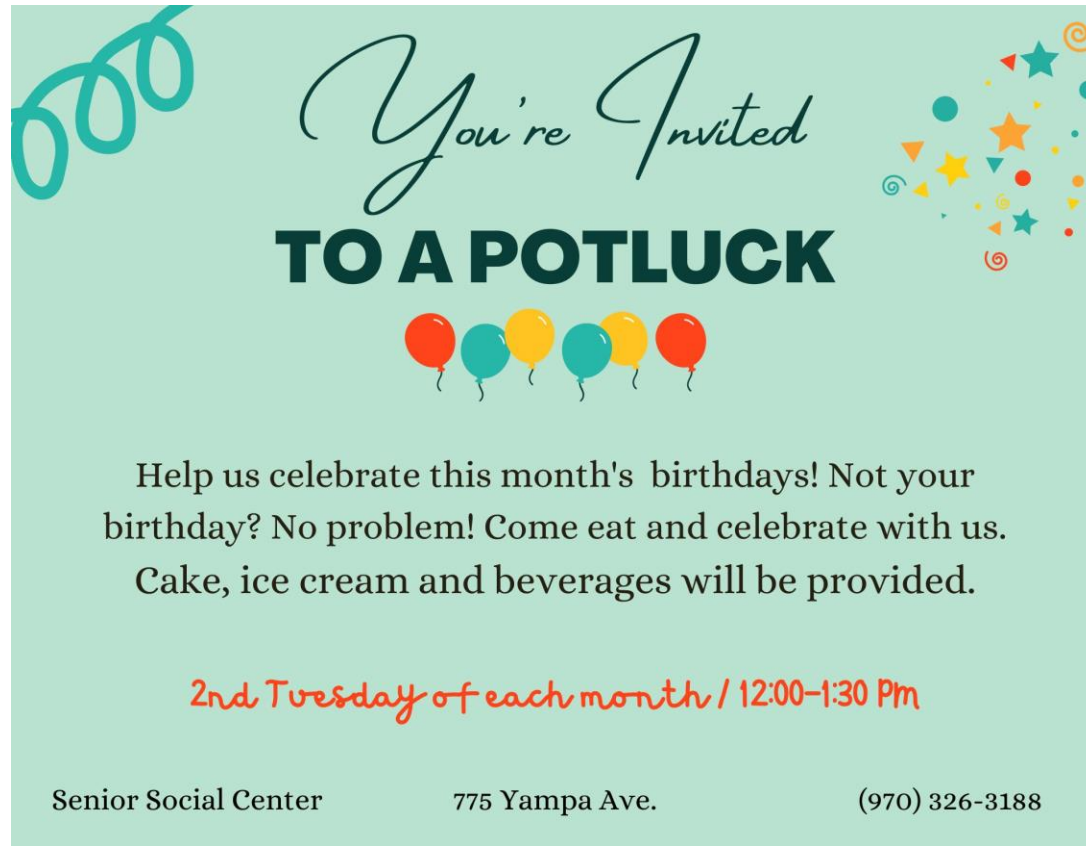
SENIOR SOCIAL CENTER OF CRAIG

DOWNTOWN BOOKS

More fun: events, cooking classes, games on the grass, lunch on the lawn, a regional picnic and much more.



Potluck is the 2nd Tuesday each month.
Lunch & Learn the 3rd Tuesday each month.



Art Class every Wednesday at 4 PM. Tie Dye and other special classes throughout the year.





Community
Garden

Volunteers

Patio



Cornhole pit
Parrotheads

Youth volunteerism & intergenerational connection.



Rocky Mountain Youth Corp (RMYC) In the Community Garden



Boys & Girls Club in the Community Garden



RMYC at Seniors Home



CMS in the Community Garden

We have a strong partnership with NWCO Health.



AGING WELL FITNESS CLASSES

Aging Well Fitness Classes are held in Craig and open to adults 50 and older of all abilities.

We appreciate your donation of \$3 per class. We do not turn away anybody due to inability to donate.

Improve strength, balance & flexibility	Help prevent falls	Reduce pain & improve mobility
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GERI FIT	MONDAYS Senior Social Center • 9:30-10:30am
MOVEMENT & EXERCISE	MONDAYS Sunset Meadows • 10:30-11:30am
GERI FIT & MOVEMENT & EXERCISE	WEDNESDAYS St. Michael's Church • 10:30-11:30am
GERI FIT	THURSDAYS Sunset Meadows II • 10:30-11:30am
MOVEMENT & EXERCISE	FRIDAYS Senior Social Center • 10:00-11:00am

FOR MORE INFORMATION CALL 970-871-7676
northwestcoloradohealth.org/agingwell

NORTHWEST COLORADO HEALTH



SENIOR WELLNESS CLINICS



Held monthly at multiple locations in Moffat County. Drop-ins are welcome.



Services provided by specially trained nurse.



Visits include weight and blood pressure check, medication review & consultation.

CRAIG

St. Michael's Church (Wellness Wednesday) 1 st & 3 rd Wednesdays of the month 9:30am - 12pm	Sunset Meadows II 4 th Thursday of the month 10 - 11am
Sunset Meadows I 4 th Monday of the month 10:30am - 1pm	Senior Social Center 2 nd Tuesday of the month 11:30am - 1pm

FOR MORE INFORMATION, CALL 970-871-7676.

NORTHWEST COLORADO HEALTH
northwestcoloradohealth.org

Senior Wellness Checks are offered on a donation basis. No one is turned away due to inability to pay.



NORTHWEST COLORADO HEALTH
740 Russell Street | Craig, CO 81625
3600 Center Park Drive, Suite 101 | Steamboat Springs, CO 80487
northwestcoloradohealth.org

JOIN OUR FREE HEART HEALTHY CLASS



Mondays: 1 - 3 PM
August 28, 2023 - November 14, 2023
Senior Social Center
Led by Shania Duzik, Registered Dietitian.

Topics will include:

- Knowing the Signs of Heart Attacks and Strokes
- Diabetes and Cholesterol Nutrition Education
- Shopping Tips & more!

CALL TO SIGN UP! 970-871-7694



@ the Senior Social Center, 775 Yampa Ave.
Conversation with Dr. Jo Anne Grace, from NW CO Health about forming a:

Community Grief Support Group

Thursday
April 11
11:30 am

You're invited.

Chair Yoga at 10:30 am & Floor Yoga at 4 pm on Thursdays



Swimming Transportation Shuttle

The SSC funded shuttle service to the Meeker Recreation Center throughout the winter.

With our Partners:

Northwest Center of Independence:
NWCCI

19 trips

Craig City Parks and Recreation

17 trips

MEEKER REC CENTER

SWIMMING SHUTTLE

TRANSPORTATION FEE
\$4 PER TRIP OR
PURCHASE PUNCH CARD
5 TRIPS FOR \$16
(SCHOLARSHIPS AVAILABLE)



Rec center senior daily fee \$5 for adults 62 and over

TUESDAYS & THURSDAYS

MEETS AT 8:50 AM
at the Yampa Building
775 Yampa Ave
Craig, CO 81625

STAY ACTIVE THIS WINTER!

- Thursday program begins **November 2nd**
- Tuesday program begins **November 14th**
- No swimming November 16th or 23rd
- No swimming December 26th

RSVP 2 business days in advance to save your spot on the van!

#970-326-3188

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Senior Social Center

**775 Yampa Ave
Craig, CO 81625**

New spaces within the Center

A larger equipment room with three new machines in 2023. A open exercise classroom for Geri fit, Gigong and Chair Yoga. This space also services as over full space for events within the center.



We appreciate your support!

Please spread the word about the great service we offer.

775 Yampa Ave. Suite 101, Craig, CO 81625

www.seniorsocialcenter.org

970-326-3188

Medicare SHIP Program

970-819-6401



Senior Social Center Calendar May 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Wellness Wednesday at St. Michaels 9am Memoir 10:30am Exercise classes 11:30am lunch Pinochle & Cards Wellness Clinic 4 p.m. Art Class	10:30 a.m. Chair Yoga 12:30 p.m. Games 3 p.m. QiGong 4 p.m. Yoga 7 p.m. Square Dancing National Day of Prayer	9:30 a.m. Cribbage 10 a.m. Movement & Exercise 3 p.m. Movie Night	
28	29	30	1	2	3	4
	9:30 a.m. Geri-Fit 3 p.m. QiGong	9 a.m. Card Players 2 p.m. Circle Talk	9 a.m. Wellness Wednesday at St. Michaels 12 p.m. Yampa Valley Sewing Guild 4 p.m. Art Class	10:30 a.m. Chair Yoga 12:30 p.m. Games 3 p.m. QiGong 4 p.m. Yoga 7 p.m. Square Dancing	9:30 a.m. Cribbage 10 a.m. Movement & Exercise 5 p.m. Bookworms at Downtown Books	
5	6	7	8	9	10	11
	9:30 a.m. Geri-Fit 1 p.m. Rock Club 3 p.m. QiGong	9 a.m. Card Players 12 p.m. Birthday Potluck 2 p.m. Circle Talk	9 a.m. Wellness Wednesday at St. Michaels 4 p.m. Art Class	10:30 a.m. Chair Yoga CSU Cooking Class 11am-1 pm 12:30 p.m. Games 3 p.m. QiGong 4 p.m. Yoga 7 p.m. Square D	9:30 a.m. Cribbage 10 a.m. Movement & Exercise 3 p.m. Movie Night	
Mother's Day 12	13	14	15	16	17	Armed Forces Day 18
	9:30 a.m. Geri-Fit 3 p.m. QiGong	9 a.m. Card Players 12 p.m. Lunch & Learn 2 p.m. Circle Talk	9 a.m. Wellness Wednesday at St. Michaels 4 p.m. Art Class	10:30 a.m. Chair Yoga 12:30 p.m. Games 3 p.m. QiGong 4 p.m. Yoga 7 p.m. Square Dancing	9:30 a.m. Cribbage 10 a.m. Movement & Exercise	
19	20	21	22	23	24	25
	SSC CLOSED	9 a.m. Card Players 2 p.m. Circle Talk	9 a.m. Wellness Wednesday at St. Michaels 4 p.m. Art Class	10:30 a.m. Chair Yoga 12:30 p.m. Games 3 p.m. QiGong 4 p.m. Yoga 7 p.m. Square Dancing	9:30 a.m. Cribbage 10 a.m. Movement & Exercise	
26	Memorial Day 27	28	29	30	31	1