MISSION STATEMENT

The mission of Rio Arriba County Senior Program is to encourage the Seniors’ of Rio Arriba County both well and frail to utilize our programs and services to enrich their lives by providing a coordinated system of opportunities to promote independent living, and overall well being with the primary focus on the rural and low-income minority.

VALUES STATEMENT

We value the opportunity to serve seniors by involving them in various activities and organizations and to assist them by providing the highest quality of life with the utmost care and respect for each individual.

Contact us at one of our eight Senior Centers throughout Rio Arriba County or on the Web at rio-arriba.org

Espanola Senior Center
320 Hunter Street
Phone: 1-505-753-4971

Chama Senior Center
Hwy 84-64 Hs # 2449
Phone: 1-575-756-2765

Alcalde Senior Center
County Rd 0041A Hs# 26
Phone: 1-505-852-9293

Coyote Senior Center
Forest Rd 309 Hs # 70
Phone: 1-575-638-9112

El Rito Senior Center
State Rd 554 Hs # 1115
Phone: 1-575-581-0070

Dixon Senior Center
Hwy 75 Hs #318
Phone: 1-505-579-9176

Truchas Senior Center
County Rd 75 Hs # 58
Phone: 1-505-689-2511

Tierra Amarilla Senior Center
State Rd 162 Hs # 113A
Phone: 1-575-588-7731
SERVICES PROVIDED
- Congregate Meals
- Home delivered Meals
- Transportation
- Recreation
- Adult Day Care (Espanola Center)
- Personal Care Options (PCO)

HOURS OF OPERATION
- Senior Centers are opened Monday-Friday from 8:00am to 2:00pm.
- Meals are delivered from 10:00am to 1:00pm depending on Routes.

HOLIDAY’S AND WEEKENDS
- Meals are not delivered on weekends or holiday’s. However a frozen meal is provided the weekday before the holiday.

ELIGIBILITY
- Congregate Meals are available to seniors age 60 and over, married to someone age 60 and over, or disabled and reside with and accompany another eligible individual.
- Home delivered Meals are available to seniors age 60 and over who are unable to prepare a nutritious meal for themselves and unable to attend the congregate setting.
- Senior Center staff will determine through assessments if a participant qualifies for home delivered meals.
- All individuals that are eligible for Congregate or home delivered meals may receive transportation services.

BENEFITS
- Provides a nutritious meal that meets 1/3 RDA requirements at least 5 days a week.
- Provides participants with socialization by attending the senior center.
- Helps to sustain independent living in a safe and healthful environment.
- Provides a daily check on an individual and gives peace of mind to family and friends of participants on home-delivered meals.

RECREATIONAL ACTIVITIES
Transportation is provided to encourage and engage seniors in activities throughout the county by setting high standards to assist in each individuals quality of life.
- Dancing, Shopping, Swimming, Picnics, bird watching
- Bingo, puzzles, games, storytelling
- Demonstrations, Resources,
- Senior Olympics

Activities vary by month and Center.