



ASI's mission is to serve our community by empowering individuals who are 60 and better and their families to promote independence and advance community resilience.

Our goals are to:

- inspire confidence through health, social, and nutritional education that promotes independence;
- to build engaging programs, services, and relationships to meet the needs of this growing population;
- empowering individuals and families to enrich the quality of life in our service area.

Office Hours

Monday - Friday

8:00 am - 4:00 pm

*Closed for federal holidays.

Email: cheryl@psseniors.org



ASI – Archuleta Seniors Inc

ASI is a 501 (c)3 non-profit that is supported through the generosity of our volunteers, private donors, and our major funders:

Archuleta County
San Juan Basin Area Agency on Aging
Town of Pagosa Springs

All our programs serve to help keep individuals 60 and better independent and living in their own homes. We maintain an open-door policy and invite constructive input from the community throughout the year.

The Community Café

brought to you by ASI

Community Meals



Meals on Wheels



Monitoring



Activities



Matter of Balance



Community Café

Providing good nutrition helps our consumers stay active and socially engaged.

Café Dining

The dining room is open to all community members, providing regular access to nutritious meals. Take-out and delivery options are available.



SIMPLE Nutrition

In addition to hot meals, we deliver fresh foods and healthy supplemental frozen and/or shelf-stable options.

ASI's Meals on Wheels

Our local volunteers deliver throughout the year to those who may not be able to prepare their own meals. Ask about eligibility screening for you or a loved one.

Community Café

The **Community Café** and dining room is open to the community each weekday.

Coffee & Tea Social

9 am-11 am

Lunch

11 am- 1 pm



Meals are designed and prepared by our Chef to nourish and exceed dietary guidelines using fresh and locally sourced ingredients.

Suggested donation for those 60+ and better is \$4.00. Those under 60 are welcome for \$8.50 (adults and children).

Activities

Open to all community members. Enjoy fun outings and a wide range of **year-round activities**. Exercise your body and brain with online and other opportunities that appeal to an array of comfort levels.



Matter of Balance

Trained staff works with you to **improve your strength, balance, and safety** so you can live a safer life and be more productive.



Monitoring

In addition to **assistance with medical alert fees**, we can help caregivers learn about opportunities, resources, benefits, and services to better serve you.

