

December 2024

Pascua Yaqui Tribe
Department of Senior Services
Liogue Senior Center

Newsletter

**LIOS ENCHIM ANIAVU
GREETINGS FROM THE DIRECTOR**

Greetings, and Happy December, wow! where did the year go? It was a very busy year with so many changes, I am looking forward to 2025. Let us end the month with positive energy and remember to make time for selfcare, as we welcome the winter weather, stay warm, stay healthy and spend time with family and friends. As we start to wrap up 2024, I want to say how happy I am to have shared so many memories with you, all the wonderful luncheons and trips we shared were so much fun. I also want to send my condolences to all the families who lost a loved one, we lost many of our beloved seniors this year and they will be greatly missed, may they rest in peace and give us the strength to carry on.

Please look out for flyers as we have scheduled our Christmas party on December 19th at the Casino Del Sol Conference Center, please come out and join us, this will be a very fun event you do not want to miss it. Merry Christmas to everyone may your days be filled with peace, love, and happiness.

If you need assistance, please give us a call we are here to serve you.

Maria Paisano, MSW
Senior Services Director

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ADMINISTRATION

Liogue Senior Center Management
7601 S. Camino Benem
Tucson, AZ 85757
Help Desk Number - 520-879-5530

Maria Paisano, MSW, Director
520-879-5546
maria.r.paisano@pascuayaqui-nsn.gov

Rebecca Matuz, Program Manager
520-879-5539
rebecca.matuz@pascuayaqui-nsn.gov

Albert Garcia, CHR
520-879-5531
albert.o.garcia@pascuayaqui-nsn.gov

Gloria M. Coronado, Editor
gloria.m.coronado@pascuayaqui-nsn.gov



DECEMBER HOLIDAY AND EVENTS

Dec. 01 National Christmas Lights Day

Dec. 01 Rosa Parks Day

Dec. 02 International Day for the Abolition of Slavery

Dec. 03 International Day of People with Disabilities

Dec. 04 National Cookie Day

Dec. 05 International Volunteer Day

Dec. 07 National Pearl Harbor Day of Remembrance

Dec. 10 Human Rights Day

Dec. 12 Feast of Our Lady of Guadalupe

Dec. 12 Gingerbread House Day

Dec. 15 Bill of Rights Day

Dec. 16 Las Posadas

Dec. 18 Bake Cookies Day

Dec. 21 National Crossword Puzzle Day

Dec. 24 Christmas Eve **CLOSE AT NOON**

Dec. 25 Christmas Day **OFFICES CLOSED**

Dec. 25 National Pumpkin Pie Day

Dec. 26 National Candy Cane Day

Dec. 30 National Bacon Day

Dec. 31 New Year's Eve **CLOSE AT NOON**

COUNCIL OF ELDERS (COE)

In honor of Christmas the COE meeting for December has been canceled.

The next COE meeting will be held on Thursday, January 16, 2025, at 10:00 a.m. at the Liogue Senior Center.

Meeting/Agendas are available at the front desk if you want a copy. The COE Minutes are available to view at the front desk. Please contact Chayanne Molina at 520-879-5530.

Welcome New Employees

Nutritional Services

Fabian Buitimea, Dish Washer

Javier Alvarez, Pre-Cook

Alexander Barajas, Inventory Clerk

Transportation

Adelina Ochoa, Driver II

EMPLOYEE OF THE MONTH

We congratulate Employee of the Month for December Mrs. Irma Acuna, Meal Assistant

Mrs. Irma Acuna has been part of the Senior Center staff for many wonderful years, she is always open to assisting the kitchen and transportation units, since Covid she has been delivering the meals to the Old Pascua community. She is a very dependable and caring individual. She is a pleasure to work with. The love for her community shows each day.

Thank you, Irma, for being such a hard worker and wonderful person.

SENIOR OF THE MONTH

CONGRATULATIONS! to **Ruben Robles** who is the Senior of the Month for June. Your Social Worker Amanda Garcia will contact you regarding your gift.

ANNOUNCEMENTS

Seniors participated in the Virgen de Guadalupe Procession on Friday, December 06th



SAVE THE DATE

Senior Christmas Party

When: Thursday, December 19th

Time: 9:00 a.m. to 2:00 p.m.

Where: Casino del Sol, Conference Center



Highlights

Thank you to the Tucson Indian Center for inviting the Liogue Senior Center elders to the 2024 Christmas Party. Our seniors had a wonderful time.

A true highlight of the day was the presentation of the Carol Noriega Award. This year the Liogue Senior Center nominee is Ms. Cecilia Valencia, Social Worker II.



CONGRATULATIONS CECI!

The Tucson Indian Center Christmas party was awesome, the seniors enjoyed themselves they socialized with family and friends and they danced, they had a merry ole time?





DAVID'S KITCHEN

Nohim (Tamales)

Tamales are used for special occasions like weddings, Christmas and All souls' day. For weddings, friends and family of the bride prepare tamales to be given to the family of the groom. These tamales were usually presented in a basket along with tortillas and seet bread and placed outside the groom's family house. The women of the groom family took the basket of tamales and later returned the empty basket with money or something else of equal value. The exchange was considered equal.

Masa:

10 pounds fresh masa
2 lbs lard
Salt to taste

Red Chili Sauce:

9 pounds tamale meat
Salt or garlic salt to taste
9 large garlic cloves, cleaned and crushed
1 whole onion (optional)
1 pound powdered chile
5 cups cold water
½ cup flour
1/3 cup lard

Husk:

1 ½ pounds corn husk

Tamale:

2 16 oz cans pitted green olives
Aluminum foil
1 quart hot water

To prepare the masa, mix all ingredients in a large bowl for about 20min or until lard is thoroughly mixed in.

To prepare the meat, cut into small pieces and place beef, whole onion and salt for taste and crushed garlic in a large pot. Cover with cold water and bring to a boil over high heat. As soon as water boils, reduce heat to simmer and cover pot. Let simmer for 3 ½ hours, until beef is tender and shreds easily. Shred meat and set aside.

To prepare the red chile, soak chili in cold water about 5 minutes. Set aside until needed. Saute flour in lard until golden brown. In a 5 quart pot, add chili mixture, stirring constantly to prevent lumps. Boil for 3 to 5 minutes and then add shredded meat.

To prepare corn husk, thoroughly clean husk. Soak up to 3 hours until soft. Drain the water from the husk completely.



Chokolaate (Hot Chocolate I)

3 Ounce tablet Mexican baking chocolate
2 ½ cups 1% milk
1 teaspoon sugar
½ teaspoon cinnamon

Break 3.3-ounce tablet of Mexican baking chocolate into pieces. Then, bring it to a simmer with 2 ½ cups milk. Stir the mixture until the chocolate is melted and completely combined. Semi-sweet chocolate can be substituted. Next, add 1 teaspoon sugar and ½ teaspoon cinnamon to the pan. It is preferred to have the chocolate beaten into a frothy mixture with a wooden implement called a molinillo. To imitate this action, you can use an immersion blender. Or you can also use a regular blender but be careful to blend only a small amount at a time. Use a brief pulse then release team by raising the blender lid, since hot ingredients have a tendency to explode out of the blender bowl. Serve chocolate with fruit bread. *Makes 3 servings.*

Per Serving:: (1 serving = 1 cup)

| | | | |
|-------------|------|---------------|-------|
| Calories | 120 | Carbohydrates | 17gm |
| Protein | 7gm | Fiber | 0gm |
| Total Fat | 3gm | Sat fat | 2gm |
| Cholesterol | 10mg | Sodium | 102mg |

Percent Calories from fat 22%

Chokolaate (Hot Chocolate II)

This Chocolate drink is often served with sweet bread at baptisms, weddings, confirmations, and other celebrations.

2 ½ gallons of water
3 cinnamon sticks
1 can unsweetened cocoa mix
6 cans evaporated milk
1 8oz can sweetened condensed milk

In a large cooking pot, boil water and cinnamon stick until water turns a burgundy color. Remove cinnamon, lower heat and simmer. Mix cocoa mix and evaporated milk well with a whisk. While mixing the cocoa and milk, pour mixture into the pot on low heat. Continue stirring and add condensed milk. Stir until mixture is thoroughly heated before serving. *Makes 50 servings*

Per Serving: (1 serving = 1 cup)

| | | | |
|-------------|-----|--------------|------|
| Calories | 85 | Carbohydrate | 15gm |
| Protein | 6gm | Fiber | 5gm |
| Total Fat | 3gm | Sat Fat | 2mg |
| Cholesterol | 5gm | Sodium | 55mg |

Percent calories from fat 25%



NANCY'S CORNER



Kick Boxing for Seniors

Begin and do 4 repetitions of each:

1. Forward punch alternate right and left punch
2. Turn to the right forward punch alternate right and left punch
3. Turn to the left forward punch alternate right and left punch

Continue working on his exercise, next month we'll move on to the next step.

Have a good day!



Have FUN!



A todos mis familiares
amigos y conocidos que
la luz del nacimiento de
Jesús sea la lámpara que
ilumine cada día los
senderos de sus vidas y
su gracia los cubra
para siempre.
FELIZ NAVIDAD!!!!!!!!!!
Y Prospero Año nuevo

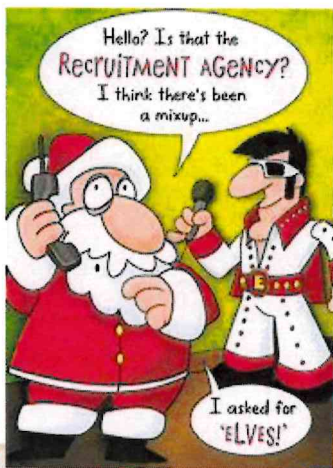
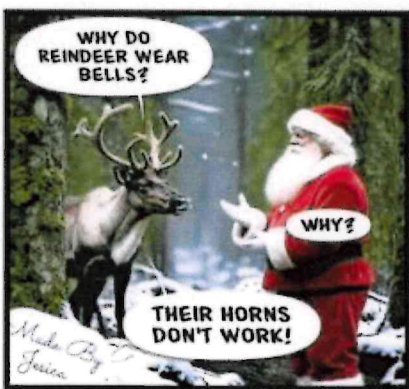
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December 2024 Activities Calendar

Llague Senior Center 7601 S. Camino Beneméjico, Tucson, AZ 85757 Phone: 520-879-5530

| Monday | Tuesday | Wednesday | Thursday | Friday | | | | | | | | | | | | | | | | | | | | | | | | | |
|--|---|---|--|--|----|----|----|----|----|---|----|----|----|----|----|----|---|----|----|---|----|----|----|----|---|----|----|----|----|
| <p>2 Dr. Gonzales-Therapist 9-12 Exercise 10am-11am Arts/Crafts Traditional flowers making</p> | <p>3 Exercise 10am-11am Chair Volleyball Arts/Crafts Traditional flower making</p> | <p>4 Diabetes Wellness Check 9:30-11am Presentation: 10am-11 Crafts with GED students</p> | <p>5 Exercise 10am-11am Chair Volleyball Arts/Crafts Traditional flower making</p> | <p>6 Virgin De Guadalupe Procession 10:30am</p> | | | | | | | | | | | | | | | | | | | | | | | | | |
| <p>9 Dr. Gonzales-Therapist 9-12 Exercise 10am-11am Arts/Crafts Traditional flower making</p> | <p>10 Exercise 10am-11am Chair Volleyball Arts/Crafts Traditional flower making</p> | <p>11 Podiatry 9:30-11am Presentation: 10am-11 Library</p> | <p>12 Virgin De Guadalupe Rosary 9:30am Mass 10:30am</p> | <p>13 MOVIE DAY</p> | | | | | | | | | | | | | | | | | | | | | | | | | |
| <p>16 Dr. Gonzales-Therapist 9-12 Exercise 10am-11am Arts/Crafts Christmas stockings</p> | <p>17 Exercise 10am-11am Chair Volleyball Arts/Crafts Christmas stocking</p> | <p>18 Diabetes Wellness Check 9:30-11am Presentation: 10am-11 Sahuarita Food Bank</p> | <p>19 Christmas Party 9-2pm at Casino Del Sol</p> | <p>20 BINGO</p> <table border="1"> <tr> <td>10</td> <td>18</td> <td>40</td> <td>53</td> <td>74</td> </tr> <tr> <td>3</td> <td>23</td> <td>37</td> <td>55</td> <td>70</td> </tr> <tr> <td>15</td> <td>24</td> <td>★</td> <td>51</td> <td>62</td> </tr> <tr> <td>5</td> <td>30</td> <td>43</td> <td>54</td> <td>65</td> </tr> <tr> <td>1</td> <td>28</td> <td>33</td> <td>58</td> <td>67</td> </tr> </table> | 10 | 18 | 40 | 53 | 74 | 3 | 23 | 37 | 55 | 70 | 15 | 24 | ★ | 51 | 62 | 5 | 30 | 43 | 54 | 65 | 1 | 28 | 33 | 58 | 67 |
| 10 | 18 | 40 | 53 | 74 | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3 | 23 | 37 | 55 | 70 | | | | | | | | | | | | | | | | | | | | | | | | | |
| 15 | 24 | ★ | 51 | 62 | | | | | | | | | | | | | | | | | | | | | | | | | |
| 5 | 30 | 43 | 54 | 65 | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1 | 28 | 33 | 58 | 67 | | | | | | | | | | | | | | | | | | | | | | | | | |
| <p>23 Dr. Gonzales-Therapist 9-12 Exercise 10am-11am Arts/Crafts Christmas stockings</p> | <p>24 Exercise 10am-11am Chair Volleyball Arts/Crafts Christmas stockings</p> | <p>25 Merry Christmas</p> | <p>26 Exercise 10am-11am Chair Volleyball Arts/Crafts New Year's crafts</p> | <p>27 MOVIE DAY</p> | | | | | | | | | | | | | | | | | | | | | | | | | |
| <p>30 Dr. Gonzales-Therapist 9-12 Exercise 10am-11am Arts/Crafts New Year's crafts</p> | <p>31 Exercise 10am-11am Arts/Crafts New Year's crafts</p> | | | | | | | | | | | | | | | | | | | | | | | | | | | | |



Name _____ Date _____

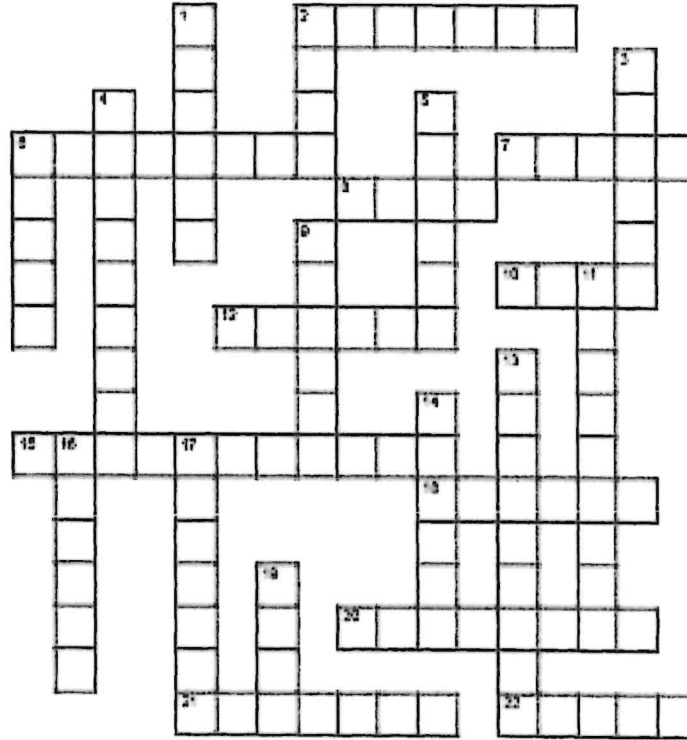
Winter Crossword

Across

- Knitted top.
- Snowstorm with winds.
- Month that winter ends in.
- When the air moves.
- A sudden blast of wind.
- Shake from the cold.
- Tells you how cold it is outside.
- Rather cold.
- Month that winter starts in.
- He might have a carrot for a nose.
- Keeps you neck warm.

Down

- Turned into ice.
- It goes downhill fast.
- A short coat.
- What bears do in the winter.
- Opposite of summer.
- Shoes for snowy days.
- Frozen trickle of water.
- Ice crystal.
- December 25th.
- Area around the North Pole.
- Used to warm a room.
- Winter hand warmers.
- Temperature (in Celsius) at which water freezes.



Arctic, Blizzard, Boots, Chilly, Christmas, December, Frozen, Gust, Heater, Hibernates, Iceberg, Jacket, March, Mitten, Scarf, Shiver, Sled, Snowflake, Snowman, Sweater, Thermometer, Wind, Winter, Zero



Name: _____

Date: _____

Find the words listed. Words may appear forward, backward, up, down or diagonal. Words may overlap and cross each other. When you have found a word, be sure to circle it and cross it off the list.



December



Word Search



N E C I T S L O S R E T N I W D L Q K J C
 C S A N T A C L A U S W Q L E M W X G G H
 G G I F T S G K X Q M B B C L M Y N O K R
 M O N P R G C I N J R R E H N D I L F E I
 N Q N L K R T F N R W M V Y N L E N K V S
 T U W G R C J S B G B P T Y O L W N D I T
 R V T K G Y H J L E E S T R U T Y H D T M
 E R K C M E J R R L O R A Y J T O L H S A
 I E J W R Y B S I R E C B K L L Z K A E S
 N T Z W M A O Y F S R B Y R I K C L N F T
 D N Z W O L C M K U T T E D E V F G U E R
 E I T H S N M K D L Y M A L L A H K K N E
 E W N T H J S O E E P Y A N G J D N K A E
 R K I X D M L P O R N J B S N N H J A C A
 Q C B D R P C T F K Q L X Q C N I R H Y A
 E T T K H R E S L E I G H R I D E J T D Z
 Y L L O H L K C H A M P A G N E W T N N N
 B R M S T A R O F B E T H L E H E M X A A
 Z G N S E V E S R A E Y W E N L Z C Z C W
 Y X I L R N A T I V I T Y M X B Q M N M K
 V M D T S N O I T A R O C E D G R C B P V

CANDY CANE

CAROLING

CHAMPAGNE

CHRISTMAS

CHRISTMAS TREE

DECEMBER

SOLSTICE

DECORATIONS

EGGNOG

FESTIVE

FROSTY

GIFTS

GINGERBREAD

HANUKKAH

HOLIDAY

HOLLY

JINGLE BELLS

KWANZAA

MISTLETOE

NATIVITY

NEW YEAR'S EVE

NUTCRACKER

REINDEER

STAR OF BETHLEHEM

RUDOLPH

WINTER

SANTA CLAUS

WINTER SOLSTICE

SLEIGH RIDE

YULE LOG

SNOW



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