

January 2025

Pascua Yaqui Tribe  
Department of Senior Services  
Liogue Senior Center  
*Newsletter*

**LIOS ENCHIM ANIAVU  
GREETINGS FROM THE DIRECTOR**

Greetings, Happy New Year to all, as we welcome 2025! I pray this year is filled with nothing but great blessings for all. Looking back at 2024 I'm filled with gratitude for the impact we all made together. Thanks to your support we had amazing participation at all our senior events. Our goals are to continue to provide nutritional meals, promote exercise and positive socialization. Please continue to come join our luncheons, participate in our exercise classes, chair volleyball, and attend the social activities with your peers. We hope to make 2025 even better. Make it a resolution to put "you first".

Continue to look out for Senior Services flyers and don't hesitate to contact your social worker or any team member, I want to make sure that you are not missing out on any fun events or services. Please call us at 520-879-5530-Tucson, 480-768-2000-Guadalupe.

**Maria Paisano, MSW  
Senior Services Director**

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JANUARY 2025

**HOLIDAY AND EVENTS**

01 Happy New Year's Day **OFFICES CLOSED**

02 National Buffet Day

03 International Mind-Body Wellness Day

04 National Spaghetti Day

06 National Take Down the Christmas Tree Day

06 Three King's Day

08 War on Poverty Day

09 National Law Enforcement Appreciation Day

10 International Thank You Day

12 Stick To Your Resolution Day

13 Make Your Dream Come True Day

14 International Kite Day

14 Organize Your Home Day

15 Civil Rights Day

17 Customer Service Day

18 National Gourmet Coffee Day

19 National Popcorn Day

20 Inauguration Day

20 Martin Luther King Day **OFFICES CLOSED**

21 Grandma Day

21 Mariachi Day

22 National Grandpa Day

23 National Pie Day

26 National Spouse Day

27 International Holocaust Remembrance Day

29 National Puzzle Day

30 National Plan For A Vacation Day

31 National Hot Chocolate Day

**COUNCIL OF ELDERS (COE)**

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.

**SENIOR OF THE MONTH**

**CONGRATULATIONS** to Norma Warford!

Ms. Warford has been selected as Senior of the Month for January. Your Social Worker, Amanda Garcia, will contact you regarding your gift.



Arizona winters are beautiful and cold





# JANUARY 2025 ANNOUNCEMENTS

## Liogue Senior Center Christmas Party

Our seniors had a blast at the Liogue Senior Center Christmas Party on Thursday, December 19<sup>th</sup>. They had a merry ole time with family, friends, good food, St. Nick & La Nueva Onda!



Our seniors participated in the Pascua Yaqui Tribe Annual Christmas Light Parade on Saturday, December 21<sup>st</sup> on Santa's Workshop float.



The seniors were treated to some caroling and gifts by the Girls Scout Troop 1335. Seniors joined in singing Rudolph & Frosty, they had fun.





JANUARY 2025



## NANCY'S CORNER

### Kick Boxing for Seniors

#### Instructions:

While sitting you can do the Boxing exercise.

This exercise will increase your heart rate, which will put more oxygen into your body, and it will increase the red blood cells to the brain which helps with memory.

#### Count of 10 Each

1. Right leg lift
2. Left leg lift
3. Alternate (left and right) leg lifts
4. Alternate left and right and forward punch.

**Remember to work on this exercise throughout the month. Have fun!**





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## DAVID'S KITCHEN

### Maple-Smoked Salmon Fillet



#### Ingredients:

- 1 2-pound fresh or frozen salmon fillet (with skin), about 1 inch thick
- ½ cup pure maple syrup
- 1 Tablespoon coarsely cracked mixed peppercorns
- 6 to 8 alder or apple wood chunks
- 2 Tablespoons pure maple syrup

**STEP 1:** Thaw salmon if frozen. Rinse fish; pat dry. Place fish in a resealable plastic bag set in a baking dish. For marinade, in a bowl mix the ½ cup maple syrup, 2 tablespoons water, peppercorns, and ¼ teaspoon salt; pour over fish; seal bag. Marinate in the refrigerator for 60 minute, turning occasionally.

**STEP 2:** Drain fish, discarding marinade. Lightly sprinkle fish with additional salt.

**STEP 3:** In a smoker arrange preheated coals, wood chunks, and water pan according to the manufacturer's directions. Pour water into pan. Place fish, skin side down, on grill rack over water pan. Cover and smoke for 45-60 minutes or until fish begins to flake when tested with a fork. Brush fish with the 2 tablespoons maple syrup. Cover and smoke for 5 minutes more. To serve, cut salmon into four pieces, cutting to but not through the skin. Carefully slip a metal spatula between fish and skin, lifting fish away from skin.

### Corn Bread

#### Ingredients:

- |                                |  |
|--------------------------------|--|
| 1 cup sifted all-purpose flour | 1 cup yellow or white corn meal          |
| 3 teaspoons baking powder      | 1 cup milk                               |
| 1 teaspoon salt                | ¼ cup oil or melted vegetable shortening |
| 2 tablespoons sugar            |  |

**STEP 1:** Grease an 8 x 8-inch baking pan. Preheat Oven to 400° F.

**STEP 2:** Sift together pre-sifted flour, baking powder, salt, and sugar

**STEP 3:** Place in mixing bowl: stir in corn meal. Make a well in center of flour mixture: add eggs and milk: stir in flour from sides and beat just until dry ingredients are moistened. Add shortening.

**STEP 4:** Pour into baking pan: bake until top is lightly browned-about 30 minutes. Cut into squares and serve immediately with butter.



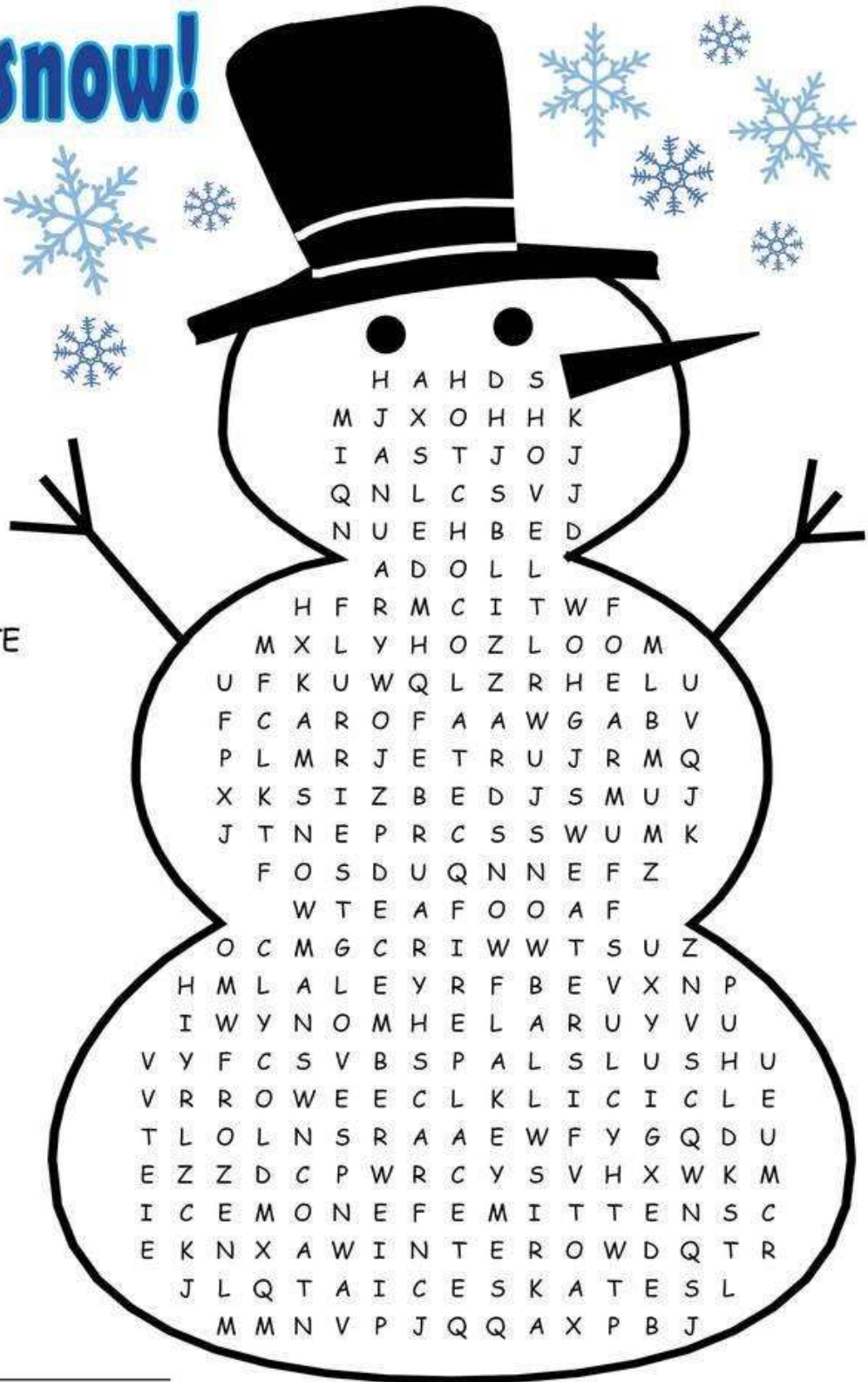




JANUARY 2025

# Let it snow!

- BLIZZARD
- COAT
- COLD
- DECEMBER
- EARMUFFS
- FEBRUARY
- FIREPLACE
- FLURRIES
- FROZEN
- GLOVES
- HOT CHOCOLATE
- ICE
- ICE SKATES
- ICICLE
- JANUARY
- MITTENS
- SCARF
- SHOVEL
- SLED
- SLUSH
- SNOWBALL
- SNOWFLAKE
- SNOWMAN
- SWEATER
- WINTER



Name: \_\_\_\_\_