



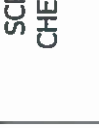

**MENU FOR THE MONTH OF DECEMBER 2018**  
**LAS VEGAS (505)425-9139 PECOS (505)757-3000 SAN MIGUEL (575)421-9570**

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		
<b>3</b>	<b>MENU 116</b> 5 oz. Lasagna 4 oz. Brussel Sprouts 4 oz. Mixed Vegetables Dinner Roll 4 oz. Yogurt	<b>4</b>	<b>MENU NM504</b> Chicken Fajita on Tortilla (2 oz. chicken, 2 oz. peppers) 4 oz. Pinto Beans 4 oz. Spanish Rice 2T Pico de Gallo 4 oz. Cottage Cheese w/Peaches	<b>5</b>	<b>MENU NMB191</b> 3oz. Open Face Turkey Sandwich w/2 oz. Gravy On 1 Slice Bread 4 oz. Mashed Potatoes 4 oz. Peas 4 oz. Diced Pears	<b>6</b>	<b>MENU B125</b> Fish Sandwich 2T Tartar Sauce on bun 4 oz. Broccoli 4 oz. Steamed Carrots 1 Cupcake	<b>7</b>	<b>MENU 516</b> Chile Cheese Dog On Bun w/onion 4 oz. Corn 4 oz. Pork N Beans 4 oz. Applesauce	
<b>10</b>	<b>MENU F105</b> 4oz. Meatloaf 4oz. Au Gratin Potatoes 4 oz. Mixed Vegetables 1 Dinner Roll 1 Orange	<b>11</b>	<b>MENU B107</b> Salisbury Steak 4 oz. Mashed Potatoes 2 oz. Gravy 4 oz. Green Peas Dinner Roll w/ 1T Margarine 1/2 Orange	<b>12</b>	<b>MENU NM214</b> 3 oz. Carne Adovada 4 oz. Corn 4 oz. Spinach 1 Flour Tortilla 4 oz. Cupcake	<b>13</b>	<b>Cook's Choice</b>		<b>14</b>	Taken fr. TC Menu November 2013 Grilled Cheese Sandwich 8 oz. Vegetable Soup 4 Crackers 4oz Yogurt
<b>17</b>	<b>MENU 190</b> 3 oz. Pizza (Sausage) 4 oz. Corn 4 oz. California Blend Vegetables 1 Cupcake	<b>18</b>	<b>MENU H33</b> 3 oz. Baked Ham 4 oz. Mashed Potatoes w/Gravy 4 oz. Stuffing 4 oz. Green Beans Dinner Roll 4 oz. Plums	<b>19</b>	<b>MENU 508a</b> Green Chile Cheese Tortilla Burger (3 oz. beef, 2T Green Chile, 1 oz. cheese) 4 oz. Pork & Beans 4 oz. Potato Chips 4 oz. Yogurt	<b>20</b>	<b>MENU 119</b> 3 oz. Roast Beef 4 oz. Mashed Potato 1 oz. Gravy 4 oz. Green Beans 1 Dinner Roll 1 Apple Crisp	<b>21</b>	<b>MENU NM106</b> 4 oz. Chicken Salad Sandwich 4 oz. Pork & Beans 4 oz. Pickle Spear 1 Bag Chips 1 Apple	
<b>24</b>	<b>CLOSED IN OBSERVANCE OF MARTIN LUTHER KING DAY</b>	<b>25</b>	<b>CLOSED IN OBSERVANCE OF CHRISTMAS DAY</b>	<b>26</b>	<b>MENU P425</b> 6 oz. Spaghetti & Meat Sauce 4 oz. Green Beans 4 oz. Mixed Vegetables 1 Garlic Bread Stick 4 oz. Cake	<b>27</b>	<b>MENU NM144</b> 8 oz. Pork Posole 2 oz. Red Chile 4 oz. Calabacitas 4 oz. Spinach Flour Tortilla 1 Cookie	<b>28</b>	<b>MENU SL221</b> Ham & Cheese Wrap w/Lettuce & tomato 4 oz. Macaroni Salad 4 oz. Red Beets 4 oz. Yogurt	
<b>31</b>	<b>MENU 33</b> 6 oz. Beef & Bean w/Cheese Burrito w/2oz. Red Chile Sauce 4 oz. Seasoned Spinach 4 oz. Ice Cream	<b>8 oz. 2% Milk Served with all Meals</b>		<b>DUE TO UNFORSEEN CIRCUMSTANCES MENU IS SUBJECT TO CHANGE</b>		<b>Merry Christmas from the Senior Center!</b>				

**Breakfast 8:30 am - 10 am**      **Lunch 11 am - 12:30 pm**      **Monday through Friday**  
**Senior Meal Suggestion Donation: Breakfast \$1.00 - Lunch \$1.50**  
**Non-Senior (59 years or younger) Mandatory Meal Fee: Breakfast \$7.69 - Lunch \$7.69**



# MENU FOR THE MONTH OF DECEMBER 2018

LAS VEGAS (505)425-9139 PECOS (505)757-3000 SAN MIGUEL (575)421-9570

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MILK SERVED WITH EVERY MEAL</b>	<b>DUE TO UNFORSEEN CIRCUMSTANCES MENU IS SUBJECT TO CHANGE</b>			
3 POTATO & EGG BURRITO W/CHEESE 4 OZ. SALSA	4 1 CUP CEREAL 1/2 BAGEL W/ 2T CREAM CHEESE	5 2 PANCAKES & SAUSAGE 4 OZ YOGURT 1 ORANGE	6 2 OZ, PEANUT BUTTER, 1 TSP JELLY ON 1/2 SLICE TOAST 4 OZ CEREAL	7 SCRAMBLED EGG, CHEESE, RED CHILE POTATO
10 1 SCRAMBLED EGG 1 OZ CHEESE 1 SLICE BACON 1 1/2 TORTILLA	11 BAGEL 2 OZ CHEESE 6 OZ CEREAL	12 1 HARD BOILED EGG CHEESE STICK 1/2 ENGLISH MUFFIN 1 TSP JELLY	13 2 OZ COTTAGE CHEESE 1 1/2 SLICES OF TOAST 1 TSP JELLY	14 HAM & CHEESE BISCUIT YOGURT
17 3 OZ SCRAMBLED EGG 1 TORTILLA 4 OZ YOGURT 2T PEANUT BUTTER	18 1 CUP CEREAL 1/2 ENGLISH MUFFIN W/ 2T PEANUT BUTTER	19 BACON BURRITO W/ EGG, BACON & CHEESE ON TORTILLA	20 SAUSAGE, SALSA HASHBROWNS TOAST JELLY	21 2 PANCAKES & SAUSAGE 4 OZ YOGURT 1/2 ORANGE
24 POTATO & EGG BURRITO W/CHEESE 4 OZ. SALSA	25 1 CUP CEREAL 1/2 BAGEL W/ 2T CREAM CHEESE	26 SAUSAGE BURRITO (1 OZ SAUSAGE, 1 EGG ON TORTILLA) 4 OZ SALSA	27 2 OZ, PEANUT BUTTER, 1 TSP JELLY ON 1/2 SLICE TOAST 4 OZ CREAM OF WHEAT	28 SCRAMBLED EGG CHEESE, RED CHILE POTATO MARGARINE
31 6 OZ. OATMEAL 2 OZ DICED HAM 1/2 ENGLISH MUFFIN				


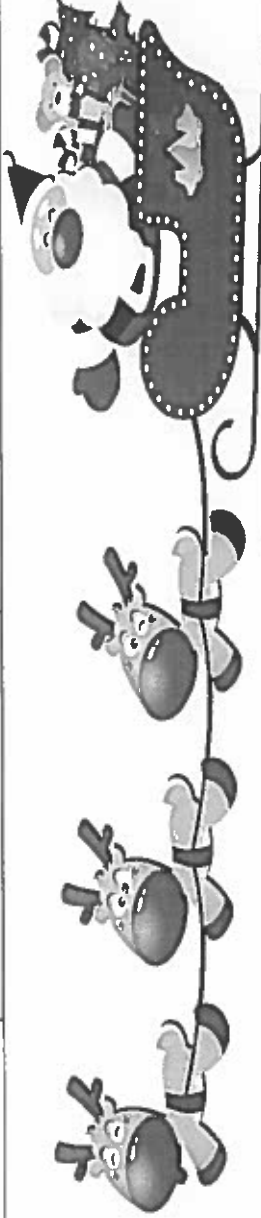
**Breakfast 8:30am – 10 am**      **Lunch is at 11 am – 12:30 pm**      **Monday through Friday**  
**Senior Meal Suggestion Donation: Breakfast \$1.00 – Lunch \$1.50**  
**Non-Senior (59 years or younger) Mandatory Meal Fee: Breakfast \$7.69 – Lunch \$7.69**

**DECEMBER 2018 - LAS VEGAS ACTIVITIES CALENDAR . DAILY ACTIVITIES INCLUDE POOL, BINGO AND CARDS**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p><b>3</b></p> <ul style="list-style-type: none"> <li>•9:30 TQMBB-ADVANCED CLASS</li> <li>•12:30 BINGO-RM 1</li> </ul>	<p><b>4</b></p> <ul style="list-style-type: none"> <li>•9:30 TCA-DINING RM</li> <li>•11:00 MASS-FATHER SALAZAR-RM 3</li> <li>•12:30 BINGO-RM 1</li> <li>•1:30 TCA-DINING RM</li> </ul>	<p><b>5</b></p> <ul style="list-style-type: none"> <li>•9:30 TQMBB-ADVANCED CLASS</li> <li>•11:00 MUSIC-DAVID MONTANO-DINING ROOM</li> <li>•1:00 LADIES SEWING CLUB-RM 1</li> </ul>	<p><b>6</b></p> <ul style="list-style-type: none"> <li>•9:30 TCA-DINING RM</li> <li>•12:30 BINGO-RM 1</li> <li>•1:30 TCA-DINING RM</li> </ul>	<p><b>7</b></p> <ul style="list-style-type: none"> <li>•10:00 COMMUNITY EDUCATION PRG - J ORTIZ</li> <li>•12:30 BINGO-RM 1</li> <li>•12:45 BRIDGE GRP-RM 2</li> <li>•1:00-3:00 SHOPPING &amp; ERRANDS WITHIN LAS VEGAS</li> </ul>	
<p><b>10</b></p> <ul style="list-style-type: none"> <li>•9:30 TQMBB-ADVANCED CLASS</li> <li>•12:30 BINGO-RM 1</li> </ul>	<p><b>11</b></p> <ul style="list-style-type: none"> <li>•8:30 SANTA FE SHOPPING TRIP - \$5 FEE</li> <li>•9:30 TCA-DINING RM</li> <li>•12:30 BINGO-RM 1</li> <li>•1:30 TCA-DINING RM</li> </ul>	<p><b>12</b></p> <ul style="list-style-type: none"> <li>•9:30 TQMBB-ADVANCED CLASS</li> <li>•11:00 UNDERSTANDING ALZHEIMERS - ALZHEIMERS ASSOCIATION</li> <li>•1:00 LADIES SEWING CLUB-RM 1</li> </ul>	<p><b>13</b></p> <ul style="list-style-type: none"> <li>•9:30 TCA-DINING RM</li> <li>•11:00 MUSIC BY H. ARMIJO</li> <li>•12:30 BINGO-RM 1</li> <li>•1:30 TCA-DINING RM</li> </ul>	<p><b>14</b></p> <ul style="list-style-type: none"> <li>•10:00-3:00 BOOK FAIR</li> <li>•12:30 BINGO-RM 1</li> <li>•12:45 BRIDGE GRP-RM 2</li> <li>•1:00-3:00 SHOPPING &amp; ERRANDS WITHIN LAS VEGAS</li> </ul>	
<p><b>17</b></p> <ul style="list-style-type: none"> <li>•9:30 TQMBB-ADVANCED CLASS</li> <li>•12:30 BINGO-RM 1</li> </ul>	<p><b>18</b></p> <ul style="list-style-type: none"> <li>•9:30 TCA-DINING RM</li> <li>•11:00 MASS-FATHER SALAZAR-RM 3</li> <li>•12:00 SAN MIGUEL EXTENSION COUNCIL &amp; CLUB</li> <li>•12:30 BINGO-RM 1</li> <li>•1:00-3:00 CHRISTMAS PARTY - \$5 ELEPHANT GIFT EXCHANGE - BRING A GIFT!</li> </ul>	<p><b>19</b></p> <ul style="list-style-type: none"> <li>•9:30 TQMBB-ADVANCED CLASS</li> <li>•1:00 LADIES SEWING CLUB-RM 1</li> </ul>	<p><b>20</b></p> <ul style="list-style-type: none"> <li>•9:00 CANE SELFDEFENSE-RM 1</li> <li>•9:30 TCA-DINING RM</li> <li>•12:30 BINGO-RM 1</li> <li>•1:30 TCA-DINING RM</li> </ul>	<p><b>21</b></p> <ul style="list-style-type: none"> <li>•11:00 MUSHC-DAVID MONTANO-DINING ROOM</li> <li>•12:30 BINGO-RM 1</li> <li>•12:45 BRIDGE GRP-RM 2</li> <li>•1:00-3:00 SHOPPING &amp; ERRANDS WITHIN LAS VEGAS</li> </ul>	
<p><b>24</b></p>	<p><b>25</b></p> 	<p><b>26</b></p> <ul style="list-style-type: none"> <li>•8:00 DRIVERS SAFETY CLASS-M. SPIVEY-RM 1</li> <li>•1:00 LADIES SEWING CLUB-RM 1</li> </ul>	<p><b>27</b></p> <ul style="list-style-type: none"> <li>•12:30 BINGO-RM 1</li> </ul>	<p><b>28</b></p> <ul style="list-style-type: none"> <li>•12:30 BINGO-RM 1</li> <li>•12:45 BRIDGE GRP-RM 2</li> </ul>	
<p><b>31</b></p> <ul style="list-style-type: none"> <li>•12:30 BINGO-RM 1</li> </ul>	<p><b>CLASSES ARE FREE TO SENIORS 60 AND OLDER!!! - DONATIONS ARE ACCEPTED</b>  <b>TQMBB - TAI JI QUAN: MOVING FOR BETTER BALANCE</b>  <b>TCA - TAI CHI FOR ARTHRITIS AND FALL PREVENTION</b>  <b>MOB - MATTER OF BALANCE</b>  <b>JOHN ARNOLD, CERTIFIED INSTRUCTOR</b></p>				


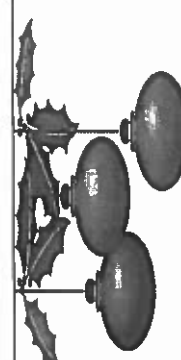
**ACTIVITY TRANSPORTATION REQUIRES A \$5 FEE BEGINNING JULY 1, 2018. TRANSPORTATION TO/FROM CENTER IS FREE. PLEASE CALL THE Las Vegas CENTER AT (505)425-9139. ALL TRANSPORTATION EVENTS ARE SUBJECT TO CHANGE DUE TO INCLEMENT WEATHER**

ACTIVITIES CALENDAR FOR SAN MIGUEL SENIOR CENTER FOR THE MONTH OF DECEMBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
POOL*BINGO*CARDS	POOL*BINGO*CARDS	POOL*BINGO*CARDS	POOL*BINGO*CARDS	POOL*BINGO*CARDS 11:00 CHRISTUS HEALTH PLAN MEDICARE ENROLLMENT
10	11	12	13	14
	POOL*BINGO*CARDS	POOL*BINGO*CARDS	POOL*BINGO*CARDS	POOL*BINGO*CARDS
17	18	19	20	21
POOL*BINGO*CARDS	POOL*BINGO*CARDS	POOL*BINGO*CARDS	POOL*BINGO*CARDS	POOL*BINGO*CARDS
24	25	26	27	28
		POOL*BINGO*CARDS	POOL*BINGO*CARDS	POOL*BINGO*CARDS
				
31				
POOL*BINGO*CARDS				

ACTIVITY TRANSPORTATION REQUIRES A \$5 FEE BEGINNING JULY 1, 2018. TRANSPORTATION TO/FROM CENTER IS FREE. PLEASE CALL THE PECOS SENIOR CENTER (505)757-3000 OR THE Las Vegas CENTER AT (505)425-9139. ALL TRANSPORTATION EVENTS ARE SUBJECT TO CHANGE DUE TO INCLEMENT WEATHER

**DECEMBER 2018 - ACTIVITIES CALENDAR FOR PECOS**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
POOL*BINGO*CARDS 9-10AM - TAI JI QUAN - MOVING FOR BETTER BALANCE - MIKE DEMARCO	POOL*BINGO*CARDS 10AM - EXERCISE & DANCE CLASS 11:00 CHRISTUS HEALTH PLAN MEDICARE ENROLLMENT	POOL*BINGO*CARDS 10AM MASS	POOL*BINGO*CARDS 10AM - EXERCISE & DANCE CLASS	POOL*BINGO*CARDS
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
POOL*BINGO*CARDS 9-10AM - TAI JI QUAN - MOVING FOR BETTER BALANCE - MIKE DEMARCO	POOL*BINGO*CARDS 10AM - EXERCISE & DANCE CLASS	POOL*BINGO*CARDS 10AM MASS	POOL*BINGO*CARDS 10AM - EXERCISE & DANCE CLASS	POOL*BINGO*CARDS 10AM MASS 9AM SHOPPING TRIP TO LAS VEGAS LUNCH AT LAS VEGAS SENIOR CENTER
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
POOL*BINGO*CARDS 9-10AM - TAI JI QUAN - MOVING FOR BETTER BALANCE - MIKE DEMARCO	POOL*BINGO*CARDS 10AM - EXERCISE & DANCE CLASS	POOL*BINGO*CARDS	POOL*BINGO*CARDS 10AM - EXERCISE & DANCE CLASS	POOL*BINGO*CARDS 1PM-3PM CHRISTMAS PARTY & GIFT EXCHANGE
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
		POOL*BINGO*CARDS	POOL*BINGO*CARDS 10AM - EXERCISE & DANCE CLASS	POOL*BINGO*CARDS
<b>31</b>			<b>CLASSES ARE FREE TO SENIORS 60 AND OLDER!!! - DONATIONS ARE ACCEPTED TAI JI QUAN: MOVING FOR BETTER BALANCE MICHAEL DEMARCO, CERTIFIED INSTRUCTOR</b>	
POOL*BINGO*CARDS 9-10AM - TAI JI QUAN - MOVING FOR BETTER BALANCE - MIKE DEMARCO	<b>ACTIVITY TRANSPORTATION REQUIRES A \$5 FEE BEGINNING JULY 1, 2018. TRANSPORTATION TO/FROM CENTER IS FREE. PLEASE CALL PECOS SENIOR CENTER (505)757-3000 OR THE Las Vegas CENTER AT (505)425-9139. ALL TRANSPORTATION EVENTS ARE SUBJECT TO CHANGE DUE TO INCLEMENT WEATHER</b>			