

MENU FOR THE MONTH JANUARY 2019 -

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	WE WILL BE CLOSED IN OBSERVANCE OF THE NEW YEAR HOLIDAY	MENU 33 6 oz. SPAGHETTI W/MEAT SAUCE 4 oz. GREEN BEANS 4 oz. SALAD DINNER ROLL 4 oz. PUDDING	Menu 409 6 OZ. FRITO PIE (2 OZ. BEEF & BEANS, 2 OZ. CORN CHIPS, 2 OZ. RED CHILE, LETTUCE, TOMATO, ONION, CHEESE) 4 OZ. SEASONED SPINACH 4 OZ. DICED PEACHES	MENU 3 4 OZ. TUNA SALAD ON W/W BREAD 4 OZ. COLESLAW POTATO CHIPS 1 APPLE
8 oz. 2% Milk Served with all Meals				
7	8	9	10	11
Menu 215 3 OZ. BAKED CHICKEN 4 OZ. GREEN BEANS 4 OZ. STUFFING 1 DINNER ROLL 4 OZ. MIXED FRUIT	Recipe 508 6 OZ. GREEN CHILE STEW 4 OZ. MEXICORN 8 OZ. SALAD W/ DRESSING 1 TORTILLA 1 COOKIE	Menu 508a 8 OZ. PORK POSOLE 2 OZ. RED CHILE 4 OZ. CALABACITAS 1 FLOUR TORTILLA 4 OZ. DICED PEARS	Menu 144 6 OZ. CHICKEN MACARONI CASSEROLE 8 OZ. CALIFORNIA BLEND VEGGIE 1 W/W DINNER ROLL 4 OZ. YOGURT	MENU 13 COLD HAM & CHEESE SANDWICH W/ LETTUCE & TOMATO ON WHEAT BREAD 4 OZ. POTATO SALAD 1 ORANGE
14	15	16	17	18
Menu 148 3 OZ. PORK TIPS W/ BROWN GRAVY 4 OZ. OF RICE 4 OZ. STEAMED CAULIFLOWER 4 OZ. GARDEN SALAD W/ 2T DRESSING 1 DINNER ROLL 4 OZ. CAKE	Menu 505 4 OZ. TACO SALAD W/GROUND BEEF 2 OZ LETTUCE, TOMATO & ONION 4 OZ. CALABACITAS 4 OZ. SPANISH RICE 4 OZ. FRUIT COCKTAIL	Menu 138 8 OZ. CHICKEN & NOODLE SOUP W/ CARROTS & CELERY 6 OZ. CEASAR SALAD W/ 2T DRESSING 6 CRACKERS 4 OZ. APPLE SAUCE	Recipe 406 3 OZ. BAKED FISH SQUARES 1T TARTAR SAUCE 4 OZ. GREEN BEANS 4 OZ. POTATO WEDGES BISCUIT 2 OZ. PEACH COBBLER	Menu SL 7 CHICKEN SALAD SANDWICH (CELERY, ONION, LETTUCE,TOMATO) ON WHEAT BREAD PICKLE SPEAR 4 OZ. BEETS 4 OZ. STRAWBERRY ICE CREAM
21	22	23	24	25
Menu 141 3 OZ. CHICKEN POT PIE 4 OZ. GARDEN SALAD 4 OZ. BROWN RICE 4 OZ. CAKE	Menu 146 3 OZ. CARNE ADOVADA 4 OZ. BEANS 4 OZ. SEASONED SPINACH FLOUR TORTILLA 4 OZ. DICED PEACHES	Menu 105 3 OZ. MEATLOAF 4 OZ. SCALLOPED POTATOES 4 OZ. GREEN BEANS W/W ROLL 4 OZ. PUDDING	Menu 306 6 OZ. SWEET & SOUR PORK 4 OZ. BROWN RICE 4 OZ. STEAMED CARROTS 6 CRACKERS WHOLE ORANGE	MENU SL 9 4 OZ. TURKEY & CHEESE WRAP 4 OZ. MACARONI SALAD 4 OZ. SLICED CUCUMBER 1 APPLE
28	29	30	31	
Menu 120 3 OZ CHICKEN FRIED STEAK WHITE GRAVY 4 OZ MASHED POTATOES 4 OZ PEAS SLICE W/W BREAD 3 OZ. CAKE	Menu 206 GREEN CHILE CHEESE BURGER ON TORTILLA W/ 2 OZ. LETTUCE & TOMATO 4 OZ. PORK & BEANS 4 OZ. PEAS & CARROTS 4 OZ. DICED PEARS	Menu 192 SLOPPY JOE ON BUN 4 OZ. CORN ON THE COB 4 OZ. GREEN BEANS 4 OZ. YOGURT	Menu 220 3 OZ. PORK ROAST 4 OZ. MASHED POTATOES W/ GRAVY 4 OZ. CORN 1 PC. PINEAPPLE UPSIDE DOWN CAKE	DUE TO UNFORSEEN CIRCUMSTANCES MENU IS SUBJECT TO CHANGE

Breakfast 8:30am - 10 am

Lunch 11 am - 12:30 pm

Monday through Friday

Senior Meal Suggested 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 JANUARY 2019 -

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
DUE TO UNFORSEEN CIRCUMSTANCES MENU IS SUBJECT TO CHANGE	CLOSED NEW YEAR'S DAY	1/2 TOAST 2 BOILED EGGS 1 ORANGE 4 OZ YOGURT	6 OZ OATMEAL 2 OZ DICED HAM 1/2 ENGLISH MUFFIN	SAUSAGE BURRITO (1 OZ SAUSAGE, 1 EGG ON TORTILLA) 4 OZ SALSA
7	8	9	10	11
POTATO & EGG BURRITO W/CHEESE 4 OZ. SALSA	1 CUP CEREAL 1/2 BAGEL W/ 2T CREAM CHEESE	2 PANCAKES & SAUSAGE 4 OZ YOGURT 1 ORANGE	2 OZ, PEANUT BUTTER, 1 TSP JELLY ON 1/2 SLICE TOAST 4 OZ CEREAL	SCRAMBLED EGG CHEESE, RED CHILE POTATO MARGARINE
14	15	16	17	18
1 SCRAMBLED EGG 1 OZ CHEESE 1 SLICE BACON 1 1/2 TORTILLA	BAGEL 2 OZ CHEESE 6 OZ CEREAL	1 HARD BOILED EGG CHEESE STICK 1/2 ENGLISH MUFFIN 1 TSP JELLY	2 OZ COTTAGE CHEESE 1 1/2 SLICES OF TOAST 1 TSP JELLY	HAM & CHEESE BISCUIT YOGURT
21	22	23	24	25
SCRAMBLED EGG CHEESE, RED CHILE POTATO MARGARINE	4 OZ. CREAM OF WHEAT 1/2 TOAST 1 TSP JELLY	BACON BURRITO W/ EGG, BACON & CHEESE ON TORTILLA	SAUSAGE, SALSA HASHBROWNS 1/2 TORTILLA JELLY	2 PANCAKES & SAUSAGE 4 OZ YOGURT 1 ORANGE
28	29	30	31	
SCRAMBLED EGG W/ 4 OZ POTATOES SPRINKLED W/ CHEESE 1/2 ENGLISH MUFFIN	COLD CEREAL ENGLISH MUFFIN W/ 2T PEANUT BUTTER	6 OZ OATMEAL 2 OZ DICED HAM 1/2 TOAST	POTATO & EGG BURRITO W/ CHEESE SALSA	MILK SERVED WITH EVERY MEAL 

Breakfast 830am - 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

JANUARY 2019 - LAS VEGAS ACTIVITIES CALENDAR - DAILY ACTIVITIES INCLUDE POOL, BINGO AND CARDS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
<p>TAI CHI CLASSES OFFERED TO SENIORS 60 AND OLDER - FREE DONATIONS ARE ACCEPTED</p>	 <p>•12:30 BINGO-RM 1</p>	<p>•1:00 LADIES SEWING CLUB-RM 1</p>	<p>•12:30 BINGO-RM 1</p>	<p>•12:30 BINGO-RM 1</p> <p>•12:45 BRIDGE GRP-RM 2</p> <p>•1:00-3:00 SHOPPING & ERRANDS WITHIN LAS VEGAS</p>
7	8	9	10	11
<p>•12:30 BINGO-RM 1</p>	<p>•12:30 BINGO-RM 1</p>	<p>•1:00 LADIES SEWING CLUB-RM 1</p>	<p>•11:00 MUSIC BY H. ARMIJO</p> <p>•12:30 BINGO-RM 1</p>	<p>•12:30 BINGO-RM 1</p> <p>•12:45 BRIDGE GRP-RM 2</p> <p>•1:00-3:00 SHOPPING & ERRANDS WITHIN LAS VEGAS</p>
14	15	16	17	18
<p>•9:30 TJQMBB-ADVANCED CLASS</p> <p>•12:30 BINGO-RM 1</p>	<p>•9:30 TCA-DINING RM</p> <p>•11:00 MASS-FATHER SALAZAR-RM 3</p> <p>•12:00 SAN MIGUEL EXTENSION COUNCIL & CLUB</p> <p>•12:30 BINGO-RM 1</p> <p>•1:30 TCA-DINING RM</p>	<p>•8:00 DRIVERS SAFETY CLASS-M. SPIVEY-RM 1</p> <p>•9:30 TJQMBB-ADVANCED CLASS</p> <p>•1:00 LADIES SEWING CLUB-RM 1</p>	<p>•9:00 CANE SELFDEFENSE-RM 1</p> <p>•9:30 TCA-DINING RM</p> <p>•12:30 BINGO-RM 1</p> <p>•1:30 TCA-DINING RM</p>	<p>•12:30 BINGO-RM 1</p> <p>•12:45 BRIDGE GRP-RM 2</p> <p>•1:00-3:00 SHOPPING & ERRANDS WITHIN LAS VEGAS</p>
21	22	23	24	25
<p>•9:30 TJQMBB-ADVANCED CLASS</p> <p>•12:30 BINGO-RM 1</p>	<p>•9:30 TCA-DINING RM</p> <p>•12:30 BINGO-RM 1</p> <p>•1:30 TCA-DINING RM</p>	<p>•8:30 SANTA FE SHOPPING TRIP - \$5 FEE</p> <p>•9:30 TJQMBB-ADVANCED CLASS</p> <p>•1:00 LADIES SEWING CLUB-RM 1</p>	<p>•9:30 TCA-DINING RM</p> <p>•12:30 BINGO-RM 1</p> <p>1:30 TCA-DINING RM</p>	<p>•12:30 BINGO-RM 1</p> <p>•12:45 BRIDGE GRP-RM 2</p> <p>•1:00-3:00 SHOPPING & ERRANDS WITHIN LAS VEGAS</p>
28	29	30	31	
<p>•9:30 TJQMBB-ADVANCED CLASS</p> <p>•12:30 BINGO-RM 1</p>	<p>•9:30 TCA-DINING RM</p> <p>•12:30 BINGO-RM 1</p> <p>•12:45 BRIDGE GROUP - ROOM 2</p> <p>•1:30 TCA-DINING RM</p>	<p>•9:30 TJQMBB-ADVANCED CLASS</p> <p>•1:00 LADIES SEWING CLUB-RM 1</p>	<p>•9:30 TCA-DINING RM</p> <p>•12:30 BINGO-RM 1</p> <p>1:30 TCA-DINING RM</p>	<p>TJQMBB - TAI JI QUAN: MOVING FOR BETTER BALANCE</p> <p>TCA - TAI CHI FOR ARTHRITIS AND FALL PREVENTION</p> <p>JOHN ARNOLD, CERTIFIED INSTRUCTOR</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

JANUARY 2019 - ACTIVITIES CALENDAR FOR PECOS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CLASSES ARE FREE TO SENIORS 60 AND OLDER!!! - DONATIONS ARE ACCEPTED	1	2 POOL*BINGO*CARDS 10AM MASS	3 POOL*BINGO*CARDS 10AM - EXERCISE & DANCE CLASS	4 POOL*BINGO*CARDS
7	8	9	10	11
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
14	15	16	17	18
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
21	22	23	24	25
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
28	29	30	31	
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	TAI JI QUAN: MOVING FOR BETTER BALANCE, MICHAEL DEMARCO, CERTIFIED INSTRUCTOR

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