


MENU FOR THE MONTH MAY 2019
LAS VEGAS (505)425-9139 Pecos (505)757-3000 SAN MIGUEL (575)421-9570

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 MENU 508a	2 MENU 425	3 MENU SL5
A BEAUTIFUL & BLESSED MOTHER'S DAY TO ALL YOU LOVELY WOMEN ON MAY 12TH	8 OZ. 2% MILK SERVED WITH EVERY MEAL	8 OZ POSOLE W/ PORK 4 OZ SPINACH 4 OZ. SQUASH TORTILLA COOKIE	6 OZ SPAGHETTI & MEAT SAUCE 6 OZ STEAMED BROCCOLI SLICE OF GARLIC BREAD 4 OZ APPLESAUCE	HAM & CHEESE WRAP 4 oz. TOMATO/CUCUMBER SALAD 4 oz. COTTAGE CHEESE & PINEAPPLE
6 MENU 107	7 MENU 214	8 MENU 128	9 MENU 431	10 MENU 517
3 OZ SALSBURY STEAK 4 OZ MASHED POTATOES 2 OZ. GRAVY 4 OZ MIXED GREEN VEGETABLES BISCUIT 4 OZ. FRUIT COBBLER	GREEN CHILE CHICKEN ENCHILADA W/ GARNISH 4 OZ PINTO BEANS 4 OZ SPANISH RICE 1 CUPCAKE	BEEF & MACARONI (3 oz. GROUND BEEF, 4 OZ. MACARONI) 4 OZ. GREEN BEANS 1 SLICE GARLIC BREAD 4 OZ. FRUIT COCKTAIL	FISH FILET 4 OZ. WILD RICE SEASONED 4 OZ. MEDITERRANIAN VEGETABLES DINNER ROLL 4 OZ. PEACHES	1 AMERICAN HOT DOG 4 OZ BAKED BEANS 4 OZ COLE SLAW 4 OZ. YOGURT
13 MENU 144	14 MENU 430	15 MENU 425	16 MENU 508	17 MENU SL7
GREEN CHILE CHEESEBURGER 4 OZ PORK & BEANS 4 OZ TATER TOTS 4 OZ. YOGURT	OPEN FACE TURKEY SANDWICH (3 oz TURKEY ON SLICE BREAD) 4 OZ MASHED POTATOES W/ GRAVY 4 OZ BEETS 4 OZ APPLE SAUCE	5 OZ. LASAGNA 4 OZ. CORN 4 OZ. GREEN BEANS ROLL 4 OZ. JELLO	GREEN CHILE BEEF STEW 4 OZ MEXICORN 4 OZ. SEASONED SPINACH TORTILLA COOKIE	4 OZ. CHICKEN SALAD SANDWICH 4 OZ. PORK & BEANS 4 OZ. PICKLE SPEARS CHIPS 4 OZ. LEMON PUDDING
20 MENU 406	21 MENU NM	22 MENU 220	22 MENU 425	23 MENU 430
3 OZ BAKED FISH SQUARES 1T TARTAR SAUCE 4 OZ GREEN BEANS 4 OZ POTATO WEDGES 4 OZ. YOGURT	BEEF & CHEESE ENCHILADA W/ RED CHILE 4 OZ PINTO BEANS 4 OZ SPANISH RICE 6 CRACKERS 4 OZ VANILLA PUDDING	3 OZ BBQ SHREADED CHICKEN SANDWICHES 4 oz. BAKED BEANS 4 OZ POTATO SALAD W/W ROLL 4 OZ PEARS	SLOPPY JOE ON BUN 4 OZ. TATER TOTS 4 OZ. PEAS & CARROTS 4 OZ. CUPCAKE	COLD HAM & CHEESE SANDWICH 4 OZ. PORK & BEANS 4 OZ. CUCUMBER SLICES APPLE
27	28 HOLIDAY MENU 4	29 MENU 33	30 MENU 220	31 MENU SL4
WE WILL BE CLOSED IN OBSERVANCE OF THE MEMORIAL DAY HOLIDAY	3 OZ BAKED HAM 4 OZ GREEN BEANS 4 OZ YAMS DINNER ROLL CAKE	FRITO PIE (2 OZ. EA. BEEF & BEANS, 1 OZ. CHILE & CHEESE) 4 OZ SEASONED SPINACH 4 OZ DICED PEACHES	3 OZ BBQ BAKED CHICKEN 4 OZ CORN 4 OZ COLE SLAW DINNER ROLL YOGURT	4 OZ. TURKEY & CHEESE WRAP W/ LETTUCE & TOMATO 4 OZ. MACARONI SALAD 4 OZ. CUCUMBER SLICES 1 APPLE

Breakfast 8am – 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

BREAKFAST MENU FOR THE MONTH OF MAY 2019

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
<p>MILK SERVED WITH EVERY MEAL</p> 	<p>DUE TO UNFORSEEN CIRCUMSTANCES MENU IS SUBJECT TO CHANGE</p>	<p>POTATO & EGG BURRITO W/CHEESE 4 OZ. SALSA</p>	<p>SAUSAGE BURRITO (1 OZ SAUSAGE, 1 EGG ON TORTILLA) 4 OZ SALSA</p>	<p>6 OZ OATMEAL 2 OZ DICED HAM ½ ENGLISH MUFFIN</p>
6	7	8	9	10
<p>CUP CREAM OF WHEAT CEREAL ½ BAGEL W/ 2T CREAM CHEESE</p>	<p>MUFFIN 2 BOILED EGGS 1 ORANGE 4 OZ YOGURT</p>	<p>2 PANCAKES & SAUSAGE 4 OZ YOGURT 1 ORANGE</p>	<p>2 OZ, PEANUT BUTTER, 1 TSP JELLY ON ½ SLICE TOAST 4 OZ CEREAL</p>	<p>SCRAMBLED EGG CHEESE, RED CHILE POTATO MARGARINE</p>
13	14	15	16	17
<p>1 SCRAMBLED EGG 1 OZ CHEESE 1 SLICE BACON 1 ½ TORTILLA</p>	<p>BAGEL 2 OZ CHEESE 6 OZ CEREAL</p>	<p>1 HARD BOILED EGG CHEESE STICK ½ ENGLISH MUFFIN 1 TSP JELLY</p>	<p>HAM & CHEESE BISCUIT YOGURT</p>	<p>2 OZ COTTAGE CHEESE 1 ½ SLICES OF TOAST 1 TSP JELLY</p>
20	21	22	23	24
<p>3 OZ SCRAMBLED EGG 1 CROISSANT 4 OZ YOGURT 2T PEANUT BUTTER</p>	<p>1 CUP CEREAL ½ ENGLISH MUFFIN W/ 2T PEANUT BUTTER</p>	<p>BACON BURRITO W/ EGG, BACON & CHEESE ON TORTILLA</p>	<p>SAUSAGE, SALSA HASHBROWNS TOAST JELLY</p>	<p>2 PANCAKES & SAUSAGE 4 OZ YOGURT 1 ORANGE</p>
27	28	29	30	31
<p>SENIOR CENTER CLOSED IN OBSERVANCE OF MEMORIAL DAY!</p>	<p>COLD CEREAL ENGLISH MUFFIN W/ 2T PEANUT BUTTER</p>	<p>6 OZ OATMEAL 2 OZ DICED HAM ½ ENGLISH MUFFIN</p>	<p>POTATO & EGG BURRITO W/ CHEESE SALSA</p>	<p>1 SCRAMBLED EGG W/ 4 OZ POTATOES SPRINKLED W/ CHEESE TORTILLA</p>

Breakfast 8am - 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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>FREE - TAI CHI CLASSES OFFERED TO SENIORS 60 AND OLDER</p> <p>DONATIONS ARE ACCEPTED</p> <p>TJQMBB - TAI JI QUAN: MOVING FOR BETTER BALANCE</p> <p>TCA - TAI CHI FOR ARTHRITIS AND FALL PREVENTION</p> <p>MOB - MATTER OF BALANCE</p> <p>JOHN ARNOLD, CERTIFIED INSTRUCTOR</p>	<p>6</p> <p>•9:30 TJQMBB-ADVANCED CLASS</p> <p>•11:00 MOTHER'S DAY HOPE ACTIVITY</p> <p>•11:30-1:30 MOB-RM 3</p> <p>•12:30 BINGO-RM 1</p> <p>•1:00 CANASTA</p>	<p>1</p> <p>•9:30 TJQMBB-ADVANCED CLASS</p> <p>•11:30-1:30 MOB-RM 3</p> <p>•1:00 LADIES SEWING CLUB-RM 1</p>	<p>2</p> <p>•9:00 LUNA HAIRCUTS</p> <p>•9:30 TCA-DINING RM</p> <p>•10:00 EASTERN NM BSN - M. VALDEZ</p> <p>BLOOD PRESSURE & HYPERTENSION</p> <p>•12:30 BINGO-RM 1</p> <p>•1:30 TCA-DINING RM</p>	<p>3</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>
<p>7</p> <p>•8:30 SANTA FE SHOPPING TRIP - \$5 FEE</p> <p>•11:00 MASS-FATHER SALAZAR-RM 3</p> <p>•12:30 BINGO-RM 1</p>	<p>13</p> <p>•9:30 TJQMBB-ADVANCED CLASS</p> <p>•11:30-1:30 MOB-RM 3</p> <p>•12:30 BINGO-RM 1</p> <p>•1:00 CANASTA</p>	<p>8</p> <p>•1:00 LADIES SEWING CLUB-RM 1</p>	<p>9</p> <p>•9:00 CANE SELF DEFENSE-RM 1</p> <p>•9:00 LUNA HAIRCUTS</p> <p>•9:30 TCA-DINING RM</p> <p>•12:30 BINGO-RM 1</p> <p>•1:30 TCA-DINING RM</p>	<p>10</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>
<p>14</p> <p>•9:30 TCA-DINING RM</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>20</p> <p>•9:30 TJQMBB-ADVANCED CLASS</p> <p>•11:30-1:30 MOB-RM 3</p> <p>•12:30 BINGO-RM 1</p> <p>•1:00 CANASTA</p>	<p>15</p> <p>•8:00 DRIVERS SAFETY CLASS-M. SPIVEY-RM 1</p> <p>•9:30 TJQMBB-ADVANCED CLASS</p> <p>•11:30-1:30 MOB-RM 3</p> <p>•1:00 LADIES SEWING CLUB-RM 1</p>	<p>16</p> <p>•9:00 LUNA HAIRCUTS</p> <p>•9:30 TCA-DINING RM</p> <p>•12:30 BINGO-RM 1</p> <p>•1:30 TCA-DINING RM</p>	<p>17</p> <p>•9:30 TAOS ANCIANO DANCE - 1:00-3:00 - \$5 FEE</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>
<p>21</p> <p>•8:30 ZOO TRIP TO ALBUQUERQUE - \$5 FEE</p> <p>•9:30 TCA-DINING RM</p> <p>•11:00 MASS-FATHER SALAZAR-RM 3</p> <p>•12:30 BINGO-RM 1</p> <p>•1:30 TCA-DINING RM</p>	<p>27</p> <p>SENIOR CENTER CLOSED FOR MEMORIAL DAY</p> 	<p>22</p> <p>•9:30 TJQMBB-ADVANCED CLASS</p> <p>•11:30-1:30 MOB-RM 3</p> <p>•1:00 LADIES SEWING CLUB-RM 1</p>	<p>23</p> <p>•9:00 LUNA HAIRCUTS</p> <p>•9:30 TCA-DINING RM</p> <p>•10:00 CHRISTUS HEALTH PLAN-PRESENTATION</p> <p>HEALTHY EATING</p> <p>•12:30 BINGO-RM 1</p> <p>•1:30 TCA-DINING RM</p>	<p>24</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>
<p>28</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>29</p> <p>•9:30 TJQMBB-ADVANCED CLASS</p> <p>•11:30-1:30 MOB-RM 3</p> <p>•12:00 - 2:00 DANCE - MUSIC BY AMNISTAD</p> <p>•1:00 LADIES SEWING CLUB-RM 1</p>	<p>29</p>	<p>30</p>	<p>31</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

MAY 2019 - ACTIVITIES CALENDAR FOR PECOS - Daily Activities Include Pool, Bingo and Cards

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CLASSES ARE FREE TO SENIORS 60 AND OLDER DONATIONS ARE ACCEPTED TAI JI QUAN: MOVING FOR BETTER BALANCE MICHAEL DEMARCO, CERTIFIED INSTRUCTOR	1 10AM MASS	2 9-10AM - TAI JI QUAN - MOVING FOR BETTER BALANCE - MIKE DEMARCO	3 9-3PM - SHOPPING IN LAS VEGAS	
6 9-10AM - TAI JI QUAN - MOVING FOR BETTER BALANCE - M. DEMARCO 10AM - EXERCISE & DANCE CLASS	7 9-10AM - TAI JI QUAN - MOVING FOR BETTER BALANCE - M. DEMARCO 10AM - EXERCISE & DANCE CLASS	8 10AM MASS	9 9-10AM - TAI JI QUAN - MOVING FOR BETTER BALANCE - M. DEMARCO 10AM - EXERCISE & DANCE CLASS 11:30-1PM MUSIC BY JAMES BOWELS - MOTHERS DAY	10 10AM MASS
13 9-10AM - TAI JI QUAN - MOVING FOR BETTER BALANCE - M. DEMARCO 10AM - EXERCISE & DANCE CLASS	14 9-10AM - TAI JI QUAN - MOVING FOR BETTER BALANCE - M. DEMARCO 10AM - EXERCISE & DANCE CLASS	15 10AM MASS 9-3PM - SHOPPING IN SANTA FE - \$5 FEE 1-3PM ARTS AND CRAFTS AND BAKE SALE	16 9-10AM - TAI JI QUAN - MOVING FOR BETTER BALANCE - M. DEMARCO 10AM - EXERCISE & DANCE CLASS	17 10AM MASS 8:30AM TAOS ANCIANO DANCE 1:00- 3:00 - \$5 FEE - \$5 BUS FEE
20 9:30 ZOO TRIP TO ALBUQUERQUE - \$5 FEE 10AM - EXERCISE & DANCE CLASS	21 9:30 ZOO TRIP TO ALBUQUERQUE - \$5 FEE 10AM - EXERCISE & DANCE CLASS	22 10AM MASS 1-3PM ARTS AND CRAFTS AND BAKE SALE	23 10AM - EXERCISE & DANCE CLASS	24 10AM MASS 12:30PM - MOVIE DAY
27 SENIOR CENTER CLOSED  FOR MEMORIAL DAY	28 9-10AM - TAI JI QUAN - MOVING FOR BETTER BALANCE - M. DEMARCO 10AM - EXERCISE & DANCE CLASS	29 10AM MASS	30 9-10AM - TAI JI QUAN - MOVING FOR BETTER BALANCE - M. DEMARCO 10AM - EXERCISE & DANCE CLASS	31

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