

MENU FOR THE MONTH OF DECEMBER 2019

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 FISH SANDWICH 2T TARTAR SAUCE ON BUN 4 OZ POTATO CHIPS 4 OZ STEAMED CARROTS 4 OZ APPLESAUCE	3 MENU 430 OPEN FACE TURKEY SANDWICH 4 OZ MASHED POTATOES GRAVY 4 OZ PEAS 4 OZ PEARS	4 MENU 220 3 OZ BBQ BAKED CHICKEN 4 OZ CORN ON THE COB 4 OZ GREEN BEANS W/W ROLL 1 OZ MARGARINE 4 OZ FRUIT COCKTAIL	5 MENU 144 GREEN CHILE CHEESE TORTILLA BURGER 3 OZ BEEF, 2T GREEN CHILE, 1 OZ CHEESE 4 OZ PORK & BEANS 4 OZ TATER TOTS ICE CREAM	6 MENU 425 SPAGHETTI WITH MEAT SAUCE 4OZ. CORN 4OZ. SALAD WITH DRESSING 1 SLICE GARLIC BREAD 4OZ DICED PEACHES
9 MENU 508 GREEN CHILE PORK STEW 4 OZ MEXICORN SALAD W/ DRESSING TORTILLA COOKIE	10 CHICKEN FAJITAS (2 OZ CHICKEN, 2 OZ PEPPERS) 4 OZ PINTO BEANS 4 OZ SPANISH RICE 1 W/W TORTILLA 2T PICO DE GALLO 8 OZ COTTAGE CHEESE W/PEACHES	11 MENU 120 CHICKEN FRIED STEAK 4 OZ MASHED POTATOES 2T WHITE GRAVY 4 OZ PEAS 1 SLICE W/W BREAD 1 OZ BROWNIE	12 MENU 508a 8 OZ PORK POSOLE W/CHILE 4 OZ SEASONED SPINACH PINTO BEANS FLOUR TORTILLA COOKIE MILK	13 MENU 145 4 OZ. CHICKEN ALFREDO LINGUINI 4 OZ. CARROTS W/PIMIENTO 4 OZ. GREEN BEANS 4 OZ. GARLIC BREAD STICK 1 PUMPKIN BREAD CUPCAKE
16 MENU 328 3 OZ BAKED PORK CHOP 4 OZ MASHED POTATOES 2 OZ GRAVY 4 OZ MIXED GREEN VEGETABLES DINNER ROLL 2 OZ CHERRY COBBLER	17 MENU 116 6 OZ FIDEOS W/ MEAT SAUCE TOSSED SALAD 4 OZ CALIFORNIA BLEND VEGETABLES GARLIC BREAD SHERBET	18 MENU 214 GREEN CHILE CHICKEN ENCHILADAS (2OZ CHICKEN, 2T GREEN CHILE, 1 CORN TORTILLA) 4 OZ PINTO BEANS 4 OZ SPANISH RICE 4 OZ FRUIT COCKTAIL	19 MENU 501 4OZ. SPIRAL HAM 2 OZ. BROWN GRAVY 4 OZ. MASHED POTATOES 4OZ. STUFFING 4 OZ. PEAS DINNER ROLL 4OZ. PUMPKIN PIE W/TOPPING	20 FISH FILET LEMON WEDGE WILD RICE - ASPARAGUS DINNER ROLL VANILLA PUDDING W/ WAFERS & BANANAS
23 MENU 192 SLOPPY JOE ON BUN TOSSED SALAD W/ DRESSING 4 OZ GREEN BEANS ICE CREAM	24 MENU 146 3 OZ CARNE ADOVADA 4 OZ PINTO BEANS 8 OZ SPINACH 1 FLOUR TORTILLA 4 OZ PUDDING			27 MENU 138 CHICKEN NOODLE SOUP 4 OZ STEAMED CAULIFLOWER 6 CRACKERS 4 OZ PUDDING
30 MENU 501 1 SMOTHERED RED CHILE BURRITO (1 OZ BEEF, 1 OZ BEANS, 1 OZ CHEESE) 1 FLOUR TORTILLA 4 OZ CORN COOKIE	31 MENU 116 5 OZ LASAGNA 6 OZ GARDEN SALAD 1 CUP MIXED VEGETABLES FRENCH BREAD 4 OZ CUP CAKE			8 oz. 2% Milk Served with all Meals
DUE TO UNFORSEEN CIRCUMSTANCES MENU IS SUBJECT TO CHANGE			DUE TO UNFORSEEN CIRCUMSTANCES MENU IS SUBJECT TO CHANGE	

BREAKFAST: 8AM-10AM

LUNCH: 11AM-12:30PM

MONDAY THROUGH FRIDAY

SENIOR MEAL SUGGESTED DONATION: BREAKFAST \$1.00 – LUNCH \$1.50

NON-SENIOR (59 YEARS OR YOUNGER) MANDATORY MEAL FEE: BREAKFAST \$9.46 – LUNCH \$9.46

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
COLD CEREAL 1 SLICE TOAST W/1T JELLY 4 OZ. YOGURT	SCRAMBLED EGG CHEESE RED CHILE HASHBROWNS MARGARINE	2 PANCAKES W/BACON 4OZ. YOGURT	POTATO & EGG BURRITO W/CHEESE SALSA	1 CUP OATMEAL SLICE OF TOAST W/2T CREAM CHEESE
9	10	11	12	13
1 HARD BOILED EGG CHEESE STICK ½ ENGLISH MUFFIN 1T JELLY	POTATO & EGG BURRITO W/CHEESE SALSA	2 PANCAKES W/SAUSAGE 4OZ. YOGURT	SCRAMBLED EGG CHEESE RED CHILE HASHBROWNS MARGARINE	1 CUP CREAM OF WHEAT SLICE OF TOAST W/2T CREAM CHEESE
16	17	18	19	20
COLD CEREAL 1 SLICE TOAST W/1T JELLY 4 OZ. YOGURT	SCRAMBLED EGG CHEESE RED CHILE HASHBROWNS MARGARINE	2 PANCAKES W/BACON 4OZ. YOGURT	POTATO & EGG BURRITO W/CHEESE SALSA	1 CUP OATMEAL SLICE OF TOAST W/2T CREAM CHEESE
23	24	25	26	27
1 HARD BOILED EGG CHEESE STICK ½ ENGLISH MUFFIN 1T JELLY	POTATO & EGG BURRITO W/CHEESE SALSA			1 CUP CREAM OF WHEAT SLICE OF TOAST W/2T CREAM CHEESE
30	31			DUE TO UNFORSEEN CIRCUMSTANCES MENU IS SUBJECT TO CHANGE
COLD CEREAL 1 SLICE TOAST W/1T JELLY 4 OZ. YOGURT	SCRAMBLED EGG CHEESE RED CHILE HASHBROWNS MARGARINE			8 oz. 2% Milk Served with all Meals

BREAKFAST: 8AM-10AM

LUNCH: 11AM-12:30PM

MONDAY THROUGH FRIDAY

SENIOR MEAL SUGGESTED DONATION: BREAKFAST \$1.00 – LUNCH \$1.50

NON-SENIOR (59 YEARS OR YOUNGER) MANDATORY MEAL FEE: BREAKFAST \$9.46 – LUNCH \$9.46


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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 •9:30 TJQMBB - Dining Room •12:30 BINGO-RM 1 •1:00 CANASTA GROUP •1:00-3:00 MOB-RM 3	3 •9:30 TCA-DINING RM •10:00 SENIOR HEALTH RESOURCES PRESENTATION •12:30 BINGO-RM 1 •1:30 TCA-DINING RM	4 •9:30 TJQMBB - Dining Room •1:00 LADIES SEWING CLUB-RM 1 •1:00-3:00 MOB-RM 3	5 •9:00 LUNA HAIR CUTS - FREE •9:30 TCA-DINING RM •10:00 JR TRUJILLO - UHC DUAL COMPLETE •10:30 CHRISTMAS BOOK FAIR - LITERACY COUNCIL •12:30 BINGO-RM 1 •1:30 TCA-DINING RM	6 •12:30 BINGO-RM 1 •12:45 BRIDGE GRP-RM 2
9 •9:30 TJQMBB - Dining Room •12:30 BINGO-RM 1 •1:00 CANASTA GROUP •1:00-3:00 MOB-RM 3	10 •11:00 MASS-FATHER SALAZAR-RM 3 •12:00 SAN MIGUEL EXTENSION COUNCIL & CLUB •12:30 BINGO-RM 1	11 •9:30 TJQMBB - Dining Room •1:00 LADIES SEWING CLUB-RM 1 •1:00-3:00 MOB-RM 3	12 •9:00 CANE SELF DEFENSE-RM 1 •9:30 TCA-DINING RM •12:30 BINGO-RM 1 •1:00 JC PIZZA - BOWLING FREE TO SENIORS •1:30 TCA-DINING RM	13 •12:30 BINGO-RM 1 •12:45 BRIDGE GRP-RM 2
16 •9:30 TJQMBB - Dining Room •12:30 BINGO-RM 1 •1:00 CANASTA GROUP •1:00-3:00 MOB-RM 3	17 •8:30 SANTA FE SHOPPING TRIP •9:30 TCA-DINING RM •12:30 BINGO-RM 1 •1:30 TCA-DINING RM	18 •8:00 DRIVERS SAFETY CLASS-M. SPIVEY-RM 1 •9:30 TJQMBB - Dining Room •1:00 LADIES SEWING CLUB-RM 1 •1:00-3:00 MOB-RM 3	19 •9:30 TCA-DINING RM •12:30 BINGO-RM 1 •1:00 UHC CATALOG ORDERING PARTY •1:00-3:00 CHRISTMAS PARTY - \$5.00 ELEPHANT GIFT EXCHANGE - BRING A WRAPPED GIFT!	20 •12:30 BINGO-RM 1 •12:45 BRIDGE GRP-RM 2
23 •9:30 TJQMBB - Dining Room •12:30 BINGO-RM 1 •1:00 CANASTA GROUP •1:00-3:00 MOB-RM 3	24 •9:30 TCA-DINING RM •12:30 BINGO-RM 1 1:30 TCA-DINING RM	25 SENIOR CENTER IS CLOSED 		27 •12:30 BINGO-RM 1 •12:45 BRIDGE GRP-RM 2
30 •9:30 TJQMBB - Dining Room •12:30 BINGO-RM 1 •1:00 CANASTA GROUP •1:00-3:00 MOB-RM 3	31 •9:30 TCA-DINING RM •12:30 BINGO-RM 1 1:30 TCA-DINING RM	 FREE - TAI CHI CLASSES OFFERED TO SENIORS 60 AND OLDER DONATIONS ARE ACCEPTED JOHN ARNOLD, CERTIFIED INSTRUCTOR		

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

DECEMBER 2019 – PECOS - ACTIVITIES CALENDAR - DAILY ACTIVITIES INCLUDE POOL, BINGO AND CARDS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
10:00-11:15AM CRAFT DAY	9-10AM - TAI JI QUAN – MOVING FOR BETTER BALANCE – M. DEMARCO 10AM – EXERCISE & DANCE CLASS	10AM MASS 11AM UNITED HEALTH CARE BOOTH	9-10AM - TAI JI QUAN – MOVING FOR BETTER BALANCE – M. DEMARCO 10AM – EXERCISE & DANCE CLASS	9:15-3:00 LAS VEGAS SHOPPING TRIP
9	10	11	12	13
10:00-11:15AM CRAFT DAY	9-10AM - TAI JI QUAN – MOVING FOR BETTER BALANCE – M. DEMARCO 10AM – EXERCISE & DANCE CLASS	10AM MASS	9-10AM - TAI JI QUAN – MOVING FOR BETTER BALANCE – M. DEMARCO 10AM – EXERCISE & DANCE CLASS	10AM MASS
16	17	18	19	20
10:00-11:15AM CRAFT DAY	9-10AM - TAI JI QUAN – MOVING FOR BETTER BALANCE – M. DEMARCO 10AM – EXERCISE & DANCE CLASS		9-10AM - TAI JI QUAN – MOVING FOR BETTER BALANCE – M. DEMARCO 10AM – EXERCISE & DANCE CLASS	1:00-3:00 CHRISTMAS PARTY – MUSIC BY JAMES BOWELS
23	24	25	26	27
	9-10AM - TAI JI QUAN – MOVING FOR BETTER BALANCE – M. DEMARCO 10AM – EXERCISE & DANCE CLASS	SENIOR CENTER CLOSED 		
30	31	FREE - TAI CHI CLASSES OFFERED TO SENIORS 60 AND OLDER DONATIONS ARE ACCEPTED TJQMBB – TAI JI QUAN: MOVING FOR BETTER BALANCE MICHAEL DEMARCO, CERTIFIED INSTRUCTOR		
	9-10AM - TAI JI QUAN – MOVING FOR BETTER BALANCE – M. DEMARCO 10AM – EXERCISE & DANCE CLASS			

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