




# MENU FOR THE MONTH NOVEMBER 2018

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <b>5 MENU 112</b> Beef & Macaroni (3oz Ground Beef, 4 oz. Macaroni) 4 oz. California Blend 1 Garlic Slick 1 Cupcake	<b>6 MENU 508a</b> 4 oz. Posole w/ 3 oz. Cubed Pork 1 oz. Red Chile Sauce 4 oz. Calabacitas 1 Tortilla 4 oz. Pudding	<b>7 MENU 501</b> 3 oz. Chicken Strips 4 oz. Glazed Carrots 4 oz. Broccoli 1 Dinner Roll 4 oz. Diced Peaches	<b>8 MENU 33</b> 3 oz. Baked Ham 4 oz. Scallop Potatoes 4 oz. Green Peas 1 Biscuit 4 oz. Fruit Cobbler	<b>9</b> <b>COOK'S CHOICE</b>
<b>12</b> <b>VETERAN'S DAY OBSERVED</b> 	<b>13 MENU 213</b> Chicken Soup (3oz. Chicken, 1 oz. Veggies, 1/2c Noodles) 4 oz. Mixed Vegetables 6 low sodium Crackers 4 oz. Applesauce	<b>14 MENU 508</b> Green Chile Pork Stew (3 oz. Pork, 1 oz. Green Chile, 2 oz. Veggies., 2 oz. Potatoes) 4 oz. Corn, 1 Tortilla, 4 oz. Diced Peaches	<b>15 HOLIDAY MENU 1</b> 3 oz. Turkey, 2 oz. Stuffing 1 oz. Gravy, 4 oz. Mashed Potatoes 4 oz. Green Beans 3 oz. Cranberry Sauce 4 oz. Pumpkin Pie w/Topping	<b>16 MENU SL 12</b> Tuna Salad Sandwich 4 oz. Cucumber/Tomato Slices 1 oz. Chips 4 oz. Yogurt
<b>19 MENU 425</b> 3 oz. Spaghetti with Meat Sauce, 4 oz. Corn 4 oz. Salad 1 slice Garlic Bread w/Margarine 4 oz. Applesauce	<b>20 MENU 146</b> 3 oz. Carne Advada 4 oz. Pinto Beans 8 oz. Spinach 1 Flour Tortilla 4 oz. Rice Pudding	<b>21 MENU 122</b> 3 oz. Chicken Fried Steak 4 oz. Mashed Potatoes w/Brown Gravy 4 oz. Mixed Vegetables 1 Dinner Roll 4 oz. Diced Peaches	<b>22</b> <b>THANKSGIVING HOLIDAY Closed</b>	<b>23</b> 
<b>26 MENU 406</b> 3 oz. Baked Fish 4 oz. Seasoned Rice 4 oz. Mixed Vegetables 1 Dinner Roll 1/2 Orange	<b>27 MENU 144</b> Green Chile Cheeseburger (3 oz. Beef, 2T Green Chile, 1 oz. Cheese), 4 oz. Pork & Beans 4 oz. Tater Tots 4 oz. Diced Pears	<b>28 MENU 118</b> 3 oz. Roast Beef 4 oz. Mashed Potato 1 oz. Gravy 4 oz. Green Beans 1 Dinner Roll 1 Apple Crisp	<b>29 MENU 130</b> Green Chile Chicken Enchiladas (2oz. Chicken, 2T Green Chile, 1 Corn Tortilla) 4 oz. Spanish Rice 4 oz. Calabacitas, 4 crackers 4 oz. Fruit Cocktail	<b>30 MENU 430</b> Ham & Cheese Sandwich (3 oz. Ham, 1 oz. cheese, lettuce, tomato, 2 slices bread) 4 oz. Beets 4 oz Cottage Cheese w/ Pineapple

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




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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
<b>MILK SERVED WITH EVERY MEAL</b>	<b>DUE TO UNFORSEEN CIRCUMSTANCES MENU IS SUBJECT TO CHANGE</b>	 <b>Happy Thanksgiving</b>	1 CUP CEREAL 1 ORANGE 1 CHEESE STICK	2 PANCAKES & SAUSAGE 4 OZ YOGURT 1/2 Banana
5	5	7	8	9
POTATO & EGG BURRITO W/CHEESE 4 OZ. SALSA	1 CUP CEREAL 1/2 BAGEL W/ 2T CREAM CHEESE	SAUSAGE BURRITO (1 OZ SAUSAGE, 1 EGG ON TORTILLA) 4 OZ SALSA	2 OZ, PEANUT BUTTER, 1 TSP JELLY ON 1/2 SLICE TOAST 4 OZ CREAM OF WHEAT	SCRAMBLED EGG CHEESE, RED CHILE POTATO MARGARINE
12	13	14	15	16
<b>CLOSED IN OBSERVANCE OF VETERAN'S DAY</b> 	1 CUP CEREAL 1/2 BAGEL W/ 2T CREAM CHEESE	1 HARD BOILED EGG CHEESE STICK 1/2 ENGLISH MUFFIN 1 TSP JELLY	BAGEL 2 OZ CHEESE 6 OZ CEREAL	6 OZ. OATMEAL ENGLISH MUFFIN W/ 2T PEANUT BUTTER
19	20	21	22	23
SCRAMBLED EGG CHEESE, RED CHILE POTATO MARGARINE	SAUSAGE, SALSA HASHBROWNS TOAST JELLY	BACON BURRITO W/ EGG, CHEESE ON TORTILLA	<b>Closed in observance of Thanksgiving Day</b>	
26	27	28	29	30
SAUSAGE BURRITO (1 OZ SAUSAGE, 1 EGG ON TORTILLA) 4 OZ SALSA	HAM & CHEESE BISCUIT YOGURT 	6 OZ. OATMEAL 2 OZ DICED HAM 1/2 ENGLISH MUFFIN	SCRAMBLED EGG CHEESE, RED CHILE POTATO MARGARINE	2 PANCAKES & SAUSAGE 4 OZ YOGURT 1 ORANGE

**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**





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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>CLASSES ARE FREE TO SENIORS 60 AND OLDER!!! - DONATIONS ARE ACCEPTED</b></p> <p><b>TJQMBB - TAI JI QUAN: MOVING FOR BETTER BALANCE</b></p> <p><b>TCA - TAI CHI FOR ARTHRITIS AND FALL PREVENTION</b></p> <p><b>MOB - MATTER OF BALANCE</b></p> <p><b>JOHN ARNOLD, CERTIFIED INSTRUCTOR</b></p>				
<p><b>5</b></p> <ul style="list-style-type: none"> <li>•9:30 TJQMBB-ADVANCED CLASS</li> <li>•10:00 CHRISTUS HEALTH PLAN MEDICARE ENROLLMENT</li> <li>•12:30 BINGO-RM 1</li> <li>•11:30-1:30 MOB-RM 3</li> </ul>	<p><b>6</b></p> <ul style="list-style-type: none"> <li>•9:30 TCA-DINING RM</li> <li>•11:00 NATL WILD LIFE REFUGE</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>7</b></p> <ul style="list-style-type: none"> <li>•9:30 TJQMBB-ADVANCED CLASS</li> <li>•11:00 PRESENTATION-KNOWING 10 SIGNS OF ALZHEIMERS</li> <li>•1:00 LADIES SEWING CLUB-RM 1</li> <li>•11:30-1:30 MOB-RM 3</li> </ul>	<p><b>8</b></p> <ul style="list-style-type: none"> <li>•9:00 <b>CANE SELFDEFENSE-RM 1</b></li> <li>•9:00 LUNA HAIRCUTS-FREE</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>9</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>12</b></p> <p>Senior Center Closed in Observation of Veterans Day</p> 	<p><b>13</b></p> <ul style="list-style-type: none"> <li>•9:30 TCA-DINING RM</li> <li>•10:00 UHC-JR TRUJILLO</li> <li>•12PM SAN MIGUEL EXTENSION COUNCIL &amp; CLUB</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>•9:30 TJQMBB-ADVANCED CLASS</li> <li>•11:00 MUSIC-DAVID MONTANO-DINING ROOM</li> <li>•1:00 LADIES SEWING CLUB-RM 1</li> <li>•11:30-1:30 MOB-RM 3</li> </ul>	<p><b>15</b></p> <ul style="list-style-type: none"> <li>•9:00 LUNA HAIRCUTS-FREE</li> <li>•9:30 TCA-DINING RM</li> <li>•10:00 CHRISTUS HEALTH PLAN MEDICARE ENROLLMENT</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>16</b></p> <ul style="list-style-type: none"> <li>•9:00 HUMANA SALES SEMINAR-TED SANCHEZ</li> <li>•12:30 BINGO-RM 1</li> <li>•12:45 BRIDGE GRP-RM 2</li> </ul>
<p><b>19</b></p> <ul style="list-style-type: none"> <li>•9:30 TJQMBB-ADVANCED CLASS</li> <li>•10:00 CHRISTUS HEALTH PLAN MEDICARE ENROLLMENT</li> <li>•12:30 BINGO-RM 1</li> <li>•11:30-1:30 MOB-RM 3</li> </ul>	<p><b>20</b></p> <ul style="list-style-type: none"> <li>•9:30 TCA-DINING RM</li> <li>•10:00 SM COUNTY HEALTH COUNCIL-ROOM 2</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>21</b></p> <ul style="list-style-type: none"> <li>•8:30 <b>DRIVERS SAFETY CLASS-M. SPIVEY-RM 1</b></li> <li>•9:30 TJQMBB-ADVANCED CLASS</li> <li>•1:00 LADIES SEWING CLUB-RM 1</li> <li>•11:30-1:30 MOB-RM 3</li> </ul>	<p><b>22</b></p> <p>Senior Center Closed</p>  <p>Happy Thanksgiving</p>	<p><b>23</b></p> <p>Senior Center Closed in Observation of Lincoln's Birthday</p> 
<p><b>26</b></p> <ul style="list-style-type: none"> <li>•9:30 TJQMBB-ADVANCED CLASS</li> <li>•10:00 CHRISTUS HEALTH PLAN MEDICARE ENROLLMENT</li> <li>•12:30 BINGO-RM 1</li> <li>•11:30-1:30 MOB-RM 3</li> </ul>	<p><b>27</b></p> <ul style="list-style-type: none"> <li>•9:30 TCA-DINING RM</li> <li>•10:00 UHC-JR TRUJILLO</li> <li>•12:30 BINGO-RM 1</li> <li>•12:45 BRIDGE GRP RM 2</li> <li>•1:30 TCA-DINING RM</li> </ul>	<p><b>28</b></p> <ul style="list-style-type: none"> <li>•8:30 <b>SHOPPING TRIP TO SANTA FE-\$5 BUS FEE</b></li> <li>•9:30 TJQMBB-ADVANCED CLASS</li> <li>•11:00 MUSIC-DAVID MONTANO-DINING ROOM</li> <li>•1:00 LADIES SEWING CLUB-RM 1</li> </ul>	<p><b>29</b></p> <ul style="list-style-type: none"> <li>•9:30 TCA-DINING RM</li> <li>•10:00 CHRISTUS HEALTH PLAN MEDICARE ENROLLMENT</li> <li>•12:30 BINGO-RM 1</li> <li>•1:30 TCA-DINING RM</li> </ul>	<p><b>30</b></p> <ul style="list-style-type: none"> <li>•12:30 BINGO-RM 1</li> <li>•12:45 BRIDGE GRP-RM 2</li> <li>•1:00-3:00 <b>SHOPPING &amp; ERRANDS WITHIN LAS VEGAS</b></li> </ul>

**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 NOVEMBER 2018**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
				
5 POOL*BINGO*CARDS	6 POOL*BINGO*CARDS  11:00 CHRISTUS HEALTH PLAN MEDICARE ENROLLMENT	7 POOL*BINGO*CARDS	8 POOL*BINGO*CARDS	9 POOL*BINGO*CARDS
12 Senior Center Closed in Observation of Veterans Day 	13 POOL*BINGO*CARDS	14 POOL*BINGO*CARDS  11:00 CHRISTUS HEALTH PLAN MEDICARE ENROLLMENT	15 POOL*BINGO*CARDS	16 POOL*BINGO*CARDS
19 POOL*BINGO*CARDS  10AM - UNITED HEALTH CARE - JR TRUJILLO	20 POOL*BINGO*CARDS  11:00 CHRISTUS HEALTH PLAN MEDICARE ENROLLMENT	21 POOL*BINGO*CARDS	22 Senior Center Closed  Happy Thanksgiving	23 Senior Center Closed in Observation of Lincoln's Birthday 
26 POOL*BINGO*CARDS	27 POOL*BINGO*CARDS	28 POOL*BINGO*CARDS	29 POOL*BINGO*CARDS	30 POOL*BINGO*CARDS
			1 POOL*BINGO*CARDS	2 POOL*BINGO*CARDS  9:30 HUMANA SALES SEMINAR-TED SANCHEZ

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**ACTIVITIES CALENDAR FOR PECOS FOR THE MONTH OF NOVEMBER 2018**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<p align="center"><b>CLASSES ARE FREE TO SENIORS 60 AND OLDER!!! - DONATIONS ARE ACCEPTED</b></p> <p align="center">TAI JI QUAN: MOVING FOR BETTER BALANCE MICHAEL DEMARCO, CERTIFIED INSTRUCTOR</p>				
<p align="center"><b>5</b></p> <p>POOL*BINGO*CARDS 9-10AM - TAI JI QUAN - MOVING FOR BETTER BALANCE - MIKE DEMARCO</p> <p>10AM - UNITED HEALTH CARE - JR TRUJILLO</p>	<p align="center"><b>6</b></p> <p>POOL*BINGO*CARDS 10AM - EXERCISE &amp; DANCE CLASS</p>	<p align="center"><b>7</b></p> <p>POOL*BINGO*CARDS 10AM MASS</p> <p>9AM-2PM - AGING AND LONG TERM SERVICES - JOHN LUJAN - MEDICARE ENROLLMENTS</p>	<p align="center"><b>8</b></p> <p>POOL*BINGO*CARDS 10AM - EXERCISE &amp; DANCE CLASS</p> <p>11:00 CHRISTUS HEALTH PLAN MEDICARE ENROLLMENT</p>	<p align="center"><b>9</b></p> <p>POOL*BINGO*CARDS 10AM MASS</p>
<p align="center"><b>12</b></p> <p>Senior Center Closed in Observation of Veterans Day</p> 	<p align="center"><b>13</b></p> <p>POOL*BINGO*CARDS 10AM - EXERCISE &amp; DANCE CLASS 11:30AM - National Wild Life Refuge - Wild things on the Refuge</p>	<p align="center"><b>14</b></p> <p>POOL*BINGO*CARDS 9AM SHOPPING TO SANTA FE - \$5 BUS FEE</p>	<p align="center"><b>15</b></p> <p>POOL*BINGO*CARDS 10AM - EXERCISE &amp; DANCE CLASS</p>	<p align="center"><b>16</b></p> <p>POOL*BINGO*CARDS 10AM MASS 11AM ARTS AND CRAFTS FAIR</p>
<p align="center"><b>19</b></p> <p>POOL*BINGO*CARDS 9-10AM - TAI JI QUAN - MOVING FOR BETTER BALANCE - MIKE DEMARCO</p>	<p align="center"><b>20</b></p> <p>POOL*BINGO*CARDS 10AM - EXERCISE &amp; DANCE CLASS</p>	<p align="center"><b>21</b></p> <p>POOL*BINGO*CARDS 10AM MASS 11:00 CHRISTUS HEALTH PLAN MEDICARE ENROLLMENT</p>	<p align="center"><b>22</b></p> <p>Senior Center Closed</p>  <p align="center">Happy Thanksgiving</p>	<p align="center"><b>23</b></p> <p>Senior Center Closed in Observation of Lincoln's Birthday</p> 
<p align="center"><b>26</b></p> <p>POOL*BINGO*CARDS 9-10AM - TAI JI QUAN - MOVING FOR BETTER BALANCE - MIKE DEMARCO</p>	<p align="center"><b>27</b></p> <p>POOL*BINGO*CARDS 10AM - EXERCISE &amp; DANCE CLASS</p>	<p align="center"><b>28</b></p> <p>POOL*BINGO*CARDS 11:00 CHRISTUS HEALTH PLAN MEDICARE ENROLLMENT</p>	<p align="center"><b>29</b></p> <p>POOL*BINGO*CARDS 10AM - EXERCISE &amp; DANCE CLASS</p>	<p align="center"><b>30</b></p> <p>POOL*BINGO*CARDS 10AM MASS</p>

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TRANSPORTATION EVENTS ARE SUBJECT TO CHANGE DUE TO INCLEMENT WEATHER