


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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	MENU 320 3 OZ. GRILLED PORK CHOP 4 OZ. AU GRATIN POTATOS 4 OZ. PEAS DINNER ROLL 1 OZ. FRUIT COBBLER	2	MENU 120 3 OZ. CHICKEN FRIED STEAK MASHED POTATOS W/ 2 OZ. BROWN GRAVY W/W ROLL 4 OZ. SLICED CUCUMBERS 4 OZ. PEACHES	3	MENU 145 4 OZ. CHICKEN ALFREDO LINGUINI 4 OZ. CARROTS W/PIMIENTO 4 OZ. GREEN BEANS 4 OZ. GARLIC BREAD STICK 4 OZ. DICED PEARS	4	MENU M-EU-424-A-SC 4 OZ. GREEN CHILE CHICKEN ENCHILADAS (2 oz. Chicken, 2T Green Chile, 1 Corn Tortilla) 4 OZ. CALABACITAS 4 OZ. SPANISH RICE 4 OZ. CAKE	5	MENU SL4 4 OZ. TURKEY & CHEESE SANDWICH W/ LETTUCE & TOMATO 4 OZ. MACARONI SALAD 4 OZ. CUCUMBER SLICES 1 ORANGE
8	CLOSED 	9	MENU 33 4 OZ. BEEF & BEAN BURRITO 1 OZ. RED CHILE 4 OZ. SQUASH 4 OZ. MEXICORN 4 OZ. JELLO W/ FRUIT	10	MENU 505 3 OZ. PULLED BBQ PORK ON BUN 4 OZ. PEAS 4 OZ. CARROTS 4 OZ. COOKIE BAR	11	MENU 501 3 OZ. SALSURRY STEAK 2 OZ. BROWN GRAVY 4 OZ. MASHED POTATOES 4 OZ. PEAS DINNER ROLL 4 OZ. YOGURT	12	MENU 505 8 OZ. CHICKEN NOODLE SOUP (3 OZ. CHICKEN, 3 OZ. PEAS & CARROTS, 2 OZ. NOODLES) 4 OZ. BROCCOLI 6 CRACKERS 3 OZ. BROWNIE
15	MENU 144 GREEN CHILE CHEESE BURGER 1 OZ. PORK & BEANS 4 OZ. PEAS & CARROTS 4 OZ. FRUIT IN SEASON	16	MENU 190 3 OZ. PIZZA (Sausage) 4 OZ. CORN 4 OZ. CALIFORNIA BLEND VEGETABLES 4 OZ. DICED PEACHES	17	MENU 508a 8 OZ. POSOLE W/ PORK 4 OZ. CALABACITAS 4 OZ. TOSSED SALAD TORTILLA COOKIE	18	MENU 116 5 OZ. LASAGNA 6 OZ. GARDEN SALAD 4 OZ. MIXED VEGETABLES DINNER ROLL 4 OZ. FRUIT COBBLER	19	MENU SL 7 4 OZ. CHICKEN SALAD SANDWICH 4 OZ. PORK & BEANS 4 OZ. PICKLE SPEARS CHIPS 4 OZ. LEMON PUDDING
22	MENU 118 3 OZ. ROAST BEEF 4 OZ. WHITE RICE 1 OZ. GRAVY 1 OZ. GREEN BEANS 1 DINNER ROLL 1 APPLE CRISP	23	MENU 33 3 OZ BAKED HAM 4 OZ BAKED SWEET POTATO FRIES 4 OZ GREEN BEANS DINNER ROLL 4 OZ. YOGURT	24	MENU CHICKEN TACOS (2) W/CHEESE 2T PICO DE GALLO 4 OZ PINTO BEANS 4 OZ CORN 4 OZ. PEACHES	25	MENU 406 BAKED FISH SQUARE 1 OZ. TARTAR SAUCE 4 OZ. TATER TOTS 4 OZ. COLE SLAW DINNER ROLL 4 oz. ICE CREAM CUP	26	MENU 430 COLD HAM & CHEESE SANDWICH 4 OZ. PORK & BEANS 4 OZ. CUCUMBER SPEARS 1 APPLE
29	MENU 3 OZ BBQ CHICKEN 4 OZ SCALLOPED POTATOS 4 OZ MIXED VEGETABLES DINNER ROLL 4 OZ.	30	MENU 220 4 OZ. BEEF & CHEESE ENCHILADA W/ 1 OZ. RED CHILE 4 OZ PINTO BEANS 4 OZ SPANISH RICE 4 OZ VANILLA PUDDING	31	COOK'S CHOICE		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 OCTOBER 2018

LAS VEGAS (505)425-9139 TUESDAY WEDNESDAY THURSDAY FRIDAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 1 CUP RAISIN BRAN 4 OZ. APPLE JUICE ½ ENGLISH MUFFIN W/ 2 T PEANUT BUTTER	2 POTATO & EGG BURRITO W/ CHEESE 4 OZ JUICE SALSA	3 2 PANCAKES 3 OZ SAUSAGE 1 ORANGE	4 6 OZ OATMEAL 2 OZ DICED HAM ½ ENGLISH MUFFIN	5 SAUSAGE BURRITO (1 OZ SAUSAGE, 1 EGG ON TORTILLA) 4 OZ SALSA
8 CENTER IS CLOSED IN OBSERVANCE OF COLUMBUS DAY	9 1 CUP CEREAL ½ BAGEL W/ 2T CREAM CHEESE	10 1 HARD BOILED EGG 1 OZ CHEESE ½ ENGLISH MUFFIN 1 TSP JELLY	11 2 OZ, PEANUT BUTTER 1 TSP JELLY ON ½ SLICE TOAST 4 OZ CEREAL	12 1 CUP CREAM OF WHEAT ½ TOAST W/ 2T JELLY
15 6 OZ OATMEAL 2 OZ DICED HAM ½ ENGLISH MUFFIN	16 BAGEL 2 OZ CHEESE 6 OZ CEREAL	17 1 HARD BOILED EGG CHEESE STICK ½ ENGLISH MUFFIN 1 TSP JELLY	18 2 OZ COTTAGE CHEESE 1 ½ SLICES OF TOAST 1 TSP JELLY JUICE	19 EGG & CHEESE BURRITO (1 OZ CHEESE, 1 EGG, 2 OZ GREEN CHILE, 2 OZ DICED ONION ON FLOUR TORTILLA)
22 1 CUP CREAM OF WHEAT ½ BAGEL W/ 2T CREAM CHEESE	23 1 CUP CEREAL ½ ENGLISH MUFFIN W/ 2T PEANUT BUTTER	24 BACON BURRITO W/ EGG, BACON & CHEESE ON TORTILLA	25 6 OZ OATMEAL 2 OZ DICED HAM ½ ENGLISH MUFFIN	26 2 PANCAKES 3 OZ SAUSAGE 4 OZ YOGURT
29 SCRAMBLED EGG W/ 4 OZ POTATOES SPRINKLED W/ CHEESE ½ TORTILLA	30 COLD CEREAL 4 OZ JUICE ENGLISH MUFFIN W/ 2T PEANUT BUTTER	31 1 SCRAMBLED EGG 1 OZ CHEESE 1 SLICE BACON ½ TORTILLA	MILK SERVED WITH EVERY MEAL	
			LAS VEGAS BREAKFAST MENU 	

Monday through Friday


Lunch 11 am – 12:30 pm

Breakfast 8:30am – 10 am

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>•9:30 TQMBB-ADVANCED CLASS</p> <p>•12:30 BINGO-RM 1</p> <p>•11:30-1:30 MOB-RM 3</p>	<p>2</p> <p>•9:30 TCA-DINING RM</p> <p>•11:00 MASS-FATHER SALAZAR-RM 3</p> <p>•11:00 NATIONAL WILD LIFE REFUGE-WILD THINGS ON REFUGE!</p> <p>•12:30 BINGO-RM 1</p> <p>•1:30 TCA-DINING RM</p>	<p>3</p> <p>•9:30 TQMBB-ADVANCED CLASS</p> <p>•10:00 UHC MEDICARE ENROLLMENTS</p> <p>•1:00 LADIES SEWING CLUB-RM 1</p> <p>•11:30-1:30 MOB-RM 3</p>	<p>4</p> <p>•9:30 TCA-DINING RM</p> <p>•11:00 MUSIC BY H. ARMILJO</p> <p>•12:30 BINGO-RM 1</p> <p>•1:30 TCA-DINING RM</p>	<p>5</p> <p>•12:30 BINGO-RM 1</p> <p>•12:45 BRIDGE GRP-RM 2</p>
<p>8</p> <p>SENIOR CENTER CLOSED</p>  <p>•9:30 TCA-DINING RM</p> <p>•11:00 TALKING BOOKS PRESENTATION/DEMONSTRATION</p> <p>•SAN MIGUEL EXTENSION COUNCIL & CLUB</p> <p>•12:30 BINGO-RM 1</p> <p>•1:30 TCA-DINING RM</p>	<p>9</p> <p>•9:30 TCA-DINING RM</p> <p>•11:00 TALKING BOOKS PRESENTATION/DEMONSTRATION</p> <p>•SAN MIGUEL EXTENSION COUNCIL & CLUB</p> <p>•12:30 BINGO-RM 1</p> <p>•1:30 TCA-DINING RM</p>	<p>10</p> <p>•9:30 TQMBB-ADVANCED CLASS</p> <p>•11:00 MUSIC-DAVID MONTANO-DINING ROOM</p> <p>•11:00 UHC-OTC PARTY-JOHNNY-ROOM 2</p> <p>•1:00 LADIES SEWING CLUB-RM 1</p> <p>•11:30-1:30 MOB-RM 3</p>	<p>11</p> <p>•9:00 CANE SELF DEFENSE-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</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>15</p> <p>•9:30 TQMBB-ADVANCED CLASS</p> <p>•12:30 BINGO-RM 1</p> <p>•11:30-1:30 MOB-RM 3</p> <p>COLUMBUS DAY</p>	<p>16</p> <p>•9:30 TCA-DINING RM</p> <p>•10:00 UHC-JR TRUJILLO</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>17</p> <p>•8:00 DRIVERS SAFETY CLASS-M. SPIVEY-RM 1</p> <p>•9:30 TQMBB-ADVANCED CLASS</p> <p>•1:00 LADIES SEWING CLUB-RM 1</p> <p>•11:30-1:30 MOB-RM 3</p>	<p>18</p> <p>•9:00 LUNA HAIRCUTS-FREE</p> <p>•9:30 TCA-DINING RM</p> <p>•12:30 BINGO-RM 1</p> <p>•1:30 TCA-DINING RM</p>	<p>19</p> <p>•9:00-1:00 HUMANA SALES SEMINAR-MEDICARE</p> <p>ADVANTAGE-ROOM 1</p> <p>•12:30 BINGO-RM 1</p> <p>•12:45 BRIDGE GRP-RM 2</p>
<p>22</p> <p>•8:00-2:00 ALTS-MEDICARE OPEN ENROLLMENT-RECEPTION</p> <p>•9:30 TQMBB-ADVANCED CLASS</p> <p>•12:30 BINGO-RM 1</p> <p>•11:30-1:30 MOB-RM 3</p>	<p>23</p> <p>•9:30 TCA-DINING RM</p> <p>•10:00 UHC-JR TRUJILLO-MEDICARE ENROLLMENT</p> <p>•10:00 SM COUNTY HEALTH COUNCIL-ROOM 2</p> <p>•12:30-2:30 NATL WILD LIFE REFUGE-FIELD TRIP</p> <p>•12:30 BINGO-RM 1</p> <p>•1:30 TCA-DINING RM</p>	<p>24</p> <p>•8:30 SHOPPING TRIP TO SANTA FE- \$5 BUS FEE</p> <p>•9:30 TQMBB-ADVANCED CLASS</p> <p>•11:00 MUSIC-DAVID MONTANO-DINING ROOM</p> <p>•1:00 LADIES SEWING CLUB-RM 1</p> <p>•11:30-1:30 MOB-RM 3</p>	<p>25</p> <p>•9:00 LUNA HAIRCUTS-FREE</p> <p>•11:00 MUSIC BY H. ARMILJO</p> <p>•12:30 BINGO-RM 1</p>	<p>26</p> <p>•9:00 COMPUTER CLASS-M. SPIVEY</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>29</p> <p>•12:30 BINGO-RM 1</p>	<p>30</p> <p>•9:30 TCA-DINING RM</p> <p>•12:30 BINGO-RM 1</p> <p>•12:45 BRIDGE GRP RM 2</p> <p>•1:30 TCA-DINING RM</p>	<p>31</p> <p>•9:30 TQMBB-ADVANCED CLASS</p> <p>•1:00 LADIES SEWING CLUB-RM 1</p> <p>•1:00-3:00 HALLOWEEN DANCE - MUSIC BY AMNISTAD - MAKE SURE TO DRESS UP FOR A FUN COMPETITION AND PRIZES!!!</p>	<p>CLASSES ARE FREE TO SENIORS 60 AND OLDER!!! - DONATIONS ARE ACCEPTED</p> <p>TQMBB - 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>	

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 PECOS FOR THE MONTH OF OCTOBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 POOL * BINGO * CARDS 9-10A Y - TAI CHI - MOVIN 3 FOR BETTER BALANCE - MIKE DEMARCO	2 POOL * BINGO * CARDS 10AM - EXERCISE & DANCE CLASS	3 POOL * BINGO * CARDS 10AM MASS	4 POOL * BINGO * CARDS 10AM - EXERCISE & DANCE CLASS	5 POOL * BINGO * CARDS
8 SENIOR CENTER CLOSED  COL JIMBUS DAY	9 POOL * BINGO * CARDS 10AM - EXERCISE & DANCE CLASS	10 POOL * BINGO * CARDS 10AM MASS	11 POOL * BINGO * CARDS 10AM - EXERCISE & DANCE CLASS	12 POOL * BINGO * CARDS 10AM MASS
15 POOL * BINGO * CARDS 9-10A Y - TAI CHI - MOVIN 3 FOR BETTER BALANCE - MIKE DEMARCO 10AM - UNITED HEALTH CARE - JR TRUJILLO	16 POOL * BINGO * CARDS 10AM - EXERCISE & DANCE CLASS 11:30AM - National Wild Life Refuge - Wild things on the Refuge	17 POOL * BINGO * CARDS 10AM MASS	18 POOL * BINGO * CARDS 10AM - EXERCISE & DANCE CLASS	19 POOL * BINGO * CARDS 10AM MASS
22 POOL * BINGO * CARDS 9-10A Y - TAI CHI - MOVIN 3 FOR BETTER BALANCE - MIKE DEMARCO	23 POOL * BINGO * CARDS 10AM - EXERCISE & DANCE CLASS	24 POOL * BINGO * CARDS 1PM - MOVIE & POPCORN	25 POOL * BINGO * CARDS 10AM - EXERCISE & DANCE CLASS	26 POOL * BINGO * CARDS 10AM MASS
29 POOL * BINGO * CARDS 9-10A Y - TAI CHI - MOVIN 3 FOR BETTER BALANCE - MIKE DEMARCO	30 POOL * BINGO * CARDS 10AM - EXERCISE & DANCE CLASS	31 POOL * BINGO * CARDS HALLOWEEN DANCE IN LAS VEGAS - LEAVE AT 12PM TRANSPORTATION WILL BE PROVIDED		

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TRANSPORTATION EVENTS ARE SUBJECT TO CHANGE DUE TO INCLEMENT WEATHER

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 POOL * BINGO * CARDS	2 POOL * BINGO * CARDS	3 POOL * BINGO * CARDS	4 POOL * BINGO * CARDS	5 POOL * BINGO * CARDS
8 SENIOR CENTER CLOSED  COL JIMBUS DAY	9 POOL * BINGO * CARDS	10 POOL * BINGO * CARDS	11 POOL * BINGO * CARDS	12 POOL * BINGO * CARDS
15 POOL * BINGO * CARDS	16 POOL * BINGO * CARDS 11:30AM - National Wild Life Refuge - Wild things on the Refuge	17 POOL * BINGO * CARDS	18 POOL * BINGO * CARDS	19 POOL * BINGO * CARDS
22 POOL * BINGO * CARDS 10AM - UNITED HEALTH CARE - JR TRUJILLO	23 POOL * BINGO * CARDS	24 POOL * BINGO * CARDS 10:30AM - ALTS - MEDICARE ENROLLMENT - JOHN LUJAN	25 POOL * BINGO * CARDS	26 POOL * BINGO * CARDS
29 POOL * BINGO * CARDS	30 POOL * BINGO * CARDS	31 POOL * BINGO * CARDS HALLOWEEN DANCE IN LAS VEGAS - LEAVE AT 12:30PM TRANSPORTATION WILL BE PROVIDED		

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