



September



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Santa Fe Crossing & Station 618 Senior Centers will be CLOSED for Labor Day. No meals will be served or delivered on this day.	3. Meatloaf Turnip Greens Cornbread Black-eyed Peas Peach Crisp	4. Turkey & Dressing Sweet Potatoes Tossed Salad w/Dressing Wheat Roll Apple Pie	5. Pattie Melt w/Onions Steak Fries Tomato Wedge Salad Cookies	6. Chicken Spaghetti Zucchini & Squash Caesar Salad Garlic Bread Chocolate Parfait
9. Beef Goulash Navy Beans Broccoli Wheat Bread Lemon Cream Pie	10. BBQ Chicken Smothered Potatoes Carrot Salad Wheat Bread Watermelon	11. Polish Sausage Steamed Cabbage German Potato Salad Wheat Roll Peanut Butter Delight	12. Swedish Meatball Rice Seasoned Broccoli Yellow Cake	13. Baked Fish w/Lemon Lettuce, Tomato & Pickle Potato Wedges Coleslaw Tartar Sauce Peach Chantilly
16. Chicken & Rice Casserole Green Beans Carrots Wheat Roll Vanilla Pudding	17. Beef Tips & Noodles Meadow Blend Vegetables Corn Wheat Bread White Cake w/	18. Chicken Fried Steak w/Country Gravy Mashed Potatoes Mixed Vegetables Wheat Bread Fruit	19. Beef Salisbury w/ Gravy Mac & Cheese Broccoli Wheat Roll Chocolate Pudding	20. Sloppy Joe on a Bun Potato Salad Squash and Zucchini Orange Quarters
23. Soup and Sandwich Tossed Salad Crackers Fruit Cup	24. Chicken Tenders w/Gravy Baked Potato w/Sour Cream Seasoned Corn Strawberry w/Whipped Topping	25. Smothered Steak Rice Mixed Greens Wheat Roll Cantaloupe	26. Sweet & Sour Chicken Long Grain Rice w/Sugar Snap Peas Stir Fry Vegetables Wheat Roll Lemon Custard	27. Tuna Salad Pea Salad Tomato Slices Crackers Peanut Butter Cookie
30. Roasted Pork Sweet Potatoes Green Beans Wheat Roll Rice Krispy Treat w/ Sprinkles				Suggested Donation for those 60+ and who have registered is \$3.00. Those under age 60 must pay \$6.00 Santa Fe Crossing 11:00am-12:30pm

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

This program is funded in part by the Texas Health and Human Services Commission through the Concho Valley Council of Governments- Area Agency on Aging, the City of San Angelo, and participant donations.



The EXPRESS

September 2024

Parks & Recreation Department- Senior Services

RECREATION PRESENTS
CREATIVE, CHRISTMAS, CRAFTS

COME SEE OUR MILITARY THEMED DISPLAY

COME SHOP FOR HANDMADE CHRISTMAS ORNAMENTS, PAINTINGS, PILLOWS & GIFTS

24 SEPT | FREE ENTRY | 9 AM- 6 PM

Santa Fe Crossing Activity Rm
702 S Chadbourne St
San Angelo, TX 76903
FMI 325-481-2798

Afternoon BINGO Tuesday, September 17

2:30pm

Join us for another fun hour of BINGO and prizes!!



Station 618
Activity Room



Free Medicare Educational Class

Do you know the A, B, C & D's of Medicare?

You're invited to a free Medicare educational meeting

Thursday, Sept 19 at 2:15pm
Station 618 Activity room

Presented by: Requel Roos

September Birthday Celebration

Join us in celebrating September birthdays at 10am on Thurs. Sept 19 in the Lobby of Station 618.



Bring a snack to add to the table for all to share.



Station 618 & Santa Fe Crossing Senior Centers will be CLOSED on Monday, September 2 in observance of Labor Day. No meals will be served this day.



Ends September 13
Turn in weekly hours at St 618 in the box across from office by the Friday of each week. Any physical activity is acceptable.
Reach 100 hours, receive a Station 618 t-shirt.



September



Hours of Operation:

Santa Fe Crossing
Monday thru Friday 9:00am - 2:00pm
Station 618

Monday thru Friday 8:00am - 5:00pm

*The facility will only be open late hours
for scheduled programs.*

<https://www.cosatx.us/departments-services/senior-services>

**Santa Fe Crossing
Station 618**

**702 S. Chadbourne St.
618 S. Chadbourne St.**

* **325-657-4484**
* **325-481-2798**

MONDAY

9:00 am-12:45 pm	618	Ceramics
9:00 am-2:00 pm	SFC	Card Games & Dominoes
9:00 am-2:00 pm	SFC	Puzzles
8:00 am-5:00 pm	618	Library
9:00 am-10:00 am	618	Cardio & Strength
9:00 am-10:00am	SFC	Ping-Pong
10:30 am-11:00 am	SFC	Bingo
10:30 am-11:30 am	618	Beginner Yoga
11:00 am-12:30 pm	SFC	Lunch
1:00 pm-4:00 pm	618	Mexican Train Dominoes
1:00 pm-2:00 pm	618	Tai Chi
1:00 pm-4:00pm	618	Bridge
1:00 pm-5:00 pm	618	Pinochle/Card Games

TUESDAY

9:00 am-1:00 pm	618	Ceramics
9:00 am-2:00 pm	SFC	Card Games & Dominoes
9:00 am-2:00 pm	SFC	Puzzles
8:00 am-5:00 pm	618	Library
9:00 am-2:00 pm	SFC	Art (Oil & China Painting)
9:00 am-10:00 am	618	Cardio & Strength
10:30 am-12:00pm	618	Line Dance (Mixed)
11:00 am-12:30 pm	SFC	Lunch
1:00 pm-5:00 pm	618	Pinochle/Card Games
1:30 pm-4:30 pm	618	Mah Jongg
1:00 pm-2:00 pm	618	Cardio & Strength

WEDNESDAY

9:00 am-1:00 pm	618	Ceramics
9:00 am-2:00 pm	SFC	Card Games & Dominoes
9:00 am-2:00 pm	SFC	Puzzles
8:00 am-5:00 pm	618	Library
9:00 am-11:00 am	SFC	Crochet, Knitting, & Needlecraft
10:00 am-11:30 am	618	Line Dance Beginners
11:00 am-12:30 pm	SFC	Lunch
1:00 pm-2:00 pm	618	Tai Chi

**** Payment Box is available for drop off of payments toward activities with a fee. It's located across Recreation Supervisor's office.**

Nutrition Sites

Santa Fe Crossing
702 S. Chadbourne
325-657-4484

Christian Village
4225 Billie Bolin
325-949-8575

Oak Grove Senior Apartments
4359 Oak Grove Blvd.
325-223-8895

For serving times and reservations call the nutrition site.

THURSDAY

9:00 am-1:00 pm	618	Ceramics
9:00 am-2:00 pm	SFC	Card Games & Dominoes
9:00 am-2:00 pm	SFC	Puzzles
8:00 am-5:00 pm	618	Library
9:00 am-10:00 am	618	Cardio & Strength
9:00 am-2:00 pm	SFC	Ping-Pong
10:30 am-11:30 am	618	Beginner Yoga
11:00 am-12:30 pm	SFC	Lunch
1:00 pm-2:00 pm	618	Cardio & Strength
1:30 pm-4:30 pm	618	Mah Jongg

THE FITNESS ROOM is open for use Monday through Friday, 8:00am - 5:00pm. Monthly fee is \$10.00.

FRIDAY

9:00 am-1:00 pm	618	Ceramics
9:00 am-2:00 pm	SFC	Card Games & Dominoes
9:00 am-2:00 pm	SFC	Puzzles
8:00 am-5:00 pm	618	Library
9:00 am-11:30 am	SFC	Sewing
9:00 am-10:00 am	618	Cardio & Strength
9:00 am-10:00 am	SFC	Ping-Pong
10:30 am-11:30 am	618	Beginner Yoga
10:30 am-11:00 am	SFC	Bingo
11:00 am-12:30 pm	SFC	Lunch
1:00 pm-4:00 pm	618	Bridge
1:00 pm-5:00 pm	618	Pinochle/Card Games

Events, Programs, and Schedules are subject to change, with or without notice.

Health Screenings

- ◆ Angels Home Health-Blood Pressure & Sugar check

9 am – 10:00 am 618 September 17

**Health screenings are subject to cancelation with discretion from sponsoring agency.*

*Parks & Recreation
Fairmont Cemetery
Board meetings are held
on the 3rd Wednesday of
the month at 9:30am at
the Senior Center.
For more information,
please call 325-657-4450
(Board meetings are
subject to rescheduling
or cancellation.)*