

October



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Cheese Enchiladas Pinto Beans Mexican Rice Lettuce & Tomato Peaches & Cream	2. Rigatoni w/Meat Sauce Seasoned Brussel Sprouts Tossed Salad w/Dressing Garlic Bread Chocolate Cake	3. Beef & Broccoli over Steamed Rice Stir Fry Cabbage Squash Egg Rolls Cherry Parfait	4. Hamburger Steak w/ Peppers Mashed Potatoes Seasoned Green Beans Wheat Bread Ambrosia
7. Chili & Cheese Dogs Tater Tots Baby Carrots Tossed Salad w/Dressing Fruit Square	8. Chicken & Dumplings Mixed Vegetables Tossed Salad w/ Dressing Wheat Roll Oatmeal Raisin Cookie	9. Swiss Steak Rice Pilaf Greens Tossed Salad W/Dressing White Cake	10. Spaghetti w/Meat Sauce Italian Vegetables Corn Garlic Toast Cantaloupe	11. Pollock Wedge w/Lemon Slice Peas & Carrots Coleslaw Cornbread Lemon Custard
14. Creamy Mushroom Steak Mashed Potatoes Broccoli Wheat Roll Margarine Pineapple Delight	15. Homemade Turkey Pot Pie Seasoned Squash Tossed Salad w/ Dressing Banana Pudding	16. Crispy Chicken on a Bun Lettuce, Tomato, & Pickles Potato Wedges Carrot Raisin Salad Fruit Cup	17. Crispy Beef Pattie Noodles Peas Breadstick Pumpkin Custard	18. Ham & Beans Spinach Seasoned Corn Cornbread Baked Apples
21. Beef Paprikash Mashed Potatoes Seasoned Broccoli Cantaloupe Honey Bran Bars	22. Chicken Fajitas Refried Beans Tossed Salad w/ Dressing Tortilla Apple Crisp	23. Vegetable Beef Stew Cornbread Turnip Greens Yellow Cake	24. Baked Chicken Cornbread Dressing Seasoned Vegetables Wheat Bread Pumpkin Cheesecake Bar	25. Polish Sausage & Peppers Black-eyed Peas Cabbage Cornbread Black Forest Parfait
28. Teriyaki Pork Lo Mein Noodles Stir-Fry Vegetables Egg Roll Fruit and Jell-O	29. Taco Salad Refried Beans Spanish Rice w/Corn Tortilla Chips w/Salsa Peanut Butter Square	30. Chicken a la King w/Rice California Blend Vegetables Spinach Mushroom Salad Wheat bread Chocolate Chip Cookie	31. Cheeseburger Lettuce, Tomato, Pickle & Onion Herbed Potato Fries Berry Cobbler	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 October 2024 EXPRESS

Parks & Recreation Department – Senior Services



ATTENTION SENIORS

Thank you to our volunteers from our Senior Center Art and Sewing groups for your hard work and participation in our

craft sale. It was a success!
We appreciate your time and dedication to our Center.



Free Medicare Educational Class

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

You're invited to a free Medicare

educational meeting

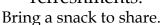
Friday, October 11 at 10am
Santa Fe Crossing Activity room

Presented by: Requel Roos Licensed and Certified Insurance Agent

HALLOWEEN PARTY

Thurs. Oct. 31st from 10-11am Station 618 Lobby

Join us for an hour of fun and refreshments.





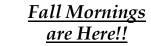
Dress up for a chance to win BEST COSTUME at the party!

Brayden Park Assisted Living & Memory Care will host *BINGO*

October 18 & 28 Santa Fe Crossing Activity room - 10:30am



Come join the fun!



Come by and taste the seasonal coffees every Friday morning during the month of October starting at 8:30am Station 618 lobby



October Birthday Celebration

Join us in celebrating October birthdays at 10am on Thurs. Oct 17 in the Lobby of Station 618.

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





Afternoon BINGO
Tuesday, October 15
2:30pm

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

> Station 618 Activity Room



1:00 pm-5:00 pm

October







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 702 S. Chadbourne St. * 325-657-4484 Station 618 618 S. Chadbourne St. * 325-481-2798

MONDAY

618	Ceramics
SFC	Card Games & Dominoes
SFC	Puzzles
618	Library
618	Cardio & Strength
SFC	Ping-Pong
SFC	Bingo
618	Beginner Yoga
SFC	Lunch
618	Mexican Train Dominoes
618	Tai Chi
618	Bridge
	SFC SFC 618 SFC 618 SFC 618 618

TUESDAY

9:00 am-1:00 pm 9:00 am-2:00 pm 9:00 am-2:00 pm	618 SFC SFC	Ceramics Card Games & Dominoes 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 & Dominoe
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

Pinochle/Card Games

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

618 Ceramics

9:00 am-1:00 pm

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 October 15

*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.)