



# October



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1. Cheese Enchiladas</b> Pinto Beans Mexican Rice Lettuce & Tomato Peaches & Cream	<b>2. Rigatoni w/Meat Sauce</b> Seasoned Brussel Sprouts Tossed Salad w/Dressing Garlic Bread Chocolate Cake	<b>3. Beef &amp; Broccoli over Steamed Rice</b> Stir Fry Cabbage Squash Egg Rolls Cherry Parfait	<b>4. Hamburger Steak w/Peppers</b> Mashed Potatoes Seasoned Green Beans Wheat Bread Ambrosia
<b>7. Chili &amp; Cheese Dogs</b> Tater Tots Baby Carrots Tossed Salad w/Dressing Fruit Square	<b>8. Chicken &amp; Dumplings</b> Mixed Vegetables Tossed Salad w/ Dressing Wheat Roll Oatmeal Raisin Cookie	<b>9. Swiss Steak</b> Rice Pilaf Greens Tossed Salad W/Dressing White Cake	<b>10. Spaghetti w/Meat Sauce</b> Italian Vegetables Corn Garlic Toast Cantaloupe	<b>11. Pollock Wedge w/Lemon Slice</b> Peas & Carrots Coleslaw Cornbread Lemon Custard
<b>14. Creamy Mushroom Steak</b> Mashed Potatoes Broccoli Wheat Roll Margarine Pineapple Delight	<b>15. Homemade Turkey Pot Pie</b> Seasoned Squash Tossed Salad w/ Dressing Banana Pudding	<b>16. Crispy Chicken on a Bun</b> Lettuce, Tomato, & Pickles Potato Wedges Carrot Raisin Salad Fruit Cup	<b>17. Crispy Beef Pattie</b> Noodles Peas Breadstick Pumpkin Custard	<b>18. Ham &amp; Beans</b> Spinach Seasoned Corn Cornbread Baked Apples
<b>21. Beef Paprikash</b> Mashed Potatoes Seasoned Broccoli Cantaloupe Honey Bran Bars	<b>22. Chicken Fajitas</b> Refried Beans Tossed Salad w/ Dressing Tortilla Apple Crisp	<b>23. Vegetable Beef Stew</b> Cornbread Turnip Greens Yellow Cake	<b>24. Baked Chicken</b> Cornbread Dressing Seasoned Vegetables Wheat Bread Pumpkin Cheesecake Bar	<b>25. Polish Sausage &amp; Peppers</b> Black-eyed Peas Cabbage Cornbread Black Forest Parfait
<b>28. Teriyaki Pork</b> Lo Mein Noodles Stir-Fry Vegetables Egg Roll Fruit and Jell-O	<b>29. Taco Salad</b> Refried Beans Spanish Rice w/Corn Tortilla Chips w/Salsa Peanut Butter Square	<b>30. Chicken a la King w/Rice</b> California Blend Vegetables Spinach Mushroom Salad Wheat bread Chocolate Chip Cookie	<b>31. Cheeseburger</b> 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 EXPRESS

October 2024



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.

## HALLOWEEN PARTY

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



Join us for an hour of fun and refreshments. Bring a snack to share.

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



**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

Brayden Park Assisted Living & Memory Care will host BINGO  
 October 18 & 28  
 Santa Fe Crossing Activity room - 10:30am



Come join the fun!



### Fall Mornings are Here!!

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



# 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

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 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.)*