



November



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

8:00 am-5 pm	618	Card Games & Dominoes
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

TUESDAY

8:00 am-5 pm	618	Card Games & Dominoes
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

8:00 am-5 pm	618	Card Games & Dominoes
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 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

8:00 am-5 pm	618	Card Games & Dominoes
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

8:00 am-5 pm	618	Card Games & Dominoes
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

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

Health Screenings

- ◆ Angels Home Health - Blood Pressure & Sugar check
9am – 10:00am 618 November 19
- ◆ Accent Care - Discuss In-home care
10am -- 11:30am SFC November 22

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

****Attention SFC Meal Participants****

If you are attending meal program, please ensure that you pick up your own tray and return it to the kitchen when finished unless assistance is needed.

Thank you for your cooperation.



November

****COST \$3 Suggested Donation for 60+ who are registered. Guests pay \$6 per meal.**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1. Ham & Cheese Sandwich w/Broccoli Cheese Soup Chips Tossed Salad w/Dressing Jell-O
4. Chicken Fried Steak w/Country Gravy Mashed Potatoes Seasoned Corn Orange Dream Fluff	5. Swiss Steak Rice Pilaf Squash Tossed Salad w/ Dressing Rainbow Sherbet	6. Sloppy Joe on a Bun Potato Salad Carrots & Zucchini Chocolate Chip Cookies	7. BBQ Chicken Filet Baked Potato w/ Sour Cream Mixed Vegetables Oranges Quarters	8. Breaded Fish on a Bun Lettuce, Tomato, & Pickle Tartar Sauce Potato Wedges Coleslaw Peach Chantilly
11. San Angelo Senior Centers will be CLOSED in observance of Veteran's Day. No meals will be served or delivered on this day.	12. Chicken & Dumplings Baby Carrots Tossed Salad w/ Dressing Wheat Roll Lazy Cake	13. Rigatoni w/Meat Sauce Seasoned Brussel Sprouts Tossed Salad w/Dressing Garlic Bread Lemon Pudding	14. Vegetable Beef Stew Cornbread Turnip Greens Fruit Cup	15. Roast Turkey & Dressing Green Beans Sweet Potatoes Cranberry Sauce Pumpkin Pie
18. Chicken Tenders w/ Gravy Garlic Mashed Potatoes Broccoli Wheat bread Berry Parfait	19. King Ranch Chicken Pinto Beans Rice Tortilla Strawberries w/Whipped Topping	20. Beef Macaroni w/ Tomatoes Lima Beans Caesar Salad Wheat Roll White Cake	21. Baked Chicken Breast Baked Potato w/Sour Cream Green Beans Banana Pudding	22. Chicken Spaghetti Zucchini & Squash Tossed Salad w/Dressing Garlic Bread Chocolate Parfait
25. Salisbury Steak Diced Potatoes English Peas Wheat Roll Yellow Cake	26. Turkey Tetrazzini Carrots & Zucchini Tossed Salad w/ Dressing Wheat Bread Vanilla Pudding	27. Chili & Crackers Steamed Rice Pinto Beans Lettuce & Tomato Sugar Cookie	28. San Angelo Senior Centers will be CLOSED in observance of Thanksgiving. No meals will be served or delivered on this day.	29. San Angelo Senior Centers will be CLOSED in observance of Thanksgiving. No meals will be served or delivered on this day.

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

November 2024

Parks & Recreation Department- Senior Services

Thanksgiving Luncheon

at Station 618

618 S. Chadbourne
Activity Room

Friday, November 15, 2024
11am to 12:30pm

Come enjoy music and a great Thanksgiving meal with us. Door prizes will be presented.

Cost \$ 6.00 for all guests.
\$ 3.00 suggested donation for registered nutrition participants.

FMI, call 325-481-2798



HOLIDAY BAZAAR

Sat. Dec. 14 – 9am to 2pm
Station 618 Activity Room
Come shop for unique holiday handmade items.

(Interested in a booth, call 325- 481-2798)



November Birthday Celebration

Join us in celebrating Nov birthdays at 10am on Thurs. Nov 21 in the Lobby of St 618.

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



UNDERSTANDING Medicare



Free Medicare Educational Class

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

You're invited to a free Medicare educational meeting

Mon, Nov 18, 2:30pm
Station 618 Activity Rm

Presented by: Requel Roos
Licensed and Certified Insurance Agent

Important Reminders:
Santa Fe Crossing & Station 618 Senior Centers will be CLOSED on the following days:

November 11th -Veteran's Day

November 28 & 29 Thanksgiving

(No meals will be served or delivered to satellite sites on these days.)

PREVENT COLDS & FLU.

To prevent the spread of germs, please stay home if you are sick.



Veterans Appreciation

Fri. Nov. 8 at 10am
Station 618 Lobby

Help us show our appreciation to the men and woman who served our country with stories of military days and light refreshments.



AFTERNOON BINGO!

Nov. 19 @ 2:30pm
Station 618 Activity