

SACRAMENTO SENIOR SHOUT OUT VOLUME 19

DECEMBER 2015



We hope this finds you ready for the Christmas rush!!! This is a wonderful time of year when we hear from long lost friends, loved ones, and family.

We have some new members of our SMSSI family: Ed Thomas, our van driver, meal delivery, etc.; Pam Pickle, our programs coordinator; and, Chantz Faulkner, our kitchen assistant.

This month we will have the 12 Movies of Christmas. Come and join us for a great movie and popcorn. The list of movies with the date of showing is on the activities calendar on the back of this sheet.

My Christmas Wish To YOU By Catherine Pulsifer

If I could wish a wish for you, it would be for peace, faith, and happiness
not only at Christmas, but for the whole year through!

I wish that there always be food on your table. That you always give to those less fortunate.
May you always take time to share, and thank those who have blessed you.

I wish for time, so you may reflect on the blessings that you have,
and that you express your love to those who are dear to you.

May you never feel lonely, because there are those who care.
That you realize: you are special, you are unique, you make a difference,
not only at Christmas, but all year!

I wish for your thoughts to be positive ones, that you never quit,
that you never give up, and that you continue to learn.

I wish for the love, and peace of God, to be yours always.

SACRAMENTO MOUNTAINS SENIOR SERVICES, INC.
SERVING CLOUDCROFT, MAYHILL & HIGH ROLLS SENIOR CITIZENS AGE 60 +



ACTIVITIES CALENDAR

MTNSENIORS.COM

12/1/2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Where did Frosty the Snowman meet his wife? At the Snow Ball	EXERCISE 10 AM VAN TO ALAMO BRIDGE LESSONS	2 What are Santa's helpers called? Subordinate clauses GAMES WITH OZELLE	3 EXERCISE 10 AM PARTY BRIDGE	4 FARKLE FRIDAY
7 VAN TO ALAMO MIRACLE ON 34TH STREET	8 EXERCISE 10 AM VAN TO ALAMO BRIDGE LESSONS SCROOGE	9 GAMES WITH OZELLE Q. What do snowmen wear on their heads? A. Ice caps. SIGNED, SEALED, DELIVERED FOR CHRISTMAS	10 EXERCISE 10 AM PARTY BRIDGE WHITE CHRISTMAS	11 FARKLE FRIDAY CHRISTMAS VACATION
14 VAN TO ALAMO JINGLE ALL THE WAY	15 EXERCISE 10 AM VAN TO ALAMO BRIDGE LESSONS MUPPET CHRISTMAS CAROL	16 GAMES WITH OZELLE COOKIE EXCHANGE! IT'S A WONDERFUL LIFE	17 EXERCISE 10 AM CHRISTMAS PARTY!!! BRING A GIFT HOME ALONE	18 FARKLE FRIDAY THE BISHOP'S WIFE
21 VAN TO ALAMO NO BOARD MEETING!!! HOW THE GRINCH STOLE CHRISTMAS	22 EXERCISE 10 AM VAN TO ALAMO BRIDGE LESSONS A CHRISTMAS STORY	23 Polar Express GAMES WITH OZELLE	24 Closed for the Holidays Q. What do you call people who are afraid of Santa Claus? A. Claustrophobic	25 Closed for the Holidays <i>Christmas</i>
28 VAN TO ALAMO	29 VAN TO ALAMO EXERCISE 10 AM BRIDGE LESSONS	30 ROADRUNNER GAMES WITH OZELLE ACTIVITIES SUBJECT TO CHANGE AT ANY TIME!!!	 Happy New Year!	

Here are some memories of our recent dance. It was great fun! We had good food, good music, and good friends having a good time.

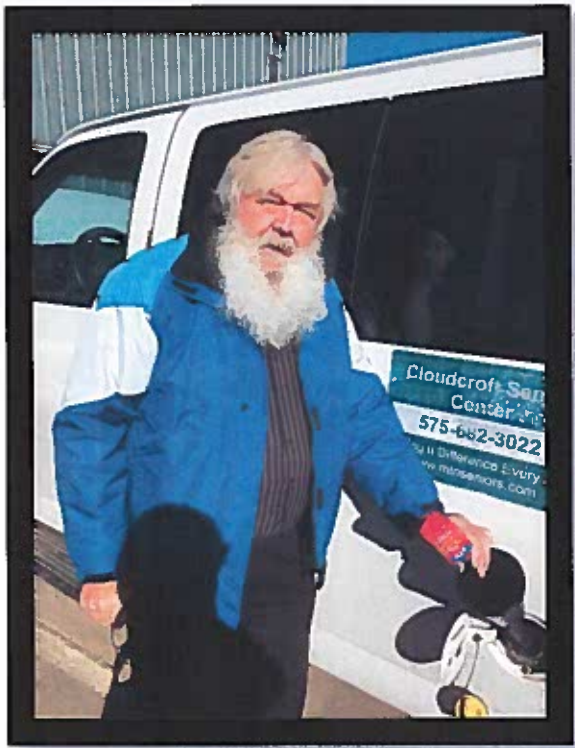


We will have our Christmas party December 17th. Bring a gift to exchange. Don't spend a lot of money; get rid of something that is in your way or that you don't want!! We'll have lots of laughs.

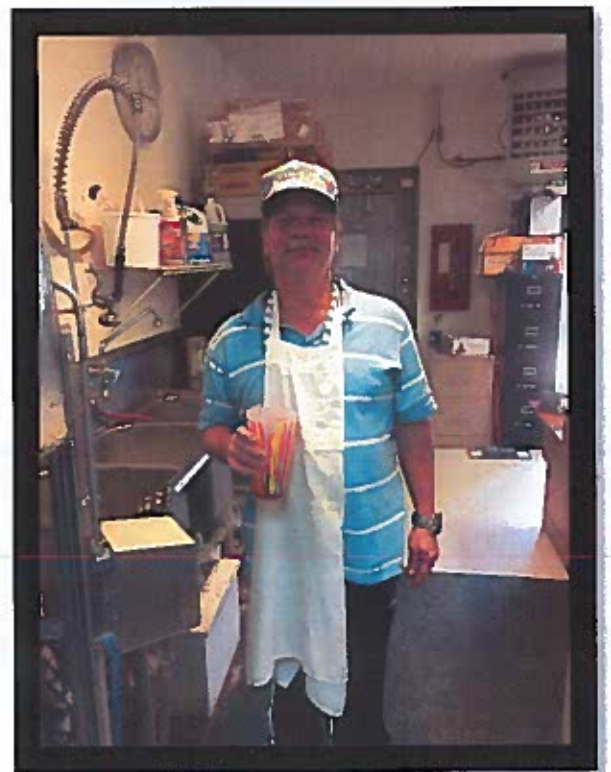


Here are pictures of our newest staff members!

Pam Pickle
Programs Coordinator



Ed Thomas
Van Driver



Chantz Faulkner
Kitchen Assistant

Healthy Eating, Healthy Moving, Healthy You

Eating Fruit the Healthy "Weigh"
 There's every reason in the world to eat fruit - health, taste and beautiful colors. In fact, color is a great way to choose produce. By eating a rainbow of fruits (and veggies), you'll get a healthy dose of all the phytonutrients you need to fight disease and stay strong!

- 1. Eat RED fruit**
 Red fruits, like strawberries, raspberries, cherries, watermelon and ruby grapefruit, contain lycopene - a potent cancer-fighting phytonutrient. And, it's easy to work toward your 5 a Day servings - 1 cup of fresh, frozen, or canned fruit equals a serving.
- 2. Eat WHITE fruit**
 Even fruits that are white inside - like bananas, apples and pears - offer nutrients that your body craves: potassium, phytonutrients and more fiber. And, there's more good nutrition news - dried fruit counts toward your 5 a Day (1 cup equals a serving).
- 3. Eat BLUE fruit**
 Blueberries are one of the richest sources of disease-fighting antioxidants in the produce department. Fresh, frozen, canned and even dried - sprinkle them on cereal, add them to pancakes, toss them in salads or just enjoy them as a yummy 5 a Day snack.
- 4. Eat GREEN fruit**
 Green comes in a variety of delicious fruit flavors, like green grapes, honeydew melon and kiwis. These versatile fruits are high in vitamin C - and they also provide potassium and more fiber. One regular kiwi equals a 5 a Day serving, as do most medium fruits.
- 5. Eat YELLOW fruit**
 Golden pineapple is probably America's favorite yellow fruit. Fresh or canned in its own juice - pineapple is a nutrition favorite too. Just 1 cup equals a 5 a Day serving - and packs a healthy punch of vitamin C (and some fiber too).
- 6. Eat ORANGE fruit**
 Oranges are an obvious choice - but there are also apricots, peaches, mangoes and cantaloupes. Whole fruits have significantly more fiber than juice (like fiber) - but 6 oz. of 100% fruit juice can also count towards one of your 5 a Day servings.



National Nutrition Month 2003
 Adopted by the NCI/NCIET Program from Eat Right America materials

Joker

Trips and Tours

Tai Chi Exercise

Farkle

Mexican Train

Bridge

Come to the Senior Center

Lunch 11-12:15 Monday thru Friday

Buffet, Salad Bar, Soup

Center Open 8a.m.-3p.m.

Fun

Food

Fellowship

Senior Lunch
 \$2 suggested donation

Others (under 60)
 Soup, Salad-AYCE \$5



SACRAMENTO MOUNTAINS SENIOR SERVICES, INC.
SERVING CLOUDCROFT, MAYHILL & HIGH ROLLS SENIOR CITIZENS AGE 60 +



CALL FOR RESERVATION BEFORE 8:30
575-682-3022 RIDE THE VAN TO TOWN OR LUNCH

LUNCH SERVED 11:30 TO 12:15

MENU SUBJECT TO CHANGE AT ANY TIME!!!

MTNSENIORS.COM

12/11/2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p><u>MEALS ON WHEELS</u> <u>HIGH ROLLS AND</u> MAYHILL ARE FIRST MAIN COURSE THAT IS UNDERLINED.</p>	<p>2</p> <p><u>SWEET N SOUR PORK</u> OR CHICKEN CHOW MEIN ORIENTAL VEGETABLES CARROTS FRUIT COCKTAIL PEANUT BUTTER COOKIE</p>	<p>3</p> <p>BEEF LASAGNA OR ITALIAN CHICKEN MIXED VEGETABLES GARDEN SALAD FRENCH BREAD PLUM COBBLER</p>	<p>4</p> <p><u>CHICKEN PATTY SANDWICH</u> OR PIG IN A BLANKET CELERY STICKS TATOR TOTS COTTAGE CHEESE PEACHES</p>	<p>CATFISH NUGGET/STARTER SAUCE OR TURKEY MEATLOAF COLESLAW GREEN BEANS BREAD & MARGARINE PINEAPPLE UP-SIDE DOWN CAKE</p>
<p>7</p> <p><u>BAKED PORK CHOP</u> OR LIVER & ONIONS WILD RICE GREEN BEANS DINNER ROLL/ MARGARINE ORANGE</p>	<p>8</p> <p><u>OVEN FRIED CHICKEN</u> OR TUNA PATTY PARMESAN PASTA BROCCOLI TOSSED SALAD & DRESSING CRACKERS / ORANGES</p>	<p>9</p> <p>SALISBURY STEAK OR BBQ CHICKEN PARSLEY POTATOES SPINACH / PEACHES ROLL & MARGARINE PUMPKIN SPICE COOKIE</p>	<p>10</p> <p><u>BAKED CAJUN FISH</u> OR BAKED PORK CHOP WILD RICE CAULIFLOWER & CARROTS BISCUIT YOGURT</p>	<p>11</p> <p><u>LEMON BAKED CHICKEN</u> OR TUNA AND SHELLS RICE BEEF'S SPICE CAKE</p>
<p>14</p> <p><u>MEATLOAF</u> OR ITALIAN CHICKEN SCALLOPPED POTATOES GREEN BEANS ROLL & MARGARINE STRAWBERRY SHORTCAKE</p>	<p>15</p> <p><u>BAKED SPICY FISH</u> OR GROUND BEEF STROGANOFF BRUSSEL SPROUTS ROLL & MARGARINE BROWNIE</p>	<p>16</p> <p>HAMBURGER OR CHICKEN PATTY LETTUCE, TOMATO & ONION 5 BEAN SALAD CALIFORNIA VEGETABLES SPICE CAKE</p>	<p>17</p> <p>CHRISTMAS DINNER <u>ROAST TURKEY/GRAVY</u> OR HAM STUFFING / ROLL GREEN BEANS W/RED PEPPER CRANBERRY SALAD PUMPKIN PIE</p>	<p>18</p> <p>TACO BURGER OR TURKEY TACO MEXICAN SALAD BROCCOLI & CHEESE STRAWBERRIES & BANANAS</p>
<p>21</p> <p><u>CHICKEN A LA KING</u> OR PEPPER STEAK SAUTEED POTATOES & ONIONS BROCCOLI BISCUIT CHUNKY FRUIT</p>	<p>22</p> <p><u>PORK CHOP OLE'</u> OR SALMON PATTY RICE & ORIENTAL BEETS COTTAGE CHEESE FRUIT COCKTAIL & COOKIE</p>	<p>23</p> <p>FRUIT PIE OR CHICKEN ADOVADA PINTO BEANS LETTUCE, TOMATO & ONION ANGEL FOOD CAKE</p>	<p>24</p> <p>Happy Birthday!!!! <u>CLOSED</u></p>	<p>25</p> <p><u>CLOSED!!!!!!</u></p>
<p>28</p> <p><u>ROAST BEEF / GRAVY</u> OR ORANGE CHICKEN ROASTED VEGETABLES TOSSED SALAD & DRESSING BISCUIT W/MARGARINE APPLE/ COOKIE</p>	<p>29</p> <p><u>BAKED CHICKEN</u> OR BEEF TIPS RICE BROCCOLI GREEN SALAD & DRESSING ROLL / PEARS</p>	<p>30</p> <p>ROAD RUNNER CHILI DOG OR FRUIT PIE BAKED POTATO WEDGES MIXED VEGETABLES ORANGE</p>	<p>31</p> <p>ANNIVERSARY DAY!!! <u>CHICKEN FRIED STEAK</u> OR CHICKEN PATTY MASHED POTATOES/ GRAVY GREEN BEANS ROLL & MARGARINE APPLE COBBLER</p>	<p>JAN. 1</p> <p><u>CLOSED</u></p>





Two young boys were spending the night at their grandparents. At bedtime, the two boys knelt beside their beds to say their prayers when the youngest one began praying at the top of his lungs.

"I PRAY FOR A NEW BICYCLE...
I PRAY FOR A NEW NINTENDO...
I PRAY FOR A NEW VCR..."

His older brother leaned over and nudged the younger brother and said, "Why are you shouting your prayers? God isn't deaf." To which the little brother replied, "No, but Grandma is!"

Come and eat with us. We serve lunch every day from 11:30 until 12:15. We have the choice of two entrees, soup and the salad bar. Come early and enjoy the company. Stay late and play games.

If you need a ride to Alamogordo for shopping or an appointment, let us know. We can get you there!

If you know of someone who cannot get out to eat with us at one of the centers, call us and we will see if we can deliver meals to them.

If you need help with light house cleaning, call us and we will see if we can assist you.

If you need help with applying for financial aid with monthly bills, we can help. We have the list of resources that are available.

Roadrunner Food Bank distribution will be December 30th.



Tax season is just around the corner! Get your stuff together. We will get you the help you need.

This is the time to make resolutions. Resolve to come to the Senior Center as often as you can!

Roadrunner Food Bank distribution will be January 27th.

We hope you have and blessed and happy New Year!!!

www.mtnseniors.com

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