

# September 2009

102 W. Old Mill Road      City Of Mesquite      702-346-5290



## Senior Services Staff

- Sally Coates—  
Manager
- Damion Zamora—  
Executive Chef
- Concepcion Felix—  
Sous Chef
- Krissy Thornton  
Party Planner
- Isela Zarate— Aide
- Kimberly James—Aide
- Rick McDonald— Driver

• **SENIOR CENTER HOURS**  
**7:00am to 4:30pm**  
**Monday—Friday**  
**Except Holidays**



## Progress on Senior Center

As to date our Senior Center is moving quickly along. With framing and the roof all ready up we are expecting the new edition to be done by the third week in November. Just in time for our Community Thanksgiving Dinner. We appreciate everyone's patience during this construction time.

A grandparent is a little bit Parent, a little bit Teacher, and a little bit Best Friend.

Author Unknown

## FLU SHOTS

They are coming soon  
Sav-On  
will be here on  
October 6, from  
9:00 a.m. to 1:00 p.m.



## Wal-Greens

will be here on  
October 21, 2009  
From 8:00 a.m. to 12:00pm  
May be covered by any  
Medicare Plans. Kristi from  
Wal-Greens will be here on  
Oct 7 & 14th to sign people  
up from 11:30-12:30.  
**Without Insurance Vaccine  
cost is \$24.99 on both days.**

## Shelf Stable Meal

For all of our Homebound participants we will be having another Shelf Stable Meal for you to enjoy in case of an emergency. We will be delivering that to you on Saturday, September 26, 2009, from 9:00 a.m. to 1:00 p.m.

## Card Game playing

On September 26, 2009 we will be having a Card Game Luncheon starting at 8:00 a.m. to 3:30 p.m. and eating Lunch from 11:00 a.m. to 12:30 p.m. Anyone wanting to spend a whole day playing cards with friends and eating good food come on over and join us for a relaxing day.

## Grandparents Dinner

This year to celebrate all of our grandparents, parents, and the people who have touched the life of a child, we will be celebrating YOU.

We will have a Spaghetti Dinner, Salad, Garlic Bread, and a very tasty Dessert, ready for you from 5:00 p.m. to 7:00 p.m. here at the Mesquite Senior Center on Saturday, September 12, 2009. We will be delivering to our Homebound from 3:00 p.m. to 7:00 p.m.

September 2009

# MENU

Lunch served from 11:30 am to 12:30 pm

## BIRTHDAYS

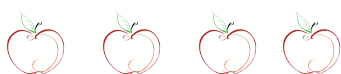
We will be celebrating September birthdays on the **29th Birthday Cake** will be served with lunch. If your birthday is this month, please inform our greeter at the receptionist desk.

Senior Services News

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Turkey & Cranberry Wrap, Chips Salad Bar, Lemon Bars	2 Meatloaf, Mashed Potatoes, Cream Corn Seasonal Fruit	3 Chicken Alfredo, Salad Bar, Bread Sticks, Macadaman Nut Brownies	4 Fish Tacos, Refried Beans, Rice, Cinnamon Candied Pears
7 <b>Senior Center Closed</b>	8 Hot Ham & Swiss Sandwich, Chili Cheese Tots, Salad Bar,	9 Chicken & Dumplings, Zucchini Corn Bread, Seasonal Fruit	10 Beef Stroganoff, Salad Bar, Hot Roll, Almond Cookie	11 Fish & Chips, Coleslaw, Cottage Cheese Fruit Salad,
14 Philly Steak Sandwich, (thin grilled Steak, green peppers,onions,mushrooms) Twister Fries,	15 Honey Dion Chicken, Roasted Reds & Grilled Zucchini, Salad Bar,	16 Bratwurst, Baked Beans, Coleslaw, Jello	17 Chili Verde, Fried Potatoes, Salad Bar, Fruit Flatus	18 Tuna Melt, Chips, Pickle Spears, Applesauce
21 BBQ Ribs, Pasta Salad, Chili Beans, Seasonal Fruit	22 Goulash, Salad Bar, Mac & Cheese, Peanut Butter Cookie	23 Navajo Tacos Salad, Citrus Bundt Cake	24 Chicken Flatus, Mexi Nuggets, Salad Bar, Blueberry Muffin	25 Fish Sandwich, Fries, Pickle Spears, Spiced Apples
28 Hearty Beef Stew with Vegetables, Hot Roll, Fried Oreos	29 BBQ Chicken, Salad Bar, Red Potato Salad, Birthday Cake	30 Hot Pastrami Sandwich, Onion Rings, Seasonal Fruit		

### Nutrition Program

- Lunch is served from 11:30 am to 12:30 pm, Monday through Friday, except holidays at the Senior Center. Reservations appreciated.
- A \$2.50 donation is suggested for 60 years and older.
- A \$4.00 cost for 59 years and under.
- To inquire about Homebound delivery call 346-5290.



The Senior Services Div. is coordinating with "Animal Control" in distributing animal food for Homebound clients' pets. If you are a Homebound client and need further information on this wonderful program please contact the Senior Services Division at 346-5290.



### CARDS AND TILE GAMES

#### WEEKLY SCHEDULE

<b>MON</b>	Open Pinochle	8:00 am to Noon
<b>TUES</b>	Mexican Train Dominos	12:30 pm to 4:30 pm
	Mah-Jongg	12:30 pm to 4:30 pm
<b>WED</b>	Open Pinochle, Mah-Jongg	12:30 pm to 4:30pm 12:30 pm to 4:30 pm
<b>THUR</b>	Mah Jongg Cribbage	12:30 pm to 4:30 pm 12:30 pm to 4:30 pm
<b>FRI</b>	Open Pinochle Pinochle/Canasta	8:00 am to Noon 12:30 pm to 4:30 pm



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