

October 2011



“BEGINNING JAZZ AND TAP CLASSES”

Starting Friday, October 7
Jazz- 9 am / Tap-10 am

The well known Mesquite's Toes Tap Team (Good Will Ambassadors) is offering a beginning Tap and Jazz Class.

NO EXPERIENCE NECESSARY!

For more information contact
Vicki Eckman at 346-3604.
Location: 150 N. Yucca Street, Suite 35
(Mesquite Campus)

Senior Trip

“GREASE” at Tuacahn

Saturday, October 15

Departure: 4:15pm Return: 11:30pm

Cost: \$54.00 (includes ride and ticket)

Purchase your tickets now!

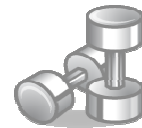
W E N E E D Y O U R H E L P !

The Virgin Valley Elementary School is looking for your help. There are many products we purchase each day that have a Box Top 4 Education on them. For every Box Top clipped and turned in 10 cents is donated to our school. Please help our school by clipping Box Tops and turning them in at the Senior Center. We will have a collection box available at the front desk for you to drop your clipped Box Tops. We will be collecting them throughout the school year. This is a great way to help your local school. Thank you so much for your willingness to help!!

CHAIR CLASSES

The Senior Center is now offering a 45 minute chair exercise class Monday through Thursday at 10:30 a.m.

Come join us and have fun!



“Flu Shot”

It's that time of year when the flu season rolls around!

Date: Thursday, October 6

Time: 9am to 1pm

Place: Mesquite Senior Center

Medicare and Medicare related plans are giving their clients **Free** Flu shots this year.

Senior Dimensions, Humana, Aetna, Secure, Horizens, Tri-care, Culinary, is also offering shots at \$28.99.

Vaccinations administered by your Neighborhood Albertsons Sav-on Pharmacist.

“Medicare Open Counseling”

Date: Wednesday, Nov 2

Time: 10 a.m.– 2 p.m.

Location: Senior Center

More info: (702) 346-5290

A certified Medicare counselor will be on site to assist Medicare beneficiaries with their Prescription drug plans. This service is free and open to the public.



“Learn to Play Your Favorite Song”

Lowrey Music Center is offering FREE music classes. This program is held at the Mesquite Senior Center every Thursday from 9:30-10:15 a.m. starting Thursday, September 29.

For more information please contact Benjamin at [435-773-0015](tel:435-773-0015).

You are never "too young" to start! We have students ranging from 55 to 97!! We hope to see you here!!

**October
2011**

MENU



Lunch served from 11:00 am to 12:30 pm

Monday	Tuesday	Wednesday	Thursday	Friday
3 Beef Goulash, Vegetables, Garlic Bread, Fruit	4 Ham and Cheese Pocket, Mac & Cheese, Vegetables, Chocolate Chip Cookie	5 Eye Ball Taco Salad, Rice, Beans, Salsa, Apple Nachos	6 Tuna Empanadas, Green Salad, Marinated Tomatoes, Pumpkin Bread	7 Pot Roast, w/New Potatoes, Vegetables, Roll, Fruit
10 Honey Mustard Chicken, Steamed Rice, Vegetables, Fruit	11 Tater Tot Topped Casserole, Mashed Potatoes, Vegetables, Cherry Biscuit Blossoms	12 Homemade Lasagna w/Noodles, Vegetables, Garlic Bread, Fresh Fruit	13 Sugar Rubbed Pork Loin, With Stuffing, Vegetables, Halloween Dessert	14 Chicken Fried Steak, Mashed Potatoes, w/Gravy, Vegetables, Fruit
17 Chicken Broccoli Shells, Carrots, Fruit	18 Hot Roast Turkey W/walnut Stuffing, Vegetables, Homemade Roll, Graveyard Brownie	19 Beef Stroganoff w/ Egg Noodles, Vegetables, Green Salad, Fresh Fruit	20 Honey Baked Ham, Mac & Cheese, Vegetables, Home Made Roll, Peach Cobbler	21 Navajo Salad Rice, Beans, Homemade Salsa, Fruit
24 Chicken Pot Pie, Spinach Salad, Vegetables, Fruit	25 Baked Ziti, w/Four Cheeses, Mediterranean Vegetables, Green Salad,	26 Cranberry Spread Turkey Wrap, Apple Slaw, Chips, Fresh Fruit	27 Spooky Meatloaf, Mashed Potatoes, w/Gravy, Mixed Vegetable, Halloween Dessert	28 Senior Center Closed For Nevada Day
31 Spooky Spaghetti w/ Meat Balls, Finger Garlic Bread, Vegetables, Halloween Cake				

Nutrition Program

Lunch is served from 11:00 am to 12:30 pm,

- Monday through Friday, except holidays.
- Menu is subject to change.
- A \$2.50 donation is suggested for 60 years and older.
- \$4.00 fee for 59 and under.

Food Allergy Notice

Food items may contain these
Or other allergy causing
ingredients:
Nuts, Milk, Eggs, Wheat,
Soybeans, Peanuts, Fish, and
Shellfish

Social Security comes
the 3rd Wednesday of
each month.
from 8:30 to 10:00 am
Mesquite Campus
Suite 1

Senior Trips

October 2011



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	53	4	5	6 <i>Dennis Bonno In Las Vegas</i>	7	8
9	10	11	12 <i>Senior Lawyer Here from 11:30 to 12:30</i>	13 <i>Movie Zion Cost \$20.00 Includes ride Leave at 7 am Return at 5 pm</i>	14	15 <i>Grease at Tuacahn Leave at 4:15 Return at 11:30 Cost is \$39.00</i>
16	17	18	19	20	21	22
23	24	25	26	27	28	29 <i>Senior Center Closed</i>

Senior Trips

November 4, 2011- Pomegranate Festival in Logandale NV, Leave at 8:30 am and Return at 2:30 pm Cost is \$15.00 and free to public.

November 11, 2011- Time out for women expo/Chuck a Rama in St. George UT Utah. Leave at 9:00 am and Return at 2:00 pm Cost is \$15.00 for bus and the cost of food.

November 16, 2011- Jubilee of Trees in St. George UT, Leave at 9:00 am and Return at 2:00 pm Cost is \$15.00 for ride and \$3.00 to get in.

November 25, 2011- Santa's Workshop/Olive Garden, in St. George Utah. Leave at 8:00 am Return at 2:00 pm Cost is \$15.00 for bus free to get in along with cost of food.

November 30, 2011- Dickens Festival in St. George Utah, Leave at 9:00 am and return at 2:00 pm Cost is \$15.00 and \$5.00 to get into the venue.

CARDS AND TILE GAMES

MON	Open Pinochle	8:00 to 3:45
TUES	Mexican Train Dominos	12:30 to 3:45
	Mah-Jongg	12:30 to 3:30
	Dominos	12:30 to 3:30
WED	Open Pinochle	8:00 to 3:30
	Mah-Jongg	12:30 to 3:30
	Dominos	12:30 to 3:30
THUR	Mah Jongg	12:30 to 3:30
	Cribbage	12:30 to 3:30
FRI	Open Pinochle	8:00 to 3:30
	Canasta	12:30 to 3:30
	Mah-Jongg	12:30 to 3:30

Recycled Cards

Time: 9:00 to 11:30

Date: Monday, October 3

Use old greeting cards to create new beautiful ones!!!

Fun, Quick and easy project– make as many as you want

Cost is \$1.00 each (All materials supplied)



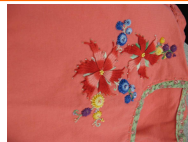
Tenerife (Spider Web Weaving)

Time: 9:00 to 11:30

Date: Monday, October 10

Can be used on shirts, purses, totes, sweats, etc..

Cost is \$4.00 all materials supplied.



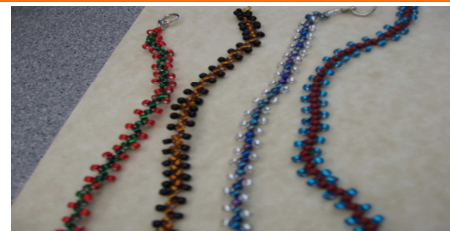
Beading

Time: 9:00 to 11:30

Date: Monday, October 17

Tattoo bracelet/Anklet

Beginners welcome, Easy Pattern



CroHook (Shell Pattern)

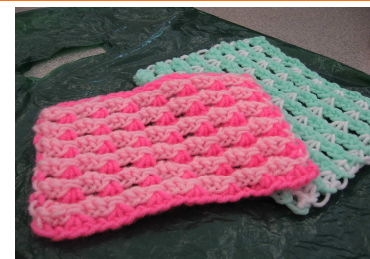
Time: 9:00 to 11:30

Date: Monday, October 24

If you can chain you can make this gorgeous afghan pattern.

Cost is \$5.00 for crohook, \$5.00 for class

All materials supplied



Lite bulb Turkey (candy holders)

Time: 9:00 to 11:30

Date: Monday, October 31

A cute thanksgiving centerpiece, bring small scissors.

Cost is \$5.00



Quilt Group

Meets the first 3 Wednesday's each month.

First Wednesday From 12:30 to 3:30

“Sew and Tell”

Second Wednesday from 10:00 am to ?

“Quilting for others”

Third Wednesday from 10:00 to 3:30

“Work on your projects”

Norma's Scrapbooking Classes

Every Friday from 9:00 to 11:30

Starting October 7th

\$10.00 for the basic

Materials:

Bring photos for 10 pages

Sign up required week prior.

League of Women Voters at the Senior Center

every Thursday

from

11:00 to 12:30.



A representative from Senator Heck's office will be here the 2nd Wednesday of every month

