



# July



## Hours of Operation:

**Santa Fe Crossing**  
Monday thru Friday 9:00am - 2:00pm  
**Station 618**

Monday, Wednesday, Friday 8:00am - 5:00pm  
Tuesday & Thursday 8:00am - 7:00pm

*The facility will only be open late hours  
for scheduled programs.*

<http://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

9:00 am-1:00 pm	618	Ceramics
9:00 am-2:00 pm	SFC	Card Games, Dominoes & Puzzles
8:00 am-5:00 pm	618	Library
9:00 am-10:00 am	618	Cardio & Strength
10:30 am-11:00 am	SFC	Bingo
10:30am-11:30 am	618	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-5:00 pm	618	Pinochle & Farkle

**THE FITNESS ROOM is open for use  
Monday, Wednesday, & Friday, 8:00 am - 5:00 pm.  
Tuesday & Thursday evenings till 7:00 pm.  
Monthly fee is \$10.00.**

### TUESDAY

9:00 am-1:00 pm	618	Ceramics
9:00 am-2:00 pm	SFC	Card Games, Dominoes & Puzzles
8:00 am-5:00 pm	618	Library
9:00 am-10:00 am	618	Mentoring w/Carlos & Sandra*
9:00 am-2:00 pm	SFC	China Painting & Art (Oil Painting)
9:00 am-10:00 am	618	Cardio & Strength
10:30am-12:00pm	618	Line Dance (Mixed)
11:00 am-12:30 pm	SFC	Lunch
1:00 pm-5:00 pm	618	Pinochle & Farkle
1:00 pm-2:00pm	618	Cardio & Strength
1:00 pm-4:00pm	618	Bridge
1:30 pm-3:00 pm	618	Basic Computer Functions* (\$4 per month, by appointment)
6:00 pm-7:00 pm	618	Zumba-Cost \$4.00 per person

### WEDNESDAY

9:00 am-1:00 pm	618	Ceramics
9:00 am-2:00 pm	SFC	Card Games, Dominoes & Puzzles
8:00 am-5:00 pm	618	Library
9:00 am-10:00 am	618	Walking Group
9:00 am-11:00 am	SFC	Crochet
9:30 am-11:30 am	618	Pow Wow Group*
10:30 am-12:00 pm	618	Line Dance Beginners *** <i>(Canceled until September)</i> ***
11:00 am-12:30 pm	SFC	Lunch
1:00 pm-2:00 pm	618	Tai Chi

*\*Computer classes are now \$4.00 per month and cover all  
classes scheduled during the month.  
Please see staff if there are any questions.*

### Nutrition Sites

**Santa Fe Crossing**  
702 S. Chadbourne  
325-657-4484

**Christian Village**  
4225 Billie Bolin  
325-949-8575

**Plaza Del Sol #2**  
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 & Puzzles
8:00 am-5:00 pm	618	Library
9:00 am-10:00 am	618	Cardio & Strength
9:00 am-10:00 am	618	Mentoring w/Carlos & Sandra*
10:30 am-11:30 am	618	Yoga
11:00 am-12:30 pm	SFC	Lunch
1:00pm-2:00pm	618	Cardio & Strength
2:00 pm-5:00 pm	618	Mah Jongg
3:00 pm-4:15 pm	618	Computer Club Meeting
6:00 pm-7:00 pm	618	Zumba-Cost \$4.00 per person

**\*\* Payment Box is available for drop offs of payments toward activi-  
ties with a fee. Its located cross Recreation Supervisor's office.**

### FRIDAY

9:00 am-1:00 pm	618	Ceramics
9:00 am-2:00 pm	SFC	Card Games, Dominoes & 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
9:30 am-11:30 am	618	Pow Wow Group*
10:30 am-11:30 am	618	Yoga
10:30 am-11:00 am	SFC	Bingo
11:00 am-12:30 pm	SFC	Lunch
1:00 pm-4:00 pm	618	Mexican Train Dominoes
1:00pm-4:00 pm	618	Bridge
1:00 pm-5:00 pm	618	Pinochle & Farkle

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

### Health Screenings

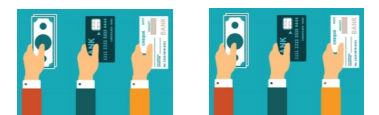
- Angel Home Health-Blood Pressure & Sugar Checks  
10:00am- 11:00am SFC Jul 2nd  
9:30am- 10:30am 618 Jul 16th
- Kindred at Home -Blood Pressure Check  
10:00am- 11:00am 618 Jul 11th
- Interim Healthcare -Blood Pressure Check  
10:00am- 11:00am 618 Jul 30th

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

*Parks & Recreation Advisory Board meeting takes place at the  
McNease Convention Center on the fourth Thursday of the  
month at 3:30pm. Board meetings are subject to rescheduling  
or cancellation, please call 657-4450 for more information.*

### ATTENTION FITNESS PARTICIPANTS

Please come by the office  
to check if your monthly  
fitness dues are current.  
Staff may need to pass  
out reminders to partici-  
pants who fall more than  
a month behind.  
FMI, see staff.  
Thank you!





# July

All Meals are Served with a Glass of Milk



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1. Roast Pork</b> Sweet Potatoes Succotash Wheat Roll Banana Pudding	<b>2. Homestyle Lasagna</b> Brussel Sprouts Garlic Bread Pears	<b>3. Chicken Salad Sandwich</b> Tomato, Lettuce, & Pickles Macaroni Salad Carrot Sticks Fresh Fruit	<b>4. Santa Fe Crossing &amp; Station 618 Senior Centers will be CLOSED in observance of Independence Day. No food will be served or delivered this day.</b>	<b>5. Beef Soft Taco</b> Spanish Rice Broccoli Mandarin Oranges w/Whipped Topping
<b>8. Spaghetti w/Meatballs</b> Spinach Wheat Roll Honey Dew Melon	<b>9. Breaded Chicken Tenders</b> Baked Potato w/Sour Cream Peas & Carrots Fruit Cocktail	<b>10. Turkey Sandwich</b> Tomato, Lettuce, & Pickle Broccoli Raisin Salad Macaroni Salad Pineapple Delight	<b>11. Herb Roasted Chicken</b> Potato Wedges Peas & Carrots Wheat Roll Strawberries w/Whipped Topping	<b>12. Roast Beef</b> Baked Potato w/Sour Cream Buttered Carrots Wheat Roll Chocolate Pudding
<b>15. Chicken &amp; Rice Casserole</b> Black-eyed Peas Carrots Wheat Roll Fruit Cocktail	<b>16. Polish Sausage</b> Pinto Beans Coleslaw Cornbread Peaches	<b>17. Beef Stew</b> Turnip Greens Cornbread Black Forest Parfait	<b>18. Charbroil Beef Patty w/Peppers &amp; Onions</b> Garlic Mashed Potatoes Beets Bread Mandarin Oranges	<b>19. Chicken Fried Steak</b> Mashed Potatoes w/Gravy Okra Wheat Roll Apricots
<b>22. Chicken Teriyaki</b> Fried Rice Seasoned Vegetables Blend Strawberries & Bananas	<b>23. Glazed Meatloaf</b> Red Bliss Potatoes Mixed Vegetables Breadstick Country Apple Crisp	<b>24. Crumb Topped Fish</b> Garlic Roasted Potatoes Peas Wheat Roll Chocolate Pudding	<b>25. Oven Fried Chicken</b> Bow Tie Pasta Broccoli Raisin Salad Fruit Cocktail	<b>26. Beef Paprikash</b> Mashed Potatoes Seasoned Broccoli Cantaloupe Honey Bran Bars
<b>29. Swedish Meatballs</b> Parsley Noodles Mixed Vegetables Wheat Roll Angel Food Cake w/ Strawberries	<b>30. Cheeseburger</b> Lettuce, Tomato, Pickle, & Onion Potato Wedges Melon Medley	<b>31. Turkey Tetrazzini</b> Carrots & Zucchini Tossed Salad w/Dressing Wheat Roll Fruit Parfait		

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

Parks & Recreation Department- Senior Services

**STEP ON IT!** Sign up on July 11th @ 10am Station 618 Lobby for this awesome challenge!  
*Count your steps each week and turn them in on Thursday with the Kindred at Home Representative. This is 12 week program with prizes for the top performers.*

**Watermelon Fridays!!**  
 Station 618 Lobby  
 At 10:00am  
 Every Friday in July.



**Bean Bag/Cornhole Tournament**  
 Tues. July 30th  
 @ 2:30 to 4:00pm  
  
**Station 618 Activity Room**  
 Reserve your spot-at least 12 participants needed.

**July Birthday Celebration**  
 Thurs. July 25th @ 10am  
 Bring a snack to share!

Birthday Cake donated by



**Afternoon BINGO**  
 Wed. July 17th  
 @ 3:00pm  
 Join us for another fun hour of Bingo and prizes!



**Attention Senior Center Participants**  
 Recreation Kids Swim Camps will be in progress at SFC from July 22nd to August 2nd. Please be courteous of their belongings. Any concerns or questions, please speak with Supervisor



**Senior Dance**  
 Thurs. July 25th/6:30-9:00pm  
 Join us for an evening of great music!  
 Cost \$5 per person  
 Live Music by: Jackie & Eddie  
 Light refreshments provided



**\*\*Renovations Update\*\***  
 Thank you for your patience and cooperation during the recent renovations at the Senior Centers. Estimated time of this project will be about 3 weeks, which could cause cancelations of activities/classes. **618 will close at 5pm Mon-Fri during this time.** Renovations will continue to Santa Fe Crossing once 618 is complete and center hours will change temporary. Please be alert of postings.