



Senior News

Robin Aguero, Director

356 S. Papago St., Springerville, AZ

928-333-2516



give thanks

FOR EACH NEW MORNING
WITH ITS LIGHT,
FOR REST AND SHELTER
OF THE NIGHT,
FOR HEALTH AND FOOD,
FOR LOVE AND FRIENDS,
FOR EVERYTHING
THY GOODNESS SENDS.

ralph waldo emerson

<http://www.swtblessings.com/>





Thanksgiving for One or Two...

Sometimes, you simply don't need a 20 pound bird or a whole pie on Thanksgiving, but you still want to make a meal that feels like a treat, lifts your spirits, and stays within your budget. Across the next few pages, you'll find suggestions to cook for just 1, 2, or maybe 3 guests, with a few leftovers to enjoy the next day. Be sure to read our "Leftover Like a Pro" tips at the end of each recipe.

This Thanksgiving, if you shall dine in the company of loved ones, enjoy the conversation as much as the mashed potatoes! If you shall dine small, dine with intention. Plan a nice table setting. Eat a favorite food (even if it isn't turkey), or pick something here. Enjoy a movie night after your meal or a long distance chat with an old friend. Listen to a favorite old album, or dive into a good book. Take time for a cup of tea. Most importantly, have a good day and turn small moments into big moments. Like Charlie Brown said, "What if today, we were just grateful for everything?" Happy Thanksgiving.

Pumpkin Cookies (for now and later)



If you do not wish to buy a whole pie that may go to waste, consider making pumpkin cookies and freezing a portion of the cookies for the future. Making homemade cookies once and freezing them in multiple freezer bags is an efficient way to keep fresh baked goods on hand at a moment's notice!

A plate of homemade cookies on a snowy December day or when friends come by for a visit will be a time-saving delight.

Ingredients

- 1 3/4 cups pumpkin (pureed, cooked)
- 1 1/2 cups brown sugar
- 2 eggs
- 1/2 cup vegetable oil
- 1 1/2 cups flour
- 1 1/4 cups whole wheat flour
- 1 tablespoon baking powder
- 2 teaspoons cinnamon
- 1 teaspoon nutmeg
- 1/2 teaspoon salt
- 1/4 teaspoon ground ginger
- 1 cup raisins
- 1 cup walnuts (chopped)

Directions

1. Preheat oven to 400 degrees.
2. Mix pumpkin, brown sugar, eggs, and oil thoroughly.
3. Blend dry ingredients and add to pumpkin mixture.
4. Add raisins and nuts.
5. Drop by teaspoonfuls on greased cookie sheet.
6. Bake 10-12 minutes until golden brown.

Leftover Like a Pro Tip: This recipe will make up to 48 cookies (4 dozen), but don't despair! This recipe is an investment in the future. Enjoy 1 dozen cookies over Thanksgiving week, and freeze the remaining cookies in 3 containers (each containing 1 dozen cookies). This way, you can plan to serve these cookies at 3 additional small gatherings over the coming holiday season.

www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/pumpkin-cookies

Savory Chicken Casserole



Use a small store-made rotisserie chicken or canned white chicken meat, and dress it up for the holidays with cheese, cream of mushroom soup, and celery in this hearty casserole dish! Add frozen veggies like corn, peas, or carrots to make this dish even more delicious. Remember to properly store and refrigerate poultry according to USDA guidelines.

Ingredients

- 6-8 slices bread, whole wheat
- 4 ounces cooked, cubed chicken, either rinsed and drained from a can or pulled off of a rotisserie chicken
- 1/2 cup onion, chopped
- 1/2 cup celery, chopped
- 1/2 teaspoon pepper
- 2 eggs, lightly beaten
- 1 1/2 cups milk, 1%
- 1 can cream of mushroom soup, low-sodium (10.75 ounces)
- 2 teaspoons margarine
- 1/2 cup cheddar cheese, low-fat shredded (or jack cheese)
- 1/2 cup mayonnaise, light

Directions

1. Lightly coat a 9x9x2-inch baking dish with vegetable spray. Cut approximately 6 slices of bread (fresh or day-old) into 1-inch cubes and place half into the bottom of a baking dish.
2. In a bowl, combine chicken, onion, celery, mayonnaise, and pepper. Spoon mixture over bread cubes.
3. Cut 1-2 additional slices of bread into bread cubes and place over chicken mixture, and press down slightly with spoon.
4. Combine eggs and milk and pour mixture over cubes. Cover and refrigerate overnight.
5. When ready to bake, preheat oven to 325°F
6. Spoon soup over top of casserole.
7. Optional: Spread one teaspoon margarine on 1 side of a slice or two of bread. Cut buttered bread into 1/2-inch cubes and sprinkle on top of casserole.
8. Bake for 60 minutes or until knife inserted in middle comes out clean. Remove from oven and sprinkle cheese over top. Let stand 15 minutes before cutting and serving.

Leftover like a Pro: This recipe will serve up to 6 people, so if you are dining with two other guests on Thanksgiving, each of you can have a to-go meal for the next day. Properly cool, store and refrigerate leftovers according to USDA guidelines.

This recipe is an adaptation of the turkey casserole published at: www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/leftover-turkey-casserole.





LET'S CELEBRATE &
GIVE THANKS
TOGETHER

Join us for a
HOLIDAY LUNCH
November 16th

11:00—12:30

\$5/plate

PLEASE RSVP
928-333-2516 (Option 1)

DECEMBER LAUGHLIN TRIP

We would like to plan our annual Laughlin Trip for early December this year. If you are interested, PLEASE contact Brian to let him know. We must have 10 minimum in order to receive the discounted room rates. We have a sign up sheet started so please reach out soon.



If you are interested, please contact Brian: 928-245-2528

Veterans Day



*“When we give cheerfully and accept gratefully, everyone is blessed.”
- Maya Angelou*



THANKSGIVING



V	I	O	K	K	M	H	N	L	E	B	G	N	I	A
F	P	X	X	Y	S	T	U	F	F	I	N	G	S	Y
O	P	P	R	H	U	N	W	I	M	J	Z	Q	Y	N
M	I	U	L	X	M	X	Z	I	A	P	P	L	E	X
G	E	U	C	R	A	N	B	E	R	R	I	E	S	P
Y	K	Y	E	M	I	Q	K	Z	B	V	I	Y	P	U
A	E	C	M	E	N	S	Q	U	A	S	H	U	S	M
M	K	F	E	L	D	A	G	X	Y	C	C	C	S	P
U	B	E	M	Z	Z	U	B	M	Z	B	L	W	I	K
R	M	T	U	R	K	E	Y	D	E	L	K	M	V	I
M	A	S	H	E	D	P	O	T	A	T	O	E	S	N
O	S	Y	G	L	O	P	S	M	S	W	V	H	W	G
V	S	E	S	D	K	S	N	S	R	S	T	Q	E	O
Q	X	Y	K	K	P	G	D	V	B	J	J	Q	E	B
U	F	U	A	O	U	L	C	C	V	Y	T	F	P	E



Pumpkin
Squash
Pie

Apple
Turkey
Yam

Mashed Potatoes
Cranberries
Stuffing





APACHE COUNTY
Public Health Services District

Vaccine Clinic

ROUND VALLEY COMMUNITY CENTER

356 S. PAPAGO STREET, SPRINGVILLE AZ

WEDNESDAY, NOVEMBER 8, 2023

FROM 9:00AM TO 11:00AM

The following vaccines will be available, depending on your age:
Flu, Covid-19 (monovalent), Shingles (50+), and Pneumonia (65+)

**Additional vaccines may be available with notification one week prior*

Please bring your driver's license and primary insurance or Medicare card.

Vaccines are still available, even if you do not have insurance.

If you can, please bring your vaccination record as well.

Community Partners Working Together

Apache County Public Health Services District

Round Valley Community Services & Senior Center

THANK YOU!

Please call 928-333-2415 or 928-333-2516 for additional information.

Respect for Our Future - Confidence in Our Past



Federal Nutrition Guideline

Participating in congregate nutrition programs for older adults can be fun, engaging and nutritionally satisfying. In fact, the core goals of the program – a nutritious meal, nutrition education, and an opportunity for socialization – are exactly what participants are looking for! Making healthy dietary choices can help you feel your best and stay active. It can also help you lower your risk of developing some health conditions that are common among older adults.

We receive funding for our meals through federal and state grants. They authorize nutrition services for older adults to: reduce hunger, food insecurity, malnutrition, and enhance socialization. The meals must follow the Dietary Guidelines for Americans and provide a minimum of one-third of the Dietary Reference intakes. While there's been a focus on serving lunch time, any meal – breakfast, lunch or dinner – can be served to congregate meal participants. Meals must meet set nutrition requirements. There is flexibility to local service providers like the senior center to design meals that are appealing and culturally appropriate to program participants. Just because it's served doesn't mean it must end up on a participant's plate. As long as what you request is two servings from the meal. In a meal you should expect to see:

- 1 serving of Milk
- 1 serving of Protein (2.5-3 oz)
- 1 serving of Vegetables
- 1 serving of Fruit


Cooking Demonstration

Tuesday, November 28

10:00am

Something
FESTIVE
with Tomasa
Lozoya





Come join us at the Round Valley Community
Services & Senior Center
Monday—Thursday
7:00 am—2:00 pm



Lunch served at 11:30

Salad Bar w/ meals
Every Wednesday

Senior Food Boxes

2nd Tuesday of each month

For information or to sign up:

Judy Wiltbank

333-2516 x254



Drive -Thru Food Bank

Every Tuesday

10:00 am—12:30 pm

356 S. Papago St.

Springerville



NEVER MISS A NEWSLETTER

If you would like to receive a copy of our news
letter via email each month, send an email ...

TO: raguero@springervilleaz.gov

SUBJECT: Email Newsletter



DOOR TO DOOR TRANSPORTATION SERVICES FOR SENIORS

Local Transportation available throughout
Springerville and Eagar



Requested Donation:

\$2.50/ One Way

\$5.00/ Round Trip

Show Low :

1st and 3rd Friday of each month (min. 3 reservations)

\$15 Charge for Round Trip

*Make your reservation at least 24 working hours in
advance by calling: 928-245-2528*

Like Us! Follow Us!



Like our Facebook Page

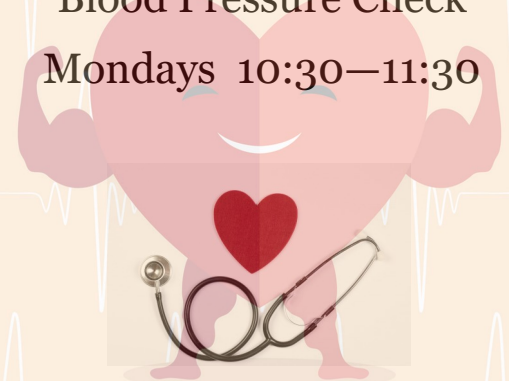
[https://www.facebook.com/
RVCommunityServicesCenter](https://www.facebook.com/RVCommunityServicesCenter)



<https://www.instagram.com/>

Blood Pressure Check

Mondays 10:30—11:30



November



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
		<p>1</p> <p>Lunch served at 11:30</p> 	<p>2</p> <p>Lunch served at 11:30</p>
<p>6</p> <p>Lunch served at 11:30</p>	<p>7</p> <p>Lunch served at 11:30</p> <p>YOGA class 9:30</p> <p>Food Bank 10:00–12:30</p>	<p>8</p> <p>Lunch served at 11:30</p> 	<p>9</p> <p>Lunch served at 11:30</p> 
<p>13</p> <p>Lunch served at 11:30</p>	<p>14</p> <p>Lunch served at 11:30</p> <p>YOGA–Pilates 9:30</p> <p>Food Bank 10:00–12:30</p> <p>SENIOR BOXES</p>	<p>15</p> <p>Lunch served at 11:30</p> 	<p>16</p> 
<p>20</p> <p>Lunch served at 11:30</p>	<p>21</p> <p>Lunch served at 11:30</p> <p>YOGA–Pilates 9:30</p> <p>Food Bank 10:00–12:30</p>	<p>22</p> <p>Lunch served at 11:30</p> 	<p>23</p> 
<p>27</p> <p>Lunch served at 11:30</p>	<p>28</p> <p>FOOD DEMO 10:00</p> <p>Lunch served at 11:30</p>	<p>29</p> <p>Lunch served at 11:30</p> 	<p>30</p> <p>Lunch served at 11:30</p>

November Menu - Bon Appétit!

		1	2
		Chicken Taquitos Pinto Beans Lettuce/Tomato Fruit Cocktail	Pork Roast Mashed Potatoes/Gravy Bread Spinach Applesauce
6	7	8	9
Beef Tacos w/ Cheese Lettuce & Tomato Pears	Oven Fried Chicken/Roll Mashed Potatoes Steamed Carrots Pineapple	Beef Chili w/ Hamburger Bread Broccoli Peaches	
13	14	15	16
<i>Grilled Cheese Tomato Soup</i> <i>Southwest Veggies</i> <i>Bread</i> Peaches	Baked Ham Seasoned Carrots Mashed Potatoes & Gravy WG Roll Pineapple	Chicken Fajitas Onions & Peppers Sliced Tomatoes Tortilla Orange	
20	21	22	23
Tuna Salad Sandwich White Bean Soup Green Beans Strawberries & Bananas	Spaghetti / Meat sauce Corn Mixed Green Salad Garlic Bread Fruit Cocktail	BBQ Chicken Legs Sweet Potatoes Broccoli Roll Oranges	
27	28	29	30
Pepperoni Pizza Green Salad w/ Tomatoes 3-Bean Salad w/ Garbanzo, Green Beans & Corn Pineapple	Chicken Enchiladas Spinach Diced Cabbage & Tomatoes Tortillas Mixed Berries	Baked fish Mixed Veggies 7-Layer Salad Roll Fruit Cocktail	Beef Lasagna Seasoned Carrots Cucumbers/Tomato Garlic Bread Bananas