



# Senior News

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## Set an Intention for the New Season

### WHAT IS AN INTENTION?

Intentions are positive and purposeful phrases that guide you throughout the day. Daily intentions manifest a sense of focus and empower you to create the kind of day you want to have because you're stating from the get-go how you want to feel. For example, your intention for the day may be to practice self-kindness, to stop taking things personally, or to act in a way that benefits the planet.

Daily intentions are different from goals, though, because they focus on the here and now. Goals are more future-driven and often take us out of the present moment. On the other hand, intentions are geared toward your state of being and how you go about things rather than actually getting things done.

With that said, intentions do help you work toward your goals. Because they bring awareness, purpose, and vision to your intent for each day, your daily intentions can serve as stepping stones along the way to achieving your goal. They guide *how* you achieve your goals and interact with the world around you rather than completing the goal itself.

### EXAMPLES OF DAILY INTENTIONS

While your daily intentions will ebb and flow depending on what's on your heart and mind that particular day, here are a few daily intention examples you can reference when ruminating on yours:

Today, I intend to be kind

Today, I intend to lead by example.

Today, I intend to eat healthfully

Today, I intend to be the best partner I can be.

Today, I intend to live gratefully

Today, I intend to be forgiving.

Today, I intend to bring joy to someone else

Today, I intend to enjoy my own company.

Today, I intend to practice mindful living

Today, I intend to be patient with those around me.

Today, I intend to show myself unconditional love

Today, I intend to do the right thing when no one is watching.



## Pumpkin Patch to Table

Sample the season by exploring both sweet and savory ways to use pumpkin in your cooking. Pumpkin is highly nutritious and rich in vitamin A. Vitamin A is important for our vision, growth, reproduction and immunity.

### Pumpkin Soup

Get pumped for this pumpkin soup. This soup pairs well with a spinach salad topped with a scoop of tuna or egg salad.



#### Ingredients

- 1 can white beans (15 ounce, rinsed and drained)
- 1 onion (small, or 2 tsp. onion powder)
- 1 cup water
- 1 can pumpkin (15 ounces, plain)
- 1 can vegetable or chicken broth, low-salt (14.5 ounces)
- 1/2 teaspoon thyme (or tarragon)
- salt and pepper (optional, to taste)

#### Directions

1. Blend white beans, onion, and water.
2. In a soup pot, mix bean puree with pumpkin, broth, and spices.
3. Cover and cook over low heat about 15 to 20 minutes until warmed through. Serves 4.

<https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/pumpkin-soup>

### Pumpkin Ricotta Stuffed Shells

Welcome the flavors of fall with these pumpkin ricotta stuffed shells! Rich in vitamins, minerals, and antioxidants, pumpkin adds a nutritious twist to traditional stuffed shells.



#### Ingredients

- 12 jumbo pasta shells (about 6 ounces)
- 1 1/4 cups ricotta cheese, part skim
- 3/4 cup pumpkin
- 1/2 teaspoon garlic powder (or 2 cloves garlic, minced)
- 2 tablespoons basil
- 1/4 teaspoon sage, dried
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 cup grated parmesan cheese, divided
- 1 cup spaghetti sauce (low sodium)

#### Directions

1. Wash hands with soap and water.
2. Preheat oven to 350 degrees F.
3. Cook pasta shells according to package directions. Drain and place each on a baking sheet to cool.
4. In a medium bowl, stir together ricotta, pumpkin, spices and all but 1 Tablespoon of the cheese. Reserve the 1 Tablespoon cheese for topping.
5. Spread pasta sauce in the bottom of a baking dish that holds all the shells in a single layer. Fill each shell with about 3 Tablespoons of pumpkin mixture and place shells close together on top of the sauce.
6. Cover pan with foil and bake for 30 minutes. Remove foil, sprinkle with remaining cheese and bake for 15 minutes more. Serves 12.

<https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/pumpkin-ricotta-stuffed-shells>

### Pumpkin Cheese Pie

A great option for cheesecake lovers. Less fat and saturated fat than a standard cheesecake but all of the flavor.



#### Ingredients

- 8 ounces cream cheese, reduced fat
- 8 ounces cream cheese, non-fat
- 2 egg
- 4 egg whites
- 1 1/4 cups sugar
- 1 can pumpkin (29 ounces)
- 1 teaspoon ginger
- 1 tablespoon cinnamon
- 2 graham cracker pie crusts (9 inch)

#### Directions

1. Preheat oven to 350 degrees.
2. Place the cream cheese, eggs, and sugar in a large mixing bowl. Mix at medium speed until creamed. Add the remaining ingredients and mix at medium speed until ingredients are well mixed.
3. Spoon the mixture evenly in each pie crust and place both in the oven for approximately 50 minutes until pies look firm in the middle. Serves 16.

<https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/pumpkin-cheese-pie>

### Pumpkin Angel Food Cake

Wonderful for holidays or any time that you want the light airy texture of angel food cake and the earthy spicy flavor of pumpkin.



#### Ingredients

- 1 package angel food cake mix
- 1 tablespoon flour
- 1 teaspoon pumpkin pie spice
- 3/4 cup canned pumpkin
- 1 cup cold water

#### Directions

1. Preheat oven to 350°F.
2. In a large bowl, beat all ingredients with an electric mixer on low speed for 30 seconds. Beat on medium speed for 1 minute.
3. Pour into an ungreased 10-inch angel food cake pan.
4. Bake 37-47 minutes or until golden brown and cracks are dry.
5. Remove from oven and immediately turn pan upside down until cooled. Serves 12. Suggestion: serve with whipped topping.

<https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/pumpkin-angel-food-cake>

### Sudoku

Each Sudoku Puzzle has a unique solution that can be reached logically without guessing. Enter digits from 1 to 9 into the blank spaces. Every row must contain one of each digit. So must every column, and every 3x3 square. Answers on Page 12.

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
|   |   |   | 8 |   | 3 | 6 |   |   |
| 8 |   | 4 |   |   | 9 |   | 7 | 5 |
| 6 |   |   | 2 |   |   | 8 |   |   |
|   | 1 |   | 3 |   |   |   | 9 |   |
|   |   |   |   |   | 7 | 1 |   | 8 |
| 7 |   | 2 |   | 6 |   |   | 3 |   |
|   |   | 3 |   | 5 |   |   | 8 |   |
|   | 5 |   |   | 3 |   |   | 2 |   |
| 4 | 2 |   |   |   |   |   |   | 7 |

# Enjoy Eating Out With Senior Discounts

If you don't feel like cooking be sure to turn to these places for good senior dining deals. From fast food to steak restaurants, our compiled restaurant list will definitely help you make your choice.

Keep in mind that deals may vary at participating locations and can change without notice.

- **McDonald's:** discounts on coffee and beverages (55+)
- **Whataburger:** free drink with purchase of a meal, depending on location (55+)
- **Wendy's:** give free coffee or other discounts depending on location
- **Piccadilly Cafeteria:** 10% discount with "Prime Time for Seniors" card
- **IHOP:** 10% discount (55+) and a menu for people aged 55 and over at participating locations
- **Dairy Queen:** Receive a 10% discount or a small drink if you're 55 or older
- **Golden Corral:** Senior discount varies by location
- **Krispy Kreme Senior Discount:** 10% off (50+) (age and discount varies depending on location)
- **Perkins Restaurants:** Fifty-Five Plus menu Offers special deals (55+)
- **Subway:** 10% off (60+) varies by location
- **The Old Spaghetti Factory:** Spaghetti Factory "Senior Menu" offers discounted list of menu items
- **Uno Pizzeria & Grill:** "Double Nickel Club" 25% off on Wednesday (55+)
- **Sizzler:** Offers "Honored Guest Menu" (60+) varies by location
- **Papa John's Senior Discount:** check with your local stores (no standard senior discount policy)
- **Old Country Buffet:** Daily discounts for seniors (55+)
- **Fazoli's:** Join "Club 62" for special senior menu items (62+)
- **KFC:** free small drink with any meal depending on location (55+)
- **Country Kitchen:** Great Senior Menu (55+)
- **Burger King:** 10% discount on purchase depending on location (60+)

## OTHER DISCOUNTS

**AMC Theaters (60+):** 30% Discount on purchase

**Walmart Pharmacy:** Seniors with AARP cards save an average of 61%



## UPCOMING FALL TRIPS

HONDAH CASINO  
FALL COLORS  
LAUGHLIN

2nd THURSDAY EACH MONTH  
October - Once colors change  
November TBA

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



# Road trips



# HAPPY Halloween

**Round Valley Community Services & Senior Center**

**Halloween - Costume Party**

**Tuesday, October 31st**

**10:00 am –12:00 pm**

**Prizes for best costumes!**



### Cooking Demonstration

Tuesday, October 31st.  
**9:00am**

Something Fun  
with Tomasa  
Lozoya



1st Oct -31st Oct 2013

### Sudoku Answers

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 2 | 7 | 5 | 8 | 4 | 3 | 6 | 1 | 9 |
| 8 | 3 | 4 | 6 | 1 | 9 | 2 | 7 | 5 |
| 6 | 9 | 1 | 2 | 7 | 5 | 8 | 4 | 3 |
| 5 | 1 | 6 | 3 | 8 | 4 | 7 | 9 | 2 |
| 3 | 4 | 9 | 5 | 2 | 7 | 1 | 6 | 8 |
| 7 | 8 | 2 | 9 | 6 | 1 | 5 | 3 | 4 |
| 9 | 6 | 3 | 7 | 5 | 2 | 4 | 8 | 1 |
| 1 | 5 | 7 | 4 | 3 | 8 | 9 | 2 | 6 |
| 4 | 2 | 8 | 1 | 9 | 6 | 3 | 5 | 7 |



**APACHE COUNTY**  
Public Health Services District

# Vaccine Clinic

**ROUND VALLEY COMMUNITY CENTER**  
**356 S. PAPAGO STREET, SPRINGERVILLE 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*



# BINGOPALOOZA



## WHAT IS BINGOPALOOZA?

We're reinventing the classic game of bingo for modern times while keeping all the fun!

**BingoPalooza™ is a hybrid bingo event that connects centers and individuals statewide. It's a free, public event open to all age groups.**

Players can join at a participating center in person, or virtually through the Televeda bingo platform.

Let's get together to play bingo and create a community!



Oct 12, 2023  
10 am AZ time  
ARIZONA



COME JOIN US AT THE ROUND VALLEY  
COMMUNITY SERVICES & SENIOR CENTER  
FOR THIS EVENT!!  
GOODIE BAGS AND PRIZES FOR EVERYONE!

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](mailto: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





# Hello October 2023

| MONDAY                                     | TUESDAY   | WEDNESDAY  | THURSDAY  |
|--|---|--|---|
| <p><b>2</b><br/>Lunch served at 11:30</p>  | <p><b>3</b><br/>Lunch served at 11:30<br/> <b>YOGA—Pilates 9:30</b><br/> <b>Food Bank</b><br/> <b>10:00—12:30</b></p>                       | <p><b>4</b><br/>Lunch served at 11:30<br/> </p>    | <p><b>5</b><br/>Lunch served at 11:30</p>                               |
| <p><b>9</b><br/>Lunch served at 11:30</p>  | <p><b>10</b><br/>Lunch served at 11:30<br/> <b>NO YOGA class</b><br/> <b>Food Bank</b><br/> <b>10:00—12:30</b><br/> <b>SENIOR BOXES</b></p> | <p><b>11</b><br/>Lunch served at 11:30<br/> </p>   | <p><b>12</b><br/>Lunch served at 11:30</p>                              |
| <p><b>16</b><br/>Lunch served at 11:30</p> | <p><b>17</b><br/> <b>YOGA—Pilates 9:30</b><br/> Lunch served at 11:30<br/> <b>Food Bank</b><br/> <b>10:00—12:30</b></p>                     | <p><b>18</b><br/>Lunch served at 11:30<br/> </p> | <p><b>19</b><br/>Lunch served at 11:30</p>                              |
| <p><b>23</b><br/>Lunch served at 11:30</p> | <p><b>24</b><br/>Lunch served at 11:30<br/> <b>YOGA—Pilates 9:30</b><br/> <b>Food Bank</b><br/> <b>10:00—12:30</b></p>                      | <p><b>25</b><br/>Lunch served at 11:30<br/> </p> | <p><b>26</b><br/>Lunch served at 11:30<br/> <b>ART CLASS 9:30am</b></p> |
| <p><b>30</b><br/>Lunch served at 11:30</p> | <p><b>31</b> FOOD DEMO 9:00<br/> </p>                    |  |   |



## MENU – OCTOBER, 2023

Lunch Served at 11:30 a.m.

Recommended Donation - \$6 per meal. Please donate what you can afford.

| Monday   | Tuesday   | Wednesday   | Thursday   | Friday   |
|--|---|---|--|--|
| 2<br>Grilled Cheese Sandwich<br>Tomato Soup<br>Southwest Veggies<br>WG Bread<br>Peaches                                | 3<br>Baked Ham<br>Seasoned Carrots<br>Mashed Potatoes & Gravy<br>WG Roll<br>Pineapple                   | 4<br>Chicken Fajitas<br>Onions & Peppers<br>Sliced Tomatoes<br>Tortilla<br>Orange   | 5<br>Sloppy Joes<br>Broccoli Salad<br>Peas/Carrots<br>Tropical Fruit                         | 6<br>BBQ Pork Ribs<br>Sweet Potatoes<br>Tossed Green Salad<br>Roll<br>Fruit Cup            |
| 9<br>Tuna Salad Sandwich<br>White Bean Soup<br>Green Beans<br>Strawberries & Bananas                                   | 10<br>Spaghetti / Meat sauce<br>Corn<br>Mixed Green Salad<br>Garlic Bread<br>Fruit Cocktail             | 11<br>BBQ Chicken Legs<br>Sweet Potatoes<br>Broccoli<br>Roll<br>Oranges             | 12<br>Beef Stew<br>Potatoes, Carrots,<br>Tomatoes<br>Apple Slaw<br>Cornbread<br>Pears        | 13<br>Turkey Burger/ Bun<br>Baked Beans<br>Lettuce/ Tomatoes<br>Summer Squash<br>Fruit Cup |
| 16<br>Pepperoni Pizza<br>Green Salad w/<br>Tomatoes<br>3-Bean Salad w/<br>Garbanzo, Green Beans<br>& Corn<br>Pineapple | 17<br>Chicken Enchiladas<br>Spinach<br>Diced Cabbage &<br>Tomatoes<br>Tortillas<br>Mixed Berries        | 18<br>Baked fish<br>Mixed Veggies<br>7-Layer Salad<br>Roll<br>Fruit Cocktail        | 19<br>Beef Lasagna<br>Seasoned Carrots<br>Cucumbers &<br>Tomatoes<br>Garlic Bread<br>Bananas | 20<br>BBQ Pork Ribs<br>Sweet Potatoes<br>Tossed Green Salad<br>WG Roll<br>Fruit Cup        |
| 23<br>Egg Salad Sandwich<br>Cole Slaw w/ Cabbage<br>& peppers<br>Minestrone Soup<br>WG Bread<br>Strawberries           | 24<br>Meat Loaf<br>Mashed Potatoes<br>Sliced Tomatoes<br>Seasoned Carrots<br>WW Bread<br>Tropical Fruit | 25<br>Herb Baked Chicken<br>Green Beans<br>Romaine Salad<br>Cornbread<br>Orange     | 26<br>Hamburger/Bun<br>Lettuce/Tomato/<br>Pickles<br>Baked Beans<br>Pears                    | 27<br>BBQ Pork Ribs<br>Sweet Potatoes<br>Tossed Green Salad<br>Roll<br>Fruit Cup           |
| 30<br>Turkey & Cheese<br>Sandwich<br>Glazed Beets<br>Broccoli<br>Orange  | 31<br><b>HALLOWEEN<br/>LUNCH &amp;<br/>COSTUME<br/>PARTY!!</b>  |  |  |       |

Services are funded by the Older Americans Act, SSBG funds and the State of Arizona. Funding is allocated on a regional basis from the Arizona Department of Economic Security, Division of Aging and Adult Services (DAAS) to Area Agencies on Aging. Eligibility for programs: Seniors or adults with disabilities. Additional requirements may vary by program. Client contributions are encouraged and are vital for continuation of the programs. Language assistance and alternate forms of communication are available upon request Under Titles VI and VII of the Civil Rights Act of 1964 (Title VI and VII) and the Americans with Disabilities Act of 1990 (ADA) Section 504 of the Rehabilitation Act of 1973 and the Age Discrimination Act of 1975, *Area Agency on Aging NACOG* prohibits discrimination in admissions, programs, services, activities or employment based on race, color, religion, sex, national origin, age, and disability. *Area Agency on Aging NACOG* must make a reasonable accommodation to allow a person with a disability to take part in a program, service, or activity. Auxiliary aids and services are available upon request to individuals with disabilities.