

Senior News

Robin Aguero, Director

356 S. Papago St., Springerville, AZ

928-333-2516



HAPPY
St. Patrick's
DAY

Corned Beef & Cabbage

Luncheon

Thursday, March 14th

11:30 am



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 13.

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



A Festive Feast

Hearty stews, cabbage, and potatoes can be found at many St Patrick's Day feast. While traditional fare includes boxty and colcannon, the American version of the holiday has adopted dishes such as Shepherd's Pie, and corned beef and cabbage. In this issue, we've included dishes to help you feast, too!

Shepherd's Pie

This Shepherd's pie recipe is a twist on the classic comfort food. Using frozen veggies helps you get it on the dinner table quickly.



Ingredients

- 2 potatoes, large with skin, diced
- 1/3 cup milk, skim
- 1/2-pound ground turkey, 85% lean
- 2 tablespoons flour
- 1 package frozen mixed vegetables (10 ounces)
- 1 can vegetable stock, low sodium (14.5 ounces)
- shredded cheese (optional)

Directions

1. Place diced potatoes in saucepan. Cover with water and bring to a boil. Reduce heat and simmer (about 15 minutes).
2. Drain potatoes and mash. Stir in milk and set aside.
3. Preheat oven to 375°F.
4. Brown turkey in a large skillet. Stir in flour and cook for 1 minute, stirring constantly.
5. Add vegetables and broth. Bring to a slow boil.
6. Spoon vegetable/meat mixture into an 8-inch square baking dish. Spread potatoes over mixture. Bake 25 minutes.
7. Serve hot. Garnish with shredded cheese (optional). Serves 6

Reprinted from: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/shepherds-pie>

Beef and Cabbage

The cabbage in this simple skillet dinner loads the recipe with Vitamin C and fiber.



Ingredients

- 1 green cabbage head (washed and cut into bite-sized pieces)
- 1 onion, medium (chopped)
- 1 pound ground beef, lean (90% lean)
- 2 sprays of non-stick cooking spray
- 1 teaspoon garlic powder
- 1/4 teaspoon black pepper
- salt (to taste, optional)
- red pepper flakes (to taste, optional)

Directions

1. Chop cabbage and onions, set aside.
2. In a large skillet, cook the ground beef on medium heat until browned. Drain the fat. Set beef aside.
3. Spray skillet with non-stick cooking spray. Cook onions on medium heat until soft.
4. Add cabbage to the onions and cook until cabbage starts to brown.
5. Stir the beef into the cabbage and onion mixture.
6. Season with garlic powder, salt (optional), and pepper. Add red pepper flakes (optional) to the cabbage if you like it spicy. Serves 4

Reprinted from: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/beef-and-cabbage-dinner-tonight>

Potato Soup

Warm up a cold winter night with this cozy soup. Enjoy with dark green vegetables and broiled fish, meat, or tofu.



Ingredients

- 1/2 cup onion (chopped)
- 1/2 cup celery (chopped)
- 6 potatoes (diced)
- 2 tablespoons margarine
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 1 cup non-fat dry milk
- 3 cups water
- 2 tablespoons flour

Directions

1. Peel and chop the onion.
2. Chop the celery.
3. Peel the potatoes and cut them into small cubes.
4. Melt the margarine in a large saucepan on low heat.
5. Add the onion and celery. Cook for a few minutes.
6. Add the potatoes, salt, pepper and 1 1/2 cups water.
7. Cook for 15 minutes until the potatoes are tender.
8. In a small bowl, stir together the dry milk and flour.
9. Add 1 1/2 cups water slowly, stirring as you add it.
10. Add the milk mix to the potatoes.
11. Cook until the soup is heated and slightly thickened.
12. Adjust the seasonings to taste. Serves 6

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

Saint Patrick's Day



Old Fashioned Bread Pudding

This old-fashioned bread pudding budget friendly, easy to make and is the perfect ending to any meal. Enjoy!



Ingredients

- 5 slices bread, white or wheat
- 2 tablespoons margarine or butter
- 1/4 teaspoon cinnamon
- 1/3 cup sugar, white or brown
- 1/2 cup raisins
- 3 egg (or 1 egg + 2 egg whites)
- 1 1/2 cups non-fat milk
- 1/4 teaspoon salt
- 1 teaspoon vanilla extract

Directions

1. Preheat oven to 350 degrees.
2. In bowl, blend eggs, 2 cups milk, salt, and vanilla. Pour liquid over bread mixture; lightly blend.
3. Bake uncovered for 1 hour (pudding is done when a table knife inserted in the pudding comes out clean).
4. Serve warm or cold. Refrigerate leftovers. Serves 6

Reprint from: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/old-fashioned-bread-pudding>



Laugh Break

What is a taxi driver's favorite vegetable?
A Cab-bage!

ROAD TRIP!

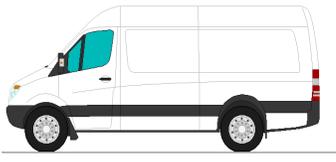
UPCOMING TRIPS

RENAISSANCE FESTIVAL

MARCH 23RD

LAUGHLIN - SPRING '24

GLENWOOD - APRIL '24



DOOR TO DOOR TRANSPORTATION SERVICES FOR SENIORS

Local Transportation available throughout
Springerville and Eagar

Wheel Chair Accessible

Requested Donation:

\$2.50/ One Way

Show Low : \$5.00/ Round Trip

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/>

Sudoku Answers

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



Easter Luncheon

Thursday, March 28th

11:30 am

Please RSVP by calling
928-333-2516 (Option 1)

\$5 / plate



SATURDAY, MARCH 30TH

March for Meals This March, we would like to invite you to join us in celebrating March for Meals.

March for Meals commemorates the date in 1972 that President Richard Nixon established a National Nutrition Program for adults aged 60 and older.

Meals on Wheels is part of the National Nutrition Program. Supporting Meals on Wheels benefits our entire community. It helps older adults remain independent and in their own homes for as long as possible by providing warm, nutritious meals and daily checks by caring volunteers.

You may know someone who has benefited from this program, whether as a long-term participant or as a short-term help after recovering from an illness or surgery. To support the program, call an old friend and volunteer together for Meals on Wheels, or volunteer and make new friends!

Through volunteering, donating, or speaking out, you can ensure the older adults in your neighborhood live healthy, happy, and independent lives at home, where they want to be.

We surveyed Meals on Wheels clients and asked if they would recommend Meals on Wheels to others and here are a few of their responses:

“The meals are excellent, and the variety is amazing.”

“Volunteers are great and the people in the office really care”

“They do a great job! My daughter lives out of state and really appreciates them too.”

“Sometimes I don't feel very well, and this keeps me eating right.”

“I would have had to go to nursing home without this assistance.”

“It is a great program to continue to keep my independence.”

“The meals are very good, and all the volunteers are wonderful, they brighten my day! Thank you for making my days better in every way.”

We need your support to keep this program going strong! Please help us get the community involved and participating in the March for Meals on March 30th!

Come pick up a Pledge Sheet and Registration Form or use the one in this newsletter:

356 S. Papago St., Springerville, AZ

Monday – Thursday 7am – 2pm

**MARCH
FOR
MEALS**
WITH
MEALS ON WHEELS™



Saturday, March 30th

Round Valley

Community Services & Senior Center

356 S. Papago St., Springerville

**DOOR PRIZES FROM LOCAL
MERCHANTS**

**Grand Prize for Individual with
most pledges!!**

**YOU CAN HELP
LOCAL SENIORS!**

**Participate & acquire
pledges for a
ONE mile walk**



**Each year, the Round Valley Community
Services & Senior Center serves over 20,000
meals and provides transportation and other
vital services for elderly, vulnerable adults
and families in our community.**

**Entrants walk one mile, round trip from the Community Center to the Dome.
The walk begins at 9:00am. Check-in is between 8:30-9:00am**

FREE BREAKFAST FOR ALL PARTICIPANTS

For Pledge forms or registration, call 333-2516 (Option 4)

Round Valley Senior Citizens Center

“March a Mile for Meals”

Saturday, March 30th—9:00 AM

Check in between 8:30 & 9:00 a.m.

PLEDGE SHEET

“The satisfaction of knowing that you can help others without expecting compensation is the best reward for volunteer service!”

The Round Valley Community Services & Senior Center is offering a unique opportunity for you or your group to “pound the pavement” and bring awareness to the plight of our elderly population in our local communities. The “March a Mile for Meals” begins at the Community Center; 356 S Papago in Springerville and proceeds to the RV Elks Dome Parking lot and back to the starting point.

Door Prizes from local merchants will be drawn after the march!

Suggested pledge ideas:

Ask your spouse/roommate/parents for	\$30.00
Ask two teachers for \$10.00	\$20.00
Ask three friends for \$10.00	\$30.00
Ask your extended family via e-mail	\$50.00
Ask your boss and coworker via e-mail	\$50.00
Total	\$200.00

Please help us end senior hunger! Support your local Community & Senior Center—serving all of the Round Valley Community.

Walker

Name _____ Phone _____ Organization/Team _____

	Sponsor's Name (Please Print)	Phone #	Email Address	Amount Pledged
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				
11.				
12.				
13.				
14.				
15.				

Please make donations checks payable to: "Town of Springerville RVSC." Receipts available upon request for cash donations. *Please submit registration forms & pledge sheets by the day of the walk. For more information contact Robin Aguero, Community Services Director. 928-333-2516 (Option 4)*



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**

NEVER MISS A NEWSLETTER

Want to receive a copy of our newsletter via email each month, send an email

TO: raguero@springervilleaz.gov

SUBJECT: Email Newsletter



Drive -Thru

Every Tuesday

10:00 am—12:30 pm

356 S. Papago St.

Springerville

**Senior Food
Boxes**

2nd Tuesday of each
month

For information :

Robin Aguero

333-2516 (Option 4)



Cooking Demonstration

with Tomasa Lozoya

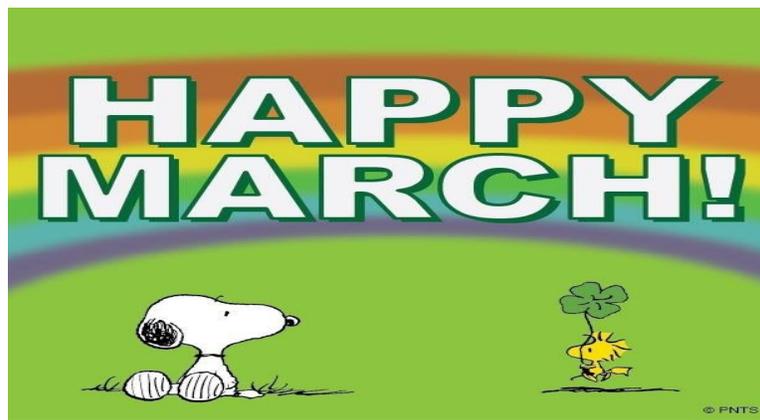
Tuesday, MARCH 26, 10:00am





well hello, march

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>4</p> <p>BINGOSIZE 10:00 AM</p> <p>Lunch served at 11:30</p>	<p>5</p> <p>Lunch served at 11:30</p> <p>YOGA class 9:30</p> <p>Food Bank 10:00—12:30</p>	<p>6</p> <p>Lunch served at 11:30</p> 	<p>7</p> <p>Lunch served at 11:30</p>
<p>11</p> <p>BINGOSIZE 10:00 AM</p> <p>Lunch served at 11:30</p>	<p>12</p> <p>Lunch served at 11:30</p> <p>Food Bank 10:00—12:30</p> <p>SENIOR BOXES</p>	<p>13</p> <p>Lunch served at 11:30</p> 	<p>14</p> <p>Corned Beef & Cabbage</p>  <p>Happy St. Patrick's Day</p>
<p>18</p> <p>BINGOSIZE 10:00 AM</p> <p>Lunch served at 11:30</p>	<p>19</p> <p>Lunch served at 11:30</p> <p>YOGA class 9:30</p> <p>Food Bank 10:00—12:30</p>	<p>20</p> <p>Lunch served at 11:30</p> 	<p>21</p> <p>Lunch served at 11:30</p>
<p>25</p> <p>BINGOSIZE 10:00 AM</p> <p>Lunch served at 11:30</p>	<p>26</p> <p>Lunch served at 11:30</p> <p>Food Bank 10:00—12:30</p> <p>FOOD DEMO</p>	<p>27</p> <p>Lunch served at 11:30</p> 	<p>28</p>  <p>EASTER DINNER</p> <p>SIDES & SWEETS</p>



MENU – MARCH, 2024

Lunch Served at 11:30 a.m.

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>4</p> <p>Turkey & Cheese Sandwich Glazed Beets Broccoli Orange</p>	<p>5</p> <p>Salisbury Steak Mashed Potatoes w/ gravy, Roll Steamed Carrots Peaches</p>	<p>6</p> <p>Chicken Taquitos Pinto Beans Lettuce/Tomato Fruit Cocktail</p>	<p>7</p> <p>Pork Roast Mashed Potatoes/Gravy Bread Spinach Applesauce</p>	<p>8</p> <p>Southwest Chicken Salad Black beans & Corn Mixed Greens Tortilla</p>
<p>11</p> <p>Beef Tacos w/ Cheese Lettuce & Tomato Pears</p>	<p>12</p> <p>Oven Fried Chicken/Roll Mashed Potatoes Steamed Carrots Pineapple</p>	<p>13</p> <p>Beef Chili w/ Hamburger Bread Broccoli Peaches</p>	<p>14</p>  <p>Corned Beef & Cabbage Happy St. Patrick's Day.</p>	<p>15</p> <p>Pork Roast Potatoes/Gravy Bread Spinach Applesauce</p>
<p>18</p> <p>Grilled Cheese Tomato Soup Southwest Veggies Bread Peaches</p>	<p>19</p> <p>Baked Ham Seasoned Carrots Mashed Potatoes & Gravy WG Roll Pineapple</p>	<p>20</p> <p>Chicken Fajitas Onions & Peppers Sliced Tomatoes Tortilla Orange</p>	<p>21</p> <p>Sloppy Joes Broccoli Salad Peas/Carrots Tropical Fruit</p>	<p>22</p> <p>Turkey Burger/ Bun Baked Beans Lettuce/ Tomatoes Summer Squash Fruit Cup</p>
<p>25</p> <p>Tuna Salad Sandwich White Bean Soup Green Beans Strawberries & Bananas</p>	<p>26</p> <p>Spaghetti / Meat sauce Corn Mixed Green Salad Garlic Bread Fruit Cocktail</p>	<p>27</p> <p>BBQ Chicken Legs Sweet Potatoes Broccoli Roll Oranges</p>	<p>28</p> 	<p>29</p> <p>Southwest Chicken Salad Black beans & Corn Mixed Greens Tortilla</p>

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.