MUNSON CENTER DINING ROOM FLOORING

The Munson Senior Center Dining Room is going through a remodel. During the week of May 8th – 12th, 2017, the Munson Dining Room was closed to have the floor refinished. The process took the existing floor, sanded it down, stained and refinished with a clear coat to brighten the room and allow the floors to shine. Along with the flooring, the dining room will be painted and old cabinets replaced. This is an exciting time as we as Senior Programs are trying to make our Senior Centers more comfortable as your home away from home. The floor at the Munson Center dining room was in desperate need of repairs and upgrading. The bright color on the floor allows for better visibility and brightness the entire room.

Visit us at:
Www.las-cruces.org
Or email us at:
seniorprograms@las-cruces.org

THERE WILL BE NO MONTHLY DANCE IN THE MONTH OF JUNE.
WE WILL SEE YOU IN JULY!

INDEPENDENCE DAY
JULY 20, 2017
2:00 – 4:00 PM
$3.00 Per Person
LIVE BAND!

Three organizations participated in this year’s “Inspire to Serve” Volunteer Initiative this year during National Volunteer Week, (April23-29). We would like to thank the folks at Gospel Rescue Mission and Mesilla Valley Community of Hope for their project “Homeless Helpers” which brought together many volunteers for a community clean-up; La Casa, Inc. for their project “Safe Spaces” for helping to spruce up our local domestic violence shelter and make it feel more like home; and The Beloved Community who partnered with Doña Ana Communities United to create a “You Belong” traveling Art Mural! We appreciate you all being the first organizations to help us develop the program. We hope to see it grow and evolve in future years!

Local Artist Niko Radtke helps Beloved Community Member, Marco, with the art project.

Las Cruces LDS Missionaries help in with the Homeless Helpers project put on by Gospel Rescue Mission.

La Casa volunteer coordinator, Gloria Reyna, instructs volunteers as she paints the tree trunk in the shelter hallway.

Senior Programs Facilities and Resources

<table>
<thead>
<tr>
<th>Munson Senior Center</th>
<th>Eastside Community Center</th>
<th>Frank O’Brien Papen Dining Room</th>
<th>Henry Benavidez Community Center</th>
<th>Sage Café</th>
</tr>
</thead>
<tbody>
<tr>
<td>975 S. Mesquite St.</td>
<td>310 N. Tornillo St.</td>
<td>304 W. Bell</td>
<td>1045 McClure Rd.</td>
<td>6121 Reynolds Dr.</td>
</tr>
<tr>
<td>575-528-3000</td>
<td>575-528-3012</td>
<td>575-541-2454</td>
<td>575-541-2006</td>
<td>575-528-3151</td>
</tr>
<tr>
<td>Open Monday – Friday</td>
<td>Open Monday – Friday</td>
<td>Open Monday – Friday</td>
<td>Open Monday – Friday</td>
<td>Open Tuesday – Friday</td>
</tr>
<tr>
<td>8:00 am – 5:00 pm</td>
<td>8:00 am – 2:00 pm</td>
<td>10:30 am – 1:00 pm</td>
<td>10:30 am – 1:00 pm</td>
<td>9:00 am – 2:00 pm</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Limited Congregate Meals,</td>
</tr>
</tbody>
</table>

Information and Referrals 975 S. Mesquite Street, Las Cruces 575-528-3011
Meal Reservation and Cancellations 975 S. Mesquite Street, Las Cruces 575-528-3012
Dial A Ride 575-541-2777
Meals On Wheels Intake 975 S. Mesquite Street, Las Cruces 575-541-2451
### Sage Café Activities:

- **Knitting (this is not a class)**
  - **Thu**: 10:15 am – 12:15 pm
  - **No Charge**: Meeting Room 115.
- **Enhance Fitness**
  - **Tue, Wed, Fri**: 9:45 am – 10:45 am
  - **No Charge**: Sage Café, dining area.
- **Coffee & Conversation**
  - **Tue-Fri**: 9:00 am – 10:00 am
  - **50¢ coffee, 50¢ pastry**: Join Daniel & Anne for a lively discussion! You may now purchase pastries and coffee!
- **Beginning Chess Class**
  - **Fri**: 12:00 pm – 1:45 pm
  - **No Charge**: Sage Café, dining area.
- **Intermediate Chess**
  - **Fri**: 11:00 am – 12:00 pm
  - **No Charge**: Sage Café, dining area.
- **Train Dominoes**
  - **Tue**: 10:30 am – 1:45 pm
  - **No Charge**: Meeting Room 115.
- **Hands N’ Feet**
  - **Tue**: 10:30 am – 1:45 pm
  - **No Charge**: Meeting Room 115.
- **Jam Session**
  - **Fri**: 10:15 am – 1:00 pm
  - **No Charge**: Do you sing and/or play an instrument? Come join in on the music-making. And feel free to just come and listen!

### Eastside Community Center Activities:

- **Crocheting (this is not a class)**
  - **Tue & Thu**: 8:30 am – 11:30 am
  - **No Charge**: Eastside Center classroom; items donated locally.
- **Wood Carving (this is not a class)**
  - **Wed & Fri**: 8:00 am – 12:00 pm
  - **No Charge**: Eastside Center classroom. Join anytime.
- **Billiards – Daily**
  - **Mon – Fri**: 8:00 am – 2:00 pm
  - **No Charge**: Eastside Center.
- **Billiards – Wednesday**
  - **Wed**: 8:00 am – 2:00 pm
  - **No Charge**: Ladies day at Eastside Center!

### Henry Benavidez Community Center Activities:

- **Bingo – Weekly**
  - **Wed**: 12:45 pm – 1:45 pm
  - **No Charge**: Benavidez Community Center, Dining Room.
- **Grandparents Raising Grandchildren – Monthly**
  - **2– Tue**: 10:30 am – 11:30 am
  - **No Charge**: Benavidez Community Center, Classroom.

### Munson Center Activities:

#### Classes with registration for 8-week sessions: Registration will be JULY 17-21 at the Munson front desk.

<table>
<thead>
<tr>
<th>Activity</th>
<th>Location</th>
<th>Cost</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Lapidary Certification Class</strong></td>
<td>Munson Center, Studio 1</td>
<td>$12 per 6-week session</td>
<td>Limit of 6 students.</td>
</tr>
<tr>
<td><strong>Silver Jewelry Class</strong></td>
<td>Munson Center, Studio 1</td>
<td>$12 per 6-week session</td>
<td>Limit of 5 students. $50 supply kit required.</td>
</tr>
<tr>
<td><strong>Stained Glass #3 (Beginner Only)</strong></td>
<td>Munson Center, Studio 1</td>
<td>$6 per 6-week session</td>
<td>Limit of 6 students. $16.50 supply kit required.</td>
</tr>
<tr>
<td><strong>Faceting</strong></td>
<td>Munson Center, Studio 4</td>
<td>$12 per 6-week session</td>
<td>$16.50 supply kit required.</td>
</tr>
</tbody>
</table>

#### Drop-in classes:

<table>
<thead>
<tr>
<th>Activity</th>
<th>Location</th>
<th>Cost</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Stained Glass #1</strong></td>
<td>Munson Center, Studio 1</td>
<td>$1 per session</td>
<td>Limit of 12 students.</td>
</tr>
<tr>
<td><strong>Stained Glass #2</strong></td>
<td>Munson Center, Studio 1</td>
<td>$1 per session</td>
<td>Limit of 12 students.</td>
</tr>
<tr>
<td><strong>Stained Glass #3</strong></td>
<td>Munson Center, Studio 1</td>
<td>$1 per session</td>
<td>Limit of 12 students.</td>
</tr>
<tr>
<td><strong>Stained Glass #4</strong></td>
<td>Munson, Studio 1</td>
<td>$1 per session</td>
<td>Limit of 12 students.</td>
</tr>
<tr>
<td><strong>Clay Works – Open Studio</strong></td>
<td>Munson Center, Studio 3</td>
<td>$1 per session</td>
<td>Limit of 12 participants.</td>
</tr>
<tr>
<td><strong>Clay Works – Open Studio</strong></td>
<td>Munson Center, Studio 3</td>
<td>$1 per session</td>
<td>Limit of 12 participants.</td>
</tr>
<tr>
<td><strong>Clay Works – Open Studio</strong></td>
<td>Munson Center, Studio 3</td>
<td>$1 per session</td>
<td>Limit of 12 participants.</td>
</tr>
<tr>
<td><strong>Clay Works – Open Studio</strong></td>
<td>Munson Center, Studio 3</td>
<td>$1 per session</td>
<td>Limit of 12 participants.</td>
</tr>
<tr>
<td><strong>Clay Works – Open Studio</strong></td>
<td>Munson Center, Studio 3</td>
<td>$1 per session</td>
<td>Limit of 12 participants.</td>
</tr>
<tr>
<td><strong>Wheel Works</strong></td>
<td>Munson Center, Studio 4</td>
<td>$1 per session</td>
<td>New workshops beginning soon!</td>
</tr>
</tbody>
</table>

### Supplies and Materials

<table>
<thead>
<tr>
<th>Activity</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Ceramic Glaze</strong></td>
<td>Munson Center, Studio 1</td>
<td>$2 per pound bag</td>
</tr>
<tr>
<td><strong>Mosaic/Gourds</strong></td>
<td>Munson Center, Studio 4</td>
<td>$3 per session</td>
</tr>
<tr>
<td><strong>Mosaics – Open Studio</strong></td>
<td>Munson Center, Studio 4</td>
<td>$1 per session</td>
</tr>
<tr>
<td><strong>Painting – Open Studio</strong></td>
<td>Munson Center, Studio 2</td>
<td>$1 per session</td>
</tr>
<tr>
<td><strong>Painting – Open Studio</strong></td>
<td>Munson Center, Studio 2</td>
<td>$1 per session</td>
</tr>
</tbody>
</table>
For any questions about activities, please contact Jeneca Maya Montoya at 575-528-3017 or Michael Garcia at 575-541-2005.

Activities and programs at our centers are open to all who are age 50 plus. (Age 60+ for the nutrition program.) There are no income or residency requirements to participate in senior programs.
Volunteer Happenings

Volunteer Spotlight—Eva Northcliff and Charlene Blair

“Repiten, por favor.” “Voy, vas, va, vamos, van”—These are words that you can always hear outside of the classroom when Network Volunteers Eva Northcliff and Charlene Blair teach their respective Spanish Classes at the Munson Center. For over three years, these two amazing volunteers have led two of the consistently most well-attended classes at the Munson Center. The advanced class is taught by Charlene Blair who served as a high-school Spanish teacher for many years and led many a class on trips to Spain and Latin America. Eva Northcliff teaches the beginning class, and while she did not have much experience as a teacher coming into the position, she has grown to love what she does! She also serves as a Network Volunteer for both the Munson Library and the Munson Center Community Garden, and has helped with a few food distributions here and there.

Eva and Charlene do their part to help make their community a better place. Through language, they help people build bridges and connect with others who may be different in some way—different culture, different language, or different ideologies. And yet, when we strive to learn someone else’s language, as those that attend Eva’s or Charlene’s Spanish classes, we find out there is so much that is similar in the human family! We honor them both this year with the Volunteer IMPACT Award for their impact on our local community!

Thank you, Eva and Charlene, for all your hard work!

Group Volunteer IMPACT Award—Oak St. Veterans

We are pleased to honor our Oak Street Veterans with an award newly given out this year—Our Group IMPACT Award. The Network has seen an uptick in groups of volunteers since adopting a new Group Volunteer Registration. All of our groups have been most helpful, but we are very pleased to give the new Group IMPACT Award to the Oak Street Veterans who have helped us so much with our food distribution program at both Papen and Munson Centers.

The Oak St. Veterans are a part of a program with the Mesilla Valley Community of Hope that provides housing to veterans in our community. We are so thankful for their continued participation, and for Network Volunteer Waynette Bridges for connecting their group to the Network!

More Volunteer Celebration Photos!

Lots of Fun to be had by ALL at the 2017 Volunteer Appreciation Celebration!
The Network Volunteer Center

Volunteer Opportunities—We have lots of places who have been waiting for a volunteer like you! Contact Ryan Steinmetz at rsteinmetz@las-cruces.org or 528-3035 to schedule a time to discuss volunteer possibilities and to sign up for a volunteer orientation.

Codes Enforcement—Senior Programs is developing a partnership with Codes Enforcement and is looking for groups of volunteers interested in helping with yard maintenance projects to help seniors in need. Tuesdays and Fridays are available. There are a lot of seniors waiting on this list so this is a Priority Need!

Juvenile Citation Program—Office Volunteers and tutors/mentors are needed for this important program working with youth in our community.

Museums—All Museums—There is a huge need for greeters, tour guides, docents, and receptionists for these museums, and on weekends in particular. Museum volunteers are also especially needed for the afternoon hours.

Museum of Nature and Science—Volunteers are needed to help take care of the animals in their collection—feeding, cleaning aquariums, etc.

Railroad Museum—Volunteers are especially needed on Wednesdays from 2:00-4:30.

Copy Editors and Researchers—Copy editors are needed to help prepare press releases, exhibition labels, flyers, etc. Researchers are needed to do simple searches and fact checking related to exhibitions and programs.

Senior Programs: General

Front Desk Assistant—We are in need of front desk assistants to aide the receptionists in providing quality customer service for the seniors of Munson Center.

Greeters—Volunteers are needed to help welcome our guests at the Munson Center to various programming activities held in the building. Tasks include checking in on groups to see if they need anything, tracking participation in various activities, and garnering feedback for Senior Programs.

Quilting and Crochet Volunteer Groups—Want to learn how to quilt or crochet and help the community with the items you make? These groups are for you!

Sage Café Coffee & Refreshments—A volunteer is needed Tuesdays-Fridays to sell coffee and refreshments at the Sage Café from 9:00-11:00. Come and help us make the Sage Café even more hospitable than it already is!

Munson Center Library—Volunteers are needed for short 1-hour shifts on Mondays, Wednesdays, and Fridays.

Senior Programs: Nutrition and Meals

Dining Room Aides Papen, Benavidez, and Eastside Centers—Volunteers are needed to help at the centers serving meals and helping with clean-up of tables, especially Thursday and Friday.

Kitchen Aide—Needed one day a week at Sage Café.

Food Distribution Sites—The Network Volunteer Center still needs volunteers for the monthly food distributions.

Bulletin Board Decorators—Volunteers are needed to help with decorating the bulletin board each month at the Senior Centers. The bulletin board usually displays important information and acknowledges those celebrating birthdays for that month. Volunteers can be responsible for just one center or multiple centers.

Salad Bar Attendant—Yes! The Salad Bar is coming back; volunteers are needed two days a week at Munson to help prepare and monitor the Salad Bar. Preferably two attendants each shift.

Thomas Branigan Memorial Library

Shelf-cleaning Crew—Volunteers are needed for cleaning books and shelves at the library on a continuous basis. A variety of shifts available.

After-School Programs and Weed and Seed

Tutor/Activity Support—Working on tutoring and other programming with area youth through Weed and Seed, especially needed for summer hours.

Mentor—Working one-on-one with a youth matched with you through the Weed and Seed program

Network Volunteer Center

Outreach Volunteers—Volunteers are needed to help with outreach sessions at the Farmer’s Market as well as other tablings throughout the city.

Volunteer Center Bulletin Board—A creative volunteer is needed to help us update our bulletin board outside the Volunteer Center office each month!
You cannot determine if food is fully cooked just by looking at it. The only way to make sure food has reached a safe minimum internal temperature is to use a food thermometer. Before using any food thermometer, read the manufacturer’s instructions.

**TIPS FOR USING A FOOD THERMOMETER**

- These thermometers are not designed to remain in food while it is cooking.
- To ensure safety and prevent overcooking, check the internal temperature of the food toward the end of the cooking time, before the food is expected to finish.
- The food thermometer should be placed in the thickest part of the food and should not be touching bone, fat, or gristle. Check the temperature in several places to make sure the food is evenly heated.

Clean your food thermometer with hot water and soap before and after each use!

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### June 2017

**Monday**
- The **SUGGESTED DONATION** for Seniors 60 years of age and older and their spouses is $7.50 each.
- **Reservations**: Call 575-528-3012 by 1 pm the day before.

**Tuesdays**
- **Meals Reservations for Monday**: Please call on Friday by 1 pm.
- **Cancellations**: Call 575-528-3012 by 9 am the same day.

**Lunch Hours**: 11:30 am - 1:30 pm
- **Sage Cafe**: 11:30 am - 1:30 pm
- **T&M**: July
- **Reserve Online**: mealreservations@lascruces.org

<table>
<thead>
<tr>
<th>Date</th>
<th>Menu Items</th>
</tr>
</thead>
<tbody>
<tr>
<td>5</td>
<td><strong>Swiss Steak</strong> Garden Salad Baked Potato w/ Sour Cream Baby Carrots Dinner Roll</td>
</tr>
<tr>
<td>12</td>
<td><strong>Beef Fajita</strong> Spanish Rice Pinto Beans Tortilla Pico De Gallo w/ Avocado Grapes</td>
</tr>
<tr>
<td>19</td>
<td><strong>Meat Lasagna</strong> Cauliflower Dinner Roll Chilled Apricots</td>
</tr>
<tr>
<td>26</td>
<td><strong>Red Enchilada</strong> Lettuce &amp; Tomato Spanish Rice Pinto Beans Cherry Crisp</td>
</tr>
</tbody>
</table>

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### Nutrition News

**The best type of food thermometers for grilling**

- **Digital Instant–Read (Thermistor)**
  - Reads in 10 Seconds
  - Place at least 1/2” Deep
  - Can Measure in thin and thick foods
- **Thermometer–Fork Combination**
  - Reads in 2–10 Seconds
  - Place at least 1/4” deep in thickest part of food
  - Sensor in tip of fork must be fully inserted
  - Can be used in most foods, Convenient for grilling.

**Be sure to include safe food handling in your cookout plans.**

- **Clean** – Wash hands and surfaces often
- **Separate** – Don’t cross-contaminate
- **Cook** – Cook to proper temperature
- **Chill** – Refrigerate promptly

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### Safe Minimum Internal Temps

- **160°F** 
  - Ground Beef
- **165°F** 
  - Poultry, including ground poultry
- **145°F** 
  - Beef, Veal, Lamb, Steaks, & Roasts

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**Other Food Thermometers**

- **The Dial Oven-Safe Thermometer**
  - Reads in 1-2 minutes
  - Places 2-21/2” deep in thickest part of food
  - Can be used in roasts, casseroles, and soups
  - Not appropriate for thin foods
  - Can remain in food while its cooking
  - Heat conduction of metal stem can cause false high reading
  - Some models can be calibrated; check manufacturer’s instructions

- **Digital Instant-Read (Thermistor)**
  - Reads in 10 seconds
  - Place at least “1/2” deep
  - Gives fast reading
  - Can measure temperature in thin and thick foods
  - Not designed to remain in food while it’s cooking
  - Check internal temperature of food near the end of cooking time
  - Some models can be calibrated; check manufacturer’s instructions
  - Available in “kitchen” stores

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**Pop Up**

- Commonly used in turkeys and roasting
- Pops up when food reaches final temperature for safety and doneness
- Checking the temperature in other parts of the food with a conventional food thermometer is recommended.
Grandparents Raising Grandchildren: Characteristics of Strong Families

Defined Set of Beliefs and Values
Your decision to care for your grandchildren shows you value family unity. Beliefs and values make you who you are. They are what you hold dear and what you believe is right for your family. They are created by the experiences you’ve had in life and help guide you through life.

Different families value different things. For example, one family may value having dinner together. If the child misses dinner, the family is likely to be upset because the child didn’t respect the family’s value. But another family may not think this time together is important and is likely not to be upset if the child misses dinner. This family may have an unsaid rule that family members can eat dinner whenever and wherever they want.

Another value you may hold dear is commitment. Families who invest time and energy into creating and sustaining healthy relationships show commitment. They support each other and believe that family comes first. They also know they can depend on each other. These are other beliefs and values that are common in strong families including:

• loyalty
• honesty
• time together
• family traditions
• respect for others
• a positive outlook
• spirituality/religion
• following through on promises
• sticking together during rough times

If you could add to this list of values, what would you add? Write them down and think about ways you can teach these values to your grandchildren. Don’t expect your grandchildren to automatically know what you value and believe; they must be taught in a loving and caring way. Simply punishing a grandchild for violating a rule that reflects your values (like not being home for dinner) does not teach them your values. Talk with your grandchildren and let them know that you value them and want them to be a part of your family.

Healthy Limits
Rules are a reflection of your values and beliefs and play an important role in building and maintaining strong families. As a grandparent, you are the authority figure. Part of your role is to set clear, appropriate limits for your grandchildren.

Rules that are explicit and clear can help you deal with issues such as discipline. Without clear-cut rules, your grandchildren may overstep the limits you want to establish. With clear rules, each grandchild knows what is expected, and therefore feels secure. When your grandchildren feel secure they are able to explore and take risks necessary to grow physically, mentally, socially, and emotionally.

Healthy rules need to be established when sharing feelings, setting expectations, and giving choices to your grandchildren.

Sharing feelings
Why should there be a “rule” about sharing feelings? First of all, children need to learn how to handle feelings. You will be your grandchildren’s role model for how they handle different life situations. However, it is inappropriate to treat them as your best friend by telling them adult details. For example, you might be angry with your spouse or the child’s parent. If your grandchild asks you what is wrong, you could share that you had a disagreement. Do not give intimate details of your argument. Having such a rule (or boundary) helps to protect your grandchildren from believing THEY are “responsible” for your feelings.

Setting expectations
Creating rules that are age-appropriate is important in establishing good boundaries. To set appropriate rules, you must understand each grandchild’s stage of development (see in this series: A Crash Course in Child Development). If you set a rule that is beyond their level of understanding, you will set them up for failure. For example, you might expect your grandchild, age 2, to sit quietly without causing disruptions while waiting at the local health center. It’s not practical to expect a toddler to sit quietly for any length of time. They are curious by nature and have short attention spans. If you need to take your grandchild with you, bring along toys, activities, and snacks to make the time less frustrating.

Giving choices
Part of healthy development is being able to make your own decisions and as the adult in charge, you need to know when to let your grandchildren make their own decisions. You also need to know when to set limits for their decisions.

We can start teaching children to make decisions early. For example, an age-appropriate choice would be asking your 6-year-old grandchild if he would like to have spaghetti or a sandwich for lunch. Another age-appropriate decision is letting your 13-year-old choose which school activities to be involved in. However, some decisions need to be made by you. These decisions may include acceptable bedtime, television programs, Internet and video games, or curfew.

Ability to Adapt to Change
Change is bound to happen and families need to be flexible and learn to adapt to new situations. The ability to adapt to change has to do with your attitude and how willing you are to accept change. For example, the parenting strategies you use with your preschooler need to be different from the ones you will use when your grandchild becomes a teenager. You will create unnecessary conflict if you continue to use the same parenting strategies and are unwilling to change.

Good Communication
Communication involves the exchange of words, ideas, and feelings between two people. It is what we say (verbal) and how we say it (nonverbal). Healthy families strive for good communication. Yet, good communication can be difficult when each family member has a different idea of how to communicate well. For example, grandparents who constantly talk “at” their grandchildren by giving commands (e.g., “Clean your room”) and lecturing (e.g., “Don’t talk with your mouth full!”) may believe this is good communication. However, it is best for grandparents to talk “with” their grandchildren. Talking with grandchildren means not only speaking to them but also listening to what they have to say.

There are specific skills that families can learn to improve their communication. These include:

• Talking with and listening to each other
• Speaking directly without blaming
• Having empathy for one another
• Sharing feelings
• Using humor
• Solving problems as a family

Grandparents fill the world with LOVE


Grandparents Raising Grandchildren

If you are a grandparent raising your grandchildren, we invite you to join this free support group.

*The support group meets the 2nd Tuesday of each month from 10:30 am to 11:30 am at the Benavidez Community Center, 1045 McClure Road. For more information or to see if you qualify, please call Luis Castro at 541-2365.

• Join us for our next meeting on June 13, 2017.
Senior Connection:

On Wednesday May 10, 2017, the Senior Connection hosted their annual community expo at the Las Cruces Convention Center. This was an opportunity for different vendors to provide information to the seniors of Las Cruces and the surrounding areas. The expo provided giveaways, door prizes, speakers, music, and a fashion show. Senior Connection featured products and services pertaining to good health and health maintenance, recreational activities and hobbies, home improvement, travel, fashion, and just overall quality of life for seniors.

The City of Las Cruces Senior Programs was a vendor at the community senior expo. Senior Programs provided information regarding our Nutrition, Long Term Care Services, and Recreational programs. Senior Programs used this as an opportunity as an outreach to let other seniors know all the services we can provide.

Suggestion Box Corner: Your Questions Answered!

What was the purpose of the craft fair?

Senior Programs held a craft fair so the public can view the amazing projects our seniors make in our art wing. We are also hoping to get more seniors to participate. Hope you enjoyed it!

What classes do we register for during registration week?

The only classes you register for are the following:
1. Silver Jewelry
2. Lapidary Certification
3. Faceting
4. Stained Glass #3 (For Beginners)

We hope you enjoy your time in our classes!

Please let us know if you have any other questions!

Thank you!

Food Distribution Schedule:

Registration begins at 9 am, Distribution begins around 10 am. Depending on the arrival of the Roadrunner Food Bank Truck.

<table>
<thead>
<tr>
<th>Date</th>
<th>Center</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>June 1</td>
<td>Papen Center</td>
<td>304 W. Bell</td>
</tr>
<tr>
<td>June 2</td>
<td>Benavidez Center</td>
<td>1045 McClure Rd.</td>
</tr>
<tr>
<td>June 5</td>
<td>Sage Café</td>
<td>6121 Reynolds Dr.</td>
</tr>
<tr>
<td>June 26</td>
<td>Eastside Center</td>
<td>310 N. Tornillo</td>
</tr>
<tr>
<td>June 28</td>
<td>Munson Center</td>
<td>975 S. Mesquite</td>
</tr>
</tbody>
</table>