SATURDAY NIGHT DANCE
WHEN/CUANDO: Saturday July 6, 2019
WHERE/DONDE: Munson Senior Center
TIME/TIEMPO: 5:00—7:00 pm
ENTRY FEE: $3.00

THURSDAY AFTERNOON DANCE
WHEN/CUANDO: Thursday July 18, 2019
WHERE/DONDE: BENAVIDEZ Center
TIME/TIEMPO: 2:00—4:00 pm
ENTRY FEE: $3.00

Purchase your tickets the week of the dance!
### Sage Café Activities:

<table>
<thead>
<tr>
<th>Activity</th>
<th>Days</th>
<th>Times</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Enhance Fitness</td>
<td>Tue, Wed, Fri</td>
<td>9:45 am – 10:45 am</td>
<td>No charge</td>
<td>Sage Café, dining area.</td>
</tr>
<tr>
<td>Beginning &amp; Intermediate Chess</td>
<td>Wed</td>
<td>11:00 pm – 1:45 pm</td>
<td>No charge</td>
<td>Meeting Room 115.</td>
</tr>
<tr>
<td>Train Dominoes</td>
<td>Tue</td>
<td>10:30 am – 1:45 pm</td>
<td>No Charge</td>
<td>Meeting Room 115.</td>
</tr>
<tr>
<td>Jam Session</td>
<td>Fri</td>
<td>10:15 am – 1:00 pm</td>
<td>No Charge</td>
<td>Do you sing and/or play an instrument? Come join in on the music-making. And feel free to just come and listen!</td>
</tr>
<tr>
<td>Beading</td>
<td>Tue</td>
<td>12:00 am – 1:00 pm</td>
<td>No Charge</td>
<td>Third Thursday (All participants MUST have their own supplies) Please let the front desk know if you will be attending</td>
</tr>
</tbody>
</table>

### Eastside Community Center Activities:

<table>
<thead>
<tr>
<th>Activity</th>
<th>Days</th>
<th>Times</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Crocheting</td>
<td>Tue &amp; Thu</td>
<td>8:30 am – 11:30 am</td>
<td>No Charge</td>
<td>Eastside Center classroom; items donated locally.</td>
</tr>
<tr>
<td>Wood Carving</td>
<td>Wed &amp; Fri</td>
<td>8:00 am – 12:00 pm</td>
<td>No Charge</td>
<td>Eastside Center classroom. Join anytime.</td>
</tr>
<tr>
<td>Billiards – Daily</td>
<td>Mon – Fri</td>
<td>8:00 am – 2:00 pm</td>
<td>No Charge</td>
<td>Eastside Center.</td>
</tr>
<tr>
<td>Tai Chi</td>
<td>Tue &amp; Thu</td>
<td>8:15 am – 9:45 am</td>
<td>No Charge</td>
<td>Eastside Dining Room</td>
</tr>
</tbody>
</table>

### Henry Benavidez Community Center Activities:

<table>
<thead>
<tr>
<th>Activity</th>
<th>Days</th>
<th>Times</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bingo – Weekly</td>
<td>Wed</td>
<td>12:45 pm – 1:45 pm</td>
<td>No charge</td>
<td>Benavidez Community Center, Dining Room.</td>
</tr>
<tr>
<td>Grandparents Raising Grandchildren – Monthly</td>
<td>2– Tue</td>
<td>10:30 am – 11:30 am</td>
<td>No charge</td>
<td>Benavidez Community Center, Classroom.</td>
</tr>
</tbody>
</table>

### Munson Center Activities:

**Classes with registration for 6-week sessions:** Registration will be **JULY 6-12 2019** at the Munson front desk. Beginning dates will be announced on receipts.

<table>
<thead>
<tr>
<th>Activity</th>
<th>Days</th>
<th>Times</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lapidary Certification Class</td>
<td>Mon</td>
<td>12:00 pm – 3:00 pm</td>
<td>$12 per 6-week session</td>
<td>Munson Center, Studio 1. Limit of 6 students.</td>
</tr>
<tr>
<td>Silver Jewelry Class</td>
<td>Fri</td>
<td>9:00 am – 12:00 pm</td>
<td>$12 per 6-week session</td>
<td>Munson Center, Studio 1. Limit of 5 students. $50 supply kit required. No Classes until next registration.</td>
</tr>
<tr>
<td>Stained Glass #3 (Beginner Only)</td>
<td>Wed.</td>
<td>1:00 pm – 4:00 pm</td>
<td>$6 per 6-week session</td>
<td>Munson Center, Studio 1. Class limited to 6 new students. There will not be a drop-in class if there are 6 new students. $5 new student kit.</td>
</tr>
<tr>
<td>Faceting</td>
<td>Fri</td>
<td>9:00 am – 12:00 pm</td>
<td>$12 per 6-week session</td>
<td>Munson Center, Studio 4. $16.50 supply kit required.</td>
</tr>
<tr>
<td>Landscape Painting</td>
<td>Fri</td>
<td>12:00 pm – 2:00 pm</td>
<td>$6 per 6-week session</td>
<td>Limit of 13 Students. Class will be held at Eastside Center</td>
</tr>
</tbody>
</table>

**Drop-in classes:**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Days</th>
<th>Times</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stained Glass #1</td>
<td>Mon</td>
<td>8:30 am – 11:30 am</td>
<td>$1 per session</td>
<td>Munson Center, Studio 1. Class limited to 12 students.</td>
</tr>
<tr>
<td>Stained Glass #2</td>
<td>Wed</td>
<td>8:30 am – 11:30 am</td>
<td>$1 per session</td>
<td>Munson Center, Studio 1. Class limited to 12 students.</td>
</tr>
<tr>
<td>Stained Glass #3</td>
<td>Wed</td>
<td>1:00 pm – 4:00 pm</td>
<td>$1 per session</td>
<td>Munson Center, Studio 1. Drop-in limited to returning students, if the limit of new students is below 6 with a maximum of 12 students. There will not be a drop-in if there are 6 new students.</td>
</tr>
<tr>
<td>Stained Glass #4</td>
<td>Fri</td>
<td>1:00 pm – 4:00 pm</td>
<td>$1 per session</td>
<td>Munson, Studio 1. Class limited to 12 students.</td>
</tr>
<tr>
<td>Clay Works – Open Studio</td>
<td>Mon, Tue</td>
<td>8:00 am – 11:00 am</td>
<td>$1 per session</td>
<td>Munson Center, Studio 3. Class limited to 12 participants.</td>
</tr>
<tr>
<td>Clay Works – Open Studio</td>
<td>Thu</td>
<td>8:00 am – 11:00 am</td>
<td>$1 per session</td>
<td>Munson Center, Studio 3. Class limited to 12 participants.</td>
</tr>
<tr>
<td>Clay Works – Open Studio</td>
<td>Mon, Tue</td>
<td>12:00 pm – 4:00 pm</td>
<td>$1 per session</td>
<td>Munson Center, Studio 3. Class limited to 12 participants.</td>
</tr>
<tr>
<td>Clay Works – Open Studio</td>
<td>Thu</td>
<td>12:00 pm – 4:00 pm</td>
<td>$1 per session</td>
<td>Munson Center, Studio 3. Class limited to 12 participants.</td>
</tr>
<tr>
<td>Clay Works – Open Studio</td>
<td>Fri</td>
<td>8:00 am – 4:00 pm</td>
<td>$1 per session</td>
<td>Munson Center, Studio 3. Class limited to 12 participants.</td>
</tr>
</tbody>
</table>

**Supplies and Materials**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Days</th>
<th>Times</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lapidary and Silver Jewelry Open Lab</td>
<td>Tue &amp; Thu</td>
<td>8:00 am – 4:00 pm</td>
<td>$3 per day</td>
<td>Munson Center, Studio 1. Certification required to participate in open lab. Pay $3 per day at the front desk.</td>
</tr>
<tr>
<td>Gourd Painting</td>
<td>Wed</td>
<td>1:00 pm – 4:00 pm</td>
<td>$1 per session</td>
<td>Munson Center, Studio 3. Class limited to 12 participants</td>
</tr>
<tr>
<td>Mosaic/Gourds – Open Studio</td>
<td>Fri</td>
<td>1:00 pm – 4:00 pm</td>
<td>$1 per session</td>
<td>Munson Center, Studio 4. Class limited to 10 participants.</td>
</tr>
<tr>
<td>Mosaics – Open Studio</td>
<td>Tue</td>
<td>1:00 pm – 4:00 pm</td>
<td>$1 per session</td>
<td>Munson Center, Studio 4. Class limited to 10 participants.</td>
</tr>
<tr>
<td>Painting – Open Studio</td>
<td>Mon</td>
<td>8:30 am – 11:30 am</td>
<td>$1 per session</td>
<td>Munson Center, Studio 2. Class limited to 10 participants.</td>
</tr>
<tr>
<td>Painting – Open Studio</td>
<td>Fri</td>
<td>8:30 am – 11:30 am</td>
<td>$1 per session</td>
<td>Munson Center, Studio 2. Class limited to 10 participants.</td>
</tr>
</tbody>
</table>
Other activities offered at Munson Center:

### Fitness Classes:

<table>
<thead>
<tr>
<th>Activity</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Enhanced Fitness</td>
<td>Mon, Wed, Fri</td>
<td>8:00 am – 9:00 am</td>
<td>No charge</td>
<td>Munson Center Auditorium.</td>
</tr>
<tr>
<td>Line Dancing – Beginners</td>
<td>Mon</td>
<td>2:00 pm – 3:00 pm</td>
<td>No charge</td>
<td>Munson Center Auditorium.</td>
</tr>
<tr>
<td>Line Dancing – Intermediate</td>
<td>Fri</td>
<td>2:00 pm – 3:00 pm</td>
<td>No charge</td>
<td>Munson Center Auditorium.</td>
</tr>
<tr>
<td>Zumba Gold</td>
<td>Mon</td>
<td>5:30 pm – 6:30 pm</td>
<td>$1 for 60+</td>
<td>Munson Center Auditorium.</td>
</tr>
</tbody>
</table>

### Line Dancing

- **Beginners**: Mon 2:00 pm – 3:00 pm, No charge, Munson Center Auditorium.
- **Intermediate**: Fri 2:00 pm – 3:00 pm, No charge, Munson Center Auditorium.

### Zumba Gold

Mon 5:30 pm – 6:30 pm, $1 for 60+ | $2 for under 60, Munson Center Auditorium.

### Lifelong Learning:

<table>
<thead>
<tr>
<th>Activity</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Quilting (this is not a class)</td>
<td>Tue &amp; Thu</td>
<td>8:30 am – 11:30 am</td>
<td>No charge</td>
<td>Munson Center, Studio 2; items donated locally.</td>
</tr>
<tr>
<td>Community Garden Meeting for the Munson Center Garden</td>
<td>3rd Wed</td>
<td>10:00 am – 11:00 am</td>
<td>No charge</td>
<td>Munson Center, Room 1.</td>
</tr>
<tr>
<td>Spanish – Conversational</td>
<td>Tue</td>
<td>1:30 pm – 3:00 pm</td>
<td>No charge</td>
<td>Munson Center, Room 4. Join anytime! Level: Beyond Intermediate. A fun discussion group about topics chosen each week. For people who can converse in Spanish and want to improve their skills and vocabulary. There is no English or formal instruction.</td>
</tr>
<tr>
<td>Spanish – Intermediate</td>
<td>Mon</td>
<td>1:30 pm – 3:00 pm</td>
<td>No charge</td>
<td>Munson Center Meeting Room 2. Please see instructor if you are joining after the starting date.</td>
</tr>
<tr>
<td>Spanish – Spoken for Beginners</td>
<td>Fri</td>
<td>10:00 am – 11:00 am</td>
<td>No charge</td>
<td>Munson Center, Meeting Room 2. Join anytime!</td>
</tr>
<tr>
<td>Guitar Lessons</td>
<td>Wed</td>
<td>1:00 pm – 2:30 pm</td>
<td>No charge</td>
<td>Munson Center, Meeting Room 2. Next Session will be from July 17 –August 21. Will Then continue on Sept. 30.</td>
</tr>
<tr>
<td>Desert Writers</td>
<td>Wed</td>
<td>9:00 am – 11:00 am</td>
<td>No charge</td>
<td>Munson Center, Meeting Room 2. Join anytime!</td>
</tr>
<tr>
<td>Munson Book Club</td>
<td>3rd Wed</td>
<td>10:00 am – 11:00 am</td>
<td>No charge</td>
<td>Munson Center, Meeting Room 4. Call Mark at 575-528-3406 for more information.</td>
</tr>
</tbody>
</table>

### Games:

<table>
<thead>
<tr>
<th>Activity</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Billiards – Daily</td>
<td>Mon-Fri</td>
<td>8:00 am – 5:00 pm</td>
<td>No charge</td>
<td>Munson Center Multipurpose Room.</td>
</tr>
<tr>
<td>Billiards Tournament</td>
<td>Last Wed</td>
<td>9:00 am – 1:00 pm</td>
<td>$3 per person</td>
<td>Munson Center Multipurpose Room. The last Wednesday of the month. All are welcome to participate!</td>
</tr>
<tr>
<td>Bridge</td>
<td>Mon &amp; Wed</td>
<td>11:30 am – 3:30 pm</td>
<td>No charge</td>
<td>Munson Center, Meeting Room 3.</td>
</tr>
<tr>
<td>Canasta</td>
<td>Wed</td>
<td>11:00 am – 3:00 pm</td>
<td>No charge</td>
<td>Munson Center, Meeting Room 3.</td>
</tr>
<tr>
<td>Chess</td>
<td>Fri</td>
<td>8:30 am – 12:00 pm</td>
<td>No charge</td>
<td>Munson Center, Meeting Room 4.</td>
</tr>
<tr>
<td>Horseshoes</td>
<td>Tue &amp; Fri</td>
<td>9:00 am – 12:00 pm</td>
<td>No charge</td>
<td>Munson Center, outside on east side of Munson.</td>
</tr>
<tr>
<td>Mah Jongg</td>
<td>Thu</td>
<td>9:00 am – 12:00 pm</td>
<td>No charge</td>
<td>Munson Center, Meeting Room 3.</td>
</tr>
<tr>
<td>Game Day</td>
<td>Thu</td>
<td>12:30 am – 2:30 pm</td>
<td>No charge</td>
<td>Come Join us for different Games! Card Games, Dominoes, and board games! Munson Center, Meeting Room 3.</td>
</tr>
<tr>
<td>Pinochle</td>
<td>Fri</td>
<td>11:30 am – 4:30 pm</td>
<td>No charge</td>
<td>Munson Center, Meeting Room 3.</td>
</tr>
</tbody>
</table>

### Extra Activities:

<table>
<thead>
<tr>
<th>Activity</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Low Vision Support Group</td>
<td>1st Tue</td>
<td>2:30 pm – 4:00 pm</td>
<td>No charge</td>
<td>Munson Center, Meeting Room 2.</td>
</tr>
<tr>
<td>Low Vision Support Group</td>
<td>1st Tue</td>
<td>9:30 am – 11:00 am</td>
<td>No charge</td>
<td>Good Samaritan, Oasis Room.</td>
</tr>
<tr>
<td>Stroke Support Group</td>
<td>1st Thu</td>
<td>1:00 pm – 2:00 pm</td>
<td>No charge</td>
<td>Munson Center, Meeting Room 2.</td>
</tr>
<tr>
<td>Essential Oils</td>
<td>3rd Thu</td>
<td>2:00 pm – 3:30 pm</td>
<td>No charge</td>
<td>Munson Center,  July 18, 2019</td>
</tr>
<tr>
<td>Blood Pressure Monitoring</td>
<td>Mon</td>
<td>11:00 am – 1:00 pm</td>
<td>No charge</td>
<td>Munson Center</td>
</tr>
<tr>
<td>Senior Programs Advisory Board Meeting</td>
<td>2nd Thu</td>
<td>9:00 am – 11:00 am</td>
<td>Open to the public</td>
<td>Join us for the SPAB meeting on  July 11 @ Munson Center  975 S. Mesquite - 575.582.3000</td>
</tr>
<tr>
<td>Senior Programs Saturday Dance</td>
<td>1st Sat</td>
<td>4:00 pm – 6:00 pm</td>
<td>$3 per person</td>
<td>July 6 - Please Join us for our Saturday Dance! Enjoy snacks and great Music! We will be honoring our Veterans</td>
</tr>
<tr>
<td>Senior Programs Monthly Dance</td>
<td>3rd Thu</td>
<td>2:00 pm – 4:00 pm</td>
<td>$3 per person</td>
<td>July 18 – join us for our May Dance! This month we will be having it at BENAVIDEZ CENTER!</td>
</tr>
</tbody>
</table>
## Parks & Recreation Activities

<table>
<thead>
<tr>
<th>Fitness Classes</th>
<th>Thu</th>
<th>TBD</th>
<th>TBD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hiking</td>
<td>TBD</td>
<td>TBD</td>
<td>Drop in fee: $12.00 for 4 week Session. During the Summer months, walks begin at 7:00/7:30 am.</td>
</tr>
<tr>
<td>Walking Group</td>
<td>Mon, Wed, Fri</td>
<td>8:00 am</td>
<td>$2 per walk $1 for Seniors</td>
</tr>
<tr>
<td>50+ Indoor Cycling</td>
<td>Mon &amp; Wed</td>
<td>10:30 am - 11:20 am</td>
<td>$2 per Class $1 for Seniors Las Cruces Regional Aquatic Center</td>
</tr>
<tr>
<td>Tai Chi</td>
<td>Tue &amp; Thu</td>
<td>8:55 am</td>
<td>No Charge Taught by NMSU students. Classes will resume in August when NMSU classes resume.</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.

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### BEADING

Please Join us for a beading class!

**Sage Café Dining Room**

Tuesday July, 16 2019 - 12:00 pm to 1:00 pm

**Munson Center**

Thursday July 18, 2019 –12:00 pm to 1:00 pm

Please let the front desk know if you will be attending so we can get an accurate count. Thank you.

Supply Lists will be available at Munson Center and Sage Café.
Here is A Big Shout out to an Amazing Volunteer!

Olga Rodriguez is a volunteer at the Munson Center. She started volunteering for the City of Las Cruces at the beginning of 2019. Olga uses her time to facilitate guitar lessons on Mondays and Wednesdays. As a longtime resident in New Mexico, Olga spent most of her time in her occupation as an educator in the Silver City School Districts. Olga was an instructor of a youth’s Ballet Folklorico as well as presenting several workshops on how “Using Music in the Classroom Enhanced Language” at the National Association for Bilingual Teachers in Albuquerque. Olga is the recipient of the 1995 KOAT-TV New Mexico Top Teacher Award.

Want To Be Volunteer?

Here at the Network Volunteer Center, we need volunteers like you! To be come a volunteers is a very easy process, come on by the Munson center to one of our volunteer orientations. These orientations are scheduled multiple times throughout the month. You will have the opportunity to learn about what it means to be a volunteer, as well as the various volunteer needs and task within the city. This is a great way to stay active, meet other community members, and give back to the beautiful city of Las Cruces.

If you see or a have a volunteer, you would like to nominate for the next "Spotlight". Please contact the Volunteer Coordinator at 575-528-3035 or stop by the office located at 975 S Mesquite St, Las Cruces, NM 88001

Thank you to all the volunteers out there!

Volunteer Happenings

Olga

It is amazing to see a New Mexico Resident do so much for the community, and still have so much more to share. We here at the Senior Programs and the City of Las Cruces are extremely grateful for your time and energy towards your volunteer efforts. This month’s spotlight is for you and thank you for all you do!

- Volunteer Coordinator
VOLUNTEER OPPORTUNITIES— We have lots of places who have been waiting for a volunteer like you! Contact Jordon Kopreski at jkopreski@gmail.com/575-528-3035 or Michael Garcia at mgarcia@las-cruces.org/575-528-3000 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 the Golden Shield Yard Assistance program helping seniors in need. Tuesdays and Fridays are available. There are a lot of seniors waiting on this list.

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

Museums—Help with surveys for museum services! Also, Spanish Translators and Tour Guides needed for upcoming Prado exhibit!

    NEW!! Railroad Museum—Volunteer needed to cover the Saturday shift from 2:00 to 4:30 and Wednesdays from 12:00-2:00!
    Museum of Nature and Science—Looking for new volunteers, especially on Saturdays
    Museum of Art—Volunteer tour guides needed as well as information desk
    Branigan Cultural Center—in More volunteers general are needed

Parks and Recreation

    Front Desk Volunteers—Parks and Recreation Department is looking for some great volunteers to help with the front desk at the Papen Center!

Senior Programs: General

    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!
    Gardeners—The Munson Center Community Garden is in need of new volunteers! We meet once a month for meetings and of course spend a lot of time in the garden. Don't know much about gardens? That's ok, we'll teach ya!
    Mosaics Instructor and Stained Glass Instructor(s)—Needed for the Munson Center
    RN’s and CNA’s needed to help take blood pressures of seniors during their visits to the centers—ongoing monitoring encouraging good health and constant checking. Especially needed during days of Food Distribution (See schedule below)

Senior Programs: Nutrition and Meals

    NEW!! Dining Room Aides
    Sage Center Tuesday, Thursday, Friday 10 am – 1 pm
    Frank O'Brien Papen Center Tuesday, Friday 10 am – 1pm
    Survey Implementers and Collectors
    All centers from 11 am – 1pm

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, Juvenile Citation Program, 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

    Social Media Outreach Volunteers—Volunteers are needed to help with social media presence for the Network and Senior Programs.
    Volunteer Center Bulletin Board—A creative volunteer is needed to help us update our bulletin board outside the Volunteer Center office each month!

Food Distributions—Volunteers are needed to help with the food distributions at all five centers. See following for monthly schedule:

    1st Monday—Sage Café
    1st Thursday—Papen Center
    1st Friday—Benavidez
    1st Wednesday—Munson Center
    4th Monday—Eastside Center
    4th Wednesday—Munson Center

New!! Asylum Seeker Project—Volunteers are needed to help with shelter and humanitarian needs for asylum seekers that have been welcomed

Thank you to the many volunteers who helped with our many projects this month! June has been super busy, but you all came through to help. Our city could not do all the wonderful things we do without your continued service to your community.

THANK YOU VERY MUCH!
### Easy Fun Corn Salad Recipe

**Prep Time:** 10 Minutes  
**Cook Time:** 10 Minutes  
**Servings:** 8

**Nutritional Info:**  
- Calories: 103  
- Fat: 5g  
- Sodium: 117mg  
- Potassium: 155mg  
- Carbohydrates: 12g  
- Fiber: 1g  
- Sugar: 2g  
- Protein: 1g  
- Vitamin A: 3.5%  
- Vitamin C: 8.2%  
- Calcium: 0.7%  
- Iron: 3.1%

3 cups corn kernels (about 4 cobs of corn)  
1 cup cherry tomatoes quartered  
1 cup diced cucumbers  
1/4 cup diced red onion  
3 tablespoons olive oil  
3 tablespoons apple cider, vinegar, or rice vinegar  
A little bit of course salt and/or pepper  
1 tablespoon fresh parsley, fresh basil or dill optional

Either boil or grill corn. Once cooked, remove kernels from corn. Combine all ingredients in a large bowl and gently toss. You can add salt and pepper to add taste, as your diet allows.

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### July 2019 Menu

**Monday**  
- Rigatoni With Meat Sauce  
- Cauliflower  
- Whole Wheat Roll  
- Garden Salad  
- Banana

**Tuesday**  
- Meat Loaf  
- With Gravy  
- Mashed Potatoes  
- Seasoned Broccoli  
- Spinach Salad/egg  
- Whole Wheat Roll  
- Yogurt with Fruit

**Wednesday**  
- Chicken Cranberry  
- Grapes/Pecan Salad  
- Sliced Tomatoes  
- Whole Wheat Roll  
- Macaroni Salad  
- Cantaloupe

**Thursday**  
- **Closed Independence Day**

**Friday**  
- Baked Chicken  
- With Gravy  
- Cornbread Stuffing  
- Pea Salad  
- Mixed Vegetables  
- Whole Wheat Roll  
- Chilled Peaches

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**Reserve Online:** mealreservations@las-cruces.org

The SUGGESTED DONATION for Seniors 60 years of age and older and their spouses is $2.50 each. Person's 59 years of age and under; the charge is $7.50.

Reservations: Call 575-528-3012 by 1 pm the day before.

Meal Reservations for Monday: Please call on Friday before 1 pm.

Cancellations: Call 575-528-3012 by 9 am the same day.

Lunch Hours: 11am-3:30pm Sage Café: 11:30am-12:30pm T-F.
FREE NUTRITION CLASS

ICAN provides hands-on nutrition education to adults with limited-resources in Doña Ana County.

Participants learn to prepare quick and nutritious meals, shop on a budget, keep food safe and other useful skills.

They also prepare a new recipe every week!

Date       Location:       Time:
Thursday, July 11 Munson Center  10:30 - 11:30 a.m.
Friday, July 12  Eastside Center  10:30 - 11:30 a.m.
Thursday, July 18 Frank O'Brien  11:30 - 12:30 p.m.
Tuesday, July 19 Benavidez  11:30 - 12:30 p.m.
Friday, July 23  Sage Cafe  11:30 - 12:30 p.m.

Alexis Peinado, Nutrition Educator
(575) 525-6649

CLASES DE NUTRICIÓN GRATUITAS

El programa ICAN provee actividades prácticas sobre la nutrición para adultos con recursos limitados en el condado de Doña Ana.

Los participantes aprenderán a preparar alimentos rápidos y nutritivos, comprar con un presupuesto, mantener el alimento seguro y otras técnicas útiles. También prepararán una receta nueva cada semana!

Fecha:           Lugar:       Hora:
jueves 11 de julio  Munson Center  10:30 - 11:30 a.m.
viernes 12 de julio  Eastside Center  10:30 - 11:30 a.m.
jueves 18 de julio  Frank O’Brien  11:30 - 12:30 p.m.
martes 19 de julio  Benavidez  11:30 - 12:30 a.m.
veres 23 de julio   Sage Cafe  11:30 - 12:30 p.m.

Alexis Peinado, Educadora de Nutrición
(575) 525-6649
GRANDPARENTS RAISING GRANDCHILDREN PROGRAM

Who are the families that are caring for a “second family or grandfamilies”?

Approximately 7.8 million children across the country live in households headed by grandparents or other relatives. About 2.7 million grandparents report they are responsible for their grandchildren’s needs. About 1/3 of these homes neither of the children’s parents are in the home.

Grandfamilies span the racial, ethnic, socioeconomic and geographic spectrum.
  - Grandfamilies are racially and ethnically diverse
  - Grandfamilies are often young.
  - Grandfamilies live both below and above the poverty level
  - Most grandparents in grandfamilies are in the labor force
  - Most grandparents in grandfamilies own their homes

What are some of the challenges grandfamilies face?
  - Legal Issues
  - Physical and Mental Health
  - Housing
  - Education

http://www.gu.org/ourwork/grandfamilies.aspx

Are you a grandparent raising your grandchildren? We are here to help.
¿Quiénes son las familias que están cuidando a una "segunda familia o grandfamilies"?

Aproximadamente 7,8 millones de niños en todo el país viven en familias encabezadas por abuelos u otros parientes. Unos 2,7 millones de abuelos reportan ser responsables de las necesidades de sus nietos. Aproximadamente 1/3 de los hogares ninguno de los padres de los niños están en la página de inicio.

Grandfamilies abarcan el espectro racial, étnico, socioeconómico y geográfico.
- Grandfamilies son racialmente y étnicamente diversos
- Grandfamilies suelen ser jóvenes.
- Grandfamilies viven por debajo y por encima del nivel de pobreza
- Más abuelos en grandfamilies están en la fuerza laboral
- Más abuelos en grandfamilies poseen sus hogares

¿Cuáles son algunos de los desafíos que enfrentan grandfamilies?
- Cuestiones jurídicas
- Salud física y Mental
- De la vivienda
- Educación

http://www.gu.org/Ourwork/grandfamilies.aspx

¿Es usted un abuelo levantando sus nietos? Estamos aquí para ayudar.

Únase a nosotros en los abuelos criar nietos apoyo reuniones mensuales celebrada en 10:30 el 2° martes del mes a Benavidez centro comunitario 1045 McClure. Póngase en contacto con Adrian Holguin @ 541-2460 si tienes alguna duda.
Got questions? We can help!!

Do you have questions about Medicare? Medicaid? Need help filling out forms? Translating mail or paperwork?

Senior Programs Long Term Care has Case Manager available to assist you.

Case Manager hours are as follows:

Monday’s all day at Munson Center

Tuesday thru Friday from 8:00 am to 10:00 am Munson Center

Or by appointment

Chris Gomez – 541-2367

James Mitchell – 528-3307

Evelyn Kingston – 541-3011

Appointments can also be made by calling Munson Center 528-3000

Please accept our apologies but we will no longer be able to help with legal paperwork. The Case Managers have a list of resources that are available upon request.

¿Tienes preguntas? Podemos ayudar!!

Tiene preguntas sobre Medicare? ¿Medicaid? ¿Necesita ayuda para llenar formularios? ¿Traducir correo o papeleo?

Senior Programs tiene administrador de caso disponibles para ayudarle.

Caso horas son los siguientes

Martes al viernes de 8:00 a 10:00 centro de Munson

O por cita

Chris Gomez – 541-2367

James Mitchell – 528-3307

Evelyn Kingston – 541-23011

También se pueden hacer citas llamando al centro de Munson 528-3000

Por favor acepte nuestras disculpas pero ya no seremos capaces de ayudar con el papeleo legal. Los encargados del caso tienen una lista de recursos que están disponibles a petición.
PLUS nearly 50 staff members consisting of office assistants, case managers, living assistance workers, hostesses, senior cooks, food service workers, supervisors, and delivery drivers who work to promote and enhance the physical, intellectual and social well being of people 50+ who live in Las Cruces.

Senior Programs Administration

Sonia Saldana
Senior Programs Administrator
575-541-2464
ssaldana@las-cruces.org
Office at Munson Center

Roger Bishop
Nutrition and Meal Services Program Manager
575-528-3013
rbishop@las-cruces.org
Office at Eastside Center

Lora G. Palacios
Long Term Care Services Manager
575-541-2459
lopalacios@las-cruces.org
Office at Munson Center

Michael Garcia
Recreation Facilities Manager
575-528-3000
mgarcia@las-cruces.org
Office at Munson Center

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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>
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<tbody>
<tr>
<td>JULY 1</td>
<td>SAGE CAFE</td>
<td>6121 REYNOLDS DR</td>
</tr>
<tr>
<td>JULY 8</td>
<td>PAPEN CENTER</td>
<td>304 W. BELL</td>
</tr>
<tr>
<td>JULY 12</td>
<td>BENAVIDEZ CENTER</td>
<td>1045 McCLURE</td>
</tr>
<tr>
<td>JULY 22</td>
<td>EASTSIDE</td>
<td>310 N. TORNILLO</td>
</tr>
<tr>
<td>JULY 24</td>
<td>MUNSON</td>
<td>975 S. MESQUITE</td>
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