



SEPTEMBER 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 SENIOR CENTER CLOSED 	2 Osteo Exer. 10am KNITTING CLASS 10:00am-11:00am GRIEF SUPPORT GROUP 1:00PM TO 2:00PM Rep. JONES Luna Rehab Center NM Comm. Of hard of hearing	3 HDM-Crafts 10:00am Tech help for Seniors 9:30am to 10:30am in the Card room C & H Adviosry Solutions medicare	4 Osteo Exer. 10am YOGA TREE	5 Mattress Pad Project 10:00am-11:00am MOUNTAIN SHADOWS HOME HEALTH	6
7	8 Fitness Room open Mon-Fri 9:30am to 2:30pm GARDEN CLUB 1:30pm TAI-CHI CLASS 10:00AM LUNA COUNTY HEALTH MEDICARE REP.	9 Osteo Exer. 10am KNITTING CLASS 10:00am-11:00am HEALTH COUNCIL WORTHINGTON FARMS	10 HDM-Crafts 10:00am	11 Osteo Exer. 10am POST#4 AMERICAN LEGION	12 Mattress Pad Project 10:00am-11:00am Afternoon Dance 1:30 pm to 3:00pm by BOOM BOX 	13
14	15 Fitness Room open Mon-Fri 9:30am to 2:30pm TAI-CHI CLASS 10:00AM DEPT. OF HEALTH DENTAL	16 Osteo Exer. 10am KNITTING CLASS 10:00am-11:00am AMBERCARE	17 HDM-Crafts 10:00am CATS	18 Osteo Exer. 10am AARP Drivers Class 10am to 2pm Register with Judy 575-312-4526 DISTRICT ATTORNEY WHEELER	19 Mattress Pad Project 10:00am-11:00am	20
21	22 Fitness Room open Mon-Fri 9:30am to 2:30pm TAI-CHI CLASS 10:00AM CITY COUNCIL LUNA COUNTY MANAGER	23 Osteo Exer. 10am KNITTING CLASS 10:00am-11:00am	24 HDM-Crafts 10:00am Veteran Rep. Clarissa Sierra 10:00am ENHABIT HOME HEATHL CARE	25 Osteo Exer. 10am Medicare In-Person Counseling Melissa Luna 10:00am COA BOARD MEETING 8:30AM	26 Mattress Pad Project 10:00am-11:00am	27
29	29 Fitness Room open Mon-Fri 9:30am to 2:30pm TAI-CHI CLASS 10:00AM OMBUDSMAN/AARP	30 Osteo Exer. 10am KNITTING CLASS 10:00am-11:00am PNM ENERGY				



FEBRUARY 08



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Lenten								1	
MILK IS SERVED DAILY								Chili Dog...2 Baked Potato Wedges Mixed Vegetables & Margarine Orange	
4		5		6		7		8	
Pork Cutlet...1 Mashed Potatoes with Gravy Oriental Blend Vegetables Biscuit & Margarine Pears in Grape Juice		Beef Stew...2 Green Beans Crackers Banana Pudding Cottage Cheese with Peaches		Burrito...1 Spanish Rice Salsa Corn Salad & Dressing Spiced Apple		Chicken and Vegetables Pasta Broccoli w/ Margarine Whole Wheat Roll w/ Margarine Pears & Sugar Free Brownie GNS 202		Salmon Patty...1 Baked Potato & Margarine Hominy Spinach Wheat Bread Chocolate Pie	
11		12		13		14 Valentines Day		15	
Beef Steak Ranchero...1 Pinto Beans With Green Chilies Salad & Dressing Strawberry Shortcake		Chicken & Dumplings...1 Asparagus Carrots Sugar Cookie Pears		Sour Cream Enchilada...1 Spanish Rice Green Beans with Green Chilies Salsa Oatmeal Cookie Fruit Cocktail		Curried Chicken Kabobs Mashed Potatoes w/ Gravy Broccoli w/ Margarine Whole Wheat Roll w/ Margarine Applesauce GNS 208		Tuna and Noodles Tossed Salad w/ Ranch Dressing Low Sodium Crackers Sliced Pears and Mandarin Oranges GNS 410	
18		19		20		21		22	
Chicken Nuggets...1 Honey Mustard/BBQ Sauce Baked Potato Wedges Broccoli with Cheese Fruit Cocktail PRESIDENTS DAY		Macaroni & Cheese Brussels sprouts w/ Margarine Dinner Roll w/ 1Margarine Chocolate Pudding GNS 408		Taco Soup...1 Salad & Dressing Flour Tortilla & Salsa Gelatin Apricots		Steak & Stuff...1 Spinach Parmesan Potato Rounds Wheat Roll & Margarine Lemon Bar		Fish Sandwich...2 Lima Beans Carrot Sticks Plums	
25		26		27		28		29	
Italian Pork Chop...3 Broccoli & Cheese Mixed Vegetables Wheat Roll & Margarine Cottage Cheese with Peaches		RC Beef & Potatoes...1 Pinto Beans Flour Tortilla Pumpkin Pie with Topping		Chicken Taquito...1 Spanish Rice Garden Salad with Broccoli Onion, Tomato, Cauliflower Chocolate Pudding		Carne Adovada...1 Spanish Rice Country Blend Vegetables Flour Tortilla Jell-O with Fruit		Grilled Cheese Sandwich Vegetable Soup Crackers Apricots	