

January 2019

Menu and Activities Calendar Santa Cruz Council on Aging, Inc.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 CLOSED	2 CLOSED	3 Maria Hernandez CLOSED	4 Maria Blumenkron CLOSED	5
6	7 Carlos Molina Chorus Classes 9:30am to 11:30am Lemmon Pepper Chicken, Rice Pilaf, Veggies, Cabbage Soup, Milk	8 Maria Velasquez Exercise Class 10:30am Picadillo, Rice, Beans, Pasta Soup, Milk	9 Julian Treviño Knitting Nopales con Chile, Rice, Beans, Pasta Soup, Milk	10 Exercise Class 10:30am Chilaquiles, Beans, Salad, Rice Soup, Milk	11 Guadalupe Estrada Pork Carnitas, Charro Beans, Rice, Pasta Soup, Milk, Salad Bar	12
13	14 Chorus Classes 9:30am to 11:30am Beef Tostadas, Veggies, Beans, Tortilla Soup, Milk	15 Lydia Solis Exercise Class 10:30am Pollo Entomatado, Rice, Beans, Cheese Soup, Milk	16 Veggie Lasagna, Green Salad, Pea Soup, Milk	17 Exercise Class 10:30am Chicken Mole, Rice, Beans, Pasta Soup, Milk	18 Rosa Maria Villegas Ramona Murrieta Burrito Breakfast: Cabbage and Beef, Rice, Broccoli Soup, Milk	19 Esperanza Angulo Leionila Guinez Martha Medina
20	21 Martin Luther King Jr. Day CLOSED	22 Exercise Class 10:30am Hot Dogs, Chilli Beans, Fries, Lenteja Soup, Milk	23 Knitting Chicken Enchiladas, Rice Pilaf, Pasta Soup, Milk	24 Exercise Class 10:30am Ham, Mashed Potatoes, Corn, Cabbage Soup, Milk	25 Taco Salad, Maiz Soup, Salad bar, Milk	26 Lupita Knoblock
27 Norma Ahumada	28 Maria Perez Chorus Classes 9:30am to 11:30am Chicken Fajitas, Veggies, Beans, Rice Soup, Milk	29 Exercise Class 10:30am Spaghetti with meat Balls, Green Salad, Tortilla Soup, Milk	30 Linda Rushton Chicken Patty, Fries, Veggies, Chicken Soup, Milk	31 Exercise Class 10:30am Carne con Chile, Rice, beans, Pasta Soup, Milk		
		Notes: Birthdays Activities-Cards/Bingo daily after lunch Menu	THANKS TO OUR PARTNERS 		Menu Approved by: Alan Coker R.D. Sodexo Quality of Life Services 10802 N. Black Canyon HWY Phoenix, AZ 85053 Email: alan.coker@sodexo.com	

For more information call: 520-287-7422 | www.sccoanogales.com |

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All menu and activities are subject to change