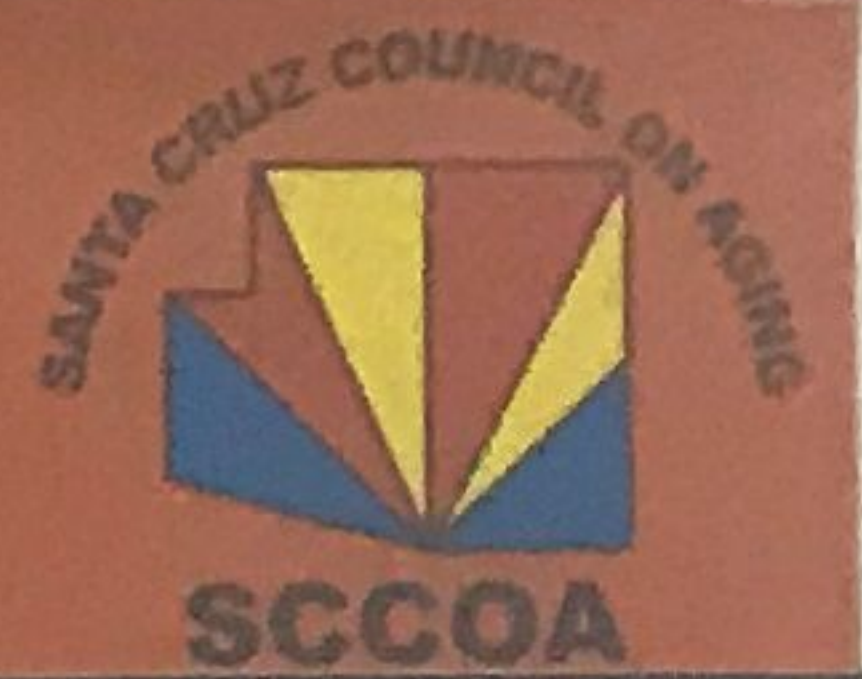


OCTOBER 2017

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



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Jorge beltran	2 Chorus Classes 9:30am to 11:30am Cheese Enchiladas, Rice, Beans, Soup	3 Teresa Aguirre Enriqueta Rodriguez Exercise Class 10am Chicken Tostadas, Beans, Veggies, Soup	4 Tuna Tacos, Rice, Beans Soup	5 Exercise Class 10am Chicken Fajitas, Veggies, Beans Soup	6 Beef Tacos, Beans, Rice, soup, Salad bar	7
8 Yolanda Castro Rosa Villanueva	9 Chorus Classes 9:30am to 11:30am Macarron c/ Queso, Mashed Potatoes, Soup	10 Esther molina Exercise Class 10am Blood Pressure Check Carnitas de puerco, Charro Beans, Soup	11 Knitting Chilaquiles, Rice, Beans, Soup	12 Exercise Class 10am Chicken Mole, Beans, Rice, Soup	13 Lasagna de Veggies, Green Beans, Roll, Soup, Salad Bar	14
15	16 Chorus Classes 9:30am to 11:30am Beef & Brocoli, White Rice, Soup	17 Maria Martinez Exercise Class 10am Machaca con Papas, Beans, Veggies, Soup	18 Pollo Entomatado, Pasta, Veggies, Soup	19 Exercise Class 10am Asado de Res, beans, Rice, Soup	20 Picadillo, Rice, Beans, Soup, Salad Bar	21
22 Rosa Navarro	23 Chorus Classes 9:30am to 11:30am BBQ Chicken, Mashed potatoes, Roll, Soup	24 Exercise Class 10am Hot Dogs, French fries, Soup	25 Knitting Exhibition Chicken Enchiladas, rice, Veggies, Soup	26 Exercise Class 10am Carne con Chile, Rice, beans, Soup - Burrito Breakfast	27 Isabel Balderrama Spaghetti with Meat, Salad, roll, Soup, Salad Bar	28
29 Ubaldina Diaz Rita Fajardo	30 Chorus Classes 9:30am to 11:30am Torta de tinga, Pasta, Salad, soup	31 Exercise Class 10am Chicken Tacos, Beans, Rice, Soup				

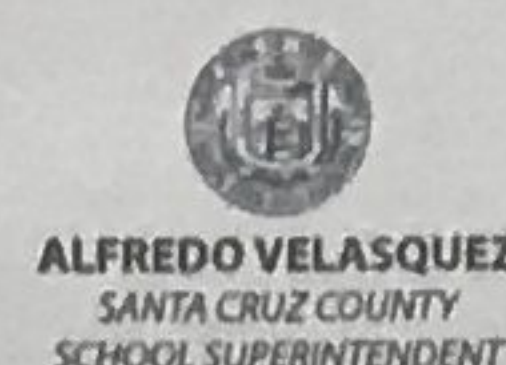
Notes:
Birthdays
Activities-Cards/Bingo
daily after lunch
Menu

THANKS TO OUR PARTNERS

Nogales Debutante Cotillon

Arizona Department of
Adult and Aging Services

UniSourceEnergy
SERVICES



GEBLER-TRUST
ASSOCIATED CHARITIES

