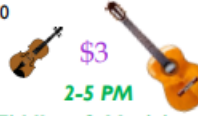






August 2024

Bosque Farms Community Center

505-869-5133

ccdirector@bosquefarmsonm.gov

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 9:30 Yoga 10:30 Spanish Class 12:00 Senior Meals 12:30 Bingo	2 8 AM ZUMBA 9:00 Tai Chi Practice 10:15 Strength & Balance 12:00 Senior Meals	3 9 am-3 pm Arts & Crafts Fair
4	5 8 AM ZUMBA 9:00 Tai Chi Practice 10:15 Strength & Balance 12:00 Senior Meals 6:00 ZUMBA	6 9:30 Yoga 10:30 Coffee & Donuts Rockhounds 12:00 Senior Meals 12:30 Bridge & Dominoes 4:00 Chair Yoga	7 8 AM ZUMBA 9:00 Tai Chi Practice 9-10 Waffle Breakfast 10:15 Strength & Balance 12:00 Senior Meals 1:00 Line Dance 6:00 ZUMBA	8 9:30 Yoga 10:30 Spanish Class 12:00 Senior Meals 12:30 Bingo 2:30 Paper Craft w/ Edwina (\$5 supply fee)	9 8 AM ZUMBA 9:00 Tai Chi Practice 10:15 Strength & Balance 12:00 Senior Meals	10  \$3 2-5 PM Fiddlers & Musicians Music, Dancing & Ice Cream Party
11	12 8 AM ZUMBA 9:00 Tai Chi Practice 10:15 Strength & Balance 12:00 Senior Meals 6:00 ZUMBA	13 9:30 Yoga 10:30 Coffee & Donuts 12:00 Senior Meals 12:30 Bridge & Dominoes 4:00 Chair Yoga	14 8 AM ZUMBA 9:00 Tai Chi Practice 10:15 Strength & Balance 12:00 Senior Meals 1:00 Line Dance 6:00 ZUMBA 7:00 Writer's Group	15 9:30 Yoga 10:30 Spanish Class 12:00 Senior Meals 12:00 Ice Cream Social 12:30 Bingo Blackout Prize Sponsored by High Desert Hospice 	16 8:00 Van leaving for Sunny Side Up Cafe 8 AM ZUMBA 9:00 Tai Chi Practice 10:15 Strength & Balance 12:00 Senior Meals	17  \$5 7-9 PM Plumb Adequate
18	19 8 AM ZUMBA 8:45-10:15 Blood Pressure Reading 9:00 Tai Chi Practice 9:30 Exploring Textiles 10:15 Strength & Balance 12:00 Senior Meals 6:00 ZUMBA	20 9:30 Yoga 10:30 Coffee & Donuts 12:00 Senior Meals 12:30 Bridge & Dominoes 4:00 Chair Yoga	21 8 AM ZUMBA 9:00 Tai Chi Practice 10:15 Strength & Balance 12:00 Senior Meals 1:00 Line Dance 6:00 ZUMBA	22 9:30 Yoga 10:30 Spanish Class 12:00 Senior Meals 12:30 Bingo	23 8 AM ZUMBA 9:00 Tai Chi Practice 10:15 Strength & Balance 12:00 Senior Meals 12:30-2 Live Music with The Happy Seniors	24
25  \$3 2-5 PM Fiddlers & Musicians	26 8 AM ZUMBA 9:00 Tai Chi Practice 10:15 Strength & Balance 12:00 Senior Meals 1:00 Van leaving for Los Cuates 6:00 ZUMBA	27 9:30 Yoga 10:30 Coffee & Donuts 12:00 Senior Meals 12:30 Bridge & Dominoes 4:00 Chair Yoga	28 8 AM ZUMBA 9:00 Tai Chi Practice 10:15 Strength & Balance 12:00 Senior Meals 12:00 Birthday Party 1:00 Line Dance 6:00 ZUMBA  7:00 Writer's Group	29 9:30 Yoga 10:30 Spanish Class 12:00 Senior Meals 12:30 Bingo	30 8 AM ZUMBA 9:00 Tai Chi Practice 10:15 Strength & Balance 12:00 Senior Meals	31



VALENCIA COUNTY AUGUST 2024

<p>All Meals Served with 8oz 1% Milk as available Menu Subject to Change</p>			<p>THURSDAY 1, 2024 Shredded Chicken & Bean Burrito (3 oz. Chicken, 4 oz. Beans, 1 oz. Cheese, 1 Tortilla) 1/2c Calabacitas 1 oz. Salsa 1T Sour Cream Banana</p>	<p>FRIDAY 2, 2024 1c Posole w/Pork (3oz Pork, 1oz Red Chile, 1/2c Hominy) 1c Beets and Carrots w/ 1 tsp margarine 1 6 in Flour tortilla 1c Pineapple and mandarin oranges</p>
<p>MONDAY 5, 2024 1c Mexican Goulash (3oz Beef, 1/4c Macaroni, 1/4c tomatoes, 2 TBSP GC, 1/4c Corn, 2 TBSP salsa) 1c Italian Vegetables 4 Low Sodium Crackers 1/2c Diced Pear</p>	<p>TUESDAY 6, 2024 Chicken Fried Chicken Steak (3 oz. Chicken Breaded) 1/2c California Blend Vegetables 1/2c Mashed Potato /w Gravy 1 Roll 1/2c Mixed Fruit</p>	<p>WEDNESDAY 7, 2024 Beef & Papas (3oz Ground Beef, 1/2c Potato, 2 TBSP Salsa, 1 8n flour tortilla) 1/2c Pinto Beans 1/2c Broccoli 1 Banana</p>	<p>THURSDAY 8, 2024 Chicken Wrap (3oz Marinated Chicken Breast 1/2c Lettuce and Tomato 1oz Cheese, 1 Tortilla) 1/2c Macaroni Salad 1/2c Broccoli Salad 1/2c Pudding</p>	<p>FRIDAY 9, 2024 Red Chile Beef Enchiladas (3 oz. Beef, 1 oz. Cheese, 2 Corn Tortillas, 1 oz. Red Chile) 1/2c Lettuce & Tomato 1/2c Spanish Rice 1/2c Pinto Beans 1 Orange</p>
<p>MONDAY 12, 2024 1c Green Chile Beef Stew (2 oz. Beef, 1 oz. Sauce, 1/2c Potatoes, 1oz Green Chile, 1/4c NAS diced Tomatoes) 1/2c 4 way mixed vegetables 1oz Cornbread 1/2c apricots</p>	<p>TUESDAY 13, 2024 Hot Dog (1oz Beef Hot Dog, Wheat Bun, 1/2c Peppers & Onions) 1/3c Hawaiian Macaroni Salad (macaroni, pineapple chunks, shredded carrots) 1/2c LS Three Bean salad 1c Light Yogurt nonfat vanilla yogurt 1/2c Peaches</p>	<p>WEDNESDAY 14, 2024 4 oz. Salisbury Steaks 1/2c Mashed Potatoes w/ 1 oz. Low Sodium Gravy 1/2c Steamed Broccoli 1 Biscuit 1/2c Fruit Cocktail</p>	<p>THURSDAY 15, 2024 1 Chicken Fajita (3 oz. Chicken, 1 oz. Cheese, 1/2c Peppers and Onions, 1 Flour Tortilla) 1/2c Spanish Rice 1/2c Spinach 2T Salsa 1/2c Applesauce</p>	<p>FRIDAY 16, 2024 Frito Pie (3 oz. Beef, 1/2c LS Beans, 1 oz. Corn Chips 2oz. RC Sauce, 1/2c Lettuce & Tomato) 1/2c roasted cauliflower 1 Oatmeal Cookie 1c Tropical Fruit Salad</p>
<p>MONDAY 19, 2024 Baked Fish (3 oz. Baked Fish w/ 1 TBSP Tartar Sauce) 1/3c Scalloped Potatoes 3/4c Green Beans Wheat roll 1C Grapes</p>	<p>TUESDAY 20, 2024 Green Chile Cheeseburger (4oz Patty, 1/2oz Cheese, 1oz Green Chile, 1/2c Lettuce, Tomato, Onion, 1 WW Bun) 3/4c Coleslaw 1/2c BBQ Chips 1tsp Ketchup / 1 tsp Mustard 1/2c Berries in 1/2c Cream Tiki Dance Day</p>	<p>WEDNESDAY 21, 2024 3/4c Macque Choux (2oz Sausage, 1/2c Vegetables) (2oz Sausage, 1oz Onion, 1 oz Red Bell Pepper, 1oz Green Bell Pepper, 1/2c Corn, 1oz Sauce) 1c Scandinavian Blend Vegetables (G. Peas, Zucchini, G. Beans, Carrots, Onion) 1oz Corn Bread 1/2c light nonfat yogurt Cherry vanilla</p>	<p>THURSDAY 22, 2024 Beef and Bean Burrito (3 oz. Beef, 1/2c Beans, .5 oz. Cheese, 1 8 in Tortilla 2 TBSP Salsa) 1/2c Brown Rice 1/2c Calabacitas Banana</p>	<p>Friday 23, 2024 1c LS Chicken caldillo (3oz Diced Chicken, 1/2c Potatoes/ carrots, corn, zucchini, cabbage) 1/2c spinach 1oz Cornbread 1 Orange</p>
<p>MONDAY 26, 2024 Tamale w/ Red Chile (1.5 oz. Pork, 3oz. Red Chile, 1/4c Masa), 1/3c RC Sauce 1/2c Pinto Beans 1c Chateau blend vegetables 1 6in Flour Tortilla 1/2c Diced Fruit</p>	<p>TUESDAY 27, 2024 3oz LS Herbed Chicken Breast 1/2c LS Herbed Italian Rice 1/2c LS Cucumber and tomato salad (non-creamy) 1c Garden Blend vegetables w/ 1 tsp unsalted butter 1 Wheat roll w/ 1 tsp margarine 1/2c Warm Sliced Apples</p>	<p>WEDNESDAY 28, 2024 Beef Taco Skillet (3oz Beef, 1oz Cheese, 1/4c Pinto Beans, 1/4c Diced Tomatoes, 1/4c Sliced Green Onions, 1/4 Bell Peppers) 1/3c Corn 1/3c LS Spanish Rice 6 in Flour Tortilla 1/2c Mixed Fruit</p>	<p>THURSDAY 29, 2024 Chicken Alfredo w/Penne (3oz Chicken, 1oz Alfredo Sauce, 1c Penne) 1c Italian Vegetables 1 Garlic Butter Roll 1/2c Mixed Fruit</p>	<p>FRIDAY 30 2024 Sloppy Joes (3oz Beef, 1oz Sauce, 1 WW Bun) 1/2c Sweet Potato Bites 1/2c NAS Diced Tomato w/ 1/4c Jalapenos, 1/4c onions 1/2c LS LF Broccoli Salad 1/2c cantaloupe</p>

Jam Sessions/Dance

Saturday, August 10 2-5 pm

Sunday, August 25 2-5 pm

\$3 at the Door



Bosque Farms Community Center

PLUMB ADEQUATE



DANCE

DANCE

DANCE

August 17

7-9 pm

\$5 Donation

Bosque Farms

Community

Center



ALCOHOL FREE
CLOSE TO HOME





NOBLIN
FUNERAL SERVICE



**CEVE & Noblin Funeral Services
PRESENT**

**THE HAPPY
SENIORS**

**FRIDAY
23
AUGUST**

12:30p - 2
BOSQUE FARMS COMMUNITY CENTER
950 N Bosque Farms Loop Rd

Free & Open to the Public

**SPANISH
MUSIC**


Cultural Enhancement for
Valencia County Elders

<https://popupshow.denardo.com>



Come Join the Valencia County Writers

**We meet the 2nd and 4th Wednesdays of
the month at 7:00 pm at the
Bosque Farms Community Center.
950 North Bosque Loop**



Whether you've been at it a while or are just starting out,
we all need support and encouragement.

For more information contact Barb
at 505 357-7228 or Symbar@q.com



EXPLORING TEXTILES

FREE CRAFTING/TEXTILE CLASSES

Third Monday of Every Month

INCLUDING:

Bosque
Farms
Community
Center

- ❖ KNITTING
- ❖ CROCHETING
- ❖ WEAVING
- ❖ ...AND MORE!

August
19
9:30 AM

SUPPLIES INCLUDED!

BROUGHT TO YOU BY
THE VALENCIA COMMUNITY ACTION NETWORK
(VCAN)



FREE LIVE LEGAL WEBINARS

The Legal Resources for the Elderly Program (LREP) will be presenting monthly free Legal Webinars available to the general public.

Topics covered:

- Power of Attorney
- Advance Health Care Directive
- Probate
- Non-Probate Transfers (including Transfer on Death Deeds)
- Institutional Medicaid

Each workshop includes:

- A presentation by an LREP Staff Attorney
- An open question and answer period

Upcoming Dates in 2024:

- July 16
- August 13
- September 10
- October 8
- November 12
- December 10

Time: 11 a.m. **Location:** Virtual

To Register: Call LREP at 505-797-6005 or 1-800-876-6657

LREP is a joint project of the New Mexico Aging and Long Term Services Department and the State Bar of New Mexico



New Mexico State Bar Foundation
Legal Resources for the
Elderly Program

**What does the
Bosque Farms Library have?**

- Books, Movies, Magazines and Newspapers
 - Audiobooks and eBooks
 - Computers and Printing
 - Free WiFi
 - New Mexico Museum Pass
 - Research Databases
 - Online Tutoring
- Programs and Events for ALL AGES:
 - Monthly Book Club -Adult Handi-Crafts
 - Board Games, Puzzles, and LEGOs -Weekly Storytime
 - Read to the Dogs -Dance -Adult Storytime
 - Monthly Genealogy Workshops

Come and check us out!

Monday - Friday, 10 a.m. - 4:30 p.m.

1455 West Bosque Loop - (505)869-2227

**Grab your friends and
join us at the
Bosque Farms Library
for
Board Game Club!**



**Every Tuesday after school
in the Community Room.**

1455 West Bosque Loop - (505)869-2227

Bosque Farms Public Library

Library Hours: Monday - Friday

10:00 a.m. - 4:30 p.m.

August 2024

1455 West Bosque Loop

505-869-2227

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		School Starts August 1st!		1 3:30 p.m. - Read to the Dogs 4:30 p.m. - Dance	2 1:00 p.m. - Read to the Adults	3 
4	5 10:00 a.m. - Adult Handi Crafts 11:00 a.m. - Tai Chi 12:00 p.m. - Book Club	6 3:30 p.m. - Board Game Club	7 10:30 a.m. - Family Storytime	8 3:30 p.m. - Read to the Dogs 4:30 p.m. - Dance	9 1:00 p.m. - Read to the Adults	10 11:00 a.m. - Genealogy Workshop
11	12 10:00 a.m. - Adult Handi Crafts 11:00 a.m. - Tai Chi	13 3:30 p.m. - Board Game Club	14 10:30 a.m. - Family Storytime	15 3:30 p.m. - Read to the Dogs 4:30 p.m. - Dance	16 1:00 p.m. - Read to the Adults	17
18	19 10:00 a.m. - Adult Handi Crafts 11:00 a.m. - Tai Chi	20 3:30 p.m. - Board Game Club	21 10:30 a.m. - Family Storytime	22 3:30 p.m. - Read to the Dogs 4:30 p.m. - Dance	23 1:00 p.m. - Read to the Adults	24
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https://bosquefarms.biblionix.com				BrainFuse - Free Online tutoring available through our website.		