



March



Hours of Operation:

Santa Fe Crossing

Monday thru Friday 9:00am - 2:00pm

Station 618

Monday thru Friday 8:00am - 5:00pm

*The facility will only be open late hours
for scheduled programs.*

[https://www.cosatx.us/departments-services/
senior-services](https://www.cosatx.us/departments-services/senior-services)

**Santa Fe Crossing
Station 618**

**702 S. Chadbourne St.
618 S. Chadbourne St.**

*** 325-657-4484
* 325-481-2798**

MONDAY

8:00 am-5 pm	618	Card Games & Dominoes
9:00 am-2:00 pm	SFC	Card Games & Dominoes
9:00 am-2:00 pm	SFC	Puzzles
8:00 am-5:00 pm	618	Library
9:00 am-10:00 am	618	Cardio & Strength
9:00 am-10:00am	SFC	Ping-Pong
10:30 am-11:00 am	SFC	Bingo
10:30 am-11:30 am	618	Beginner Yoga
11:00 am-12:30 pm	SFC	Lunch
1:00 pm-4:00 pm	618	Mexican Train Dominoes
1:00 pm-2:00 pm	618	Tai Chi
1:00 pm-4:00pm	618	Bridge
1:00 pm-5:00 pm	618	Pinochle

TUESDAY

8:00 am-5 pm	618	Card Games & Dominoes
9:00 am-2:00 pm	SFC	Card Games & Dominoes
9:00 am-2:00 pm	SFC	Puzzles
8:00 am-5:00 pm	618	Library
9:00 am-2:00 pm	SFC	Art (Oil & China Painting)
9:00 am-10:00 am	618	Cardio & Strength
10:30 am-12:00pm	618	Line Dance (Mixed)
11:00 am-12:30 pm	SFC	Lunch
1:00 pm-5:00 pm	618	Pinochle/Card Games
1:30 pm-4:30 pm	618	Mah Jongg
1:00 pm-2:00 pm	618	Cardio & Strength

WEDNESDAY

8:00 am-5 pm	618	Card Games & Dominoes
9:00 am-2:00 pm	SFC	Card Games & Dominoes
9:00 am-2:00 pm	SFC	Puzzles
8:00 am-5:00 pm	618	Library
9:00 am-11:00 am	SFC	Crochet, Knitting, & Needlecraft
10:00 am-11:30 am	618	Line Dance Beginners
10:00 am-2 pm	SFC	Bridge
11:00 am-12:30 pm	SFC	Lunch
1:00 pm-2:00 pm	618	Tai Chi

**** Payment Box is available for drop off of
payments located across Recreation Supervisor's office.**

Nutrition Sites

Santa Fe Crossing

702 S. Chadbourne
325-657-4484

Christian Village

4225 Billie Bolin
325-949-8575

Oak Grove Senior Apartments

4359 Oak Grove Blvd.
325-223-8895

*For serving times and
reservations call the
nutrition site.*

THURSDAY

8:00 am-5 pm	618	Card Games & Dominoes
9:00 am-2:00 pm	SFC	Card Games & Dominoes
9:00 am-2:00 pm	SFC	Puzzles
8:00 am-5:00 pm	618	Library
9:00 am-10:00 am	618	Cardio & Strength
9:00 am-2:00 pm	SFC	Ping-Pong
10:30 am-11:30 am	618	Beginner Yoga
11:00 am-12:30 pm	SFC	Lunch
1:00 pm-2:00 pm	618	Cardio & Strength
1:30 pm-4:30 pm	618	Mah Jongg

**THE FITNESS ROOM is open for use
Monday through Friday, 8:00am - 5:00pm.
Monthly fee is \$10.00.**

FRIDAY

8:00 am-5 pm	618	Card Games & Dominoes
9:00 am-2:00 pm	SFC	Card Games & Dominoes
9:00 am-2:00 pm	SFC	Puzzles
8:00 am-5:00 pm	618	Library
9:00 am-11:30 am	SFC	Sewing
9:00 am-10:00 am	618	Cardio & Strength
9:00 am-10:00 am	SFC	Ping-Pong
10:30 am-11:30 am	618	Beginner Yoga
10:30 am-11:00 am	SFC	Bingo
11:00 am-12:30 pm	SFC	Lunch
1:00 pm-4:00 pm	618	Bridge
1:00 pm-5:00 pm	618	Pinochle

*Events, Programs, and Schedules are subject to change, with or
without notice.*

Health Screenings

- ◆ Angels Home Health - Blood Pressure & Sugar
check

9am – 10:00am 618 March 18

**Health screenings are subject to cancelation with
discretion from sponsoring agency.*

****Attention SFC
Meal Participants****

*If you are attending meal
program, please ensure
that you pick up your
own tray and return it to
the kitchen when finished
unless assistance is
needed.*

*Thank you for your
cooperation.*



March

****COST \$3 Suggested Donation for 60+ who are registered. Guests pay \$6 per meal.**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3. Beef Paprikash Mashed Potatoes Seasoned Broccoli Cantaloupe Honey Bran Bars	4. Chicken Alfredo Carrots Spinach Salad Garlic Bread Fruit Salad	5. Salisbury Steak Baked Potato w/Sour Cream Vegetable Blend Wheat Bread Lazy Cake	6. Sweet & Sour Pork Steamed Rice Stir-Fry Vegetables Tossed Salad w/Dressing Jell-O	7. Vegetable Stew Cornbread Turnip Greens Butterscotch Pudding
10. Sloppy Joe on a Bun Potato Salad Carrots & Zucchini Yellow Cake	11. Chicken & Dump-lings Spinach Tossed Salad w/ Dressing Wheat Roll Berry Cobbler w/	12. Rigatoni w/Meat Sauce Seasoned Green Beans Tossed Salad w/ Dressing Garlic Bread Chocolate Chip Cookie	13. Chicken Teriyaki Lo Mein Noodles Sugar Snap Peas Egg Roll Blue Berries & Yogurt	14. Blackened Fish Rice Pilaf Peas & Carrots Wheat Bread Peanut Butter Chocolate Bar
17. Smothered Pork Sweet Potatoes Greens Corn Bread Fruit Cup	18. Beef & Broccoli over Steamed Rice Stir Fry Cabbage Squash Wheat Bread Banana Pudding	19. Chicken Fried Chicken w/Country Gravy Mashed Potatoes Seasoned Corn Fruit & Jell-O	20. Swiss Steak over Rice Steamed Vegetables Tossed Salad w/Dressing Rainbow Sherbert	21. Salmon Patty Green Beans Coleslaw Cornbread Mixed Fruit
24. Spaghetti w/ Meatballs Seasoned Brussels Sprouts Caesar Salad Garlic Bread Chocolate Parfait	25. Broccoli Cheese Soup & Chicken Sandwich Crackers Salad Glazed Carrots Fruit Parfait	26. Beef Taco Bake Pinto Beans Cauliflower Tossed Salad w/ Dressing Orange Quarters	27. Chicken Tenders w/ Gravy Mashed Potatoes Mixed Squash Wheat Bread Bread Pudding w/Lemon Sauce	28. Pollock Wedge w/Lemon Slice Peas & Carrots Coleslaw Wheat Roll Lemon Custard
31. Hot Dog on a Bun w/Chili & Cheese French Fries Baked Beans Cookies				Suggested Donation for those 60+ and who have registered is \$3.00. Those under age 60 must pay \$6.00 Santa Fe Crossing 11:00am-12:30pm

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

This program is funded in part by the Texas Health and Human Services Commission through the Concho Valley Council of Governments- Area Agency on Aging, the City of San Angelo, and participant donations.




The EXPRESS

Parks & Recreation Department– Senior Services



****Wednesday Morning Mid-Week Workouts****

Every Wednesday in March
8:15am - 9:15am

Cardio & Strength Class with Shannon.
Get ready to tone muscle, sweat, and have fun!



March Madness

Friday, March 7, 14, 21, 28

Join us for a fun Friday at St 618 @ 10am and participate in the designated game for that day.



3/7- Mini Basketball
3/14- Ladder Toss
3/21- Putt Putt

3/28 - Corn hole

All who participant will receive a snack and chances to win prizes.





Let's Celebrate St. Patrick's Day!

Monday, March 17
10:00am

Dress up in your green attire and enjoy refreshments.

Station 618 lobby

March Birthday Celebration

Join us in celebrating March Birthdays at 10am on Thurs. March 27 in the lobby of Station 618. Bring a snack to add to the table.



Afternoon BINGO



Tuesday March 18 @ 2:30pm

Join us for another fun hour of bingo and prizes!!
St 618 Activity Rm

Important Notice

LETS STAY HEALTHY!

Avoid the Senior Center if you have been sick with any viral infections or anything else that is contagious.

Always wash your hands and use hand sanitizer available throughout the centers.