



# Senior News

Robin Aguero, Director

356 S. Papago St., Springerville, AZ

928-333-2516



## BBQ at the Park Thursday, June 13th

11:00 - 1:00

\$6/plate

RSVP

333-2516 (Option 1)



Welcome **JUNE**  
may you scatter blessings  
of health, happiness and  
prosperity to all.

Facebook Ups, Downs & Roundabouts

Facebook Ups, Downs & Roundabouts



## Tortilla Chips & Bean Dip

Prepare this layered dip with beans, salsa, sour cream, and cheese for your next party. Make your own tortilla chips to serve on the side. Fill up on fiber while having fun!



### Ingredients

- 4 corn tortillas
- 1 can kidney beans (16 ounces)
- 1/4 cup salsa
- 1/4 cup sour cream, non-fat
- 1/2 cup cheddar cheese (shredded)
- 1 cup lettuce (shredded)

### Directions

1. Preheat oven to 400 degrees.
2. Place tortillas in a stack on cutting board. With a sharp knife, cut stack into eight pieces, forming triangles or wedges.
3. Lay tortilla pieces out in single layer on baking sheet. Set aside while making dip.
4. Open canned beans. Pour beans in colander; rinse and drain. Place beans in a small mixing bowl and mash with a potato masher. Spread beans over bottom of baking dish.
5. Measure salsa and spread over beans.
6. Measure sour cream and spread over beans.
7. Grate and measure cheese; sprinkle over bean mixture.
8. Place lettuce wedge on cutting board. Slice into thin strips; set aside.
9. Place both the baking sheet with tortilla pieces and the dip in preheated oven. Bake about 8 minutes or until tortilla pieces are crisp and dip is bubbly. Sprinkle lettuce over dip and serve with tortilla chips.

Reprinted from: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/tortilla-chips-and-bean-dip>



## Mini Caprese Bites

These fun bite-size snacks are a great way to use basil and tomatoes from your garden (or the grocery store)!



### Ingredients

- 4 cherry tomatoes
- 1 cheese stick, part-skim
- 8 fresh basil (leaves)
- 1 teaspoon olive oil (or other vegetable oil)
- 1 teaspoon balsamic vinegar (or other vinegar)

### Directions

1. Wash hands with soap and water.
2. Slice string cheese into 4 equal parts.
3. On a toothpick, skewer one cherry tomato, 2 basil leaves, and 1 piece string cheese.
4. Drizzle finished kebabs evenly with olive oil and balsamic vinegar.

Reprint from: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/mini-caprese-bites>

## free gardening course

where

Round Valley Community Center  
Round Valley Senior/Community Center  
356 S. Papago St. Springerville, AZ 85938

who

Open to adult participants

how

Please contact for more information:

Tomaso Lozoya:  
[tLozoya@springervilleaz.gov](mailto:tLozoya@springervilleaz.gov)

Robin Aguero  
[raguero@springervilleaz.gov](mailto:raguero@springervilleaz.gov)

or Call: 1-928-333-2516 Opt. #4

details

Please plan to attend all 6 classes. Participants get a free gardening book, and other goodies as available.

**Seed to Supper:  
Growing Veggies on a Budget**

**Wednesdays**

**May 1st – June 5th**

**9:30-11:00 am**













**Learn low-cost ways to build healthy soil,  
plan your growing space, choose your  
crops, care for your growing garden,  
and harvest your bounty!**

## Sudoku

Each Sudoku Puzzle has a unique solution that can be reached logically without guessing. Enter digits from 1 to 9 into the blank spaces. Every row must contain one of each digit. So must every column, and every 3x3 square. Answers on Page 12.

			4	9			7	
	6			1		9		
9	2		3	7		8		
	8	6	2	4				
						4	6	
		5	9			7		
4				9				3
				3	4	1		
6	1	3					5	

## June Horoscopes

-  **Aquarius (1/20-2/28):** Step outside and soak up the sun. Look ahead to a summer full of peace, laughter, and growth!
-  **Pisces (2/19-3/20):** It's time to pick up that book you've been waiting to read!
-  **Aries (3/21-4/19):** Take some time for yourself. Do something you have been wanting to do.
-  **Taurus (4/20-5/20):** Mix it up! Try a new activity outside as the weather continues to warm up.
-  **Gemini (5/21-6/20):** Reach out to an old friend that you haven't spoke with in a while.
-  **Cancer (6/21-7/22):** Get outside! Take in the sunshine and really feel it hit your skin.
-  **Leo (7/23-8/22):** Take a moment to journal about your day, how you're feeling and what you can do to improve your mental health.
-  **Virgo (8/23-9/22):** Education never stops! Research a topic or read a book about a topic that you've been waiting to learn about.
-  **Libra (9/23-10/22):** In times of stress, you can practice breathing exercises to relax yourself. Try taking in relaxing breathes and focusing on how your body feels.
-  **Scorpio (10/23-11/21):** Stop and smell the flowers, literally!
-  **Sagittarius (11/22-12/21):** Try something new! Next time you order food, order something you've never tried before!
-  **Capricorn (12/23-1/19):** Write down three things you like about yourself. Read it every day.

## Safety Tips for Exercising Outdoors for Older Adults

You've made a plan to be more active, and you're ready to go outside and get started. But before you do, make sure that you can exercise safely in your neighborhood. Here are a few tips that can help you stay safe as you get moving.

### Think ahead about safety.

- Carry your ID with emergency contact information and bring a small amount of cash and a cell phone with you, especially if walking alone. Stay alert by not talking on the phone as you walk and keeping the volume low on your headphones.
- Let others know where you're going and when you plan to be back.
- Stick to well-lit places with other people around.
- Be seen to be safe. Wear light or brightly colored clothing during the day. Wear reflective material on your clothing and carry a flashlight at night. Put lights on the front and back of your bike.
- Wear sturdy, appropriate shoes for your activity that give you proper footing.

### Walk safely in rural areas.

- If possible, walk during daylight hours.
- Choose routes that are well-used, well-lit, and safe. Choose routes with places to sit in case you want to stop and rest.
- Stay alert at all times. If you're listening to music as you walk, turn down the volume so you can still hear bike bells and warnings from other walkers and runners coming up behind you.
- Always walk facing oncoming traffic.
- Walk on a sidewalk or a path whenever possible. Watch out for uneven sidewalks, which are tripping hazards.
- Look for a smooth, stable surface alongside the road.

### Walk safely in urban areas.

- If the road has guardrails, see if there's a smooth, flat surface behind the barrier where you can walk. If you need to walk on a paved shoulder, stay as far away from traffic as possible.
- Watch for bridges and narrow shoulders.
- Cross at crosswalks or intersections. Jaywalking increases your risk of a serious accident. Pay attention to the traffic signal. Cross only when you have the pedestrian crossing signal.
- Never assume a driver sees you crossing the street. Try to make eye contact with drivers as they approach. Before you start to cross a street, make sure you have plenty of time to get across. Rushing increases your risk of falling.
- Look across ALL lanes you must cross and make sure each lane is clear before proceeding. Look left, right, and left again before crossing. Just because one driver stops, don't presume drivers in other lanes will stop for you.
- Check out city parks. Many parks have walking or jogging trails away from traffic.

### If you don't feel safe exercising outdoors, be active inside.

- Find local stores or malls large enough for you to walk around.
- Walk up and down your stairs a few times in a row. Be sure the stairwell is well-lit and has railings for safety.
- At home, do strength, balance, and flexibility exercises.
- Try exercises on the National Institute on Aging YouTube channel.



**Lavender  
Festival  
End of June—TBD**



**Hummingbird  
Festival  
July 29th**



Local Transportation available through-  
out **Springerville** and **Eagar**  
Monday - Thursday

**Wheel Chair Accessible**

**Requested Donation:** \$2.50/ One Way \$5.00/ RT

**Show Low :** 1st and 3rd Fridays  
\$15 Charge for Round Trip  
Or Bus Pass required.

Call 24 hours in advance: 928-245-2528

Come Join Us!



Thursday, June 20th  
9:30 am Please Call to  
RSVP  
928-333-2516

LEARN HOW TO MAKE

**AUTHENTIC  
MEXICAN  
FOOD**

with Tomasa

9:00 am on the  
following  
Tuesdays:

June 11th

July 9th

August 13th



RSVP Required  
928-333-2516 (Option 5)



**Come join us at the Round Valley Community**

**Services & Senior Center**

**Monday—Thursday**

**7:00 am—2:00 pm**



**Lunch served at 11:30**

**Salad Bar w/ meals  
Every Wednesday**

**NEVER MISS A NEWSLETTER**

**Want to receive a copy of our newsletter via email each month, send an email ....**

**TO: raguero@springervilleaz.gov**

**SUBJECT: Email Newsletter**



**Drive -Thru**

**Every Tuesday**

**10:00 am—12:30 pm**

**356 S. Papago St.**

**Springerville**

**Senior Food  
Boxes**

**2nd Tuesday of each  
month**

**For information :**

**Robin Aguero**

**333-2516 (Option 4)**



**with Tomasa Lozoya**

**Tuesday, JUNE 25th, 10:00am**



## FREE BLOOD PRESSURE CLINIC

Please join us

**Round Valley Senior Center**  
**356 S. Papago**  
**Springerville, AZ**

MAY 7TH & 21ST - 10:30 AM - 12:30 PM

JUNE 4TH & 18TH - 10:30 AM - 12:30 PM



For more information, call  
**Accord Hospice of the White Mountains**  
**928-271-8013**

Round Valley Community Services & Senior Center  
 356 S. Papago St., Springerville, AZ 85938  
 928-333-2516

## Meals for Seniors



**Meals on Wheels**  
 for Homebound  
 Seniors

**Congregate Dining**  
 Monday - Thursday  
 11:30am



**Private Pay**  
 meals available for seniors  
 Call us for information

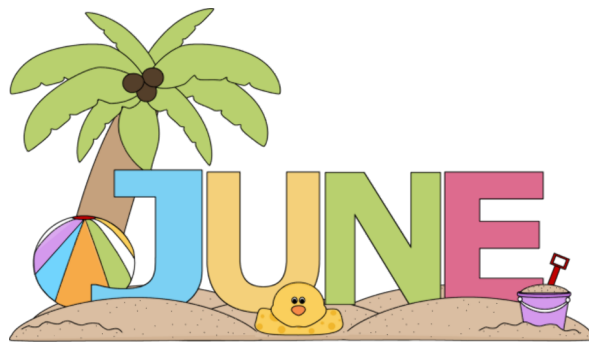
# What Makes a Dad

*God took the strength of a mountain,  
 The majesty of a tree,  
 The warmth of a summer sun,  
 The calm of a quiet sea,  
 The generous soul of nature,  
 The comforting arm of night,  
 The wisdom of the ages,  
 The power of the eagle's flight,  
 The joy of a morning in spring,  
 The faith of a mustard seed,  
 The patience of eternity,  
 And the depth of a family need.*

*Then God combined these qualities.  
 As there was nothing more to add,  
 He knew that His masterpiece was complete.  
 He called it **Dad**.*

### Sudoku Answers

8	5	1	4	2	9	3	6	7
3	6	7	8	5	1	4	9	2
9	2	4	3	7	6	8	1	5
1	8	6	2	4	7	5	3	9
7	3	9	5	1	8	2	4	6
2	4	5	9	6	3	7	8	1
4	7	8	1	9	5	6	2	3
5	9	2	6	3	4	1	7	8
6	1	3	7	8	2	9	5	4




MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p><b>3</b></p> <p>Lunch served at 11:30</p>	<p><b>4</b></p> <p>YOGA class 9:30</p> <p>Lunch served at 11:30</p> <p><b>Food Bank</b> 10:00—12:00</p> <p><b>B/P Clinic</b></p>	<p><b>5</b></p> <p>Lunch served at 11:30</p> <p><b>B I N G O</b></p>	<p><b>6</b></p> <p>Lunch served at 11:30</p>
<p><b>10</b></p> <p>Lunch served at 11:30</p>	<p><b>11</b></p> <p>Lunch served at 11:30</p> <p><b>COOKING CLASS</b></p> <p><b>Food Bank</b> 10:00—12:00</p> <p><b>SENIOR BOXES</b></p>	<p><b>12</b></p> <p>Lunch served at 11:30</p> <p><b>B I N G O</b></p>	<p><b>13</b></p> <p>Lunch served at 11:30</p> <p><b>BBQ at the PARK</b> 11:00—1:00</p>
<p><b>17</b></p> <p>Lunch served at 11:30</p>	<p><b>18</b></p> <p>Lunch served at 11:30</p> <p>YOGA class 9:30</p> <p><b>Food Bank</b> 10:00—12:00</p> <p><b>B/P Clinic</b></p>	<p><b>19</b></p> <p>Lunch served at 11:30</p> <p><b>B I N G O</b></p>	<p><b>20</b></p> <p>Lunch served at 11:30</p> <p><b>ART CLASS—9:30</b></p>
<p><b>24</b></p> <p>Lunch served at 11:30</p>	<p><b>25</b></p> <p>Lunch served at 11:30</p> <p><b>Food Bank</b> 10:00—12:00</p> <p><u>Food Demo 10:00</u></p>	<p><b>26</b></p> <p>Lunch served at 11:30</p> <p><b>B I N G O</b></p>	<p><b>27</b></p> <p>Lunch served at 11:30</p>



## MENU – JUNE, 2024

Lunch Served at 11:30 a.m.

Recommended Donation - \$6 per meal. Please donate what you can afford.

Monday	Tuesday	Wednesday	Thursday
3 Beef Tacos w/ Cheese Lettuce & Tomato Pears	4 Oven Fried Chicken/Roll Mashed Potatoes Steamed Carrots Pineapple	5 Beef Chili w/ Hamburger Bread Broccoli Peaches	6 Hamburger Casserole Roll, Green Beans Lettuce/Tomato Mandarin Oranges
10 Grilled Cheese Tomato Soup Southwest Veggies Bread Peaches	11 Baked Ham Seasoned Carrots Mashed Potatoes & Gravy WG Roll Pineapple	12 Chicken Fajitas Onions & Peppers Sliced Tomatoes Tortilla Orange	13 
17 Tuna Salad Sandwich White Bean Soup Green Beans Strawberries & Bananas	18 Spaghetti / Meat sauce Corn Mixed Green Salad Garlic Bread Fruit Cocktail	19 BBQ Chicken Legs Sweet Potatoes Broccoli Roll Oranges	20 Beef Stew Potatoes, Carrots, Tomatoes Apple Slaw Cornbread Pears
24 Pepperoni Pizza Green Salad w/ Tomatoes 3-Bean Salad w/ Garbanzo, Green Beans & Corn Pineapple	25 Chicken Enchiladas Spinach Diced Cabbage & Tomatoes Tortillas Mixed Berries	26 Baked fish Mixed Veggies 7-Layer Salad Roll Fruit Cocktail	27 Beef Lasagna Seasoned Carrots Cucumbers & Tomatoes Garlic Bread Bananas

Services are funded by the Older Americans Act, SSBG funds and the State of Arizona. Funding is allocated on a regional basis from the Arizona Department of Economic Security, Division of Aging and Adult Services (DAAS) to Area Agencies on Aging. Eligibility for programs: Seniors or adults with disabilities. Additional requirements may vary by program. Client contributions are encouraged and are vital for continuation of the programs. Language assistance and alternate forms of communication are available upon request Under Titles VI and VII of the Civil Rights Act of 1964 (Title VI and VII) and the Americans with Disabilities Act of 1990 (ADA) Section 504 of the Rehabilitation Act of 1973 and the Age Discrimination Act of 1975, *Area Agency on Aging NACOG* prohibits discrimination in admissions, programs, services, activities or employment based on race, color, religion, sex, national origin, age, and disability. *Area Agency on Aging NACOG* must make a reasonable accommodation to allow a person with a disability to take part in a program, service, or activity. Auxiliary aids and services are available upon request to individuals with disabilities.