



Announcements

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March Thursday Dance

When: 03/12/26 | 2pm - 4pm

Where: Henry Benavidez
Community Center

Price: \$3/person

April Thursday Dance

When: 04/09/26 | 2pm - 4pm

Where: Eastside Community Center

Price: \$3/person



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**Scan to Learn More
at Our Website**



Discover the Power of Nutrition

Words may be horizontal, vertical, diagonal, or backwards													
	N	S	L	I	T	N	E	L	O	T	B	A	D
	D	E	N	H	O	R	G	A	S	I	H	L	R
APPLES	M	H	O	R	N	E	D	M	E	L	O	N	Y
BOK CHOY	O	U	D	O	L	S	Q	U	R	A	A	P	L
CARROT	T	R	Y	P	S	U	J	S	R	P	L	R	P
CORNMEAL	L	E	T	H	O	F	R	H	Y	I	L	D	E
HORNED MELON	T	D	R	K	I	R	A	R	C	A	I	C	A
JACKFRUIT	O	C	U	T	L	C	K	O	P	C	T	A	H
LENTILS	P	A	H	C	A	T	T	O	C	I	R	D	O
MILK	T	B	O	M	Q	E	A	M	L	S	O	E	J
MUSHROOMS	T	B	C	N	U	O	O	S	A	P	T	N	A
PISTACHIOS	C	A	R	R	O	T	P	I	B	B	H	O	C
PORK	M	G	C	Y	R	S	A	F	R	A	E	N	K
QUINOA	L	E	U	K	Q	O	M	E	U	I	M	L	F
RED CABBAGE	G	L	R	O	N	B	K	R	N	O	I	C	R
RICOTTA	R	E	F	I	J	A	C	A	G	M	L	Y	U
TILAPIA	L	E	U	L	A	P	P	L	E	S	T	O	I
TORTILLA	I	Q	N	F	I	E	I	M	L	F	R	H	T
	A	L	A	E	M	N	R	O	C	Y	O	C	Q
	B	M	I	S	A	O	G	I	R	A	C	K	A
	N	R	L	P	Y	S	E	T	L	L	B	O	T
	P	I	S	T	A	C	H	I	O	S	J	B	I
	S	F	L	E	W	U	G	M	Y	N	D	E	L

New Mexico Grown

Senior programs use New Mexico Grown foods when possible. Due to weekly changes in availability, it is difficult to predict what we will be able to order and serve in our menus. The program purchases locally grown, raised, and harvested foods from approved farmers, ranchers, and food hubs across New Mexico. The asterisk on the item denotes a component that could be made with New Mexico Grown products based on availability. Ask your kitchen staff for more details.



MARCH 2026

Menu subject to change without notice | Lunch Hour is 11:00am - 12:30pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p>02</p> <ul style="list-style-type: none"> • Spinach Salad with Egg • Sweet & Sour Chicken • Egg Noodles • Roasted Cauliflower • Pineapple 	<p>03</p> <ul style="list-style-type: none"> • Cilantro Corn Salad • Beefaroni • Capri Vegetable Medley • Cheese Biscuit • Plum 	<p>04</p> <ul style="list-style-type: none"> • Lettuce & Tomato • Chicken Soft Tacos • Spanish Rice • Pinto Beans • Yellow Squash • Peaches 	<p>05</p> <ul style="list-style-type: none"> • Spinach Salad with Egg • Sliced Roast Beef • Mashed Potatoes/ Gravy • Green Beans • Whole Wheat Roll • Baked Cinnamon Apples 	<p>06</p> <ul style="list-style-type: none"> • Garden Salad • Spinach Lasagna • Winter Mix Vegetables • Whole Wheat Roll • Applesauce Cak 	
<p>09</p> <ul style="list-style-type: none"> • Garden Salad • Green Chile Meat • Baby Carrots • Pinto Beans • Flours Tortilla • Diced Pears 	<p>10</p> <ul style="list-style-type: none"> • Spinach Salad with Egg • Meatloaf • Mashed Potatoes/ Gravy • Roasted Brussel Sprouts • Whole Wheat Roll • Apple 	<p>11</p> <ul style="list-style-type: none"> • Beet & Onion Salad • Chicken Salad w/ Cranberry, Grape & Pecan • Tomato Wedges • Dinner Roll • Tangerine • Chocolate Chip Cookie 	<p>12</p> <ul style="list-style-type: none"> • Garden Salad • Oven Roasted Turkey • Mashed Potatoes/ Gravy • Poultry Stuffing • Green Beans • Whole Wheat Roll • Tropical Fruit Salad 	<p>13</p> <ul style="list-style-type: none"> • Tossed Salad • Citrus Salmon Fillet • Calico Rice • Steamed Cabbage • Dinner Roll • Orange 	
<p>16</p> <ul style="list-style-type: none"> • Tossed Salad • Chicken Penne Alfredo • Steamed Broccoli • Whole Wheat Roll • Banana 	<p>17</p> <ul style="list-style-type: none"> • Corned Beef & Cabbage • Potatoes O'Brien • Buttered Baby Carrots • Whole Wheat Roll • Tropical Fruit 	<p>18</p> <ul style="list-style-type: none"> • Lettuce & Tomato • Beef Fajita • Avocado Pico De Gallo • Pinto Beans • Zucchini Squash • Flour Tortilla • Grapes 	<p>19</p> <ul style="list-style-type: none"> • Garden Salad • Chicken Fried Steak • Country Gravy • Mixed Vegetables • Whole Wheat Roll • Chilled Pineapple 	<p>20</p> <ul style="list-style-type: none"> • Lettuce & Tomato • Red Enchilada • Spanish Rice • Pinto Beans • Zucchini Squash • Royale Cookie 	
<p>23</p> <ul style="list-style-type: none"> • Garden Salad • Cornflake Chicken • Mashed Potatoes/ Gravy • Green Beans • Whole Wheat Roll • Apricot Halves 	<p>24</p> <ul style="list-style-type: none"> • Pineapple Coleslaw • Braised Pork Roast/ Gravy • Baked Yams • Mixed Vegetables • Applesauce • Whole Wheat Roll • Yellow Cake/ Chocolate Frosting 	<p>25</p> <ul style="list-style-type: none"> • Garden Salad • Chicken Tetrazzini • Seasoned Spinach • Whole Wheat Roll • Blueberry Crisp 	<p>26</p> <ul style="list-style-type: none"> • Summer Salad • Frito Pie • Pinto Beans • Capri Vegetables • Mandarin Oranges 	<p>27</p> <ul style="list-style-type: none"> • Garden Salad • Baked Breaded Fish • Yellow Rice • Roasted Brussel Sprouts • Cauliflower • Oatmeal Raisin Cookie 	
<p>30</p> <ul style="list-style-type: none"> • Tossed Salad • Tomato Swiss Steak • Oven Roasted Potatoes • Honey Biscuit • Broccoli • Diced Pears 	<p>31</p> <ul style="list-style-type: none"> • Spinach Salad with Egg • Lemon Herb Chicken • Egg Noodles • Baby Carrots • Cherry Crisp 	<p>The suggested donation for seniors 60 years of age and older and their spouse is \$2.50 each. The charge for persons under 60 years of age is \$7.50 per person.</p> <p>Questions: Call (575) 528-3012 or email us atseniornutritioninfo@las-cruces.org</p> <p>Lunch Hours: 11:00am to 12:30pm</p>			

**Foods prepared may contain: Milk, Eggs, Wheat, Soybean, Peanut/Tree Nuts & Fish/Shellfish

Driving and Aging. What Seniors Need to Know About Being Safe on the Road

[Jeff Dailey/Senior News](#)

As we age, driving can become both a source of independence and a significant safety concern. For older adults, understanding state requirements, staying informed about safety measures, and recognizing when it's time to stop driving are crucial for maintaining personal and public safety. Here's a comprehensive look at driving for seniors, including safe driving tips for seniors, DMV regulations, and advice on transitioning away from driving when necessary.

Safety Concerns and Tips for Older Drivers

Aging affects driving ability in various ways, including:

1. **Declining Vision:** Night vision, peripheral vision, and depth perception can diminish, making it harder to spot hazards.
2. **Reduced Reaction Time:** Slower reflexes can impact the ability to respond quickly to unexpected situations.
3. **Joint Stiffness and Mobility Issues:** A limited range of motion can make it challenging to turn the steering wheel or check blind spots.
4. **Cognitive Decline:** Memory loss or reduced ability to process information can affect decision-making on the road.

Driving Tips for Seniors and How to Stay Safe:

- **Regular Health Checks:** Schedule routine eye exams and health assessments to ensure fitness for driving.
- **Stay Physically Active:** Exercises that improve flexibility and strength can enhance mobility and reaction time.
- **Limit Driving at Night:** Avoid nighttime driving if vision issues are a concern.
- **Drive During Non-Peak Hours:** Reduce stress and the likelihood of accidents by driving during less busy times.

State Requirements and Driving Tests for Seniors

Each state has specific rules for older drivers to ensure road safety:

1. **Renewal Periods:** Some states require seniors to renew their driver's licenses more frequently, such as every two to three years, instead of the standard five to ten years.
2. **Vision Tests:** Many DMVs mandate vision tests for older drivers, particularly for those over 70.
3. **In-Person Renewals:** States like California and Illinois require in-person renewals for seniors over a certain age.
4. **Road Tests:** Some states may require a driving test to evaluate a senior's skills, especially if there are concerns about their ability to drive safely.

Examples of State Requirements:

- **California:** Drivers aged 70+ must renew their licenses in person and complete a vision test.
- **Florida:** Requires drivers aged 80+ to pass a vision test at each renewal every six years.
- **Illinois:** Drivers aged 75+ must take a road test at each renewal, which is required every two years for those 81–86 and annually for those 87+.

Recognizing When It's Time to Stop Driving

Knowing when to stop driving is among the most challenging decisions for older adults and their families. Warning signs include:

1. **Frequent Close Calls:** Near-misses or minor accidents.
2. **Getting Lost:** Even in familiar areas.
3. **Difficulty Following Traffic Signals:** Misjudging distances or failing to yield.
4. **Concerns from Family and Friends:** Loved ones noticing unsafe driving behaviors.



Steps to Transition Away from Driving:

- **Have Open Conversations:** Approach the subject with empathy and understanding.
- **Explore Alternatives:** Identify reliable transportation options like ride-sharing services, public transit, or senior shuttles.
- **Consult Professionals:** Occupational therapists specializing in driving can assess abilities and recommend adaptive equipment or restrictions.

DMV Resources for Senior Drivers

Many states offer resources to help older drivers stay safe:

1. **Refresher Courses:** Programs like AARP's Smart Driver Course offer tips tailored to senior drivers.
2. **Driver's License Restrictions:** Options include limiting driving to daylight hours or within certain distances.
3. **Medical Reviews:** DMVs may request evaluations from healthcare providers to determine driving fitness.

Alternatives to Driving for Seniors

Transitioning away from driving doesn't mean losing independence. Alternatives include:

- **Ride-sharing services:** Apps like Uber and Lyft offer convenient and affordable options.
- **Public Transportation:** Buses, trains, and senior-specific transit programs can be reliable.
- **Community Shuttles:** Many towns offer free or low-cost shuttles for seniors.
- **Walking or Biking:** These options promote physical activity and independence for those living in walkable communities.

Balancing Independence with Safety

Driving provides freedom, but safety must come first. Older adults and their families should collaborate to evaluate driving abilities and explore alternatives as needed. Regular communication, professional evaluations, and access to resources can help seniors maintain their quality of life while ensuring the safety of everyone on the road.

By staying informed on safe driving tips for seniors, state regulations, prioritizing health and safety, and planning for the future, older adults can navigate the challenges of driving in their golden years.

Conducir y envejecer. Lo que las personas mayores necesitan saber sobre la seguridad vial

[Jeff Dailey/Senior News](#)

A medida que envejecemos, conducir puede convertirse tanto en una fuente de independencia como en un importante problema de seguridad. Para los adultos mayores, comprender los requisitos estatales, mantenerse informados sobre las medidas de seguridad y reconocer cuándo es el momento de dejar de conducir son cruciales para mantener la seguridad personal y pública. A continuación, presentamos una visión completa de la conducción para personas mayores, que incluye consejos de conducción segura, las regulaciones del DMV y consejos para dejar de conducir cuando sea necesario.

Preocupaciones y consejos de seguridad para conductores mayores

El envejecimiento afecta la capacidad de conducir de diversas maneras, entre ellas:

- 1. Disminución de la visión:** La visión nocturna, la visión periférica y la percepción de profundidad pueden disminuir, lo que dificulta detectar peligros.
- 2. Reducción del tiempo de reacción:** La lentitud de los reflejos puede afectar la capacidad de responder rápidamente a situaciones inesperadas.
- 3. Rigidez articular y problemas de movilidad:** Un rango de movimiento limitado puede dificultar girar el volante o revisar los puntos ciegos.
- 4. Deterioro cognitivo:** La pérdida de memoria o la reducción de la capacidad para procesar información pueden afectar la toma de decisiones en la carretera.

Consejos de conducción para personas mayores y cómo mantenerse seguros:

- **Chequeos de salud regulares:** Programe exámenes de la vista y evaluaciones de salud de rutina para garantizar su aptitud para conducir.
- **Manténgase físicamente activo:** Los ejercicios que mejoran la flexibilidad y la fuerza pueden mejorar la movilidad y el tiempo de reacción.
- **Limite la conducción nocturna:** Evite conducir de noche si le preocupan los problemas de visión.
- **Conduzca fuera de las horas punta:** Reduzca el estrés y la probabilidad de accidentes conduciendo en horas de menor afluencia.

Requisitos estatales y exámenes de manejo para personas mayores

Cada estado tiene normas específicas para los conductores mayores con el fin de garantizar la seguridad vial:

- 1. Periodos de renovación:** Algunos estados exigen que las personas mayores renueven sus licencias de conducir con mayor frecuencia, por ejemplo, cada dos o tres años, en lugar de los cinco a diez años habituales.
- 2. Exámenes de la vista:** Muchos DMV exigen exámenes de la vista para conductores mayores, especialmente para los mayores de 70 años.
- 3. Renovaciones presenciales:** Estados como California e Illinois exigen renovaciones presenciales para las personas mayores de cierta edad.
- 4. Exámenes de manejo:** Algunos estados pueden exigir un examen de manejo para evaluar las habilidades de una persona mayor, especialmente si existen dudas sobre su capacidad para conducir con seguridad.

Ejemplos de requisitos estatales:

- **California:** Los conductores mayores de 70 años deben renovar sus licencias en persona y someterse a un examen de la vista.
- **Florida:** Los conductores mayores de 80 años deben someterse a un examen de la vista cada seis años en cada renovación.

- **Illinois:** Los conductores mayores de 75 años deben someterse a un examen de manejo cada renovación, que se requiere cada dos años para los conductores de 81 a 86 años y anualmente para los mayores de 87 años.

Reconocer cuándo es el momento de dejar de conducir

Saber cuándo dejar de conducir es una de las decisiones más difíciles para los adultos mayores y sus familias. Las señales de advertencia incluyen:

- 1. Accidentes frecuentes:** Casi accidentes o accidentes menores.
- 2. Perdersse:** Incluso en zonas conocidas.
- 3. Dificultad para seguir las señales de tráfico:** Calcular mal las distancias o no ceder el paso.
- 4. Preocupaciones de familiares y amigos:** Seres queridos que notan conductas de conducción inseguras.

Pasos para dejar de conducir:

- **Conversaciones abiertas:** Abordar el tema con empatía y comprensión.
- **Explorar alternativas:** Identificar opciones de transporte confiables, como servicios de transporte compartido, transporte público o transporte para personas mayores.
- **Consultar con profesionales:** Los terapeutas ocupacionales especializados en conducción pueden evaluar las capacidades y recomendar equipos de adaptación o restricciones.

Recursos del DMV para Conductores Mayores

Muchos estados ofrecen recursos para ayudar a los conductores mayores a mantenerse seguros:

- 1. Cursos de Actualización:** Programas como el Curso de Conducción Inteligente de AARP ofrecen consejos adaptados a los conductores mayores.
- 2. Restricciones de la Licencia de Conducir:** Las opciones incluyen limitar la conducción a las horas del día o dentro de ciertas distancias.
- 3. Revisiones Médicas:** El DMV puede solicitar evaluaciones a profesionales de la salud para determinar la aptitud para conducir.

Alternativas a la Conducción para Personas Mayores

Dejar de conducir no significa perder la independencia. Las alternativas incluyen:

- **Servicios de transporte compartido:** Aplicaciones como Uber y Lyft ofrecen opciones convenientes y asequibles.
- **Transporte Público:** Los autobuses, trenes y programas de transporte específicos para personas mayores pueden ser confiables.
- **Autobuses Comunitarios:** Muchas ciudades ofrecen autobuses gratuitos o de bajo costo para personas mayores.
- **Caminar o Andar en Bicicleta:** Estas opciones promueven la actividad física y la independencia para quienes viven en comunidades con acceso a pie.

Equilibrando Independencia y Seguridad

Conducir brinda libertad, pero la seguridad es lo primero. Los adultos mayores y sus familias deben colaborar para evaluar sus habilidades de conducción y explorar alternativas según sea necesario. La comunicación regular, las evaluaciones profesionales y el acceso a recursos pueden ayudar a las personas mayores a mantener su calidad de vida, garantizando al mismo tiempo la seguridad de todos en la carretera.

Al mantenerse informados sobre consejos de conducción segura para personas mayores, las regulaciones estatales, priorizando la salud y la seguridad, y planificando para el futuro, las personas mayores pueden afrontar los desafíos de conducir en sus años dorados.


Senior Recreation Programs


 Eastside Community Center: Activities	 Frank O'Brien Community Center	 Munson Center: Extra Activities
 Henry Benavidez Community Center	 Sage Café: Activities	


ACTIVITY	DAY	TIME	PRICE	LOCATION
Crocheting (this is not a class)	Tue & Thu	8:15am - 12:00pm	Free	Eastside Center , Classroom; items donated locally.
Wood Carving (this is not a class)	Wed & Fri	8:15am - 12:00pm	Free	Eastside Center , Classroom. Join anytime!
Guitar Jamming (this is not a class)	Tue & Thu	12:30pm - 1:30pm	Free	Eastside Center
Billiards – Daily	Mon – Fri	8:00am - 2:00pm	Free	Eastside Center
Guitar Basics	Mon or Fri	12:30pm - 1:30pm	Free	Eastside Center , Pre-registration required, bring your own guitar.
Bingo – Weekly	Wed	1:00pm - 2:00pm	Free	Benavidez Community Center , Dining Room
Game Day	Tue & Thu	10:00am - 1:00pm	Free	Benavidez Community Center , Dining Room
Painting Class	Mon & Wed	12:30pm - 2:30pm	\$6 per 6-week session	Benavidez Community Center , Pre-registration required. Stop by the Munson Center to register and pick up class supply list.
Dancercise	Tue & Wed	9:00am - 10:00am	Free	Frank O'Brien Papen Center , Auditorium
Reader's Theater	Wed	1:00pm - 4:00pm	Free	Frank O'Brien Papen Center , Dining Room. Pre-Registration required.
Beginner Line Dancing	Thu	11:00am - 12:00pm	Free	Frank O'Brien Papen Center , Auditorium
Intermediate Line Dancing	Wed	11:00am - 12:00pm	Free	Frank O'Brien Papen Center , Auditorium
Enhanced Fitness	Tue & Thu Fri	9:00am - 10:00am 9:15am - 10:15am	Free	Sage Café , Dining Room. Join anytime for group exercises that focus on the cardiovascular, strength training, balance, and flexibility.
Jam Session	Wed	11:00am - 2:00pm	Free	Sage Café , Classroom. Come in with your instrument and join anytime!
Train Dominoes	Tue & Thu	10:00am - 12:30pm	Free	Sage Café , Classroom
Line Dancing	Mon	1:00pm - 2:00pm	Free	Sage Café , Dining Room
Dancercise	Wed	1:15pm - 2:00pm	Free	Sage Café , Dining Room
Sage Café Book Club: The Fine Whiners	Mon	2:00pm - 4:00pm	Free	Sage Café , Call Branigan Library @ 575.528.4000 for more info
Card Making Class A	Mon	9:30am - 12:00pm	\$4 per 5-week course	Sage Café , Classroom. Pre-registration at the Munson Center required.
Card Making Class B	Fri	11:30am - 2:00pm	\$4 per 5-week course	Sage Café , Classroom. Pre-registration at the Munson Center required.
Trivia Tuesday	Tue	12:30pm - 1:30pm	Free	Sage Café , Classroom
Cribbage	Thu	12:30pm - 2:00pm	Free	Sage Café , Classroom
Grandparents Raising Grandchildren – Monthly	2nd Tue	9:15am - 10:15am	Free	Munson Center , Meeting Room 3
Alzheimer's Support Group for Men – Monthly	2nd & 4th Thu	2:00pm - 3:00pm	Free	Munson Center , Studio 2; items donated locally
Quilting (this is not a class)	Tue & Thu	8:30am - 11:30am	Free	Munson Center , Studio 2; items donated locally



Senior Recreation Programs

 **Munson Center:**
Classes that require pre-registration

 **Munson Center:**
Lifelong Learning

 **Munson Center:**
Fitness

 **Munson Center:**
Arts & Craft

 **Munson Center:**
Games

ACTIVITY	DAY	TIME	PRICE	LOCATION
Lapidary Certification Class	Mon	12:00pm - 3:00pm	\$12 per 6-week session	Munson Center , Studio 1. Class limited to 6 students.
Silver Jewelry Beginner Class	Fri	9:00am - 12:00pm	\$12 per 6-week session	Munson Center , Studio 1. Class limited to 5 students. \$50 supply kit required.
Clay Works Class – Beginners (Mon) – Intermediate (Fri)	Mon & Fri	1:00pm - 3:00pm	\$6 per 6-week session	Munson Center , Studio 3 Class limited to 8. Clay available for \$13 per 25 LB bag.
Stained Glass - Beginners & Intermediate	Wed	1:00pm - 4:00pm	\$4 per 4-week session	Munson Center , Studio 1. Each class limited to 6 students. \$5 supply kit required.
Beginners Mosaics	Wed	1:00pm - 4:00pm	\$4 per 5-week course	Munson Center , Studio 4. Class limited to 6 participants. Beginners only.
Intermediate Mosaics	Mon	1:00pm - 4:00pm	\$4 per 6-week course	Munson Center , Meeting Room 4.
Painting Class	Mon & Wed	9:00am - 11:00am	\$6 per 6-week session	Munson Center , Studio 2. Stop by the Munson Center to register and pick up class supply list.
Silver Jewelry Intermediate Class	Fri	9:00am - 12:00pm	\$12 per 6-week course	Munson Center , Meeting Room 1.
Beginners Spanish 1	Fri	1:30pm - 3:00pm	Free	Munson Center , Meeting Room 2. Limited to 20 participants
Beginners Spanish 1	Mon	3:00pm - 4:30pm	Free	Munson Center , Meeting Room 2. Limited to 20 participants
Beginners Spanish 2	Wed	2:30pm - 4:00pm	Free	Munson Center , Meeting Room 2. Limited to 20 participants
Intermediate Spanish 1	Mon	1:30pm - 3:00pm	Free	Munson Center , Meeting Room 2. Limited to 20 participants
Intermediate Conversational Spanish	Wed	9:30am - 10:30am	Free	Munson Center , Meeting Room 2. Limited to 20 participants
Advanced Conversational Spanish	Fri	9:30am - 10:30am	Free	Munson Center , Meeting Room 2. Limited to 20 participants
Clay Works – Open Studio	Tue & Thu Fri	8:00am - 4:00pm 8:00am - 12:00pm	\$1/session	Munson Center , Studio 3
Lapidary and Silver Jewelry - Open Lab	Tue & Thu	8:00am - 4:00pm	\$3/day at front desk	Munson Center , Studio 1. Certification required to participate in open lab
Stained Glass - Open Studio	Mon Wed Fri	8:00am - 11:30am 8:00am - 12:00pm 1:00pm - 4:00pm	\$1/session	Munson Center , Studio 1. Limited to 10 students
Mosaics – Open Studio	Tue & Thu Wed	1:00pm - 4:00pm 9:00am - 12:00pm	\$1/session	Munson Center , Studio 4. Limited to 8 participants
Painting – Open Studio	Mon & Fri	1:00pm - 4:00pm	\$1/session	Munson Center , Studio 2. Limited to 8 participants
Beading Group	Thu	9:00am - 12:00pm	Free	Munson Center , Meeting Room 3. Join anytime!
Crochet	Wed & Thu	1:30pm - 3:30pm	Free	Munson Center , Studio 2; items donated locally.
Karaoke	Mon	12:45pm - 2:45pm	Free	Munson Center , Meeting Room 3. Join anytime!
Desert Writers	Wed	9:00am - 11:00am	Free	Munson Center , Meeting Room 2. Join anytime!
Conversational Spanish Group	Tue	9:30am - 10:30am	Free	Munson Center , Meeting Room 2. (& on Zoom)
Billiards – Daily	Mon, Wed, Thu, Fri Tue	8:00am - 5:00pm 8:00pm - 1:30pm	Free	Munson Center , Multipurpose Room
Billiards Tournament – Monthly	Fri	9:00am - 11:00am	\$3/entry	Munson Center , Billiards Room (Limited 16)
Chess	Fri	8:00am - 12:00pm	Free	Munson Center , Meeting Room 3
Game Day	Thu	1:00pm - 4:00pm	Free	Munson Center , Meeting Room 3
Pinochle	Fri	11:30am - 4:30pm	Free	Munson Center , Meeting Room 3
Mahjong	Thu	9:00am - 12:00pm	Free	Munson Center , Studio 4
Dungeons & Dragons	Tue	1:00pm - 4:00pm	Free	Munson Center , Meeting Room 3
Enhanced Fitness	Mon, Wed, Fri	8:00am - 9:00am	Free	Munson Center , Activity Room. Join anytime for group exercises that focus on the cardiovascular, strength training, balance, and flexibility.
Chair Qigong	Wed	1:30pm - 2:30pm	Free	Munson Center , Meeting Room 2
Shibashi Qigong	Fri	1:30pm - 2:30pm	Free	Munson Center . Shibashi Qigong can be practiced both seated or standing.
Line Dance Class	Tue	2:00pm - 3:00pm	Free	Munson Center , Dining Room
Intermediate Line Dance Class	Thu	1:30pm - 2:30pm	Free	Munson Center , Dining Room
Ballroom Dance Class	Tue	3:00pm - 4:00pm	Free	Munson Center , Dining Room
Open Gym	Mon - Thu	10:00am - 3:00pm	Free	Munson Center , Munson Gym
Open Gym	Fri	9:00am - 1:00pm	Free	Munson Center , Munson Gym



Facilities & Resources

Munson Senior Center

975 S. Mesquite St.

[575-528-3000](tel:575-528-3000)

Open Monday – Friday

8:00 am – 5:00 pm

Henry Benavidez Community Center

1045 McClure Rd.

[575-541-2006](tel:575-541-2006)

Open Monday – Friday

10:30 am – 1:00 pm

Eastside Community Center

310 N. Tornillo St.

[575-528-3012](tel:575-528-3012)

Open Monday – Friday

8:00 am – 2:00 pm

Dial A Ride

[575-541-2777](tel:575-541-2777)

Frank O'Brien Papen Dining Room

304 W. Bell

[575-541-4315](tel:575-541-4315)

Open Monday – Friday

11:00 am – 12:30 pm

Intake & Assessment

975 S. Mesquite Street

[575-541-2451](tel:575-541-2451)

- Congregate Meals
- Home Delivered Meals
- Homecare
- Respite Care & Grandparents Raising Grandchildren

Sage Café

6121 Reynolds Dr.

[575-528-3151](tel:575-528-3151)

Open Monday – Friday

9:00 am – 2:00 pm

A Unit of the National Council on Aging

