



Announcements

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Quality of Life Staff In-Service Day

When: 05/06/26 | Wednesday
All Facilities closing at 12:00pm
No lunch service provided that day

May Thursday Dance

When: 05/14/26 | 2pm - 4pm
Where: Sage Cafe
Price: \$3/person



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EASY GRILLED CHICKEN FAJITAS

Prep Time: 10 minutes | Cook Time: 15 minutes
Total Time: 1 hour (includes marinating) | Yield: 4 servings 1x

For the chicken:

- 1 lb boneless, skinless chicken breast filets
- 1 clove garlic, minced
- 1/2 tsp chipotle powder
- 1/2 tsp cumin powder
- 1/2 tsp mexican oregano
- 1/2 tsp sea salt
- 1/2 tsp freshly cracked black pepper
- 2 tsp olive oil
- juice of 1 lime

For the veggies:

1 small onion, sliced
1 medium bell pepper, sliced
1 tsp olive oil
2 tsp worcestershire sauce

For serving:

8 warm corn tortillas
guacamole or sliced avocado
plain greek yogurt or sour cream
salsa or pico
shredded cheese

Instruction:

In a large bowl or other container, mix garlic, chipotle powder, cumin, oregano, salt, pepper, lime juice and oil.
Add the chicken and stir to coat.
Marinate for at least 30 minutes in the refrigerator.
Heat grill to high to preheat.
Turn down to low just before adding chicken.
Place chicken on the grill and cook 5-7 minutes per side, or until grill lines appear and internal temperature reaches 165°F.
While chicken is cooking, cook the peppers and onions.
Place a cast iron skillet directly on the grill
Add oil, peppers, and onions and cook, stirring occasionally, until soft.
Add worcestershire sauce about halfway through.
Remove chicken from the grill and slice thinly.
Add to the skillet with the peppers and onions before serving.
Serve fajitas with warmed corn tortillas and toppings of your choice.

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.



MAY					2026
Menu subject to change without notice Lunch Hour is 11:00am - 12:30pm					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
				01	• Tossed Salad • Beef Tips • Egg Noodles • Roasted Broccoli • Mixed Fruit Salad
04 • Meatloaf • Garlic Herb Mashed Potatoes/Gravy • Carrots w/ Butter • Whole Wheat Roll • Grapes • Peanut Butter Cookie	05 • Orange Chicken • Brown Rice • Vegetable Egg Roll • Oriental Vegetables • Orange	06 • Qualify of Life Staff In-Service Day • CLOSED	07 • Lettuce & Tomato • Green Chile Chicken Enchiladas • Pinto Beans • Calabacitas • Pineapple Chunks	08 • Egg Salad Sandwich • Three Bean Salad • Tomato Wedges • Nonfat Vanilla Yogurt • Mixed Berries	
11 • Carrot Raisin Salad • Ham & Cheese Sandwich • Cucumber Wedges • Oatmeal Cookie	12 • Salisbury Steak • Mushroom Gravy • Mashed Potatoes • Green Beans • Whole Wheat Roll • Fresh Pear • Chocolate Pudding	13 • Tossed Salad • Chicken, Broccoli & Rice Casserole • Whole Wheat Roll • Tropical Fruit Salad	14 • Pork Red Chile Meat • Flour Tortilla • Pinto Beans • Zucchini • Apricots	15 • Breaded Fish • Roasted Potato Wedges • Chateau Blend • Vegetables • Whole Wheat Roll • Fruit Cocktail	
18 • Red Chile Beef & Bean Smothered Burrito • Capri Blend Vegetables • Peach	19 • Chicken Parmesan • Linguini Pasta • Marinara Sauce • Italian Blend Vegetables • Banana	20 • Spinach Salad • Pork Roast • Mushroom Gravy • Baked Potato/Sour Cream • Whole Wheat Roll • Roasted Cinnamon Apples	21 • Hot Turkey Sandwich • Green Peas • Baby Carrots • Orange • Strawberry Yogurt	22 • Tossed Salad • Green Chile Meat • Island Blend Vegetables • Whole Wheat Roll • Pears	
25 	26 • Green Chile Cheeseburger • Baked French Fries • Steamed Broccoli • Watermelon	27 • Tossed Salad • Lemon Pepper Chicken • Brown Rice Pilaf • Roasted Brussel Sprouts • Ambrosia Salad	28 • Tossed Salad • Roast Beef w/ Beef Gravy • Herb Roasted Potatoes • Green Beans • Whole Wheat Roll • Strawberries & Bananas	29 • Tossed Salad • Tuna Noodle Casserole • Beets w/ Italian Dressing • Whole Wheat Roll • Orange	

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.

Questions: Call (575) 528-3012 or email us at seniornutritioninfo@las-cruces.org

Lunch Hours: 11:00am to 12:30pm

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

Pack an Ounce of Prevention

[Kathleen Doheny/Senior Planet](#)

More older adults are hitting the road or the skies for trips this year. In a poll of more than 2,000 adults age 50 and over, conducted in March, 2025, 70% were planning a trip, up from 65% in 2024.

If you’re one of them, we’ve rounded up a pre-vacation travel checklist...but not to tell you what kind of shoes are best to walk Portugal’s Camino or the best sunscreen to stay sunburn-free at the Italian Riviera (but sunscreen is important!). This checklist helps make sure you’ve checked off everything you need to get yourself moving in the best health possible—and with enough medications, immunizations and first aid supplies to stay that way for the trip’s duration. Vicki Sowards, RN, BSN, a nurse and director of clinical compliance for Passport Health USA, a travel consultation and immunization service, has these conversations all day long. We asked her and other reliable sources what we need to know.

Immunizations

“First is to make sure your routine vaccinations are up to date,” Sowards points out. That includes an updated tetanus, she says, as well as making sure your shingles vaccine is up to date. Your flu shot and COVID shot may need updating. “The CDC also recommends an MMR booster if you have no proof of immunity.” (Birth before 1957 is considered proof of immunity.) The CDC also says those who plan to travel internationally should be sure they’re fully immunized against polio.

Check Yourself

Be honest about your state of health, she adds. Are you up for a lot of walking, with the right shoes? Do you honestly feel up to the trip? If you are feeling run down, “the stress



of travel could exacerbate your stress,” Sowards says. Schedule a quick check up with your primary doctor to be sure...and maybe a quick trip to the dentist, as well.

A pre-trip checkup is an especially smart idea if you have chronic conditions. Your doctor can check your blood pressure and adjust your anti-hypertensive medications if necessary. The same goes for your blood sugar and adjusting your medications if you have diabetes.

CDC’s Travel Health Information allows you to plug in your destination and see tailored information. The site also has information finding a travel clinic, answers common FAQs and links travelers to the Yellow Book, with a wealth of information on how to stay safe wherever you are headed.

First Aid Kits

When you’re organizing your medical supplies, keep them in the original container, Sowards says. That’s especially good advice for any controlled substances such as narcotics or stimulants. And if you’re taking cannabis be aware of the laws where you’re going. Here’s an update of where it’s OK. If it’s prescribed for medical reasons, get a doctor’s note. It might not be needed, but it might not hurt. If you use injectable medications, triple check your local and your destination’s policies.

Also assemble (or buy) a travel first aid kit. Her kit would include Motrin, Tylenol, throat lozenges, bandages, insect repellent, cortisone cream, diarrhea remedy, rehydration solution. Glasses and contacts lens wearers need spares. Hearing aid users need extra batteries.

At Your Destination

Once you’ve arrived, healthy and fit, Sowards offers ideas on how to stay that way. One way: bottled water, if you’re at all unsure. Here are the CDC tips about safe water. Enjoy that street food, but take a look at it—and the line. “Go to the vendor with the longest line,” Sowards says. The wait may be worth it, insuring the food is fresh, not stale or spoiled.



Prepárate para la prevención

[Kathleen Doheny/Senior Planet](#)

Este año, más adultos mayores se lanzan a viajar por carretera o avión. En una encuesta realizada en marzo de 2025 a más de 2000 adultos mayores de 50 años, el 70 % planeaba un viaje, frente al 65 % en 2024.

Si eres uno de ellos, hemos preparado una lista de verificación para viajes antes de las vacaciones... pero no te diremos qué tipo de calzado es mejor para recorrer el Camino de Santiago ni cuál es el mejor protector solar para evitar quemaduras en la Riviera Italiana (¡pero el protector solar es importante!). Esta lista te ayudará a asegurarte de que has cumplido con todo lo necesario para moverte con la mejor salud posible, y con suficientes medicamentos, vacunas y botiquines de primeros auxilios para mantenerte así durante todo el viaje. Vicki Sowards, enfermera titulada, licenciada en Ciencias de la Enfermería (BSN), directora de cumplimiento clínico de Passport Health USA, un servicio de consulta y vacunación para viajeros, mantiene estas conversaciones constantemente. Le preguntamos a ella y a otras fuentes confiables qué necesitamos saber.

Vacunas

“Lo primero es asegurarse de tener sus vacunas de rutina al día”, señala Sowards. Esto incluye la vacuna contra el tétanos, dice, así como la vacuna contra la culebrilla. Es posible que deba actualizar sus vacunas contra la gripe y la COVID-19. “Los CDC también recomiendan una dosis de refuerzo de la triple vírica (MMR) si no tiene prueba de inmunidad”. (Haber nacido antes de 1957 se considera prueba de inmunidad). Los CDC también indican que quienes planean viajar al extranjero deben asegurarse de estar completamente vacunados contra la polio.

Revísese

Sea honesto sobre su estado de salud, añade. ¿Tiene ganas de caminar mucho, con el calzado adecuado? ¿Se siente realmente con fuerzas para el viaje? Si se siente agotado, “el estrés del viaje podría agravarlo”, dice Sowards. Programe una revisión rápida con su médico de cabecera para asegurarse... y quizás también una visita rápida al dentista.

Una revisión previa al viaje es especialmente recomendable si padece enfermedades crónicas. Su médico puede controlar su presión arterial y ajustar sus medicamentos antihipertensivos si es necesario. Lo mismo aplica para su nivel de azúcar en la sangre y para ajustar sus medicamentos si tiene diabetes.

La Información de Salud para Viajeros de los CDC le permite ingresar su destino y ver información personalizada. El sitio también ofrece información para encontrar una clínica de viajes, responde a preguntas frecuentes y conecta a los viajeros con el Libro Amarillo, con abundante información sobre cómo mantenerse seguro dondequiera que vaya.

Botiquines de primeros auxilios

Al organizar sus suministros médicos, guárdelos en su envase original, recomienda Sowards. Este consejo es especialmente útil para sustancias controladas como narcóticos o estimulantes. Y si consume cannabis, tenga en cuenta las leyes del lugar al que va. Aquí tiene información actualizada sobre dónde está permitido. Si se receta por razones médicas, obtenga una nota médica. Puede que no sea necesario, pero podría no ser perjudicial. Si usa medicamentos inyectables, revise

las políticas locales y de su destino.

También prepare (o compre) un botiquín de primeros auxilios de viaje. Su botiquín incluye Motrin, Tylenol, pastillas para la garganta, vendas, repelente de insectos, crema de cortisona, remedio para la diarrea y solución rehidratante. Quienes usan gafas y lentes de contacto necesitan repuestos. Los usuarios de audífonos necesitan pilas adicionales.

En su destino

Una vez que haya llegado sano y en forma, Sowards ofrece ideas para mantenerse así. Una opción: agua embotellada, si tiene alguna duda. Aquí tienes los consejos de los CDC sobre el agua potable. Disfruta de la comida callejera, pero échale un vistazo, y también a la fila. “Ve al puesto con la fila más larga”, dice Sowards. La espera puede valer la pena, ya que garantiza que la comida esté fresca, no rancia ni en mal estado.



Senior Recreation Programs

Eastside Community Center: Activities

Henry Benavidez Community Center

Frank O'Brien Community Center

Sage Café: Activities

Munson Center: Extra 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	9:15am - 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:
Arts & Craft



Munson Center:
Fitness



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, Munson Gym. 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, Munson Gym. Shibashi Qigong can be practiced both seated or standing.
Line Dance Class	Tue	3:00pm - 4:00pm	Free	Munson Center, Munson Gym
Intermediate Line Dance Class	Thu	3:00pm - 4:00pm	Free	Munson Center, Munson Gym
Ballroom Dance Class	Tue	4:00pm - 5:00pm	Free	Munson Center, Munson Gym
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

Eastside Community Center

310 N. Tornillo St.
[575-528-3012](tel:575-528-3012)
Open Monday – Friday
8:00 am – 2:00 pm

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

Sage Café

6121 Reynolds Dr.
[575-528-3151](tel:575-528-3151)
Open Monday – Friday
9:00 am – 2:00 pm

Henry Benavidez Community Center

1045 McClure Rd.
[575-541-2006](tel:575-541-2006)
Open Monday – Friday
10:30 am – 1:00 pm

Dial A Ride

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

Intake & Assessment

975 S. Mesquite Street
[575-541-2451](tel:575-541-2451)

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

A Unit of the National Council on Aging

