

# October 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	1	2 Movie ticket Sign up -- Frys run PU 100	3	4 Walmart Run 100	5
6	7 PHN - Craft Day 9-11	8 D6 Elder meeting @ 9 - PU 815 - D1	9 Elder Concens Meeting @ 9 PU 730- in D7	10	11 Movie Day PU 100 Return by 4	12
13	14 DIGITAL CONNECT EVENT 9-11 PU 830	15 PHN - Craft Day 9-11	16 Hobby Lobby 130- 330	17	18 Sacaton Run 230-330	19
20	21 BH Painting 9- 11	22	23	24 Bingo - PU 1- 3 ALZHEIMERS INSTITUTE 730-330	25	26
27	28 Laveen mail run 900	29	30	31 Movie Day PU 100 Return by 4	1	2
3	4	Notes <b>NOTE: ALL TIMES ARE SUBJECT TO CHANGE DEPENDING ON STAFF.</b>				

**Reminder: turn in your travel cultural ideas before 11/1/2024 for 2025**

**LAST DAY TO SIGN UP FOR THE MOVIES WILL BE 10/9/2024 - NO ADD ONS WILL BE ALLOWED AFTER THIS DATE.**

**FOR ALL EVENTS AND OUTINGS THE CUT OFF DAY TO SIGN UP IS 3 DAY BEFORE TO EVENT/OUTING - NO ADD ONS WILL BE ALLOWED.**





**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

1.  
Pinto Beans  
**Green Chili Chicken Stew**  
Zucchini & Corn blend  
Apricots  
Frybread

2.  
Cream of Broccoli Soup  
Crackers  
Turkey Salad  
Shredded lettuce  
Jello Salad  
Sliced peaches

3. **BREAKFAST**  
Hot Cereal  
Belgium Waffles/Margarine  
Diet Syrup  
Scrambled Eggs  
Carrot Raisin Salad  
Grapes

4.  
Beef Green Chili Stew  
Herbed green beans  
Pineapple Tidbits  
Socfk Chumuth

7.  
Corn Chowder  
Turkey Cheese Sandwich  
Cabbage Pineapple Slaw  
Fruit Cocktail

8.  
Black eye Peas  
**Pork Stew**  
Tossed Salad/Dressing  
Socfk Chumuth  
Peach Cobbler

9.  
Chicken Fried Steak  
Mashed Potatoes/gravy  
Italian Green beans  
Strawberry Chiffon

10.  
Red Chili Shredded Beef  
Fajita Blend  
Vegetables  
Squash w/ chili  
Frybread  
Fruit for Salad

11.  
Baked Ravioli w/Sauce  
Broccoli Cuts  
Monaco Blend Veggies  
Bread  
Apricots

14.  
Oven Broiled Chicken  
Rice  
Sautéed Cabbage/bacon  
Fruit Mix  
Bread

15.  
Liver & Onions  
Mashed Potatoes & Gravy  
**Pork Chops & Gravy**  
Peas  
Apple Blueberry Cobbler  
Bread

16.  
Posole  
**Garlicky Beef Penne**  
Steamed Baby Carrots  
Waldorf Fruit Salad  
Chumuth  
Poached Pears

17.  
Vegetable Soup  
Asian Chicken Salad  
Tossed Salad  
Crackers  
Raspberry Cake  
Pineapple

18.  
Split Peas  
**Red Chili Chicken**  
Catalina Vegetable Salad  
Carrot Raisin Salad  
Socfk Chumuth  
Fruit Cocktail

21.  
Beef Vegetable Stew  
Roasted Brussel Sprouts  
Biscuits  
Assorted Fruits

22.  
Chili con Carne  
**Chili rice with Beef**  
Cornbread w/ Margarine  
Cucumber/Tomato Salad on Shredded Lettuce  
Diced Pears

23.  
Chicken Supreme  
Harvard beets  
Broccoli cuts  
Bread  
Margarine  
Pineapple Tidbits

24.  
BBQ Pork Ribs  
Spinach  
**Braised Pork Ribs**  
**Capri Blend Veggies**  
Potato Salad  
Spiced Applesauce  
Homemade Roll

25.  
Beef Bean Burrito  
Sautéed Zucchini  
Shredded lettuce  
Peaches

28.  
Spaghetti & Meat Sauce  
**Italian Style Meatballs/Spaghetti**  
Italian Green Beans  
Garlic Bread  
Sautéed Cabbage  
Peaches

29.  
Chicken Stew  
Rice  
Mixed Veggies  
Biscuit  
Strawberries  
Whipped Topping

30.  
Lima Beans  
**Salisbury Steak/ Noodles**  
Cucumber/Radish Slaw  
Warm Bread Pudding  
Chumuth  
Fruit Cup

31.  
Baked Pork Chops/Stuffing  
Bread  
Margarine  
Capri Blend Veg  
Tossed Salad/Dressing  
Carrot/Pineapple  
Cake

Lunch meals are delivered with 1% milk for regular diets and juice for **RENAL** diets.

**FRIDAYS- Chocolate Milk for Regular diet**

RENAL diets will receive 4oz. milk and 4oz. juice when breakfast is served.

**Substitutions for RENAL diets are in RED**

Menu subject change due to unforeseen circumstances.

For program questions please contact:

ELDERLY NUTRITION PROGRAM

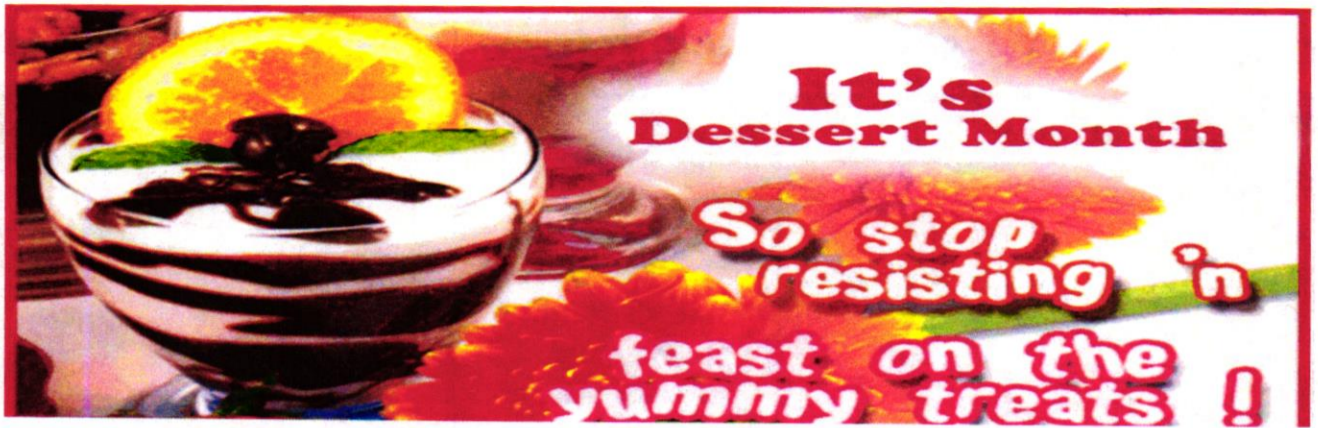
520-562-9696

**FOR DELIVERY INQUIRIES CONTACT YOUR LOCAL ELDERLY DISTRICT COORDINATOR**



# Elderly Nutrition Program 562-9696

## OCTOBER 2024



1. **It satisfies your cravings.** Whether you have a major sweet tooth (like me) or just crave something sweet every once in a while, research shows that it's best to listen to that craving in the moment. As soon as you start to restrict yourself from sweets, you're only going to want them more and more. If you start denying yourself that sweet something, I guarantee you will find yourself halfway through your second container of Oreos a few days later. Have a few bites of dessert when your body tells you it wants it so you don't binge later on.
2. **Make it at home** for a healthier option. Store-bought goodies are usually packed with preservatives, extra sugar, and chemicals that aren't healthy for you. If you cook at home, you can substitute many ingredients with a healthier option, and then you won't have to feel bad about having a second slice of cake once in a while.
3. **It may even inspire you to be active.** Keeping a healthy balance in life is essential... It's okay to have sweet treats once in a while, especially if you know you'll head to the gym later that day to work extra hard and burn those calories!
4. **The key is moderation.** Plan ahead for a small portion of what you're craving. Substitute those extra carbohydrates for a couple servings of bread, pasta or rice. Eat it slowly with *mindfulness* and TASTE every bite.

Happy Halloween





SENIOR PLANET'S



# STAYING SAFE ONLINE

COME & LEARN USEFUL TIPS FOR KEEPING YOUR INFORMATION  
SAFE AND SECURE WHEN USING THE INTERNET.

D6 SERVICE CENTER  
LEARNING CENTER

MON. OCT. 14, 2024

TIME 9AM - 11AM

IF PICK UP IS NEEDED PLEASE CONTACT D6  
ELDER COORDINATOR 520-550-3805 EXT. 2945

FOR MORE INFORMATION CONTACT AMANDA MACDONALD  
520.610.6689



**DIGITAL  
CONNECT**  
an initiative of Gila River Telecommunications Inc.

**SENIOR PLANET**  
FROM AARP





## Attention District 6 Elders

### Lets plan next years Trips & Outings



D6 is requesting your input for the Elders cultural trips and outings for the next year, starting in October "FY-2025".

come pick up a form, fill it out and return it to the Service Center for the elderly Coordinator. Dead line is 11/1/2024

**forms can be picked up in the front office or in the elderly area.**

*Instructions on form : 1st section write in 3 cultural overnight trips you would like to go on and name 3 cultrual attractions you would like to see in each city. 2Nd Section write in outings/daytrips you would like to go on in Arizona.*

for more information can be provided by  
contacting Teena Gurule @520-550-3805x2945







**DISTRICT SIX SERVICE CENTER**

Post Office Box 54  
Laveen, Arizona 85339  
(520) 550-3805  
(520) 550-3806  
Fax: (520) 550-2900

**"Next year's Cultural Trips" FY-2025 District 6 Elders Outings and Trips.**

**Instruction: 1<sup>st</sup> section write in 3 Cultural overnight trips you would like to go on and name 3 Cultural attractions you would like to see in each city. 2<sup>nd</sup> Section write in outings/daytrips you would like to go on in Arizona.**

**Cultural Overnight Trips**

1. \_\_\_\_\_
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
  
2. \_\_\_\_\_
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
  
3. \_\_\_\_\_
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_

**Outings/Day Trips**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_