

COMMUNITY & SENIOR CENTER

Newsletter

NOVEMBER 2012

COMMUNITY THANKSGIVING DINNER

The City of Mesquite Athletics and Leisure Services Department, Senior Center Division will be host its annual **"Community Thanksgiving Dinner"** on Wednesday, November 21 from 12:00 p.m. to 6:00 p.m. at the Mesquite Community and Senior Center located at 102 W. Old Mill Road.

The annual dinner is a free event open to everyone and ensures that all members of the community, regardless of income, have a meal to enjoy with others on the holiday and that no one in Mesquite is hungry or alone.

It's an excellent way to come together to celebrate the fact that we live in a great community! Last year the dinner served over 2200 people along with 330 meals delivered to homebound seniors.

The dinner is only made possible through the generosity of individuals, businesses, groups and clubs. If you, your business, or organization is interested in contributing time, money or product, or you have additional questions please contact Griseyda Belalcazar (gbelalcazar@mesquitenv.gov) or Krissy Thornton (kthornton@mesquitenv.gov) at 346-5290.

Volunteers are needed in the preparing for the meal, cooking and assisting in the kitchen during the day of the event, serving, homebound meals (drivers), cleaning up, and in providing entertainment. Volunteers must register prior to the event, no walk-ins will be allowed.

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Hours of Operation

Mon-Thurs.	8am-4pm
Friday	8am-1pm

Cards & Tile Games

- Open Pinochle, 8am-3:30 p.m. (Mon./Wed.)
8am-12:30 pm (Fri.)
- Mexican Train, 12-3:30 p.m. (Tuesday)
- Dominos, 12-3:30 p.m. (Tuesday)
- Mah-Jongg, 12-3:30 p.m. (Tues./Wed./Thurs.)
8am-12:30 pm (Fri.)
- Cribbage, 12:30-3:30 p.m. (Thursday)
- Hand and Foot, 12:00-3:30 p.m. (Thursday)



PROGRAMS/EVENTS

Mesquite Toes to perform at the Pomegranate Festival in Logandale (County Fair grounds) Friday , November 2, 3pm. Would love to have some local supporters there!

Mesquite-Toes are planning a (3) day performance bus tour of Southern California on Feb 28-Mar 2, 2013. We have a few seats on the bus if any supporters would like to travel with us. Included in the tour is the Palm Springs Follies Show and entrance to Knotsberry Farm. For more information, please call Vicki Eckman at 346-1206. Deposits must be made by 11/10/12.

Moapa Valley Art Guild

Presents:

17th Annual Pomegranate Art & Craft Festival

Friday & Saturday, Nov. 2 & 3, 2012
9 a.m. to 5 p.m.

An Old Fashioned County Fairgrounds

Location: Clark County Fairgrounds, 1301 W. Whipple Ave, Logandale, Nevada

TAX SEASON IS COMING

AARP Tax-Aide is the largest volunteer-run tax preparation and assistance service. Free tax preparation will be available at the Senior Center during the tax season. Sign-up now to volunteer for the 2013 tax season. You don't need experience, only a desire to help others. Each volunteer will attend a one week training and certification class.

Please call Larry at 702-345-2380 or 801-550-5484. Please leave your name and phone number.

November 2

Pomegranate Festival

Departure: 9:00 a.m.
Return: 2:00 p.m.
Fee: \$15 (transportation)
Location: Overton NV

November 16

Broad Acres Outdoor Swap Meet

Departure: 8:00 a.m.
Return: 5:00 p.m.
Fee: \$15.00
Location: Las Vegas

November 28

Gallery Mall

Departure: 8:30 a.m.
Return: 5:00 p.m.
Fee: \$15 (transportation)
Location: Overton NV

SAVE THE DATE

The Mesquite Senior Center Division is hosting a:

SEASON'S GREETINGS BREAKFAST

Saturday, December 22, 2012

From 8-10:30 a.m.

\$3.00 (Seniors 60+) / \$5.00 (59 & under)

Have a delicious breakfast of French Toast (topping bar), slice of ham, eggs, homemade potatoes, fresh fruits, juice and coffee. Waffles available upon demand for an additional fee. Tickets available for purchase at the Senior Center front desk.



Senior Center - "Where Friends Meet"

Veterans Benefits Clinic

November 12, 2012
10 a.m. to 2 p.m.
East Las Vegas Senior/Community Center
(250 N. Eastern Avenue)
For more information contact: 1-866-432-0404 ext. 26

LUNCH & LEARN

Thursday, November 15
from 12-1 p.m.
Location: Highland Manor
Please RSVP: 346-7666
Topic: How to ask questions to lawyer without being charged.



SEASONAL PLACEMATS

NOVEMBER 6, 2012

Time: 1-3:30 p.m.
Fee: \$6 (Set of 6)



GIFT CARDS ORNAMENTS

NOVEMBER 27, 2012

Time: 1-3:30 p.m.
Fee: \$6 (Set of 3)

Join us to make gift cards and placemats for you, family or your friend this holiday season. Fun creative way to say you are special. Instructor: Norma Wegner

Tenerife-Holly Sprig + Patterns (Spider web weaving)

November 13, 2012

Time: 1-3:30 p.m.
Fee: \$4 (bring article to embellish)

Make a holly or flower pattern on a light-colored or white cloth object of your choice. Bring a plain shirt or tee, cloth purse, placemat, tea towel, etc. to embellish. Instructor: Jan Blain

Card Embroidery

November 20, 2012

Time: 1-3:30 p.m.
Fee: \$4

This lovely design will work as a Christmas or all occasion card. Make 1 for \$3 or 2 for \$4. All materials supplied. Instructor: Jan Blain





City of Mesquite

Lifelong

Exercise Program



2012 FALL SCHEDULE

September 10 thru December 14, 2012

Senior classes held daily from 7-11:45 a.m. (Free to pass-holders (except Zumbalinedance)\$5 per class for non-pass holders)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7-7:45 Abs & Buns Intermediate/Advanced (Griseyda) 8-8:45 Beginning Strength & Core (McKel/Griseyda) Intermediate/Adv. Strength & More (Nichole)	7-7:45 Abs & Buns Intermediate/Advanced (Griseyda) Gentle Yoga (Terrie) 8-8:45 Beg. Cardio & More ((McKel/Griseyda) Adv. Cardio & More (Nichole)	7-7:45 Abs & Buns Intermediate/Advanced (Griseyda) 8-8:45 Beginning Strength & Core (McKel/Griseyda) Intermediate/Adv. Strength & More (Nichole)	7-7:45 Abs & Buns Intermediate/Advanced (Griseyda) Gentle Yoga (Terrie) 8-8:45 Beg. Cardio & More (McKel/Griseyda) Adv. Cardio & More (Nichole)	8-8:45 Beginning Strength & Core (Terrie) Intermediate/Adv. Strength & More (Nichole)
9-9:45 Water Aerobics (Maxine) Gentle Yoga (Terrie) Line Dance (Rebecca)	9-9:45 Gentle Aqua (Maxine) ZUMBA <i>(drop-in \$2)</i> (Nichole/Griseyda)	9-9:45 Water Aerobics (Maxine) Gentle Yoga (Terrie) Line Dance (Rebecca)	9-9:45 Gentle Aqua (Maxine) ZUMBA <i>(drop-in \$2)</i> (Nichole/Griseyda)	9-9:45 Water Aerobics (Maxine) Gentle Yoga (Terrie)
10-10:45 Line Dance-II (Rebecca) 10:30-11:15 Chair Exercise (Griseyda/ Senior Center)	10:30-11:15 Chair Exercise (Jo Anne/Sr. Center)	10-10:45 Aqua Aerobics (Shirley) (Begins: 11/1/12) Line Dance-II (Rebecca) 10:30-11:15 Chair Exercise (Griseyda/Sr Center)	10-10:45 Aqua Aerobics (Shirley) (Begins: 11/1/12) 10:30-11:15 Chair Exercise (Jo Anne/Sr. Center)	10-10:45 Aqua Aerobics (Shirley) (Begins: 11/1/12) 10:30-11:15 Chair Exercise (Jo Anne/Sr. Center)

Lifelong Exercise Program Membership Fee:

(Classes Only)

		Mesquite/Clark Co. Residents	Non-Mesquite/Clark Co. Residents
Fall/Winter	Session 1	\$40	\$60
Winter/Spring	Session 2	\$40	\$60
Spring/Summer	Session 3	\$40	\$60

Lifelong Program Membership: Good for Lifelong Fitness Only.

SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE

Lifelong Exercise Program Schedule:

“Veteran’s Day” Nov. 12, 2012 (no classes)

“Thanksgiving Break” Nov. 19-25, 2012

“Community Thanksgiving Dinner”

Wednesday, November 21, 12-6 p.m.

Senior Division “Season’s Greetings Breakfast”

Saturday, December 22, 2012

“Holiday Break” Dec. 15-31, 2012

Session II: Jan. 7-March 29.



Lunch Served from 11 a.m. to 12:30 p.m. **Menu Subject to Change Without Notice.**

NOVEMBER 2012

MON	TUE	WED	THU	FRI
			1 BBQ Chicken Mac and Cheese Peas Fruit	2 Pork Chops Stuffing Corn Spiced Apples
5 Chicken Chili Verde w/ Tortilla Rice Beans Fruit	6 Lasagna Salad Garlic Bread Fruit	7 Ham Yams Green Beans Pears	8 Beef Stew Corn Bread Salad Dessert	9 Lemon Pepper Tilapia Rice Pilaf Carrots Fruit
12 Veterans Day Closed	13 Melt in your mouth Chicken Scalloped potatoes Cauliflower Fruit	14 Potato Soup w/ diced ham Homemade Roll Salad Fruit	15 Chicken Fried Steak Mashed Potatoes Fresh Steamed Vegetables	16 Fish & Chips Cole Slaw Dessert
19 Smothered Burritos Rice Beans Fruit	20 Cheeseburger Fries Tomato Salad Dessert	21 Thanksgiving DINNER 12 P.M. TO 6 P.M. COME JOIN US!!!	22 CLOSED	23 CLOSED
26 Sloppy Joes on homemade roll Coleslaw Fruit	27 Tuna Salad Sandwich Spinach Salad Cottage Cheese Dessert	28 Chicken Enchiladas Rice Beans Fruit	29 Meatloaf Mashed Potatoes & Gravy Carrots Dessert	30 Chicken Alfredo Noodles Broccoli Fruit

Nutrition Program

Lunch is served from 11 a.m.-12:30 p.m.

- Monday through Friday (except holidays)
- A \$2.50 donation is suggested for 60 years and older.
- \$4.00 fee for 59 and under.
- To inquire about Homebound delivery call 346-5290.

Food Allergy Notice

Food items may contain these or other allergy causing ingredients:

Nuts, Milk, Eggs, Wheat,
Soybeans, Peanuts, Fish,
and Shellfish