



SACRAMENTO SENIOR SHOUTOUT

575-682-3022

Mtnseniors.org

Notary services available for members of
Sacramento Mountain Senior Services

If you are a certified driver and would be
interested in driving the van to Friday night
dinners outside Cloudcroft, please call the center.

What's Happening Around Town This Month?

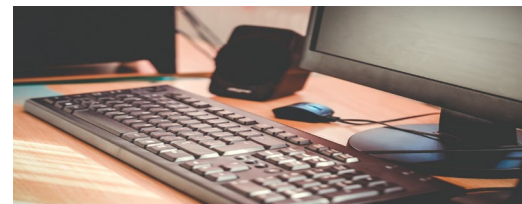
October 2025

What is your talent? Come and share on the 2nd & 4th
Tues. of every month. Lots of good music, but we're
missing what **you** can do!!! 10:30 – 11:15

VOLUME 115

Medicare Fall Enrollment Information

In October, Melissa Ramirez from the State will be here to discuss Medicare options for you. She will be in Cloudcroft on October 20th and High Rolls on October 22nd. If you have any questions about changes in Medicare, or have never enrolled and are not sure about the process, she will be happy to answer your questions. She will be here during our lunch time.



A computer has been donated to the Center and is up and running. Check with one of the Admin. Staff if you want to use it.

Dancing Classes will start again in the Spring on
the 1st and 3rd Tuesday at 1 pm. Plan now to be
available for a fun time line dancing and
country/western dancing.



SUDOKU

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	6				8			5
		2					7	
		9				8		
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7			3				1	
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OCTOBER WORD SEARCH

S Y Q D L I L S S G K X E S U O H D E T N U A H
 T W W U R T D W J I B X C Z V H C S V P U N I B
 E Z M Z C G H E M L E Q P B Q I V C J K Z U Q V
 N Z Q I H H Y R Z W H U Q K V K P B C B A L Z Z
 G A M X B F W N N Z T R U V X D A U S C Z Y O C
 Z Q N R E T N A L O K C A J J N Z O V F K O I Y
 K F A S R P L G G E Y F R W U X N Y Y T Q R Y J
 C T U Y D C Z G H O S T S C A E P R Y R Y B J Z
 A M E H F F E S E L P P A L E M A R A C U K M N
 U P Q E V K B U I Y P N S E R I P M A V T U K J
 C D K J V K Y P H F R T R I C K O R T R E A T I
 C O S T U M E M A D X A D F O I S T K M T L L E
 T A C K C A L B F A A I C V X F P P B G N L R G
 Y E P R C P V K K L Y E U S A W O B B E A A E T
 G A M C R A L M Z N I S H F R Q O S F Y V F B H
 X W N W K H N B V U G Z O N T F K K E J R W O H
 I I E Q L T M D E Y T K P C I K Y X E Z G Q T C
 S P E Y F L T C Y N M C S C J K B U W I Y T C S
 K R W C E E J L I C U J A Y X J P X Y I V M O G
 D S O E E U G K N J O N C D O M P M F X B N J G
 I G L G A K P Z X O D R R I J O W F U A N P V E
 H M L A T M U Y W Y J L N A A Z U D P P I X P X
 E S A K U O R F G R O L W H M N G A Y J J D L U
 F S H P P L I G S N P T D S K J V J L R T S Y O

CARAMEL APPLES	SPOOKY	CANDY	COSTUME	HAUNTED HOUSE	VAMPIRE
JACK-O-LANTERN	BLACK CAT	TRICK OR TREAT	GHOST	SCARY	PUMPKIN
FUN	CANDY CORN	PUMPKIN HEAD	OCTOBER	FALL	HALLOWEEN



Mtnseniors.org

Our Sponsors in
Southern NM



800 91-9

ARKHII
ACTIVE ADULTS
OF SOUTHERN NEW MEXICO




575-682-3022

SACRAMENTO MOUNTAINS SENIOR SERVICES, INC.
SERVING CLOUDCROFT, HIGH ROLLS & MOUNTAIN COMMUNITY CITIZENS AGED 60 +

CALL FOR RESERVATION BEFORE 8:30

October

LUNCH SERVED 11:30 TO 12:15

Low-fat milk served with meal		WEDNESDAY, OCT 1 Taco Burger Potato wedges Vegetable medley Apricots	THURSDAY, OCT 2 Pepper Steak Stir Fry Vegetables Snow Peas Brown Rice Pineapple	FRIDAY, OCT 3 Veggie Pizza Broccoli Non-fat Vanilla Yogurt Berries
MONDAY, OCT 6 Ham & Cheese Sandwich Lettuce, Tomato Three Bean Salad Cold Beets Applesauce	TUESDAY, OCT 7 Meat Lasagna Chateau Blend Vegetables Fruit salad	WEDNESDAY, OCT 8 Carne Adovada Flour tortilla Pinto Beans Capri Vegetables Strawberries and bananas	THURSDAY, OCT 9 Chicken Breast Sandwich Lettuce, Red Tomato Baked French Fries Carrots Mandarin oranges	FRIDAY, OCT 10 Beef Tips and Gravy Brown Rice Italian Blend Vegetables Tropical Fruit salad
MONDAY, OCT 13 Chicken Fried Steak Mashed Potatoes & Gravy Green Beans Wheat Roll Spiced Peaches Angel Food cake	TUESDAY, OCT 14 Orange Chicken Brown Rice Stir Fry Vegetables Vegetable egg roll Fortune Cookie Pineapple	WEDNESDAY, OCT 15 Salisbury Steak w/ Gravy Penne pasta w/ Mushrooms Diced Carrots Fruit Cocktail	THURSDAY, OCT 16 Scalloped Potatoes w/Ham California Blend Veggies Wheat roll Orange Nonfat Cherry Vanilla Yogurt	FRIDAY, OCT 17 Chicken Taco Pinto Beans Zucchini and Diced Tomatoes Watermelon
MONDAY, OCT 20 Herbed Tilapia Brown Rice Pilaf w/ Mushrooms Green Beans Unsweetened Applesauce Chocolate Chip Cookie	TUESDAY, OCT 21 Green Chili Chicken Enchiladas Calabacitas Grapes	WEDNESDAY, OCT 22 Hot Dog w/ WW Bun Cucumber and Tomato Crinkle Fries Fruit Salad Nonfat vanilla yogurt ROADRUNNER	THURSDAY, OCT 23 Baked Penne Pasta Italian Vegetables WW Roll Peaches Nonfat vanilla yogurt	FRIDAY, OCT 24 Tuna Salad Sandwich WW bread, lettuce leaves, Tomato Cold Beets Cold Peas Banana
MONDAY Oct. 27 Fish and Chips Asparagus Coleslaw Wheat Roll Fruit Salad	TUESDAY Oct. 28 Chicken Fettuccine Alfredo Italian blend veggies Wheat roll applesauce	WEDNESDAY Oct 29 BBQ Pulled Pork on a Bun Herb Roasted Potatoes Carrot and Raisin salad Watermelon	THURSDAY Oct 30 Salisbury Steak w Gravy Brown rice pilaf w/ mushrooms Roasted Brussel Sprouts WW Roll Pears	FRIDAY Oct 31 Chicken Pasta Salad Granola bar oats N honey vanilla yogurt w/ sweet cherries

October 2025 Events

<p>CC= Cloudcroft HR= High Rolls</p>		<p>October 1 Canasta 12:30 pm CC</p>	<p>October 2 Dominoes – 1 pm-3 pm CC</p>	<p>October 3 <u>Bridge 12:30 CC</u> K-Bob's - Ruidoso Meet there 5:00 pm We may take the van</p>
<p>October 6 Canasta 12:30 pm CC</p>	<p>October 7 Tai Chi 10:00 HR</p>	<p>October 8 Canasta 12:30 pm CC</p>	<p>October 9 Beyond Walls Brain Games CC & HR 12:00 pm</p>	<p>October 10 <u>Bridge 12:30 CC</u> Big Daddy's Meet there 5:00 pm</p>
<p>October 13 Canasta 12:30 pm CC</p>	<p>October 14 Tai Chi 10:00 HR Music Talent Performances 1030-11:15 am CC</p>	<p>October 15 Canasta 12:30 pm CC</p>	<p>October 16 <i>October Birthday Celebration - CC & HR</i> Dominoes – 1 pm-3 pm CC</p>	<p>October 17 <u>Bridge 12:30 pm CC</u> La Rosa's Alamogordo Meet there 5:00 pm We may take the van</p>
<p>October 20 Canasta 12:30 pm CC Board Meeting 5:00pm</p>	<p>October 21</p>	<p>October 22 Canasta 12:30 pm CC ROADRUNNER DAY</p>	<p>October 23 Beyond Walls Bingo Games CC & HR 12:00 pm</p>	<p>October 24 <u>Bridge 12:30 CC</u> Dave's Meet there at 5:00 pm</p>
<p>October 27 Canasta 12:30 pm CC</p>	<p>October 28 Tai Chi 10:00 HR Music Talent Performances 10:30-11:15 am CC</p>	<p>October 29 Canasta 12:30 pm CC</p>	<p>October 30</p>	<p>October 31 <u>Bridge 12:30 CC</u> Pizza Patio Meet there 5:00 pm We may take the van</p>

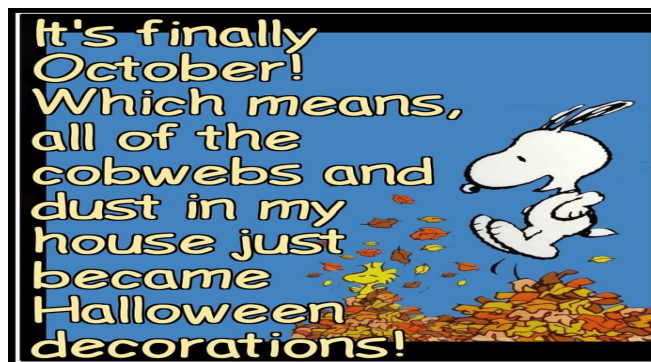
Announcement!!

Starting Sept. 1 all contributions have increased \$1 – lunch - \$4;
homebound meals – \$4; transportation - \$6; homemaker - \$6

New Webpage Coming in October

Starting the 1st of October Sacramento Mountains Senior Services will have a new webpage. Not everything is up and running. Some things are still showing the old pages when you click on them. We will eventually be able to link the webpage with the Facebook page. We will be taking pictures of many of you so we can show who comes and activities that you are doing. The new webpage address will be: Mtnseniors.com

We have a new Facebook page. Here is the address: <https://www.facebook.com/share/198n1Q2KL9/>



Cauliflower Soup



Total Time: 30 min

Servings: 8 (2 quarts)

Ingredients

1 medium head cauliflower, broken into florets
1/4 cup chopped celery
2 teaspoons chicken bouillon or 1 vegetable bouillon cube
3 tablespoons all-purpose flour
1/8 teaspoon pepper
1 cup shredded cheddar cheese

1 medium carrot, shredded
2-1/2 cups water
3 tablespoons butter
3/4 teaspoon salt
2 cups 2% milk

Directions:

1. In a Dutch oven, combine the cauliflower, carrot, celery, water and bouillon. Bring to a boil. Reduce heat; cover and simmer for 12-15 minutes or until vegetables are tender (do not drain).
2. In a large saucepan, melt butter. Stir in the flour, salt and pepper until smooth. Gradually add milk. Bring to a boil over medium heat; cook and stir for 2 minutes or until thickened. Reduce heat. Stir in the cheese until melted, adding hot pepper sauce if desired. Stir into the cauliflower mixture.

What do you serve with cauliflower soup? Serve cauliflower soup with any of your favorite sides for soup, like crusty bread, a salad or a sandwich. If you're looking for a way to use up leftover cauliflower soup, mix in a little diced, cooked chicken or ham. Serve it over a fluffy baked potato for a hearty meal.