



SACRAMENTO SENIOR SHOUTOUT

575-682-3022

Mtnseniors.com

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

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?

March 2026

Notary services available for members of Sacramento Mountain Senior Services

VOLUME 120



Tony Jackson
Mar 7, 2026 at 7:00 PM · Flickinger
Center for Performing Arts, Alamogordo,



Inn of the Mountain Gods - CLUB 49 COMEDY 3/5 6:30 PM
(CHECK WEBSITE FOR OTHER COMEDY CLUB DATES)

Name: _____ Date: _____ 



March Word Scramble



The letters of the words below are jumbled. Unscramble the letters and write the word on the blank line provided.

- | | | |
|---|---|---|
| 1. OGDL _____ |  | 13. ACRKTPI _____ |
| 2. DSUB _____ | | 14. AMPCSH _____ |
| 3. LAEBTSKALB _____ | | 15. NEGRE _____ |
| 4. DRTODIIA _____ | | 16. ATFVEILS _____ |
| 5. HIRDT _____ | | 17. EJERTS _____ |
| 6. PSIRGN _____ | | 18. LDEDSGO _____ |
| 7. NOQXEUI _____ | | 19. UCKL _____  |
| 8. LNRIEDA _____ | | 20. AVNRLE _____ |
| 9. HMCRA _____ | | 21. OARKCSMH _____ |
| 10. ONAWIBR _____ | | 22. CHEERNALPU _____ |
| 11. OOLBSM _____ | | 23. SRAGMADRI _____ |
| 12. REPDA A _____  | | 24. DASEB _____ |

basketball
beads
blooms
buds
champs
dogsled 

equinox
festival 
gold
green
Iditarod
Ireland

jester
leprechaun 
luck
March
Mardi Gras
parade

Patrick
rainbow
shamrock
spring
third
vernal 

SUDOKO

5	13	7				12		10		9	6	15	4		
			15			11		4		16			1		
10		2				4	9		7		13	3	11		
11	4	3	12			14	1				2		8		
7				5	11	1				14					
	14	8			12			11	1	15					
1					6	7	2		4		3	14	5		
						4	7	6			11	10	1	3	
6	16	11	2			3	7	15							
		4	1	2		13		11	14	3				7	
				4	14	12				2		16	11		
				8					13	12	10			2	
	5		3					4	7			9	2	6	12
2		1	4		10			16	5				8		14
12			8		4			3			10				
14		15	7	11		6		10					4	13	16



SACRAMENTO MOUNTAINS SENIOR SERVICES, INC.

SERVING CLOUDCROFT, HIGH ROLLS, & MOUNTAIN COMMUNITY CITIZENS AGED 60 +

CALL FOR RESERVATION BEFORE 8:30

March Menu

LUNCH SERVED 11:30 TO 12:15



www.mtnseniors.com

1% milk available with lunch

<p>MONDAY 2 Swedish Meatballs Egg Noodles Roasted Brussels Sprouts Braised Red Cabbage w/ red onions Wheat Roll \ Fresh Apple</p>	<p>TUESDAY 3 Sweet & Sour Pork Brown Rice Emperor Veggie Blend Mandarin Oranges Gelatin</p>	<p>WEDNESDAY 4 Beef Soft Taco Pinto Beans Zucchini and Yellow squash Light nonfat Cherry Yogurt Peanut Butter Cookie Banana</p>	<p>THURSDAY 5 Turkey & Swiss Wrap Three Bean Salad Cold Beets Fresh Fruit Salad</p>	<p>FRIDAY 6 Green Chili Salmon Enchiladas Spinach Chuckwagon Vegetables Fresh Pear</p>
<p>MONDAY 9 Polish Sausage Steamed Carrots Medium Baked Potato Sour Cream Wheat Roll Light nonfat Vanilla Yogurt Apricots</p>	<p>TUESDAY 10 Chicken Cordon Bleu Roasted Broccoli & Cauliflower Brown Rice Pilaf Strawberries and Bananas</p>	<p>WEDNESDAY 11 Baked Cod Tartar sauce Baked French Fries Vegetable Medley Wheat Roll Peaches</p>	<p>THURSDAY 12 Teriyaki Chicken Brown Rice Stir fry Vegetables w/ Sugar Snap Peas Fortune Cookie Fresh Orange</p>	<p>FRIDAY 13 Green Chili Beef Stew Spinach Salad 6in WW Tortilla Tropical Fruit Salad</p>
<p>MONDAY 16 Pork Red Tamale Red Chili Sauce & Spanish Rice Zucchini with Tomatoes 6 in Tortilla Mango chunks Light Vanilla nonfat Yogurt</p>	<p>TUESDAY 17 BBQ Chicken Stewed Tomatoes Three Bean salad Cornbread Watermelon</p>	<p>WEDNESDAY 18 Green Chili Cheeseburger Potato Salad Cucumber and Tomato Salad oatmeal cookie</p>	<p>THURSDAY 19 Pork Roast Pork Gravy Wild Rice California Veggies Apple slices and Plums</p>	<p>FRIDAY 20 Chicken Fajitas Pinto Beans Calabacitas Fresh Strawberries</p>
<p>MONDAY 23 Corned Beef & Cabbage Carrots Parsley Potatoes Wheat Roll Lime Sherbet Banana Low-fat Plain Yogurt</p>	<p>TUESDAY 24 Herb Roasted Chicken Thigh Herb Roasted Red Potatoes California Blend Vegetables Wheat Roll / Fruit Cocktail</p>	<p>WEDNESDAY 25 Tuna Salad Sandwich Tomato Soup Creamy Cucumber Salad Warm apple slices ROADRUNNER DAY</p>	<p>THURSDAY 26 Pepper Steak Steamed Brown Rice Green Beans Carrot/Raisin Salad Fresh Pear</p>	<p>FRIDAY 27 Baked Macaroni & Cheese Italian Blend Vegetables Plain lowfat Yogurt w/ Berries</p>
<p>MONDAY 30 Beef & Bean Burrito Zucchini and Diced Tomatoes Applesauce</p>	<p>TUESDAY 31 Classic Chicken Salad Chateau Blend Vegetables Carrot Raisin Salad Wheat Roll Tropical Fruit Salad</p>			

March 2026 Events

<p>Monday, March 2 Canasta 12:30 pm CC</p>	<p>Tuesday, March 3 Exercise/Dance with Diane 12:30 CC Vital Signs 11:00 CC</p>	<p>Wednesday, March 4 Canasta 12:30 pm CC Inn of the Mountain Gods Trip 9:30</p>	<p>Thursday, March 5 Dominoes – 12:30 pm-2:30 pm CC</p>	<p>Friday, March 6 <u>Bridge 12:30 CC</u> Big Daddy's Meet there 5:00 pm</p>
<p>Monday, March 9 Canasta 12:30 pm CC</p>	<p>Tuesday, March 10 Vital Signs 11:00 CC Music Talent Performances 1030-11:15 am CC</p>	<p>Wednesday, March 11 Canasta 12:30 pm CC</p>	<p>Thursday, March 12 Dominoes – 12:30 pm-2:30 pm CC</p>	<p>Friday, March 13 <u>Bridge 12:30 CC</u> Si Senors Alamogordo Meet there 5:00 pm We may take the van</p>
<p>Monday, March 16 Canasta 12:30 pm CC Board Meeting 5:00pm</p>	<p>Tuesday, March 17 Exercise/Dance with Diane 12:30 CC Vital Signs 11:00 CC</p>	<p>Wednesday, March 18 Canasta 12:30 pm CC</p>	<p>Thursday, March 19 March Birthday Celebration - CC & HR Rowdy Seniors Bingo – CC & HR 12:30-1:30pm</p>	<p>Friday, March 20 Bridge 12:30 pm CC Brother-in-Laws Meet there 5:00 pm</p>
<p>Monday, March 23 Canasta 12:30 pm CC</p>	<p>Tuesday, March 24 Vital Signs 11:00 CC Music Talent Performances 1030-11:15 am CC</p>	<p>Wednesday, March 25 Canasta 12:30 pm CC ROADRUNNER DAY</p>	<p>Thursday, March 26 Bingo – CC & HR 12:00 pm</p>	<p>Friday, March 27 <u>Bridge 12:30 CC</u> Cattle Baron Ruidoso Meet there 5:00 pm We may take the van</p>
<p>Monday, March 30 Canasta 12:30 pm CC</p>	<p>Tuesday, March 31</p>		 <p style="text-align: center;">HAPPY MARCH! RUMOR HAS IT SPRING IS ON THE WAY</p> <p style="text-align: right; font-size: small;">atwording.com</p>	

What is Roadrunner?

Roadrunner is a service that is considered a mobile food pantry. It is a Feeding America member. As a distribution center, they serve a vast region in New Mexico and provide the food we receive through a network of statewide hunger-relief partners. Every week, tens of thousands of hungry children, seniors, and families are reached through this state-wide hunger relief network. By simply registering at the site of our Senior Center in High Rolls, you can receive a box of fresh, canned, and grain items on the 4th Wednesday of each month (unless posted otherwise in this newsletter). You will notice donation cans at many of the businesses around town where donations can be placed for this very meaningful work.

TRIP TO INN OF THE MOUNTAIN GODS

We are planning a trip to Inn of the Mountain Gods on Wednesday, March 4. The trip will be taken **on the Inn's bus** which leaves from the Allen Aviator Theater. Our van will make the trip to the theater parking lot to catch the bus. **We will take the 10:30 am bus.** It takes 90 minutes to get to the casino. You will be free to lose all the money you want, eat wherever you want, and meet at a predetermined place to **come back to Alamo at 3pm**. The van will bring everyone back up the mountain with stops at High Rolls and Cloudcroft. The picture on the side is of some of the eating places at the Market at the Mountain. It is a food court with many options and prices. There are more expensive restaurants available also. So you can have a good lunch while you discuss all your winnings with friends. We have a sign-up sheet at the sign-in desk.



Sacramento Mountains Senior Center Taste Testing Pot Luck

What is the dish you make that dazzles everyone when you serve it??? How about sharing it with your Senior Center Family? Or how about those of you who are members of the centers who do not cook/bake coming to taste what everyone else has prepared? On the evening of April 9 at 5pm, the Cloudcroft Senior Center will open its doors for a wonderful dinner. There will be a sign in sheet for a few weeks before the dinner so people can sign up for what they intend to bring. Your name will have to be on the sign in sheet to get in. After dinner, vote for your favorite item in each category. The winner in each category will get their name displayed for all the world to see in the dining rooms at both centers and on our web page. Donations for those who do not prepare a dish will be \$5.

Irish Cabbage Potato Pie -

Recipe information - Total Time: 1 hour; Yield - 6 servings

Ingredients

2 lb. russet potatoes, peeled, cut into 2" pieces	1 tsp. kosher salt, divided, plus more
4 Tbsp. unsalted butter, divided	1 head of Savoy cabbage
3 thick-cut bacon slices (about 3 oz.), finely chopped	½ onion, thinly sliced
2 Tbsp. apple cider vinegar	1 tsp. thyme leaves
1 tsp. freshly ground black pepper	2 large eggs
¾ cup heavy cream	
1¼ cups coarsely shredded sharp cheddar, preferably Irish	

Preparation

Step 1 - Preheat oven to 400°F. Place potatoes in a medium pot, pour in cold water to cover, and season with salt.

Bring to a boil; reduce heat to low and cook until potatoes are fork-tender, 20-25 minutes. Drain and return potatoes to pot; add 2 Tbsp. butter.

Step 2 - Meanwhile, trim very base of cabbage, then pull off outer leaves, being careful not to tear them, until you have 10 total. Cut out any tough ribs; discard. Cook leaves in a large pot of boiling salted water until tender, about 8 minutes. Transfer to a bowl of ice water and let cool. Transfer to clean kitchen towels and pat dry. Thinly slice remaining cabbage.

Step 3 - Cook bacon in a 10"-diameter ovenproof skillet, preferably cast-iron, over medium, stirring occasionally, until bacon is beginning to crisp, about 6 minutes. Add sliced cabbage and onion and cook, stirring occasionally, until tender and starting to caramelize (vegetables will be golden brown), 20-25 minutes. Add vinegar, scraping up browned bits, then mix in thyme, pepper, and ½ tsp. salt. Remove from heat.

Step 4 - Mash potatoes with a potato masher until soft. Whisk eggs and cream in a small bowl, then add to potatoes and mash to combine. Add bacon mixture, cheese, and ½ tsp. salt and mix well. Taste and add more salt if needed. Wipe out and reserve skillet.

Step 5 - Break up 1 Tbsp. butter into smaller pieces and dot around reserved skillet. Line with a single layer of cabbage leaves, overlapping slightly and allowing them to hang over edges of skillet. Scrape in potato mixture and spread out to the edges, flattening out evenly with a rubber spatula. Fold overhanging leaves up and over filling and top with more cabbage leaves, overlapping them slightly to create a single layer. Break up remaining 1 Tbsp. butter and dot over top.

Step 6 - Roast cabbage pie until lightly browned, 30-35 minutes. Let cool 10 minutes before cutting into wedges.

