



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

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.

September 2026

What's Happening Around Town This Month?

Volume 126



WE ARE LOOKING FOR A SENIOR TO WORK FOR SACRAMENTO MOUNTAIN SERVICES 20 HOURS A WEEK FOR ONE YEAR! ARE YOU THAT PERSON???
COME AND SEE US IF YOU ARE INTERESTED.

- *This is through the Senior Employment Program – candidates must be 55 or older.*
- *The goal is to train a senior at our facilities and that senior could go out into the community in a year and find a job (or be hired into a position with us!!)*

Fall Adjectives



An **adjective** is a word that tells about a noun.

Here are some adjectives you can use to describe the season of fall:

bright	cool	dark	magnificent	scary
brisk	cozy	fresh	orange	warm
brown	creepy	happy	red	windy
colorful	crunchy	juicy	ripe	yellow

Directions: Use adjectives from the list to write four sentences about fall. Circle the fall adjectives in each sentence.

1. _____
2. _____
3. _____
4. _____

Sudoku Puzzles 16X16

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

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

CALL FOR RESERVATION BEFORE 8:30

September Menu

LUNCH SERVED 11:30 TO 12:15

2% milk available with meals	TUESDAY 1 Green Chile Pork Stew Zucchini and Diced Tomatoes Flour Tortilla Grapes	WEDNESDAY 2 Meatloaf w/ GC Mashed Potatoes Beef Gravy Roasted Green Beans Cornbread Cantaloupe	THURSDAY 3 Waldorf Chicken Salad Wrap Wheat Tortilla Baby Carrots Beet and Onion Salad Mandarin Oranges w/ Cinnamon Oatmeal Cookie	FRIDAY 4 Sloppy Joe Sandwich Baked French Fries Italian Blend Vegetables Baked Sliced Apples
MONDAY 7 Closed for Labor Day	TUESDAY 8 Red Chile Beef Enchiladas Lettuce and Tomato Pinto Beans Calabacitas Banana	WEDNESDAY 9 Cranberry Maple Chicken Brown Rice Roasted Brussel Sprouts Fresh Fruit Salad	THURSDAY 10 Chef Salad w/ Egg, Turkey Ham Wheat Roll Mixed Berries	FRIDAY 11 Frito Pie Corn Chips Capri Blend Vegetables Spiced Peaches
MONDAY 14 Salisbury Steak Onion Gravy Parsley Potatoes Broccoli Spear Wheat Roll Cantaloupe	TUESDAY 15 Cheese Spinach Lasagna Italian Green Beans Vanilla Yogurt Strawberries	WEDNESDAY 16 BBQ Chicken Breast Baked Beans Stewed Tomatoes Cornbread Fresh Fruit Salad	THURSDAY 17 Southwest Tater Tot Casserole Coleslaw Wheat Roll Orange	FRIDAY 18 Tuna Salad Sandwich Baby Carrots Broccoli Grape Salad Mixed Fruit
Monday 21 Mediterranean Chickpea Salad Balsamic Dressing Garlic Knot Strawberries and Bananas	Tuesday 22 BBQ Pulled Pork Sandwich Coleslaw Carrots Baked French Fries Spiced Peaches	Wednesday 23 Beef Soft Tacos Pinto Beans Capri Vegetables Peanut Butter Cookie ROADRUNNER DAY	Thursday 24 Chicken Alfredo Fettuccine Italian Beans Stewed Tomatoes Cubed Mango	Friday 25 Beef Tips w/Gravy Brown Rice Mushrooms Roasted Brussel Sprouts Berry Cobbler
Monday 28 Country Fried Steak Country Gravy Herb Roasted Potatoes Green Beans Wheat Roll Cantaloupe	Tuesday 29 Baked Chicken Nuggets Sweet Potato California Blend Wheat Roll Diced Pears	Wednesday 30 Boneless Country Style Ribs Barbecue Sauce Country Gravy Mashed Potatoes Château Blend Vegetables Wheat Roll Mandarin Oranges & Bananas		

September 2026 Events

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CC= Cloudcroft HR= High Rolls

	Tuesday, September 1 Vital Signs 11:00 CC Mexican Train 12:30 CC	Wednesday, September 2 Canasta 12:30 pm CC	Thursday, September 3 Beginning Line Dancing with Chris Breyer 12:30	Friday, September 4 Bridge 12:30 CC Si Senior Alamogordo Meet there 5:00 pm
Monday, September 7 Canasta 12:30 pm CC	Tuesday, September 8 Music Talent Performances 1030-11:15 am CC Vital Signs 11 CC Mexican Train 12:30 CC	Wednesday, September 9 Canasta 12:30 pm CC	Thursday, September 10 Beginning Line Dancing with Chris Breyer 12:30	Friday, September 11 Bridge 12:30 CC Brother-in-Laws Meet there 5:00 pm
Monday, September 14 Canasta 12:30 pm CC	Tuesday, September 15 Vital Signs 11 CC Mexican Train 12:30 CC	Wednesday, September 16 Canasta 12:30 pm CC	Thursday, September 17 September Birthday Celebration - CC & HR Rowdy Seniors Bingo – 12:30-1:30pm CC Cyber Bingo – 12 - HR	Friday, September 18 <u>Bridge 12:30 CC</u> La Rosa's Tularosa Meet there 5:00 pm We may take the van
Monday, September 21 Canasta 12:30 pm CC Board Meeting 5:00pm	Tuesday, September 22 Music Talent Performances 1030-11:15 am CC Vital Signs 11:00 CC Mexican Train 12:30 CC	Wednesday, September 23 Canasta 12:30 pm CC ROADRUNNER DAY	Thursday, September 24 TV Bingo – CC & HR 12pm	Friday, September 25 Bridge 12:30 CC Big Daddy's Meet there 5:00 pm
Monday, September 28 Canasta 12:30 pm CC	Tuesday, September 29 Vital Signs 11:00 CC Mexican Train 12:30 CC	Wednesday, September 30 Canasta 12:30 pm CC		

ANNUAL APPLE FESTIVAL

Sponsored by the High Rolls Mountain Park Lions Club

SATURDAY, SEPTEMBER 19 9 AM TO 5 PM

SUNDAY, SEPTEMBER 20 9 AM TO 4 PM

**High Rolls Community Center
56 Cottage Row**

The Senior Center will be selling Apple & Cherry Pies as a fundraiser at the Apple Festival.

Whole Pie \$25

By the Slice \$5

À La Mode \$6

**Please come out and support our local community.
We'd love to see you there.**



Ingredients

- 1 small acorn or butternut squash
 - 1 large bell pepper, preferably red or green
 - 1 small red or cooking onion, finely chopped
 - 3 tbsp butter
 - 1/4 tsp cayenne pepper
 - 1 cup dry white wine
 - 1/2 tsp mace
 - 2 284-mL cans undiluted chicken broth, preferably lower salt
 - 1/2 to 1 cup freshly grated parmesan or romano
- 1 small zucchini, chopped about 1 cup
- 3 garlic cloves, minced
- 1 cup short-grain rice, preferably Italian arborio
- 2 tsp cumin
- 1/2 tsp salt
- 2 to 2 1/2 cups water
- 1/2 cup coarsely chopped fresh coriander, or parsley

20 min·6 serves



Instructions

- To soften the squash for easy peeling, make a small slash right to the seeded centre. Microwave on high just until it can be easily pierced with a knife, about 4 minutes for acorn, 6 minutes for butternut. Meanwhile, seed and chop pepper. Chop onion and zucchini. Remove squash from microwave. Slice in half. Scoop out and discard seeds. Slice off peel. Slice squash into cubes, about 1 1/2 inch (1 cm) wide.
- Melt 1 tablespoon butter in a large wide saucepan set over medium heat. Add squash cubes and 1 minced garlic clove. Sprinkle with cayenne. Stir-fry squash for 5 minutes. Then, remove to bowl. Add peppers to saucepan and stir-fry for 3 minutes. Remove to another bowl. Don't add to squash. Add 1 tablespoon butter to pan. When hot, add onions and remaining 2 minced garlic cloves. Sauté, stirring often, until onion has softened, about 5 minutes. Then, add remaining 1 tablespoon of butter. When melted, add rice and stir until rice is coated with butter and slightly translucent, about 2 minutes.
- While constantly stirring rice mixture, immediately add 1 1/2 cup wine, cumin, mace and salt. Stir gently until rice has absorbed the wine. Then, add remaining 1 1/2 cup wine, again stirring gently until absorbed.
- Then, add undiluted chicken broth, 1 1/4 cup at a time. Stir frequently and waiting until liquid is absorbed before adding more. (This process is necessary to produce a creamy textured rice.) When all broth has been absorbed, add squash and 1 1/2 cup of water. Continue stirring until all is absorbed. Add remaining water, 1 1/4 cup at a time, stirring frequently until most of water is absorbed before adding more. The entire stirring and cooking process will take about 30 to 35 minutes.
- When rice is just tender to the bite and very creamy, stir in peppers, zucchini and cheese until evenly distributed. Stir in coriander. Taste and add salt and pepper, if needed. Serve immediately in wide shallow soup bowls or deep plates with extra cheese scattered over top. Risotto is best served right away.

Joke of the Month –

Don't let aging get you down; it's too hard to get back up again.