



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 interested in driving the van to Friday night dinners outside Clouderoft, please call the center for more information.

October 2026

What's Happening Around Town This Month?

Volume127



SACRAMENTO MOUNTAINS Senior Services

575-682-3022



Facebook



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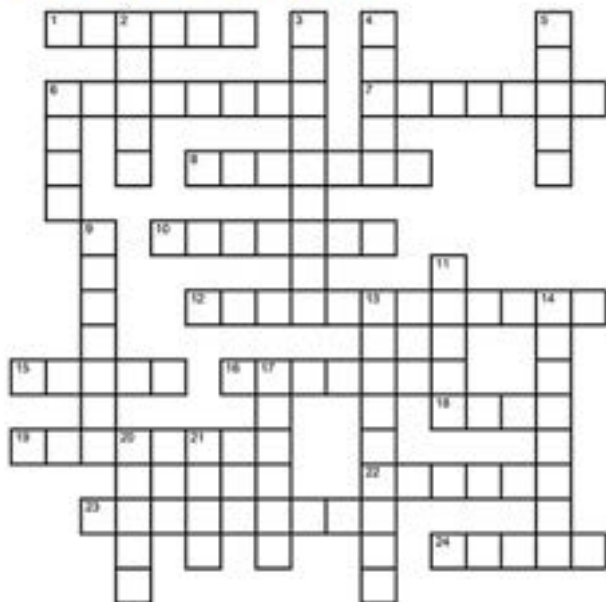
WE ARE LOOKING FOR A SENIOR TO WORK FOR SACRAMENTO MOUNTAIN SERVICES 20 HOURS A WEEK FOR ONE YEAR! ARE YOU THAT PERSON??? COME AND SEE US IF YOU ARE INTERESTED.

- 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!!)

Name: _____ Date: _____

I LOVE FALL

Acorn
Apple
Autumn
Chestnut
Cider
Cobweb
Fall
Football
Gourd
Halloween
Harvest
Hay Bale
Hayride
Leaves
Maize
November
Nuts
October
Pumpkin
Quilt
Rake
Scarecrow
September
Sleet
Thanksgiving



ACROSS

1. They fall from trees.
6. Popular autumn sport.
7. Jack-o-lantern gourd.
8. The 10th month of the year.
10. The gathering of crops.
12. The fourth Thursday in November.
15. Might be patchwork.
16. Seat at a square dance (two words).
18. Leaf gathering yard tool.
19. They are roasted on an open fire.
22. Halloween decoration made by a spider.
23. The 9th month of the year.
24. Decorative squash.

DOWN

2. Oak tree's fruit.
3. October 31st.
4. Honeycrisp.
5. Also known as corn.
6. The season that follows summer.
9. Fun activity on a farm.
11. Drink made from apples.
13. Used to keep birds off of crops.
14. The 11th month of the year.
17. Another word for the fall season.
20. Semi-frozen rain.
21. What squirrels often gather.



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FALL WORD SEARCH



Find these words

ACORN

FLANNEL

HAYRIDE

PUMPKIN

APPLES

FOLIAGE

MAPLE

SCARECROW

BONFIRE

FROST

OCTOBER

SQUASH

CHESTNUT

HARVEST

ORCHARD

SWEATER

Free large-print puzzles to play or print at boldpuzzles.com

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mtnseniors.com



2% milk served at meals

SMSSI October 2026

			THURSDAY 1, 2026 Frito Pie Pinto Beans Capri Vegetables Strawberries and Banana	FRIDAY 2, 2026 Fish Sandwich Coleslaw Carrots Tropical Fruit Salad
MONDAY 5, 2026 Spinach & Mushroom Quiche (no crust) Garbanzo Beans Asparagus Mixed Berries Vanilla Yogurt w/Granola	TUESDAY 6, 2026 Sloppy Joes Potato Wedges Sliced Tomato Broccoli Banana	WEDNESDAY 7, 2026 Shredded Chicken & Bean Burrito Calabacitas Spinach Orange	THURSDAY 8, 2026 Chef Salad w/ Turkey, Ham and Egg Wheat Roll Fruit Salad	FRIDAY 9, 2026 Chicken Adovada Pinto Beans Chateau Blend Vegetables Mango Chunks
MONDAY 12, 2024 CENTERS CLOSED FOR HOLIDAY	TUESDAY 13, 2026 Macaroni in Tomato Sauce Italian Vegetables Strawberries w/ Greek Nonfat Vanilla Yogurt Low fat Granola	WEDNESDAY 14, 2026 Salisbury Steak w/ Gravy Mashed Potato Brussel Sprouts Tossed Salad w/Ranch Dressing Wheat Bread Mixed fresh Fruit	THURSDAY 15, 2026 Chicken Fajita w/Wheat Tortilla Spanish Rice Spinach Pinto Beans Diced Mango	FRIDAY 16, 2026 Tuna Salad Creamy Cucumber Salad Vegetable Soup Pineapple Chunks Rice Pudding
MONDAY 19, 2026 Bratwurst w/ Wheat Bun Steamed Cabbage Onions & Peppers Sun Chips Ranch Beans Spiced Pears	TUESDAY 20, 2026 Beef & Papas Vegetable Medley Flour Tortilla Gelatin	WEDNESDAY 21, 2026 Sweet and Sour Pork Steamed Brown Rice Oriental Veggies Pineapple	THURSDAY 22, 2026 Tamale W/Red Chile Pinto Beans Zucchini w/Diced Tomatoes Apricots Graham Crackers	FRIDAY 23, 2026 Sausage & Mushroom Ragu Penne Pasta Tossed Salad w/ Dressing Garlic Roll Warm Apple Slices
MONDAY 26, 2026 Chicken Soft Tacos Pinto Beans Capri Vegetables Mixed Fruit	TUESDAY 27, 2026 Red Chile Pork Posole Zucchini & Diced Tomatoes Flour Tortilla Tropical light Yogurt	WEDNESDAY 28, 2026 Ham & Cheese Sandwich Tomato Soup Plain Baked Potato & Sour Cream Kiwi ROADRUNNER DAY	THURSDAY 29, 2026 Beef Stroganoff Carrots & Green Beans Peaches	FRIDAY 30, 2026 Herbed Baked Chicken Breast Parlsey Potatoes Roasted Brussel Sprouts Wheat Roll Peanut Butter Cookie Banana

October 2026 Events

575-682-3022

CC= Cloudcroft HR= High Rolls

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			Thursday, October 1 Beginning Line Dancing with Kim Miller 12:30	Friday, October 2 Bridge 12:30 CC Les Combes Alamogordo Meet there 5:00 pm
Monday, October 5 Canasta 12:30 pm CC	Tuesday, October 6 Music Talent Performances 1030-11:15 am CC Vital Signs 11 CC Mexican Train 12:30 CC	Wednesday, October 7 Canasta 12:30 pm CC	Thursday, October 8 Beginning Line Dancing with Kim Miller 12:30	Friday, October 9 Bridge 12:30 CC Dusty Boots Meet there 5:00 pm
Monday, October 12 CLOSED FOR HOLIDAY	Tuesday, October 13 Vital Signs 11 CC Mexican Train 12:30 CC	Wednesday, October 14 Canasta 12:30 pm CC	Thursday, October 15 October Birthday Celebration - CC & HR Rowdy Seniors Bingo – 12:30-1:30pm CC Cyber Bingo – 12 - HR	Friday, October 16 <u>Bridge 12:30 CC</u> Joe's Italian Meet there 5:00 pm
Monday, October 19 Canasta 12:30 pm CC	Tuesday, October 20 Music Talent Performances 1030-11:15 am CC Vital Signs 11:00 CC Mexican Train 12:30 CC	Wednesday, October 21 Canasta 12:30 pm CC	Thursday, October 22 TV Bingo – CC & HR 12pm	Friday, October 23 Bridge 12:30 CC Cloudcroft Brewery Meet there 5:00 pm
Monday, October 26 Canasta 12:30 pm CC Board Meeting 5:00pm	Tuesday, October 27 Vital Signs 11:00 CC Mexican Train 12:30 CC	Wednesday, October 28 Canasta 12:30 pm CC ROADRUNNER DAY	Thursday, October 29 Beginning Line Dancing with Kim Miller 12:30	Friday, October 30 Bridge 12:30 CC K-Bob's Steakhouse Meet there 5:00 pm

October 2026 Community Events

October 3 — Oktoberfest in Cloudcroft

Cloudcroft Brewing Company and The Distillery are holding Oktoberfest beginning at noon, with brat plates, live music, a stein-holding competition and other festivities.

October 3–4 — Oktoberfest Weekend in Timberon

High Country Lounge & Grill is planning a full Oktoberfest weekend with German food, homemade pretzels, brats, a cornhole tournament, stein relay, stein-holding contest, Hammerschlagen and Saturday-night karaoke.

October 3–4 — Apple Festival in La Luz

The annual Apple Festival is listed for Saturday and Sunday, October 3–4. Since apples and fall go together so well!

October 9–31 — Haunted Village, Cloudcroft

The Sacramento Mountains Museum in Cloudcroft is hosting its Haunted Village on October 9, 10, 16, 17, 23, 24, 30 and 31, from 7–10 PM. Admission is listed at \$15, and proceeds support the museum.

October 10 — Fall Craft & Vendor Fair, Alamogordo

The White Sands Mall has its 6th Annual Fall Craft & Vendor Fair, 10 AM–4 PM, with more than 70 vendors and crafters.

October 10 — Bucket Golf Tournament, Cloudcroft

A fundraiser at Elevation Park benefiting Cloudcroft Village Parks & Recreation.

October 10 — Free Astronomy Star Party, Alamogordo

The New Mexico Museum of Space History is hosting a free Astronomy League Star Party from 7–9 PM as part of World Space Week.

October 17 — Cactus to Cloud Sky Race

The well-known mountain race takes place October 17. It's geared toward serious trail runners, but it's also a noteworthy regional event for the newsletter.

October 17 — Corks & Shells Wine & Pistachio Festival, Alamogordo

At Alameda Park from 12–6 PM, featuring local wineries, pistachio growers, food trucks, vendors, live music and family-friendly activities.

October 17 — Burning of the Bull, Alamogordo

The 8th Annual Burning of the Bull is scheduled at the Otero County Fair Associates fairgrounds. Visit Alamogordo lists it as one of the city's major October events.

October 20 — Pet Costume Contest, Alamogordo

White Sands Mall is holding a pet costume contest at 6 PM, with dog, cat, other-pet and pet/owner categories; proceeds benefit Alamogordo Animal Control.

October 24 — Trick or Trot 5K & Fun Run, Cloudcroft

At Zenith Park beginning at 9 AM. Participants are encouraged to wear costumes, with prizes for race finishers and costume categories. It benefits Cloudcroft Schools' Technology Student Association.

October 24 — Zoo Boo, Alamogordo

The City of Alamogordo has Zoo Boo scheduled at Alameda Park Zoo.

October 30–31 — Cloudcroft Pumpkin Roll & Halloween Weekend

The weekend includes the traditional Pumpkin Roll down Swallow Place, costume activities and trick-or-treating along Burro Avenue. Cloudcroft Schools also has its Fall Festival Friday from 5–7:30 PM, with carnival games, bingo, raffles, a cakewalk and a bouncy house.

October 31 — James Sewell Ice Rink Grand Opening, Cloudcroft

The ice rink at Zenith Park is scheduled to open noon–10 PM, with skating, face painting, a costume contest, trunk-or-treat and giveaways.

October 31 — Halloween Night at the Zoo, Alamogordo

YIELD: 6

HEALTHY PUMPKIN MUFFINS| EASY RECIPE

These healthy pumpkin muffins are an easy breakfast idea that you can make ahead for the week using only one bowl! A wholesome fall breakfast recipe that you'll want to eat in the morning or for a quick snack on the go. Flourless, refined sugar free, gluten free and dairy free!

PREP TIME	COOK TIME	TOTAL TIME
5 minutes	20 minutes	25 minutes

INGREDIENTS

- ½ cup pumpkin puree
- 3 tbsp almond butter
- ⅓ cup almond milk
- 1 tbsp butter
- 3 tbsp honey
- 1 cup quick oats
- 1 egg
- 1 tsp vanilla
- 1 ½ tsp cinnamon
- ½ tsp nutmeg
- 1/2 tsp baking soda
- ½ tsp coconut flour

INSTRUCTIONS

1. Preheat the oven for 180C/350F.
2. Place all of the ingredients for the muffins except for the chocolate chunks in a bowl and mix until combined.
3. Line a muffin tin with muffin liners and fill with the mixture (mine was enough for 6 muffins). Top each muffin with chocolate chunks.
4. Bake the muffins for around 20 minutes or until a toothpick comes out clean after inserting into the muffins.
5. Let them cool off, peel off the liners and enjoy!
6. Store in an airtight container in the fridge for 4-5 days.



DO IT YOURSELF - FALL ALL- NATURAL CANDLE



This simple recipe gives you a cozy, pumpkin-spice-scented candle that's perfect for filling your home with fall vibes. Once you make one, you'll be tempted to experiment with new scents and colors for every season.

Author: Tiffany Pelkey

Ingredients

2 ounces soy wax

Orange candle dye (optional)

12 drops cinnamon bark essential oil

8 drops clove essential oil

6 drops ginger essential oil

6 drops sweet orange essential oil

1 wick

2-ounce heat-safe jar

Instructions

Add the soy wax and orange candle dye to a heat-safe container. Place in a double boiler over low heat, stirring occasionally until the wax is fully melted and the color is evenly blended.

While the wax is melting, secure the wick in the center of your 2-ounce jar. (A dab of melted wax or wick sticker will help hold it in place.)

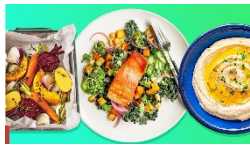
Once the wax has melted, remove it from heat and let it cool slightly. When it reaches about 130–140°F, stir in the essential oils.

Carefully pour the scented wax into your prepared jar, keeping the wick centered.

Allow the candle to cool and harden completely at room temperature.

Before lighting, trim the wick to about ¼ inch for a clean, even burn.

Find it online: <https://thecoconutmama.com/diy-fall-candle-all-natural/>



*Simple changes to your grocery shopping style can pay off with better nutrition,
lower bills and a lighter environmental load.*

- **1. Frozen fish over fresh**

- You may think of frozen fish as mushy and bland, but it has changed since our youth. Today's flash freezing methods preserve the texture of the flesh so well that it can be hard to tell a fresh fish from a frozen one. And there's a health advantage: Flash freezing eliminates any parasites that could be lurking in wild-caught fish. (They're killed by heat, but they can still present an issue if the fish isn't cooked all the way through.)
- And because frozen fish can be shipped, it's cheaper and more environmentally sound than fresh fish, which usually has to be flown in at a higher price (at times up to 50 percent higher). Think of it as sending a letter via regular mail versus FedEx.

- **2. Chicken over beef**

- We all know that eating more plants and less animal protein is cheaper and brings us closer to the kind of diet most cardiologists recommend. But when you're craving meat and watching your margins, the right choice can make a difference. Chicken is lower in calories and the saturated fat linked to heart disease than beef. And a chicken is an inherently more efficient animal than a cow. It comes to market in 12 weeks instead of two years and needs much less food to raise. Because of that, a pound of chicken is less than half the price of a pound of beef.
- Plus, chicken has a carbon footprint roughly one-tenth that of beef.

- **3. Oats over rice**

- When we were a horse-drawn nation, oats were a primary part of the American diet. But as went the horse, so went the oat. That's a shame. Oats are cold-hardy, take little or no fertilizer and, unlike water-needy rice, require nothing but rainwater for irrigation. They're also an excellent cover crop that helps keep soil healthy. Oats are higher in fiber than even brown rice and are especially rich in beta-glucan, a form of soluble fiber that helps lower LDL ("bad") cholesterol. That means more nutrition for every dollar spent.

- **4. Roots over leaves**

- "Nutrient density" is one of those wonky phrases you see in food science literature, but if you recast it as "cost efficiency," it's a lot easier to digest. Root vegetables are just cheaper. And while both greens and root vegetables are packed with vitamins, the roots deliver the same amount of fiber as broccoli and more than three times as much as lettuce. Now consider the fact that root vegetables keep a lot longer, and you're getting much more nutritional bang for your hard-earned buck.

- **5. Hummus over blue cheese dip**

- Chickpeas and other legumes are essential elements of the Mediterranean diet, which study after study finds to be the best at reducing all-cause mortality. Buy premade hummus to save a fair bit over cheese dip, but if you make it at home — it's just chickpeas, olive oil, lemon, garlic and tahini — you'll save even more.

- **6. Mussels and clams over shrimp**

- Harvesting wild shrimp is expensive, and it can result in the inadvertent killing of 10 pounds of other marine animals for every pound of shrimp. Farmed shrimp require a tremendous amount of wild fish to be ground up into their feed. But farmed mussels and clams (and oysters) live off plankton they filter from the water. That translates into savings: Mussels can go for as little as a buck a pound at membership stores, though around \$4 a pound is more the norm. Meanwhile, shrimp generally range from \$7 to \$14 a pound, even at discount shops.