

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

***** URGENT *****
We need a driver for Friday night dinners outside Cloudcroft. Please call the center for more information.



November 2026

What's Happening Around Town This Month?





VOLUNTEERS NEEDED!

SMSSI is bringing a hydroponic tower garden to Cloudcroft and High Rolls Senior Centers. We are seeking volunteers to plant, learn, maintain, and harvest to share the experience. Contact us for more information and to volunteer!



Name: _____ Date: _____

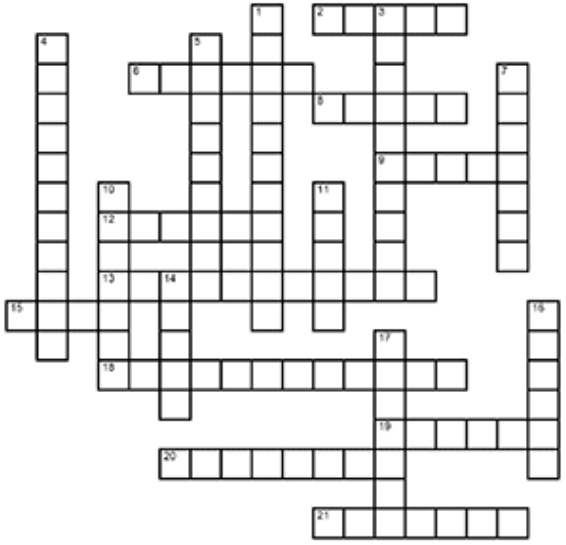
November

ACROSS

2. Sponsors of the annual Thanksgiving parade in New York City.
6. Traditional Thanksgiving bird.
8. Breezy or gusty.
9. Drink made from apples.
12. Another word for the fall season.
13. November 11th.
15. Tool for gathering leaves.
18. Celebrated on the fourth Thursday of November.
19. What the turkey said.
20. Eleventh month of the year.
21. Often used to make pie in November.

DOWN

1. First Tuesday after the first Monday in November.
3. Horn of abundance.
4. The day after Thanksgiving.
5. Thankfulness.
7. Along with Sagittarius, zodiac sign for November.
10. The gathering of crops.
11. Deposit of small ice crystals.
14. Along with citrine, birthstone for the month of November.
16. They're raked in autumn.
17. Mayflower passenger.



Autumn	Gratitude	Rake
Black Friday	Harvest	Scorpio
Cider	Leaves	Thanksgiving
Cornucopia	Macy's	Topaz
Election Day	November	Turkey
Frost	Pilgrim	Veterans Day
Gobble	Pumpkin	Windy

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Fall Word Search — Large Print

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

Find these words

CRANBERRY
FAMILY
GRATITUDE
GRAVY
LEFTOVERS
MAYFLOWER
PARADE
PUMPKINPIE
STUFFING
TURKEY
WISHBONE
YAMS

575-682-3022

THRIVE in Southern New Mexico
Mountain Monthly



MONDAY 2, 2026	TUESDAY 3, 2026	WEDNESDAY 4, 2026	THURSDAY 5, 2026	FRIDAY 6, 2026
Frito Pie Corn Chips Pinto Beans Calabacitas Fresh Apple	Teriyaki Chicken Brown Rice Asian Vegetables Mandarin Oranges and Pineapple Chunks	Chicken Fried Steak Mashed Potatoes Country Gravy Green Beans Wheat Roll Fruit Cocktail	BBQ Pulled Pork Potato Salad Carrots Peach Cobbler	Garden Salad w/ Chicken and HB Egg Ranch Dressing Wheat Roll Pears
MONDAY 9, 2026	TUESDAY 10, 2026	WEDNESDAY 11, 2026	THURSDAY 12, 2026	FRIDAY 13, 2026
Beef Taco Zucchini and Diced Tomatoes Tropical Fruit Salad	Baked Tilapia Baked Potato California Vegetables Wheat Roll Fruit Salad	CLOSED VETERAN'S DAY	Beef Broccoli Brown Rice Oriental Vegetables Fortune Cookie Cantaloupe	Smothered Bean & Cheese Burrito Chateau Vegetables Mango Chunks Peanut Butter Cookie
MONDAY 16, 2026	TUESDAY 17, 2026	WEDNESDAY 18, 2026	THURSDAY 19, 2026	FRIDAY 20, 2026
Chicken Enchiladas Pinto Beans Spinach Strawberries and Bananas	Salisbury Steak Parsley Potatoes Italian Vegetables Orange	Chicken w/ Rice Casserole Vegetable Medley Wheat Roll Apricots	Tuna Salad Sandwiches Three Bean Salad Cucumber and Tomatoes Fruit Compote	Turkey & Stuffing Mashed Potato & Gravy Green Beans Pumpkin Pie
MONDAY 23, 2026	TUESDAY 24, 2026	WEDNESDAY 25, 2026	THURSDAY 26, 2026	FRIDAY 27, 2026
Herbed Pork Chop Brown Gravy Brown Rice Pilaf Carrots and Green Beans Plums	Cheese Quesadilla Guacamole Pinto Beans Chateau Vegetables Fruit Cocktail	Meatloaf Mashed Potatoes Roasted Brussel Sprouts Wheat Roll Tropical Fruit Salad	CLOSED THANKSGIVING BREAK	CLOSED THANKSGIVING BREAK
MONDAY 30, 2026				
Hamburger Mac Vegetable Medley Tossed Salad Orange Vanilla Pudding				

North Central New Mexico Economic Development District
Council of Governments
Non-Metro Area Agency on Aging

November 2026 Events

575-682-3022

CC= Cloudcroft HR= High Rolls

Mtnseniors.com

Monday, November 2 Canasta 12:30 pm CC	**Tuesday, November 3** Vital Signs 11 CC	**Wednesday, November 4** Canasta 12:30 pm CC	**Thursday, November 5** Beginning Line Dancing with Chris Breyer/Kim 12:30	**Friday, November 6** Bridge 12:30 CC Les Combes Alamogordo Meet there 5:00 pm
Monday, November 9 Canasta 12:30 pm CC	**Tuesday,November 10** Music Talent Performances 10:30-11:15 am CC Vital Signs 11 CC Mexican Train 12:30 CC	**Wednesday,November 11** **CLOSED FOR HOLIDAY**	**Thursday,November 12** **Beginning Line Dancing Chris Breyer/Kim 12:30 CC** **Cyber Bingo – 12 – HR** Tshirt Bag Workshop CC Marcy Jellum 12:30 – 1:30	**Friday, November 13** Bridge 12:30 CC Dusty Boots Meet there 5:00 pm
Monday,November 16 Board Meeting 5:00pm	**Tuesday, November 17** Vital Signs 11 CC Mexican Train 12:30 CC	**Wednesday,November 18** Canasta 12:30 pm CC	**Thursday, November 19** **November Birthday Celebration - CC & HR** Rowdy Seniors Bingo – 12:30-1:30pm CC **ROADRUNNER DAY**	**Friday, November 20** Bridge 12:30 CC Carino's Meet there 5:00 pm
Monday,November 23 Canasta 12:30 pm CC	**Tuesday, November 24** Music Talent Performances 10:30-11:15 am CC Vital Signs 11:00 CC Mexican Train 12:30 CC	**Wednesday,November 25** Canasta 12:30 pm CC	**Thursday, November 26** **CLOSED FOR HOLIDAY**	**Friday, November 27** **CLOSED FOR HOLIDAY**
Monday, November 30 Canasta 12:30 pm CC				

November 2026 Community Events

November 3 – ELECTION DAY. Voting Locations: 7am – 7 pm. In Cloudcroft – Cloudcroft High School and James Canyon Fire Station. In Alamogordo – Sgt. Willie Estrada Memorial Civic Center, Tays Special Events Center and Otero County Fairgrounds

November 5 – Medicaid/Medicare Advice with Melissa Luna in Cloudcroft and High Rolls. 10:00 AM – 12:30 PM
Sign up sheet on sign-in table.

November 6 – Benny Bassett, rock/folk singer, at Cloudcroft Brewing Company

November 7 & 8 – Mountain Top Classic 8U Hockey Tournament, James Sewell Ice Rink, Cloudcroft

November 10 – Suicide Prevention – Virtual Presentation with Dr. Marvel Harrison. 11:00 AM – 12:00 PM

November 12 – Tshirt Bag Workshop by Marcy Jellum, Cloudcroft Senior Center, 12:30 PM – 1:30 PM

November 14 – Cards and Beads free workshop taught by Maria Aragon at the Otero Artspace, 1118 Indiana Ave., Alamogordo.
Contact mariaaragon64@gmail.com to reserve a spot.

November 18 – Canadian Brass at the Flickinger Center for Performing Arts, Alamogordo 7:00 pm

November 20 – CCHS Seniors Wellness/Vitals Check, Cloudcroft Senior Center, 11:00 AM – 12:00 PM

November 21 – Community Holiday Party Potluck, Mayhill Community Center, 6:00 PM

November 21 – Comedian William Lee Martin, Flickinger Center, Alamogordo 7:00 PM

November 27 & 28 – Cloudcroft Christmas Market, Cloudcroft High School Gym, 10:00 AM – 4:00 PM

November 28 – Santa Land by CLOC, Zenith Park Pavilion, Cloudcroft Santa is scheduled to arrive at 5 PM

Every Saturday in November – Cloudcroft Art Society artists exhibit and sell original works, Old Red Brick Schoolhouse 11 AM – 3 PM

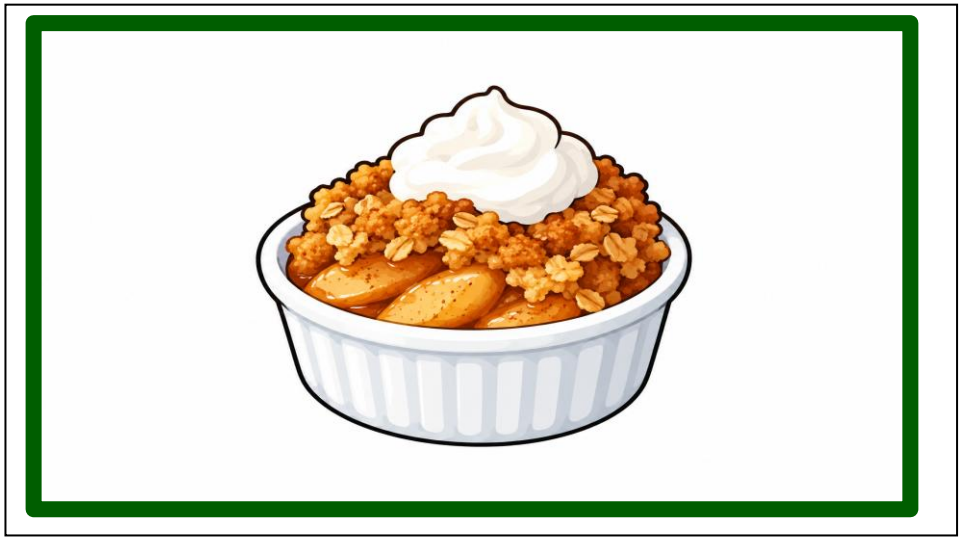
The Best Apple Crisp **Author** Ashlyn Edwards | Belle of the Kitchen

This Apple Crisp recipe is the best fall dessert ever! Fresh sliced apples are topped with a buttery cinnamon oat topping that tastes divine with a scoop of vanilla ice cream!

Prep Time 10minutes mins **Cook Time** 45minutes mins **Total Time** 55minutes mins **Servings** 8

Filling:

- 5 cups fresh apples sliced
- 1/2 cup granulated white sugar
- 1/2 tsp cinnamon
- 1 teaspoon vanilla extract



Topping:

- 1/2 cup all purpose flour
- 1/3 cup old fashioned oats
- 2/3 cup packed brown sugar
- 1/4 tsp salt
- 1/2 teaspoon cinnamon
- 1/4 cup (1/2 stick) butter melted

Instructions

1. Preheat oven to 350 degrees. Grease a deep dish pie plate or large baking dish with butter or cooking spray and set aside.
2. Combine the sliced apples with the sugar, cinnamon, and vanilla extract in a large bowl and mix until all of the apples are evenly coated. Pour into the prepared baking dish.
3. In a separate medium size bowl, combine the flour, oats, brown sugar, salt, and cinnamon. Pour in the melted butter and stir until well coated and crumbly. Sprinkle the crumb mixture evenly over the top of the apples.
4. Bake in the preheated oven for 45-60 minutes until fruit is soft and the topping is golden brown. Allow to cool slightly before serving. Serve warm with vanilla ice cream on top. Enjoy!

Notes

- **Slice your apples evenly.** I slice my apples using this slicer to speed up the process and remove the core easily. I then slice the apples one more time each with my knife so that the widest part of the slice is roughly 1/2 an inch wide. You can also chop them into big chunks if you would prefer, but just make sure that you chop your apples to a uniform size to ensure even baking in your apple crisp.
- **Prevent over-browning.** If your topping is starting to get too brown but your apples still need more time to cook, simply place some aluminum foil loosely over the top of your pan and continue baking.
- **Optional additions:** Chopped nuts like pecans or walnuts would be a delicious addition to the topping! I didn't add any to ours because my son has a nut allergy.
- **Serving:** this apple crisp tastes AMAZING with a scoop of vanilla ice cream on top! You could also top it with whipped cream and a drizzle of caramel sauce. Yum!

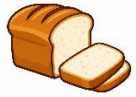
Nutrition

Calories: 253kcal | Carbohydrates: 50g | Protein: 2g | Fat: 6g | Saturated Fat: 4g | Cholesterol: 15mg | Sodium: 130mg | Potassium: 129mg | Fiber: 3g | Sugar: 39g | Vitamin A: 219IU | Vitamin C: 4mg | Calcium: 25mg | Iron: 1mg

The Foods of the Month Challenge!

Check out the information about the *delicious and nutritious* Foods of the Month (FOM)at www.nrpa.org/committohealth-foods. We would like to challenge you to try each FOM 3 times per month as part of our ***FOM Challenge***! Complete the table below, and share results with each other via text, Instagram, Facebook (snap a picture), or the old way, in person! We hope you will see just how yummy these nutritious FOMs can be, and perhaps you'll continue eating them after the Challenge ends!

November 2026

Date FOM Tried	Foods of the Month	Describe how FOM was prepared (what recipe? Raw, etc.)	Who did you have the FOM with? (family, friends, etc.)	Comments about the experience (How you/others enjoyed it, what other way would like to try it)
				
				
				
				

🍎 6 FUN NUTRITION FACTS!

1. Carrots Help Your Eyes! 🥕
Carrots contain beta-carotene, which your body turns into vitamin A to help keep your eyes healthy.

2. Apples Are Full of Fiber! 🍎
Eating apples with their skin provides fiber that helps keep your digestive system happy.

3. Bananas Are a Great Energy Snack! 🍌
Bananas contain carbohydrates that give your body energy, plus potassium to help your muscles work.

4. Water Is Essential! 💧
Your body needs water to stay hydrated, regulate temperature, and help you feel your best.

5. Milk Helps Build Strong Bones! 🥛
Milk provides calcium and often vitamin D, which help keep your bones and teeth strong.

6. Eating a Rainbow Is Healthy! 🌈
Different-colored fruits and vegetables provide different vitamins and nutrients. Try eating a variety of colors every day!