

Upcoming Events

- Oct 1 Healthcare Clinic
- Oct 3 Breakfast Club
- Oct 4 Bingo sponsored by Angels Care Home
- Oct 4 Quilt Show excursion
- Oct 7 Crafts with Sherry
- Oct 8 Advisory Council Meeting
- Oct 9 Midland County Library Bookmobile
- Oct 9 Medicare Talk
- Oct 11 Center closed for Texas Size Garage Sale
- Oct 14 Chair Activity Bingo
- Oct 15 Entertainment by Frank and Jean
- Oct 16 Ladies Make-Over with Bea
- Oct 16 Birthday Celebration
- Oct 16 Computer Aid
- Oct 17 Movie Matinee
- Oct 18 Bingo sponsored by Home Hospice
- Oct 18 Pat & Joann Piano/Flute Concert
- Oct 21 Cooking with Verna
- Oct 22 Rockin Chair Rockettes Show
- Oct 24 West Texas Food Bank excursion
- Oct 25 Halloween Dance
- Oct 28 Birthday Party by Home Care Plus
- Oct 30 Halloween Costume Contest



Imogene Banks recently celebrated her 80th birthday at the MSC. Her daughter-in-law, Nandy Banks, provided a beautiful cake for everyone to enjoy.

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FROM THE DIRECTOR'S DESK *Linda Griffin*

Election time is drawing near and now is the time for all seniors in Midland to make their voices heard. The role of seniors in every election is important; our collective participation holds power. We need to band together and defend our interests by contacting our current elected officials and those who are running against them.

According to the U.S. Census, it is estimated that more than 10% of the Midland County population was 65 years and over in 2018. With seniors following their children who come to the Permian Basin for jobs that percentage is likely to grow.

According to an AARP web bulletin published on April 30, 2018, people over 65 continue to show up at the polls far more than any other age group. Plus, the number of voters who fall into the category of "older" continues to rise.

There is still time to find out about the candidates and their commitment to seniors in our community. Your voice is important. Make it heard during this election year.

Putting on a costume is not just for the youngsters. Even those of us who are older like to dress up for Halloween! You will have two opportunities to don a costume—during the Halloween dance on Oct. 25 and the Halloween Costume Contest on Oct. 30. There will be prizes awarded to the best male and female costume during the costume contest.

It was a treat to have the Midland County Library Bookmobile come to the MSC in September. The bookmobile will be back every second Wednesday of the month with Oct. 9 being the next appointed date. Many library resources are available without having to make a trip to the downtown or branch libraries. No library card, no problem! You can get a card when you visit the bookmobile.

It is hard to believe, but it has been almost a year since members of the Advisory Council were elected. Nominations for elected positions will take place in November. Be thinking about how you can participate in the election. And give a big thank you to those who currently serve on the Advisory Council.

October 2019 Menu

Mon	Tue	Wed	Thu	Fri
	1 Baked Pork Chop /W Gravy Lima Beans, Oven Okra WW Roll Banana Split Dessert	2 Sloppy Joe on WW Bun Hashbrown Casserole Baked Beans, Pears	3 Chicken Nuggets French Fries Carrots, Coleslaw Biscuit, Fruit Salad Cup	4 Chicken Enchilada Casserole Corn Fiesta, Pinto Beans Guacamole, Tortilla Chips Strawberries
7 Chicken & Dumplings California Blend Vegetables Stewed Tomatoes Tomato Onion Salad Chunky Fruits	8 Lasagna Capri Blend Vegetables Spinach, Garlic Bread Tossed Green Salad, FF Dressing White Cake W/Frosting	9 Roast Turkey Cornbread Dressing, Gravy Cranberry Sauce, WW Bread Candied Sweet Potatoes Ambrosia	10 Chili Dog on Bun Tator Tots Corn W/Red & Green Peppers Orange Slices, Sugar Cookies	11 Pinto Beans & Ham Chunks Stewed Tomatoes Cornbread, Orange Gelatin Cake
14 Pork Chops in Brown Gravy Corn Casserole, Baby Carrots Biscuit Spiced Apples	15 Chicken Noodle Casserole Capri Blend Vegetables Stewed Tomatoes, WW Roll Key Lime Pie	16 Swiss Steak Oven Brown Potatoes Oven Okra, Spinach Salad Citrus Banana Cup	17 Teriyaki Chicken, Rice Broccoli W/Red Pepper Tossed Salad, FF Dressing Angel Cake W/Strawberries	18 Tuna Salad on WW Bread Baked Potato Chips Carrots & Raisin Salad Melon Balls Chocolate Chip Cookie
21 Soft Beef Tacos W/Cheese Spanish Rice, Pinto Beans Guacamole, Salsa Lettuce & Tomato Cherry Crisp	22 Ham Black Eyed Peas Turnip Greens Cornbread Apricot Cobbler	23 Meatloaf W/Onion Gravy Mashed Potatoes Italian Green Beans Fruited Jell-O	24 BBQ Chicken Cream Style Corn Green Bean Casserole Relish Plate, Chocolate Pie	25 Fish Filet on Bun Sweet Potato Fries Pork & Beans Applesauce
28 Chopped Steak W/Brown Gravy Mashed Potatoes Peas & Carrots Tossed Salad, FF Dressing Sliced Peaches	29 Chicken Breast (Boneless) Buttered Potatoes Green Peas & Mushrooms Biscuit, Honey Packet Fruit Cocktail	30 Beef & Vegetable Stew Beets, Cornbread Green Salad W/Tomato FF Dressing Fruited Gelatin W/Marshmallows	31 Shredded BBQ Beef On WW Bun Hot Potato Salad, Pork & Beans Sliced Onion/Dill Relish Citrus Fruit Salad Lemon Cake	

MEALS ARE PROVIDED BY SENIOR LINK MIDLAND.

MEALS ARE SUBJECT TO CHANGE.


BUTTER AND MILK INCLUDED IN EVERY MEAL.

October 2019 Activities

Regularly Scheduled Activities

Mon	Tue	Wed	Thu	Fri
8:00 Gym (all day) 8:30 Billiards (all day) 9:00 Puzzles (all day) 9:00 Chair Exercise 9:30 42 (dominoes) 9:30 Line Dance 11:30 Lunch 12:30 Hand & Foot (cards) 1:00 Bridge	8:00 Gym (all day) 8:30 Billiards (all day) 8:30 Ceramics (all day) 8:45 Yoga 9:00 Puzzles (all day) 9:30 42 (dominoes) 9:30 Beginners Line Dance 10:30 Intermediate Line Dance 10:30 Therapy Dogs 11:30 Lunch 12:30 Hand & Foot (cards) 7:00 Line Dancing	8:00 Gym (all day) 8:30 Billiards (all day) 8:30 Ceramics (all day) 9:00 Puzzles (all day) 9:00 Chair Exercise 9:30 42 (dominoes) 10:00 Gospel Singing 11:30 Lunch 12:30 Hand & Foot (cards)	8:00 Gym (all day) 8:30 Billiards (all day) 8:45 Yoga 9:00 Puzzles (all day) 9:30 42 (dominoes) 10:00 C&W Music/Dancing 11:30 Lunch 12:30 Hand & Foot (cards)	8:00 Gym (all day) 8:30 Billiards (all day) 9:00 Puzzles (all day) 9:00 Chair Exercise 9:30 42 (dominoes) 10:00 Bingo 10:30 Line Dance 11:30 Lunch 12:00 Newborn Gifts (sewing) 12:00 Hooked on Needlework 12:30 Hand & Foot (cards) 1:00 Bridge

October 2019 Special Events

Mon	Tue	Wed	Thu	Fri
	1 9:00 Healthcare Clinic	2 9:30 Hearing Aid Check Miracle Ear	3 8:30 Breakfast Club	4 10:00 Bingo sponsored by Angels Care Home Health 12:30 Quilt Show excursion
7 9:00 Crafts with Sherry 9:30 Bible Study	8 11:30 Ceramic Pot Luck 12:30 Advisory Council Meeting	9 10:00 Bookmobile 10:00 Blood Pressure Check Angels Care Home Health 11:00 Medicare Talk	10	11 9:00 Texas Size Garage Sale Center closed
14 10:00 Chair Activity Bingo with Sirena and Zach	15 10:30 Entertainment by Frank and Jean	16 9:15 Ladies Make-Over with Bea 11:30 Birthday Celebration 12:30 Computer Aid	17 10:00 Blood Pressure Check NurseX Home Health Services 12:30 Movie Matinee	18 10:00 Bingo sponsored by Home Hospice 11:00 Pat & Joann Piano/Flute Duet
21 9:30 Bible Study 12:30 Cooking with Verna	22 11:00 Rockin Chair Rockettes Line Dancing Program	23 10:00 Blood Pressure Check Angels Care Home Health	24 10:00 West Texas Food Bank Senior Pantry	25 7:00 Halloween Dance
28 11:30 Birthday Party by Home Care Plus	29 10:00 Breakfast and Medicare Aid provided by Marty Valdez	30 11:15 Halloween Costume Contest	31 	

October Birthdays

Dorethea	1
Mario Aguilar	2
Laura Schwartz	2
Needa Faught	3
Joe Agan	4
Joann Fleming	4
Virginia Gonzales	4
Jose J. Martinez	4
Bennara Rice	4
Barbara McCulloch	5
Placido Sifuentes	5
Robby Blair	7
Maynard Bryant	7
Nelda Cranford	8
Clifton Roberson	8
Ronnie Jumper	9
Bill Lively	9
Juan Lucio	9
Ray Rodriguez	9
Betty Bollinger	10
Charlene Weaver	10
Louie Hernandez	11
Rex Jordan	11
Richard D. Melvin	11
David Hayes	12
Janis Chapman	13
Linda Cerasuolo	14
Santiago Contreras	14
Debra Frazier	14
Sally Cruz	16
Thompson	17
Olga Sanchez	18
Juanita Leon	20
Elizabeth Davis	21
Pat Dawson	21
Carolyn Haywood	21
Lorraine Calabria	22
Russell Livingston	22
Ellen Vie Rose	22
Adelita Sotelo	22
Bob Telford	22
Wade Gamblin	23
Donald Phillips	23
Glenda Barron	24
Nellie Prado	25
Linda Smith	27
Wynona Frazier	28
Joyce, Mary	28
Josephine	28
Lynn Clark	30
John Tominovich	31

Need to Know

☺ Ruby Jubilee—40th Anniversary Quilt Show

Join us on Friday, October 4 at 12:30 pm when we travel to the new Bush Convention Center located at 105 N. Main to attend the Midland Quilters Guild Quilt Show. The entry fee is \$5 if you go with other members of the MSC, otherwise the cost is \$7. You may not be a quilter, but quilts are works of art, so come just to enjoy seeing the creative craftsmanship that goes into creating the quilts on display. For more information click on this link: <https://www.midlandquiltersguild.com/quilt-shows-1>.

☺ Texas Size Garage Sale

The Senior Life Garage Sale located at 407 E. Scharbauer Drive is scheduled for the second weekend in October (11, 12, and 13). Since this event supports **Meals on Wheels**, which provides us with the wonderful noon meals we enjoy each weekday, please take the time to visit the sale. You are sure to find many *can't-live-without* treasures! Also, the MSC will be closed on Friday, October 11, so employees can help with the sale.

☺ Halloween Dance

The next dance is scheduled for Friday, Oct 25, from 7:00 to 9:30 pm (instead of the second Friday in the month). Come dressed in your preferred costume and bring some spooky Halloween treats to share. You are bound to have a frightfully good time with DJ Frank playing all those wonderful C & W tunes.

☺ Midland Senior Center Garage Sale

The MSC is hosting a member garage sale and community bake sale on Saturday, November 2, from 9:00 am to 12:00 pm. There is no charge for bringing your items to sell, but it is requested you make a donation to the Advisory Council at the end of the sale. Baked goods are also requested to sell to the public that morning. Arrangements for space must be made in advance. Margo Kelly, Advisor Council Treasurer, is coordinating assigning tables to display the items.



From left to right: Members of Sherry Marshall's ceramic class traveled to the Permian Basin Fair to check out who received ribbons on their entries. Eunice Young, Juanita Arreguin, Margo Kelly, and Kathy Holdridge stop for refreshments at the food tent.