



# April



## Hours of Operation:

**Santa Fe Crossing**  
Monday thru Friday 9:00am - 2:00pm  
**Station 618**  
Monday thru Friday 8:00am - 5:00pm

*The facility will only be open late hours  
for scheduled programs.*

[https://www.cosatx.us/departments-services/  
senior-services](https://www.cosatx.us/departments-services/senior-services)

**Santa Fe Crossing  
Station 618**

**702 S. Chadbourne St.  
618 S. Chadbourne St.**

\* **325-657-4484**  
\* **325-481-2798**

### MONDAY

8:00 am-5 pm	618	Card Games & Dominoes
9:00 am-2:00 pm	SFC	Card Games & Dominoes
9:00 am-2:00 pm	SFC	Puzzles
8:00 am-5:00 pm	618	Library
9:00 am-10:00 am	618	Cardio & Strength
9:00 am-10:00am	SFC	Ping-Pong
10:30 am-11:00 am	SFC	Bingo
10:30 am-11:30 am	618	Beginner Yoga
11:00 am-12:30 pm	SFC	Lunch
1:00 pm-4:00 pm	618	Mexican Train Dominoes
1:00 pm-2:00 pm	618	Tai Chi
1:00 pm-4:00pm	618	Bridge
1:00 pm-5:00 pm	618	Pinochle

### TUESDAY

8:00 am-5 pm	618	Card Games & Dominoes
9:00 am-2:00 pm	SFC	Card Games & Dominoes
9:00 am-2:00 pm	SFC	Puzzles
8:00 am-5:00 pm	618	Library
9:00 am-2:00 pm	SFC	Art (Oil & China Painting)
9:00 am-10:00 am	618	Cardio & Strength
10:30 am-12:00pm	618	Line Dance (Mixed)
11:00 am-12:30 pm	SFC	Lunch
1:00 pm-5:00 pm	618	Pinochle/Card Games
1:30 pm-4:30 pm	618	Mah Jongg
1:00 pm-2:00 pm	618	Cardio & Strength

### WEDNESDAY

8:00 am-5 pm	618	Card Games & Dominoes
9:00 am-2:00 pm	SFC	Card Games & Dominoes
9:00 am-2:00 pm	SFC	Puzzles
8:00 am-5:00 pm	618	Library
9:00 am-11:00 am	SFC	Crochet, Knitting, & Needlecraft
10:00 am-11:30 am	618	Line Dance Beginners
10:00 am-2 pm	SFC	Bridge
11:00 am-12:30 pm	SFC	Lunch
1:00 pm-2:00 pm	618	Tai Chi

**\*\* Payment Box is available for drop off of  
payments located across Recreation Supervisor's office.**

### Nutrition Sites

**Santa Fe Crossing**  
702 S. Chadbourne  
325-657-4484

### Christian Village

4225 Billie Bolin  
325-949-8575

### Oak Grove

**Senior Apartments**  
4359 Oak Grove Blvd.  
325-223-8895

*For serving times and  
reservations call the  
nutrition site.*

### THURSDAY

8:00 am-5 pm	618	Card Games & Dominoes
9:00 am-2:00 pm	SFC	Card Games & Dominoes
9:00 am-2:00 pm	SFC	Puzzles
8:00 am-5:00 pm	618	Library
9:00 am-10:00 am	618	Cardio & Strength
9:00 am-2:00 pm	SFC	Ping-Pong
10:30 am-11:30 am	618	Beginner Yoga
11:00 am-12:30 pm	SFC	Lunch
1:00 pm-2:00 pm	618	Cardio & Strength
1:30 pm-4:30 pm	618	Mah Jongg

**THE FITNESS ROOM is open for use  
Monday through Friday, 8:00am - 5:00pm.  
Monthly fee is \$10.00.**

### FRIDAY

8:00 am-5 pm	618	Card Games & Dominoes
9:00 am-2:00 pm	SFC	Card Games & Dominoes
9:00 am-2:00 pm	SFC	Puzzles
8:00 am-5:00 pm	618	Library
9:00 am-11:30 am	SFC	Sewing
9:00 am-10:00 am	618	Cardio & Strength
9:00 am-10:00 am	SFC	Ping-Pong
10:30 am-11:30 am	618	Beginner Yoga
10:30 am-11:00 am	SFC	Bingo
11:00 am-12:30 pm	SFC	Lunch
1:00 pm-4:00 pm	618	Bridge
1:00 pm-5:00 pm	618	Pinochle

*Events, Programs, and Schedules are subject to change, with or  
without notice.*

## Health Screenings

◆ Angels Home Health - Blood Pressure & Sugar  
check

9am – 10:00am      618      April 15

*\*Health screenings are subject to cancelation with  
discretion from sponsoring agency.*

**\*\*Attention SFC  
Meal Participants\*\***

*If you are attending meal  
program, please ensure  
that you pick up your  
own tray and return it to  
the kitchen when finished  
unless assistance is  
needed.*

*Thank you for your  
cooperation.*



# April

**\*\*COST \$3 Suggested Donation for 60+ who are registered. Guests pay \$6 per meal.**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1. Polish Sausage</b> Potatoes Sweet Cabbage Cornbread Peaches w/Whipped Topping	<b>2. Beef Stew</b> Tossed Salad w/ Dressing Cornbread Black Forest Parfait	<b>3. Charbroil Beef Patty w/ Peppers &amp; Onions</b> Garlic Mashed Potatoes Corn Wheat Bread Orange Dream	<b>4. Shrimp Alfredo</b> Vegetable Blend Caesar Salad Garlic Bread Yellow Cake w/ Strawberries
<b>7. Oven Fried Chicken</b> Mac and Cheese Peas Berry Blend w/Whipped Topping	<b>8. Beef Goulash</b> Navy Beans Broccoli Wheat Bread Cookie Sandwich	<b>9. Homemade Turkey Pot Pie</b> Seasoned Corn Tossed Salad w/ Dressing Pumpkin Custard	<b>10. Glazed Meatloaf</b> Red Bliss Potatoes Mixed Vegetables Breadstick Apple Crisp	<b>11. Honey Mustard Chicken</b> Fried Rice Seasoned Vegetables Blend Wheat Roll Sunshine Fruit Cup
<b>14. Roast Pork</b> Sweet Potatoes Spinach Wheat Roll Banana Split	<b>15. Chicken Salad Sandwich</b> Tomato, Lettuce, & Pickle Macaroni Salad Carrot Salad Peaches	<b>16. Beef Soft Taco</b> Spanish Rice Chips & Salsa Seasoned Corn Lemon Cream Pie	<b>17. Chicken Cacciatore</b> Brussel Sprouts Caesar Salad Garlic Bread Fruit and Jell-O	<b>18. Santa Fe Crossing &amp; Station 618 Senior Centers will be CLOSED in observance of Good Friday. No food will be served/delivered on this day.</b>
<b>21. Breaded Steak Tenders</b> Loaded Baked Potato w/Sour Cream Buttered Carrots Chocolate Pudding Pie	<b>22. Chicken Parmesan</b> Rotini w/Tomato Sauce Greens Wheat Bread Peanut Butter Square	<b>23. Philly Cheese Steak Sub</b> French Fries Salad w/Dressing Ice Cream	<b>24. Club Sandwich</b> Tomato, Lettuce, & Pickle Broccoli Raisin Salad Chips Pineapple Delight	<b>25. Cheeseburger</b> Potato Wedges Tomato Wedge Salad Melon Medley
<b>28. Turkey &amp; Dressing</b> Green Beans Tossed Salad w/ Dressing Wheat Roll Pumpkin Cake	<b>29. Taco Salad &amp; Corn Chips</b> Pinto Beans Spanish Rice Carrot Cake Bars	<b>30. Chicken &amp; Rice Casserole</b> Black-eyed Peas Spinach Wheat Roll Fruit Cup		Suggested Donation for those 60+ and who have registered is \$3.00. Those under age 60 must pay \$6.00 Santa Fe Crossing 11:00am-12:30pm

*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.*

This program is funded in part by the Texas Health and Human Services Commission through the Concho Valley Council of Governments- Area Agency on Aging, the City of San Angelo, and participant donations.



# The EXPRESS

April 2025

Parks & Recreation Department- Senior Services

**\*\*Attention meal participants\*\***  
If you have not partaken in nutrition education in the last few months, please attend meeting. FMI contact staff.



## Nutrition Class

April 23<sup>rd</sup>

Station 618

2:30 in the Activity Room

Monthly Topic-

Reading Food Labels



Class will include:

Free kitchen items

Cooking Demonstration and Tasting



Santa Fe Crossing & Station 618 Senior Centers will be CLOSED on the following day:

**\*\*Friday, April 18 - Good Friday**

There will be NO meals served or delivered on this day.

### April Birthday Celebration

Join us in celebrating April Birthdays at 10am on Thurs. April 24 in the lobby of Station 618.

Bring a snack to add to the table.



**\*\*Wednesday Morning Mid-Week Workouts\*\***  
Every Wednesday in April  
8:15am - 9:15am  
Cardio & Strength class with Shannon.  
Get ready to tone muscle, sweat, and have fun!

**SHANNON** Care at Home

A representative will be available Tuesday, April 1 at 10:30am in the Santa Fe Crossing lobby to answer any questions regarding the services they provide for any in-home care needs.



West Texas Counseling & Guidance is committed to providing quality behavioral health services and resources regardless of ability to pay. FMI, speak to a representative.

Tuesday, April 8 at 10:30am  
Santa Fe Crossing lobby



**Afternoon BINGO**  
Tuesday  
April 15 @ 2:30pm

Join us for another fun hour of bingo and prizes!!  
St 618 Activity Rm

### \*Attention fitness participants\*

We are going cashless at Station 618. If you need to make a fitness cash payment, please pay at the front office at Santa Fe Crossing. Checks and credit card payments are acceptable in office at Station 618. Thank you!