

Friendship Senior Center

901 W. 13th


Clovis NM

(575) 769-7913

Viola Montoya, Coordinator

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 	2 Coffee Klatch 9-11 8-Ball Pool Exercise Equip.	3 Coffee Klatch 9-11 Happy Crafty Crew 9-4 8-Ball Pool Exercise Equip.	4 <u>Flu Shots 11am-1pm</u> <u>Garage Sale 9-2</u> Coffee Klatch 9-11 Happy Crafty Crew 9-4 8-Ball Pool Mexican Train 1-4	5 Coffee Klatch 9-11 Crafts 8-Ball Pool Exercise Equip.	6 Coffee Klatch 9-11 8-Ball Pool Blood Pressure 11-1 BINGO 1-3 Exercise Equip.	7 
8 	9 Coffee Klatch 9-11 8-Ball Pool Exercise Equip.	10 Coffee Klatch 9-11 Happy Crafty Crew 9-4 8-Ball Pool Exercise Equip.	11 Coffee Klatch 9-11 Happy Crafty Crew 9-4 8-Ball Pool Mexican Train 1-4 Exercise Equip.	12 Coffee Klatch 9-11 Crafts 8-Ball Pool Exercise Equip.	13 Coffee Klatch 9-11 8-Ball Pool Blood Pressure 11-1 BINGO 1-3 Exercise Equip.	14 
15 	16 Coffee Klatch 9-11 8-Ball Pool Exercise Equip.	17 <u>10am</u> <u>Board Meeting</u> Coffee Klatch 9-11 Happy Crafty Crew 9-4 8-Ball Pool Exercise Equip.	18 Coffee Klatch 9-11 Happy Crafty Crew 9-4 8-Ball Pool Mexican Train 1-4 Exercise Equip.	19 Coffee Klatch 9-11 Crafts 8-Ball Pool Exercise Equip.	20 Coffee Klatch 9-11 8-Ball Pool Blood Pressure 11-1 BINGO 1-3 Exercise Equip.	21 
22 	23 Coffee Klatch 9-11 8-Ball Pool Exercise Equip.	24 Coffee Klatch 9-11 Happy Crafty Crew 9-4 8-Ball Pool Exercise Equip.	25 Coffee Klatch 9-11 Happy Crafty Crew 9-4 8-Ball Pool Mexican Train 1-4 Exercise Equip.	26 Coffee Klatch 9-11 Crafts 8-Ball Pool Exercise Equip.	27 Coffee Klatch 9-11 8-Ball Pool Blood Pressure 11-1 BINGO 1-3 Exercise Equip.	28 
29 	30 Coffee Klatch 9-11 8-Ball Pool Exercise Equip.	31 <u>Happy Halloween</u> Coffee Klatch 9-11 Happy Crafty Crew 9-4 8-Ball Pool <u>Business Mtg. 3:30</u> <u>Fun Night 4:00</u>				

Happy Birthday Goblins



- 7 **Santiago Leal**
- 8 **Bernice Gutierrez**
- 9 **Judith Encinias**
- 10 **Amanda (Maggie) Cantu**
- 11 **Gabriel Martinez**
- 13 **Cleo Sena**
- 13 **Virginia Wymore**
- 15 **Ida Munoz**
- 19 **Dannette Butler**
- 20 **Rubel Encinias**
- 20 **Rose Montoya**
- 22 **Rafael Reyes**
- 25 **Sandra Gurule**
- 27 **Maria Romero**

Restroom Safety Tips

The restroom is one of the most dangerous areas of any home. You can improve your safety and comfort by:

- Installing a 'comfort height' toilet that makes it easier to sit and stand.
- Replacing your bathtub with a walk-in shower and a bathing seat.
- Place non-skid strips on the floor of your tub or shower.
- Use a hand-held lightweight shower head to make bathing and cleaning easier.
- Replace your old faucets with temperature-controlled faucets to prevent scalding burns.
- Add a motion-sensor light or night light to your bathroom for added safety at night.
- Install grab bars throughout the room, which can also serve as towel racks.



October Dates to Remember

- 4** **Garage Sale**
9am-2pm
- 4** **Flu Shots**
11am-1pm
- 17** **Board Meeting**
10:00 am
- 31** **Business Meeting**
3:30 pm
- Fun Night**
4:00 pm

**Things Happening at
LA CASA SENIOR CENTER**
1120 Cameo
Call (575)762-8110 for more info

- 10-6** **Garage Sale & Bake Sale**
- 10-22** **Dance from 1-5pm**
- 10-27** **Enchilada Dinner
Fundraiser Luncheon**

