


		1	GRAND OPENING <i>Coming Soon!</i> <i>Watch for Details!</i>	2	Friendship Center Closed Relocating to the Hillcrest Senior Life Center	3	Friendship Center Closed Relocating to the Hillcrest Senior Life Center	4					
		5	Friendship Center Closed Relocating to the Hillcrest Senior Life Center	6	Friendship Center Closed Relocating to the Hillcrest Senior Life Center	7	Friendship Center Closed Relocating to the Hillcrest Senior Life Center	8	GRAND OPENING <i>Coming Soon!</i> <i>Watch for Details!</i>	9	Friendship Center Closed Relocating to the Hillcrest Senior Life Center	10	Friendship Center Closed Relocating to the Hillcrest Senior Life Center
12	 Friendship Center Closed Relocating to the Hillcrest Senior Life Center	13	Friendship Center Closed Relocating to the Hillcrest Senior Life Center	14	Friendship Center Closed Relocating to the Hillcrest Senior Life Center	15	GRAND OPENING <i>Coming Soon!</i> <i>Watch for Details!</i>	16		17	9am Power Walking 10am Balance Workshop w/ Tom Danat	18	
19	10am Table Games 1pm Cooking Class w/ Betty Learn to make homemade Coffee Creamer	20	CDBG Public Meeting 10am 1:30 Bingo	21	2pm Nonagenarian Fiesta Come join us as we honor senior 90+ Years of Age RSVP by May 20th 575-769-7908	22		23	1pm Men's Pool Tournament	24	9AM Power Walking 2 English Tea	25	
26	 MEMORIAL DAY REMEMBERING & HONORING ALL WHO SERVED May 27th ★★☆☆	27	1:30 Bingo	28	11am-1pm RSVP information Booth w/ Kim & Dianna 1pm Mexican Train	29		30	1pm Open Pool Tournament	31	MAY BIRTHDAY CELEBRATION		

Curry Resident Senior Meals Association

575-762-9405

Saturday, May 18 CRSMA Fundraiser \$10 Includes Hamburger/Chips/Cobbler/Tea Meal served 5-6:30 Dance 5-9pm Curry County Outlaws		1	<u>Pinto Beans w/Ham</u> Fried Potatoes Cornbread Pudding	2	Chicken Alfredo over Fettuccini Noodles Broccoli & Cauliflower Bread Stick Cake	3	Taco Salad Chips, Beef, Cheese, & Salad Cookie	4			
5	<u>Crispy Chicken Sandwich</u> Lettuce, Tomatoes, Pickles, & Onions Tater Tots Yogurt	6	<u>Frito Pie</u> Beef, Beans, Chili, & Cheese w/ Salad Spiced Apples	7	<u>Bean & Cheese Burrito</u> w/Red Sauce Chuck Wagon Corn Spanish Rice Jell-o	8	<u>Steak Fingers</u> w/ Cream Gravy Baked Potatoes Blended Veggie Roll w/ Margarine Fruit Cocktail	9	10 Closed relocating to Hillcrest Senior Life Center	11	Meals are subject to change due to pricing and availability
12	Closed relocating to Hillcrest Senior Life Center	13	Closed relocating to Hillcrest Senior Life Center	14	Closed relocating to Hillcrest Senior Life Center	15	<u>Spaghetti</u> w/ Meat Sauce Green Beans Garlic Bread Cookie	16	<u>BBQ Riblet</u> Macaroni & Cheese Blended Vegetables Roll w/ Butter Fruit Salad	17	18 CRSMA Fundraiser \$10 Dinner & Dance 5-9pm
19	<u>Chicken Tenders</u> w/ Gravy Mashed Potatoes 5 Way Mix Roll w/ Butter Peaches	20	<u>Taco Tuesday</u> Flour Tortillas w/ Ground Pork, Cheese, Lettuce & Tomatoes Pinto Beans, Chips & Salsa Cookie	21	<u>Meat Lasagna</u> Italian Vegetables Garlic Bread Cake	22	<u>Salisbury Steak</u> w/ Brown Mushroom Gravy Baked Potatoes Carrots Roll w/ Butter Cobbler	23	<u>Grilled Chicken Sandwich</u> Lettuce, Tomatoes, Pickles, & Onions French Fries Diced Pears	24	25
26	 HAPPY Memorial Day	27	<u>Sloppy Joe on Bun</u> Fried Potatoes Baked Beans Pudding	28	<u>Hot Dog on a Bun</u> Chili Sauce w/Cheese French Fries Ice Cream	29	<u>Green Chile Chicken Enchiladas</u> Pinto Beans Spanish Rice Chips & Salsa Sopapilla w/Honey	30	<u>Meatloaf</u> w/ Brown Gravy Mashed Potatoes Green Beans Roll w/ Butter Pudding	31	All Meals Served w/1% Low Fat Milk

Hillcrest Senior Life Center

Balance Workshop

With Tom Danat

May 17th 2024 @ 1 pm

Please R.S.V.P. 575-769-7908

1704 East 7th St. Clovis NM 88101

Nonagenarian Fiesta

Celebrating our 55th Annual

Sponsored by Compassus / Interim / Empower/Gentiva

Wednesday May 22, 2024 2:00 PM

1704 East 7th St. Clovis NM, 88101 (575) 769-7908

Hillcrest Senior Life Center

Come in and Enjoy Cooking Class with Betty

May 20, 2024 @ 1:00 P.M.

1704 East 7th St. Clovis, NM 575-762-9405

Hillcrest Senior Life Center Pool Tournament

Come join us for our Mens Pool Tournament Thursday May 23, 2024

Open Tournament Thursday May 30, 2024

Fun Prize

1704 East 7th St. Clovis NM 88101

Hillcrest Senior Life Center

Let's have a Tea Time

Join us on Fridays At 2:00 pm 1704 East 7th St. Clovis ,NM

Hillcrest Senior Life Center

BINGO

Tuesdays 1:30p.m. 1704 East 7th St. Clovis NM 88101

Fun Prizes

A Consumer Guide for Older Adults

Caring For Your Nutrition: Get the Facts

When your body does not get the right balance of energy and nutrients that it needs, you may become malnourished. Malnutrition is in this case considered undernutrition. Malnutrition threatens your health and your ability to fight sickness and injuries.

KNOW THE WARNING SIGNS

Malnutrition is not always easy to see, so it is important to keep an eye out for possible signs that you may be malnourished. The major signs of malnutrition include:

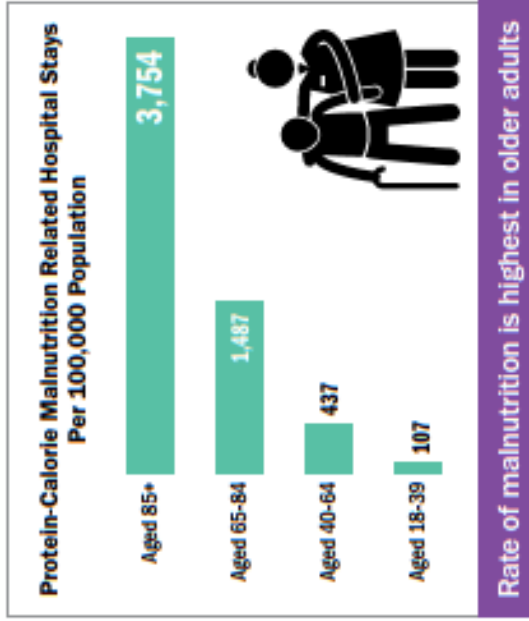
Sudden unexpected weight loss	Loss of appetite	Muscle weakness	Frequent nausea, vomiting, or diarrhea
Slow-healing wounds	Feeling tired or fatigued	Swelling in your ankles, legs, or belly	Getting sick often

You may be at a greater risk for malnutrition if you suffer from a chronic health condition, such as diabetes, cancer, heart disease, or dementia.

WHY IT MATTERS

Malnutrition is a serious issue that can have dangerous consequences on your well-being. The effects of malnutrition in older adults include:

Higher risk of falls and broken bones	Less independence
Higher stress levels	Higher risk of infections
Longer and more frequent hospital stays	Higher death risk



Source: U.S. Dietary Intake, Owens PL. Non-nutritional Inequivalent Stays in the United States Involving malnutrition, 2016. U.S. Agency for Healthcare Research and Quality. www.ehponline.org/ehp/ehp.ips.

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