



SEACUS • GRAHAM COUNTY SENIOR ACTIVITY CENTER • GREENLEE COUNTY SENIOR CENTERS

JULY

2023

SENIOR NEWSLETTER

GRAHAM COUNTY SENIOR ACTIVITY CENTER

4TH OF JULY

THE CENTER:

822 W Main St
Safford, AZ 85546
(928) 428-5891

Activities Coordinator:

Elaine Beckett
ebeckett@seacus.org

Hours of Operation:

Monday-Fri 9:00am-2:00pm

WELCOME

The Senior Center is the hub of activities for seniors age 55 plus. The Center is founded on the principle of bringing senior citizens together for entertainment, enrichment, and healthy living. We offer a senior lounge with television, **daily lunch (\$3 donation)**, computers, a variety of games, library with books and DVD's, along with yoga, and other classes. **Membership is just \$1 per month so sign up , and enjoy all that the Graham County Senior Activity Center has to offer!**



President-Kathleen Tavison

Vice President –Kris Sheryl

Treasurer– Linda Herbert

Secretary - Sharon Valencia

**Prayer and Pledge of Allegiance
Before Our Delicious Wednesday Breakfast**



**Just a whole lot of folks, having a whole lot of fun!
Celebrating: Birthdays, Father's Day, Juneteenth, & Music!
Every day is a day to celebrate.
Come on down and join in!**



DO NOT FORGET



BREAKFAST



EVERY WEDNESDAY

8:00-8:50 AM

Biscuits & Gravy, Eggs,
Bacon or Sausage

Coffee-Orange Juice- Tea

Menu Subject To Change

JOKE OF THE MONTH

HOW IS THE MOON LIKE DENTURES?



THEY BOTH COME OUT AT NIGHT



Birds

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

HERON
ROBIN
CHICK
EAGLE

BEAK
WREN
MOUSE
OWL

WING
EYE
FLY
PELLET

PREY
CLAW
HAWK

GREENLEE CO CENTER

104 4th St
Clifton, AZ 85533
(928) 865-5240
WWW.SEACUS.org

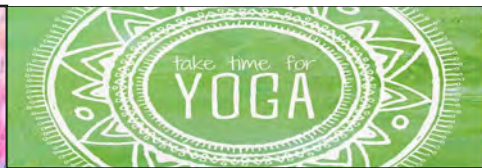


Hours of Operation

Monday - Friday 8am - 2pm



Craft Class
Tuesdays
Call Cassandra for
more information



Thursdays
@ 12:30p

Yoga at the Senior Activity Center has become a popular class especially in the summer months. It's a great way to get your exercise while staying out of the sun.



GREENLEE COUNTY SENIOR CENTER
WILL BE CLOSED
JULY 4TH

SEACUS is a local non-profit that has been providing services in Graham and Greenlee Counties since 1978. We currently serve over 300 community members in Graham and Greenlee Counties.

Our Mission

Improve the quality of life of mature adults in the Gila Valley through education & activity, advocacy, family caregiver support and quality compassionate care.

Our Vision:

That every aging community member will have access to health education and activities, and will have the option of growing old in the comfort and safety of their own homes



THANK YOU FOR COMING OUT IN
SUPPORT OF
WORLD ELDER ABUSE AWARENESS
DAY JUNE 2023



MORENCI SENIOR CENTER



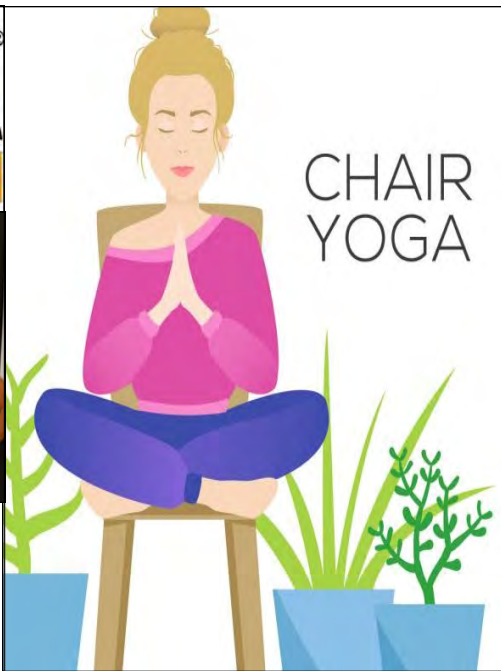


Mondays

At 1:00p



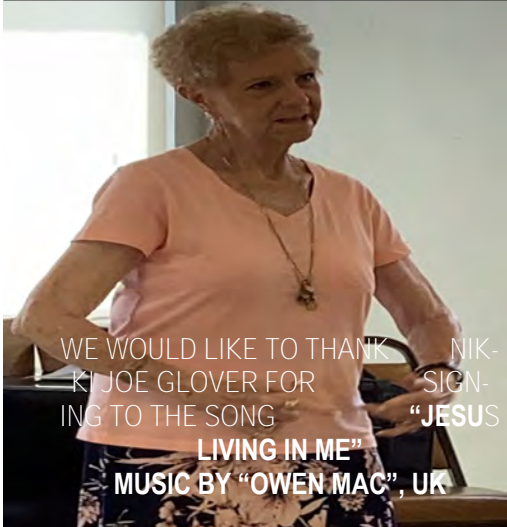

A low impact Latin inspired, dance fitness class. It's exercise in disguise. **Members Free**



**With AmberRose
Mon, Wed and Fri**

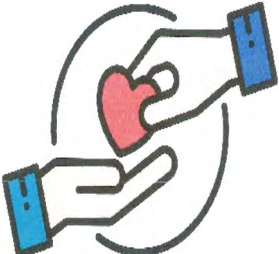


**Fathers Day Fun
All the men wore ties.**

Graham County Health Department

Grief Support




For adults of all ages
820 W. Main Street, Safford
Health Annex Building (next to the Senior Center)
2nd floor conference room (elevator available)
12:00-1:15pm

June 8	June 22
July 6	July 20
August 3	August 17

For immediate support call 480-546-7151 or 844-534-4675

Call Jennifer Labrum for more information 928-792-5352
Or email jlabrum@graham.az.gov



GRAHAM COUNTY SENIOR CITIZEN CENTER

SENIORS LIVING WELL

Senior Wellness Group
June 7th and 21st
July 5th and 19th
August 2nd and 16th
At 9:10AM

FOR MORE INFORMATION CALL OR EMAIL
REMI SMITH (801) 310-8486
RSMITH@GRAHAM.AZ.GOV



**NEW TIME FOR BINGO
THURSDAYS @ 9:00 AM**



**Upcoming July Crafts
Tuesdays @ 12:30
All Supplies Provided
Come Join The Fun!**

**We do puzzles and books! Trade,
donate, borrow or buy.**



**FOOD DRIVE
Distribution Dates
JULY 26TH
AUGUST 23RD
10am-2pm**



SEACUS
South Eastern Arizona Community
Unique Services
 1124 W. Thatcher Blvd. #102
 Safford, AZ 85546



Menu Calendar			JULY 2023	
Monday	Tuesday	Wednesday	Thursday	Friday
3 CHILI DOGS TATER TOTS PORK & BEANS SALAD DESSERT CELEBRATE 4TH OF JULY	4 CLOSED 	5 CHEESE ENCHILADA SQUASH RICE SALAD DESSERT	6 FISH POTATO WEDGES SPINACH COLE SLAW DESSERT	7 BBQ CHICKEN MASHED POT. PARSLEY CARROTS SALAD ROLL DESSERT
10 CHEESE BURGER TATER TOTS BAKED BEANS LETT/TOM PICKLE DESSERT	11 CHICKEN ALFREDO CALIFORNIA BLEND SALAD GARLIC BREAD PEACH COBBLER	12 DELI SANDWICH VEGGIE STICKS COTTAGE CHEESE CHIPS APPLE	13 HAM W/MAC & CHEESE SQUASH SALAD CRISP ROLL	14 ROASTED CHICKEN RICE PILAF BROCCOLI SALAD ROLL DESSERT
17 BEEF NACHOS MEXICAN CORN BEANS SALAD DESSERT	18 STUFFED BELL PEPPER MASHED POTATOES CALIFORNIA BLEND SALAD ROLL DESSERT	19 BURRITO BEANS RICE SALAD DESSERT	20 BEEF STEW GREEN BEANS CRISP SALAD CRACKERS	21 CORN FLAKE CHICKEN POTATO WEDGES MIXED VEGETABLES SALAD ROLL DESSERT
24 SPAGHETTI BROCCOLI SALAD CRISP GARLIC BREAD	25 PULLED PORK WEDGES GREEN BEANS COLE SLAW DESSERT	26 HAM & FRIED RICE ORIENTAL BLEND SALAD ROLL PINEAPPLE	27 LEMON CHICKEN RICE PILAF WINTER BLEND SALAD ROLL DESSERT	28 SALISBURY STEAK MASHED POTATOES CALIFORNIA BLEND SALAD ROLL DESSERT
31 TACO SALAD BEANS RICE DESSERT	<i>The meals program is partially funded through a sub award agreement with the SEAGO-AAA utilizing funding from the Arizona Department of Economic Security. Points of view are those of the author and do not necessarily represent the official position or policies of the SEAGO-AAA or the Arizona Department of Economic Security.</i>			