

DEEP EAST TEXAS COUNCIL OF GOVERNMENTS
AREA AGENCY ON AGING
CONTRACTOR INVOICE - FY2025

CONTRACTOR NAME: TYLER COUNTY

MONTH/YEAR: July 2025

SUBMISSION #: _____

CONTRACT SERVICES AUTHORIZED:

Congregate Meals

Program Income Collected

\$ 2009.05 / \$ 9.15 = 220 meals

Area Agency on Aging Funded Meals (747)

747 x \$ 9.15 = \$ 6835.05

Other Eligible Meals

138 x \$ 9.15 = \$ 1262.70

Senior Center Operations

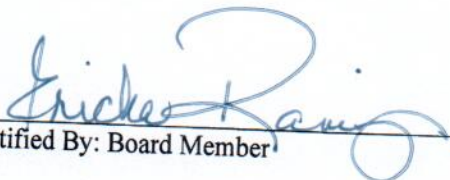
Area Agency on Aging

1 x \$1,300.00 = \$ 1300.00

Physical Fitness

Area Agency on Aging (311)

160 x \$ 3.19 = \$ 510.40


Certified By: Board Member

8-4-25
Date

Certified By: Area Agency on Aging Staff

Date

Effective 10/1/2024

**TYLER COUNTY
MONTHLY NUTRITION EDUCATION/
SENIOR CENTER ACTIVITY**

MONTH: July 2025 DAYS/HOURS OF OPERATION: M-F 7A-3p.

NUTRITION EDUCATION: (please attach example of material presented and a list of the people that received it)

Congregate Meals

Number of Nutrition Education Programs Provided
(Attach copy of program)

1

Contacts (People receiving information)

8

SENIOR CENTER ACTIVITIES:

Number of Health Screenings Provided

Number
1

Contacts
11

Number of Recreation Activities Provided

36

468

Number of Exercise Sessions Provided

12

160

Number of Art Therapy Sessions Provided

1

7

Number of Music Therapy Sessions Provided

0

0

Number of Adult Education Sessions Provided

2

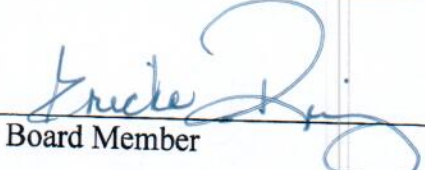
19

SENIOR CENTER ATTENDANCE: (please record daily attendance)

<u>41</u>	1	<u>—</u>	5	<u>63</u>	9	<u>—</u>	13	<u>39</u>	17	<u>53</u>	21	<u>55</u>	25	<u>35</u>	29
<u>50</u>	2	<u>—</u>	6	<u>46</u>	10	<u>52</u>	14	<u>52</u>	18	<u>39</u>	22	<u>—</u>	26	<u>66</u>	30
<u>51</u>	3	<u>47</u>	7	<u>61</u>	11	<u>37</u>	15	<u>—</u>	19	<u>58</u>	23	<u>—</u>	27	<u>51</u>	31
<u>—</u>	4	<u>36</u>	8	<u>—</u>	12	<u>71</u>	16	<u>—</u>	20	<u>45</u>	24	<u>57</u>	28		

1105

ITEM	DATE OF RECEIPT	BUDGETED AMOUNT	AMOUNT USED
Enter "Amount Used" and Initial			
Congregate Meals In-Kind			
		\$9,909.00 ÷ 12 =	825.75

Certified by:  Date: 8-4-25
Board Member

Reviewed by: _____ Date: _____
Area Agency on Aging Staff

Jul-25 AMOUNT PEOPLE#

SPECIALS

1	\$86.00	41			2
2	\$85.00	50	261	142	
3	\$90.00	51			
4	XXXX	XXXX			
5	XXXX	XXXX			
6	XXXX	XXXX			
7	\$79.00	47			1
8	\$63.00	36			1
9	\$121.00	63	438.5	253	2
10	\$57.00	46			1
11	\$118.50	61			1
12	XXXX	XXXX			
13	XXXX	XXXX			
14	\$114.00	52			
15	\$45.99	37			1
16	\$171.00	71	441.99	251	3
17	\$46.00	39			1
****18	\$65.00	52			
19	XXXX	XXXX			
20	XXXX	XXXX			
21	\$78.00	53			
22	\$51.00	39			1
23	\$125.00	58	384.56	250	2
24	\$46.00	45			1
25	\$84.56	55			1
26	XXXX	XXXX			
27	XXXX	XXXX			
28	\$119.00	57			2
29	\$44.00	35			
30	\$156.00	66	483	209	4
31	\$164.00	51			1
TOTAL:	\$2,009.05	1105			25

**** WEATHER DAYS
XXXX HOLIDAY/WEEKEND

Agency: Deep East Texas Area Agency on Aging
Site: Tyler County - CI
Service: Congregate Meals
Fund Identifier: Title III-CI
Default Unit Rate: \$10.17
Provider: Tyler County Nutrition Center
Fund Identifier: Program Income
Default Unit Rate: \$10.17

7/2025	Tue 1	Wed 2	Thu 3	Fri 4	Sat 5	Sun 6	Mon 7	Tue 8	Wed 9	Thu 10	Fri 11	Sat 12	Sun 13	Mon 14	Tue 15	Wed 16	Thu 17	Fri 18	Sat 19	Sun 20	Mon 21	Tue 22	Wed 23	Thu 24	Fri 25	Sat 26	Sun 27	Mon 28	Tue 29	Wed 30	Thu 31
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Abeyta, Sandra D

Service: Congregate Meals

Fund Identifier: Program Income

Subservice: (None)

Service: Congregate Meals

Fund Identifier: Title III-CI

Subservice: (None)

Adney, Charlotte D

Service: Congregate Meals

Fund Identifier: Program Income

Subservice: (None)

Service: Congregate Meals

Fund Identifier: Title III-CI

Subservice: (None)

Adney, William J

Service: Congregate Meals

Fund Identifier: Program Income

Subservice: (None)

Service: Congregate Meals

Fund Identifier: Title III-CI

Subservice: (None)

Allen, Margie F

Service: Congregate Meals

Fund Identifier: Program Income

Subservice: (None)

Service: Congregate Meals

Fund Identifier: Title III-CI

Subservice: (None)

Alonso, Jose A

Service: Congregate Meals

Fund Identifier: Program Income

Subservice: (None)

Service: Congregate Meals

Fund Identifier: Title III-CI

Subservice: (None)

Alvarado, George G

Service: Congregate Meals

Fund Identifier: Program Income

Subservice: (None)

Service: Congregate Meals

Fund Identifier: Title III-CI

Subservice: (None)

Alvarez, Charles

Service: Congregate Meals

Fund Identifier: Program Income

Subservice: (None)

Service: Congregate Meals

Fund Identifier: Title III-CI

Subservice: (None)

Angell, Josephine J

Service: Congregate Meals

Fund Identifier: Program Income

Subservice: (None)

Service: Congregate Meals

Fund Identifier: Title III-CI

Subservice: (None)

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7/2025	Tue 1	Wed 2	Thu 3	Fri 4	Sat 5	Sun 6	Mon 7	Tue 8	Wed 9	Thu 10	Fri 11	Sat 12	Sun 13	Mon 14	Tue 15	Wed 16	Thu 17	Fri 18	Sat 19	Sun 20	Mon 21	Tue 22	Wed 23	Thu 24	Fri 25	Sat 26	Sun 27	Mon 28	Tue 29	Wed 30	Thu 31
9	Arizmendez, David A																														
	Service: Congregate Meals																														
10	Armstrong, Laurie J																														
	Service: Congregate Meals																														
11	Arnett, Madeline J																														
	Service: Congregate Meals																														
12	Baker, Frances B																														
	Service: Congregate Meals																														
13	Baker, John																														
	Service: Congregate Meals																														
14	Barefield, Reginald T																														
	Service: Congregate Meals																														
15	Barnett, David A																														
	Service: Congregate Meals																														
16	Barrague, Carl W																														
	Service: Congregate Meals																														
17	Barrague, Lola M																														
	Service: Congregate Meals																														
18	Barrague, Lola M																														
	Service: Congregate Meals																														
19	Barrague, Lola M																														
	Service: Congregate Meals																														

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7/2025	Tue 1	Wed 2	Thu 3	Fri 4	Sat 5	Sun 6	Mon 7	Tue 8	Wed 9	Thu 10	Fri 11	Sat 12	Sun 13	Mon 14	Tue 15	Wed 16	Thu 17	Fri 18	Sat 19	Sun 20	Mon 21	Tue 22	Wed 23	Thu 24	Fri 25	Sat 26	Sun 27	Mon 28	Tue 29	Wed 30	Thu 31
63	Collins, Lisa Service: Congregate Meals Fund Identifier: Program Income Subservice: (None)																														
64	Conner Jr, Leonard (Burtis) B Service: Congregate Meals Fund Identifier: Program Income Subservice: (None)																														
65	Conner, Christ D Service: Congregate Meals Fund Identifier: Program Income Subservice: (None)																														
66	Conner, Leonard Service: Congregate Meals Fund Identifier: Program Income Subservice: (None)																														
67	Conner, Trina L Service: Congregate Meals Fund Identifier: Program Income Subservice: (None)																														
68	Cook, Alva W Service: Congregate Meals Fund Identifier: Program Income Subservice: (None)																														
69	Cook, Ivy Jo Service: Congregate Meals Fund Identifier: Program Income Subservice: (None)																														
70	Cottrell, Paul R Service: Congregate Meals Fund Identifier: Program Income Subservice: (None)																														
71	Crain, Don Service: Congregate Meals Fund Identifier: Program Income Subservice: (None)																														

3 5 6

14

4 3 5 5 5

20

6 5 6 3 5

25

4 4 3 5 5

20

5 6 4 5

20

LEGEND

MT: Monthly Total

W: Week day

W: Weekend

Printed: 06/24/2025 11:09:50AM

Rev: 20250624

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24

7/2025	Tue 1	Wed 2	Thu 3	Fri 4	Sat 5	Sun 6	Mon 7	Tue 8	Wed 9	Thu 10	Fri 11	Sat 12	Sun 13	Mon 14	Tue 15	Wed 16	Thu 17	Fri 18	Sat 19	Sun 20	Mon 21	Tue 22	Wed 23	Thu 24	Fri 25	Sat 26	Sun 27	Mon 28	Tue 29	Wed 30	Thu 31
99																	Edwards, Vincent M														
																	Service: Congregate Meals														
																	Fund Identifier: Program Income														
																	Subservice: (None)														
100																	Ellis, Gerry L														
																	Service: Congregate Meals														
																	Fund Identifier: Program Income														
																	Subservice: (None)														
																	Subservice: (None)														
101																	Endsley, James H														
																	Service: Congregate Meals														
																	Fund Identifier: Program Income														
																	Subservice: (None)														
																	Subservice: (None)														
102																	Evans, Judith M														
																	Service: Congregate Meals														
																	Fund Identifier: Program Income														
																	Subservice: (None)														
																	Subservice: (None)														
103																	Faircloth, Bill J														
																	Service: Congregate Meals														
																	Fund Identifier: Program Income														
																	Subservice: (None)														
																	Subservice: (None)														
104																	Faircloth, Lynette A														
																	Service: Congregate Meals														
																	Fund Identifier: Program Income														
																	Subservice: (None)														
																	Subservice: (None)														
105																	Falkenberry, Cassandra D														
																	Service: Congregate Meals														
																	Fund Identifier: Program Income														
																	Subservice: (None)														
																	Subservice: (None)														
106																	Fink, Walter F														
																	Service: Congregate Meals														
																	Fund Identifier: Program Income														
																	Subservice: (None)														
																	Subservice: (None)														
107																	Flowers, Mildred T														
																	Service: Congregate Meals														
																	Fund Identifier: Program Income														
																	Subservice: (None)														
																	Subservice: (None)														
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7/2025	Tue 1	Wed 2	Thu 3	Fri 4	Sat 5	Sun 6	Mon 7	Tue 8	Wed 9	Thu 10	Fri 11	Sat 12	Sun 13	Mon 14	Tue 15	Wed 16	Thu 17	Fri 18	Sat 19	Sun 20	Mon 21	Tue 22	Wed 23	Thu 24	Fri 25	Sat 26	Sun 27	Mon 28	Tue 29	Wed 30	Thu 31
135	Hadnot, Charles																														
	Service: Congregate Meals																														
136	Hadnot, Mark																														
	Service: Congregate Meals																														
137	Hall, Bill																														
	Service: Congregate Meals																														
138	Hall, Mary H																														
	Service: Congregate Meals																														
139	Hammond, Gloria L																														
	Service: Congregate Meals																														
140	Hammond, Karl E																														
	Service: Congregate Meals																														
141	Hanks, Jimmy C																														
	Service: Congregate Meals																														
142	Hanks, Lilie M																														
	Service: Congregate Meals																														
143	Harman, Becky L																														
	Service: Congregate Meals																														

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24

7/2025	Tue 1	Wed 2	Thu 3	Fri 4	Sat 5	Sun 6	Mon 7	Tue 8	Wed 9	Thu 10	Fri 11	Sat 12	Sun 13	Mon 14	Tue 15	Wed 16	Thu 17	Fri 18	Sat 19	Sun 20	Mon 21	Tue 22	Wed 23	Thu 24	Fri 25	Sat 26	Sun 27	Mon 28	Tue 29	Wed 30	Thu 31
216	Mills, Kim W																														
	Service: Congregate Meals																														
217	Mincher, John A																														
	Service: Congregate Meals																														
218	Mitchell, Curtis L																														
	Service: Congregate Meals																														
219	Mitchell, Richard																														
	Service: Congregate Meals																														
220	Mitchell, Sammy L																														
	Service: Congregate Meals																														
221	Mitchon, Martha																														
	Service: Congregate Meals																														
222	Moissette, Darleen D																														
	Service: Congregate Meals																														
223	Molina, Thomas A																														
	Service: Congregate Meals																														
224	Morrell, Herbert R																														
	Service: Congregate Meals																														

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7/2025																															1/2025																													
Tue 1																															Wed 2	Thu 3	Fri 4	Sat 5	Sun 6	Mon 7	Tue 8	Wed 9	Thu 10	Fri 11	Sat 12	Sun 13	Mon 14	Tue 15	Wed 16	Thu 17	Fri 18	Sat 19	Sun 20	Mon 21	Tue 22	Wed 23	Thu 24	Fri 25	Sat 26	Sun 27	Mon 28	Tue 29	Wed 30	Thu 31
234	Nelson, Donna G																														Service: Congregate Meals	Fund Identifier: Program Income	Subservice: (None)																											
																															Service: Congregate Meals	Fund Identifier: Title III-C1	Subservice: (None)																											
																															Service: Congregate Meals	Fund Identifier: Program Income	Subservice: (None)																											
235	Newquest, Susan D																														Service: Congregate Meals	Fund Identifier: Program Income	Subservice: (None)																											
																															Service: Congregate Meals	Fund Identifier: Title III-C1	Subservice: (None)																											
																															Service: Congregate Meals	Fund Identifier: Program Income	Subservice: (None)																											
236	Nugent, Diana A																														Service: Congregate Meals	Fund Identifier: Program Income	Subservice: (None)																											
																															Service: Congregate Meals	Fund Identifier: Title III-C1	Subservice: (None)																											
																															Service: Congregate Meals	Fund Identifier: Program Income	Subservice: (None)																											
237	Nugent, Joyce L																														Service: Congregate Meals	Fund Identifier: Program Income	Subservice: (None)																											
																															Service: Congregate Meals	Fund Identifier: Title III-C1	Subservice: (None)																											
																															Service: Congregate Meals	Fund Identifier: Program Income	Subservice: (None)																											
238	Nunez Jr, Gilbert W																														Service: Congregate Meals	Fund Identifier: Program Income	Subservice: (None)																											
																															Service: Congregate Meals	Fund Identifier: Title III-C1	Subservice: (None)																											
																															Service: Congregate Meals	Fund Identifier: Program Income	Subservice: (None)																											
239	Nunez, Angela K																														Service: Congregate Meals	Fund Identifier: Program Income	Subservice: (None)																											
																															Service: Congregate Meals	Fund Identifier: Title III-C1	Subservice: (None)																											
																															Service: Congregate Meals	Fund Identifier: Program Income	Subservice: (None)																											
240	O'Banion, Rose A																														Service: Congregate Meals	Fund Identifier: Program Income	Subservice: (None)																											
																															Service: Congregate Meals	Fund Identifier: Title III-C1	Subservice: (None)																											
																															Service: Congregate Meals	Fund Identifier: Program Income	Subservice: (None)																											
241	Odom, Pamela J																														Service: Congregate Meals	Fund Identifier: Program Income	Subservice: (None)																											
																															Service: Congregate Meals	Fund Identifier: Title III-C1	Subservice: (None)																											
																															Service: Congregate Meals	Fund Identifier: Program Income	Subservice: (None)																											
242	Overman, Robert W																														Service: Congregate Meals	Fund Identifier: Program Income	Subservice: (None)																											
																															Service: Congregate Meals	Fund Identifier: Title III-C1	Subservice: (None)																											
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7/2025																															7/2025		
Tue 1 Wed 2 Thu 3 Fri 4 Sat 5 Sun 6 Mon 7 Tue 8 Wed 9 Thu 10 Fri 11 Sat 12 Sun 13 Mon 14 Tue 15 Wed 16 Thu 17 Fri 18 Sat 19 Sun 20 Mon 21 Tue 22 Wed 23 Thu 24 Fri 25 Sat 26 Sun 27 Mon 28 Tue 29 Wed 30 Thu 31																																	
252	Pelly, Leonard																																
	Service: Congregate Meals																																
	Fund Identifier: Program Income																																
	Subservice: (None)																																
253	Peninger, Mary																																
	Service: Congregate Meals																																
	Fund Identifier: Program Income																																
	Subservice: (None)																																
254	Peppenhorst, Mary H																																
	Service: Congregate Meals																																
	Fund Identifier: Program Income																																
	Subservice: (None)																																
255	Perez, Robert																																
	Service: Congregate Meals																																
	Fund Identifier: Program Income																																
	Subservice: (None)																																
256	Perkins, Charlotte A																																
	Service: Congregate Meals																																
	Fund Identifier: Program Income																																
	Subservice: (None)																																
257	Perkins, Linda J																																
	Service: Congregate Meals																																
	Fund Identifier: Program Income																																
	Subservice: (None)																																
258	Perkins, Robert																																
	Service: Congregate Meals																																
	Fund Identifier: Program Income																																
	Subservice: (None)																																
259	Pickett Sr, William D																																
	Service: Congregate Meals																																
	Fund Identifier: Program Income																																
	Subservice: (None)																																
260	Pope, David R																																
	Service: Congregate Meals																																
	Fund Identifier: Program Income																																
	Subservice: (None)																																
	Fund Identifier: Title III-C1																																
	Subservice: (None)																																

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7/2025	Tue 1	Wed 2	Thu 3	Fri 4	Sat 5	Sun 6	Mon 7	Tue 8	Wed 9	Thu 10	Fri 11	Sat 12	Sun 13	Mon 14	Tue 15	Wed 16	Thu 17	Fri 18	Sat 19	Sun 20	Mon 21	Tue 22	Wed 23	Thu 24	Fri 25	Sat 26	Sun 27	Mon 28	Tue 29	Wed 30	Thu 31
270	Price, Paul																														
	Service: Congregate Meals																														
271	Rabuck, Robert H																														
	Service: Congregate Meals																														
272	Rabuck, Shirley R																														
	Service: Congregate Meals																														
273	Rainer, Kenneth E																														
	Service: Congregate Meals																														
274	Read, Mary L																														
	Service: Congregate Meals																														
275	Reed, Jimmy																														
	Service: Congregate Meals																														
276	Reyes, Teresa D																														
	Service: Congregate Meals																														
277	Reyna, Anthony K																														
	Service: Congregate Meals																														
278	Reynolds, Albert																														
	Service: Congregate Meals																														

7/2025		Tue 1	Wed 2	Thu 3	Fri 4	Sat 5	Sun 6	Mon 7	Tue 8	Wed 9	Thu 10	Fri 11	Sat 12	Sun 13	Mon 14	Tue 15	Wed 16	Thu 17	Fri 18	Sat 19	Sun 20	Mon 21	Tue 22	Wed 23	Thu 24	Fri 25	Sat 26	Sun 27	Mon 28	Tue 29	Wed 30	Thu 31
279	Reynolds, Barbara N	Service: Congregate Meals																Fund Identifier:	Program Income	Subservice: (None)												
		Service: Congregate Meals																Fund Identifier:	Title III-C1	Subservice: (None)												
280	Reynolds, Pat A	Service: Congregate Meals																Fund Identifier:	Program Income	Subservice: (None)												
		Service: Congregate Meals																Fund Identifier:	Title III-C1	Subservice: (None)												
281	Rice, Peggy D	Service: Congregate Meals																Fund Identifier:	Program Income	Subservice: (None)												
		Service: Congregate Meals																Fund Identifier:	Title III-C1	Subservice: (None)												
282	Richoux, Carol M	Service: Congregate Meals																Fund Identifier:	Program Income	Subservice: (None)												
		Service: Congregate Meals																Fund Identifier:	Title III-C1	Subservice: (None)												
283	Roberts, Michael	Service: Congregate Meals																Fund Identifier:	Program Income	Subservice: (None)												
		Service: Congregate Meals																Fund Identifier:	Title III-C1	Subservice: (None)												
284	Roberts, Shirley A	Service: Congregate Meals																Fund Identifier:	Program Income	Subservice: (None)												
		Service: Congregate Meals																Fund Identifier:	Title III-C1	Subservice: (None)												
285	Roberts, Shirley K	Service: Congregate Meals																Fund Identifier:	Program Income	Subservice: (None)												
		Service: Congregate Meals																Fund Identifier:	Title III-C1	Subservice: (None)												
286	Robinson, Gene E	Service: Congregate Meals																Fund Identifier:	Program Income	Subservice: (None)												
		Service: Congregate Meals																Fund Identifier:	Title III-C1	Subservice: (None)												
287	Rose, Joan M	Service: Congregate Meals																Fund Identifier:	Program Income	Subservice: (None)												
		Service: Congregate Meals																Fund Identifier:	Title III-C1	Subservice: (None)												

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 Printed: 06/24/2025 11:09:50AM
 Rev: 20250624
 Legend: M/T: : Monthly Total : Week day : Weekend day
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7/2025																															
	Tue 1	Wed 2	Thu 3	Fri 4	Sat 5	Sun 6	Mon 7	Tue 8	Wed 9	Thu 10	Fri 11	Sat 12	Sun 13	Mon 14	Tue 15	Wed 16	Thu 17	Fri 18	Sat 19	Sun 20	Mon 21	Tue 22	Wed 23	Thu 24	Fri 25	Sat 26	Sun 27	Mon 28	Tue 29	Wed 30	Thu 31
288	Rose, Richard L Service: Congregate Meals Fund Identifier: Program Income Subservice: (None)																														
289	Rosenthal, Lloyd W Service: Congregate Meals Fund Identifier: Program Income Subservice: (None)																														
290	Rosier, Glynda (Dian) D Service: Congregate Meals Fund Identifier: Program Income Subservice: (None)																														
291	Ross, Johnna Service: Congregate Meals Fund Identifier: Program Income Subservice: (None)																														
292	Royer, Suellen Service: Congregate Meals Fund Identifier: Program Income Subservice: (None)																														
293	Russell, Brenda K Service: Congregate Meals Fund Identifier: Program Income Subservice: (None)																														
294	Russell, Kenny Service: Congregate Meals Fund Identifier: Program Income Subservice: (None)																														
295	Russell, Susan Y Service: Congregate Meals Fund Identifier: Program Income Subservice: (None)																														
296	Russell, Timmy K Service: Congregate Meals Fund Identifier: Program Income Subservice: (None)																														

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297	Ryan Ellis, Kimberly R																														
	Service: Congregate Meals																														
	Fund Identifier: Program Income																														
	Subservice: (None)																														
298	Ryan, Brenda W																														
	Service: Congregate Meals																														
	Fund Identifier: Program Income																														
	Subservice: (None)																														
299	Ryan, Michael R																														
	Service: Congregate Meals																														
	Fund Identifier: Program Income																														
	Subservice: (None)																														
300	Ryan, Patricia																														
	Service: Congregate Meals																														
	Fund Identifier: Program Income																														
	Subservice: (None)																														
301	Ryan, Steven C																														
	Service: Congregate Meals																														
	Fund Identifier: Program Income																														
	Subservice: (None)																														
302	Ryon, Fay																														
	Service: Congregate Meals																														
	Fund Identifier: Program Income																														
	Subservice: (None)																														
303	Sanchez, Luis S																														
	Service: Congregate Meals																														
	Fund Identifier: Program Income																														
	Subservice: (None)																														
304	Schreiber, Donald A																														
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	Fund Identifier: Program Income																														
	Subservice: (None)																														
305	Schoeter, Guy W																														
	Service: Congregate Meals																														
	Fund Identifier: Program Income																														
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315	Smart, Mildred F																Service: Congregate Meals	Fund Identifier: Program Income	Subservice: (None)												
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316	Smith, Judy A																Service: Congregate Meals	Fund Identifier: Program Income	Subservice: (None)												
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317	Smith, Lyle R																Service: Congregate Meals	Fund Identifier: Program Income	Subservice: (None)												
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318	Smith, Travis																Service: Congregate Meals	Fund Identifier: Program Income	Subservice: (None)												
																		Service: Congregate Meals	Fund Identifier: Title III-C1	Subservice: (None)											
319	Snider, Audie																Service: Congregate Meals	Fund Identifier: Program Income	Subservice: (None)												
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320	Snider, Marji																Service: Congregate Meals	Fund Identifier: Program Income	Subservice: (None)												
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321	Sonnier, Tena M																Service: Congregate Meals	Fund Identifier: Program Income	Subservice: (None)												
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322	Spears, Regina M																Service: Congregate Meals	Fund Identifier: Program Income	Subservice: (None)												
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323	Spears, Roy																Service: Congregate Meals	Fund Identifier: Program Income	Subservice: (None)												
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																		Service: Congregate Meals	Fund Identifier: Title III-C1	Subservice: (None)											

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333	Taylor, Richard																															
	Service: Congregate Meals																															
	Fund Identifier: Program Income																															
	Subservice: (None)																															
334	Tharp, Joan																															
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	Fund Identifier: Program Income																															
	Subservice: (None)																															
335	Tidwell, Deanna L																															
	Service: Congregate Meals																															
	Fund Identifier: Program Income																															
	Subservice: (None)																															
336	Tidwell, Eldridge R																															
	Service: Congregate Meals																															
	Fund Identifier: Program Income																															
	Subservice: (None)																															
337	Timme, Cynthia "Kay"																															
	Service: Congregate Meals																															
	Fund Identifier: Program Income																															
	Subservice: (None)																															
338	Tooke, Rose M																															
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	Fund Identifier: Program Income																															
	Subservice: (None)																															
339	Trainer, Duane E																															
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	Fund Identifier: Program Income																															
	Subservice: (None)																															
340	Tucker, Evon																															
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	Fund Identifier: Program Income																															
	Subservice: (None)																															
341	Tucker, John (Chris) C																															
	Service: Congregate Meals																															
	Fund Identifier: Program Income																															
	Subservice: (None)																															

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7/2025	Tue 1	Wed 2	Thu 3	Fri 4	Sat 5	Sun 6	Mon 7	Tue 8	Wed 9	Thu 10	Fri 11	Sat 12	Sun 13	Mon 14	Tue 15	Wed 16	Thu 17	Fri 18	Sat 19	Sun 20	Mon 21	Tue 22	Wed 23	Thu 24	Fri 25	Sat 26	Sun 27	Mon 28	Tue 29	Wed 30	Thu 31
360	Willis, Charles Service: Congregate Meals Fund Identifier: ☒ Program Income Fund Identifier: ☒ Subservice: (None)																														
361	Willman, Peggy L Service: Congregate Meals Fund Identifier: ☐ Program Income Fund Identifier: ☐ Subservice: (None)																														
362	Wilson, Renay W Service: Congregate Meals Fund Identifier: ☐ Program Income Fund Identifier: ☐ Subservice: (None)																														
363	Winger, Debby J Service: Congregate Meals Fund Identifier: ☒ Program Income Fund Identifier: ☒ Subservice: (None)																														
364	Wise, Albert J Service: Congregate Meals Fund Identifier: ☒ Program Income Fund Identifier: ☒ Subservice: (None)																														
365	Wyatt, Gwendolyn J Service: Congregate Meals Fund Identifier: ☐ Program Income Fund Identifier: ☐ Subservice: (None)																														
366	Wyatt, Jerald T Service: Congregate Meals Fund Identifier: ☐ Program Income Fund Identifier: ☐ Subservice: (None)																														
367	Yarbrough, Meredith A Service: Congregate Meals Fund Identifier: ☐ Program Income Fund Identifier: ☐ Subservice: (None)																														
368	Yarbrough, Tommy W Service: Congregate Meals Fund Identifier: ☐ Program Income Fund Identifier: ☐ Subservice: (None)																														

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7/2025	Tue 1	Wed 2	Thu 3	Fri 4	Sat 5	Sun 6	Mon 7	Tue 8	Wed 9	Thu 10	Fri 11	Sat 12	Sun 13	Mon 14	Tue 15	Wed 16	Thu 17	Fri 18	Sat 19	Sun 20	Mon 21	Tue 22	Wed 23	Thu 24	Fri 25	Sat 26	Sun 27	Mon 28	Tue 29	Wed 30	Thu 31
369	Gazzaway, John																														
	Service: Congregate Meals										Fund Identifier: Program Income										Fund Identifier: Title III-C1										
	Subservice: (None)										Subservice: (None)										Subservice: (None)										
370	Owens, Elaine																														
	Service: Congregate Meals										Fund Identifier: Program Income										Fund Identifier: Title III-C1										
	Subservice: (None)										Subservice: (None)										Subservice: (None)										
371	Riley, Pam																														
	Service: Congregate Meals										Fund Identifier: Program Income										Fund Identifier: Title III-C1										
	Subservice: (None)										Subservice: (None)										Subservice: (None)										
372	Walker, Frank																														
	Service: Congregate Meals										Fund Identifier: Program Income										Fund Identifier: Title III-C1										
	Subservice: (None)										Subservice: (None)										Subservice: (None)										
373	Anderson, Yonda																														
	Service: Congregate Meals										Fund Identifier: Program Income										Fund Identifier: Title III-C1										
	Subservice: (None)										Subservice: (None)										Subservice: (None)										
374	Boykin, Robert "Bob"																														
	Service: Congregate Meals										Fund Identifier: Program Income										Fund Identifier: Title III-C1										
	Subservice: (None)										Subservice: (None)										Subservice: (None)										
375	Graham, Troy																														
	Service: Congregate Meals										Fund Identifier: Program Income										Fund Identifier: Title III-C1										
	Subservice: (None)										Subservice: (None)										Subservice: (None)										
376	Gilder, Sarahyn																														
	Service: Congregate Meals										Fund Identifier: Program Income										Fund Identifier: Title III-C1										
	Subservice: (None)										Subservice: (None)										Subservice: (None)										
377	Daniels, Obie																														
	Service: Congregate Meals										Fund Identifier: Program Income										Fund Identifier: Title III-C1										
	Subservice: (None)										Subservice: (None)										Subservice: (None)										

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378	Stover, Benjamin "Ben"																											
	Service: Congregate Meals														Fund Identifier: Program Income													
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379	Stover, Kathryn																											
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Physical Fitness - Tyler County

7/2025

Agency: Deep East Texas Area Agency on Aging
Site: Tyler County - CI
Service: Physical Fitness
Fund Identifier: Local Cash
Default Unit Rate: \$11.55
Provider: Tyler County Nutrition Center
Fund Identifier: Title III-B
Default Unit Rate: \$11.55

7/2025	Tue 1	Wed 2	Thu 3	Fri 4	Sat 5	Sun 6	Mon 7	Tue 8	Wed 9	Thu 10	Fri 11	Sat 12	Sun 13	Mon 14	Tue 15	Wed 16	Thu 17	Fri 18	Sat 19	Sun 20	Mon 21	Tue 22	Wed 23	Thu 24	Fri 25	Sat 26	Sun 27	Mon 28	Tue 29	Wed 30	Thu 31
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Armstrong, Laurie J

Service: Physical Fitness

Fund Identifier: Local Cash

Subservice: (None)

Service: Physical Fitness

Fund Identifier: Title III-B

Subservice: (None)

Cauley, Cheryl P

Service: Physical Fitness

Fund Identifier: Local Cash

Subservice: (None)

Service: Physical Fitness

Fund Identifier: Title III-B

Subservice: (None)

Coggins, Heather M

Service: Physical Fitness

Fund Identifier: Local Cash

Subservice: (None)

Service: Physical Fitness

Fund Identifier: Title III-B

Subservice: (None)

Cravy, Julie B

Service: Physical Fitness

Fund Identifier: Local Cash

Subservice: (None)

Service: Physical Fitness

Fund Identifier: Title III-B

Subservice: (None)

Davidson, Irma

Service: Physical Fitness

Fund Identifier: Local Cash

Subservice: (None)

Service: Physical Fitness

Fund Identifier: Title III-B

Subservice: (None)

Deason, Catherine

Service: Physical Fitness

Fund Identifier: Local Cash

Subservice: (None)

Service: Physical Fitness

Fund Identifier: Title III-B

Subservice: (None)

Faircloth, Lynette A

Service: Physical Fitness

Fund Identifier: Local Cash

Subservice: (None)

Service: Physical Fitness

Fund Identifier: Title III-B

Subservice: (None)

Harmann, Becky L

Service: Physical Fitness

Fund Identifier: Local Cash

Subservice: (None)

Service: Physical Fitness

Fund Identifier: Title III-B

Subservice: (None)

7/2025	Tue 1	Wed 2	Thu 3	Fri 4	Sat 5	Sun 6	Mon 7	Tue 8	Wed 9	Thu 10	Fri 11	Sat 12	Sun 13	Mon 14	Tue 15	Wed 16	Thu 17	Fri 18	Sat 19	Sun 20	Mon 21	Tue 22	Wed 23	Thu 24	Fri 25	Sat 26	Sun 27	Mon 28	Tue 29	Wed 30	Thu 31
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7/2025																														
Tue 1 Wed 2 Thu 3 Fri 4 Sat 5 Sun 6 Mon 7 Tue 8 Wed 9 Thu 10 Fri 11 Sat 12 Sun 13 Mon 14 Tue 15 Wed 16 Thu 17 Fri 18 Sat 19 Sun 20 Mon 21 Tue 22 Wed 23 Thu 24 Fri 25 Sat 26 Sun 27 Mon 28 Tue 29 Wed 30 Thu 31																														
9	Harman, Jimmy E Service: Physical Fitness Fund Identifier: Local Cash Subservice: (None)																													
10	Hext, Ruby Service: Physical Fitness Fund Identifier: Local Cash Subservice: (None)																													
11	Hight, Barbara Service: Physical Fitness Fund Identifier: Local Cash Subservice: (None)																													
12	Humphrey, Donna Service: Physical Fitness Fund Identifier: Local Cash Subservice: (None)																													
13	Hutto, Sybil Service: Physical Fitness Fund Identifier: Local Cash Subservice: (None)																													
14	Jones, Michelle B Service: Physical Fitness Fund Identifier: Local Cash Subservice: (None)																													
15	Jordan, Rhonda M Service: Physical Fitness Fund Identifier: Local Cash Subservice: (None)																													
16	Leathem, William R Service: Physical Fitness Fund Identifier: Local Cash Subservice: (None)																													
17	MacTavish, Joann L Service: Physical Fitness Fund Identifier: Local Cash Subservice: (None)																													
3 3 4 4 5 4 4 2 6 6 6 1 11 3 4 6 6																														
LEGEND: M/T: Monthly Total W/T: Weekly Total																														

Printed: 06/24/2025 11:11:21AM

Rev: 20250624

7/2025

7/2025

Tue 1 Wed 2 Thu 3 Fri 4 Sat 5 Sun 6 Mon 7 Tue 8 Wed 9 Thu 10 Fri 11 Sat 12 Sun 13 Mon 14 Tue 15 Wed 16 Thu 17 Fri 18 Sat 19 Sun 20 Mon 21 Tue 22 Wed 23 Thu 24 Fri 25 Sat 26 Sun 27 Mon 28 Tue 29 Wed 30 Thu 31

Mitchell, Richard

Service: Physical Fitness

Fund Identifier: Local Cash

Subservice: (None)

Service: Physical Fitness

Fund Identifier: Title III-B

Subservice: (None)

Mott, Judy A

Service: Physical Fitness

Fund Identifier: Local Cash

Subservice: (None)

Service: Physical Fitness

Fund Identifier: Title III-B

Subservice: (None)

Read, Mary L

Service: Physical Fitness

Fund Identifier: Local Cash

Subservice: (None)

Service: Physical Fitness

Fund Identifier: Title III-B

Subservice: (None)

Reyes, Teresa D

Service: Physical Fitness

Fund Identifier: Local Cash

Subservice: (None)

Service: Physical Fitness

Fund Identifier: Title III-B

Subservice: (None)

Roberts, Shirley A

Service: Physical Fitness

Fund Identifier: Local Cash

Subservice: (None)

Service: Physical Fitness

Fund Identifier: Title III-B

Subservice: (None)

Royer, Suellen

Service: Physical Fitness

Fund Identifier: Local Cash

Subservice: (None)

Service: Physical Fitness

Fund Identifier: Title III-B

Subservice: (None)

Ryan Ellis, Kimberly R

Service: Physical Fitness

Fund Identifier: Local Cash

Subservice: (None)

Service: Physical Fitness

Fund Identifier: Title III-B

Subservice: (None)

Ryan, Brenda W

Service: Physical Fitness

Fund Identifier: Local Cash

Subservice: (None)

Service: Physical Fitness

Fund Identifier: Title III-B

Subservice: (None)

Ryan, Patricia

Service: Physical Fitness

Fund Identifier: Local Cash

Subservice: (None)

Service: Physical Fitness

Fund Identifier: Title III-B

Subservice: (None)

3 3 5 4 1 10 2 4 1 7 4 4 3 11 3 5 6

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7/2025 Tue 1 Wed 2 Thu 3 Fri 4 Sat 5 Sun 6 Mon 7 Tue 8 Wed 9 Thu 10 Fri 11 Sat 12 Sun 13 Mon 14 Tue 15 Wed 16 Thu 17 Fri 18 Sat 19 Sun 20 Mon 21 Tue 22 Wed 23 Thu 24 Fri 25 Sat 26 Sun 27 Mon 28 Tue 29 Wed 30 Thu 31

Sims, Donna

Service: Physical Fitness

Fund Identifier: Local Cash

Subservice: (None)

Service: Physical Fitness

Fund Identifier: Title III-B

Subservice: (None)

Smith, Lyle R

Service: Physical Fitness

Fund Identifier: Local Cash

Subservice: (None)

Service: Physical Fitness

Fund Identifier: Title III-B

Subservice: (None)

Tidwell, Deanna L

Service: Physical Fitness

Fund Identifier: Local Cash

Subservice: (None)

Service: Physical Fitness

Fund Identifier: Title III-B

Subservice: (None)

Werner, Paul

Service: Physical Fitness

Fund Identifier: Local Cash

Subservice: (None)

Service: Physical Fitness

Fund Identifier: Title III-B

Subservice: (None)

Williams, Harold E

Service: Physical Fitness

Fund Identifier: Local Cash

Subservice: (None)

Service: Physical Fitness

Fund Identifier: Title III-B

Subservice: (None)

Wininger, Debby J

Service: Physical Fitness

Fund Identifier: Local Cash

Subservice: (None)

Service: Physical Fitness

Fund Identifier: Title III-B

Subservice: (None)

Russell, Susan

Service: Physical Fitness

Fund Identifier: Local Cash

Subservice: (None)

Service: Physical Fitness

Fund Identifier: Title III-B

Subservice: (None)

Humphrey, Jimmy

Service: Physical Fitness

Fund Identifier: Local Cash

Subservice: (None)

Service: Physical Fitness

Fund Identifier: Title III-B

Subservice: (None)

Williams, Jackie

Service: Physical Fitness

Fund Identifier: Local Cash

Subservice: (None)

Service: Physical Fitness

Fund Identifier: Title III-B

Subservice: (None)

Service: Physical Fitness

Fund Identifier: Title III-B

Subservice: (None)

4 4 5 4 4 4 4 2 10 6 2 2 1 9 3 3 6 15

3

TYLER COUNTY NUTRITION CENTER

EXERCISE "Seniors in Motion" ACTIVITY SIGN UP DATE: 7-2-2025

OR

*100
1st*

SIGNATURE	INITIAL	SIGNATURE	INITIAL
ARMSTRONG, LAURIE		LEATHAM, BILL	
CAULEY, CHERYL	<i>Cheryl Cauley</i>	MITCHELL, RICHARD	<i>Bill Leatham</i>
COGGINS-LARGENT, HEATHER	<i>Heather Cargent</i>	MOTT, JUDY	<i>WR</i>
CRAVY, JULIE		READ, MARY	
CREED, DIANE		REYES, TERESA	
DAVIDSON, IRMA	<i>Irma Davidson</i>	ROBERTS, SHIRLEY	<i>Teresa Reyes</i>
DEASON, CATHERINE	<i>Catherine Deason</i>	ROYER, SUELLEN	<i>Suellen Royer</i>
EVEANS, JUDITH		RYAN ELLIS, KIM	
FAIRCLOTH, LYNETTE		RYAN, BRENDA	
HARMAN, BECKY	<i>Becky Harman</i>	RYAN, TRISH	
HARMAN, JIMMY		SIMS, DONNA	<i>Trish Ryan</i>
HEXT, RUBY		SMITH, LYLE	<i>TR</i>
HIGHT, BARBARA		TIDWELL, DEANNA	
HUMPHREY, DONNA	<i>Donna Humphrey</i>	WILLIAMS, HAROLD	<i>Deanna Tidwell</i>
HUTTO, SYBIL	<i>Sybil Hutto</i>	WININGER, DEBY	<i>Harold Williams</i>
JONES, MICHELLE			<i>Deby Winger</i>
JORDAN, RHONDA			
KINDLE, MARGIE			

14

TYLER COUNTY NUTRITION CENTER

EXERCISE "Seniors in Motion" ACTIVITY SIGN UP DATE: 7/24/25

SIGNATURE	INITIAL	SIGNATURE	INITIAL
ARMSTRONG, LAURIE		LEATHAM, BILL	
CAULEY, CHERYL	Cheryl Cauley	MITCHELL, RICHARD	Richard Mitchell
COGGINS-LARGENT, HEATHER		MOTT, JUDY	
CRAVY, JULIE		READ, MARY	
CREED, DIANE		REYES, TERESA	Jessica Reyes
DAVIDSON, IRMA		ROBERTS, SHIRLEY	Shirley Roberts
DEASON, CATHERINE	Catherine Deason	ROYER, SUELLEN	Suellen Royer
EVEANS, JUDITH		RYAN ELLIS, KIM	
FAIRCLOTH, LYNETTE		RYAN, BRENDA	Brenda Ryan
HARMAN, BECKY	Becky Harman	RYAN, TRISH	
HARMAN, JIMMY		SIMS, DONNA	
HEXT, RUBY		SMITH, LYLE	
HIGHT, BARBARA		TIDWELL, DEANNA	
HUMPHREY, DONNA	Donna Humphrey	WILLIAMS, HAROLD	Harold Williams
HUTTO, SYBIL		WININGER, DEBY	Deby Winger
JONES, MICHELLE	Michelle Jones		
JORDAN, RHONDA			
KINDLE, MARGIE			

~~Kyala Brenda~~
MacLAVISH, JOANN
Idemary Jimm

~~Betty~~
116
Jann Madam
Jimm Idemary

TYLER COUNTY NUTRITION CENTER

EXERCISE "Seniors in Motion" ACTIVITY SIGN UP

DATE:

July 9, 2025

SIGNATURE	INITIAL	SIGNATURE	INITIAL
ARMSTRONG, LAURIE		LEATHAM, BILL	
CAULEY, CHERYL	Carol Cauley	MITCHELL, RICHARD	Bill Mitchell
COGGINS-LARGENT, HEATHER	Heather Coggin	MOTT, JUDY	
CRAVY, JULIE		READ, MARY	
CREED, DIANE		REYES, TERESA	
DAVIDSON, IRMA	Irma Davidson	ROBERTS, SHIRLEY	
DEASON, CATHERINE	Catherine Deason	ROYER, SUELLEN	Suellen Royer
EVEANS, JUDITH		RYAN ELLIS, KIM	
FAIRCLOTH, LYNETTE		RYAN, BRENDA	Brenda Ryan
HARMAN, BECKY		RYAN, TRISH	Trish Ryan
HARMAN, JIMMY		SIMS, DONNA	
HEXT, RUBY		SMITH, LYLE	Lyle Smith
HIGHT, BARBARA	Barbara Hight	TIDWELL, DEANNA	
HUMPHREY, DONNA	Donna Humphrey	WILLIAMS, HAROLD	Harold Williams
HUTTO, SYBIL	Sybil Hutto	WININGER, DEBY	Deby Winger
JONES, MICHELLE			
JORDAN, RHONDA			
KINDLE, MARGIE			

Add Names

(14)

TYLER COUNTY NUTRITION CENTER

EXERCISE "Seniors in Motion" ACTIVITY SIGN UP DATE: 10/11/25

SIGNATURE	INITIAL	SIGNATURE	INITIAL
ARMSTRONG, LAURIE		LEATHAM, BILL	
CAULEY, CHERYL		MITCHELL, RICHARD	
COGGINS-LARGENT, HEATHER		MOTT, JUDY	
CRAVY, JULIE		READ, MARY	
CREED, DIANE		REYES, TERESA	
DAVIDSON, IRMA		ROBERTS, SHIRLEY	
DEASON, CATHERINE	<i>Catherine Deason</i>	ROYER, SUELLEN	
EVEANS, JUDITH		RYAN ELLIS, KIM	
FAIRCLOTH, LYNETTE		RYAN, BRENDA	
HARMAN, BECKY		RYAN, TRISH	
HARMAN, JIMMY		SIMS, DONNA	
HEXT, RUBY		SMITH, LYLE	
HIGHT, BARBARA		TIDWELL, DEANNA	
HUMPHREY, DONNA		WILLIAMS, HAROLD	
HUTTO, SYBIL		WININGER, DEBY	
JONES, MICHELLE			
JORDAN, RHONDA			
KINDLE, MARGIE			

(2)

TYLER COUNTY NUTRITION CENTER

EXERCISE "Seniors in Motion" ACTIVITY SIGN UP DATE: 7-14-2025

SIGNATURE	INITIAL	SIGNATURE	INITIAL
ARMSTRONG, LAURIE		LEATHAM, BILL	Bill Leatham
CAULEY, CHERYL	Cheryl Cauley	MITCHELL, RICHARD	Rich Mitchell
COGGINS-LARGENT, HEATHER	Heather Coggin	MOTT, JUDY	
CRAVY, JULIE		READ, MARY	
CREED, DIANE		REYES, TERESA	Teresa Reyes
DAVIDSON, IRMA		ROBERTS, SHIRLEY	Shirley Roberts
DEASON, CATHERINE	Catherine Deason	ROYER, SUELLEN	Suellen Royer
EVEANS, JUDITH	Judith Evans	RYAN ELLIS, KIM	
FAIRCLOTH, LYNETTE		RYAN, BRENDA	
HARMAN, BECKY	Becky Harman	RYAN, TRISH	
HARMAN, JIMMY	Jimmy Harman	SIMS, DONNA	
HEXT, RUBY		SMITH, LYLE	Lyle Smith
HIGHT, BARBARA	Barbara Hight	TIDWELL, DEANNA	
HUMPHREY, DONNA		WILLIAMS, HAROLD	Harold Williams
HUTTO, SYBIL	Sybil Hutto	WININGER, DEBY	
JONES, MICHELLE	Michelle Jones	WILLIAMS, JACKIE	Jackie Williams
JORDAN, RHONDA		SUSAN FUSSELL	
KINDLE, MARGIE			

TYLER COUNTY NUTRITION CENTER

EXERCISE "Seniors in Motion" ACTIVITY SIGN UP DATE: July 16, 2025

SIGNATURE	INITIAL	SIGNATURE	INITIAL
ARMSTRONG, LAURIE		LEATHAM, BILL	
CAULEY, CHERYL	<i>Cheryl Cauley</i>	MITCHELL, RICHARD	<i>Richard Mitchell</i>
COGGINS-LARGENT, HEATHER		MOTT, JUDY	
CRAVY, JULIE		READ, MARY	
CREED, DIANE		REYES, TERESA	<i>Teresa Reyes</i>
DAVIDSON, IRMA		ROBERTS, SHIRLEY	<i>Shirley Roberts</i>
DEASON, CATHERINE	<i>Catherine Deason</i>	ROYER, SUELLEN	<i>Suellen Royer</i>
EVEANS, JUDITH		RYAN ELLIS, KIM	
FAIRCLOTH, LYNETTE		RYAN, BRENDA	
HARMAN, BECKY	<i>Becky Harman</i>	RYAN, TRISH	
HARMAN, JIMMY	<i>Jimmy Harman</i>	SIMS, DONNA	
HEXT, RUBY		SMITH, LYLE	
HIGHT, BARBARA	<i>Barbara Hight</i>	TIDWELL, DEANNA	
HUMPHREY, DONNA	<i>Donna Humphrey</i>	WILLIAMS, HAROLD	<i>Harold Williams</i>
HUTTO, SYBIL		WININGER, DEBY	<i>Deby Winger</i>
JONES, MICHELLE	<i>Michelle Jones</i>	WILLIAMS, JACKIE	<i>Jackie Williams</i>
JORDAN, RHONDA		WILLIAMS, JUDY	<i>Judy Williams</i>
KINDLE, MARGIE			

Add Names →

16

TYLER COUNTY NUTRITION CENTER:

DATE:

7-18-25

ACTIVITY: ~~BINGO~~

Exercise

1	14	27
2	15	28
3	16	29
4	17	30
5	18	31
6	19	32
7	20	33
8	21	34
9	22	35
10	23	36
11	24	37
12	25	38
13	26	34



TYLER COUNTY NUTRITION CENTER:

ACTIVITY:

Exercise

DATE:

7/18/2

1	14	27
2	15	28
3	16	29
4	17	30
5	18	31
6	19	32
7	20	33
8	21	34
9	22	35
10	23	36
11	24	37
12	25	38
13	26	34

2

TYLER COUNTY NUTRITION CENTER:

DATE:

7-21-2025

EXERCISE

ACTIVITY: EXERCISE

1	William C. Lutton	14	Michelle Davis	27
2	Richard Mitchell	15	Barbara Hight	28
3	Betsy Harmer	16	Shirley Kila	29
4	Cheryl Cawley	17	Sybil Hutto	30
5	Dick Wynn	18	Paul Toerner	31
6	Robert Williams	19		32
7	Sybil Fawcett	20	James Humphrey	33
8	Laura Henry	21	Susan Russell	34
9	Leond Connor	22		35
10	HAROLD WILLIAMS	23		36
11	Shellen Berger	24		37
12	Esthera Davis	25		38
13	Dona Harmon	26		34

28

TYLER COUNTY NUTRITION CENTER:

ACTIVITY:

EXERCISE

DATE:

7-23-25

1	Roll Zeethem	14	27
2	Catherine Deary	15	28
3	Cheryl Cauley	16	29
4	Barbara Hight	17	30
5	TRISA RYAN	18	31
6	Dana Idem	19	32
7	Emily Dault	20	33
8	Synette Firsclott	21	34
9	Brenda Ryan	22	35
10	Stella Rogers	23	36
11	Supel Hult	24	37
12	Richard Mitchell	25	38
13	Jacky Harmer	26	34

110

TYLER COUNTY NUTRITION CENTER:

DATE:

7-25-25

ACTIVITY: *exercise*

1	<i>Bobby Harman</i>	14	27
2	<i>Bobby Harman</i>	15	28
3	<i>Anthony Brown</i>	16	29
4	<i>Heaven a Vaz</i>	17	30
5	<i>Cheryl Coney</i>	18	31
6	<i>Richard McRobb</i>	19	32
7	<i>Stella Ferguson</i>	20	33
8	<i>Dolly Coney</i>	21	34
9		22	35
10		23	36
11		24	37
12		25	38
13		26	34

8

TYLER COUNTY NUTRITION CENTER:

ACTIVITY:

EXERCISE

DATE:

7.28.25

1	HAROLD EVANS	14	27
2	BILL JASTON	15	28
3	JOHNSON	16	29
4	DICKSON	17	30
5	CHERRY CRAWLEY	18	31
6	DONNA IDEN	19	32
7	CATHERINE DEAN	20	33
8	JIM HENRY	21	34
9	STEVE ROSE	22	35
10	MICHELLE JONES	23	36
11	SMITH	24	37
12	GUS ON	25	38
13		26	34

18

TYLER COUNTY NUTRITION CENTER:

ACTIVITY:

EXERCISE

DATE:

July 30, 2015

1	HAROLD E Williams	14	27
2	Joan Ryan	15	28
3	Paul Heathman	16	29
4	Shirley Roberts	17	30
5	Michelle Jones	18	31
6	Aeresa Kyrk	19	32
7	John King	20	33
8	Catherine Jones	21	34
9	Betty Harner	22	35
10	Jenny Harner	23	36
11	Brenda Ryan	24	37
12	Barbara Hight	25	38
13	Dona Jensen	26	34

110



BENEFITS OF ANTIOXIDANTS

Antioxidants are powerful nutrients that help shield the brain's cells from the damaging effects of free radicals. Free radicals are highly reactive, unstable molecules produced in the body from exposure to toxins in the environment.

Quality sources of antioxidants

- Berries
- Dark leafy greens
- Nuts and seeds
- Colorful produce
- Dark chocolate



Research has begun to show that antioxidants may play a role in preventing damage to body cells, repairing that damage, improving immune function, and even lowering the risk for certain cancers and infections. How do these trace vitamins and minerals have such an impressive impact? Let's learn more about how antioxidants work in the body.

KEY MESSAGE

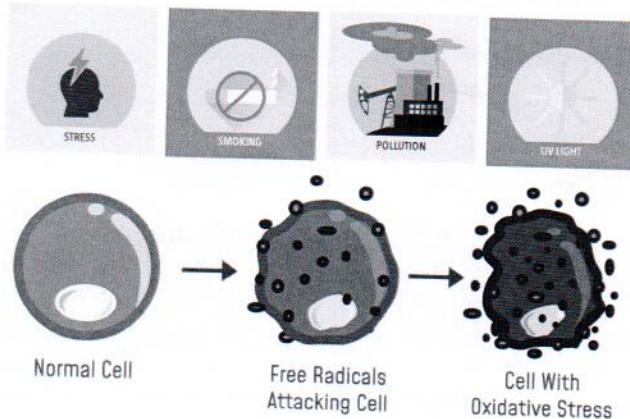
Antioxidants, present in nuts, seeds, fruits, vegetables, and more, are powerful nutrients that help shield the brain's cells from the damaging effects of free radicals.

HOW ANTIOXIDANTS WORK

Even cell in your body needs oxygen to produce energy. During the process of producing energy, your body cells burn up the oxygen, creating free radicals as a by-product. These free radicals are unstable and have the ability to damage body cells and tissues, including your DNA. The damage to DNA can accelerate the ageing process and development of other diseases.

In addition to energy production, free radicals can also form as the result of:

- Inflammation
- Stress
- Smoking (or secondhand smoke)
- Pollution
- UV light
- And more





HOW ANTIOXIDANTS WORK

BETA-CAROTENE

Beta Carotene is a type of carotenoid, or compound, responsible for giving fruits and vegetables their red, orange, or yellow pigment. You'll notice that the benefits and sources of beta carotene are very similar to that of vitamin A. This is because the body can convert beta carotene into vitamin A.

As mentioned, while discussing Vitamin C, beta-carotene is a fat-soluble vitamin. Therefore, it can attack free radicals within our body fat tissue. In addition, eating fat-soluble vitamins along with fat, like olive or avocado, in a meal can help increase absorption.

Sources of Beta-carotene include:

- Sweet potatoes
- Carrots
- Spinach
- Apricots
- Red bell peppers
- Other vegetables with a deep red, orange, yellow color
- Other dark, leafy greens

 spinach	 bell pepper	 carrot	 broccoli
 sweet potato	sources of beta-carotene		 spinach
 tomato			 pumpkin
 papaya	 apricot	 winter squash	 melon

VITAMIN E

Studies have shown that Vitamin E may have the ability to reduce the risk for heart disease or stroke by preventing the oxidation of our LDL ("bad") cholesterol learning to less plaque buildup in our arteries. In addition, the protection vitamin E provides to cells may help reduce the risk of certain cancers.

Sources of vitamin E include:

- Nuts
- Seeds
- Vegetable oil
- Other foods high in unsaturated fats

 spinach	 peanut	 asparagus	 kiwi
 hazelnuts	sources of vitamin E		 broccoli
 wheat oil			 pumpkin
 almonds	 avocado	 butter	 beet



Dark Chocolate Hazelnut Bark

12 Servings • 1 Serving = 1 Ounce

Tips on Cinnamon



How To Store

Store cinnamon in an airtight container in a cool dark place.



How To Use

Can be used for baking, cooking & can add flavor to drinks & smoothies.



Health Benefits

Helps prevent heart disease, lowers blood sugar & promotes brain health.

INGREDIENTS

- 8 ounces 70-80% dark chocolate, chopped
- ½ cup hazelnuts, divided
- Optional: zest of 1 small orange
- ¼ cup dried apricots, chopped and divided
- ¼ teaspoon ground cinnamon

DIRECTIONS

- Add water to a 2-quart saucepan and bring to a boil. Reduce heat to a simmer and cover with a heat-proof bowl. The bowl should sit snugly in the pan but should not touch the water.
- Add the chocolate and allow to melt slowly.
- Place the zest of the orange onto a paper towel to absorb any excess moisture.
- Once the chocolate is melted, stir in half of the hazelnuts, orange zest, half of the apricots and cinnamon. Stir to combine and pour the mixture onto a baking sheet lined with wax paper. Smooth out and spread the mixture with a spatula.
- Sprinkle remaining hazelnuts and apricots on top of the mixture.
- Freeze for a ½ hour or until completely set.
- Break into pieces and store in an airtight container in the refrigerator.

Nutrition Facts

12 servings per container
Serving size 1 ounce (28g)

Amount per serving
Calories 160

% Daily Value*

Total Fat 10g 13%

Saturated Fat 5g 25%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 12g 4%

Dietary Fiber 5g 18%

Total Sugars 5g

Includes 3g Added Sugars 6%

Protein 3g

Vitamin D 0mcg 0%

Calcium 20mg 2%

Iron 2mg 10%

Potassium 151mg 4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



FIND MORE RECIPES

SCAN THE QR CODE OR VISIT
chefsa.org/recipes



www.chefsa.org
5200 Historic Old Hwy 90
San Antonio, TX 78227

The Culinary Nutrition Education
Program Of The San Antonio Food Bank

This institution is an equal opportunity provider.



Supplemental
Nutrition
Assistance
Program

TYLER COUNTY NUTRITION CENTER:

DATE:

7/10/2025

St Robert 10/10/25

ACTIVITY: BINGO

1	Michelle Jones	14	14	27
2	Michelle Jones	15	15	28
3	Shirley Roberts	16	16	29
4	Candace Johnson	17	17	30
5	Terena Rye	18	18	31
6	HAROLD WILLIAMS	19	19	32
7	Cheryl Cawley	20	20	33
8	Dby w my	21	21	34
9	Susan Russell	22	22	35
10		23	23	36
11		24	24	37
12		25	25	38
13		26	26	34

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