

THE SENIOR SCENE



**Programs & Activities
for Older Adults
Programas y Actividades
para Adultos Mayores**



**JULY
2016**



Offered by: Division of Senior Services

http://www.santafenm.gov/senior_scene_newsletter

CITY OF SANTA FE, DIVISION OF SENIOR SERVICES
Administration Offices 1121 Alto Street, Santa Fe, New Mexico 87501
JULY - 2016

The City of Santa Fe Division of Senior Services offers a variety of programs and services at five senior centers throughout Santa Fe. If you are age 60 or over, we invite you to utilize our facilities and participate in the various programs and activities that are available, most of which are free (some do request a small donation). Read through the activities section for more information about ongoing and current activities. These facilities and services are here for you – we encourage you to stop by and use them, and we look forward to meeting you!

The Senior Scene newsletter is a free monthly publication designed to help you navigate our services and learn about upcoming events. You will find sections on community news, senior center activities and menus, volunteer programs, 50+ Senior Olympics, health, safety, legal and consumer issues, as well as word puzzles to sharpen the mind.

The newsletter is available at all City of Santa Fe senior centers, fitness facilities, and public libraries, as well as various senior living communities and healthcare agencies. It is also available online at www.santafenm.gov, simply type "Senior Scene" in the keyword search box at the top then click the purple underlined words "Senior Scene Newsletter." You may also find it on the Retired Senior Volunteer Program (RSVP) website at www.rsvpsantafe.org.

Front Desk Reception	(505) 955-4721	In Home Support Services: Respite Care,	
Toll-Free Administration Line	(866) 824-8714	Homemaker, Non-Medical Personal Care	
Ron Vialpando, DSS Director	955-4710	Theresa Trujillo, Program Supervisor	955-4745
Administration		Katie Ortiz, Clerk Typist	955-4746
Cristy Montoya, Administrative Secretary	955-4721	Foster Grandparent/Senior Companion Program	
Sadie Marquez, Receptionist	955-4741	Melanie Montoya, Volunteer Prog. Admin.	955-4761
FAX Machine - Administration	955-4797	Daniel Mitchell, Special Projects Admin.	955-4744
Senior Services Registration		Retired Senior Volunteer Program (RSVP)	
Brenda Ortiz, Database Specialist	955-4722	Triston Lovato, RSVP Administrator	955-4760
Transportation Ride Reservations (page 4)	955-4700	Marisa Romero, Administrative Secretary	955-4743
Fran Rodriguez, Project Manager/ Dispatch	955-4702	FAX Machine - RSVP Office	955-4765
Robert Chavez, Project/Fleet Manager	955-4703	50+ Senior Olympics	
Linda Quesada-Ortiz, Administrative Assistant	955-4756	Cristina Villa, Program Coordinator	955-4725
Nutrition		Miscellaneous	
Thomas Vigil, Program Administrator	955-4740	Lobby Area	955-4735
Enrique DeLora, Inventory Supervisor	955-4750	Craft Room	955-4736
FAX Machine - Nutrition	955-4794	Pool (Billiard) Room	955-4737
Meals On Wheels (for homebound individuals)		Other Important Numbers	
Carlos Sandoval, Program Supervisor	955-4748	Santa Fe Civic Housing Authority	988-2859
Yvette Sweeney, Administrative Assistant	955-4739	Santa Fe County Information	992-3069
Robert Duran, MOW Assessments	955-4747	Santa Fe County Mobile Health Van	231-2382
Senior Center Programming (Activities)		Newsletter Production	
Lugi Gonzales, Center Program Manager	955-4711	Triston Lovato, Editor/Distribution	955-4760
Albert Chavez, Program Coordinator	955-4715	Gil Martinez, Graphic Artist	
Mary Ester Gonzales (M.E.G.), Ventana de Vida		Mela Sanchez, Mailing Distribution	
Cristina Villa, Program Coordinator	955-4725	Christella Vigil, Mailing Distribution	
Luisa, Pasatiempo, Villa Consuelo		Anna Mae Gallegos, Mailing Distribution	

DIRECTOR'S REPORT

JULY - 2016

Dear Patrons:

As many of you know, we offer a vast array of comprehensive services to our seniors. Our three core services are Nutrition (congregate and home delivery), Transportation and In-Home Support (home management and respite). Of these three, our Nutrition and Transportation segments rely on donations from our participants and suggested donation signs are strategically placed to remind clients of their importance as well as how much they impact our budgets. Your generous donations assist us in purchasing quality food products, auto parts, gasoline, etc.

With regard to our Nutrition program, we have established a suggested donation of \$1 for breakfast and \$1.50 for lunch. Many of you have elected to purchase our meal tickets that offer 10 meals for a suggested donation of \$12.50 thereby saving \$2.50. Meal tickets may be purchased at any of our meal sites and/or through Nutrition office staff. These donations are used to help purchase food, beverages, gasoline, and various supplies needed to operate and enhance our meal services. Many of you, who can afford to contribute, help compensate and offset for those who regrettably cannot contribute at all.

With respect to our Transportation program, we have established a suggested donation of \$.50 per ride (one-way-trip). When we compared this with other state programs the average suggested donation was \$2. These donations help with increased gasoline costs, provide vehicle maintenance assistance and assist with overtime expenditures. Many regular riders have elected to purchase a transportation ride ticket, valid for 25 rides for a suggested donation of only \$10 thereby saving \$2.50. These ride tickets may be purchased from any of our Transit Operators/ Drivers and/or Transportation office staff.

Please keep in mind that every donation counts, so even if it is less than the suggested donation, each contribution is helping us provide and maintain quality services to our community and to you directly. Please be assured we take all donations seriously and safeguard your contributions by having them placed in locked boxes thereby ensuring that your money is going directly to the program/service of your choice. Thank you for your program donation contributions, we appreciate it.

On another note, we celebrate Independence Day this month. On July 4, 1776, the Continental Congress announced that the thirteen American colonies regarded themselves as independent states and no longer a part of England, and adopted the Declaration of Independence. One of the most powerful sentences, "We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the Pursuit of Happiness" which continues to be experienced by Americans to this day. Please have a safe and enjoyable time celebrating the birth of the United States. This year is the 240th year of America's independence.

Also, please be advised that all centers are closed Monday, July 4th in celebration of this national holiday.

Sincerely,



Ron J. Vialpando, Division Director

SENIOR SERVICES PROGRAM INFORMATION

JULY - 2016

SENIOR SERVICES REGISTRATION

Anyone age 60 or over who participates at any City of Santa Fe Senior Center, uses the Division Transportation, or other services is asked to register with our program. We secure program funding each time a registered senior prints his/her name on our various sign-in sheets e.g. meals, fitness activities, etc.

Registration is held at the Mary Esther Gonzales (MEG) Senior Center located at 1121 Alto Street, Monday through Friday from 8:30 am to 4:30 pm. When you register, a staff member will fill out a form with you, including your date of birth, the last four digits (only) of your Social Security number, an emergency contact name and phone number. Staff will provide you with a photo membership card for \$2. (*Please bring exact amount*). We will inform you when you should come in to renew/update your registration. Please note that cards are not official identification.

Eligibility for Senior Services Registration

Per the Older Americans Act, **participants must be at least 60 years of age, or be the legal spouse of a member 60 or over, residing at the same address**, or for meals only, be disabled (regardless of age) and living at Luisa, Pasatiempo, or Villa Consuelo senior housing.

For more information, contact Brenda Ortiz at 955-4722.

Email bmortiz@santafenm.gov.

SENIOR TRANSPORTATION INFORMATION

To Reserve: **Call 955-4700 at least 24 hours in advance, before 4:00 p.m.**
Ride reservations can be made up to five business days in advance.
Please specify if you require a wheelchair lift van.
To avoid delays in service, call immediately if you need to cancel a scheduled ride.

Senior Cost: Seniors 60 and over, a suggested donation of .50¢ per ride (one way trip). You may purchase a 25-ride ticket for \$10.00 from the Transportation Office

Schedule: **Rides are available 8:15 a.m. to 4:15 p.m. Monday through Friday. On the first Tuesday of every month, last call for pick up will be 2:45 p.m.** Rides to medical appointments are given priority over all other rides. Vans leave from the MEG Center at 12:00, 1:00, 2:00 and 3:00 p.m. (Be seated in lobby or patio chairs.)

Notes: **Drivers may arrive up to 15 minutes before or after scheduled pick-up time.**

CLOSED JULY 4, 2016

SF County: For rides outside city limits but within Santa Fe County, call 992-3069.

SF Ride: For weekend and evening transportation, call 473-4444.

In Remembrance

Eloisa Maria Martinez passed away on Wednesday, June 8, 2016. Eloisa is preceded in death by her loving son Geronimo Garduno. She is survived by her children: Charlotte Mares Kipke, Christine Mares Morrisson, Linda Visarraga, Cecelia Visarraga Barrera, Priscilla Visarraga Salazar and Bernice Visarraga Salinas. Eloisa is also survived by numerous grandchildren; great-grandchildren; great-great-grandchildren; and many other relatives and friends that appreciated her personality and sense of humor. She will be greatly missed by all that knew her.



Viola M. Padilla of Santa Fe passed away on June 16, 2016 at age 94. Viola grew up in Mora and together with her husband Amadeo, raised eight children. Her passions centered on her children and grandchildren and their education. Concerned about the educational opportunities for her children in Mora, Viola began a weekly commute in 1958 from Mora to Santa Fe so her children would have more educational options; Amadeo stayed behind to run his barbershop. She later became involved in activities at the Mary Esther Gonzales Senior Center, including serving on advisory boards and advocating for seniors. She also participated in Senior Olympics events such as basketball and Frisbee winning over 30 medals. She is preceded in death by her husband Amadeo and her son Robert. She is survived by: sons Ernest, Charles and Ray; daughters Doris Carrasco (Rudy), Elaine Juarros (Dennis), Patricia (Rick) and Marian; twenty-one grandchildren and 24 great-grandchildren. She will be greatly missed.



Mary Ann D. (Lopez) Niño was born Sept. 25, 1960. Mary Ann was a loving wife, mother, grandmother, sister and friend who passed away on Sunday, June 12, 2016. She was preceded in death by her parents, Juan Rivera Lopez and Nemensia Lopez. She is survived by her husband Thomas Niño, daughters, Amanda Niño and Valerie Herrera (Niño) and husband Andrew and grandson Lucas. Siblings: Chris Lopez Sr. and wife Darlene, Margarito Lopez and wife Eva, Blas Lopez and wife Theresa, Beva Ortega and husband Raymond and many nephews, nieces and friends. Mary Ann loved spending time with her husband Thomas at the Mary Esther Gonzales Senior Center. They participated in many activities including Tai Chi, Guitar and Enhance Fitness, to name a few. She enjoyed gardening, crocheting and spreading her love meeting new people. What Mary Ann loved most was being around her grandson, Lucas. Mary Ann was a devout Catholic at San Isidro Church and was a woman who took great pride in her family. Mary Ann will always be remembered for her kind heart and gentle spirit. She was selfless, always put others first and was so caring towards others. We will miss her sweet playful laugh, her beautiful smile and the love she expressed towards others. Mary Ann was a champion and warriorette. She will be greatly missed!



Margaret "Pearl" Van de Water (January 27, 1942 – May 13, 2016) During her earth-bound time, Pearl highly appreciated butterflies and her favorite color was turquoise. She had always wanted to live in the American Southwest and fulfilled that dream in 2008 when she moved to New Mexico. She became a Christian in 1974 and led her son to faith in Jesus in 1975. She was a highly gifted singer (soprano) who was once offered a position with the Robert Shaw Chorale. According to friends, she seemed to be most at peace and happiest during the last years of her life. She will be greatly missed.



In Remembrance

Stella R. Duran, 91, passed away in her home on Saturday, June 4, 2016. She was born on July 10, 1924 to parents, Alejandro and Manuelita Romero. Stella is preceded in death by her loving parents, and brother, Esterino Romero. She is survived by her children, Bernadette (Louis), Patricia (Roger), Joseph Julian, Theresa (Lorenzo), Francine (Adrian); nine grandchildren; 17 great-grandchildren. At the age of 50, Stella went back to college to pursue her passion in Special Education. In 1975, she graduated with a B.A. from the College of Santa Fe; later becoming a Special Education teacher for the Santa Fe Public School system. She was inducted into the National Educators Association and later the Retired Teachers Association. Stella was an avid baseball fan, rooting her beloved Yankees. She also loved to bowl with the League of retired teachers. Stella also liked to travel.



Volunteer Benefits Counselor Now Accepting Appointments

Do you have questions about your healthcare coverage, choices you need to make about your Medicare or Medicaid coverage, the rising costs of dental care, hearing aids or eye care? Or do you have issues regarding housing or need assistance with utility expenses? If so, Stan Cooper a volunteer from the NM Aging and Disability Resource Center (NM ADRC) is available to offer advice every Wednesday morning at the MEG Senior Center.

To meet with Stan you must make an appointment. To reserve a free individual, 30-minute session please call the MEG Senior Center at (505) 955-4721. If you are unable to make an appointment or need more immediate assistance, call the NMADRC at (505) 476-4846 or toll free at 1(800) 432-2080.

Santa Fe County Mobile Health Van

The health van's Registered Nurse offers basic health screenings: blood pressure, blood glucose, heart rate, oxygen saturation, general health information and immunizations (based on availability). They also have healthcare resource guides and discount prescription cards available to Santa Fe County residents. Their schedule is subject to change so please check for the updates online at www.santafecounty.org or call (505) 231-2382. All services are free.

Dates for July:

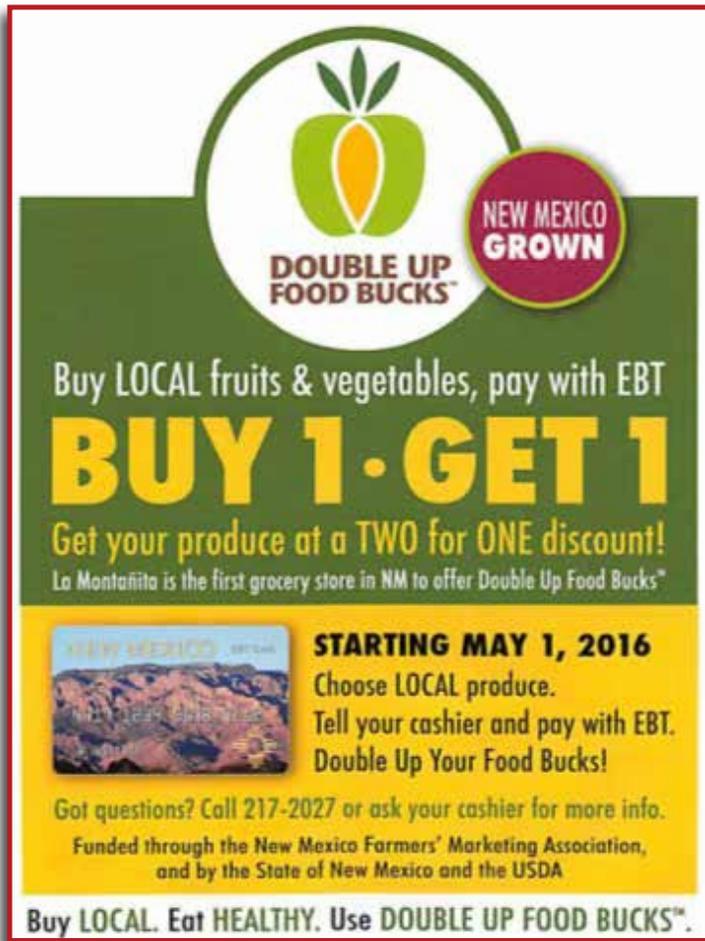
- 01 – Smith's (Pacheco) noon – 2 pm
- 02 – Van not out**
- 03 – Santa Fe Recovery Center 9 am – 3 pm
(Nurse inside – no van)
- 04 – Holiday – van not out**
- 05 – Solana Center 10 am – 1 pm
Southside Farmer's Market 2:30 – 5 pm
- 06 – Fort Marcy 10 am – 2 pm
- 07 – Edgewood Senior Center 10 am – 2 pm
- 08 – Chimayo Senior Center 10 am – 2 pm
- 09 – Van not out**
- 10 – Santa Fe Recovery Center 9 am – 3 pm
(Nurse inside – no van)
- 11 – Pasatiempo Senior Center 9 am – 1 pm
- 12 – Eldorado Senior Center 10 am – 2 pm
- 13 – El Rancho Senior Center 10 am – 2 pm
- 14 – Santa Cruz Senior Center 10 am – 2 pm
- 15 – Ventana de Vida Senior Center 9 am – 1 pm
- 16 – Van not out**
- 17 – Santa Fe Recovery Center 9 am – 3 pm
(Nurse inside – no van)
- 18 – Casa Rufina Apartments 9 am – 1 pm
- 19 – St. John's United Methodist 10 am – noon
Southside Farmer's Market 2:30 – 5 pm
- 20 – Casa Villita 10 am – 2 pm
- 21 – Rio En Medio Senior Center 10 am – 1 pm
- 22 – Genoveva Chavez Center 10 am – 2 pm
- 23 – Van not out**
- 24 – Santa Fe Recovery Center 9 am – 3 pm
(Nurse inside – no van)
- 25 – Villa Consuelo 9 am – 1 pm
- 26 – Luisa Senior Center 10 am – 2 pm
- 27 – Brookdale Assisted Living 9 am – 1 pm
- 28 – Tesuque Health Fair 10 am – 2 pm
- 29 – Mary Esther Gonzales Center 10 am – 2 pm
- 30 – Van not out
- 31 – Santa Fe Recovery Center 9 am – 3 pm
(Nurse inside – no van)

NEWS & VIEWS

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Let's Grow! Historic Garden Restoration

Tour the garden at El Zaguán during the 4th Friday Art Walk on Canyon Road. Learn how Master Gardeners are restoring the garden, maintaining its historic layout and ambiance with plants appropriate for current climate. Join Master Gardeners on Friday, July 22nd from 5 to 7 p.m.



The advertisement features a green and white logo with a stylized apple and carrot, labeled "DOUBLE UP FOOD BUCKS". A red circular badge says "NEW MEXICO GROWN". The main text reads: "Buy LOCAL fruits & vegetables, pay with EBT BUY 1-GET 1 Get your produce at a TWO for ONE discount! La Montañita is the first grocery store in NM to offer Double Up Food Bucks". Below this, a yellow box says "STARTING MAY 1, 2016 Choose LOCAL produce. Tell your cashier and pay with EBT. Double Up Your Food Bucks!". At the bottom, it says "Got questions? Call 217-2027 or ask your cashier for more info. Funded through the New Mexico Farmers' Marketing Association, and by the State of New Mexico and the USDA. Buy LOCAL. Eat HEALTHY. Use DOUBLE UP FOOD BUCKS™."

Flora's Corner

"Whether the weather is cold, or, whether the weather is hot, we'll weather the weather, whatever the weather, whether we like it or not." – Anonymous

2016 Day Trips

For additional information on day trips please call Don Bell at 982-2707 after 5:30 p.m. (Note: Date and price are subject to change.)

July 9th (Saturday) Taos Pow-Wow

Cost per person is \$25; everyone is on their own for lunch.

August 13th (Saturday) Gallup Inter Tribal C

(Details to follow)

September 13 – 20, 2016 Yellowstone

Cost per person is \$1995
(Double room occupancy) See more info below

October 2016 Albuquerque International Balloon Fiesta

Cost per person is \$20; leaving at 5:30 a.m.
(Date to be determined)

December 2016 – River of Lights Cost \$20

More information to follow.

Yellowstone Trip Information

Our senior trip to Arches, Yellowstone, the Tetons and Jackson from September, 13 – 20, 2016 is almost sold out! (SINGLE rooms are already sold out). Anyone that has an interest in this awesome excursion needs to contact Don (982-2707) or Chuck (988-2958) ASAP and pay for the reservation in full; \$1995 for each passenger in a double room. Optional "Travel Protection" is available for an additional \$149 each. A wait list will be instituted for anyone who still has an interest after our last available space is sold or after July 15th (our last day to book and receive payments for this trip). Please don't hesitate; don't be disappointed – call and book NOW!

AT - A - GLANCE

JULY - 2016



MEG Center Knitting & Crochet group with their donations to the Santa Fe Women's Club Baby Shower for La Familia Medical Center



SAVE THE DATE

CHECK-IN FOR ADULT INDOOR ENTRIES
Monday, August 1 3 - 7 pm
Tuesday, August 2 9 am - 1 pm

Calling All Artisans Plan now to enter your work in our Santa Fe County Fair! Hundreds of people will view your items. **Entries are FREE!**
All entrants must be residents of Santa Fe County. See back for exhibit categories.



CONTACT
Cydney Martin
505-471-4711
cydneym@nmsu.edu

SANTA FE COUNTY FAIR

AUG. 3-6, 2016 FAIRGROUNDS ON RODEO RD

AUG. 3-6, 2016

SANTA FE COUNTY FAIR
3229 RODEO ROAD
SANTA FE, NM 87507

Exhibit classes are offered in the following area, and more:

- AGRICULTURE
- BAKED PRODUCTS
- PRESERVED FOODS
- LEATHER CRAFTS
- NEEDLEWORK
- HANDICRAFTS
- FINE ART
- FLORI-CULTURE
- CREATIVE CRAFTS
- QUILTING
- JEWELRY
- WOODWORK
- ROCKETRY
- MODELS
- DOLLS
- SEWING
- PHOTOGRAPHY
- RECYCLED ART



For complete list of classes and rules:
santafeextention.nmsu.edu or call: 505-471-4711

JULY - 2016



BOWLING TOURNAMENT

Awards for
Highest Team Score
Highest Individual Score (male/female)
Most \$\$\$ Raised (Team & Individual)

Place: Starlight Lanes (Santa Ana Star Casino)
Date: Saturday, August 20, 2016
Time: 1:00 p.m. (Sign in starts @ 11:30)
Teams: 4 bowlers per team
Entry Fee: \$50.00 minimum per bowler (unlimited sponsorship opportunities)
Strive for the **Most \$\$\$ Raised Trophy!!!**
This event is 3 games across two lanes (shoe rental included)



HELP FILL THE TRUCK



St. Felix Pantry and U.S. Eagle Federal Credit Union are partnering to collect non-perishable donations

August 20, 2016

10:00 a.m. to 5:00 p.m.

U.S. Eagle Federal Credit Union
53 Jemez Dam Rd
Bernalillo, NM



(located at the entrance to Santa Ana Casino)

THANK YOU

For more information or to register, please contact Dan Mitchell at (505) 955-4744.

RSVP (RETIRED SENIOR VOLUNTEER PROGRAM)

JULY - 2016

COMMUNITY NEEDS



Are you interested in donating some of your time to make a difference in the community? If so, you can become an RSVP volunteer today! Listed below are some current volunteer opportunities. **If you are interested, want to learn more and enroll in RSVP, please contact Triston Lovato at (505) 955-4760 or trlovato@santafenm.gov.**

HOSTS Literacy Program Needs YOU

Are you interested in helping a child with their reading? If so, the Help One Student to Succeed (HOSTS) program at Cesar Chavez Community School needs you! Volunteer mentors are paired with students who have been recommended by their teachers. Working one-on-one with students for 30 minutes, volunteers simply follow the lesson planned for that day. As a volunteer you can serve as little as one hour per week or more depending on your schedule! A short orientation will be provided to familiarize you with the program and your role as a mentor and a background check is required. The program will resume when the new school year begins, so sign up today! Call Triston at (505) 955-4760 for more information.

Shifts are 30 minutes and available Monday thru Thursday, but the following days/times are in great need of a volunteer!

- * Mondays between 11 am and 1:30 pm
- * Tuesdays between 10:30 am and 2:30 pm
- * Wednesdays between 1:30 and 2:30 pm
- * Thursdays all day (8:30 am – 2:30 pm)

American Cancer Society Needs YOU

The American Cancer Society is looking for volunteer drivers for its "Road to Recovery" program. Volunteers are needed once a month or several times a week depending how much time you can donate. Drivers transport people with cancer who have no means of transportation and/or who are too ill to drive themselves to appointments.

To get started call Triston today!

Snuggle a Baby, Support a Mom

Many Mothers needs snugglers! Trained volunteers will be matched with families following the birth or adoption of a new baby. Volunteers provide the physical, emotional and practical support new parents need to reduce the stress and anxiety often experienced during this wonderful time. Call Triston if you're interested!

Happy Birthday

RSVP volunteers born in JULY

Alice Vargas	7/02
Thomas K. Pedersen	7/03
Roberta Carter	7/04
David Reffert	7/05
Lorraine Graham	7/06
Marvin Lachman	7/06
Donna Sellers	7/06
Sue Ann Spoonhoward	7/07
Michaela Gallagher-Gonzales	7/08
Maria E. Naranjo	7/09
Rod Hasson	7/10
Nancy R. Nofield	7/10
Yvonne Prior	7/10
Mary Ellen Underwood	7/12
Judith Bronson	7/13
Tessie Horne	7/14
Geniva Lopez	7/17
Tillie Garcia	7/18
Helen R. Lujan	7/18
Frank Sena	7/18
Vivian Heye	7/20
Willie J Horne	7/20
Christine Evertsz	7/21
Beatrice Garcia	7/21
Christine Hickman	7/21
Lillian McConnell	7/22
Barbara Mellers	7/22
Rudolf Hunziker	7/24
Abdi Iyow	7/24
Ann Aceves	7/25
Doris Patton	7/25
Peter B. Quintana	7/26
Pauline Candee	7/27
Ellen Rosell	7/27
David L. Raab	7/28
Michaela Shelley Valencia	7/29
Consuelo Garcia	7/30
Jo An Riter	7/30

Foster Grandparents

Share Today. Shape Tomorrow.

Foster Grandparents Needed

The Foster Grandparent Program is part of Senior Corps, a network of national service programs that provide older Americans the opportunity to volunteer for a child and put their life experiences to work in our local communities. When you share your love, time, and experience, you have the power to help a child who needs you. As a Foster Grandparent, you're a role model, a mentor, and a friend. Serving at local organizations including Head Start Centers and schools, you help children learn to read, provide one-on-one tutoring, and guide children at a critical time in their lives. Put simply, you give the kind of comfort and love that sets a child on the path toward a successful future.

The primary goals of the Foster Grandparent Program are to:

- Enable income-eligible persons age 55 and over to remain physically and mentally active and to enhance their self-esteem through continued participation in community service.
- Enable children with exceptional and/or special needs to achieve improved physical, mental, emotional and social development thereby helping them to reach social, behavioral, developmental and educational goals. This goal is achieved through the mentoring relationship with a Foster Grandparent.
- Provide a stipend (and other benefits such as mileage reimbursement, meals while on duty and recognition), which enable eligible persons to participate as Foster Grandparents without cost to them.

Who is Eligible? If you have time to give (minimum 15 hours per week), are 55 years or older, in good physical and mental health, can pass a background screening, enjoy working with children and genuinely respect children, and can no longer be employed in the workforce. If you are interested in becoming a Foster Grandparent, please call Melanie at 955-4761.

We are still learning...



Foster Grandparent and Senior Companion volunteers participate in a training regarding Alzheimer's and Dementia sponsored by Senior Services In-Home Support Section.

Attention Foster Grandparents

The Santa Fe Public Schools will begin school on Wednesday, August 17, 2016. It is customary to give the teachers and children at least one to one and a half weeks to acquaint themselves with the school and each other before we send in our Foster Grandparents to assist. Therefore, Foster Grandparents will kick off the new school year on Monday, August 29, 2016.

Fourth of July

In observance of Independence Day, volunteers are not required to volunteer their regular schedule on Monday, July 4th. Enjoy your day off!

The Volunteer Programs wish a very happy birthday to our FGP and SCP Volunteers born in the month of July.



Celia Roman	7/2
Sue Ann Spoonhoward	7/7
Joan Baca	7/9
Carmen Montoya	7/16
Geniva Lopez	7/17
Isidra Pacheco	7/21
Rosina Tapia	7/24
Catalina Ortiz	7/24



ONGOING ACTIVITIES

JULY - 2016

All activities are open to registered seniors.

Schedule is subject to change.

Luisa Senior Center Activities – Cristina Villa (505) 955-4725

LUISA IS CLOSED FOR REMODELING UNTIL FURTHER NOTICE

Mary Esther Gonzales (MEG) Senior Center Activities – Albert Chavez (505) 955-4715

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:15 am: Tai Chi 9 am: Guitar class 9:30 am: Enhance Fitness 11:30 am: Colorama 1 pm: Hospice Crafts 1-3 pm: Bingo	8:15 am: Tai Chi 9 am: Jewelry class 9 am: Guitar class 9:30 am: Zumba Gold (low impact) 11:45 am: Sing along 1:30 pm: Oil painting <u>Cancelled for July</u> 1:30 pm: Nia Technique (1 st & 3 rd Tuesdays)	8:15 am: Tai Chi 9:30 am: Enhance Fitness 9:30 am: Ceramics 1-3 pm: Bingo	8:15 am: Tai Chi 9:30 am: Wood-Straw Applique 9:30 am: Yoga	9:30 am: Enhance Fitness 9:30 am: Ceramics 2 pm: Knitting

7 am-4:30 pm: Pool/cards/billiard room **AND** Fitness room

8 am-4:30 pm: Computer (open use)

Pasatiempo Senior Center Activities – Cristina Villa (505) 955-4725

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 am: Yoga (class currently full) 9 – 11 am: Computer class 12:30 pm: Bridge	8:30 am: Zumba 9 – 11 am: Computer class 1 pm: Line Dance (Advanced)	8:30 am: Yoga (class currently full) 9 am: Wood/straw Applique 9 – 11 am: Computer class Noon: Sing along	9 am: Tai Chi 10 am: Zumba 10 am: Ceramics 9 – 11 am: Computer class 1 pm: Bingo 1 pm: Line dance (Intermediate)	1 pm: Line dance (Beginner/Low intermediate) 1 pm: Bingo

8 am – 1:30 pm: Fitness room

Ventana de Vida Senior Center Activities – Albert Chavez (505) 955-4715

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 pm: Art class	9-10 am: Chair yoga	1-3 pm: Bingo	

Villa Consuelo Senior Center Activities – Cristina Villa (505) 955-4725

VILLA CONSUELO IS CLOSED FOR REMODELING UNTIL FURTHER NOTICE

***NOTE: Please print your name on our activity sheets anytime you participate.**

UPCOMING ACTIVITIES

JULY - 2016

El Rancho de las Golondrinas Day Trip

Take a journey into New Mexico's past with a visit to El Rancho de las Golondrinas, a historic ranch and living history museum. Meet at MEG at 8:30 a.m. on Wednesday, July 13th for sign-in. The bus will leave MEG at 9:30 a.m. and will return around 3:30 p.m. There is a \$5 donation and you must bring your own water and sack lunch. Please call Albert to reserve your seat on the bus at (505) 955-4715

MEG Exercise Room

Please welcome volunteer trainer Gitte Mainland, who is assisting seniors in the MEG exercise room. Ms. Mainland will be available on Tuesdays and Thursdays from 9 to 11 a.m. Please join her!

Chair Yoga at Ventana De Vida Senior Center



Please join Mary Jo for Chair Yoga every Wednesday from 9 to 10 a.m. in the dining room at Ventana de Vida. This gentle form of yoga is great for all, as it deepens flexibility and strengthens body awareness. Try it out!

Yoga at MEG Senior Center

Mary Jo will also be instructing yoga classes at the Mary Esther Gonzales Senior Center every Thursday from 9:30 to 10:30 a.m. in the exercise area. Please bring your own yoga mat and join her!

Monthly Senior Services Committee Meetings

All meetings held at the MEG Senior Center. (Posted pursuant to the Open Meetings Act)

Transportation/Nutrition:	7/5/16 at 3:30 p.m.
Senior Olympics:	7/6/16 at 9:30 a.m.
Advisory Board:	7/20/16 at 9:30 a.m.
Travel Committee:	7/21/16 at 8:45 a.m.
SAC Board:	7/21/16 at 10 a.m.



AARP "Smart Driver" Course

Sign up for the AARP Smart Driver course today! Classes are held monthly in the dining room at the Mary Esther Gonzales Senior Center (MEG), located at 1121 Alto Street. The class is from 1 p.m. to 5 p.m. but

please arrive at 12:30 p.m. to check-in and fill out any required paperwork.

The class is taught by a volunteer instructor who will go over safety tips for seniors on the road. Some New Mexico insurance companies give discounts to seniors with a completion certificate, and some may even begin discounts at age 50, but please check with your insurance company. You must complete the entire four-hour course and be age 50 or over in order to obtain a certificate; it must be renewed every three years if you want to keep the discount.

The fee to cover materials is \$20, but if you are an AARP member the cost is \$15; your AARP card and driver's license must be presented the day of the class.

Also, please dress in layers as temperatures fluctuate in the MEG dining room. The number of participants for each class is limited to 30 individuals. To register for an upcoming class please call the AARP information center (located in Albuquerque) at (505) 830-3096. Let them know that you are registering for the Santa Fe Smart Driver course and the date you would like. Leave a message if you reach a recording.

Upcoming dates are:

- July 12th
- Aug 9th

Nia Technique on 1st & 3rd Tuesdays

The Tuesday Nia Technique class at the MEG center is as follows: The time has changed from 3 p.m. to 1:30 p.m.

- July 5th 1:30 p.m.
- July 19th 1:30 p.m.

UPCOMING ACTIVITIES

JULY - 2016

Blood Pressure, Blood Sugar & Oxygen Level Tests Dates

All tests are free and open to anyone age 60 or older. Following the tests is a brief, free medical consultation based on test results. Tests are conducted by Lupe Gonzales, LPN on the following dates in July:

Pasatiempo	Thursday, 7/7	11 a.m. – noon
Ventana de Vida	Thursday, 7/14	11 a.m. – noon
MEG	Wednesday, 7/20	11 a.m. – noon
Pasatiempo	Thursday, 7/28	11 a.m. – noon

Luisa and Villa Consuelo will not be scheduled due to construction, but you are welcomed to attend the other centers!!

Ken from Home Instead Sings at MEG

Join us for lunch at the MEG Center on Monday, July 25th and have a fun time enjoying songs performed by Ken Hendricks from Home Instead Senior Care. Come sing along or just enjoy listening to some old time favorites! Home Instead Senior Care provides professional caregivers to help aging loved ones remain in their homes. Home Instead can be reached at (505) 471-2777.

Let's Celebrate Your Birthday

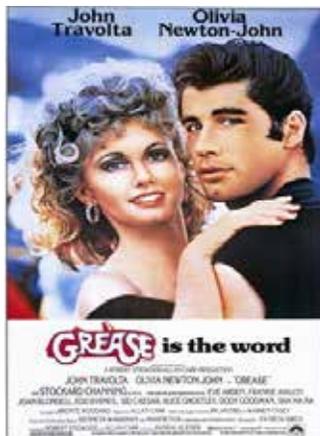
Humana will be supplying cake to celebrate all seniors who have a birthday this month! Birthday celebrations take place every first Wednesday at MEG, every second Wednesday at Pasatiempo, and every third Wednesday at Ventana de Vida. Join us!



Notice: *There will be no hair cut days in July because volunteer beautician, Fabiola will be on vacation.*

Movie Day at the MEG Senior Center Tuesday, July 26, 2016 at 1 p.m. "Grease"

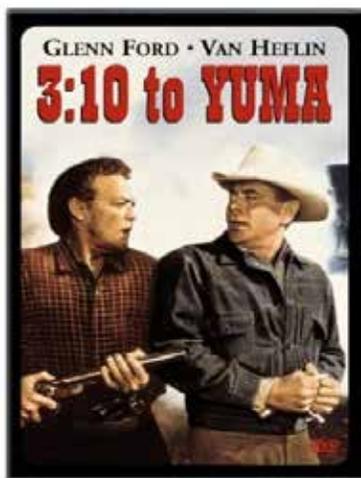
(1978 • PG-13 • 1h 50m)



After a steamy summer romance, teens Danny and Sandy are thrown back together when she transfers to Rydell High. But Sandy's good girl persona stands in the way of their relationship and only Rizzo and the Pink Ladies can help her shape up and win Danny's heart.

Movie Day at Ventana De Vida Senior Center Wednesday, July 27, 2016 at 1 p.m.

"3:10 to Yuma"
(1957 • 1h 32m)



A rancher going through difficult financial times is hired to take a notorious outlaw to catch a train to Yuma Arizona to stand trial. In 2012 this film, considered by many to be one of the best Westerns ever made, was selected for preservation in the U.S. National Film Registry by the

Library of Congress as being culturally and historically significant. It stars Van Heflin and Glenn Ford, with the title song sung by Frankie Laine.

Summer Dance on July 14th

Join us for an afternoon of summer fun on Thursday, July 21st from 1 to 4 p.m. at the Fraternal Order of Eagles (833 Early Street). Dance to the live music of Camino Oscuro! Light refreshments will be served and there will be a \$2 entrance fee. This dance is sponsored by the Pasatiempo Senior Center. See you there!

UPCOMING ACTIVITIES

JULY - 2016

Free Ear Acupuncture Returns

The ear acupuncture clinic returns Thursday, July 7, 2016 and is now open to first responders, firefighters, and police officers in addition to veterans. Sessions will take place at the MEG Senior Center every Thursday from 2 to 4 p.m. in the dining room. Join licensed acupuncturist Carolyn Bleakley in these free clinics!

Computer Classes at Pasatiempo

Computer classes are now available at the Pasatiempo Senior Center on a first come first serve basis. The classes will be held Monday – Friday from 9 to 11 a.m. We would also like to thank our volunteer Instructor Rubi, who is volunteering his time and talent to teach these computer classes to seniors!

The yard sale held at Ventana De Vida on Saturday, 6/4 was a great success! We would like to thank the manager, Teresa, and her husband for bringing cold water and sodas for all who participated.



Probate Outreach Event

Please join Santa Fe County Probate Judge Shannon Bulman at the Ventana de Vida Senior Center (1500 Pacheco Street) for a community outreach event on Monday, July 11, 2016 at 11 a.m. Learn important information about probate, which is the legal process that takes place after someone passes away. Judge Bulman will help the citizens of Santa Fe County understand the probate process, so they can better organize their own affairs or carry out the duties of administering the estates of loved ones.

Topics of discussion include:

- Ways to avoid probate;
- When you need to file a probate;
- What is involved in filing a probate proceeding?
- Should I file in Probate Court or District Court?
- Do I need an attorney?
- Can I be appointed as Personal Representative?
- What does a Personal Representative need to do?

Judge Bulman was elected to serve as Santa Fe County Probate Judge. She began a four year term on January 1, 2015. Judge Bulman brings 25 years of legal experience to the position.

Wood Carver Needed

We are looking for a woodcarver to teach at both the Pasatiempo and MEG senior centers. If you are interested in this activity please contact Albert at (505) 955-4715.

Donate Books and Magazines

Please help us supply books and magazines for use in the lobby! Books in good condition are always needed as well as magazines that are current (recent or from the past year). The place to bring them (do not leave them on the table) is the Program Coordinator's office (Albert). Drop Off Times: Tuesdays & Thursdays 8am-5pm Thank You! Your contribution is much appreciated.

SENIOR OLYMPICS

JULY - 2016

SENIOR OLYMPICS SPOTLIGHT



The golf event took place on Wednesday, May 18th at the Marty Sanchez Golf Links and for the past six years we have had the worst weather – cold and windy –

and this year was no different. However, that didn't stop the competitors; poor guys stuck it out and finished all 18 holes! Twenty-nine men participated and the staff members at Marty Sanchez were a great help. The top scorer was Guy Dimonte with a score of 78, and our most senior competitor was Lee Sanchez, age 86, who scored a 104. Job well done! Event Manager, Eloy Ulibarri did a great job in coordinating the event.

We had fun events this year – softball throw, soccer kick and Frisbee accuracy, which took place on Thursday, May 19th at Alto Park. We started the day with the softball throw. Dolores Olives threw 131'1 – who said girls can't throw a ball? That's what you call a great arm! Tomas Simek threw 159'10 – another amazing throw. Next, was the soccer kick. Each participant was given five kicks and the goal was to score in the 10 points. Linda Mattocks had a high score of 25 and it was her first time! Last was the Frisbee accuracy. The object of the event was to throw the Frisbee into a hula hoop from both seven and 10 feet; each person got eight throws. Everyone had a great time and a big shout out to Liz Armijo, who was the event manager, for doing an outstanding job coordinating this event. Also, thanks to her volunteers Mary Page and George Baros



Reading, piano, violin, mandolin, guitars, dancing, singing, and sword dancing all took place on Friday, May 20th at the Fraternal Order of Eagles and two participants – Alice Ladas, age 95, and Linda Payne – played the piano at the MEG Center and did a phenomenal job! They made it seem so easy but in fact it's not. The instrumentals and vocals did a phenomenal job and Sandra Sage did a stand-up comedy routine – she really had the crowd laughing. Azadeh Troupe danced with swords on the head with no hands – amazing. I put the sword on my head and it is heavy!

The Smitty Girls performed Play Ball. These ladies and Karl were so energetic and really enjoying themselves while dancing. It was great to see so many people support the talent show! Thanks to the judges: Victoria Carrillo from Mi Casa Bonita, Amanda Montgomery from Ambercare and Cindy Sena from Christus St. Vincent Hospital. They took time out of their busy work schedules to assist and it's not easy to judge all these talents; thanks for all your help!

The 5K and 10K runs were held on Monday, May 23rd, at the MRC Sports Complex. This year was the first time the event was held at the Sports Complex and due to the change of day and location only six athletes participated in the run. Next year, I hope to get more out there



SENIOR OLYMPICS

JULY - 2016

SENIOR OLYMPICS SPOTLIGHT

Horseshoes took place on Tuesday, May 24th for Singles and Wednesday, May 25th for Doubles. There were a total of 22 participants that competed and we all pitched in, taking score for each match. For the Doubles event I had everyone play each other and believe it or not the two women Barbara Cohen and Cristella Ortiz beat a few of the men. The ladies were super excited – not to mention these ladies are in the 70-75 age group. Robert Fernandez was making several ringers. Larry Ulibarri, Event Manager, did a terrific job with help from former event manager Johnny Roybal. Also, congratulations to Leo Kahn, age 88, for competing in horseshoes.

The race-walk event took place at Santa Fe High School (SFHS) on Thursday, May 26th. About 12 individuals participated in this event, racing around the field, knees locked, fists softly clenched, and hips swerving from side to side. Kerri Segell is a State and National competitor. She had a fast paced walk and made it look so easy. Thank you to George and Nancy Baros for your help timing the event.

The field event also took place at SFHS on May 26th. The events consisted of discus, javelin, long-jump running, long-jump standing, and shotput. All the participants pitched in to help measure the distance of each throw. Great teamwork! Arlene Mayer, Event Manager, did an outstanding job in running this event. A round of applause goes out to Arlene, age 85 and still able to throw the discus, shot put and javelin.

On Friday, May 27th runners of all ages, from their 50s to 80s, took to the field and ran anywhere between a 50-yard dash to 800m races. Unfortunately, one athlete pulled his hamstring and he was looking forward to running against our State competitor. A round of applause goes out to one competitor Vinnie Kelley who ran all the races! That's what you call someone who is in great shape. Everyone did an amazing job. A standing ovation goes to Alfonso Sanchez, age 88 for running the 50m, 100m and the 200m. I was the event manager along with help from George Baros, Cindy Sena and athletes who helped with timing.

Good Luck athletes at the State Games!
Until next month,

Cristina Villa
(505)795-3817



CONSUMER & LEGAL

JULY - 2016

Pre-Registration Underway for 38th Annual Conference on Aging

Albuquerque, NM – Pre-registration is underway for the 38th annual New Mexico Conference on Aging, which is scheduled for August 23-24 at the Isleta Resort & Casino conference center. The event, sponsored by the New Mexico Aging and Long-Term Services Department, provides education on trends, issues and resources relevant to older adults, family caregivers and professionals who work with them.



“More than ever, people are thinking about living life on their own terms as they age, and this year’s Conference on Aging reflects that,” said Aging and Long-Term Services Department Cabinet Secretary Myles Copeland. “The conference’s general session features national leaders sharing strategies for making our later years our best years.”

Approximately 1,400 individuals are expected to attend the conference, which features more than 40 workshops, 60 interactive exhibits and a health & enrichment fair. This year’s theme is Supporting Active Aging Today-Tomorrow-Beyond.

The conference features two general sessions:

- On Tuesday, August 23rd, Bill Thomas, MD, AARP visiting scholar, author, entrepreneur, musician, teacher, farmer and physician, will present “Disruptive Aging.” Dr. Thomas is internationally known for his health care systems initiatives. He will discuss new ideas, best practices, and models that can help people change the way they view aging, as well as transform the experience of aging.
- On Wednesday, August 24th, Ellen Caylor-Schneider, a consultant with the National Council on Aging and co-facilitator of the National Falls Prevention Resource Center, will present “Success Strategies to Reduce Older Adult Fall Risks.” Ms. Schneider will discuss the growing magnitude and impact of older adult falls; proven interventions; and tools for screening, assessing and referring older adults to appropriate resources.

The conference will also recognize individuals and organizations through its awards program, and will include a variety of entertainment reflecting New Mexico’s cultural diversity.

The cost of the two-day conference is:

Standard Rate: Pre-Registration: \$95; On-site Registration: \$105

Older Adult Rate: (Age 55 and older): Pre-Registration: \$35; On-site Registration: \$45

Student Rate, Pre-Registration: \$35; On-site Registration: \$45

Day registration is also available:

Standard Rate: Pre-Registration: \$50 per day; On-site Registration: \$60 per day

Older Adult Rate (Age 55+): Pre-Registration: \$20 per day; On-site Registration: \$30 per day

Student Rate, Pre-Registration: \$20 per day; On-site Registration: \$30 per day

More information can be found at www.nmaging.state.nm.us or by calling 866-842-9230 or 505-383-3900.

PUZZLE

JULY - 2016

PUZZLE 26

ACROSS

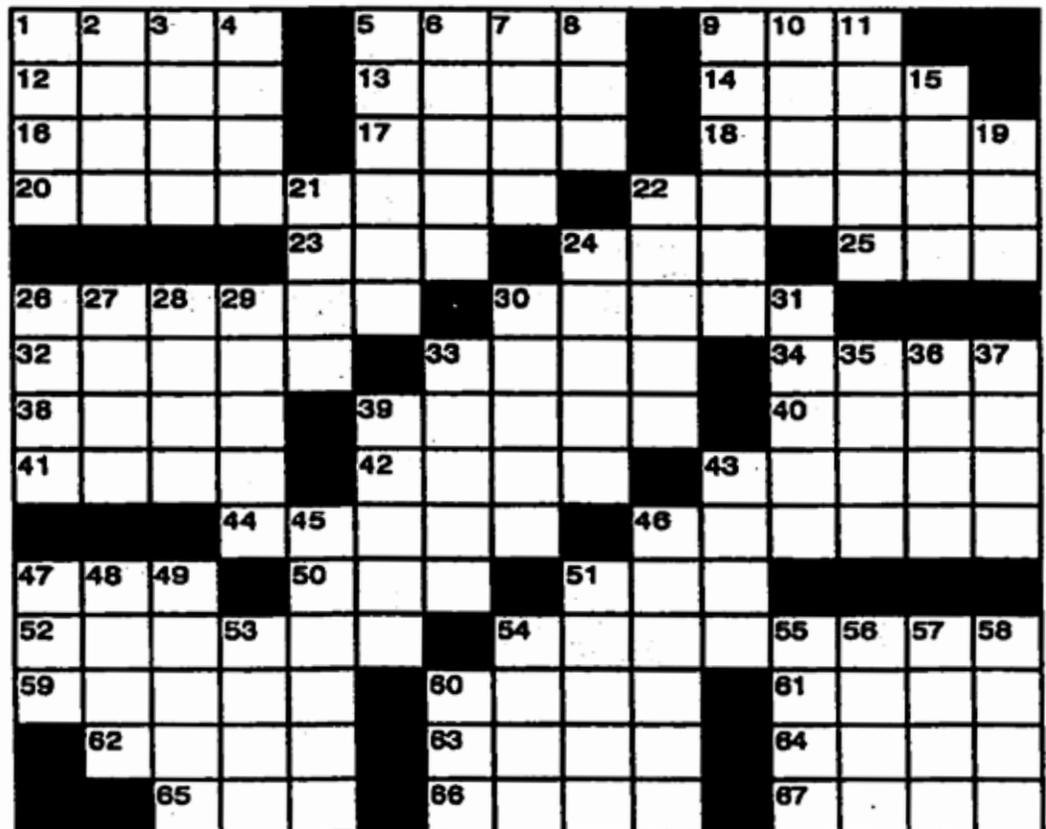
1. Hitch
5. Pigeon shelter
9. Chubby
12. Dwell
13. Nutmeg covering
14. Ah me!
16. Asian ruler
17. Vend
18. Hindu social class
20. Statue base
22. Trade
23. Aged
24. Disencumber
25. Ma that baas
26. Decanter
30. Appointments
32. Guam's capital
33. Sheltered bay
34. Canvas shelter
38. Fruit skin
39. Lions' prides
40. Butter substitute
41. Carry
42. Golf club
43. More prudent
44. Spanish title
46. Move back
47. Hirt and Pacino
50. Bubble _____
51. Pastry
52. Arbors
54. Pardons
59. Sleep noisily
60. Greek goddess of discord
61. Cast a ballot
62. "True _____"
63. Nuzzle

64. Kitty food
65. _____ Moines
66. Moved rapidly
67. Actress Remick et al.

DOWN

1. Sway loosely
2. Citrus fruit
3. Enthusiastic
4. Existed
5. Chess piece
6. Mountain nymph
7. Cultivate soil
8. Building extension
9. Building front
10. Winglike
11. Flavor
15. Boil slowly
19. Before, poetically
21. Couch
22. Nibbles
24. Black bird
26. Wagon
27. Exchange premium
28. Talk wildly
29. South American mountains
30. Giver
31. Indifferent to pain
33. Billiards shot
35. Something other
36. Require
37. Ripped
39. Less

43. Useless plant
45. Herons
46. Washed lightly
47. Unconditional: abbr.
48. Not brief
49. Cutlass
51. Balance
53. Great Lake
54. Riding whip
55. Egg-shaped
56. Not any
57. Feminine suffix
58. Perceives
60. Type measures



PUZZLE

JULY - 2016

Television played a major role in comic strips in the 1950s. Among the comics to debut in that decade were the western "The Cisco Kid" and the police drama "Dragnet." Titles of comics begun in the 1950s are listed below.

- | | | |
|---|---------------------------------------|---------------------------------------|
| <input type="checkbox"/> BEETLE Bailey | <input type="checkbox"/> GIL THORP | <input type="checkbox"/> LITTLE Lulu |
| <input type="checkbox"/> BEYOND Mars | <input type="checkbox"/> HI AND LOIS | <input type="checkbox"/> LONG SAM |
| <input type="checkbox"/> CISCO Kid, The | <input type="checkbox"/> JEFF Cobb | <input type="checkbox"/> MAMIE |
| <input type="checkbox"/> DAVID Crane | <input type="checkbox"/> JET SCOTT | <input type="checkbox"/> MARMADUKE |
| <input type="checkbox"/> DONDI | <input type="checkbox"/> JUDGE Parker | <input type="checkbox"/> MISS Peach |
| <input type="checkbox"/> DRAGNET | <input type="checkbox"/> KING AROO | <input type="checkbox"/> MORTY Meekle |
| <input type="checkbox"/> FEIFFER | <input type="checkbox"/> LANCE | <input type="checkbox"/> ON STAGE |

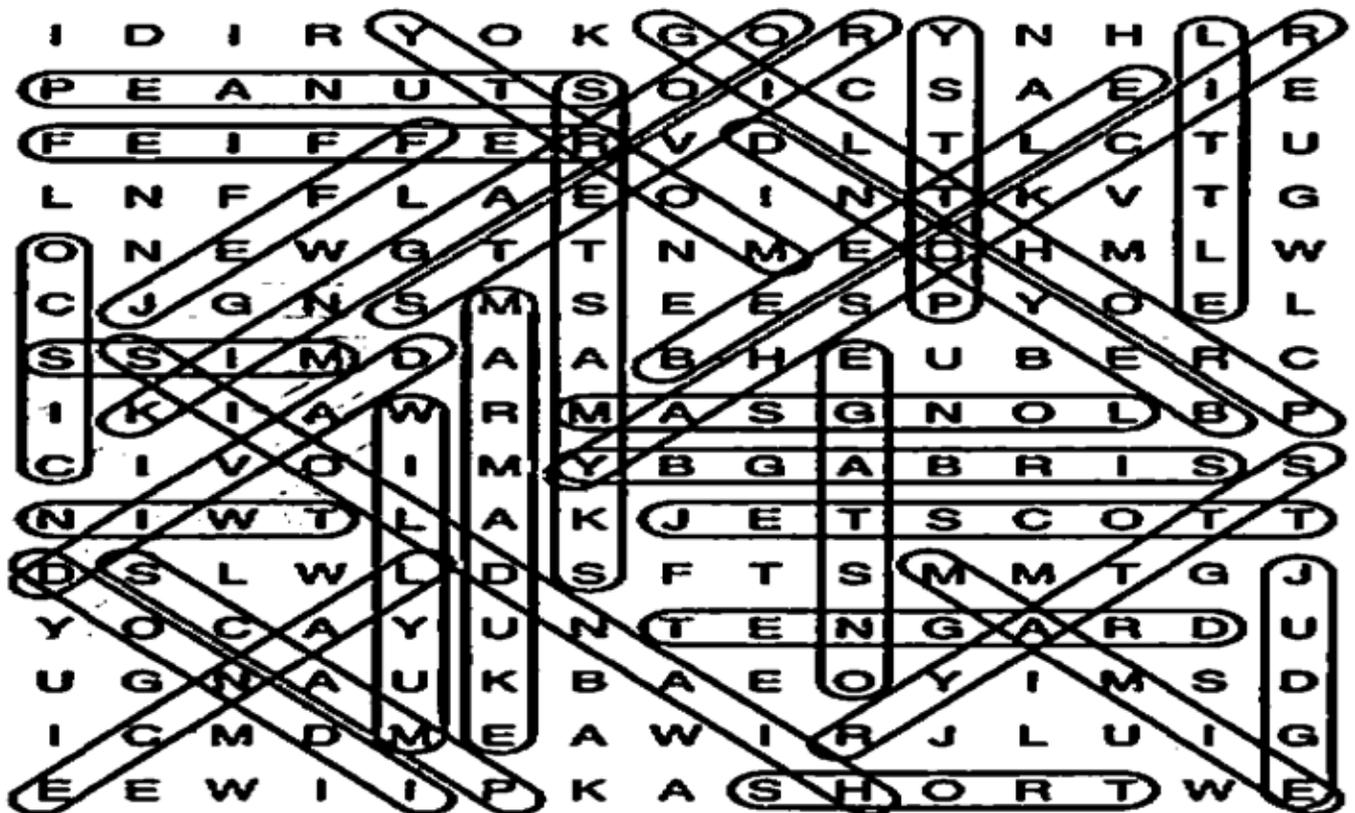
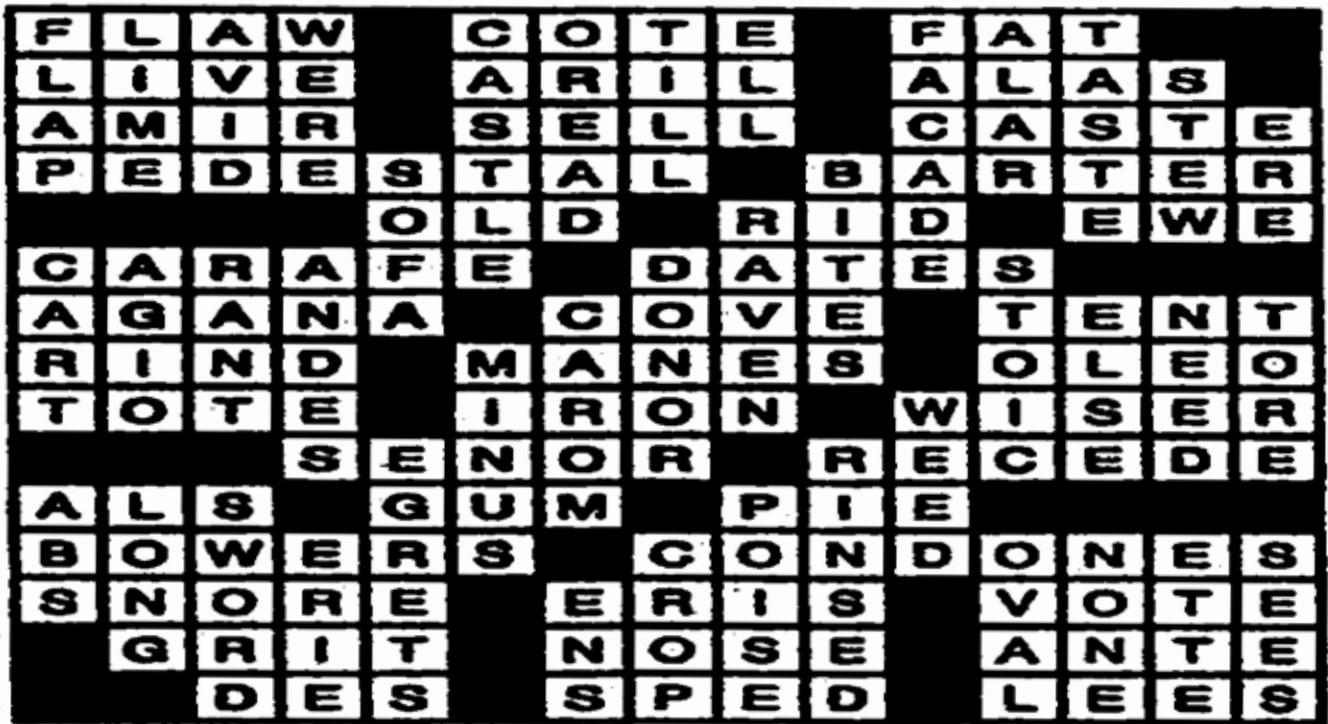
I D I R Y O K G O R Y N H L R
P E A N U T S O I C S A E I E
F E I F F E R V D L T L C T U
L N F F L A E O I N T K V T G
O N E W G T T N M E O H M L W
C J G N S M S E E S P Y O E L
S S I M D A A B H E U B E R C
I K I A W R M A S G N O L B P
C I V O I M Y B G A B R I S S
N I W T L A K J E T S C O T T
D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

- | |
|--------------------------------------|
| <input type="checkbox"/> PEANUTS |
| <input type="checkbox"/> POTTSY |
| <input type="checkbox"/> RICK O'SHAY |
| <input type="checkbox"/> RIVETS |
| <input type="checkbox"/> RYATTS, The |
| <input type="checkbox"/> SCAMP |
| <input type="checkbox"/> SHORT Ribs |
| <input type="checkbox"/> SIR BAGBY |
| <input type="checkbox"/> SKY MASTERS |
| <input type="checkbox"/> TWIN Earths |
| <input type="checkbox"/> WILL-YUM |

PUZZLE ANSWERS

JULY - 2016

PUZZLE 26



BREAKFAST MENU

JULY - 2016

Breakfast is served Monday – Friday from 7:30-8:30 a.m. at MEG, Pasatiempo, and Ventana de Vida senior centers. There is a suggested donation of \$1 for seniors 60 and over and a \$5.42 fee for non-seniors (59 and younger). Please print your name clearly on our meal sheets when eating at centers.

Monday	Tuesday	Wednesday	Thursday	Friday
*NOTE: Milk is served with every meal.	Menu is subject to change.			1 Breakfast burrito w/scrambled egg, cheese, red chile, & bacon
4 All senior centers are closed in observance of Independence Day	5 Scrambled egg Cheese & potatoes Grilled peppers Margarine	6 Grilled ham Small roll w/salsa & jelly	7 French Toast w/maple syrup Scrambled egg Sausage Tomato juice	8 Cold cereal Small roll w/jelly & peanut butter Tomato juice
11 Grilled ham Cheese & salsa Small roll w/jelly	12 Breakfast burrito w/scrambled egg, cheese, red chile, & bacon	13 Pancakes w/maple syrup Sausage Tomato juice	14 Scrambled egg w/salsa & jelly Hash browns	15 Ham & cheese biscuit Jelly Salsa
18 Scrambled egg Cheese & bacon Grilled peppers Hash browns	19 Sausage Potatoes & cheese Green chile Margarine	20 French Toast w/maple syrup Scrambled egg Sausage Tomato juice	21 Diced ham w/cheese Peppers & onions Small roll Margarine	22 Scrambled egg Cheese, bacon, salsa Tortilla
25 Cold cereal Small roll w/jelly & peanut butter Tomato juice	26 Scrambled egg Cheese & bacon Peppers Potatoes	27 Sausage w/cheese English muffin Salsa & margarine	28 Breakfast burrito w/scrambled egg, cheese, bacon, & green chile	29 Sausage w/cheese Hash browns Small roll w/salsa Margarine

NUTRITION EDUCATION

National Institute on Aging – *What's on your plate?*

(Via U.S. Department of Health and Human Services)

Tired of cooking or eating alone?



Maybe you are tired of planning and cooking dinners every night. Have you considered some potluck meals? If everyone brings one part of the meal, cooking is a lot easier, and there might be leftovers to share. Or try cooking with a friend to make a meal you can enjoy together. Also look into having some meals at a nearby senior center, community center, or religious facility. Not

only will you enjoy a free or low-cost meal, but you will have some company while you eat.

HERE'S A TIP

It's never too late to learn some cooking skills—or refresh those you might not have used in a while. You can go online to find information on basic cooking techniques and recipes for one person, borrow simple cookbooks from your local library, or try an adult education cooking course. TV cooking shows might be helpful—they often show you step-by-step how to prepare and cook foods. Some grocery stores are even beginning to have cooking coaches available to answer your cooking questions.

SENIOR CENTER LUNCH MENU

JULY - 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>Don't forget to try the salad bar at the MEG senior center if you have not yet!</p> 	<p>MENU IS SUBJECT TO CHANGE</p> <p>Please note: Milk is served with each meal.</p>	<p>1</p> <p>Chicken Fried Steak Mashed Potatoes w/Gravy Steamed Green Beans Whole Wheat Roll w/Margarine Apple Cobbler</p>
<p>4</p> <p>ALL CENTERS CLOSED IN OBSERVANCE OF INDEPENDENCE DAY!</p>	<p>5</p> <p>Salisbury Steak w/Mushroom Gravy Mashed Potatoes Steamed Spinach Whole Wheat Roll w/Butter Fruit Salad</p>	<p>6</p> <p>Red Chile Burrito Supreme Spanish Rice Tossed Green Salad Chilled Apricots</p>	<p>7</p> <p>Baked Pork Chop Carrots & Zucchini w/Tomato Whole Wheat Roll Baked Apples</p>	<p>8</p> <p>Classic Lasagna w/Meat Sauce Tossed Green Salad Mixed Vegetables French Bread Fruit Cobbler</p>
<p>11</p> <p>Classic Spaghetti w/Meat Sauce Steamed Broccoli w/Cheese Topping Garlic Bread Chilled Peaches</p>	<p>12</p> <p>Green Chile Chicken Enchiladas Pinto Beans Spanish Rice Jell-O w/Apricots</p>	<p>13</p> <p>Pork Stir Fry Stir Fry Vegetables Tossed Green Salad Whole Wheat Roll w/Butter Apple Cobbler</p>	<p>14</p> <p>BBQ Beef Sandwich Pasta Salad Steamed Green Beans Peanut Butter Cookie</p>	<p>15</p> <p>Baked Chicken w/Mushroom Cream Sauce Sweet Potato Wedges Baked Biscuit Chilled Pears</p>
<p>18</p> <p>Roast Beef Mashed Potatoes w/Gravy Vegetable Salad California Vegetables Whole Wheat Roll Cherry Cobbler</p>	<p>19</p> <p>Pork Posole Tossed Green Salad Mustard Greens Garlic Bread Baked Cookie</p>	<p>20</p> <p>Baked Chicken Steamed Green Beans Scalloped Potatoes Carrot Raisin Salad Whole Wheat Roll w/Butter Jell-O w/Peaches</p>	<p>21</p> <p>Red Chile Frito Pie w/Garnish Pinto Beans Angel Food Cake w/Apricot Topping</p>	<p>22</p> <p>Roasted Turkey Sandwich w/Gravy Mashed Potatoes w/Gravy Peas & Carrots Tapioca Pudding</p>
<p>25</p> <p>Pueblo Red Chile Beef Stew Steamed Carrot Coins Tossed Green Salad Buttered Cornbread Fresh Pear</p>	<p>26</p> <p>Roasted Pork Roast Mashed Potatoes w/Gravy Steamed Asparagus Whole Wheat Roll w/Butter Chilled Applesauce</p>	<p>27</p> <p>Baked Chicken w/Pasta & Cream Sauce Buttered Carrots Whole Wheat Roll w/Butter Fresh Orange</p>	<p>28</p> <p>Chile Dog w/Garnish Baked Potato Wedges Buttered Mixed Veggies Chilled Pineapple Bits</p>	<p>29</p> <p>Chicken Fettuccini Buttered Carrots & Peppers Garlic Bread Chilled Pears</p>

Senior Meal Suggested Donation: Breakfast \$1.00 --- Lunch \$1.50
Non-Senior (59 years or younger) Mandatory Meal Fee: Breakfast \$5.42 --- Lunch \$5.42

Lunch is served at: MEG, Pasatiempo, & Ventana de Vida Centers
(Luisa & Villa Consuelo currently closed for renovations)
11 am - 12:30 pm Monday through Friday

Please print your name clearly on our meal sheets when eating at any of the centers.



City of Santa Fe

Senior Center Locations

Legend

- City Senior Center Location
- Down Town
- City Limits

Mary Esther Gonzales (MEG)
(505) 955-4721
1121 Alto Street

Pasatiempo
(505) 955-6433
664 Alta Vista Street

Ventana de Vida
(505) 955-6731
1500 Pacheco Street

Closed until further notice
Luisa (505) 955-4717
1500 Luisa Street
(entrance on Columbia St.)

Closed until further notice
Villa Consuelo (505) 474-5431
1200 Camino Consuelo

