

THE SENIOR SCENE



Photo by Penny Martin

**Programs &
Activities
for Older Adults**

**Programas y
Actividades
para Adultos Mayores**

Offered by: Division of Senior Services
http://www.santafenm.gov/senior_scene_newsletter



**OCTOBER
2016**



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

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Cristy Montoya, Administrative Secretary 955-4721

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Transportation Ride Reservations (page 4) 955-4700

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Thomas Vigil, Program Administrator 955-4740

Enrique DeLora, Inventory Supervisor 955-4750

FAX Machine - Nutrition 955-4794

Meals On Wheels (for homebound individuals)

Carlos Sandoval, Program Supervisor 955-4748

Yvette Sweeney, Administrative Assistant 955-4739

Robert Duran, MOW Assessments 955-4747

Senior Center Programming (Activities)

Lugi Gonzales, Center Program Manager 955-4711

Albert Chavez, Program Coordinator 955-4715

Mary Esther Gonzales (M.E.G.), Ventana de Vida

Cristina Villa, Program Coordinator 955-4725

Luisa, Pasatiempo, Villa Consuelo

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Theresa Trujillo, Program Supervisor 955-4745

Katie Ortiz, Clerk Typist 955-4746

Foster Grandparent/Senior Companion Program

Melanie Montoya, Volunteer Prog. Admin. 955-4761

Vacant, Special Projects Admin. 955-4744

Retired Senior Volunteer Program (RSVP)

Triston Lovato-Armstrong, RSVP Administrator 955-4760

Marisa Romero, Administrative Secretary 955-4743

FAX Machine - RSVP Office 955-4765

50+ Senior Olympics

Cristina Villa, Program Coordinator 955-4725

Miscellaneous

Lobby Area 955-4735

Craft Room 955-4736

Pool (Billiard) Room 955-4737

Other Important Numbers

Santa Fe Civic Housing Authority 988-2859

Santa Fe County Information 992-3069

Santa Fe County Mobile Health Van 231-2382

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DIRECTOR'S REPORT

OCTOBER - 2016

Dear Patrons,

I would like to remind you that next month, November 8, 2016, is Election Day. Voters will head to the polls to choose the next United States President, as well as decide various state and local issues. As part of this election-year process you will have the opportunity to consider New Mexico's 2016 State Legislative Capital Outlay projects that were prepared, reviewed and approved to be part of the New Mexico Senior Citizen Facilities, General Obligation Bonds (GOB) that will appear on the election ballot (Bond Question A). The total Capital Outlay request for certain senior programs throughout the State of New Mexico is approximately \$15,440,000. This would fund specific senior citizen facility improvements, construction and equipment acquisition which will enable respective programs Statewide to continue to prosper and address their senior center capital outlay and community needs.

The Division of Senior Services submitted a request totaling \$1,281,496, representing the following Capital Projects to benefit our senior centers located within the City of Santa Fe:

- \$496,826 - Purchase of Senior Program Vehicles
- \$200,000 - MEG Senior Center Parking Lot Improvements
- \$ 70,300 - MEG Senior Center Computer Lab Equipment/Furnishings
- \$ 36,800 - MEG Senior Center Roof Repairs
- \$200,000 - Pasatiempo Senior Center Facility Improvements
- \$198,000 - Villa Consuelo Facility Improvements
- \$ 80,988 - Villa Consuelo Meals Equipment

Support for New Mexico Senior Citizen Facility Improvements (Bond Question A), will enable us to continue to provide and enhance quality services for each of you here in Santa Fe as well as many senior center programs throughout the State of New Mexico. So, I encourage everyone to exercise your right to vote and to keep these items in mind when going to the polls next month on November 8th.

If you are not currently registered to vote and are a Santa Fe County resident you will need to call the Santa Fe County Clerk's office at (505) 986-6280 to receive appropriate information about the registration process. Please be advised that the deadline to register is 28 days before the election. So please mark your calendar for this important event. As a reminder, if you need to schedule a ride to vote, please call our Transportation Section at (505) 955-4700 at least 24 hours in advance.

Lastly, all centers will be closed on Monday, October 10th in observation of Columbus Day. This occurrence marks the 524th anniversary of Columbus' landing in the New World. Please join our country in celebrating all that we have accomplished as a nation. I hope everyone has a safe and enjoyable holiday and thank you for your support regarding Bond Question A.

Sincerely,



Ron J. Vialpando
Director



SENIOR SERVICES PROGRAM INFORMATION

OCTOBER - 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. Registration is held at the Mary Esther Gonzales (MEG) Senior Center located at 1121 Alto Street, Monday through Friday from 8:30 a.m. to 4:30 p.m. 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 the exact amount. **Please note that these cards are NOT valid as legal 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.

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. For more information please contact Brenda Ortiz at (505) 955-4722 or 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.**
- *Note: All Senior Centers closed Monday, October 10th.**
- 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.

NEWS & VIEWS

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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 October:

01 – No van out

02 – Genoveva Chavez Center 9 am – 1 pm
(Nurse inside the board room)

03 – Fort Marcy Complex 9 am – 1 pm

04 – Eldorado Senior Center 9 am – 1 pm

05 – El Rancho Senior Center 9 am – 1 pm

06 – Edgewood Senior Center 10 am – 2 pm

07 – HPPC Meeting 9 am – 11 am

Smith's (Pacheco) 11:30 am – 2 pm

08 – No van out

09 – Santa Fe Recovery Center 9 am – 1 pm

10 – Van not out – Holiday

11 – Santa Cruz Senior Center 9 am – 2 pm

12 – Pasatiempo Senior Center 9 am – 1 pm

13 – La Cieneguita City Housing 9 am – 1 pm

14 – Pojoaque Wellness Center 10 am – 2 pm

(Breast Cancer Awareness event)

15 – Van not out

16 – Genoveva Chavez Center 9 am – 1 pm
(Nurse inside the board room)

17 – Casa Rufina Apartments 9 am – 1 pm

18 – Chimayo Senior Center 9 am – 1 pm

19 – SF Community College 10 am – 2 pm

20 – Campo Alegria City Housing 9 am – 1 pm

21 – Mary Esther Gonzales Senior Center
9 am – 1 pm

22 – No van out

23 – Santa Fe Recovery Center 9 am – 1 pm

24 – Luisa Senior Center 9 am – 1 pm

25 – Camino de Jacobo Housing 9 am – 1 pm

26 – Encino Villa Housing 9 am – 1 pm

27 – Ventana de Vida Senior Cntr. 9 am – 1 pm

28 – Genoveva Chavez Center 9 am – 1 pm

29 – No van out

30 – Santa Fe Recovery Center 9 am – 1 pm

31 – Villa Consuelo Senior Center 9 am – 1 pm

alzheimer's association®

Caregiver Support Group Meeting – “Living with Alzheimer's the Middle Stage”

Please join us for a Caregiver Support Group presented by Tina De La Luz, Alzheimer's Association Northeast Regional Manager. The meeting will be held Friday, November 4, 2016 from 1:30 to 4:30 p.m. at the Mary Esther Gonzales Senior Center (1121 Alto Street). This session will provide education and emotional support to adults who deal with stress associated to providing specialized care for homebound individuals. There will be discussion on navigating through the web of Alzheimer's while extending a supportive atmosphere, so caregivers can comfort each other in meaningful ways, while getting some relaxation. November is National Family Caregiver's Month and National Alzheimer's disease Awareness Month. Refreshments will be provided and new faces are welcome. We look forward to seeing you there! For reservations, please call Theresa Trujillo at (505) 955-4745.

Living with Alzheimer's for Caregivers

A free presentation by the Alzheimer's Association will be held on Friday, October 7, 2016 from 1 – 2 p.m. at the Vista Grande Public Library in Eldorado. For more information on this event please contact Tina De La Luz at (505) 473-1297 or tdelaluz@alz.org.

Let's Grow! National Earth-Kind Rose Trial Garden

**Saturday, October 1, 10 a.m. – Noon,
County Fairgrounds Rose Trial Garden**

Come and learn how we've created this gorgeous, healthy rose garden using Earth-Kind® Environmentally Sustainable Landscaping Principles. We've added supplemental water an average of only four times a year 2013-2016, used no pesticides or fertilizer and reduced yard waste going to the landfill. The County Fairgrounds gardens are at 3229 Rodeo Road.

NEWS & VIEWS

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Go Pink for October National Breast Cancer Awareness month

Show your support and go pink for the month of October. It's our way to show support and join the annual efforts to highlight the importance of breast

cancer awareness, education and research. Remember – early detection is important, so take the necessary steps to check yourself and encourage loved ones to do the same.

Making Strides of Santa Fe Walk

Saturday, October 08, 2016

Villa Linda Park (4250 Cerrillos Road)

Registration at 8 a.m.; Walk begins at 9 a.m.

2016 New Mexico Parkinson's Conference

The New Mexico Parkinson's Coalition presents the 2016 Parkinson's Conference, which will be held on Saturday, October 22nd from 9 a.m. to 4 p.m. at the Sandia Resort & Casino. The theme is "Living Outside the Box: Alternative Therapies for Parkinson's." Folks can register at www.NMParkinson.org or by calling 800-838-3006. Tickets are \$30/person.

9/11 to 11/11 Sock Drive for Veterans



The City of Santa Fe Senior Corps Volunteer Programs (FGP, RSVP, SCP) are hosting a sock drive to help local veterans in need. It kicked off on September 11th in honor of the 9/11 National Day of Service and Remembrance and will

run until November 11th in honor of Veteran's Day. All donations will go to Santa Fe area veterans at a local "Vet Stand Down" event on Veteran's Day. If you are interested in contributing please donate NEW socks of any style/color in adult sizes (men or women). You can drop them off at the Mary Esther Gonzales Senior Center (1121 Alto St) or City Hall (200 Lincoln Ave). For more information or if you have questions please contact Triston Lovato-Armstrong at (505) 955-4760 or trilovato@santafenm.gov.

FREE Concert and Instrument Give-away



Join Dr. Fred Kersten for a free concert and presentation on the recorder musical instrument, a woodwind instrument similar to a flute. He has taught online graduate music education courses as a course facilitator for Boston University for seven years. He will be at the MEG and Ventana de Vida senior centers



sharing wonderful music and knowledge and also giving out complementary recorders. So if you would like to an opportunity to play along please attend one of these free concert workshops!

- Thursday, October 27th at noon – MEG
- Friday, October 28th at noon – Ventana

For more information please visit <http://fredkersten.com/SantaFe16/SF1.html>. You can also email Dr. Kersten with any questions you may have: fredkers@fredkersten.com.

Flora's Corner

Have a "can-do" winning attitude!

Can't	Can do
We already tried it.	We learned from the experience.
There's no way it'll work.	We can make it work.
It's a waste of time.	Think of the possibilities.
It's good enough.	There is always room for improvement.
It can't be done.	It'll be a challenge.

AT - A - GLANCE
OCTOBER - 2016

Fiestas at the Mary Esther Gonzales Senior Center



AT - A - GLANCE
OCTOBER - 2016

Fiestacita at the Pasatiempo Senior Center



BBQ at the Villa Consuelo Senior Center



RSVP (RETIRED SENIOR VOLUNTEER PROGRAM)

OCTOBER - 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-Armstrong at (505) 955-4760 or trlovato@santafenm.gov.**

Hospital Auxiliary Volunteers Needed

Are you looking for a rewarding volunteer opportunity in our community? If so, join with others who give their time and talents with the St. Vincent Hospital Auxiliary. The Auxiliary is currently recruiting volunteers for the gift shop. Volunteers work 3-hour shifts (gift shop hours are 9 a.m. – 8 p.m. Monday through Friday; 9 a.m. to 6 p.m. Saturday and Sunday). To learn more about St. Vincent Hospital Auxiliary and CHRISTUS St. Vincent, please visit www.stvin.org/auxiliary. If you are interested in becoming a volunteer, call Triston at 955-4760.

Help someone learn to read, write or speak English!

Literacy Volunteers of SF are always looking for dedicated tutors to help with the growing needs in the community. In the Basic Literacy program, tutors are needed to teach adults the fundamentals of reading and writing. In the English as a Second Language program, English language skills tutors are needed to teach to students whose primary language is not English. It is not required for you to have proficiency in any language other than English in order to teach these students. All it takes is your commitment, and training from Literacy Volunteers. An upcoming ESL training is scheduled for October 7-8, 2016. Call Triston to enroll in RSVP and for more information on becoming a tutor.

Santa Fe Public Health Office Volunteer Needed

Do you like working with the public? The Santa Fe Public Health Office located at 605 Letrado needs volunteers to assist with front desk duties, phones, greeting clients, updating the resource book, and maintaining a tidy lobby. Volunteers are welcome Monday – Friday, but there is a high need on Wednesdays and Fridays specifically. Hours are flexible; the office closes for lunch from noon to 1 p.m. Please contact Triston at 955-4760 if you are interested and would like more information.



RSVP volunteers born in OCTOBER

Gene Melady	10/01
Mela Sanchez	10/01
Peyton W. George	10/02
Helen Maestas	10/02
Roberta Armstrong	10/03
Patricia Walker	10/03
Don Blossom	10/06
Daniel Koenig	10/06
Mercedes Moreno	10/09
Annabelle Brazeal	10/11
Jimmy J. Griego	10/15
Carol Lachman	10/16
Alex Vargas	10/16
Reynaldo L. Chavez	10/19
Judy Montano	10/19
Elvira Urban	10/19
Louie Ortiz	10/20
Larry Edigar	10/22
Anna Marie McQuarie	10/24
Jessie M. Lopez	10/25
Jeanne Doris Luna	10/26
Mary Lee Ortiz	10/27
Tony Rivera	10/27
Carmen M. Rodriguez	10/27
Christella M. Vigil	10/27
Janet Reffert	10/28
Jessie Visarraga	10/28
Elizabeth Slota	10/30
Charles Niggemann	10/31

Please note that the above birthdays are people who are enrolled in the RSVP volunteer program and turn in their hours quarterly.

Wishing a very Happy Birthday to a special SCP Volunteer born in the month of October!

Frances Gallegos 10/12

FGP/SCP Foster Grandparent / Senior Companion Programs

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Attention Grandparents Raising Grandchildren

The City of Santa Fe Division of Senior Services currently has funds available to assist grandparents with out-of-pocket costs for their grandchildren such as: medical related expenses, food, clothing, etc. Eligible senior citizens (55 or older) who live in the city/county of Santa Fe, and who show proof of actively raising/providing financial assistance for their grandchild or grandchildren, may receive up to \$100 annually per child for reimbursable expenses. For more information please contact Melanie Montoya at (505) 955-4761.

Dan's Divas Participate in Strike out Hunger Bowling Tournament



(Left to right) Brenda Ortiz, Lesley C de Baca, Melanie Montoya and Marisa Romero

On August 20th, Dan's Divas volunteered their time to support the Strike out Hunger Bowling Tournament, which benefited the 3rd Annual End Hunger in NM Summit. The team chose the name Dan's Divas on behalf of their former co-worker Daniel Mitchell whom passed away this year. Congratulations to the team – they won a trophy for raising the most money for the event! A BIG thank you goes out to the two sponsors who donated to the team's fundraising efforts:

- AFSCME Council 18 Local 3999
City of Santa Fe Union
- IATSE Local 480 Film Union

(Left to right)
Marisa Romero,
Senior Services;
Joseph Bowles,
Local 3999
Vice President;
Gerald George,
Local 3999
President



FGP/SCP October In-Service

The FGP/SCP in-service will take place on Thursday, October 20, 2016, at the Mary Esther Gonzales Senior Center dining room. Representatives from the Utility Billing Division will be onsite to talk about the new Beacon Badger meter reading system, assistance programs available, payment plans, questions about your bill, and options to pay your bill. They will also inform participants on water conservation tips and efforts in our community. Please mark your calendars and plan to attend the event. You are not required to volunteer your regular schedule on this day and should plan on attending this event.

Get to know the Corporation for National and Community Service (CNCS) one of the SCP and FGP funding sources...



The Corporation for National and Community Service plays a vital role in supporting the American culture of citizenship, service, and responsibility. They are a catalyst for community solutions and champion for the ideal that every American has skills and talents to give.

At a time of social need, CNCS and the network it supports engages more than 5 million Americans in results-driven service each year via 70,000 community and faith-based organizations. Through Senior Corps, AmeriCorps, the Social Innovation Fund, United We Serve, and other programs, CNCS taps the power of citizens to improve lives, solve problems, strengthen communities, and build the capacity of the nonprofit sector.

Participants in CNCS programs may assist in mentoring and tutoring at-risk youth, rebuild communities struck by natural disasters, help seniors live independently support veterans and military families, and more. Our programs are proud to be a part of this great organization.

Columbus Day

Foster Grandparent and Senior Companion volunteers are not required to volunteer on Monday, October 10, 2016 in observance of Columbus Day. Enjoy your day off!

ONGOING ACTIVITIES

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All activities are open to registered seniors.

Schedule is subject to change. Activity Coordinators' contact information on page 2.

Luisa Senior Center – 1500 Luisa Street (entrance on Columbia)				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	11:45 am: Sing along			1 pm: Bingo
8 am – 1:30 pm: Fitness room				

Mary Esther Gonzales (MEG) Senior Center – 1121 Alto Street				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:15 am: Tai Chi 9:30 am: Enhance Fitness 1 pm: Hospice Crafts 1-3 pm: Bingo	8:15 am: Tai Chi 9 am: Jewelry class 9:30 am: Zumba Gold (low impact) 1:30 pm: Oil painting (10/11 & 10/25) 1:30 pm: Nia Technique (3 rd Tuesday)	8:15 am: Tai Chi 9:30 am: Enhance Fitness 9:30 am: Ceramics 1-3 pm: Bingo 1-3 pm: Guitar class	8:15 am: Tai Chi 9:30 am: Wood-Straw Applique	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 – 664 Alta Vista Street				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 am: Yoga (class currently full) 12:30 pm: Bridge 9 am-1 pm: Computer class	8:30 am: Zumba 1 pm: Line Dance (Advanced)	8:30 am: Yoga (class currently full) Noon: Sing along 9 am-1 pm: Computer class	9 am: Tai Chi 10 am: Zumba 10 am: Ceramics 1 pm: Line dance (Intermediate)	1 pm: Line dance (Beginner/Low intermediate) 9 am-1 pm: Computer class
8 am – 1:30 pm: Fitness room				

Ventana de Vida Senior Center – 1500 Pacheco Street				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1:30-3:30 pm: Ceramics	9:30 am: Chair yoga 1 pm: Art class	1:30-3:30 pm: Ceramics	1-3 pm: Bingo	

Villa Consuelo Senior Center – 1200 Camino Consuelo				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30 am: Ceramics	11 am – 2 pm: Bingo	9:30 am: Ceramics	2:30 pm: Acrylics painting class	

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

UPCOMING ACTIVITIES

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Senior Center Closures

On Monday, October 10th all City of Santa Fe senior centers will be closed for Columbus Day. There will be no transportation or meal services this day. Senior centers will reopen on Tuesday, October 11th.

Weekend Bingo at Luisa

The Luisa Senior Center (1500 Luisa Street – entrance off Columbia) will host a Bingo on Sunday, October 2nd from 1 to 4 p.m. The cost is \$12 for a package and four specials at \$1 each. The blackout game is \$2 and the jackpot winner will go home with \$100! Please bring small bills.

We will be serving Frito pies and a drink for \$5. Everyone is welcome, please join us!



Seeking Bingo Caller at Villa Consuelo

Villa Consuelo Senior Center (1200 Camino Consuelo) is seeking a volunteer to call

bingo on Tuesdays from 11 a.m. – 2 p.m. If you are interested please contact Cristina Villa at 955-4725.

Luisa Center Bake Sale

Mouthwatering homemade baked goods will be available for purchase on Tuesday, October 11th at 9 a.m. until everything is gone. The bake sale will be at the Luisa Senior Center (1500 Luisa Street – entrance off Columbia). Proceeds will go to benefit the senior center. Stop in and buy some goodies!



Annual BBQ/Dance on Thursday, October 6th

The Luisa Senior Center will be having its annual BBQ on Thursday, October 6th from 11 a.m. to 12:30 p.m. There will be hamburgers, pork and beans, and watermelon for a suggested donation of \$1.50 for seniors (age 60+) and \$9.34 for non-seniors (59 and under). Stick around after the food, because there will be a dance from 12:30 to 3:30 p.m. at the center, for just \$2 a person with live music by Bonifacio!

FREE LEGAL WORKSHOPS AT MEG SENIOR CENTER

LREP Free Legal Workshop on October 13th

Can my estate avoid probate? Who will pay for my nursing home care? What are Powers of Attorney and Advanced Health Care Directives? Answers to these questions and more will be answered at the upcoming free legal workshop hosted by the Legal Resources for the Elderly Program (LREP). The legal workshop (group presentation) will be on Thursday, October 13th from 9:30 to 10:45 a.m. at the MEG Senior Center (1121 Alto Street). Beginning at 11 a.m. until noon, there will be a Power of Attorney (POA) and Advance Health Care Directive (AHCD) legal clinic. To register for this clinic please contact the LREP office at (505) 797-6005 or 1-800-876-6657. You can also call these numbers if you have questions and cannot make it to this workshop.

FREE Legal Fair on Saturday, October 22nd

Do you have questions or need legal advice in one of the following areas? Bankruptcy, child support, creditor/debtor, custody, divorce, immigration, kinship guardianship, landlord tenant, powers of attorney, public benefits, unemployment, wills & probate, or workers compensation. If you need assistance and you live in Santa Fe, Rio Arriba or Los Alamos Counties, please attend the free legal fair presented by the First Judicial District Access to Justice Committee on Saturday, October 22, 2016. It will be held from 10 a.m. to 1 p.m. at the Mary Esther Gonzales Senior Center (1121 Alto Street). Consultations will be on a first-come, first-served basis and there will be bilingual attorneys and staff available.



MEG Nutrition Education Class October 4th

After lunch at the MEG center, there will be a Nutrition Education Class in the Board Room on Tuesday, October 4th. Class begins at 1:00 p.m. Please come and join us for good eating habits and nutritional tips.

UPCOMING ACTIVITIES

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Halloween Dance and Costume Contest

Join us at the annual Halloween Dance on Thursday, October 27th at the Fraternal Order of Eagles (833 Early Street). The dance will be from 1 to 4 p.m. with the costume contest beginning at 2:30. Prizes will be given! This dance is sponsored by the Villa Consuelo Senior Center, admission is \$2, and music will be by Camino Oscuro. Don't miss out!

Luisa Halloween Contest

You are invited to a Halloween costume contest at Luisa Senior Center (1500 Luisa Street – entrance off Columbia) on Friday, October 28th at noon. Prizes will be given for best costume. Don't miss out!

New Ceramics Class at Ventana De Vida

The Ventana de Vida Senior Center (1500 Pacheco Street) is introducing a ceramics class on a trial basis. If you are interested, please attend one of the following:

- Mondays 1:30 – 3:30 p.m.
- Wednesday 1:30 – 3:30 p.m.

(Note: there will be no class on Movie day)

Come check out the class if you enjoy ceramics!

Computer Classes at Pasatiempo



Computer classes are available at the Pasatiempo Senior Center (664 Alta Vista Street) on a first-come, first-serve basis. The classes will be held on Mondays, Wednesdays, and Fridays from 9 a.m. to 1 p.m.

These classes are led by volunteer instructor Rubi. Thank you for your time Rubi!

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 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:

- October 11th
- November 8th

Monthly Senior Services Committee Meetings

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

Transportation/Nutrition: Tues. 10/11/16 at 9 a.m.
Senior Olympic: Wed. 10/12/16 at 9:30 a.m.
Advisory Board: Wed. 10/19/16 at 9:30 a.m.
Travel Committee: Thurs. 10/20/16 at 8:45 a.m.
SAC Board: Thurs. 10/20/16 at 10 a.m.

UPCOMING ACTIVITIES

OCTOBER - 2016

Movie Day at the Luisa Senior Center Wednesday, October 19, 2016 at 1 p.m.

“Me before You”
(2016 • PG-13 • 1h 50m)



Louisa “Lou” Clark lives in a quaint town in the English countryside. With no clear direction in her life, the quirky and creative 26-year-old goes from one job to the next in order to help her tight-knit family make ends meet. Her normally cheery outlook is put to the test, however, when she faces a challenge. Taking a job at

the local “castle,” she becomes caregiver and companion to Will Traynor, a wealthy young banker who became wheelchair bound in an accident two years prior, and whose whole world changed dramatically in the blink of an eye. No longer the adventurous soul he once was, the now cynical Will has all but given up. That is until Lou determines to show him that life is worth living. Embarking together on a series of adventures, both Lou and Will get more than they bargained for, and find their lives—and hearts—changing in ways neither one could have imagined. Based on the novel by Jojo Moyes.

Movie Day at Ventana de Vida Wednesday, October 26, 2016 at 1 p.m.

“Seabiscuit”
(2003 • PG-13 • 2h 21m)

Based on the true story of an undersigned racehorse named Seabiscuit, whose unexpected successes made him a huge media sensation in America during the Great Depression. This life-affirming film was nominated for seven Academy Awards and stars Tobey Maguire, Jeff Bridges, Elizabeth Banks and Chris Cooper.



Movie Day at the MEG Senior Center Tuesday, October 25, 2016 at 1 p.m. “Young Frankenstein”

Respected medical lecturer Dr. Frederick Frankenstein (Gene Wilder) learns that he has inherited his infamous grandfather’s estate in Transylvania. Arriving at the castle, Dr. Frankenstein soon begins to recreate his grandfather’s experiments with the help of servants Igor (Marty Feldman), Inga (Teri Garr) and the fearsome Frau Blücher (Cloris Leachman). After he creates his own monster (Peter Boyle), new complications ensue with the arrival of the doctor’s fiancée, Elizabeth (Madeline Kahn).



Free Hair Cuts at MEG & Pasatiempo

Volunteer Fabiola, a licensed beautician, will provide free senior haircuts (on a first come, first serve basis – 20 haircuts per day). The haircut days in October are as follows at 10 a.m.:

- Wednesday, October 5th - MEG
- Wednesday, October 12th - MEG
- Wednesday, October 19th - Pasatiempo
- Wednesday, October 26th - Pasatiempo

The haircut sign-in sheet at MEG will be available in the Program Coordinator’s office door starting at 8:30 a.m.

Free Phones from Relay New Mexico at MEG Senior Center

Relay New Mexico will be in the Mary Esther Gonzales Senior Center dining room on Thursday, October 13th from 11 a.m. to 12:30 p.m. They will provide free phones for individuals with hearing difficulties. If you are in need of one of these free phones, please stop by that day.



UPCOMING ACTIVITIES

OCTOBER - 2016

Laughlin October Trip

The Senior Activity Corporation presents a trip to Laughlin, Nevada from Tuesday, October 25th to Friday, October 28th. Spend three nights at the Edgewater Hotel/Casino for \$146.50 double occupancy and \$160.50 single occupancy. The price includes meal tickets – you will choose between having one breakfast and lunch or one lunch and dinner. Please note there is a 10% cancellation fee. For more information and to reserve your space, please call Corrine at (505) 986-1780 or Lilly at (505) 690-8873. Don't miss out on this fun trip!

Volunteer Benefits Counselor 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 NM ADRC at (505) 476-4846 or toll free at 1 (800) 432-2080. ***Note: Stan will be gone during the first two weeks of October.**

Utility Billing Division to Talk about Assistance Programs and Payment Plans

Join the FGP/SCP in-service on Thursday, October 20, 2016, at 9 a.m. in the Mary Esther Gonzales Senior Center dining room. Representatives from the Utility Billing Division will be onsite to talk about the new Beacon Badger meter reading system, assistance programs available, payment plans, questions about your bill, and options to pay your bill. They will also inform participants on water conservation tips and efforts in our community. Please join us!



Chair Yoga Class at Ventana de Vida

Please join exercise instructor Mary Jo, every Tuesday from 9:30 to 10:30 a.m. in the dining room at Ventana de Vida Senior Center for Chair Yoga. Don't miss out on this great class!

MEG Thursday Yoga Class Cancelled

Please be advised that the Thursday morning MEG Yoga class has been cancelled for the remainder of 2016. The Yoga class will resume in January 2017. We apologize for any inconvenience.

MEG Fitness Room

As mentioned in the September newsletter, our MEG fitness room volunteer trainer Gitte Mainland will be unavailable for the remainder of 2016. She will return in 2017 and we will announce her return in the January newsletter.

Dates for Blood Pressure, Blood Sugar & Oxygen Level Tests

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:

Luisa	Thursday, 10/6	11 a.m. – noon
Pasatiempo	Thursday, 10/13	11 a.m. – noon
MEG	Wednesday, 10/19	11 a.m. – noon
Villa Consuelo	Tuesday, 10/25	10–11 a.m.
Ventana de Vida	Thursday, 10/27	11 a.m. – noon

STEWARDSHIP SANTA FE

Retired and Senior Citizens
Making a Difference
in Community



Stewardship Santa Fe is a program designed to give retired and senior citizens opportunities to make a meaningful difference in Santa Fe. Stewardship Santa Fe gives civic-minded people a vehicle for their community-oriented energies and provides access to people who have made a difference in the community.

If you want to give your wisdom and experience back to Santa Fe, then this program is for you!

Stewardship Santa Fe gives particular focus to systems thinking, addressing community needs, and small group project skills.

There are many benefits to joining the Stewardship Santa Fe Class, including:

- Personal interaction with Santa Fe citizens who have made a difference in business, government and the non-profit community
- Unique networking opportunities with your class peers and people who have changed Santa Fe for the better
- High level leadership and community building training that will enhance your ability to listen better, see varied perspectives, be more understanding and compassionate, develop bonds with peers and work with them to serve Santa Fe

Program Summary

- Up to 30 participants attend a series of day-long sessions, over an eight month period. The program starts in October and continues monthly, ending in May.
- The program is on the first Wednesday of each month. The one exception is in December, when the session will be on Tuesday, December 6.
- A typical day is as follows: civics is from 8:45 a.m.–12:00 p.m. Lunch is from 12:00–12:45 p.m. Stewardship would be from 12:45–4:00 p.m. (For the first session, creating connections/stewardship would be in the morning.)
- The sessions will be held in the Southwest Conference Room at the CHIRSTUS Regional Medical Center. Tuesday, December 6 will be in the Medical Dental Auditorium.
- Each participant will be asked to create a possibility statement about the impact of his/her stewardship and have the opportunity to share it in front of the class.
- Each participant will commit to a collaborative project to address an issue or opportunity in Santa Fe and have a chance to share it at the last class.

Proposed List and Order Of Civics Topics* In 2016–2017

October 5: Local Governance/ Public Policy	February 1: Arts
November 2: Economic Development	March 1: Tourism
December 6 (Tuesday): Workforce Development	April 5: Schools/ Education
January 4: Environment/Water	May 3: Non Profits

Cost: \$495

Trainer: David Markwardt owns David Markwardt Consulting, LLC and directs Teamwork in Action at Santa Fe Community College (SFCC). He is the leadership skills trainer for Santa Fe Chamber of Commerce's Leadership Santa Fe and Youth Leadership Santa Fe, for the Santa Fe Council of International Relations' Global Youth Santa Fe, and for SFCC's Leadership Institute, Graduate Institute, Supervisor Institute and SFCC's Discovering Your Way—Middle School Emerging Leaders Program.

For More Information And To Register:

Please contact **David Markwardt** at (505) 204-8820
davidbmarkwardt@gmail.com

* subject to change

PARKING 101

Source: New Mexico Driver Manual (MVD New Mexico)

Driving an automobile comes with a lot of responsibility and sometimes we forget all the rules of the road. The following list is pulled from the New Mexico Driver Manual parking section and is meant to refresh our memories as we get behind the wheel and park at various destinations, including our busy senior centers.

- Drivers are responsible for making sure that their vehicle is not a hazard when it is parked. Whenever you park, be sure it is in a place that is (1) far enough from any travel lane to avoid interfering with traffic and (2) visible to vehicles approaching from either direction.
- Always park in a designated area if possible.
- Always set your parking brake when you park. Leave the vehicle in gear if it has a manual transmission or in “park” if it has an automatic transmission.
- Check traffic before you open the door. Get out of the vehicle on the curb side if you can. If you have to use the street side, check traffic before you get out. Shut the door as soon as you can after getting out.
- Never leave the ignition keys in a parked vehicle. It is a good habit to lock the doors whenever you leave your vehicle.
- If you must park on a roadway, park your vehicle as far away from traffic as possible. If there is a curb, park as close to it as you can.
- When you park on a hill, turn your wheels sharply towards the side of the road or curb. This way, if your vehicle starts to roll downhill, it will roll away from traffic.

No-Parking Zones—There are many areas where you cannot park. Check for signs that may prohibit or limit parking. Some parking restrictions are indicated by colored curb markings.

Do not park:

- In an intersection,
- On a crosswalk or sidewalk,
- In a construction area if your vehicle will block traffic,
- Within 30 ft. of a traffic signal, stop sign or yield sign,
- Within 25 ft. of a crosswalk at an intersection,
- Within 50 ft. of a fire hydrant,
- Within 50 ft. of a railroad crossing,
- More than 18 in. from the curb,
- Within 20 ft. of a fire station driveway on the same side of the street or within 75 ft. of a driveway on the other side of the street,
- Blocking a driveway, alley, private road or area of the curb removed or lowered for access to the sidewalk,
- On a bridge or overpass or in a tunnel or underpass,
- On the wrong side of the street,
- In a space marked for the handicapped, unless you have a handicap license plate, tag or sticker,
- On the road side of a parked vehicle (double parking),
- On railroad tracks, or
- Wherever a sign says you cannot park

Other parking restrictions are indicated by curbs painted:

- White—indicates that only short stops are permitted;
- Yellow—indicates a loading zone or some other restriction;
- Red—indicates a fire zone with no parking or standing permitted;
- Blue—indicates handicap parking only;
- Orange – indicates a bus stop or passenger loading zone (no parking).

My Plate for Older Adults

Fruits & Vegetables

Whole fruits and vegetables are rich in important nutrients and fiber. Choose fruits and vegetables with deeply colored flesh. Choose canned varieties that are packed in their own juices or low-sodium.



Fluids

Drink plenty of fluids. Fluids can come from water, tea, coffee, soups, and fruits and vegetables.

Grains

Whole grain and fortified foods are good sources of fiber and B vitamins.



Healthy Oils

Liquid vegetable oils and soft margarines provide important fatty acids and some fat-soluble vitamins.

Dairy

Fat-free and low-fat milk, cheeses and yogurts provide protein, calcium and other important nutrients.

Herbs & Spices

Use a variety of herbs and spices to enhance flavor of foods and reduce the need to add salt.

Protein

Protein rich foods provide many important nutrients. Choose a variety including nuts, beans, fish, lean meat and poultry.



Remember to Stay Active!

PUZZLE 55

ACROSS

- 1. Stroll
- 6. Sneaky guy?
- 10. Nourished
- 13. Eucharist cup
- 14. Yemeni seaport
- 15. South of France
- 16. Torvill and Dean's sport
- 18. Seaweed
- 19. Society entrant, for short
- 20. Track competition
- 21. Mideast nation
- 23. Shuttlecock
- 24. Component

- 25. Send back
- 28. Acts as chairperson
- 32. Wipe out
- 33. Judicious
- 34. Inland Asian sea
- 35. Dance or tale
- 36. Indignation
- 37. Liquid rock
- 38. Inactive
- 39. Small deer
- 40. Filched
- 41. Will maker
- 43. Woods
- 44. Radar screen light
- 45. Impudent
- 46. Gemstone weights
- 49. Actor Baldwin

- 50. "___ Are So Beautiful"
- 53. Off the base without permission: abbr.
- 54. Three-sport competitions
- 57. Wiener schnitzel ingredient
- 58. Gain
- 59. Golf score
- 60. Append
- 61. Eye affliction
- 62. Neuters

- 6. Walked back and forth
- 7. Prepare for publication
- 8. ___-gallon hat
- 9. Railroad employee
- 10. Threadlike parts
- 11. Margin
- 12. Watch face
- 15. Karate or judo
- 17. Twerp
- 22. Family member, for short
- 23. Court sport
- 24. Desires
- 25. Equip again
- 26. Wear away
- 27. Promenades
- 28. Loudspeaker
- 29. Male duck
- 30. Gutter locales
- 31. Bias
- 33. Busybody
- 36. Public performers
- 40. British flashlights
- 42. High, musically
- 43. Yard divisions
- 45. Level surface
- 46. Vena ___
- 47. Daunted
- 48. Highway
- 49. Graceful
- 50. Indian exercises
- 51. No more than
- 52. Puts into service
- 55. Long-tailed rodent
- 56. Anagram of pal

DOWN

- 1. Sour
- 2. Ceremonial staff
- 3. Blister, to a doctor
- 4. Eye covering
- 5. Inspect

1	2	3	4	5		6	7	8	9		10	11	12	
13						14					15			
16					17						18			
19				20					21	22				
			23					24						
25	26	27					28				29	30	31	
32						33					34			
35						36					37			
38						39				40				
41				42					43					
			44						45					
46	47	48						49				50	51	52
53						54	55				56			
57						58					59			
60						61					62			

Senor Wences began his career as a bullfighter in Spain in the early 1900s but found his fame as a virtuoso ventriloquist! Wences was a popular guest on many TV variety shows in the '50s and '60s, most notably "The Ed Sullivan Show" where he shared the spotlight with his imaginative hand puppets.

- | | | |
|--|--|--|
| <input type="checkbox"/> "ANDY Williams Show, The" | <input type="checkbox"/> LAUGHS | <input type="checkbox"/> SPANISH |
| <input type="checkbox"/> "BUICK-BERLE Show, The" | <input type="checkbox"/> PEDRO | <input type="checkbox"/> TALENTED |
| <input type="checkbox"/> CAREER | <input type="checkbox"/> PERFORMER | <input type="checkbox"/> TOURS |
| <input type="checkbox"/> CHARACTERS | <input type="checkbox"/> PERSONALITY | <input type="checkbox"/> TV SHOWS |
| <input type="checkbox"/> "COLGATE Comedy Hour, The" | <input type="checkbox"/> POPULAR | <input type="checkbox"/> UNIQUE act |
| <input type="checkbox"/> CONVERSATIONS | <input type="checkbox"/> SALAMANCA, Spain (birthplace) | <input type="checkbox"/> VENTRILOQUIST |
| <input type="checkbox"/> CREATIVE | | <input type="checkbox"/> VOICES |
| <input type="checkbox"/> "ED SULLIVAN Show, The" | | |
| <input type="checkbox"/> ENTERTAINING | | |
| <input type="checkbox"/> FAVORITE | | |
| <input type="checkbox"/> FUNNY | | |
| <input type="checkbox"/> "GARRY Moore Show, The" | | |
| <input type="checkbox"/> GIFTED | | |
| <input type="checkbox"/> "JACK BENNY Hour, The" | | |
| <input type="checkbox"/> "JACK PAAR Tonight Show, The" | | |
| <input type="checkbox"/> JOHNNY | | |

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

PUZZLE ANSWERS
OCTOBER - 2016

PUZZLE 55

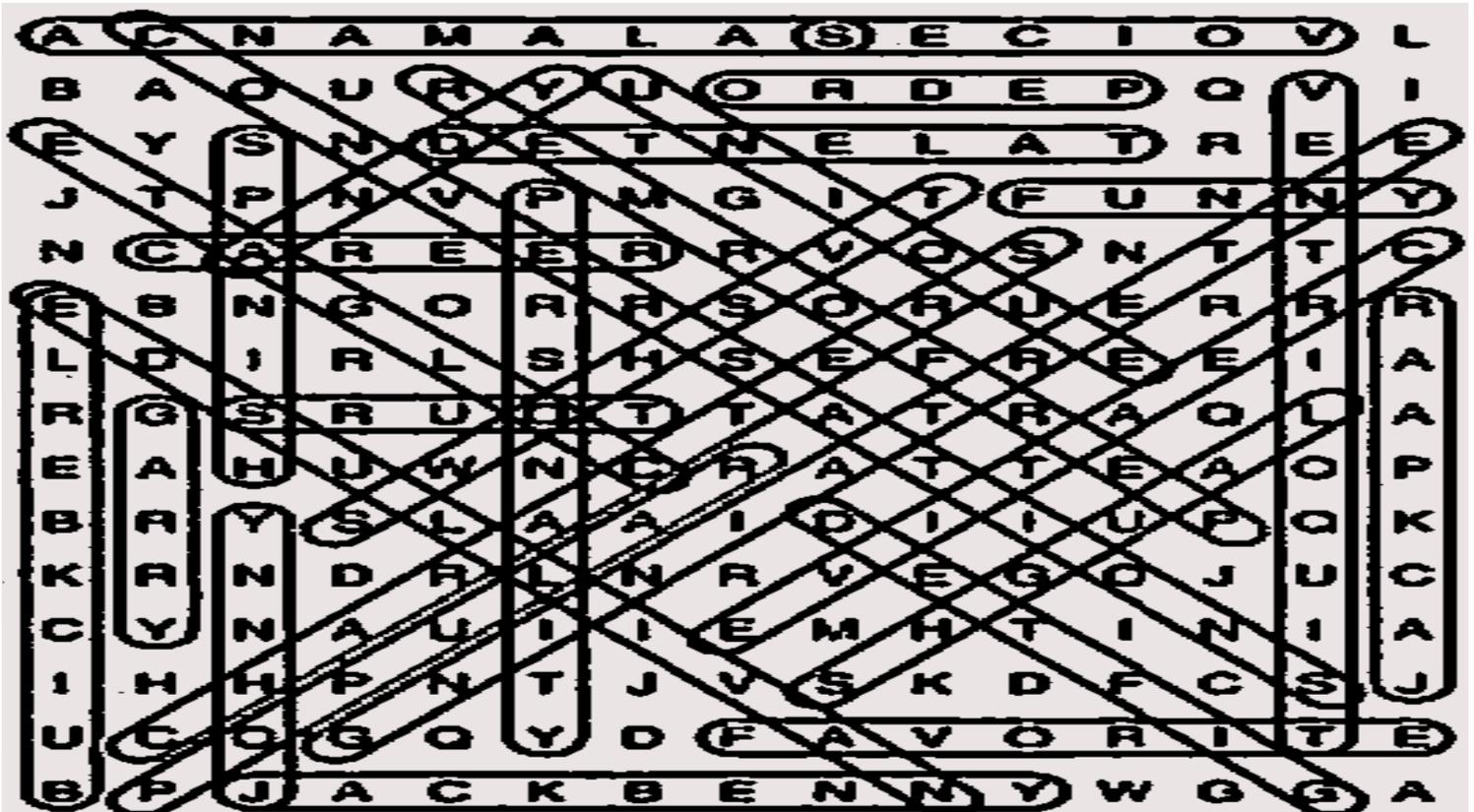
A	M	B	L	E		P	E	T	E		F	E	D	
C	A	L	I	X		A	D	E	N		M	I	D	I
I	C	E	D	A	N	C	I	N	G		A	L	G	A
D	E	B		M	E	E	T		I	S	R	A	E	L
			B	I	R	D		U	N	I	T			
R	E	M	A	N	D		P	R	E	S	I	D	E	S
E	R	A	S	E		S	A	G	E		A	R	A	L
F	O	L	K		A	N	G	E	R		L	A	V	A
I	D	L	E		R	O	E	S		T	A	K	E	N
T	E	S	T	A	T	O	R		F	O	R	E	S	T
			B	L	I	P		P	E	R	T			
C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

SUDOKU GRID

puzzle on page 22

7	5	6	1	9	2	8	3	4
1	3	4	7	5	8	6	9	2
9	8	2	6	3	4	5	7	1
6	4	9	5	1	7	3	2	8
2	7	8	3	4	6	9	1	5
3	1	5	2	8	9	7	4	6
4	6	7	8	2	3	1	5	9
8	9	1	4	7	5	2	6	3
5	2	3	9	6	1	4	8	7

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BREAKFAST MENU

OCTOBER - 2016

Breakfast is served Monday – Friday from 7:30-8:30 a.m. at MEG, Luisa, Pasatiempo, and Ventana de Vida Senior Centers. There is a suggested donation of \$1 for seniors 60 and over and a fee of \$9.34 for non-seniors (59 and younger). *Milk is served with each meal.*

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

Monday	Tuesday	Wednesday	Thursday	Friday
3 Sausage, cheese Potatoes Salsa Margarine	4 Breakfast burrito w/scrambled egg, cheese, bacon & red chile	5 Boiled eggs Hot oatmeal Tomato juice Margarine	6 Grilled ham, cheese Peppers & onions Small roll Margarine	7 Scrambled egg French toast w/maple syrup Tomato juice
10 ALL CENTERS CLOSED IN OBSERVANCE OF COLUMBUS DAY	11 Scrambled egg Cheese, bacon Grilled peppers Hash browns	12 Peanut butter Jelly Small roll Tomato juice	13 Grilled ham Potatoes Salsa margarine	14 Breakfast burrito w/scrambled egg, cheese, bacon & red chile
17 Pancakes w/maple syrup Sausage patty Tomato juice	18 Grilled ham & Peppers Tortilla Margarine	19 Waffles w/maple syrup Scrambled egg Tomato juice	20 Breakfast biscuit w/sausage, cheese salsa margarine	21 Cold cereal Cottage cheese Tomato juice Jelly
24 Diced ham, cheese Potatoes Salsa Margarine	25 Breakfast burrito w/scrambled egg cheese, bacon & red chile	26 Sausage patty Green chile, cheese Hash browns Small roll, margarine	27 Ham & cheese biscuit Salsa Margarine	28 Scrambled egg Green peppers Potatoes Bacon
31 Hot oatmeal Boiled eggs Tomato juice Margarine	November 1 Hot oatmeal Whole wheat toast Peanut butter Pineapple juice	November 2 Scrambled egg Peanut butter Croissant, yogurt Apple juice	November 3 Pancakes w/maple syrup Sausage Tomato juice	November 4 Cold cereal Whole wheat toast Peanut butter, jelly Tomato juice

SUDOKU

Each puzzle consists of a 9x9 Sudoku grid. The object is to fill all empty squares so that the numbers 1 to 9 appear exactly once in each row, once in each column and once in each 3x3 box. In each Sudoku puzzle, several digits have already been entered and may not be changed. Your job is to fill the remainder of the grid using those numbers that are already there as clues.

	5		1	2				
				8				
9				3		5	7	
	4		5	7				8
2							1	
3				8	9	7	4	
			4	7				3
	2	3						

SENIOR CENTER LUNCH MENU

OCTOBER 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
Baked Chicken Breast Wild Rice Carrot Raisin Salad Biscuit w/Margarine Chilled Mandarin Oranges	Meatloaf w/Topping Scalloped Potatoes Steamed Green Beans Whole Wheat Roll w/Margarine Strawberry Shortcake	Pork Stir Fry Stir Fry Vegetables Tossed Salad Whole Wheat Roll w/Margarine Apple Cobbler	Beef Steak w/Veggie Topping Steamed Spinach Parmesan Potato Rounds Whole Wheat Roll w/Butter Lemon Bar	Baked Chicken Breast Sandwich Celery Sticks Tater Tots Cottage Cheese w/Peaches
10	11	12	13	14
All Senior Centers CLOSED in observance of Columbus Day	Spaghetti w/Meat Sauce Buttered Green Beans Green Salad w/Dressing Garlic Bread Jell-O w/ Pears	Red Chile Tamale (1) Pinto Beans Vegetable Salad Tortilla (1) Chilled Mandarin Oranges	Beef Stroganoff w/Egg Noodles Steamed Spinach Cauliflower w/Cheese Cottage Cheese w/Pears	Pork Posole w/Red Chile Sauce Spinach Salad Pinto Beans / Tortilla Strawberry & Peaches Peanut Butter Cookie
17	18	19	20	21
Baked Fish Fillet w/Tartar Sauce Parsley Potatoes Creamy Coleslaw Whole Wheat Roll Chocolate Pudding	Beef Tips w/Steamed Rice Steamed Broccoli Green Salad w/Dressing Whole Wheat Roll w/Butter Chilled Pears	Stuffed Chicken Breast Steamed Spinach California Vegetables Baked Biscuit Peach Crisp	Red Chile Beef Enchiladas Salsa Corn Tossed Salad w/Dressing Apple Cobbler	Hot Turkey Sandwich w/Turkey Gravy Baked Sweet Potatoes Broccoli w/Cheese Cranberry Sauce Jell-O
24	25	26	27	28
Chicken Fried Steak Mashed Potatoes w/Gravy Steamed Green Beans Whole Wheat Roll w/Butter Apple Cobbler	Chicken Provencal (w/Veggies & Sauce) Steamed Rice Buttered Spinach Whole Wheat Roll w/Butter Tropical Fruit	Pork Roast Mashed Potatoes w/Brown Gravy Asparagus Tips Whole Wheat Roll w/Butter Applesauce	Chicken Fettuccini w/Alfredo Sauce Buttered Carrots and Peppers Garlic Bread Chilled Pears	Roast Beef Mashed Potatoes w/Brown Gravy Steamed Green Beans Whole Wheat Roll White Cake
31	01-Nov	02-Nov	03-Nov	Please Note:
Baked Ham Baked Yams Steamed Broccoli w/Butter Whole Wheat Roll w/Butter Baked Apples	Meatloaf w/Gravy Topping Scalloped Potatoes Steamed Green Beans Whole Wheat Roll w/Margarine Strawberry Shortcake	Baked Fish Parsley Potatoes Creamy Coleslaw Whole Wheat Roll Chocolate Pudding w/Topping	BBQ Bonanza Chicken, Sausage and Brisket (1 oz each) Creamy Coleslaw Pinto Beans Whole Wheat Roll Cookie	Menu is subject to change. Milk is served with each meal.

Senior Meal Suggested Donation: Breakfast \$1.00 --- Lunch \$1.50

Non-Senior (59 years or younger) Mandatory Meal Fee: Breakfast \$9.34 --- Lunch \$9.34

**Lunch is at: MEG, Luisa, Pasatiempo, Ventana de Vida and Villa Consuelo Senior Centers
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

Luisa
(505) 955-4717
1500 Luisa Street
(entrance on Columbia St)

Villa Consuelo
(505) 474-5431
1200 Camino Consuelo

