

The Senior Scene

Vistas de los Mayores



Photo by Don Bell

April 2013

Programs and Activities for Older Adults



Division of Senior Services

CITY OF SANTA FE, DIVISION OF SENIOR SERVICES

Administration Offices 1121 Alto Street, Santa Fe, New Mexico 87501

To learn more about the City of Santa Fe's Division of Senior Services or to read this newsletter online, please go to www.santafenm.gov

- You will be on the City of Santa Fe's website Home Page.
- Click on the words "A to Z index" in the upper left corner of the City's Home Page. A new page will appear.
- Scroll down to the letter "S" and click on "Senior Services".
- You will now be on the Senior Services Home Page with the newsletter, program information and staff contacts.

If you have any questions or comments about the Senior Services web pages, please contact Kristin Slater-Huff at kwslater-huff@santafenm.gov or 505-955-4760.

Front Desk Reception

From Santa Fe **955-4721**
 From outside Santa Fe (toll-free) 1-866-824-8714

Ron Vialpando, DSS Director 955-4710

Administration

Cristy Montoya, Administrative Secretary 955-4721
 Sadie Marquez, Receptionist 955-4741
 Maggie Coffey, Receptionist 955-4758

Nutrition

Thomas Vigil, Program Administrator 955-4740
 Enrique DeLora, Inventory Supervisor 955-4750

Meals On Wheels

Carlos Sandoval, Program Supervisor 955-4748
 Yvette Sweeney, Administrative Assistant 955-4739
 Robert Duran, MOW Assessments 955-4747

Senior Center Programming

Lugi Gonzales, Center Program Manager 955-4711
 Christine Sanchez-Warren, Prog. Coordinator 955-4715
 Ventana de Vida, M.E.G. Center
 Cristina Villa, Program Coordinator 955-4725
 Pasatiempo, Luisa, Villa Consuelo

50+ Senior Olympics

Cristina Villa, Program Coordinator 955-4725

Transportation Ride Reservations **955-4700**

Fran Rodriguez, Transportation Dispatcher 955-4702
 Linda Quesada-Ortiz, Administrative Secretary 955-4756

In Home Support Services, Respite Care

Homemaker, Non-Medical Personal Care

Theresa Trujillo, Program Supervisor 955-4745
 Katie Ortiz, Clerk Typist 955-4746

Senior Membership Registration

Brenda Ortiz, Database Specialist 955-4722

Foster Grandparent/Senior Companion Program

Melanie Montoya, Volunteer Prog. Admin. 955-4761
 Louise Kippert, FGP/SCP Admin. Secretary 955-4744

Retired Senior Volunteer Program (RSVP)

Kristin Slater-Huff, Program Coordinator 955-4760
 Marisa Romero, Administrative Secretary 955-4743
 FAX Machine - RSVP Office 955-4765

Miscellaneous

Lobby Area 955-4735
 Craft Room 955-4736
 Pool Room 955-4737
 FAX Machine - Administration 955-4797
 Board/Conference Room 955-4757
 FAX Machine - Nutrition 955-4794

Newsletter Production

Kristin Slater-Huff, Editor/Distribution 955-4760
 Email: kwslater-huff@santafenm.gov
 Brian Ferns, Graphic Artist
 Maggie Coffey, Veet Deha
 Jeannie Rae and Judy Valdez, Copy Editors

CITY OF SANTA FE - SENIOR CENTERS - Maps Located on back cover

LUISA 1500 Luisa St. (enter from Columbia St.) Santa Fe, New Mexico 87505	955-4717	VENTANA DE VIDA (Pacheco) 1500 Pacheco St. Santa Fe, New Mexico 87505	955-6731
MARY ESTHER GONZALES (M.E.G.) 1121 Alto St. Santa Fe, New Mexico 87501	955-4721	VILLA CONSUELO 1200 Camino Consuelo Santa Fe, New Mexico 87507	474-5431
PASATIEMPO 664 Alta Vista St. Santa Fe, New Mexico 87505	955-6433	COUNTY INFORMATION COUNTY TRANSPORTATION	992-3094 992-3069

DIRECTOR'S REPORT

Dear Patrons,

On Thursday, March 14th, the Division of Senior Services (DSS) held a Public Hearing to support the second year of our Four Year Plan with the North Central Economic Development District, Non Metro Area Agency on Aging (AAA) for the continuation of services for senior citizens within the city of Santa Fe. Our community's needs as stated during this public hearing as well as daily communication with our participants provide us with the necessary input to accommodate the services you require to maintain an enhanced quality of life thereby enabling you to remain living within your home independently. Approximately 85 seniors participated in this event and indicated the following priorities [1] Transportation, [2] Home Delivered Meals, [3] Congregate Meals, [4] Respite, [5] Home Management, and [6] Health Promotion.

As more Baby Boomers become eligible for our services, we have found that their focus is on maintaining a healthy lifestyle. Both on a national level and our local level, we as a society are transitioning into more health conscious communities. Even our State Agency & Long-Term Services Department has incorporated this concept as one of their major campaigns. Genetics plays a role in our aging process, but lifestyles are a much bigger factor (up to 75%) of how we age. Small changes add up over time and by simply adding just 10 minutes of brisk walking daily, eating more fresh fruits and vegetables, and reducing or eliminating high sugar snacks and sodas can result in weight loss of up to 24 pounds in the course of a year. This type of weight loss can have a significant impact on waist circumference, body mass index, blood glucose levels and blood pressure. As a result you will feel better, look better and, most importantly, increase your chances of living a long and healthy life. For your reference, we have a page dedicated for "Health & Safety" and I encourage each of you to become familiar with this section as well as participate in the various activities also outlined monthly in this newsletter.



Joanne M. Valdez, RN, BSN,
conducting a free
blood pressure test for
Margaret Valdez



Fred Vigil
Exercising on an elliptical
at MEG Senior Center

I would like to take this opportunity to personally thank each and every senior, our Advisory Board, and public officials who took the time to participate in our Public Hearing as well as staff for their exceptional work in preparing and communicating their respective programs. The staff here takes pride and are honored to be given the task of serving the senior population within our service area.

In closing, I hope each of you will commit to taking charge of your aging process, and your odds of living a long and independent life by remaining active whether it is through exercise, eating nutritious meals, volunteering, etc.

Ron J. Vialpando

SENIOR SERVICES PROGRAM INFORMATION

Senior Center Membership Card

Anyone who makes use of the programs, transportation, activities or congregate meals provided by the Division of Senior Services (DSS) should have a Senior Center Membership Card. Tracking the card enables us to receive vital funding for our programs.

If you do not have a card, please come to MEG center to get one. The card only costs \$2 and \$1 for a reprint. **Please bring exact change.** You will need an emergency contact name and phone #, the last 4 digits of your Social Security number and your date of birth for your card.

To qualify for DSS Services. The following criteria or exceptions must be met:

1. Be sixty years of age or older per the Older Americans Act; and/or
2. Be the legal spouse of a member sixty years of age or older; and/or
3. Be disabled and living in Luisa, Pasatiempo or Villa Consuelo senior housing regardless of age (for meals only); and must
4. Be an enrolled member of the DSS, having obtained a Senior Center Membership Card.

For details call Brenda Ortiz at 955-4722.

Cards are not official identification. To obtain an official New Mexico identification card, you must go to the Motor Vehicle Division.



We will print cards on the following days:
Tuesdays, April 9, 16, 23 and 30
9:00am to 1:00pm
May 14, 21 and 28
9:00am to 1:00pm

Senior Membership Cards are only for use in City of Santa Fe Senior Centers.

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.

When scheduling a ride, 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 4:30 p.m. Monday through Friday.

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 3:00pm.

Notes: **Drivers may arrive up to 15 minutes before or after scheduled pick up time. No more than four one-way trips per person, per day.**

County: For rides within S.F. County but outside city limits, call 992-3069.

SF Ride: Persons under age 60 who who are paratransit-eligible **must** use Santa Fe Ride. Call 473-4444. There is a \$2.00 required fee per one-way trip with Santa Fe Ride. For a senior who is not ADA - eligible, Santa Fe Ride is \$5.00 per one-way trip.

Closures: There are no closures this month.

NEWS & VIEWS

Welcome to the Earth Day/ Environmental/ Spring-Focused April 2013 Senior Scene!

Home Grown New Mexico

Home Grown New Mexico organizes events that educate and promote the awareness of nutritious, homegrown food and creates venues where individuals, businesses and organizations that support homegrown food production can exchange products, ideas and expertise. The vision is to enable New Mexicans to take personal responsibility for growing, raising, making and storing healthy food. Home Grown New Mexico is hosting several free events in April.



Backyard Chicken Basics on Saturday, April 6th from 10a.m. will teach you how to own your own flock. You can walk through Mike and Molly's (747 Old Las Vegas Highway) chicken yard and find out what they have learned from raising chickens for over 10 years.

Another free class, Seed Starting, will be held on Saturday, April 13th from 10a.m.-noon, at Earthcare Community Garden (6600 Valentine Way) and will focus on starting seeds indoors to get a head-start on the season, as well as protecting crops from the finicky spring climate.

Lastly, Home Grown has a community potluck gathering every month...for April it's on Tuesday the 30th at 6:30 at Whole Foods Community Room (the old Wild Oats, 1090 S. St Francis). Come if you are a novice, an expert or anything in between in the topics of gardening, beekeeping, backyard chicken coops and urban farming. Each potluck includes a variety of speakers and activities.

For more information: 505-473-1403 or homegrownnewmexico@gmail.com.

Earth Day

On Monday, April 22nd, celebrate Earth Day. Plant a tree or go for a walk.



Spring Garden Fair April 27th

Santa Fe Master Gardeners presents the 9th Annual Spring Garden Fair on Saturday April 27th, from 10:00 a.m. to 4:00 p.m. at the Santa Fe County Fairgrounds on Rodeo Road.

Don't miss the great plant sale, plus lectures, clinics, demonstrations, exhibitors, used and new garden gear, and kids' activities.

This year's speakers will present about: Attracting more birds to your yard; Top Tomato Tips; getting started keeping bees; and how to build a rain barrel.

Be sure to bring your gardening questions to "Ask a Master Gardener" and your appetite for some great food. Admission is free. Full details and the schedule are available at www.sfmga.org.

Santa Fe Community Farm

In the traditional Historic Village of Agua Fria, adjacent to the San Ysidro River Park, you will find The Santa Fe Community Farm. One of the oldest and last remaining farms in Santa Fe, it is a rare community asset, established by native John Stephenson, who after his retirement dedicated the operation of his farm to sustainable agriculture and charitable giving. Today the farm is a non-profit and donates 80% of its harvest of fruits and vegetables to the hungry, homeless and disabled in the area. Mr. Stephenson is 94 years old, and still lives on the property.



You are invited to visit and learn about the Farm while enjoying the beauty and bounty of this agricultural open space right in the middle of Santa Fe. To learn more, drop by the farm. There are many ways to help no matter what your age or ability! They are open daily 9:00 a.m. to 4:00 p.m. (except Sundays and Wednesdays). Discover how YOU can make a difference at the Community Farm. Learn more online at www.santafecommunityfarm.org or contact sfcommunityfarm@gmail.com for more information.

If you'd like to volunteer there, please contact Kristin in the RSVP volunteer program at 955-4760.

NEWS & VIEWS

Ah- Spring has Sprung!

With Lillian Alexander

There is nothing more wonderful than spring. And there is nothing more relaxing than enjoying its beauty. It is the time of year that we take a good look at ourselves and wonder: "Now what?" And when you discover Santa Fe, you will learn there is no place more inviting. My move to Santa Fe was eleven years ago and I have never regretted it.

What makes Santa Fe special? There is more for seniors in this city than one can imagine. No matter what your interest, it is available. Restaurants, shops, theaters, sports and churches, you name it, it is available.

Here are remarks from seniors who were from other states and settled in Santa Fe.

Ella: Years ago, my husband and I stopped in Santa Fe on our way to California and again on our way back. We thought about moving here but my husband became ill. I made the move years later when he passed over.

Mary: Two trips to Santa Fe convinced me and my husband to move here. There is no place like Santa Fe.

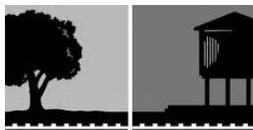
Jim: I was born and raised here. We moved to the east coast when my father went to work there. When he retired, we happily moved back to Santa Fe.

Robert: After a trip to Santa Fe my wife and I decided to retire here.

A question for you:

How do you feel about life in Santa Fe?

Who Are the Railyard Stewards?



**RAILYARD
STEWARDS**

The Railyard Stewards is a local organization working in partnership with the City of Santa Fe in a unique care, conservation and education effort to encourage residents to actively participate in our newest and largest city park and adjacent community plaza. The Railyard Stewards serve as the community 'friends of' group of the Railyard

Park + Plaza in Santa Fe and support the City of Santa Fe's regular park maintenance by providing specialized care of the park's ornamental gardens; coordinating extensive community outreach programs; and maintaining ongoing oversight of the park's horticultural programs and design.

Their mission is to provide community stewardship and advocacy for the care and programming of the Railyard Park and Plaza. Their vision is to build a vibrant, beautiful, popular and safe community gathering place representing the history, values and aspirations of the people of Santa Fe.

To learn more about the Railyard Stewards visit www.railyardpark.org. To learn about volunteer opportunities, see the RSVP pages of this newsletter.

Santa Fe National Forest



National Forests are America's great outdoors, here to serve the American people at work and play. The Santa Fe National Forest is one of five national forests in New Mexico and includes some of the finest mountain scenery in the southwest. The Forest's Headquarters is located in Santa Fe. The Forest has six Ranger Stations - Coyote, Cuba, Jemez, Pecos, Las Vegas, and Española, and two satellite offices in Los Alamos and in Jemez Pueblo—Walatowa Visitor Center.

The Santa Fe National Forest (SFNF) covers 1.6 million acres in the heart of north central New Mexico. Within the forest's borders are lush meadows, miles of conifer trees, and a dormant volcano with a 15-mile wide crater (Valles Caldera National Preserve). Visitors can enjoy camping, fishing, hiking and many other outdoor recreation activities. Residents can maintain their traditional and cultural uses of the national forest and forest products. The highest point in the SFNF is the summit of Truchas Peak located in the Pecos Wilderness 13,103 feet.

Check it out this spring! Go to www.fs.usda.gov/main/santafe/home. Also, please see the RSVP pages for details on volunteering for a spring workday.

NEWS & VIEWS

Flora's Corner

(Inspiration submitted by senior Flora Leyba)

"Yesterday is history, tomorrow is a mystery, and today is a gift: that's why they call it the present."

- Eleanor Roosevelt

Estate Planning/Probate Workshop

A free workshop on Estate Planning and Probate will be held from 6:00 to 8:00 p.m. on Wednesday, May 1st at the Mary Esther Gonzales Senior Center, 1121 Alto Street.

The workshop includes a presentation by volunteer attorney Fletcher Catron, an open question and answer period, and a free one-on-one consultation with an attorney.

Sponsored by the New Mexico State Bar Foundation and the State Bar of New Mexico Elder Law Section, this program is a working partnership that seeks to educate the public about wills, trusts, estate planning, end of life decisions and probate to meet legal needs.

In addition to these quarterly workshops, the State Bar Lawyer Referral for the Elderly Program in Albuquerque is staffed from 8 a.m. to 5 p.m. on weekdays. The program consists of a telephone helpline and referrals. More information may be found at <http://www.nmbar.org/Public/lrep.html>.

This event is a community service open to the public free of charge. Call 1-800-876-6227 for details or (505) 797-6068 to register.

Nosh 'n Noggins Lunch for Jewish Seniors

Join other Jewish seniors on Wednesday, April 17th 11:30am to 1:00pm at Temple Beth Shalom, 205 E. Barcelona Road for a luncheon.

There is no charge, but we do need your reservation. Please call or email Amy Schiffer no later than April 12th at 982-1376 or info@sftbs.org

Food for Santa Fe Grocery Bags

Food for Santa Fe is pleased to provide bags of groceries free of charge to the MEG Senior Center for any senior who needs a little extra help. They are delivered in the back of the building on the second, third and fourth Wednesdays of each month. To make sure there is fairness for all, they ask that each senior take only one bag and not go through other bags, leave ripped bags or throw unwanted items from their bag on the ground. Let's not risk ending this program designed to help seniors. Thank you.

Baile de Cascarones 2013

With the start of the Lenten Season and the preparation for Easter, many households are abstaining from eating meat on special days, and instead cooking eggs for those meals. Traditionally, these eggs are emptied by making a small hole at each end and blowing out the contents and then rinsing and drying the egg shell. The shells are decorated with painted flowers, designs, dichos (sayings) and saints, or even laces and straw appliqué. The decorated eggs are called cascarones. The more elaborate eggs can become collectors' items, but others are filled with confetti and the ends are sealed shut. One of the customs is for a gentleman to invite a lady to dance by gently crumbling a cascaron (egg shell) over her head.

La Sociedad Folklorica members are getting busy for their 74th annual Baile de Cascarones on April 6th at 7:00 p.m. at the Santa Fe Community Convention Center. Admission is \$15/couples and \$10 singles and \$2 for children 6-18. For details, call Gloria at 983-7839.

FGP/SCP Foster Grandparent / Senior Companion Programs

They will be missed...

Mariana D. Bornholdt, age 89, passed away peacefully on February 26, 2013. Ms. Bornholdt had been a Foster Grandparent volunteer for over three years, most recently volunteering at Agua Fria Elementary. Mariana lived a lifetime of education as both a teacher and a student. As an adult, she earned many degrees and authored several books. Mariana is survived



by her son Jack Pestaner, who resides in New Jersey and Santa Fe, and by the children of her three brothers. Mariana is deeply missed by the children and staff of Agua Fria Elementary School and by all who knew her. May she rest in peace.

Joe R. Vigil, age 61, passed away on March 5, 2013 following a brief illness. Joe had been a Senior Companion Volunteer for over two years, most recently volunteering at Santa Fe Care Center. Previous to his volunteer service, Joe was a printer for more than 30 years. He loved camping,



music, dancing, the casino, hanging out with his family and the love of his life, his dog Chester. Joe is survived by a big loving family including many nieces, nephews and cousins. Joe will always be remembered for his gentleness, kind words and beautiful smile. He is dearly missed by his clients of Santa Fe Care Center and by all who had the opportunity to call him a friend.

Christine Sandoval, Activity Director at Santa Fe Care Center, had the following to say about Joe: Because of his volunteering, he saved the life of one of our residents. The resident was lonely and isolated until Joe came into his life. Daily, Joe read the newspaper to him, walked with him in the Walking Club and allowed the resident to come out of his shell and become more involved with Joe and the other residents. The wife of the

client witnessed the positive transformation that Joe made on his life. Joe was a true advocate for all senior clients at Santa Fe Care Center. He will be missed by all.

Foster Grandparent News

The end of the year is quickly approaching. This year, the last day of school for the Santa Fe Public Schools is May 21st. Opportunities to volunteer during the summer will be forthcoming as Melanie receives information about what programs will be offered. Most opportunities will be at the Santa Fe Public Schools summer programs and at the local Head Starts. You will be notified at a later date of volunteer opportunities for the summer months.

Volunteer Pictures Needed

Do you have a fabulous 1950's picture that you would like to share with us? We are attempting to collect a picture of each volunteer from the 1950's. The picture will be copied and be presented on a large screen at the May banquet. Please get your pictures to Melanie by the end of April to be included in the presentation.

"Be the change you wish to see in this world."
Earth Day, Monday, April 22, 2013

May In-Service

Mark your calendars for our May Recognition Event which will be held on Tuesday, May 7th. Details regarding the event will be forthcoming.

HAPPY BIRTHDAY!

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



Bonnie Rice	4/3
Prescilla Martinez	4/6
Maria Duran	4/16

RSVP THE RETIRED SENIOR VOLUNTEER PROGRAM

COMMUNITY NEEDS



The following are volunteer positions and each comes with training and support. If you are interested in any

of these exciting opportunities, please call Kristin Slater-Huff in the Retired Senior Volunteer Program office, at 955-4760 or email kwslater-huff@santafenm.gov.

RSVP staff will enroll you in our program, provide you with free volunteer insurance, and give you volunteer support through parties, events, gifts, birthday recognition, optional workshops and classes, and more, after we set you up in the volunteer job(s) of your choice.

Ventana de Vida Senior Center Kitchen

Brenda, the Cook at the Ventana de Vida Senior Center, at 1500 Pacheco St. could use a little volunteer help on Mondays Tuesdays and Wednesdays in the morning. If you are available to help wash dishes, clear tables, maybe serve the meal, etc. she would be thrilled. She could also use a backup person for walking to deliver the Meals on Wheels there.

Wildlife Conservation Education Volunteer Positions for N.M. Dept. of Game & Fish

Volunteers are needed to assist with the public and K-12 students and teachers at their Santa Fe Center. They have a large area with lots of wildlife. The habitat is juniper, piñon, grassland, an arroyo and a pond and stream. They are next to the city golf course out on Caja del Rio Road with great views of the mountains.

Job duties are really varied over the year and include; tours of the Center (they have lots of wildlife mounts), conducting pond life investigations with students, updating and maintaining wildlife education kits, monitoring wildlife populations such as bluebird nesting boxes, answering phones and letters, researching and organizing historical documents, and assisting with special events like owl discovery night and school field investigations.

No specialized experience is necessary. Contact Kristin Slater-Huff at 955-4760.

Jr. Achievement

Give kids 2 hours a week for 5 weeks, and you can help create junior achievers! Jr. Achievement (J.A.) uses hands-on experiences to help young people understand the business of life, opening their minds to their potential and preparing them for the workplace.

Volunteers will learn the basics of how to share this exciting program with children and each will receive a colorful, complete set of course materials. After passing a background check, you will select a school and agree with the teacher on a weekly class time for you to go in. You'll prepare for about an hour before each class and then teach a lesson once a week for 5 weeks.

Several Santa Fe public schools need volunteers this spring, including Nava Elementary (kindergarten), Sweeney Elementary (third grade) and Turquoise Trail Elementary (Fourth grade).

To learn how exciting this program is, please call the RSVP office at 955-4760.

We Need Photos of You from the 50's

The Mayor's Senior Volunteer Recognition Celebration will be on Tuesday, May 7th at the Santa Fe Community Convention Center from 11:30 a.m. to 3:00 p.m. All actively reporting RSVP volunteers will receive an invitation in the mail. The theme this year is the 1950's.



We would like to borrow a photo from each volunteer from 1950-1959 to scan and use in a slide show at the banquet. Please drop off your picture at the MEG Senior Center or email it to kwslater-huff@santafenm.gov or mail to: RSVP c/o MEG Senior Center 1121 Alto St Santa Fe NM 87501. Don't forget to put your name on your photo so we can return it to you.

RSVP THE RETIRED SENIOR VOLUNTEER PROGRAM

Santa Fe National Forest Spring Workdays

National Forests are America's great outdoors, here to serve the American people at work and play. The Santa Fe National Forest is one of five national forests in New Mexico and includes some of the finest mountain scenery in the southwest.

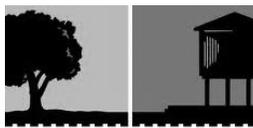


Join other volunteers for a Spring Workday with the Espanola Ranger District. These days are all at the Dead Dog Trail west of Santa Fe off Old Buckman Road. The projects will include switchback, retaining wall and new trail construction, and all tools and training will be provided. You must wear long pants, long sleeves, above-ankle boots, safety glasses and work leather gloves. So, join others from 9:00 a.m. to 2:00 p.m. on:

- Saturday, April 13th
- Friday, April 19th
- Saturday, April 20th
- Sunday, May 19th

Call Kristin at 955-4760 to sign up.

Discover your Place in the Railyard Park!



**RAILYARD
STEWARDS**

Railyard Stewards Yardmasters are volunteers that serve the community and themselves by providing specialized care to the 150 native and low-water plant varieties in the Railyard Park. Beginning March 23rd, Yardmasters will meet 3-4 times a week to "garden in the park" with Railyard Stewards staff and horticulturist. Yardmasters benefit from hands-on workshops and specialized training sponsored by the Railyard Stewards and their partners. Workshops give the community an opportunity to learn about many topics -- including but not limited to -- rose care, cactus gardens, vegetable literacy, seed starting, pruning, and wildflowers! Volunteering in the Railyard Park is an enriching experience where you will improve your green thumb and have tons of fun watching the Railyard Park grow right before your eyes.

To sign up, call Kristin at 955-4760.



The Retired Senior Volunteer Program wishes a very happy birthday to our active volunteers born in the month of

April

Martha Catanach	4/01	Bernard Preskin	4/13
Ramon Estrada	4/02	Ann R. Dowdle	4/14
Charles A. Marquez	4/02	Clarice Getz	4/14
Jose D. Medina	4/02	Benjamin Baca	4/15
Douglas P. Peterson	4/02	Terry Otten	4/15
Delfin O. Quintana	4/02	Carmen J. Chavez	4/16
Kenneth Aran	4/03	Maria E. Duran	4/16
Nancy A. Dayton	4/03	Kathleen M. Farnan	4/16
Ken Earle	4/03	Kathy Martinez	4/16
Rita Garcia	4/03	Carmen M. Chavez	4/18
Victor E. Montoya	4/03	Maria Barton	4/19
Jon Rudnick	4/04	Susi Keller	4/22
Dolores Gonzales	4/06	Marsha Reindorf	4/22
Prescilla Martinez	4/06	Grace Whitecotten	4/22
Connie Sena	4/06	Reynalda "Bernie"	
Virginia M. Lucero	4/07	Sanchez	4/23
Matilda Rios	4/07	Elizabeth C. Altman	4/24
Justiniano A. Valdez	4/07	Ron Levy	4/26
Robert A. Fernandez	4/08	Melanie "Libby"	
Manuel Valdez	4/08	Dwyer	4/28
Carol McVeigh	4/09	Pat E. Garrett	4/28
Pat Chapman	4/10	Rosina T. Martinez	4/28
Erica Coleman	4/10	Corrine Sanchez	4/28
Deborah Farson	4/11	Mary Ann Chrane	4/29
Edna Bube	4/13	Mela Delgado	4/29
Lynne R. Coyle	4/13	Sally A. Rodriguez	4/29
Lou A. Finley	4/13	Nazario Roybal	4/29
Sheila Gumerman	4/13	Sister Jo Romero	4/30

ACTIVITIES

All activities are open to eligible seniors with a Senior Membership card (see pg. 4). Classes are held at City of Santa Fe Senior Centers. (See inside cover.) Subject to change.

Ongoing Activities by Senior Center

Luisa Senior Center

Pool Tables	Mon.-Fri.	8 am-1:30 pm
Fitness Room	Mon.-Fri.	8 am-1:30 pm
Sing Along-Spanish	Tuesday	11:45 am
Guitar Lessons	Wednesday	9:00 am
Bingo	Friday	1:00 pm

Mary Esther Gonzales Center

Pool/Cards	Mon.-Fri.	7 am-4:30pm
Fitness Room	Mon.-Fri.	7 am-4:30pm
Computer-Open	Mon.-Fri.	1 pm-4:30pm
Guitar Class	Monday	9:00 am
Hospice Crafts	Monday	1:00 pm
Tai Chi class (beginner)	Mon.-Thurs.	8:15 am
Tai Chi class (advanced)	Monday	9:15 am
Quilting	Tuesdays	12:30 pm
Mind/Body Movement	Thursday	9:30 am
Bingo	Mon. & Wed.	1:00 pm
Jewelry Making Class	Monday	9:00 am
Ceramics	Wed. & Fri.	9:30 am
Wood/Straw	Thursday	9:00 am
Sewing	Thursday	12:30 pm
Sing Along-Spanish	2nd & 4th Fri.	11:30 am
Knitting	Friday	2:00 pm
Computer Classes	955-4721	mornings
Zumba Gold	Friday	9:30 am

Pasatiempo Senior Center

Fitness Room	Mon.-Fri.	8 am-1:30 pm
Ceramics	Mon.-Fri.	9:00 am
Bridge	Monday	12:30 pm
Zumba Dance	Tuesday	8:30 am
Line Dance-Adv.	Tuesday	1:00 pm
Wood/Straw	Wednesday	9:30 am
Tai Chi	Thursday	9:00 am
Zumba Dance	Thursday	10:00 am
Line Dance	Thursday	1:00 pm
Zumba Dance	Friday	1:00 pm

Ventana de Vida Senior Center

Exercise Class	M/W/F	9:00 am
Art Class	Tuesday	1:00 pm
Bridge	Sunday	1:00 pm

Villa Consuelo Senior Center

Ceramics	Mon. & Wed.	9:30 am
Bingo	Tues. & Thurs.	11:00 am
Wood/Straw	Wednesday	12:30 pm

Ongoing Activities by Activity or Class Type

ART

Ventana-Class	Tuesday	1:00 pm
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BINGO

MEG Center	Mon. & Wed.	1:00 pm
Villa Consuelo	Tues. & Thurs.	11:00 am
Luisa Center	Friday	1:00 pm

BRIDGE

Pasatiempo	Monday	12:30 pm
Ventana de Vida	Sunday	1:00 pm

CERAMICS

Pasatiempo	Mon. & Fri.	9:00 am
Villa Consuelo	Mon. & Wed.	9:30 am
MEG Center	Wed. & Fri.	9:30 am

COMPUTER

MEG Classes	For info. call	955-4721
MEG Open Use	Mon. - Fri.	1 pm - 4:30pm

DANCE CLASSES

Pasatiempo Zumba	Tuesday	8:30 am
Pasatiempo Zumba	Thursday	10:00 am
Pasatiempo Zumba	Friday	1:00 pm
Pasatiempo Line Dance	Tues. & Thurs.	1:00 pm
MEG Zumba Gold	Friday	9:30 am

EXERCISE CLASSES/FITNESS EQUIPMENT

MEG Open Use	Mon. - Fri.	7 am - 4:40pm
Pasatiempo Open Use	Mon. - Fri.	8:00 am
Luisa Open Use	Mon. - Fri.	7:00 am
Ventana Class	M/W/F	9:00 am
Mind/Body Movement	Thursday	9:30 am

GUITAR CLASS (Beginner)

MEG Center	Monday	9:00 am
Luisa	Wednesday	9:00 am

JEWELRY MAKING

MEG Center	Monday	9:00 am
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SEWING/QUILTING/KNITTING

MEG-Sewing/Quilting	Tuesday	12:30 pm
MEG-Knitting	Friday	2:00 pm
MEG-Sewing	Thursday	12:30 pm

SING-ALONG

Luisa - Spanish	Tuesday	11:45 pm
MEG - Spanish	2nd & 4th Fri.	11:30 am

TAI-CHI

MEG (beginner)	Mon. - Thurs.	8:15 am
MEG (advanced)	Monday	9:15 am
Pasatiempo	Thursday	9:00 am

WOOD/STRAW APPLIQUÉ

Pasatiempo	Wednesday	9:00 am
Villa Consuelo	Wednesday	12:30 pm
MEG Center	Thursday	9:30 am

ACTIVITIES for this month

Pasatiempo Spring Fest with Phil Trujillo

The Pasatiempo Senior Center will host a Spring Fest on Friday, April 12th from 11:00 a.m. to 1:00 p.m. There is no admission fee and refreshments will be served. With music by crooner Phil Trujillo, what better way could there be to celebrate the arrival of spring?



Plan ahead and we will see you there!

Weekend Bingo at Pasatiempo

The Pasatiempo Senior Center at 664 Alta Vista St. will host a Bingo on Sunday, April 21st from 1:00 to 4:00 p.m. The cost is \$12.00 for package; 4 specials for \$4.00; Black out for \$2.00. There is a \$100.00 jackpot!

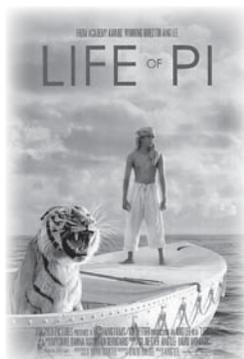


We will serve Frito pie and a drink for \$5.00. Please bring small bills. Everyone is welcome.

Movie Day at the M.E.G. Senior Center

Friday, April 19th 1:00 p.m.
"Life of Pi"

A 16 year-old Indian boy whose passage to a new life in America aboard a freighter ends in a shipwreck in the Pacific. While cast away, he is left to fend for himself on a life raft, and he forms an unexpected connection with another survivor -- a fearsome Bengal tiger.



Arts & Crafts Workshop at MEG Center

Patti Merrill invites you to her monthly workshop at the Mary Esther Gonzales Senior Center from 10:00 a.m. to 11:00 a.m. This month's focus will be on painting small bird houses and will be held on Tuesday, April 16th.



Additional Zumba Class at the MEG Center

We now have an additional Zumba Gold toning class at the Mary Esther Gonzales Senior Center. The new class takes place on Mondays from 3:45 p.m. to 4:30 p.m. So if you can't make it on Fridays at 9:30 a.m. for the original class, then join us on Mondays. Better yet, come to both. Beatrice Montoya, our dedicated Zumba instructor will also lead this dance-fitness class.

Sunday, April 7th Bingo at Luisa

The Luisa Senior Center at 1500 Luisa St will host a Bingo on Sunday, April 7th from 1:00 to 4:00 p.m. The cost is \$12.00 for package; 4 specials for \$4.00; Black out for \$2.00. There is a \$100.00 jackpot!



We will serve Frito pie and a drink for \$5.00. Please bring small bills. Everyone is welcome.

Acupuncture Clinic for Veterans

A free ear acupuncture clinic is being offered for all military veterans and their families at the MEG Senior Center on Thursdays 2:00-4:00 p.m. The acupuncture points used have been shown to help with sleep, anxiety, anger issues and PTSD. Treatments are administered by Carolyn Bleakely, Doctor of Oriental Medicine. No appointments are necessary, but call Carolyn at (505) 577-1696 to make sure she will be there.

Free Hair Cuts at MEG & Pasatiempo

This month our volunteer Fabiola will provide free haircuts for seniors, on a first come, first served basis, on the following Wednesdays from 10:am to 2:00 pm. Please note: At MEG Center, haircut sign-in begins at 9:00 am.



MEG Senior Center April 10th
Pasatiempo Senior Center April 17th and 24th

Trio Rancho & Friends

Join us for the music of Trio Rancho & Friends as they play music from the 1940's era. Enjoy the combination of swing, jitterbug, ballads and more on Friday, April 5th during lunch 11:00a.m. – 12:30 p.m. at the MEG Senior Center.

ACTIVITIES for this month

ICAN (“Ideas for Cooking & Nutrition”)

Classes at the M.E.G. Center

The Santa Fe County Cooperative Extension Service is sponsoring a series of nutrition classes through the “ICAN” program. Classes are from 9:30 am to 10:30 a.m. at the following Senior Centers:

Luisa Center

Thursday, April 4th
Thursday, April 11th
Thursday, April 18th
Thursday, April 25th

Mary Esther Gonzales Senior Center

Wednesday, April 24th
Wednesday, May 1st
Thursday, May 9th
Wednesday, May 15th

Janette Segura, Nutrition Educator, will provide hands-on, needs-based education in the areas of healthy food choices, food preparation, food safety and food resource management. Upon completion, you will receive a Certificate of Completion. For more information, please call Christine at 955-4715.

Trip to Sandia Peak Tram May 24th

Join the Senior Activities on an adventure to the Sandia Peak Tram with lunch at the High Finance Restaurant on Friday, May 24th.

The \$40 fee per person covers the tram ride fare, lunch (a fixed price menu) and all taxes and gratuities. There is an additional \$5 per person suggested donation for the round trip bus fare.

For more information or to sign up, please call Christine Sanchez-warren at 955-4715 or Don Bell at 982-2707.

Cabaret Returns to Pasatiempo Senior Center

Pianist David Geist and singer Robert Sinn return to Pasatiempo Senior Center for a cabaret performance of Broadway favorites and other great American tunes. David had a twenty-year career as a Broadway pianist before coming to Santa Fe and Robert has performed unique collections of songs in Santa Fe for the last twelve years.

Here’s your invitation, so “Come to the Cabaret” at noon on Thursday, April 18th.

AARP Driver Safety Program

Sign up for the next AARP Driver Safety Class taking place at the MEG Senior Center, located at 1121 Alto Street. The mini course is from 12:30 (registration) to



5:00 p.m. The volunteer instructor will go over safety tips for seniors on the road. New Mexico insurance companies give discounts to seniors with a completion certificate. You must complete the four-hour course and be age 55 or over in order to obtain a certificate and you must renew it every three years to keep the discount.

Classes are held on the second Tuesday of each month. The fee to cover materials is \$14.00. If you are an AARP member the cost is only \$12.00, although your AARP card or number must be presented the day of the class.

To register for the AARP class, please call the volunteer instructor of that class:

- | | |
|-----------|--------------------------|
| April 9th | Tricia Penn 438-0460 |
| May 14th | Bill Buckingham 466-1675 |

There will be an additional Driver Safety class at 12:30 at the Santa Cruz Senior Center on April 18th. To reserve for this class, please call Bob Jacob at 466-1143.

New Sewing Class at MEG Center

Do you like to sew? Would you like to learn to sew? Either way, come and join us on Thursdays from 12:30 p.m. to 3:00 p.m., at the Mary Esther Gonzales Senior Center.



Our new volunteer instructor, Terri Lopez, will teach various projects, such as making pillows, aprons, purses, bags, etc., and would like to work on a different project every month. Along with these projects, participants are also welcomed and encouraged to work on their individual projects. So whatever your sewing pleasure, we will accommodate you.

SENIOR ACTIVITY CORPORATION PRESENTS

Mackinac Island



INCREDIBLE PRICE INCLUDES:

- ◆ Motorcoach transportation
- ◆ 10 nights lodging including 4 consecutive nights in Northern Michigan
- ◆ 18 meals: 10 breakfasts and 8 dinners
- ◆ Guided Tour of Mackinaw City
- ◆ Visit to Mackinac Island, including a Guided Carriage Tour
- ◆ Boat ride through the Soo Locks and free time and sight-seeing in Sault Sainte Marie
- ◆ Visit to Mackinaw Crossings
- ◆ Admission to Colonial Michilimackinac
- ◆ Gaming excitement at Kewadin Sault Casino
- ◆ and much more

\$1080 *

11 DAYS 10 NIGHTS

PER PERSON, DOUBLE OCCUPANCY

(Fri - Mon)

Aug 23 - Sep 2

2013



Tour Mackinac Island by Horse and Carriage



Soo Locks Cruise in Sault Sainte Marie



Mackinac Point Lighthouse



Mackinac Island Ferry

Departure: Senior Service Center, 1121 Alto St, Santa Fe, NM @ 8 am

Day 1: Board your spacious, video and restroom equipped Motorcoach and set off for Northern Michigan. Enjoy the beautiful scenery along the way before checking into your en route hotel tonight.
 Day 2: After enjoying a Continental Breakfast, you will depart for the Oklahoma City National Memorial. Later in the day, enjoy Dinner and check into your en route hotel.
 Day 3: Today, after a Continental Breakfast, enjoy a visit to the magnificent Gateway Arch Riverfront, and view the world-famous arch which is the symbol of St Louis. That night, enjoy Dinner and check into your en route hotel.
 Day 4: After enjoying a Continental Breakfast, you'll continue towards Northern Michigan. Later, you'll arrive at your destination. This evening, you will enjoy Dinner and check into your hotel for a four night stay.
 Day 5: After today's Continental Breakfast, head for Sault Sainte Marie, MI and take an exciting cruise through the Soo Locks. Next, enjoy lunch on your own and spend some free time in Sault Sainte Marie. Watch ships enter and depart the Locks from the observation area or browse the unique local shops and boutiques. Later, enjoy Dinner and gaming at the Kewadin Sault Casino before returning to your hotel.
 Day 6: After enjoying a Continental Breakfast, your adventure begins with a ferryboat ride to peaceful Mackinac Island where the only mode of transportation is by Horse and Carriage. Take a leisurely carriage ride tour of the island and see splendid sites like the Arch Rock and Lilac Lane. Enjoy some free time to explore this quaint island. Later, cross the Straits of Mackinac again and enjoy a lovely Dinner at a local restaurant.
 Day 7: After enjoying a Continental Breakfast, you'll take a Guided Tour of quaint Mackinaw City. Next, see the Old Mackinac Point Lighthouse, dating back to 1892. After some free time at Mackinaw Crossings, visit Colonial Michilimackinac – A 1700's era Village. Later, enjoy Dinner with your friends.
 Day 8: Enjoy a Continental Breakfast before leaving for Gerald R. Ford Presidential Museum in Grand Rapids, MI. Later that day, after a relaxing Dinner, you'll check into your en route hotel.
 Day 9: Enjoy a Continental Breakfast at your hotel before leaving for Abraham Lincoln Presidential Museum. That night, enjoy Dinner and check into your en route hotel.
 Day 10: Today you will go to the Will Rogers Memorial Museum, which memorializes the great American humorist, actor, and writer who starred in over 70 movies in the 1920s and 30s. Tonight, rest in your en route hotel.
 Day 11: Today you'll enjoy a Continental Breakfast and depart for home... a perfect time to chat with your friends about all the fun things you've done, the great sights you've seen and where your next group trip will take you!

ADD PEACE OF MIND TO YOUR TRIP...
 With the Travel Confident® Protection Plan if you have to unexpectedly cancel or cut your plans short. See back for details...

Full Payment is Due Upon Signing. *Price per person, based on double occupancy. \$1430 for single occupancy.

FOR INFORMATION & RESERVATIONS CONTACT:

Chuck Niggeman @ (505) 988-2958 or Lily Salazar @ (505) 690-8873
Motor Coach Driver Gratuity and Travel Insurance is included in flyer price

LEGAL & CONSUMER

Money 101

By Senior Volunteer
Anke Mihalas

This is the first in a series of articles in The Senior Scene on monetary issues.

For 10 years I helped employees with their money questions and issues while working as a Human Resources Manager. I found some simple changes which could help people with their money and make a difference. This is especially true for seniors and specifically for women if their husbands used to handle the money and make decisions concerning money.

The first and most basic, but also one of the most important things you need to do to get your money situation in order is expense tracking! This is not scary at all, even if you have never done so in the past.

I created a spreadsheet in my computer which I myself started using again last summer when I took over the management and bill pay from my husband. You can do it on a computer or on a sheet of paper. I have given a one-page form to the RSVP office, and they would be happy to email, mail or give it to you. Contact Kristin at kwslater-huff@santafenm.gov or 955-4760.

The tracking sheet has columns for the categories you use regularly, like rent/mortgage, gas, electric, groceries, car payments, car repairs, household products, etc. You may add any other regular expenses you have.

All you need to do is collect all receipts for the month. At the end of the month add up all receipts for the category, like groceries, etc.; and write that amount into the column for the month.

After three months you will begin to have an approximate amount of what you spend for which category. And after 6-12 months you can see easily what your expenses are for each of the categories. If you spend more per month than you take in, you look at your categories to see where you need to make adjustments.

This is a very simple way to start getting in control of your spending and it takes just a few minutes. You have to know where your money goes – all of it - in order to manage it.



Protect Your Credit with Security Freeze

(From New Mexico AARP State Office)

Identity theft is when someone gets ahold of your vital information and uses it to buy themselves things, which can destroy your hard-earned credit rating. Credit cards or other credit accounts can be opened in your name and used to the maximum.

A security freeze is a protection against a credit account being opened in your name. You can request that the three major credit reporting agencies (Equifax, TransUnion and Experian) freeze your credit file until you personally approve a new credit account. No one can open a new credit account in your name, even if he or she has your name, Social Security number or other identifying information.

You can request that each of the three credit reporting agencies freeze your account. You will need to send a letter to each credit reporting agency by regular or certified mail, providing a copy of a government-issued identification and proof of your current residence and the fee if you are under 65. You and your spouse will have to do this separately.

By law, the credit reporting agency must place a freeze on your account within three working days of receiving the request. You should then receive a confirmation and a password or personal identification number (PIN) within 5 working days. You must use the PIN to “unfreeze” your account when you want to open a credit account, so safeguard this. A security freeze will not affect your current credit ratings or any credit accounts you have available.

For individuals age 65 and over and for victims of identity theft, there are no fees charged, except Experian may charge \$5.25 gross receipts tax.

For individuals under the age of 65, there is a \$10 fee to initiate the freeze (\$10.50 for Experian) and a \$5 fee to lift the freeze (\$5.25 for Experian). To reinstate the freeze, there is a \$10 fee (\$10.50 for Experian).

To get a sample letter and the credit agencies' addresses, call Kristin in Senior Services at 955-4760 or contact AARP.

HEALTH & SAFETY

Spring Cleaning a Senior's Home: 5 Tips to Get It Done Safely and Healthily

(From Home Instead Senior Care 404 Kiva Court, Santa Fe, NM, 87505, or go to newsletter@homeinsteadinc.com.)

Back in the olden days, spring cleaning meant scrubbing or laundering every surface of the house to remove the dark, sooty grime that built up from using candles, kerosene lamps and woodstoves throughout the winter. It also meant throwing open all the doors and windows of the house to get the stale winter air out and let in the fresh fragrance of spring.

Today, the modern marvel of electricity has spared us the sooty grime, but the refreshing tradition of spring cleaning remains. It's an especially important routine in homes where seniors may no longer be able to keep up with regular housekeeping chores.

If your senior loved one's home could use a good corner-to-corner cleaning, here are five steps to get it done.

Make a checklist. Write down everything you and your senior loved one would like to get done. Tasks may include washing windows and curtains, wiping out the refrigerator, scrubbing the floor, etc. Be sure to include the following tasks to reduce senior safety hazards: Clean out the medicine cabinet and dispose of expired medications or those no longer prescribed; throw away any expired food; replace batteries in smoke detectors and carbon monoxide detectors; remove clutter from walkways; replace light bulbs if necessary and ensure rooms and hallways are adequately lit; get rid of throw-rugs to eliminate tripping hazards; consider installing grab bars in the bathroom

Schedule it. Just like a doctor's appointment or other important commitment, block off time in your schedule that you can devote to spring cleaning. You may want to knock everything out in one weekend, or you may want to take it one chore at a time over several weeks, fitting it in

when you have time. Either way, consider it time well spent with your loved one.

Enlist help. Make it a family affair. The more the merrier. If you can't convince family members to lend a hand, consider hiring help. A professional caregiver can assist with laundry, dusting, vacuuming and other light housekeeping tasks.

Involve your senior loved one. It's important to keep your loved one engaged and feeling useful, no matter what his or her limitations. If it's not easy for Mom to get around, hand her the silver polish and silverware. Or give Dad a stack of papers to go through while you take care of the rest of the home.

De-clutter, then clean. Seniors who have accumulated a lifetime of belongings often have so much stuff that it clutters the house and makes it difficult to clean, much less live in safely. Don't just clean around the piles—tackle them first. But, be careful not to get trash-happy. Handle the clutter in a diplomatic manner. Finally, be sure to address any problems you uncover while cleaning. You don't want to see the fruits of your labor reverse back into a pig sty in less than six months. If you discover your loved one has piles of unpaid bills, expired food in the pantry or hasn't been cleaning up after the pets, perhaps it's time for some extra help around the house. A little housekeeping help from a caregiver for just a few hours a week can help keep the home clean while offering your loved one companionship and support on a regular basis.

For more information, call Home Instead Senior Care at 1 (888) 484-5759.



SENIOR OLYMPICS

Senior Olympics Spotlight

The first Senior Olympic event of the 2013 season took place on February 19th and 29th. We had our Air Rifle/Air Pistol Event at the County Extension Building and we had 21 Olympians participate, including 5 women. The event ran very smoothly. Margaret Murray took the gold with a high score of 343 in the Rifle Benchrest! The top male scorer for Pistol Benchrest goes to Robert Thornberg with a whopping score of 382 out of 400. Event Manager Bill Black did a terrific job coordinating, along with his helper Len Trimmer. Bill has been an event Manager for a dozen years and has a Distinguished Rifle/Pistol Badge. He is #60 in the history of the US Navy and is willing to give lessons. The most senior competitor was Bruce Kidman, age 81. A big shout out to Senior Chief Jeff Mattick who came from Colorado to assist his friend Bill with the event.



On February 26th, we had Basketball Free-throw at Fort Marcy Complex. Each of the 23 participants had 15 shots. This year we had two new comers to the men's age category 50-54. It is nice to see the Baby Boomers come out to participate. Newcomer Ronnie Rodriguez shot 12 out of 15. Great job! The highest women's score was a tie between our youngest and oldest participants, Christina Simek and Arlene Mayer. Following the Free-throw competition was the 3 Point Shot. Each shooter had 6 shots. Armando Gutierrez shot 4 out of 6. That is awesome. Way to go Armando! The eldest competitor was Carlos Pacheco at the still-athletic age of 91! A big thank you to David Soveranez and Joyce Montoya who helped us keep score.

On February 23rd and 24th we had our Racquetball Event at the GCCC and a whopping 20 Olympians showed up, including 2 women. The tournament was for best 2 out of 3 games. Participants break a sweat in a matter of minutes! It is a good exercise to keep the heart going. It can also be dangerous because you get hit by the ball when you're least expecting it. We had singles, doubles and mixed doubles competition. A few athletes had so much adrenaline that they broke the green ball in half. Who could actually do that? It's just that the balls had been in the cold so

they would just break. Larry Montoya, the Event Manager, did an outstanding job coordinating this event. Our most senior competitor was Robert Roybal, at age 77. Way to go Robert!

April Dates, Events, Locations & Managers:

- 5th & 6th: Tennis @ Alto Park - Bonnie Rogers
- 5th: Talent Show @ Eagles - Delia Zisman
- 6th: Handball @ Ft. Marcy Rand Marco
- 9th: Badminton @ GCCC Liz Parker
- 10th: Golf @ Marty Sanchez -Eloy Ulibarri
- 11th: Field Events @ SFHS -Arlene Mayer
- 11th: Race-walk @ SFHS -Richard McClean
- 12th: Track @ GCCC -Owen Kunkle
- 12th: Table Tennis @ Ft. Marcy -Bob Funkhouser
- 16th: Archery @ Archery Range -Ricardo Roybal
- 18th & 19th: Horseshoes @ Alto Park-Barbara Cohen
- 19th: Cycling @ Stanley -Karin Roth

There will be a race walk clinic on Friday, April 5th at the Fort Marcy Complex gymnasium from 8:00 a.m. – 12:00 p.m. for those athletes who plan to compete in race walk on April 11th, or for those who are interested in learning.

For more information about Senior Olympics, or to contact event managers, please call Cristina Villa at 955-4725 or send an email at cavilla@santafenm.gov.

Good luck, Olympians! Till next month!

- Cristina Villa



PUZZLES

Fruit

Find and circle all of the fruit that are hidden in the grid.
The remaining letters spell an additional fruit.

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

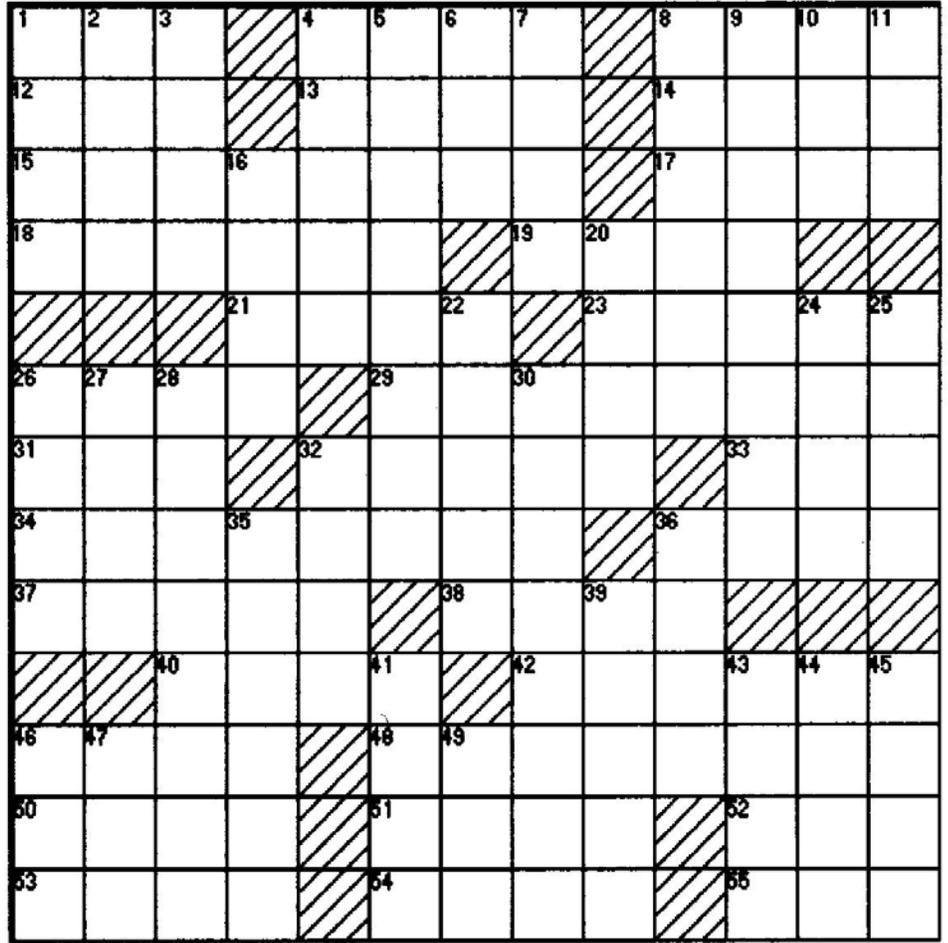
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APPLES	DATE	ORANGE
APRICOT	FIG	PAPAYA
AVOCADO	GRAPEFRUIT	PEACH
BANANA	GRAPES	PEAR
BLACKBERRY	KIWIFRUIT	PERSIMMON
BLUEBERRY	KUMQUAT	PINEAPPLE
CANTALOUPE	LEMON	PLUM
CHERRIES	LIME	POMEGRANATE
CHOKECHERRY	LYCHEE	RASPBERRY
COCONUT	MANGO	RHUBARB
CRABAPPLE	MULBERRY	STRAWBERRY
CRANBERRY	NECTARINE	WATERMELON

PUZZLES

ACROSS

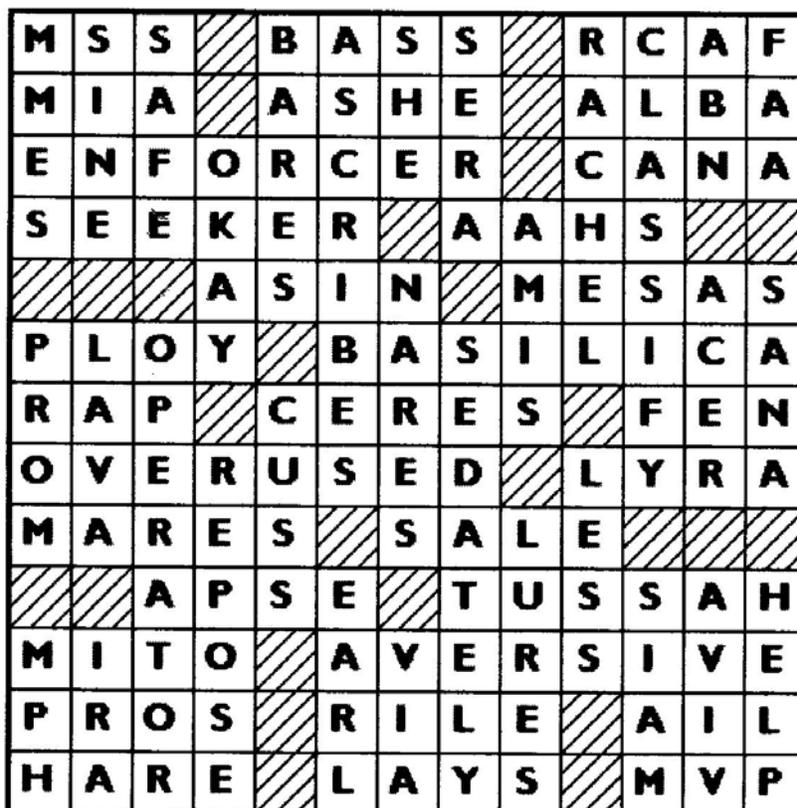
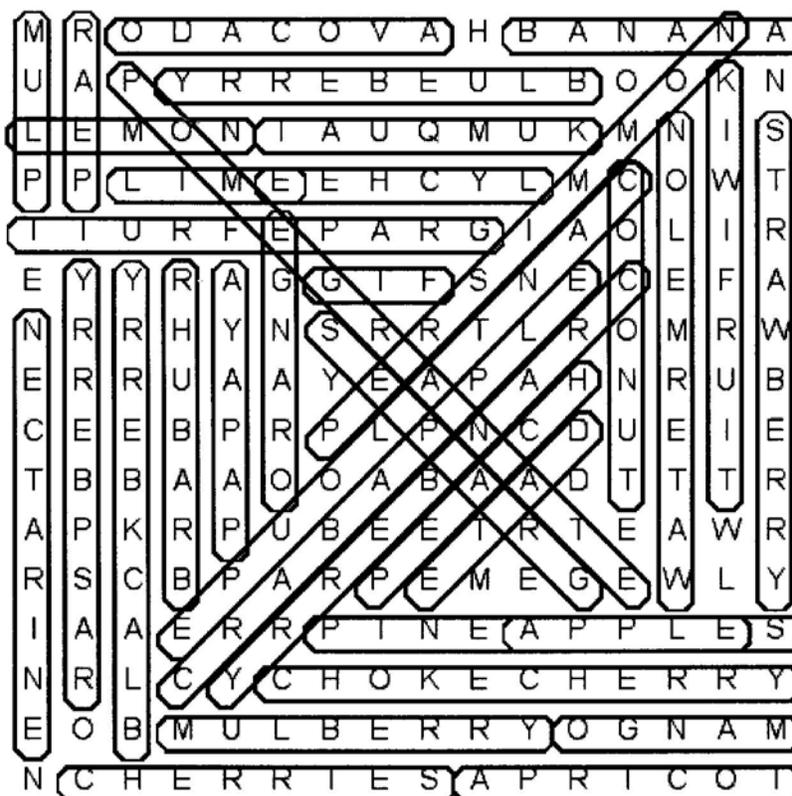
1. Manuscripts, abbr.
4. Low-pitched
8. Canadian flyers
12. ___ Farrow, actress
13. Arthur ___, Wimbledon champion
14. Sunrise (Spanish)
15. One whose job it is to execute unpleasant tasks for a superior
17. Town in Galilee
18. Someone making a search or inquiry
19. Expresses pleasure
21. Month
23. Plateaus
26. Planned action
29. Used for public administration
31. Stroke
32. Demeter
33. Bog
34. In a way, utilized
36. A small constellation in the N hemisphere near Cygnus and Draco
37. Equids
38. A particular instance of selling
40. Niche
42. Saturniid moth
46. Myth (Spanish)
48. About antipathy
50. Arguments
51. Make angry
52. Cause bodily suffering to
53. Hurry
54. In a way, poses
55. Most valuable player



DOWN

- | | | |
|------------------------|---------------------------|---|
| 1. Women (French) | 16. Satisfactorily | 35. Peace |
| 2. Circular function | 20. Friends (French) | 36. Smaller quantity |
| 3. Rubber | 22. Nostrils | 39. Baits |
| 4. Airs | 24. Dicot genus | 41. A British peer ranking below a marquis and above a viscount |
| 5. Arrogates | 25. Capital of Yemen | 43. Thailand |
| 6. The woman | 26. Ball | 44. Tel ___, Israel city |
| 7. Body fluids | 27. Rock | 45. A way to give aid to |
| 8. ___ Ward, actress | 28. Cause | 46. Miles per hour |
| 9. A way to categorize | 30. In a decorous way | 47. Anger |
| 10. Airborne, abbr. | 32. A way to speak loudly | 49. By way of |
| 11. Supervises flying | | |

PUZZLE ANSWERS



BREAKFAST MENU

Senior Centers' Breakfast Menu April 2013

Please note: Breakfast is served Monday - Friday: 7:30-8:30am at MEG, Luisa and Pasatiempo Senior Centers for a suggested donation of \$1 for seniors 60 and over and a \$5.32 fee for non-seniors (59 years of age or younger).

- 1st. Breakfast Burrito on a tortilla with scrambled egg, bacon, cheese, salsa . Milk
- 2nd. Diced Ham with cheese, potatoes, salsa, margarine.. Milk
- 3rd. Sausage Patty with green chile on a roll, hashbrowns, margarine. Milk
- 4th. French Toast with maple syrup, scrambled egg, tomato juice. Milk
- 5th. Peanut Butter on a small roll, jelly, cold cereal, tomato juice, Milk
- 8th. , Pancakes with maple syrup, sausage patty, tomato juice. Milk
- 9th. Cold Cereal, cottage cheese, jelly, tomato juice,. Milk
- 10th. Grilled Ham and peppers on a tortilla, margarine. Milk
- 11th. Breakfast Biscuit with sausage and cheese, salsa, margarine. Milk
- 12th. Boiled Egg, bacon, red chile and tortilla. Milk
- 15th. Breakfast Muffin with scrambled egg ,cheese and bacon, salsa. Milk
- 16th. Boiled Egg, cheese, green chile, small roll, margarine. Milk
- 17th. Breakfast Burrito on a tortilla with scrambled egg, sausage, salsa, margarine. Milk
- 18th. Cold Cereal, cottage cheese, jelly, tomato juice,. Milk
- 19th. Ham and Cheese on a biscuit with salsa, margarine. Milk
- 22nd. Hot Oatmeal, cottage cheese, tomato juice, margarine. Milk
- 23rd. Potatoes and sausage with cheese and salsa, margarine. Milk
- 24th. Scrambled Egg with bacon, cheese and red chile with hashbrowns, small roll. Milk
- 25th. Diced Ham with grilled peppers, hashbrowns, small roll, margarine. Milk
- 26th. Breakfast Biscuit with sausage and cheese, salsa, margarine. Milk
- 29th. French Toast with maple syrup, scrambled egg, tomato juice. Milk
- 30th. Grilled Ham, red chile, tortilla, margarine. Milk

Nutrition Education

(From Partnership for Food Safety Education)

Foodborne illness can strike anyone. Some people are at higher risk for developing foodborne illness, including older adults and people with weakened immune systems. For these people extra care should be taken to follow the four simple steps of clean, separate, cook and chill food.

Cook your food to proper temperatures. Did you know that one out of every four hamburgers turns brown before it has reached a safe internal temperature? Cooking safely is a matter of degrees, not appearance. Foods are properly cooked when they reach a high enough internal temperature to kill the harmful bacteria that cause foodborne illness, as measured with a food thermometer. Make it a priority to purchase a food thermometer you can read, if you are cooking at home.

Keep food hot until it is consumed. When serving up food buffet-style, hot food should be kept at 140° F or higher, with chafing dishes, slow cookers or warming trays. When bringing hot soup, chili or crab dip to an outdoor party, keep it piping hot before and during serving. Transport hot foods in insulated thermal containers and keep the containers closed until serving time. See the May newsletter for cooking temperatures.

Please Note: Senior Meal Suggested Donations: Breakfast \$1.00

Non-Senior (59 years of age or younger) Mandatory Meal Fees: Breakfast \$5.32 Lunch \$5.32

LUNCH MENU

SENIOR CENTER LUNCH MENU APRIL 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Chicken Fried Steak Mash Potatoes w/Gravy Steamed Green Beans WW Roll w/ Butter Apple Crisp Milk	2 Baked Chicken Topped w/ Veggie Sauce Steamed Rice Buttered Spinach WW Roll w/ Butter Chilled Tropical Fruit Milk	3 Red Chile Tamale (1) Pinto Beans Vegetable Salad Tortilla (1) Chilled Mandarin Oranges Milk	4 Chicken Fettuccini w/ Alfredo Sauce Buttered Carrots & Peppers Garlic Bread Chilled Pears Milk	5 Classic Roast Beef Mash Potatoes w/ Brown Gravy Steamed Green Beans WW Roll White Cake Milk
8 Baked Chicken Wild Rice Carrot Raisin Salad Biscuit w/ Butter Chilled Mandarin Oranges Milk	9 Classic Meatloaf Scalloped Potatoes Steamed Green Beans WW Roll w/ Butter Strawberry Shortcake Milk	10 Pork Stir Fry Stir Fry Vegetables Tossed Salad w/ Dressing WW Roll w/ Butter Apple Cobbler Milk	11 Beef Steak w/Veggie Sauce Topping Steamed Spinach Potato Rounds WW Roll w/ Butter Lemon Bar Milk	12 Stuffed Chicken Breast w/ White Sauce California Vegetables Baked Biscuit Peach Crisp Milk
15 Baked Pork Chop Rice Pilaf Peas & Carrots WW Roll Jell-O w/ Mixed Fruit Milk	16 Red Chile Beef Enchiladas Salsa Corn Tossed Salad w/Dressing Cherry Cobbler Milk	17 Baked Chicken Breast Sandwich Celery Sticks Baked Tater Tots Cottage Cheese w/ Peaches Milk	18 Beef Tips w/ Steamed Rice Steamed Broccoli Green Salad WW Roll w/ Butter Chilled Pears Milk	19 Roasted Turkey w/ Turkey Gravy Sweet Potatoes Steamed Green Beans Cornbread w/ Butter Sugar Cookie Milk
22 Spaghetti w/Meat Sauce Steamed Broccoli w/Cheese Sauce Garlic Bread Chilled Peaches Milk	23 Roasted Pork Roast Mashed Potatoes w/ Brown Gravy Asparagus Tips WW Roll w/ Butter Chilled Applesauce Milk	24 Baked Chicken Wild Rice Carrot Raisin Salad Baked Biscuit w/ Butter Mandarin Oranges Milk	25 Beef Stroganoff w/ Egg Noodles Steamed Spinach Cauliflower w/ Cheese Cottage Cheese w/ Pears Milk	26 Red Chile Carne Adovada Spanish Rice Country Blend Veggies Tortilla (1) Jell-O w/ Fruit Milk
29 Chicken Taco (1) w/ Garnish Pinto Beans Calabacitas Jell-O w/ Mixed Fruit Milk	30 Salisbury Steak w/ Mushroom Gravy Mashed Potatoes Steamed Spinach WW Roll w/ Butter Tropical Fruit Salad Milk		Lunch is Served: at: MEG Luisa, Pasatimepo, Villa Consuelo & Ventana de Vida Centers 11:00am till 12:30pm Monday - Friday	

Please Note: Senior Meal Suggested Donations: Lunch \$1.50

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