

The Senior Scene

Vistas de los Mayores



Photo by Don Bell
Greater Canada Goose at Rio Grande Nature Center in Albuquerque

August 2013

Programs and Activities for Older Adults



offered by the
Division of Senior Services

CITY OF SANTA FE, DIVISION OF SENIOR SERVICES

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

Welcome,

The City of Santa Fe's Division of Senior Services offers a variety of programs and services at five senior centers throughout the City of Santa Fe. If you are age sixty or over, we invite you to make use of our services and facilities and participate in our programs. Most activities are free and only a few request a suggested donation. These are your services 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, City-run fitness facilities and public libraries, and senior living communities. It is also available online at www.santafenm.gov (by clicking on "A to Z index" in the upper left corner; scrolling down to "S" and clicking on "Senior Services") or at www.rsvpsantafe.org.

- Kristin Slater-Huff, Senior Scene Editor

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

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
 Lugi Gonzales, Temp. Coordinator 955-4711
 M.E.G. Center, Ventana de Vida Center
 Cristina Villa, Program Coordinator 955-4725
 Luisa, Pasatiempo, 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 Center 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
 FAX Machine - Nutrition 955-4794

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DIRECTOR'S REPORT

Dear Patrons,

We have closed last year's budget and compiled the necessary data to document our accomplishments and are proud to report the following:

	FY 12-13 Projected	FY 12-13 Actual	FY 13-14 Projected
Congregate Meals	65,310	66,817	62,281
Home Delivered Meals	137,483	141,242	137,483
Transportation Rides	42,113	42,054	42,113
Homemaker Hours	8,569	8,810	9,361
Respite Hours	9,090	9,237	9,090
Foster Grandparent Hours	32,368	30,224	31,324
Senior Companion Hours	29,236	30,162	32,456
Retired Sr. Volunteer Hours	111,528	135,095	100,000

When reviewing our units of service (number of meals, rides or hours served) you will notice that we have exceeded our goals in the majority of these categories. Please note that in our Nutrition program we reflect a projected reduction of meals served for Fiscal Year (FY) 13-14. This reduction incorporates the temporary closing of our Villa Consuelo Center and Luisa Center due to Capital Outlay dollars received from the State to enhance, as well as remain current with Code Compliance at this facility. The RSVP projected hours are reduced to federal changes in the program's structure.

We have also completed and submitted our 2014 State Legislative Capital Outlay request on behalf of the City of Santa Fe, Division of Senior Services. Our total request of \$1,174,186 for a combination of capital improvement projects are as follows:

Renovation-Code Compliance	\$312,844
Equipment-Meals	\$133,799
Equipment-Other	\$104,043
Vehicles	\$623,500

The State Legislative Capital Outlay process helps programs such as ours to continue to maintain and improve our facilities i.e. code compliance, new additions, structural improvements, replacement of kitchen equipment and program vehicles. We have evaluated and specifically identified capital improvements that will enable us to continue to provide our eligible patrons with the highest quality services possible, which is our goal.

I would also like to take this opportunity to recognize and thank the Division of Senior Services Advisory Board of Directors listed below:

Mayoral Appointments

Andres Romero, Chairman	
Gilbert J. Alarid	Elaina K. Gonzalez
Bernardo C de Baca	Virginia M. Lucero

Elected Members

Toni Ann Gallegos	Corrine Sanchez
Mary Louise Giron	Doug Schocke
Dennis E. Gonzales	Rosemarie Trujillo

Through their dedicated, diligent and hard-working efforts, we are able to continue to evaluate various aspects of our programs thereby ensuring we are providing efficient, quality services. Please join me in commending these individuals for their instrumental influences to our programs.

Ron J. Vialpando, Director



SENIOR SERVICES PROGRAM INFORMATION

SENIOR CENTER REGISTRATION

Anyone age sixty or over who participates in the transportation, congregate meals or fitness activities offered by the Division of Senior Services (DSS) is asked to register with our program. We can secure program funding each time a registered senior prints his or her name on the sign-in sheet for meals or fitness activities, or uses DSS transportation.

Registration is free. Please come to the Mary Esther Gonzales Senior Center (MEG) at 1121 Alto Street any Monday to Friday 8:30am – 4:30pm to register. We will do our best to accommodate as soon as staff is available. 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, and an emergency contact name and phone. You must renew your registration regularly-staff will inform you.

Senior Membership Cards are not required for participation however, if you would like to get one, the cost is \$2. We issue the cards at the MEG Senior Center every Tuesday (except the first Tuesday of each month) from 9:00am to 1:00pm. Please note that cards are not official identification.

Eligibility for Senior Services Registration

Participants must meet the following criteria, per the Older Americans Act:

Be sixty (60) years of age or over; or

Be the legal spouse of a member age 60 or over, residing at the same address; or

Be disabled and living at senior housing surrounding one of the following centers, for meals only; Luisa, Pasatiempo or Villa Consuelo only

For any additional information, please call Brenda Ortiz at 955-4722.

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 in August.

SENIOR SERVICES MONTHLY EVENTS

FREE BENEFITS COUNSELING AT MEG CENTER

The Division of Senior Services is proud to offer this free service. Volunteer Bob Meinershagen is trained by the N.M. Aging and Long-Term Services Department in determining whether seniors are receiving all the benefits to which they are entitled. Benefits cover such areas as managed care, Medicare, Medicaid, low cost housing, eyeglasses, hearing aids, residents' rights, Social Security, utility bill payment assistance, prescription drug coverage, low cost health and dental care and more.

You must make an appointment ahead of time. To reserve an appointment for a free, individual, half hour counseling session at the Mary Esther Gonzales Senior Center (1121 Alto St.), call 955-4721.

Every Wednesday August 7, 14, 21, 28 8:00 - 11:45 a.m.

If you cannot wait for an appointment with Mr. Meinershagen, you may call the New Mexico Aging and Disability Resource Center at 1(800) 432-2080 or 476-4846.

CITY OF SANTA FE SENIOR CENTER MEETINGS

Luisa	Tuesday	August 2	8:30 a.m.
Pasatiempo	Monday	August 5	1:00 p.m.
Ventana de Vida	Friday	September 5	9:30 a.m.
Villa Consuelo	Monday	August 5	10:00 a.m.

SENIOR SERVICES COMMITTEE MEETINGS

Advisory Board	Wednesday	August 21	9:30 a.m.
Travel Committee (Now third Thurs.)	Thursday	August 15	8:45 a.m.
Senior Activity Corp. (Now third Thurs.)	Thursday	August 15	10:00 a.m.
Transportation/Nutrition (meets quarterly)	Tuesday	October 8	9:00 a.m.
Senior Olympics	Wednesday	August 14	9:30 a.m.
RSVP	Tuesday	September 24	10:00 a.m.

BLOOD PRESSURE, BLOOD SUGAR AND OXYGEN LEVEL TESTS

All tests are free and open to anyone age 60 or over. Following the tests is a brief, free medical consultation, based on test results. Tests are conducted by Joanne M. Valdez, RN, BSN, on the following dates:

M.E.G. Center - First and Second Tuesday	Aug. 6 & 13	11:00 a.m. to 12:00 noon
Luisa Center - First Thursday	Aug. 1	11:00 a.m. to 12:00 noon
Villa Consuelo Center - Second Thursday	Aug. 8	10:00 a.m. to 11:00 a.m.
Pasatiempo - Third Tuesday	Aug. 20	11:00 a.m. to 12:00 noon
Ventana de Vida Center - Third Thursday	Aug. 15	11:00 a.m. to 12:00 noon



NEWS & VIEWS

Juan J. Gallegos, born March 29, 1922 in Llano Largo, N.M., passed away on June 11th.



Juan began working at age 14 to help his parents and four younger siblings. He picked crops in Montana, Idaho and Colorado, and then worked on sheep farms in Wyoming. At the age of 16, he joined the Civilian Conservation Corps. Juan was a CPL in the U.S. Army, Squad 442nd Air Service Group from October 1942 to June 1946. He served in the European Theater in Germany, Austria, France, England and Belgium as a Heavy Equipment Operator and a Prisoner of War Guard. He witnessed sadness and starvation in many children in Germany and would save candy bars to give to the children. He encouraged his friends to do the same, explaining "This war is not their fault."

Juan married Rosina Elisa Martinez in 1948 and they had six children during their 54 year marriage. After the War, he worked as a firefighter and a miner. In 1956, they all settled back in New Mexico where he worked as a guard in the state penitentiary and finally at LANL, until his retirement in 1987.

Juan and his daughter, Gloria Westbrook, often played Bingo at our senior centers. He was an active volunteer until the age of 87. Juan always had a large, bright smile for everyone.

Lifesongs Community Conversations

How can we live life to the fullest and engage the aging process as a gift? You are invited to an evening of Community Conversations offered by Lifesongs staff Molly Sturges and Acushla Bastible. Community Conversations are free and open to the public. They provide an opportunity to come together as a community to share and reflect on personal experiences with care-giving, aging and dying.

This event is free and open to the public. Join them on Tuesday, August 27th from 6:30 to 8:30 pm at the Academy for the Love of Learning, 133 Seton Village Road in Santa Fe. Space is limited so please call ahead. To register or for information or directions, please call 505-995-1860 or go to www.aloveoflearning.org

Fit to a T – Bone Health and Osteoporosis

Fit to a T is a free public education program on bone health and osteoporosis. The goal is to teach people the necessary steps to prevent or slow down bone disease before they break a bone. It also aims to help people assess their risk, make lifestyle changes, and if they have already broken a bone, to decrease the risk of another fracture.



This free class will be held on Thursday, August 8th at 5:30p.m. at the Genoveva Chavez Community Center, 3221 W. Rodeo Road in Classroom # 1.

To sign up, call toll free 1-855-477-2663 email smaier@usbji.org or go online to <http://www.surveymonkey.com/s/chavev1>

March on Washington for Jobs and Freedom

On August 28, 1963 50 Years Ago The march was planned and initiated by A. Philip Randolph, the president of the Brotherhood of Sleeping Car Porters, president of the Negro American Labor Council, and vice president of the AFL-CIO. The march marked the 100th anniversary of the signing of the Emancipation Proclamation by Abraham Lincoln.



The stated demands of the march were the passage of meaningful civil rights legislation; the elimination of racial segregation in public schools; protection for demonstrators against police brutality; a major public-works program to provide jobs; the passage of a law prohibiting racial discrimination in public and private hiring; a \$2 an hour minimum wage; and self-government for the District of Columbia, which had a black majority. How far have we come?

Flora's Corner

(Inspiration submitted by senior Flora Leyba)
"Forgiveness is the fragrance that the violet sheds on the heel that has crushed it."

- Mark Twain

NEWS & VIEWS

N.M. Conference on Aging Aug. 20 & 21

The 35th annual New Mexico Conference on Aging will be held August 20th and 21st at the Isleta Conference Center. It will feature over 50 workshops, 60 interactive exhibits, a Health & Enrichment Fair and a variety of entertainment reflecting New Mexico's cultural diversity. There will be two keynote speakers: Amy Goyer, author, consultant and AARP Family Expert will present "Caring for Loved Ones – Aren't We All?", and Michael Hess PhD will present "Wellness & Health Promotion".



To receive a registration packet, or for additional information about the Conference, call the NM Aging & Long-Term Services Department toll free at 1-866-842-9230, or email andrea.allen@state.nm.us. Visit the N.M. Aging and Long-Term Services Department's website at www.nmaging.state.nm.us for more information about the Conference.

It Happened One Day...

with Lillian Alexander

These past few weeks I have been reminded of years gone by. It's rather nice to do so. I remember sitting at my desk trying to come up with a good ending for the article I was writing. We had been living in Ohio for some time and there I was holding my first published book, *Over Forty: A Woman at her Best*.

Two years later we moved to Florida where I began writing for an outstanding magazine. My most important article was the complex life of Mabel Ringling, wife of John Ringling. It was a marvelous adventure for me. I was treated like never before.

That same year, two weeks before Christmas, at 10:00 p.m. I was working to finish an article for the magazine when suddenly there was screaming in the apartment above us. Fire was coming down on our back patio. It was a frightening experience and the end of our living quarters and my writing for a famous magazine.

A Question for You:

Is there one day in your life that stands out?

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. This schedule is subject to change. Check updates online at www.santafecounty.org or call 231-2382.



August 2013 Dates, Times and Locations:

- 3rd Lamy Train Station 11:30am – 3:30pm
- 4th Encino Villa Apts. 10:00 am -2:00pm
- 6th Ventana de Vida Apts. 9:30am-2:30pm
- 7th S.F. County Fair 9:30am-4:00pm
- 8th S.F. County Fair 9:30am-4:00pm
- 9th S.F. County Fair 9:30am-4:00pm
- 10th S.F. County Fair 9:30am-4:00pm
- 11th S.F. County Fair 9:30am-3:00pm
- 13th Pasatiempo Center 9:30am-2:30pm
- 14th Eldorado/Adam Center 9:30am-2:30pm
- 17th Village Sage Apts. 10:00am-2:00pm
- 18th Glorieta Catholic Church 8:45am-12:45pm
- 20th Edgewood Senior Center 9:30am-2:00pm
- 21st Chimayo Senior Center 9:30am-2:00pm
- 24th Villa Alegre Apts. 10:00am-2:00pm
- 25th Luisa Senior Center 10:00am-2:00pm
- 27th Santa Cruz Senior Center 9:30am-2:00pm
- 28th Pojoaque Farm Market 11:00am-4:00pm

Thanks to Ambercare Hospice

Gene Martinez, Training and Employee Relations Manager of Ambercare, conducted a superb presentation for caregivers at the MEG Senior Center on June 18. Thank you, Gene and Valorie Leinberger, for teaching us how to care for ourselves and relieving stress while caregiving! We absolutely enjoyed the session!

AT A GLANCE



Gretchen Terry practicing CPR at the Luisa Senior Center.



Tony Sanchez can perform CPR from his wheelchair.

The firefighter/instructor watches Tommie Ortega try CPR.



Foster Grandparents Connie Valencia and Mary Baca participating in the ICAN Nutrition Education Program.



Gene Martinez from Ambercare Hospice at a Caregiver Support meeting.

Foster Grandparents Bonnie Rice and Pauline Baca participating in the ICAN Nutrition Education Program.





Centennial Care is the new name of the New Mexico Medicaid program. Centennial Care covers physical health, behavioral health, long-term care and community benefits.

Confused about the upcoming changes to Medicaid? We've got answers. Join us for an informational event in your area:

Tuesday, August 13th, 9:30 AM–11:00 AM

Villa Consuelo Senior Center

1200 Camino Consuelo, Santa Fe

Saturday, August 24th, 10:00 AM–12:00 PM

Mary Esther Gonzales (MEG) Senior Center

1121 Alto Street, Santa Fe

Wednesday, September 4th, 10:00 AM–11:30 AM

Mary Esther Gonzales (MEG) Senior Center

1121 Alto Street, Santa Fe



Representatives from the New Mexico Human Services Department and the four Centennial Care Managed Care Organizations will be available for questions. For more information and a complete listing of events, please call **1-888-997-2583** or visit us at **www.centennialcare.net**.

The New Mexico Human Services Department complies with the Americans with Disabilities Act of 1990 and reasonable accommodations will be provided upon request. Persons with disabilities who plan to attend this meeting and who may need auxiliary aids or services, such as Signed Language Interpreters, assistive listening devices, readers, large print or Braille, or other reasonable accommodation are requested to contact Anisa Goodman-LaCour at (505) 827-6230 no less than 5 business days prior to the meetings so that accommodations can be obtained and provided.

RSVP THE RETIRED SENIOR VOLUNTEER PROGRAM

COMMUNITY NEEDS

**You Saved New Mexico
\$2,380,382!**

RSVP Volunteers in Santa Fe and Rio Arriba Counties reported a total of 135,095.5 hours of service in FY 2012/2013. According to the Independent Sector, the value of volunteer time in New Mexico is \$17.62 an hour. So, the work you all did was the equivalent of over 2 million dollars! You should be very proud.



Your RSVP website: www.rsypsantafe.org

You can always find the latest RSVP program information at our website, created by volunteer Sue Cover.

RSVP Time Sheets

Many of you have asked why you did not receive a calendar in the mail for the RSVP. As we mentioned in the letters inviting you to the business meetings, we will give out the new forms there. We have made a few changes and wanted to explain them in person.

Please make a point of coming to one of our volunteer business meetings to learn more about this (and get a gift).

Remaining Volunteer Business Meetings

Friday, Aug. 2nd at 10:00a.m. Ventana de Vida
 Mon. August 5th 11:30a.m. Santa Cruz Center
 Thurs. August 8th at 12:00 Chimayó Center
 Fri. August 9th 11:30a.m. Edgewood Center
 Mon. Aug. 12th at 10:00a.m. El Rancho Center
 Wed. August 14th at 11:30a.m. Rio en Medio

Please note addition meeting at MEG:

Friday, August 16th at 10:00a.m. at MEG Center
 Mon. August 26th at 11:30a.m. Eldorado Center

Birthday Apologies

In the July newsletter, we somehow left out the birthdays of a number of our terrific, actively reporting volunteers. Ladies, please accept our apologies! Let's wish them each a belated happy birthday.

Tessie Horne	7/14	Jerry London	7/17
Genevive Lopez	7/17	Tillie Garcia	7/18
Helen Lujan	7/18		



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

August

Agnes "Aggie" Cardenas	8/01	Ingrid Chronis	8/16
Joyce M. Martinez	8/02	Marta Demarest	8/16
Joe W. Archuleta	8/03	Lucille Martinez	8/16
Patricia T. Peterson	8/03	Melisandro Martinez	8/16
Judy Maes	8/04	Mary T. Boggs	8/17
Justo Quintana	8/04	Bruce A. McIntosh	8/17
Mike Amparan	8/05	Louise P Jackson	8/18
Donald E. Bell	8/05	Jackie Cooper	8/19
Carolyn Minton	8/05	Gail Takeshita	8/19
Carlos J. Ortiz	8/05	Corinne P. Willison	8/19
Roxanne Gonzalez	8/06	Bill Caperton	8/20
Rose Marie Lenahan	8/06	Ralph Nava	8/20
Ena Berglund	8/07	Karla Vigil	8/20
Ramona Griego	8/09	Pedro Garcia	8/22
Lee Leven	8/09	Frank Lucero	8/22
Edward L. Gonzales	8/10	William Buchanan	8/23
Rose Ortega	8/10	Dolores M. Brock	8/24
Tonie Ann Gallegos	8/11	Ernestine B. Hagman	8/27
Berneice "Bee" Schulman	8/11	Cecilia Romero	8/27
Raymond L. Nichols Jr.	8/12	Manuel Rodriguez	8/28
Louie Bryant	8/13	Josephine Valencia	8/29
Arthur M. Gabaldon	8/13	Lugarda Griego	8/30
Beverly A. Ireland	8/14	Beverly Hollander	8/30
Jerre Fox	8/15	Thomas Van Kampen	8/30
Richard Pierson	8/15	Ben G. Martinez	8/31

FGP/SCP Foster Grandparent / Senior Companion Programs

**Foster Grandparents
Share Today. Shape Tomorrow.**

**Become a Foster Grandparent
TODAY.
It's not too late to sign up.**



The Santa Fe Foster Grandparent Program is currently recruiting volunteers age 55 and over to serve at our local schools and Head Start pre-school centers. Foster Grandparent volunteers work one-on-one with children and in small group settings to help them learn to read, improve academics, improve emotional and social development and to serve as a role model, mentor and friend. The program also enables Foster Grandparent volunteers to remain physically and mentally active while making a difference in a child's life!

Interested candidates must be 55 years or older and enjoy sharing their time and experience with children. Volunteers who meet income guidelines and are able to commit to a minimum of 15 hours each week may also qualify to earn a non-taxable hourly stipend, paid holiday, sick, and vacation hours.

Volunteers receive training, supplemental insurance, mileage reimbursement, and annual recognition. An application and background check are part of the registration process to begin this rewarding volunteer opportunity.

Call 955-4761 for more information.

ACTIVITIES

All activities are open to registered seniors. Schedule is subject to change.

Ongoing Activities by Senior Center

Luisa Senior Center 955-4725		
Pool Table	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 Senior Center 955-4711		
Pool/Cards	Mon.-Fri.	7 am-4:30pm
Fitness Room	Mon.-Fri.	7 am-4:30pm
Computer-Open Use	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
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	9:30 am
Sewing	Thursday	12:30 pm
Sing Along-Spanish	2nd & 4th Fri.	11:30 am
Knitting	Friday	2:00 pm
Computer Classes	Call for info.	955-4721
Zumba Gold	Friday	9:30 am
Nia Technique	1st & 3rd Tues.	1:30 pm
Pasatiempo Senior Center 955-4725		
Fitness Room	Mon.-Fri.	8 am-1:30 pm
Yoga	Mon. & Wed.	8:30 am
Ceramics	Mon.-Fri.	9:00 am
Bridge	Monday	12:30 pm
Zumba Dance	Tuesday	8:30 am
Computer	Tuesday	9:00 am
Line Dance-Adv.	Tuesday	1:00 pm
Wood/Straw	Wednesday	9:30 am
Sing Along	Wednesday	12:00 pm
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 955-4715		
Exercise Class	M/W/F	9:00 am
Art Class	Tuesday	1:00 pm
Villa Consuelo Senior Center 955-4725		
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
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
CERAMICS		
Pasatiempo	Mon. - Fri.	9:00 am
Villa Consuelo	Mon. & Wed.	9:30 am
MEG Center	Wed. & Fri.	9:30 am
COMPUTER		
MEG	Call for times	955-4721
Pasatiempo	Tuesday	9 am - 11 am
MOVEMENT 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
Pasatiempo Yoga	Mon. & Wed.	8:30 am
Nia Technique MEG	Mon. & Wed.	8:30 am
Mind/Body Movement MEG	Thursday	9:30 am
EXERCISE CLASSES/FITNESS EQUIPMENT		
MEG Open Use	Mon. - Fri.	7 am - 4:30pm
Pasatiempo Open Use	Mon. - Fri.	8 am - 1:30 pm
Luisa Open Use	Mon. - Fri.	7 am - 1:30 pm
Ventana Class	M/W/F	9:00 am
GUITAR CLASS (Beginner)		
MEG Center	Monday	9:00 am
Luisa	Wednesday	9:00 am
JEWELRY MAKING		
MEG Center	Monday	9:00 am
SEWING/KNITTING		
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
Pasatiempo	Wednesday	12:00 pm
TAI-CHI		
MEG (beginner)	Mon. - Thurs.	8:15 am
MEG (advanced)	Monday	9:15 am
Pasatiempo	Thursday	9:00 am
Luisa	Mon. - Wed.	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

Estate Planning/ Probate Workshop Aug. 7th

A free Estate Planning (last will and testament) and Probate workshop will be held from 6:00 to 8:00 p.m. on Wednesday, August 7th at the MEG 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.

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. Bring your papers and questions and allow these lawyers to assist you.

Senior Travel Committee Trip to Mackinac Island, Michigan Aug 23- Sept 2



Join other seniors for this exciting trip! Price includes motorcoach transportation, 10 nights' accommodations, guided tours, travel insurance and much more.

Double occupancy \$1,080 per person

Single occupancy \$1,430 per person

Full payment is due upon signing up and there is a 10% cancellation fee. For more information and reservations, call:

Chuck at (505) 988-2958 or
Lilly at (505) 690-8873

Viva la Fiesta at Pasatiempo!

Join the Santa Fe Fiesta celebration at the Pasatiempo Senior Center (664 Alta Vista St) on Thursday, August 29th. Enjoy live music by Mariachi Encanto from 11:00 a.m. to 2:00 p.m. and a visit with Don Diego de Vargas and his Cuadrilla, and la Reina and her Princesas between 11:00a.m. and 2:00p.m. Refreshments will be served and, as always, this is a free event. See you there!

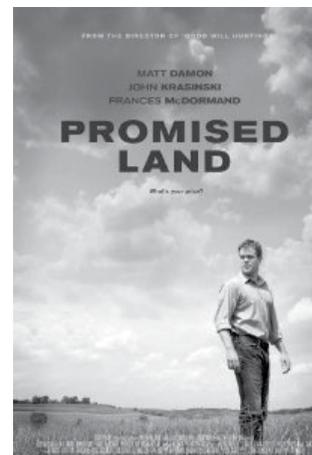


Movie Day at MEG Center

Friday, August 16th at 1:00 p.m.

"Promised Land"

In "Promised Land," Matt Damon stars as Steve Butler, a corporate salesman whose journey from farm boy to big-time player takes an unexpected detour when he lands in a small town, where he grapples with a surprising array of both open hearts and closed doors. Gus Van Sant leads the film from an original screenplay written by John Krasinski & Matt Damon, from a story by Dave Eggers.



Movie Day at Luisa Senior Center

Thursday, August 8th at 1:00 p.m.

"Norbit"

A mild-mannered guy (Eddie Murphy) who is engaged to a monstrous woman meets the woman of his dreams, and schemes to find a way to be with her.
Rated PG-13



ACTIVITIES for this month

Live Music Wednesdays at Pasatiempo

Plan to have lunch at the Pasatiempo Senior Center on Wednesdays and enjoy live music by a group of talented local musicians and singers from noon to 1:00p.m.

Save the Date – Dance on September 5th

Que Viva La Fiesta! Join us at the annual Fiesta Dance at the Fraternal Order of Eagles on Thursday, September 5th from 1:00 to 4:00 pm. The Fiesta de Santa Fe Royalty and Mariachi will arrive at the Eagles at 1:00 p.m.



Please bring your senior Membership Card for scanning. The Fraternal Order of Eagles is located at 833 Early St. The Mary Esther Gonzales Senior Center is sponsoring the dance. There is a \$2.00 admission fee and the music will be provided by Camino Oscuro.

There is no senior dance in August.

Free Hair Cuts at MEG & Pasatiempo

This month, our volunteer Fabiola (a licensed beautician) will provide free haircuts for seniors, on a first come, first served basis, on the following Wednesdays from 10:00am to 2:00 pm. Haircut sign-in begins at 9:00 am. But please note that Only the first 20 people will be served daily.



MEG Senior Center August 7th and 14th
Pasatiempo Senior Center August 28th only

Weekend Bingo at Luisa

The Luisa Senior Center at 1500 Luisa St. will host Bingo on Sunday, August 11th from 1:00 to 4:00 p.m.

The cost is \$12.00 for a package, 4 specials at \$1.00 each, \$2.00 for the jackpot round and a chance to win the \$100.00 jackpot prize. Seniors will serve enchiladas, Spanish rice and a drink for \$5.00. Please bring small bills. Everyone is welcome.



Annual BBQ and Dance on August 15th

The Luisa Senior Center, at 1500 Luisa St. (enter from Columbia St.) will be having their annual barbecue lunch on Thursday, August 15th. Toya will be grilling hamburgers and pork and beans, potato chips and watermelon will be served as well. The meal is from 11:00 a.m. to 12:30 p.m. for a suggested donation of \$1.50 for seniors age 60+.



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.

Senior Center Closures in September

All Santa Fe senior centers will be closed on Monday, September 2nd for Labor Day. Centers will re-open on Tuesday, September 3rd.

Centers will again be closed at noon on Friday, September 6th for Santa Fe Fiestas.

AARP Driver Safety Program

AARP Driver Safety Classes are held on the second Tuesday of each month 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.



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. The class area can be chilly so please consider bringing a light jacket or sweater.

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

August 13th call Bob Jacob 466-1143

September 10th call Bob Jacob 466-1143

ACTIVITIES for this month

Fiesta Celebration at the MEG Center

Join us for our Santa Fe Fiesta celebration at the Mary Esther Gonzales Senior Center (1121 Alto Street) on Wednesday, August 28th. Don Diego de Vargas and his Cuadrilla, and la Reina and her Princesas will arrive at the MEG center (in the dining room) at 12:30 p.m. See you there!



State Fair September 17th Trip

DSS will take interested seniors on our bus to the State Fair on Tuesday, September 17th. The suggested donation for transportation is \$5.00. Individuals pay their own way at the fair gates and bring money for lunch, etc.

Plan on arriving at the MEG center by 8:30 am. The bus will depart to the State Fair at 9:00 am and will leave from the Fair at 3:00 pm. Remember to wear comfortable walking shoes.

Please call Cristina Villa at 955-4525 (beginning August 15th) to reserve your seat.

New Fitness Class! Nia

A new fitness class is coming to the Mary Esther Gonzales senior center beginning on Tuesday, August 6th. This class will be held every first and third Tuesday of each month at 1:30 p.m. at the MEG center. Please join Nia white belt instructor Tallie Tolen for an uplifting class.



Nia is a sensory-based movement practice created in 1983 that draws from martial arts, dance arts and healing arts. It empowers people of all ages, shapes and sizes by connecting the body, mind, emotions and spirit through music and movement. Every movement can be adapted to individual needs and abilities. Classes are one hour long and include warming up, cooling down and stretching (please bring your own mat if you would like one available). Step into your own journey with Nia and positively shape the way you feel, think and live!

Please contact (volunteer instructor) Tallie if you have any questions at 699-3435.

Soft Ice Cream at Pasatiempo .50¢

Come to the Pasatiempo Senior Center any Monday through Friday between 11:00 a.m. and 1:00 p.m. for soft-serve ice cream. Choose chocolate or vanilla on a waffle cone for just .50¢. What a summer treat!



Thank You Beatrice Montoya, Zumba Gold Instructor

The Center Programming staff sends a very big THANK YOU to certified Zumba Instructor Beatrice Montoya. Beatrice cheerfully provided Zumba classes to our clients from October 2012 until June 2013 as a volunteer. She will most definitely be missed.

New Zumba Gold Instructor

The Mary Esther Gonzales Center welcomes our new certified Zumba Instructor Carol Montoya. Carol has volunteered to teach the scheduled MEG Friday morning (9:30 am) Zumba class. She started in July.

This class is an easy to-follow, health-boosting dance-fitness program for baby boomers as well as beginners. Through dynamic lightweight resistance training and exciting international rhythms, Zumba Gold-Toning classes help participants build muscle strength, increase bone density, and improve mobility, posture and coordination.

Gentiva Hospice Visits MEG Center

Gentiva Hospice will be giving a presentation on the hospice benefit on Monday August 5th at the MEG Center, during the lunch hour. Amanda Yarrington, RN will be available to answer questions and give complementary blood pressures.

ACTIVITIES *for this month*

We now have three different Tai Chi instructors at different senior centers. You are invited to attend any of these classes that feel right to you. Check them all out and then decide.

John Menken- Pasatiempo Center Classes on Thursdays at 9:00 a.m.

John Menken is an experienced practitioner of Wu Style T'ai Chi Ch'uan. His teacher is the late Sophia Delza of New York City who taught at the United Nations, the Actors' Studio, and her own private classes.



Although one cannot really teach the "great exercise" to beginners over the age of 60, it is possible to offer instruction in some forms and practices that are life enhancing and that are based upon the Wu T'ai Chi Ch'uan systems.

Gene Gerber – MEG Center

Beginner Classes Monday-Thursday 8:15 a.m.
Advanced Classes Monday 9:15a.m.

I have studied Tai Chi for over thirty years. At least twenty five years of that has been with the Chen Man Cheng version of yang style Tai Chi Chuan. My main teacher was Doctor Tao who was one of Chen Man Cheng's top students.



Dr. Tao lived in Taiwan and came to America periodically, teaching primarily in Seattle, where I studied with him. I also studied with several of Dr. Tao's top students: David Huang from Taiwan, Andrew Heckert in Philadelphia, and Nick Scrima who later became Master Nick Scrima. After that I studied and practiced on my own until I came to New Mexico.

In Santa Fe I have been teaching Tai Chi to senior citizens for about a year and a half. I have also studied for a short while in Santa Fe with Mike DeMarco who served as editor for the "Journal of

Asian Martial Arts." I often practice push hands with Jill Basso's "push hands" group here in Santa Fe.

Chen Man Cheng's style and yang style in general is characterized by softness, and gentle moves designed to promote balance, health, dignity, and integrity within an individual.

There are five major principles of the art. The most important principle is relaxation. The second is whole body movement, which means that all parts of the body move as a unit; nothing moves independent of the body as a whole. The third is that the spine is always straight and that we maintain balance. The fourth principle is that we remain single weighted. In other words, we never keep the weight on both feet, but the weight is always shifting from foot to foot. The fifth is that the waist is the commander. In other words, all movement follows the movement of the waist. All of these principles are strongly emphasized in my classes.

Magdalena Babuljak- Luisa Center

Classes Mon, Tues and Wed 9:00 a.m.

My study of T'ai Chi Ch'uan began in 1990 in Oakland, California. The Yang Style Short Form which I learned was developed by Master Cheng Man-Ch'ing and consists of 37 separate movements - one movement flowing into the other.



This is a wonderful way to achieve balance in your life - physically and spiritually. Once the basic form is learned, you can make it your own - have fun with it as you move your chi in soft and gentle ways.

HEALTH & SAFETY

City of SF Health Tips: Skin & Sun Safety

From Susan J. Perry, Ph.D., CDE, LPCC
Public Works, Wellness Coordinator

1. Be “sunwise”

- Avoid getting sunburned.
- Never use tanning beds.
- Apply sunscreen frequently and correctly.
- Wear protective clothing in the sun.
- Seek shade especially 10:00am to 4:00pm.
- Use extra caution around water, sand, and snow, which reflect sun upwards.

2. Treat sunburns correctly to minimize skin damage

- If you get sunburnt, get out of the sun!
- Avoid hot water- take a cool (but not cold) shower or bath.
- Apply aloe from a plant or lotion.
- Take ibuprofen or acetaminophen for fever or pain.
- Hydrate! Drinking water will help.
- Do not apply butter or oil - this could cause infection!
- Do not disturb blistered dead skin.
- Avoid numbing sprays.

3. Pick the right sunscreen and apply it properly.

- Choose a broad-spectrum sunscreen with protection against UVA and UVB rays.
- If you are light-sensitive, or have a history of skin cancer, choose a higher SPF.
- If you work outside or spend a lot of time outdoors, you need stronger, water-resistant, beachwear-type sunscreen.
- Apply at least 1 oz. of sunscreen to all exposed areas, 30 minutes prior to being in the sun.
- Reapply the same amount every two hours, or immediately after swimming, toweling off, or sweating a great deal.

4. Stay hydrated in the heat!

- Always drink a minimum of 64 oz. of water a day and an additional 8 oz. of water for every 10-15 minutes of low to moderate-intensity exercise.

- For intense exercise lasting over 1 hour, consider drinking a sports drink during and after to replenish electrolytes.



After an Emergency

(From City of S.F. Emergency Manager)

A lot of our preparedness discussions focus on what to do before you find yourself in an emergency situation. But just as important is be prepared for the time after an emergency. Think about what you should do after a large-scale emergency or disaster impacts our community. Remember the following actions to aid in the recovery process:

- Stay off roads unless travel is absolutely necessary to allow emergency crews to respond to those injured, conduct damage assessments, and begin restoring utilities and infrastructure.
- Avoid contact with flood waters that may be contaminated.
- Listen to important messages from government officials relaying important emergency information. Messages may come through traditional media like television, radio, and news websites, as well as social media posts to official government accounts.
- Document any property damage in writing, with photos, and contact your insurance companies as early as you can to begin your recovery process.

LEGAL & CONSUMER

Money 101: Stock Trading Accounts

By Senior Volunteer Anke Mihalas

If you have some extra money and some time, maybe you are thinking that you would like to try your hand at some stock trading. Right now the stock market, with its usual ups and downs, has been doing pretty well and you may be able to make some money.



There are several online trading companies like TD Ameritrade, Etrade, Tradeking, Fidelity, and Charles Schwab, just to name a few. If you open an account with TD Ameritrade and fund it with \$2,000 you get 60 days of free trades.

You open your account online and send in some money from your bank account. Most accounts can be opened with \$100 or so. Once your trading account is set up, you can electronically transfer money from your bank account into your trading account or back.

Trading costs vary from \$4.95 with Tradeking to \$9.95 with TD Ameritrade and in this range for the other companies. This means for every purchase or sale of stock from the same company (like Apple or IBM or Coca Cola), this is what you pay for the trade, whether you buy one share or 100 shares of the company.

There are tons of free online financial newsletters you can subscribe to, which help you get a better feel and it helps you learn. Take their recommendations, then do some online research which the online trading companies have available for free, before you buy any stock.

You can set up a "stop loss" of 10%, 20% or 25% after you buy the stock. It automatically sells off your stock at the "stop" level you set if the stock value drops to that point. A friend recommended a company to purchase, when I was a novice trader. I bought \$850 worth of stock, and as I was inexperienced, I had no stops in place and I did not have time to check it too much. So guess what? It went down to nothing! That was my learning money, the loss.

If you stick with blue chip stocks (the best

companies, like IBM, Pepsi, Exxon etc.), value goes up slowly but the companies also pay dividends (i.e. interest). If you reinvest those, they automatically buy you more shares, and over time your investment grows.

My approximate gain on stocks in my portfolio is 18-20%, depending on the market. That includes several positions that went down pretty far before I put stops on all my positions to protect myself. Stock trading is fun and can be exciting when you make profits, but you must also be willing to accept a loss or this is not for you.

Law Access New Mexico

Law Access New Mexico is a free telephone legal advice service for low-income New Mexicans to help them solve civil legal problems. Their toll-free helpline is open Monday-Friday 8:45a.m. to 3:30p.m. and can be accessed from anywhere in the state.



Se habla Español.

Sometimes it's just a matter of figuring out where to go for help. Law Access provides free telephone advice, referral and information in civil legal matters such as:

- Divorce, paternity, custody, visitation
- Unemployment compensation
- Consumer debt collection, garnishment
- Landlord/Tenant evictions, repairs
- Medicaid, Food Stamps (SNAP) TANF
- Advice for "pro se" cases
- Self-help materials
- Referrals to other legal services in New Mexico
- Help for all New Mexicans, regardless of citizenship status

They handle all cases over the telephone and do not provide ongoing legal representation or go to court.

Call them at 1 (800) 340-9771.

PUZZLES

ACROSS

1. Alpine slider
4. Work
9. Biblical brother
13. Stashed
14. Got up
16. Do in a dragon
17. Everything
18. Discussion
19. Tar
20. Used a garden tool
22. Facial features
24. Electric unit
27. Jar top
28. Everlasting
32. Futuristic story form: hyph.
37. Earlier
38. Ram's coat
39. Shoot forth
40. Hints
42. Take to the altar
44. Make on a loom
45. Horn noise
46. Thorny-stemmed flower
48. Valuable stone
49. Swiss song
51. Church towers
53. Mock
55. Finished lunch
56. Urgent situation
62. Trout's lung
66. Carbonated drink
67. Ability
70. Stage prompt
71. Emcee

72. Not as fresh
73. Sprite
74. Metal-bearing rocks
75. Unoccupied
76. Dull routine

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	63	64	65
66					67				68	69		70		
71					72							73		
74						75						76		

DOWN

1. Persian ruler
2. Mass measure
3. Sluggish
4. Youth
5. Admiration
6. Baseballer Ruth
7. Sure!
8. Say again
9. Some serpents
10. Uninteresting
11. Roof projection
12. Corrosive liquids
15. Pastrami vendor
21. Block up
23. Magazine fillers
25. Cuts the grass
26. Major-leaguer
28. Icy abode
29. Heap
30. Pull
31. Observant
33. So-so grade
34. Vision
35. Lincoln bills
36. List unit
37. Sore
41. ___ out a living
43. Buck's mate
44. Mourned
47. Black or Caspian
50. Delay
51. Congressional body
52. Chair support
54. Cherished animals
56. Sound return
57. Secure
58. Word in a threat
59. Dang!
60. Chowder ingredient
61. Sharp cry
63. Froster
64. Dilly
65. Departed
68. Fish snare
69. Test

PUZZLES

Clothing

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

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

BELT	JACKET	SCARF	SWEATER
BLOUSE	JEANS	SHIRT	TANK TOP
BOOTS	MITTENS	SHOES	TIE
CARDIGAN	OVERALLS	SHORTS	UNDERWEAR
CORDUROY	PANTS	SKIRT	VEST
DRESS	PARKA	SLIPPERS	
GLOVES	ROBE	SOCKS	
HAT	SANDALS	SUIT	

PUZZLE ANSWERS

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

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

BREAKFAST MENU

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 \$4.20 fee for non-seniors (59 years of age or younger).

- 1st Grilled ham, potatoes, salsa, margarine, milk
- 2nd Peanut butter and jelly, small roll, tomato juice, milk
- 5th Boiled eggs, hot oatmeal, tomato juice, margarine, milk
- 6th Breakfast burrito with sausage, cheese and green chile, margarine, milk
- 7th Peanut butter and jelly, small roll, tomato juice, milk
- 8th Scrambled egg, French toast with maple syrup, tomato juice, milk
- 9th Cottage cheese, jelly, cold cereal, tomato juice, milk
- 12th Scrambled egg, bacon, cheese, salsa, small roll, milk
- 13th Pancakes with maple syrup, sausage patty, tomato juice, margarine, milk
- 14th Scrambled egg, waffles with maple syrup, tomato juice, milk
- 15th Large biscuit with sausage and cheese, salsa, margarine, milk
- 16th Grilled ham, grilled peppers, small roll, margarine, milk
- 19th Diced Ham, potatoes, salsa, jelly, milk
- 20th Sausage patty, cheese, green chile, hashbrowns, roll, margarine, milk
- 21st Breakfast burrito with scrambled egg, bacon, cheese, red chile, milk
- 22nd Scrambled egg, salsa, hashbrowns, roll, margarine, milk
- 23rd Large biscuit with sausage, cheese, salsa, margarine, milk
- 26th Scramble egg, cheese, grilled peppers, potatoes, margarine, milk
- 27th Grilled ham, green chile, small roll, margarine, milk
- 28th Scrambled egg, bacon, cheese, salsa, tortilla, milk
- 29th Sausage patty, hot oatmeal, margarine, tomato juice, milk
- 30th Breakfast burrito with scrambled egg and bacon, salsa, milk

Nutrition Education: The Cool Rules

(From The Partnership for Food Safety Education)

Use a refrigerator thermometer to be sure the temperature in your refrigerator is consistently at 40°F or below. But, don't set it too low, because as you approach 32°F, ice crystals can begin to form and lower the quality of foods such as raw fruits, vegetables and eggs. Refrigerate or freeze perishables, prepared foods and leftovers within two hours of purchase or use. Always marinate foods in the refrigerator, rather than in the sink or on the counter. Thaw food in the refrigerator and never defrost food to room temperature. If you will cook food immediately, for a quick thaw, defrost in the microwave or enclose the food in an airtight package and submerge it in cold water. If you have large amounts of leftovers, separate them into shallow containers for quicker cooling in the refrigerator. Do not overstuff the refrigerator. Cool air must circulate to keep food safe. Use or discard chilled foods that have been in the refrigerator for long periods.



LUNCH MENU

SENIOR CENTER LUNCH MENU AUGUST 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Please Note:</p> <p><u>Lunch Menu</u> is Subject to Change</p>			<p>1</p> <p>Hot Ham Sandwich w/ Gravy Lima Beans California Vegetables Chocolate Chip Cookie Milk</p>	<p>2</p> <p>Beef Stroganoff w/ Egg Noodles Steamed Spinach Cauliflower w/ Cheese Cottage Cheese w/ Chilled Pears Milk</p>
<p>5</p> <p>Green Chile Hamburger Stew Tossed Salad w/ Dressing Cornbread w/ Butter Peanut Butter Cookie Milk</p>	<p>6</p> <p>Baked Chicken Breast Sandwich Celery Sticks Tater Tots Cottage Cheese w/ Peaches Milk</p>	<p>7</p> <p>Pork Stir Fry Stir Fry Vegetables Tossed Salad w/Dressing Whole Wheat Roll w/ Butter Apple Cobbler Milk</p>	<p>8</p> <p>Meatloaf Scalloped Potatoes Steamed Green Beans Whole Wheat Roll w/ Butter Strawberry Shortcake Milk</p>	<p>9</p> <p>Baked Chicken Wild Rice Carrot and Raisin Salad Biscuit w/ Butter Mandarin Oranges Milk</p>
<p>12</p> <p>Baked Fish Fillet w/ Tartar Sauce Parsley Potatoes Creamy Coleslaw Whole Wheat Roll Chocolate Pudding Milk</p>	<p>13</p> <p>Beef Tips w/ Rice Steamed Broccoli Green Salad w/Dressing Whole Wheat Roll w/ Butter Chilled Pears Milk</p>	<p>14</p> <p>Hot Turkey Sandwich w/ Turkey Gravy Baked Sweet Potatoes Broccoli w/Cheese Cranberry Topping Jell-O Milk</p>	<p>15</p> <p>Chicken Fettuccini W/ Alfredo Sauce Carrots & Peppers w/ Butter Garlic Bread Chilled Pears Milk</p>	<p>16</p> <p>Red Chile Beef Enchiladas Pinto Beans Saltine Crackers Chocolate Pudding Milk</p>
<p>19</p> <p>Chicken Salad Creamy Coleslaw Glazed Carrots Crackers Cherry Cobbler Milk</p>	<p>20</p> <p>Beef Chalupa w/ Garnish & Salsa Fiesta Salad Chilled Fruit Cocktail Milk</p>	<p>21</p> <p>Baked Chicken w/ Noodles and Alfredo Sauce Buttered Steamed Carrots Whole Wheat Roll Mandarin Oranges Milk</p>	<p>22</p> <p>Pork Posole w/ Red Chile Spinach Salad Pinto Beans & Tortilla Strawberry & Peaches Peanut Butter Cookie Milk</p>	<p>23</p> <p>Spaghetti w/Meat Sauce Buttered Green Beans Green Salad w/Dressing Garlic Bread Jell-O w/ Pears Milk</p>
<p>26</p> <p>Chile Con Carne Grilled New Potatoes Steamed Cabbage w/ Butter Whole Wheat Roll Chilled Peaches Milk</p>	<p>27</p> <p>Chicken Provencal (w/ Veggie & Sauce) Steamed Rice Buttered Spinach Whole Wheat Roll w/ Butter Tropical Fruit Milk</p>	<p>28</p> <p>Baked Ham Baked Yams Steamed Broccoli w/ Butter Whole Wheat Roll w/ Butter Baked Apples Milk</p>	<p>29</p> <p>Bean Burrito w/ Green Chile Sauce Spanish Rice Salsa Corn Tossed Salad w/Dressing Spiced Apples Milk</p>	<p>30</p> <p>Roast Beef Mashed Potatoes w/ Brown Gravy Steamed Green Beans Whole Wheat Roll White Cake Milk</p>

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

Non-Senior (59 years of age or younger) Mandatory Meal Fees: Breakfast \$4.20 Lunch \$4.20