

The Senior Scene

Vistas de los Mayores



June 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.

This newsletter is also available on the website for the Santa Fe Retired Senior Volunteer Program at www.rsvpsantafe.org

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	992-3094
		COUNTY TRANSPORTATION	992-3069

DIRECTOR'S REPORT

Dear Patrons:

There are times when we get so wrapped up in the day to day tasks, get distracted to the point of forgetting to welcome new participants and thank those who continue to use our services over the years. Therefore, welcome and thank you for your patronage because without you our mission and purpose would not exist!

The Division of Senior Services is proud to make available numerous services to assist our clients with their daily tasks, as well as providing educational and instructional sessions thereby improving one's quality of life. One of our most utilized services is our Nutrition (congregate and home delivered meals) program. We provide breakfast at three of our senior centers and lunch at all five. We have established a suggested donation of \$1.00 for breakfast and \$1.50 for lunch. Many of you have elected to purchase our meal tickets that offer 10 meals for \$12.50 thereby saving \$2.50. Meal tickets may be purchased at any of our meal sites and Nutrition staff offices. These donations are then used to help us purchase food, beverages, gasoline, and various supplies needed to operate and enhance our meal services. Many of you who can afford to contribute help compensate and offset for those who regrettably cannot contribute at all.

Our second popular service is our Transportation program. We provide rides to doctor appointments, grocery shopping, dialysis, pharmacies, senior centers, volunteer sites, etc. This program has established a suggested donation of \$.50 per ride (one-way-trip). These donations help with increased gasoline costs, provide vehicle maintenance assistance and assist with overtime expenditures. Many regular riders have elected to purchase a transportation ride ticket, valid for 25 rides for a donation of only \$10.00 thereby saving \$2.50. These ride tickets may be purchased from any of our Transit Operators/Drivers and our Transportation staff. We ask that if you are interested in utilizing this service that you contact our dispatch office at 955-4700 at least 24 hours in advance to schedule a ride thereby reserving a space for you on our vans.

Please be assured we take all donations seriously and safeguard your contributions by having them placed in locked boxes thereby ensuring that your money is going directly to the program/service of your choice.

As we begin to enjoy the warmer weather and spend more time outdoors with barbeques, gardening, fishing, picnicking, etc., please be aware of the ill effects of too much exposure to the sun or heat. Always wear sun block, drink plenty of water and know how to recognize extreme heat-related health issues. Also, Santa Fe is entering its third consecutive year of severe drought and heat. Therefore, watering restrictions are in force again this year and we encourage everyone to use water wisely and adhere to the City's established guidelines.

Again, thank you for your continued patronage and I look forward to seeing many of you at our various senior centers. Have a happy Father's Day on Sunday, June 16th.

Ron J. Vialpando, Director



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, June 11, 18 and 25
9:00am to 1:00pm
July 9, 16, 23 and 30

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.

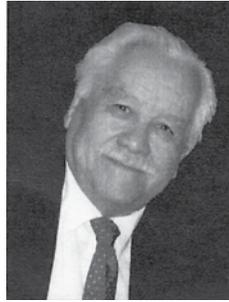
SF Ride: Persons under age 60 who who are paratransit-eligible **must** use Santa Fe Ride. Call 473-4444. There is a \$2.00 required fee per one-way trip with Santa Fe Ride. For a senior who is not ADA - eligible, Santa Fe Ride is \$5.00 per one-way trip.

Closures: There are no closures in June.

NEWS & VIEWS

He will be missed...

Julian A. Romero passed away peacefully at his home in Santa Fe on April 8, 2013. He was 86. He is survived by his wife of 24 years, Lucy.



Julian was born in Chama to Clara Baca and Julian Romero Sr. The family moved to Santa Fe in 1938. At the age of 16 he joined the U.S. Navy. Upon returning to Santa Fe, Julian worked many jobs. He retired from St. Vincent Hospital as a groundskeeper.

He was an outstanding drummer and played 25 years for various bands, most notably the Clark Pontsler Trip.

Julian always had a smile and a joke for everyone and he will be missed.

Flora's Corner

(Inspiration submitted by senior Flora Leyba)

Work

By A.L. Williams

If you are poor...work.

If you are rich...continue to work.

If you are burdened with seemingly unfair responsibilities...work.

If you are happy...keep on working.

Idleness gives room for doubts and fear.

If disappointments come...work.

If sorrow overwhelms you, and loved ones are not true...work.

When faith falters and reason fails...just work.

When dreams are shattered and hope seems dead...work.

Work as if your life were in peril.

It really is.

No matter what ails you...work.

Work faithfully...work with faith.

Work is the greatest remedy available.

Work will cure both mental and physical afflictions.

Reflect on Caregiving, Aging, Dying

You are invited to an evening of Community Conversations offered by Lifesongs staff Molly Sturges and Acushla Bastible. Lifesongs is an intergenerational arts project that promotes social inclusion and dignity for elders and people in hospice care. Central to the Lifesongs process is the artist-facilitated creation of original musical works by people in nursing homes and hospice care. Lifesongs engages youth and community members in the interactive creative process and hosts public events that increase awareness and engagement with the process of aging and dying. Community Conversations are a new facet of Lifesongs' outreach activities and 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.

A key question will launch each Community Conversation and experts from the fields of creative aging, hospice, and medicine will join community members to provide critical insight and reflection.

Join them on Thursday, June 6th from 6:30 to 8:30 pm at the Academy for the Love of Learning, 133 Seton Village Road in Santa Fe. This is a free event but 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

El Rancho Drawing Teacher Emily Lujan

RSVP volunteer and artist Emily Lujan is offering a drawing class at the El Rancho Senior Center. She will instruct interested seniors in the basics of highlighting, blending and shading, starting with still life images and moving on to landscape drawing. The class is held on Monday mornings at 9:00 a.m. at the El Rancho Center. For information on how to become a member, call Lula Wilson, activities coordinator, at 455-2125.

HAPPY FATHER'S DAY!

NEWS & VIEWS

Is this You?

A volunteer sent in this sweet picture of herself in the 1950's for the Mayor's Senior Volunteer Celebration. We lost the envelope and no information was on the back. We did scan it and use it in the slide show at the banquet, but we had no name to give it. If this is you, please call Kristin at 955-4760 so we can return it and name that slide.



Ah-Santa Fe... with Lillian Alexander

As aging enters our lives, it is time to look ahead. It is called retirement. Twelve years ago I moved from the East Coast to Santa Fe. Not only did my home change, so did my way of life. I even gave up my car. Not knowing much about the city, I was advised to visit the MEG Center where I was shown around and introduced to the goings-on. I was especially pleased to learn about the transportation for seniors. To my surprise, I was taken to the dining room where lunch was being served. I joined in as well. What more could a newcomer ask for? I was so excited I signed up for a voting card the next day.

Fortunately, the MEG Center offers more than any other place. I took advantage from day one and learned not only to enjoy everything, but also to partake in the activities.

With age come problems we may not have had before, such as bad eyesight and bad hearing, all problems that make driving difficult and often dismissed. But life goes on and there are still a great many wonderful things to enjoy.

Not only did my way of life change when I settled here, I still find it a great place to live, even without my car. Ah Santa Fe, what a town!

A QUESTION FOR YOU:

What do you fear about retirement?

Homegrown New Mexico Workshops

The first three workshops are free or for a suggested donation of \$10. Contact: 505-473-1403 or homegrownnewmexico@gmail.com

Outdoor Cooking -Sun, June 2nd 1:00-3:00pm
at Santa Fe Community Farm

Lois Harvie teaches how to use your vegetables and will share recipes.

Pollinator Garden Planning- Sat, June 8th 9:00 am at Earth Care Community Garden. Attract bees & other pollinators to your garden. Presented by Home Grown & Earth Care, this class is taught by Loretta McGrath. She will discuss which plants pollinators love.



Organic Pest Control- Sun, June 16th 10:00am

Frenchy's Community Garden. Jannine Cabossel will teach on how to control pests & diseases.

Local Organic Meals on a Budget- Wed, June 19th at 5:30pm at Santa Fe School of Cooking. Fun, educational cooking class series. Learn how to cook affordable meals using local/seasonal ingredients. Presented by Kitchen Angels, SFFMI & Home Grown New Mexico. Register online at www.localorganicmeals.com. Cost \$18 (or free w/ EBT card). Chef Tracy is a graduate of the French Culinary Institute in NYC and the International Pastry Arts Academy in Katonah, NY. She is considered an expert in nutritional cuisine with an emphasis on Southwestern flavors. Contact: 505-471-7780.

Thank You, Elvis!

At the Mayor's Senior Volunteer Celebration in May, we were lucky enough to have the "local boy" Toney Romero perform as Elvis. He really made our 1950's-theme celebration a blast! Perhaps you saw him do his Elvis moves or heard him crooning away, or maybe you were one of the lucky ladies to take home an Elvis scarf?



We would like to thank Toney for driving all the way from his winter home in Las Cruces and for cutting is a great deal, all in honor of senior citizen volunteers. Elvis, you rocked!

NEWS & VIEWS

Santa Fe County Health Van

The health van 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.



For the month of June:

1st: Lamy Train Station	10:00am to 2:00pm
2nd: Eldorado Agora	10:00am to 2:00pm
4th: Ventana de Vida	9:30am to 3:00pm
5th: El Rancho Sen. Cent	10:00am to 2:00pm
8th: Pojoaque Market	10:00am to 2:00pm
9th: Encino Villa Apts	10:00am to 2:00pm
11th: Pasatiempo	9:30am to 3:00pm
12th: MEG Sen. Center	10:00am to 2:00pm
18th: Edgewood Cent.	10:00am to 2:30pm
19th: Eldorado Sen. Cent	9:30am to 3:00pm
22nd: Southside Library	10:00am to 2:00pm
23rd: Casa Rufina Apts	10:00am to 2:00pm
25th: Santa Cruz Sen. Cen	9:30am to 2:30pm
26th: Chimayo Sen. Cent	9:30am to 3:00pm
29th: Villa Consuelo	10:00am to 2:00pm
30th: Luisa Senior Center	10:00am to 2:00pm

Goodbye and good Luck, Patti!

Pianist, singer, artist, jokester, poet, clown, wearer of corny hats, teacher, creator of inspirational posters for senior centers, volunteer and lover of life Patti Merrill is leaving Santa Fe. She is moving to Phoenix for "new adventures, work and sunshine".



We will miss all that you have given to the community here, Patti, and we wish you the best in your new life.

Free Class details Alzheimer's behavior

Practical techniques for dealing with behaviors related to Alzheimer's disease will be the topic of a free education session on Thursday, June 20th from 2:00 to 4:00 p.m. at The Alzheimer's Association office in Santa Fe, 811 St. Michael's Dr., Suite 106. The presentation will also furnish guidelines for effectively communicating with those who have Alzheimer's disease.

To register, or for further information, please contact the Alzheimer's Association, New Mexico Chapter at 1-800-272-3900, or email amontoya@alz.org.

Alzheimer's disease progressively diminishes memory and cognitive performance, and is presently incurable. More than 31,000 New Mexicans with Alzheimer's disease receive unpaid care from more than 105,000 family members and friends.

ECHO Commodities Food Distribution

Commodities (including cheese, cereal and canned foods) are available to income-eligible seniors age 60+ on the third Tuesday of each month, 9:30 a.m. – 1:00 p.m. at the Santa Fe County Extension Building 3229 Rodeo Road. Please call (505) 242-6777 for details.



Father's Day Memorial

On Tuesday, June 11th at 5:30pm Gentiva hospice will host a Father's Day memorial to honor fathers who passed away. Please contact Gentiva Hospice. (505) 988-5331 to RSVP and for details.

HAPPY BIRTHDAY!

- Lillian Phillipovich 6/1
- Dolores P. Martinez 6/2
- Maria Delgado 6/3
- Aurora Rodriguez 6/14
- Wesley Sandel 6/18
- Christine Mendoza 6/22



FREE
EVENT!

FREE
EVENT!

Plan for Life Ahead at the Senior Resource Fair

Mary Esther Gonzales Senior Center
1121 Alto Street, Santa Fe

June 6th from 9:30 A.M. to 1:00 P.M.

Free refreshments

Screenings, prevention and information by participating providers

- | | |
|--|---|
| <ul style="list-style-type: none"> • AARP • LifeCare Diabetes Education • Sante Fe Fire Department • N.M. Aging & Long-term Service Dept • A Nurse in the Family (offering massage) | <ul style="list-style-type: none"> • Vet Center • Santa Fe County Nutrition Program • Foot & Ankle Associates • Decades LLC • Professional Case Managers of N.M. |
|--|---|

During this event, the M.E.G. Senior Center Resource Fair will provide our community and seniors with **FREE** services such as blood pressure tests and massage, as well as booths providing educational information on health awareness, safety and other services available to the community, all focusing on senior and geriatric wellness.

Event Co-sponsors



HOME HEALTHCARE
HOSPICE
MEDICAL EQUIPMENT
PERSONAL CARE SERVICES



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.

Big Brothers Big Sisters

Are you ready for a BIG change? Big Brothers Big Sisters needs volunteers to be mentors and friends to children ages 5-18. The time commitment is flexible, but is generally 4-8 hours/month. Statistics show that the longer the child and volunteer are matched, the stronger the positive impact has on the child's life. So, a one-year commitment is required.

Big Brothers Big Sisters provides children facing adversity with strong and enduring, professionally supported 1-to-1 relationships that change their lives for the better, forever. We help children realize their potential and build their futures. And we couldn't do any of it without your support.

Many Mothers

When was the last time you held a baby? Many Mothers is a program to support mothers and families of newborns. You might hold the baby while the mother showers, help with the dishes, read to an older child so the mother can rest- whatever is needed. What a gift!



Volunteers: Please turn in your hours worked by June 28th. That is the end of our fiscal year, so late reports can't be counted. Thank you for your work.



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

June

Birthday note: The birthdays listed below are those of the enrolled RSVP volunteers who report their volunteer service hours to the program four times a year. We truly thank you for your commitment to the community! - Happy Birthday June 2013

Arlene Mayer	6/01	Edith Tichonchik	6/13
Lillian O. Phillipovich	6/01	Dale Wells	6/13
Ethel Roberts	6/02	Sheryl Zeigler	6/13
Sarah "Sally" Connelly		Margaret Rodriguez	6/14
Connelly	6/03	Eileen Romero	6/14
Rosella Fleming	6/04	Helen Whitfill	6/14
Johnny Marquez	6/04	Sandy Cordova	6/16
Shirley Lopez	6/05	Sandra Squadrilli	6/17
Pauline Pino	6/05	Tony Valerio	6/17
Dan Rusthoi	6/05	Bonnie Baldwin	6/18
Joan-Ann Ryan-Murphy		Thomas Minton	6/18
	6/05	Wesley Sandel	6/18
Maria D. Varela	6/05	Gabriella M. Rodriguez	6/19
Juan M. Apodaca	6/07	Ann M. Young	6/19
Alfonso "Al" Ulibarri	6/07	Morning Black Star	6/20
Augustina Valdez	6/07	Lee Meyers	6/20
Nancy Bell	6/08	Patricia G. Gonzales	6/21
Bernardo C de Baca	6/08	Joseph Shain	6/21
Clorinda Nava	6/10	David E. Lucero	6/23
Olivia M. Trujillo	6/10	Juan P. Lopez	6/24
Martin A. Gallegos	6/11	Juanita I. Olivas	6/24
Annabelle Gutierrez	6/11	Mary O. Romero	6/26
Robert E. Meinershagen		Celine Sena	6/26
	6/11	Charles M. Spring	6/26
Dan Rodriguez	6/12	Robert L. Pavia	6/29
Rosina Martinez	6/13	Diane Polaco	6/30
Bob Peck	6/13	Mary V. Roybal	6/30

City of Santa Fe Division of Senior Services

Caregiver Support Group

Presented by:

Gene Martinez,
Training and Employee Relations Manager
of
Ambercare

"Self-Care in Healthcare: Practices for Wellness & Sustainability"

This session will provide education and emotional support to adults who deal with stress associated when providing specialized care for homebound individuals.

A supportive atmosphere is created so caregivers can comfort each other in meaningful ways, while getting some relaxation.

New faces welcome and we look forward to seeing you at our **Mary Esther Gonzales Senior Center** located at **1121 Alto Street** on **Tuesday, June 18, 2013** from **1:30 p.m. to 4:30 p.m.**

Refreshments will be provided!

**For reservations, please call
Theresa Trujillo at 955-4745**



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 955-4725		
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 955-4715		
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 955-4725		
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 955-4715		
Exercise Class	M/W/F	9:00 am
Art Class	Tuesday	1:00 pm
Bridge	Sunday	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
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
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

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 10:00 am to 2:00 pm. Please note: haircut sign-in begins at 9:00 am.

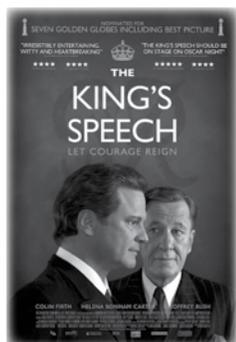


MEG Senior Center June 19th
Pasatiempo Senior Center June 26th

Movie Day at the M.E.G. Senior Center "The King's Speech"

Friday, June 21st at 1:00 p.m.

Bertie (Colin Firth) who has suffered from a debilitating speech impediment all his life, is suddenly crowned King George VI of England after the death of his father King George V and the scandalous abdication of King Edward VIII. With his country on the brink of war and in desperate need of a leader, his wife, Elizabeth (Helena Bonham Carter), the future Queen Mother, arranges for her husband to see an eccentric speech therapist (Geoffrey Rush). After a rough start, the two delve into an unorthodox course of treatment and eventually form an unbreakable bond. With the support of his family, his government and Winston Churchill, the King overcomes his stammer and delivers a radio-address that inspires his people and unites them in battle. Based on the true story.



Father's Day Tribute at MEG Center

Come to the MEG Senior Center on Friday, June 14th, from 11:30 – 12:30 (during lunch hour), and join us in honoring our fathers with music by Trio Rancho & Friends. They will play music from the 1940's, including swing, the Jitterbug, ballads and more. Refreshments will also be served.



Father's Day Annual BBQ at Pasatiempo

The Pasatiempo Senior Center at 664 Alta Vista will have their annual BBQ on Friday, June 14th.

Louis the cook will be serving brisket, potato salad, pork and beans and watermelon from 11:00 a.m. to 12:30 p.m. for a suggested donation of \$1.50 for seniors age 60+ and a cost of \$5.32 for non-seniors.



Father's Day Celebration at Luisa

All fathers are invited to come to the Luisa Senior Center on Friday, June 14th to receive a candy bar in celebration of Father's Day. The center is located at 1500 Luisa St. but the entrance is on Columbia St.



There will also be music by Mariachi Porvenir during the lunch hour from 11:30 a.m. to 12:30 p.m. Don't miss out!

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.

"Come to the Cabaret" at noon on Thursday, June 13th.

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. The Clinic will not be available on June 20th or 27th or on July 4th, 11th or 18th.

ACTIVITIES for this month

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:

June 11th	Alan Kalman 629-0752
July 9th	Patricia Penn 438-0460

Weekend Bingo at Luisa

The Luisa Senior Center at 1500 Luisa St. (enter off Columbia St.) will be hosting a Bingo on Sunday, June 9th from 1:00 p.m.—4:00 p.m. The cost is \$12.00 for a package or 4 specials at \$1 each. Black out is \$2.00. You could win the \$100.00 jackpot!



They will also serve a Frito pie and a drink for \$5.00 so plan on having lunch. Please bring small bills. Everyone is welcome.

Santa Fe Symphony

Please join us for a free performance by a string trio of members of the Santa Fe Symphony. They will perform at the M.E.G. Center at 1:00 pm on Thursday, June 20th.



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

Join other seniors for this exciting trip which includes:

- Transportation on a spacious motorcoach, equipped with restrooms and video
- 10 nights lodging including 4 consecutive nights in Northern Michigan
- 10 breakfasts and 8 dinners
- The Oklahoma City National Memorial
- Gateway Arch Riverfront in St. Louis
- A guided tour of Mackinaw City
- A ferryboat ride to Mackinac Island, where the only mode of transportation is horse and carriage
- A guided carriage tour boat ride through the Soo Locks and free time for sightseeing in Sault Sainte Marie
- Old Mackinac Point Lighthouse, dating back to 1892
- A visit to Mackinac Crossings
- Admission to Colonial Michilimackinac
- Gaming at the Kewadin Sault Casino
- Gerald R. Ford Presidential Museum
- Abraham Lincoln Presidential Museum
- Much more

double occupancy \$1080 per person
single occupancy \$1430 per person

Full payment is due upon signing up and there is a 10% cancellation fee. Price includes motorcoach driver gratuity and travel insurance. For more information and reservations, call:

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

Taos Pueblo Pow Wow

Saturday, July 13th,
\$20.00 fee includes,
entrance fee and
transportation. Please
call Don Bell to sign up.
For more details call
505-982-2707.



AT A GLANCE



Poodle Skirts: (Left to right) Yolanda Cruz, Flora Leyba, Barbara Mellers, To Be Identified, Diane Polaco, Judi Beare, Helen Maestas, Judy Maes, Corrine Sanchez, Shirley Lopez, Mary Grace Saiz



Blue Jeans: (Left to right) Teresina Lucero, Rosina Schutz, Denise Casados, Martha Rotunno, Dolores Mose, Gloria Kahn, Cordelia Garcia, Carmen Chavez

Lucky Strike: Elaina Gonzales (wearing her original Lucky Strike costume from when she was 17) and Barbara Mellers



Anniversary: Margarito Baca and Vita Garcia are still sweethearts



Rock 'n Roll: Elvis, Isidra Pacheco, Christine Lovato, Frances Garcia

Photos by Don Bell

LEGAL & CONSUMER

Money 101-2: Checking/Savings Accounts

By senior volunteer Anke Mihalas

This month I would like to talk about some basics concerning checking/savings accounts.

When you are single, your accounts generally are in your name only. If you are married, you certainly need a joint account for joint expenses. But you also need your own account! If nothing else, it will give you a feeling of independence. That is your money to do with as you wish without having to give an accounting to a spouse. If you are in a non-married long-term relationship, this is even more important.



If you have an existing bank account, do they charge you a monthly maintenance fee? Do they offer you some free services? You should not have to pay any regular fees. If they do, either you request a no-fee account/senior account or move your money to a Credit Union! Generally speaking, Credit Unions offer better service and higher interest on savings accounts and lower or no fees. Also, you can withdraw monies at a lot of other Credit Unions from their ATMs without incurring a fee. Make sure you go to the ones they have agreements with.

Actually, paying a good amount of money for monthly ATM fees is like throwing money away. Some planning with a few cash withdrawals from the bank or paying by check or credit card may eliminate the frequent use of ATMs altogether. Also, when using an ATM, the money is out of your account immediately, versus using a credit card and you get the bill in a few weeks so you have a few more weeks to pay.

If you have access to a computer, you can use online banks, which also pay higher interest on savings and give you free online bill pay. Often, these online banks also reimburse you certain ATM fees if you incur those locally.

My last recommendation on your savings is to pay yourself first! Then whatever is left over, can be spent. Hopefully, you track your expenses, save receipts, and spend less than you have coming in!

Free Cell Phone & Minutes

The N.M. Public Regulation Commission administers several programs including SafeLink to provide qualifying low-income households with free cell phones and usage time. If you receive Federal Public Housing Assistance, Food Stamps (EBT), Medicaid, Low Income Home Energy Assistance Program (LIHEAP), Supplemental Security Income (SSI), National Free School Lunch, or Temporary Assistance for Needy Families (TANF), you will qualify.



If you qualify, you will receive a free cell phone and each month, you will have 250 free minutes to use for local or long distance calls. You will never get a bill, unless you choose to have any additional services the provider company sells.

To enroll in SafeLink, you may call Santa Fe Field Representative David Rogers at (505) 428-9091 or meet him at one of his weekly stops: Mondays, Wednesdays and Saturdays from 10:00am to 2:00pm, he is at the Salvation Army Thrift Store at 1202 Camino Carlos Rey; on Tuesdays and Thursdays from 9:30am to noon, he is at St. John's United Methodist Church food pantry at 1200 Old Pecos Trail; on Fridays from 10:00am to 1:00pm, he is at the old Pete's Pets/St. Elizabeth Resource Center at 2801 Cerrillos Road. Phones are limited to one per household and you must bring proof (card or letter) from the program that qualifies you. You may enroll online at SafeLinkWireless.com.

Disclaimer: The City of Santa Fe does not give out these phones or work with SafeLink. If you have any questions or problems, you must call Mr. Rogers or the company. Senior Services staff members are not able to assist you with the phones. Also, please note that there are other companies that offer these phones and services.

Reader's Note: The editor was asked to insert an article about the Safe Alert program that provides a necklace or bracelet that sends emergency notification that the wearer has fallen. At this time, the Safe Alert website and all sites connected to it are "under reconstruction" and no information is currently available.

SENIOR OLYMPICS

SENIOR OLYMPICS SPOTLIGHT

Table Tennis took place on Friday, April 12th at Ft. Marcy Complex. There were 25 athletes who participated. "The New Mexican", was there to interview and take pictures of the athletes. We made front page of the Local News section of the paper, with the title "Intense competition during Senior Olympics table tennis matchups". What a great way to bring in more athletes to the sport! Bob Funkhouser, first year as Event Manager, did an outstanding job in coordinating this event.



Archery was held on Tuesday, April 16th at the archery range. It was cold and windy and the arrows were going wherever the wind would take them. Only four shooters braved the weather. Sam Tuma had a high score of a 628. This year we had one lady Emma Roybal, her score was a 264. Event Manager Ricardo Roybal did a wonderful job coordinating this event. This group had a good time!



Horseshoes took place on Thursday, April 18th for Singles and Friday, April 19th, for Doubles. We had a total of 14 participants compete. Once again the weather was cold and windy. We had 4 women pitching shoes in the morning. They are die-hard athletes. Barbara Cohen, Event Manager, did a terrific job with help of Johnny Roybal our former Event Manager. The athletes all pitched in, taking score for each match. This year there were two 80-year-olds pitching shoes. Great Job, Leo Kahn and Hutch Hutchison!



On a cold and windy Friday, April 19th the Cycling event took place in the town of Stanley. There were about 15 cyclists there to compete in the five different races. It was difficult for the one-mile ride due to the wind. It was hard to breathe the cold air. Steve Kopelman rode the 40km in 1:22.35. That is awesome time. Great job Steve! Karin Roth, the Event Manager, did a wonderful job as always scheduling the races. There were a few new faces, which is always good to see. This year we had the Sheriff's Department there to keep our cyclists safe and we had volunteers helping time the races. Thank you, Karin, for a great job!

SENIOR OLYMPICS



Our Golf Event took place on Wednesday, April 24th at the Marty Sanchez Golf Links. Eloy Ulibarri, 3rd year Event Manager, did a very good job. The sun was out, but the air was brisk and it was windy. We had 21 men and no women. The staff members at Marty Sanchez were a great help. The top scorers were Al Ulibarri and Don Sauer with a score of 81. Our most senior competitor is Lee Sanchez, age 86, who scored a 101. Job well done!

Also, on Thursday, April 25th the Field Event took place at SFHS. The events consisted of Discus, Javelin, Long jump running, Long jump standing, and Shotput. There were a total of seven athletes. As always, Event manager Arlene Mayer did an outstanding job in running this event.



The Racewalk, took place at Santa Fe High School on Thursday, April 25th. About six participated in this event. Race walkers raced around the field, knees locked, fists softly clenched, hips swerving from side to side. This year we got a new Event Manager, Richard McLean. He and



former Event Manager Joe Armbruster did a great job in coordinating this event. Also, "The New Mexican" wrote an article, "Seniors train for Olympics race walk scheduled April 11th". Alice Ladas, age 92 walked the 400m- wow!

On Friday, April 26th runners of all ages from 50's to 80's took to the field and ran from 50 yard dash to 10K races. A round of applause goes out to Ron Bloomberg age 83 who ran the 50 yard dash. Great job Ron! All the athletes did an amazing job.



I want to recognize an athlete who did not compete this year in track: Vinney Kelly. Vinney was running in the Boston Marathon. He had finished his race safely before the first bomb exploded. I am glad that he didn't get hurt and made it back home safely. Boston Strong!

Correction from last month's article: Swimmer Ethel Trimmer swam the 200 and 500 yard free style and 50 yard back stroke. She received 3 gold medals! Sorry for the wrong info.

Good Luck athletes at State Games! I will be there cheering you on.

Until next month
-Cristina Villa-

PUZZLES

Summer

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

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

ANTS	FISHING	JULY	SUNBURN
AUGUST	FLIES	JUNE	SUNGLASSES
BARBECUE	FLOWERS	MOSQUITOES	SUNSCREEN
BASEBALL	GARDENING	NO SCHOOL	SUNSHINE
BEACH	GOLF	PICNIC	SUNTAN
BEES	GREEN GRASS	ROLLER BLADES	SWEAT
BICYCLE	HAT	SANDALS	SWIMMING
BLUE SKY	HIKING	SKATEBOARD	U V RAYS
BOATING	HOLIDAYS	SOCCER	WASPS
BREEZE	HOT	SOLSTICE	WATER FIGHTS
CAMPING	ICE CREAM	SPRINKLERS	WATERMELON

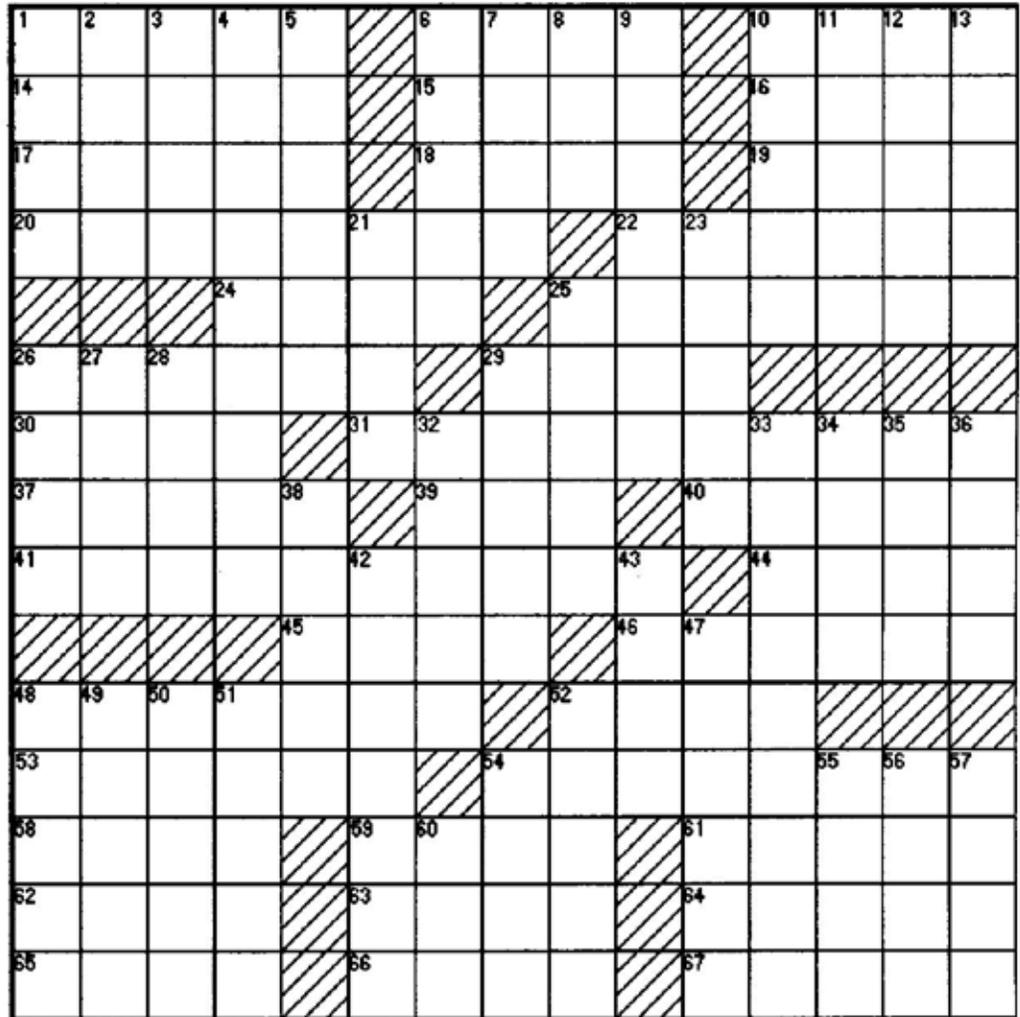
Did you enjoy this puzzle? Visit: <http://www.puzzles.ca/wordsearch.html>

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PUZZLES

ACROSS

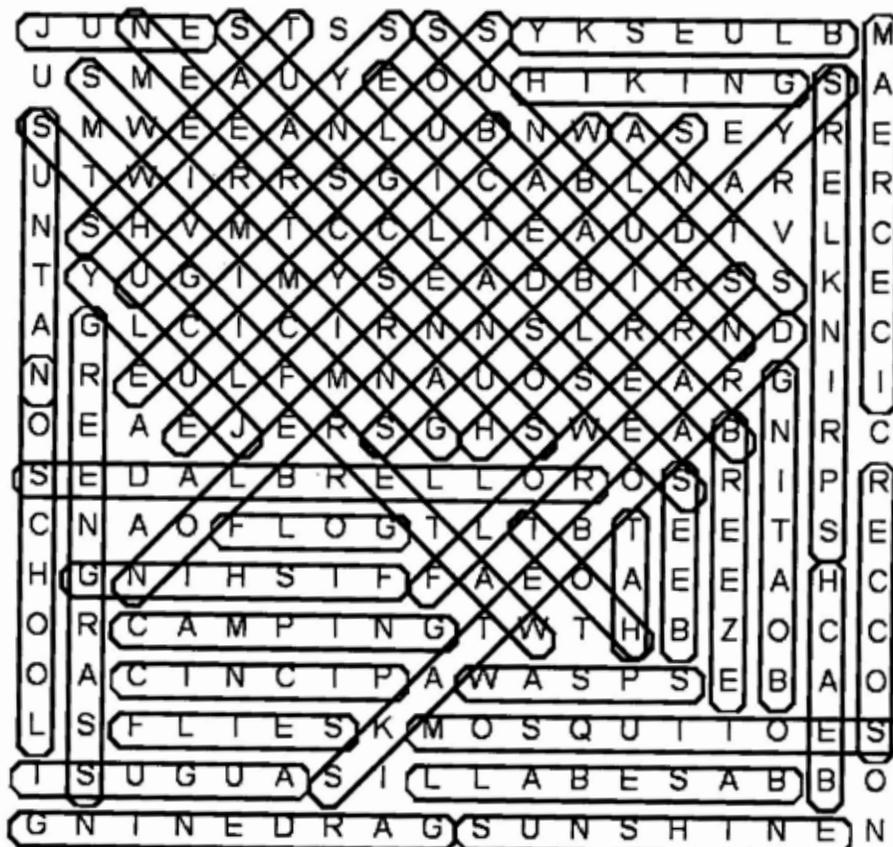
1. Mine access hole
6. Is not (contraction)
10. Long pieces of rigid material
14. South sea island republic
15. Queen of Egypt (abbrev.)
16. ___ Ladd, actor
17. Subtle emanations
18. Greek liqueur
19. Latin for "refresh"
20. Striking from an angle
22. Rope
24. Automobiles
25. Savory or spicy
26. Express discontent
29. List of (dinner) choices
30. Ages
31. Squeezability or porosity
37. Trench
39. Vase
40. Artistic quality
41. Young male students
44. Harvest
45. Chief or principal
46. Fasteners
48. Untidy people
52. Depilatory cream
53. Contrary opinion
54. Oratorios
58. ___ the Terrible
59. Upon
61. Divine love
62. Experienced
63. Unusual or scarce
64. Hospital caregiver
65. ___ of the d'Urbervilles
66. Accomplishes
67. Automotive journalist, Brock



DOWN

- | | | |
|-------------------------------------|------------------------------|------------------------------|
| 1. Catch (as in a tear in clothing) | 21. Angers | 42. Sailing line |
| 2. Carry | 23. Equivalent (abbrev.) | 43. Look or survey |
| 3. Subtle emanation | 25. One cent | 47. Spoken recital or prayer |
| 4. The City by the Bay, San | 26. Communists (slang) | 48. Change or move |
| 5. Similar to Roman Doric in style | 27. Norse for "Ruler of all" | 49. Embankment |
| 6. Symbols | 28. Trail | 50. Non-written examinations |
| 7. Strike someone (slang) | 29. Ignorant fool | 51. Releases gas |
| 8. French for "nose" | 32. Pelvic bone | 52. The backs of necks |
| 9. Honking | 33. Central American country | 54. Central or middle |
| 10. African language family | 34. Makes mistakes | 55. Not sweet |
| 11. Hawaiian greeting | 35. Cease | 56. Vaulted room in a church |
| 12. Large black bird | 36. Eats | 57. Observes |
| 13. A sound of contempt | 38. Houses | 60. A basic principle |

PUZZLE ANSWERS



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

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 \$5.32 fee for non-seniors (59 years of age or younger).

3rd	Peanut butter and jelly, small roll, cold cereal, tomato juice, milk
4th	Scrambled eggs with sausage, French toast with maple syrup, tomato juice, milk
5th	Grilled ham with peppers and salsa, small roll, margarine, milk
6th	Scrambled eggs, cheese, red chile, potatoes, margarine, milk
7th	Sausage, cheese, salsa, hashbrowns, small roll, margarine, milk
10th	Grilled ham, cheese, red chile, small roll, margarine, milk
11th	Breakfast burrito w/scrambled eggs, bacon, cheese, salsa, hashbrowns, milk
12th	Waffles with maple syrup, sausage, tomato juice, milk
13th	Scrambled eggs, salsa, hashbrowns, small roll, jelly, milk
14th	Biscuit with ham and cheese, salsa, jelly, milk
17th	Scrambled eggs, cheese, bacon, hashbrowns, salsa, milk
18th	Sausage, cheese, green chile, potatoes, margarine, milk
19th	Boiled eggs, hot oatmeal, tomato juice, margarine, milk
20th	Diced ham with peppers and cheese, small roll, margarine, milk
21st	Scrambled eggs, pancakes with maple syrup, tomato juice, milk
24th	Boiled eggs, cheese, salsa, hashbrowns, small roll, margarine, milk
25th	Grilled ham, cheese, English muffin, tomato juice, margarine, milk
26th	Sausage, cheese, red chile, small roll, jelly, milk
27th	Breakfast burrito w/ eggs, bacon, cheese, green chile, hashbrowns, milk
28th	Biscuit with ham and cheese, salsa, margarine, milk

Nutrition Education: When Preparing Convenience Foods, Cook It Safe!

From FoodSafety.Gov By Diane Van, Food Safety Education Staff Deputy Director, USDA Food Safety and Inspection Service

Know when to use a microwave versus a conventional oven. It's important to use the appliance the manufacturer recommends on the food package instructions. The instructions may call for cooking in a conventional oven, microwave, convection oven, or toaster oven. Instructions are set for a specific type of appliance.

Some pre-prepared products may appear to be fully cooked but actually consist of raw, uncooked product. It may be tempting to cook these foods quickly in a microwave, but doing so may result in unsafe food. Some convenience foods are shaped irregularly and vary in thickness, creating opportunities for uneven cooking. Even microwaves equipped with a turntable can cook unevenly and leave cold spots in the product, where harmful bacteria can survive.

It is also important to know the wattage of your microwave oven. If your microwave's wattage is lower than the wattage recommended in the package cooking instructions, it will take longer than the instructions specify to cook the food to a safe internal temperature. The higher the wattage of a microwave oven, the faster it will cook food. If you don't know the wattage of your oven, try looking on the inside of the oven's door, on the serial number plate on the back of the oven, or in the owner's manual.

LUNCH MENU

SENIOR CENTER LUNCH MENU JUNE 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Baked Chicken w/ Mushroom Cream Sauce Sweet Potato Wedges Tossed Salad Baked Biscuit Chilled Pears Milk	4 Philly Cheese Steak w/ Peppers & Onions Baked French Fries Steamed Broccoli Fresh Cantaloupe Milk	5 Pork Stir Fry w/ Stir Fry Vegetables Tossed Salad WW Roll w/ Butter Apple Cobbler Milk	6 Classic Meatloaf Tomato Topping Scalloped Potatoes Green Beans WW Roll w/ Butter Strawberry Shortcake Milk	7 Chicken Taco (1) w/ Garnish Pinto Beans Calabacitas Jell-O w/ Mixed Fruit Milk
10 BBQ Chicken Thighs Creamy Coleslaw Steamed Green Beans WW Roll w/ Butter Chocolate Pudding w/ Whip Topping Milk	11 Salisbury Steak w/ Mushroom Gravy Mashed Potatoes Steamed Spinach WW Roll w/ Butter Chilled Tropical Fruit Milk	12 Baked Chicken w/ Pasta & Sauce Steamed Broccoli Tossed Salad Saltine Crackers Orange Milk	13 Pork Loin Black Eyed Peas Steamed Cabbage Cornbread w/ Butter Peach Cobbler Milk	14 Hamburger Steak Mashed Potatoes w/ Brown Gravy Green Beans w/ Onions WW Roll w/ Butter Pineapple Bits Milk
17 Fried Chicken Sautéed Potatoes Fresh Carrot Sticks Baked Cornbread Chilled Apricots Milk	18 Red Chile Beef Enchiladas Salsa Corn Tossed Salad Fruit Cobbler Milk	19 Chicken Fettuccini w/ Alfredo Sauce Carrots & Peppers Garlic Bread Chilled Pears Milk	20 Roasted Pork Roast Mashed Potatoes w/ Brown Gravy Steamed Asparagus WW Roll w/ Butter Chilled Applesauce Milk	21 Beef Tips over White Rice Steamed Broccoli Green Salad WW Roll w/ Butter Chilled Fruit Cocktail Milk
24 Braised Pork Chop 3-Bean Salad Buttered Peas WW Roll w/ Butter Baked Sliced Apples Milk	25 Beef Stroganoff w/ Egg Noodles & Gravy Steamed Broccoli Carrot Raisin Salad Half Banana Milk	26 Baked Breaded Seasoned Chicken Breast Wild Rice Creamy Coleslaw Mixed Vegetables WW Roll Chocolate Pudding Milk	27 Roasted Turkey w/Gravy Bread Stuffing Steamed Green Beans WW Roll w/ Butter Cranberry Salad Pumpkin Pie Milk	28 Pepper Steak Baked Sweet Potatoes California Vegetables WW Roll Cherry Cobbler Milk
Lunch is Served at all 5 senior centers 11:00 a.m. -12:30 p.m.				Happy Father's Day!

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

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