

**APRIL  
2017**



# **THE SENIOR SCENE**



**Programs and Activities  
for Older Adults**

**Programas y Actividades  
para Adultos Mayores**



**Offered by:  
Division of  
Senior Services**

[http://www.santafenm.gov/senior\\_scene\\_newsletter](http://www.santafenm.gov/senior_scene_newsletter)

## **CITY OF SANTA FE, DIVISION OF SENIOR SERVICES**

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

**APRIL - 2017**

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

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

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

### **Front Desk Reception**

Toll-Free Administration Line

### **Vacant, DSS Director**

### **Administration**

Cristy Montoya, Administrative Secretary

Sadie Marquez, Receptionist

FAX Machine - Administration

### **Senior Services Registration**

Brenda Ortiz, Database Specialist

### **Transportation Ride Reservations (page 3)**

Fran Rodriguez, Project Manager/ Dispatch

Robert Chavez, Project/Fleet Manager

Linda Quesada-Ortiz, Administrative Assistant

### **Nutrition**

Vacant, Program Administrator

Enrique DeLora, Inventory Supervisor

FAX Machine - Nutrition

### **Meals On Wheels (for homebound individuals)**

Carlos Sandoval, Program Supervisor

Yvette Sweeney, Administrative Assistant

Robert Duran, MOW Assessments

### **Senior Center Programming (Activities)**

Lugi Gonzales, Center Program Manager

Albert Chavez, Program Coordinator

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

Cristina Villa, Program Coordinator

Luisa, Pasatiempo, Villa Consuelo

**(505) 955-4721**

**(866) 824-8714**

955-4710

955-4721

955-4741

955-4797

955-4722

**955-4700**

955-4702

955-4703

955-4756

955-4740

955-4750

955-4794

955-4748

955-4739

955-4747

955-4711

955-4715

955-4725

### **In Home Support Services: Respite Care, Homemaker, Non-Medical Personal Care**

Theresa Trujillo, Program Supervisor

Katie Ortiz, Clerk Typist

955-4745

955-4746

### **Foster Grandparent/Senior Companion Program**

Melanie Montoya, Volunteer Prog. Admin.

Romella Glorioso-Moss, Special Projects Admin.

955-4761

955-4744

### **Retired Senior Volunteer Program (RSVP)**

Triston Lovato-Armstrong, RSVP Administrator

Marisa Romero, Program Coordinator

FAX Machine - RSVP Office

955-4760

955-4743

955-4765

### **50+ Senior Olympics**

Cristina Villa, Program Coordinator

955-4725

### **Miscellaneous**

Lobby Area

Craft Room

Pool (Billiard) Room

955-4735

955-4736

955-4737

### **Other Important Numbers**

Santa Fe Civic Housing Authority

Santa Fe County Information

Santa Fe County Mobile Health Van

988-2859

992-3069

231-2382

### **Newsletter Production**

Triston Lovato-Armstrong, Editor/Distribution

Gil Martinez, Graphic Artist

Mela Sanchez, Mailing Distribution

Christella Vigil, Mailing Distribution

Anna Mae Gallegos, Mailing Distribution

955-4760



# ***SENIOR SERVICES PROGRAM INFORMATION***

APRIL - 2017

## **SENIOR SERVICES REGISTRATION**

Anyone age 60 or over who participates at any City of Santa Fe Senior Center, uses the Division Transportation, or other services is asked to register with our program. Registration is held at the Mary Esther Gonzales (MEG) Senior Center located at 1121 Alto Street, Monday through Friday from 8:30 a.m. to 4:30 p.m. When you register, a staff member will fill out a form with you, including your date of birth, the last four digits (only) of your Social Security number, an emergency contact name and phone number. Staff will provide you with a membership card. **Please note that these cards are NOT valid as legal identification.**

### **Eligibility for Senior Services Registration**

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

We secure program funding each time a registered senior prints his/her name on our various sign-in sheets e.g. meals, fitness activities, etc. For more information please contact Brenda Ortiz at (505) 955-4722 or [bmortiz@santafenm.gov](mailto:bmortiz@santafenm.gov).



## **SENIOR TRANSPORTATION INFORMATION**

- To Reserve: **Call 955-4700 at least 24 hours in advance, before 4:00 p.m.** Ride reservations can be made up to five business days in advance. Please specify if you require a wheelchair lift van. To avoid delays in service, call immediately if you need to cancel a scheduled ride.
- Senior Cost: Seniors 60 and over, a suggested donation of .50¢ per ride (one way trip). You may purchase a 25-ride ticket for \$10.00 from the Transportation Drivers.
- Schedule: **Rides are available 8:15 a.m. to 4:15 p.m. Monday through Friday. On the first Tuesday of every month, last call for pick up will be 2:45 p.m.** Rides to medical appointments are given priority over all other rides. Vans leave from the MEG Center at 12:00, 1:00, 2:00 and 3:00 p.m. (Be seated in lobby or patio chairs.)
- Notes: **Drivers may arrive up to 15 minutes before/after the scheduled pick-up time when picking up from your home. Please note that due to the increased demand, pick-up time from your destination has also increased. We appreciate your patience.**
- SF County: For rides outside city limits but within Santa Fe County, call (505) 992-3069.
- SF Ride: For weekend and evening transportation, call (505) 473-4444.



# NEWS & VIEWS

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## Santa Fe County Mobile Health Van

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

### Dates for April:

#### 01 – No van out

02 – Santa Fe Recovery Center	9 am – 1 pm
03 – Fort Marcy	9 am – 1 pm
04 – Eldorado Senior Center	10 am – 2 pm
05 – Santa Fe Community College	10 am – 2 pm
06 – Campo Alegria	9 – 11 am
Villa Alegre	11:15 am – 1:15 pm
07 – Salvador Perez Pool	noon – 2 pm

#### 08 – No van out

09 – Santa Fe Recovery Center	9 am – 1 pm
10 – Pasatiempo Senior Center	9 am – 1 pm
11 – Chimayo Senior Center	10 am – 2 pm
12 – El Rancho Senior Center	9 am – 1 pm
13 – Santuario Walk	8 am – 3 pm
14 – Santuario Walk	8 am – 3 pm

#### 15 – No van out

16 – No van out – Easter Sunday Holiday	
17 – Casa Rufina Apartments	9 am – 1 pm
18 – St. John's Methodist Church	9 am – 1 pm
19 – Edgewood Senior Center	10 am – 2 pm
20 – Santa Cruz Senior Center	10 am – 2 pm
21 – Mary Esther Gonzales Senior Center	10 am – 2 pm

#### 22 – No van out

23 – Genoveva Chavez Center	9 am – 1 pm
24 – Villa Consuelo Senior Center	9 am – 1 pm
25 – Luisa Senior Center	10 am – 2 pm
26 – Solana Shopping Center	10 am – 2 pm
27 – Genoveva Chavez Center	10 am – 2 pm
28 – Ventana de Vida Senior Center	10 am – 2 pm

#### 29 – Van not out

30 – Santa Fe Recovery Center	9 am – 1 pm
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## Luisa Senior Center Open during Construction

Please take note that the Luisa Senior Center located at 1500 Luisa Street remains open during the housing unit construction. (Enter from Columbia St.)

## The Division of Senior Services Welcomes New Employee

Romella Glorioso-Moss (MSc, PhD) is our new Volunteer Program Special Projects Administrator. She has 20 years of professional planning experience in community development, including affordable housing, volunteerism, climate change implications, and our water, energy and food security system. Before joining us she has worked in the USA, Canada, and further abroad, including previously working for Santa Fe County, teaching at the University of Economics in Prague, Czech Republic, and most recently serving as a Municipal Councilor in the mountain community of Kaslo, British Columbia, Canada until a few months ago, when she and her husband, Laurence, decided to return to Santa Fe. Her passion for community building, helping people, especially the elderly and the less advantaged, strategic planning, fund raising, and her warm and caring personality are welcome additions to our team!



## Senior Transportation News

All senior transportation vans are equipped with the ability to charge battery operated oxygen packs. So please bring your charging cords if you would like to use this service! Also, a reminder that drivers may arrive up to 15 minutes before/after your scheduled pick-up time from home. Please note that due to an increase in demand, this has increased pick-up time from your destination. We appreciate your patience!

## Fourth Annual End Hunger Summit Call for Partners

You can support the summit and help address New Mexico's challenges and solutions to ending hunger by becoming a partner. Support the summit as a sponsor, exhibitor, advertiser, or gift contributor. The summit will be held on Tuesday, September 26, 2017 from 8 a.m. to 5 p.m. For more information or to get involved please visit the summit website at [www.endnmhunger.com](http://www.endnmhunger.com).

### **Parkinson's Disease Group Meeting**

Are you or someone you know living with Parkinson's disease? Join this group on Thursday, April 20 at 1:30 p.m. at the Christus St. Vincent Holistic Wellness Center (490-B W. Zia Rd). This month's meeting will feature guest speaker, Dr. Virgil Evidente, a neurologist from Scottsdale, AZ, who will speak about Apokyn, an injectable form of carbidopa. Please contact Karen at (505) 780-5864 for more information.

### **Parkinson's Coalition: Classes in Santa Fe for dealing with Parkinson's disease**

#### **NIA Moving to Heal taught by Jamie Klein; 214-395-8584**

Mondays & Fridays: 1:30 – 2:45 p.m. at Studio Nia, 851 San Mateo. Cost \$13/class. Caregivers are FREE.

#### **PWR!Move (Parkinson's Wellness Recovery) taught by Linda Ozier; 505-322-5422**

Second & fourth Tuesdays: 1:30 – 2:30 p.m. at Kingston Residence, Angel Fire Room, 2400 Legacy Ct. Cost \$10/class. Caregivers are FREE.

#### **Santa Fe Parkinson's Chorus directed by Lina Ramos**

Thursdays: 11 a.m. – 12:15 p.m. at St. Bede's Episcopal Church, San Mateo at St. Francis. Go East (towards the mountains) on San Mateo and it's on the right. Cost \$10/person. Contact Marcia DeGarmo for info 505-820-0219 (h), 505-469-7438 (c).

#### **Qigong for Parkinsons taught by Sonny Smyth; 505-913-3820**

Thursdays: 9:30 – 10:45 a.m. at the Christus St. Vincent Holistic Wellness Center, 490-B West Zia Rd., Suite #4. Cost \$10/person.

#### **Rock Steady Boxing taught by Adrienne Shurbet; 505-930-1168**

Monday, Wednesday & Saturday: Noon – 1:30 p.m. at the Movement Studio, 1807 Second Ave, #15. Cost \$20/class.

### **Living with Alzheimer's for Caregivers**

Attend this FREE educational presentation by the Alzheimer's Association on Friday, April 7, 2017 from 10 a.m. – noon at Kingston Residence (2400 Legacy Court). For more information please contact David Davis at (505) 473-1297 or [dldavis@alz.org](mailto:dldavis@alz.org).

### **Comfort Keepers Presents Support Groups for People Living with Chronic Illness and for Family Caregivers**

This may be the most demanding period of your life—physically, mentally, and emotionally. Having a place to talk about the frustration, isolation, and depression can make a big difference in how you go through each day. The purpose of the groups is to learn and share:

- About the illness
- Community resources
- Daily experiences – thoughts, feelings, complaints, and delights
- Helpful hints for caring for yourself
- Effective communications with family, friends, and health team

Sometimes just being safe to say what you are thinking and feeling without being judged or given unwanted advice is the best medicine. Listening to someone else can be a welcome break from your own situation and offer a new perspective.

Through participation you will be better equipped to care for yourself, feel less isolated and afraid, and better able to communicate with your family, friends, and health team. The group sessions are sponsored by Comfort Keepers and facilitated by Eileen Joyce, Certified Grief Recovery Specialist.

**The support group for people living with chronic illness** such as: cancer, autoimmune diseases, MS, and Parkinson's meet on the 2nd and 4th Tuesdays each month from 2 – 3 p.m.

**The family caregivers support group** meets every 2nd and 4th Wednesday from 2 – 3 p.m.

Please contact Eileen at (505) 428-0670, or [eileenjoyce@comfortkeepers.com](mailto:eileenjoyce@comfortkeepers.com) to reserve your place and get directions to the convenient location in Santa Fe.



# NEWS & VIEWS

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## Stroke Support Group

Join this support group for stroke survivors and their significant others. The group meets the first Wednesday of each month from 11 a.m. to noon at the Christus St. Vincent Hospital, Atrium conference room, across from the elevators on the first floor. All are welcome! Please contact Anna at (505) 988-2583 with any questions.

## Santa Fe Gets a Recycling Upgrade

Rolling blue recycling carts were delivered last month to each home that receives trash cart collection in Santa Fe. Your old bins will no longer be collected, so the City wants you to start using your new cart – simply set it out on your next regular collection day. Not sure what goes in the new blue cart?



Mix all accepted materials together in your cart, no bundling required! Leave materials loose, do not put in bags.

**Glass is not accepted in your blue cart.** You can recycle glass (and the materials listed above if you choose to) at the following recycling drop-off centers:

- 1142 Siler Rd (City Complex)
- 202 Murales Rd (Near Fire Station #1)
- 4009 Lucia Ln (Behind McDonalds on Airport Rd)
- Buckman Road Recycling & Transfer Station (2600 Buckman Rd)

Recycling drop-off centers are open to everyone even if you have a cart for curbside collection. So what do you do with the bins now that you have a cart? You can use them to bring glass and other materials to the new recycling drop-off centers or recycle them in your new cart if they are broken. If the bins are still usable, but you don't want them, bring them to the **Siler Road Recycling Drop-off Center** for reuse.

## Let's Grow!

### Let's Grow! Rose Pruning Workshop Saturday, April 8th from 9 a.m. to noon

Part of the free "Let's Grow" series, sponsored by the Santa Fe Master Gardeners, this is a hands-on rose pruning session at the Harvey Cornell Rose Garden (1315 Galisteo Parkway). Bring your handheld pruners, gloves and long sleeve clothing. Learn the correct way to prune roses and then practice what you learn with Master Gardeners in this historic garden. Pruning instruction is by Master Gardener and Consulting Rosarians, Cindy Hoffman and Jack & Juanita Ortega, and Kathern O'Brien of the Santa Fe Rose Society. Instruction: 9-9:30 a.m. and actual pruning in the garden from 9:30-noon.

### Let's Grow! The Buzz on Building a Native Bee House and Selecting Native Plants that Attract Bees

Saturday, April 22nd from 10 a.m. to noon

Part of the free Let's Grow series sponsored by the Santa Fe Master Gardeners, this event will be taught by Audubon Project co-leader Ann Caudell. SNAPP (Santa Fe Native Plants Project) will showcase the Native Plants that attract bees. Sessions will be held in the Education Classroom of the Randall Davey Audubon Center at the end of Upper Canyon Road.



### Trash Amnesty Day – April 22 & 23

On this weekend, residents can take the following items to the Buckman Road Recycling & Transfers Station (BuRRT) for FREE! Hours are 8 a.m. – 4:45 p.m.

- Trash, rubbish and unwanted materials;
- Bulky items including large appliances, furniture, mattresses & box springs;
- Remodeling or building materials, carpet, tiles, concrete, bricks and metals.

# NEWS & VIEWS

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## Baile de Cascarones



Come out and share a great night of fun and dancing at the Baile de Cascarones on Saturday, April 22, from 7 to 11 p.m. at the Santa Fe Convention Center.

Northern New Mexico style music will be played, including tunes like: El Chotis, La Cuna, Valse del pano, polkas and more!

The Cascarones dance is enjoyed by all – young and old. La Sociedad Folklorica encourages parents to bring their children so they may learn and continue these dances for future generations. Some of these dances originated in Europe and came through Mexico to Northern New Mexico, and although some have changed slightly through the years, they still remain favorites in New Mexico! A brief explanation of the dances is demonstrated so that people can learn the steps. If you feel you don't know them, come and learn some new dances and dance to tunes you are familiar with.

Months before the dance, Sociedad members are busy collecting egg shells and decorating them. Some are very elaborate and others are used for breaking and are filled with confetti. These are cascarones, which are sold at the dance. The breakable eggs (cascarones) are used when a gentleman asks a lady to dance by gently crumbling a cascarone over her head. The elaborately decorated ones are bought by collectors.

For generations in Northern New Mexico, Catholics would abstain from dancing during lent and would look forward to celebrating with a dance after the Lenten season. So per this tradition the Baile de Cascarones is a dance held the week after Easter. Admission is \$15 for couples, \$10 for singles, and \$2 for children (ages 6-17). For more information please call Gloria at (505) 983-7839.

## Sign-up for Yardwork Assistance Now

Do you need help cleaning your yard? Youth volunteers with the Student Life Mission Project will be available this July to assist with your needs! Assistance is only available in the City of Santa Fe area. Dates include:

- July 5 – 7
- July 17 – 19
- July 20, 22-23

This year will be different as you will need to sign up for a date and time. **Reserve your spot by Wednesday, April 26 by calling (505) 955-4760 or (505) 955-4743.** Please note it will be limited to a first-come, first-served basis.

## Senior Travel Committee Needs Members

The Senior Travel Committee is looking for highly motivated individuals who enjoy travel, like people, have excellent organizational and computer skills, and would be willing to dedicate time to coordinating trips for Santa Fe senior citizens. Responsibilities include serving as a committee officer, coordinating trips by signing up passengers, collecting money, making hotel reservations, arranging transportation, using word processing skills to create reports and other documents, etc. Those interested in this volunteer position should provide a brief resume stating why they are interested. Please contact Cecilia at (505) 204-9527.

## Senior Trip Survey

The Senior Travel Committee is looking to plan a trip to Colorado, October 1-5, 2017, but they need to know if enough people would be interested in participating before they can get final prices and information.

The trip, sponsored by Cosmos, would include three train rides: Pike's Peak Cog Railway, Georgetown Loop Railroad, and Durango & Silverton Narrow Gauge Railroad. It would also include an overnight stay at Black Hawk Casino, a visit to Glenwood Hot Springs, Mesa Verde National Park and much more! If you are interested, please contact Corrine at (505) 986-1780 or Cecilia (505) 204-9527.



# AT - A - GLANCE

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Top photos: St. Patrick's Day fun at the  
MEG Senior Center!

Bottom photos: In-home Support Clients  
and staff trip to Santuario de Chimayo.





**SENIOR ACTIVITY CORPORATION PRESENTS**

**Pigeon Forge and Smoky Mountains Show Trip**



**INCREDIBLE PRICE INCLUDES:**

- ◆ Motorcoach transportation
- ◆ 8 nights lodging including 4 consecutive nights in the Smokies
- ◆ 14 meals: 8 breakfasts and 6 dinners
- ◆ Admission to **TITANIC: THE WORLD'S LARGEST MUSEUM ATTRACTION**
- ◆ Three Dinner Shows: **SOUL OF MOTOWN, AMERICA'S HIT PARADE**, and **THE HATFIELD-MCCOY SHOW**
- ◆ One Evening Show: **SMOKY MOUNTAIN OPRY**
- ◆ One Morning Show: **The SMITH MORNING VARIETY SHOW**
- ◆ Free time in **HISTORIC DOWNTOWN GATLINBURG**
- ◆ **GUIDED TOUR OF THE GREAT SMOKY MOUNTAINS NATIONAL PARK**
- ◆ and much more

**\$880 – Double Occupancy**

**\$1145 – Single Occupancy**

**(10% Cancellation Fee)**

**Saturday, June 3 –  
Sunday, June 11, 2017  
(9 Days, 8 Nights)**

**Departure: Mary Esther Gonzales Senior Center, 1121 Alto St, Santa Fe, NM @ 8 am**

**Day 1:** Depart your group's location in a spacious, restroom and video equipped motorcoach and head to the Smoky Mountains! Then, settle into a comfortable en route hotel for a good night's rest.

**Day 2:** After a Continental Breakfast, head to the Fort Smith National Historic Site in Fort Smith, AR. Later in the day enjoy Dinner and head to your en route hotel.

**Day 3:** Start your day with a Continental Breakfast before departing for the Beautiful Smoky Mountains! This evening, you'll enjoy Dinner and check into your Smoky Mountain area hotel for a four night stay.

**Day 4:** Enjoy a Continental Breakfast before starting your morning at the impressive **TITANIC: THE WORLD'S LARGEST MUSEUM ATTRACTION**. You can experience the hallways, parlors, cabins, and Grand Staircase of this replica of the world's most famous luxury liner, view actual artifacts, and more. You can also hear passenger stories and pay tribute to their memory. Later, you'll have some time on your own for lunch and shopping. Then, enjoy Dinner while tapping your toes at the high-energy **SOUL OF MOTOWN DINNER SHOW**. Relive the great music of Motown Legends like the Drifters, the Platters, Sam Cooke, Smokey Robinson, the Jackson Five, Aretha Franklin, Gladys Knight, Diana Ross, and more!

**Day 5:** Start your day with a Continental Breakfast, before heading off on a **GUIDED TOUR OF THE GREAT SMOKY MOUNTAINS NATIONAL PARK**. Afterward, enjoy free time and lunch on your own in **HISTORIC DOWNTOWN GATLINBURG**. Then, enjoy a fabulous dinner show at the **HATFIELD-MCCOY DINNER THEATER**, known as the Romeo and Juliet of the Smoky Mountains... with Blue Grass Country Music, singing, dancing, hilarious comedy and fun. This evening, the **SMOKY MOUNTAIN OPRY SHOW** brings the heart and soul of music onstage with its fabulous high-energy entertainment, featuring spectacular singing, outstanding choreography, and thrilling special effects!

**Day 6:** Today, you'll start your day by enjoying a Continental Breakfast before departing for the **SMITH MORNING VARIETY SHOW**! You can look forward to an outstanding blend of classic country music, heartfelt gospel music, oldies rock-n-roll music, clean family comedy, and impersonations of famous stars you have to see to believe! This evening, you will enjoy Dinner and see the **AMERICA'S HIT PARADE DINNER SHOW**. Spanning the Fifties to the Eighties and beyond, this high-energy show features singing, dancing, colorful costumes, and a special one-of-a-kind Military Tribute to the men and women of the Armed Forces.

**Day 7:** Today you'll make a stop at the Willie Nelson & Friends Museum and General Store in Nashville, TN. Later that day, after a relaxing Dinner, you'll check into your en route hotel.

**Day 8:** Today you'll stop at Little Rock, AR, former home of President Bill Clinton, for a visit to the William J. Clinton Presidential Library. The library contains nearly 2 million photographs and over 75,000 museum artifacts. Tonight, relax in your en route hotel.

**Day 9:** Today, after enjoying a Continental Breakfast, you depart for home... a perfect time to chat with your friends about all the fun things you've done, the great shows you've seen and where your next group trip will take you!

**For Information & Reservations Contact:**

**Cecilia @ (505) 204-9527 or Lilly @ (505) 690-8873**



## Free Tax Help for the 2016 Tax Year



**We will prepare your Income Taxes  
FOR FREE! No Income Limits!  
First Come First Served**



**Friday January 27 to Monday April 17**

**Anyone in Santa Fe with income less than \$24,000 should file for  
NM Low Income and Santa Fe Property tax State rebates.**

**FREE Direct Deposit of Refund**  
**Please bring a blank check to get direct deposit**

**Santa Fe Community College, Fitness Center,**  
**Mon-Fri 8:30am – 5pm Sat 9am – 1pm**

**Closed for Spring Break at SFCC from March 13 to 18**  
**Closed for Easter Break at SFCC from April 14 to 15**

**Our Lady of Guadalupe Church**  
**Between Alameda and Guadalupe**  
**Monday – Friday 9am – noon**

**Please bring the following information:**

**Photo ID**

**Social Security Cards** for Parents and Children

**Health Insurance** – proof that you have it and for Obamacare people, your IRS form **1095-A Health Insurance Marketplace Statement**

**W-2 year end wage forms** from each job for each person

**If you work for yourself**, all the income and expenses from your work and any 1099's you receive

**Interest, dividends, stock or CD sales** – bring the 1099 forms from the bank.

**Social Security** – bring the year end statement from Social Security.

**Unemployment** – bring the W2-G form from Work Force Solutions.

**Gambling** – bring the 1099 tickets and win/loss report from the casinos.

**Pensions** – bring the 1099-R form you received from the pension payer.

**Bring the list of expenses you paid for Child Care, College or Vocational Training**

**Medical Expenses and Charity Donations** – bring a list of everything including mileage to doctors.

**Mortgage Interest and Property Taxes**

**Please contact:**

**SFCC: (505) 428-1780 or email [taxhelpsantafe@gmail.com](mailto:taxhelpsantafe@gmail.com)**





# BOWLING TOURNAMENT

**Place:** Starlight Lanes (Santa Ana Star Casino)  
**Date:** Saturday, April 29, 2017  
**Time:** 2:00 pm (sign in starts @ 12:30)  
**Teams:** 4 bowlers per team  
**Entry Fee:** \$50.00 minimum per bowler (unlimited sponsorship opportunities)

*Strive for the **Most \$\$\$ Raised Trophy!!!***

*This event is 3 games across two lanes (shoe rental included)*



## Help Fill the Truck

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

Sandoval County Seniors and U.S. Eagle Federal Credit Union  
are partnering to collect non-perishable donations

**April 29, 2017**

**12:00 a.m. to 3:00 p.m.**

U.S. Eagle Federal Credit Union

53 Jemez Dam Rd

Bernalillo, NM



**Registration forms and payment must be received by April 14, 2017 so get your team together today! Pick up a registration form at the Mary Esther Gonzales Senior Center (1121 Alto Street) or email Triston Lovato-Armstrong at [trlovato@santafenm.gov](mailto:trlovato@santafenm.gov) to have one sent to you.**

# RSVP (RETIRED SENIOR VOLUNTEER PROGRAM)

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## COMMUNITY NEEDS



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

## Become a Hospice Volunteer

Ambercare Hospice is looking for warm volunteers who have listening skills, empathy and are willing to offer companionship to patients and families during the profound period of transition that is the end of life. Volunteers may: play chess, read aloud, take walks, or watch old movies with their patients. Volunteers must pass a background check, TB and drug test and have a valid driver's license and auto insurance. If you are interested, please contact Triston.

## Volunteer with the New Mexico National Guard Museum (formerly Bataan Memorial Museum)

This Museum which features artifacts, images, press clippings, weapons and uniforms carried or worn by Guardsmen dating back to the 19th century to present, honors the history of the New Mexico National Guard and places specific importance on the infamous Bataan Death March. Volunteers are needed to greet visitors and give a short tour of the display area, highlighting the major areas of New Mexico National Guard heritage. Call Triston if you are interested!

**Happy Birthday!  
¡Feliz Cumpleaños!**

## Happy Birthday Volunteers APRIL!

### RSVP

Martha Catanach	4/01
Charlie Lujan	4/02
Charles A. Marquez	4/02
Rita Garcia	4/03
Victor E. Montoya	4/03
Connie Sena	4/06
Virginia M. Lucero	4/07
Matilda Rios	4/07
Robert A. Fernandez	4/08
Manuel Valdez	4/08
Esther Ann "Erica" Coleman	4/10
Robert Suspanic	4/10
Deborah Farson	4/11
Deolinda Montoya	4/11
Edna Bube	4/13
Bernard Preskin	4/13
Clarice Getz	4/14
Benjamin Baca	4/15
Carmen J. Chavez	4/16
Maria E. Duran	4/16
Kathleen M. Farnan	4/16
Kathy Martinez	4/16
Michael Robison	4/17
Ann Hunziker	4/20
Joan Ferran	4/21
Marsha Reindorf	4/22
Reynalda "Bernie" Sanchez	4/23
Ron Levy	4/26
Pat E. Garrett	4/28
Corrine Sanchez	4/28
Bill Zeising	4/28
Sally A. Rodriguez	4/29
Nazario Roybal	4/29
Linda J. Miller	4/30

### FGP/SCP

Bonnie Rice	4/03
Prescilla Martinez	4/06
Maria Duran	4/16
Mela Delgado	4/29

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

## Great American Clean Up Day April 22

On Saturday, April 22 volunteers young and old will help clean our city streets, parks, arroyos and school campuses. Please join the effort! Registration will be from 7 to 9 a.m. at 1142 Siler Road. Cleanup is until noon and there will be a picnic afterward to thank the many hard working volunteers. If you know of a public lot or other places around town that need to be cleaned please contact Keep Santa Fe Beautiful, the sponsor of this event, at (505) 955-2215 or email [sfbeautiful@santafenm.gov](mailto:sfbeautiful@santafenm.gov).



# ONGOING ACTIVITIES

APRIL - 2017

**All activities are open to registered seniors.**

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

## Luisa Senior Center – 1500 Luisa Street (entrance on Columbia)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	11:45 am: Sing along			1 pm: Bingo
8 am – 1:30 pm: Fitness room				

## Mary Esther Gonzales (MEG) Senior Center – 1121 Alto Street

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:15 am: Tai Chi 9-11 am: Guitar class 9:30 am: Enhance Fitness 1 pm: Hospice Crafts 1-3 pm: Bingo	8:15 am: Tai Chi 9 am: Jewelry class 9-11 am: Guitar class 9:30 am: Zumba Gold (low impact) 1:30 pm: Oil painting 3/14, 3/28 1:30 pm: Nia Technique (1 <sup>st</sup> & 3 <sup>rd</sup> Tuesday)	8:15 am: Tai Chi 9:30 am: Enhance Fitness 9:30 am: Ceramics 1-3 pm: Bingo	8:15 am: Tai Chi 9:30 am: Wood-Straw Applique	9:30 am: Enhance Fitness 9:30 am: Ceramics 2 pm: Knitting
7 am-4:30 pm: Pool/cards/billiard room AND Fitness room				
8 am-4:30 pm: Computer (open use when computer class is not in session)				

## Pasatiempo Senior Center – 664 Alta Vista Street

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

## Ventana de Vida Senior Center – 1500 Pacheco Street

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1:30-3:30 pm: Ceramics	1 pm: Art class	9:30-10:30 am: Spanish class 1:30-3:30 pm: Ceramics	1-3 pm: Bingo	

## Villa Consuelo Senior Center – 1200 Camino Consuelo

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30 am: Ceramics	11 am – 2 pm: Bingo	9:30 am: Ceramics		1:30-3 pm: Guitar forum

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

# UPCOMING ACTIVITIES

APRIL - 2017

## AARP "Smart Driver" Course

Sign up for the AARP Smart Driver course today! Classes are held monthly in the dining room at the Mary Esther Gonzales Senior Center (MEG), located at 1121 Alto Street. The class is from 1 to 5 p.m. but please arrive at 12:30 p.m. to check-in and fill out any required paperwork.


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

The fee to cover materials is \$20, but if you are an AARP member the cost is \$15; your AARP card and driver's license must be presented the day of the class. Also, please dress in layers as temperatures fluctuate in the MEG dining room. The number of participants for each class is limited to 30 individuals. To register for an upcoming class please call the AARP information center (located in Albuquerque) at (505) 830-3096. Let them know that you are registering for the Santa Fe Smart Driver course and the date you would like. Leave a message if you reach a recording.

Upcoming dates are:

- April 11
- May 9

## Where to Start to Love your Heart



Taking care of your heart doesn't have to be complicated. Start by uncovering some common heart care myths, and then begin your journey toward heart health with three simple dietary strategies and supplements that will pump up your heart health. If you are interested, please join Shane Hamby, Nutritional Health Coach with Natural Grocers, on Wednesday, April 26 at noon in the MEG center board room.

## Monthly Senior Services Committee Meetings

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

Senior Olympics:	Wed., April 5, 9:30 am
Transportation/Nutrition:	Tues., April 11, 9:30 am
Advisory Board:	Wed., April 19 at 9:30 am
Travel Committee:	Thurs., April 20, 8:45 am
SAC Board:	Thurs., April 20 at 10 am

## Monthly DSS Senior Center Meetings

The following meetings are open to all seniors. Please come and give us your input about activities in your favorite senior center. Senior center addresses are on the back cover of the newsletter.

Ventana De Vida: Monday, April 3 at 9:30 a.m.  
Villa Consuelo: Monday, April 3 at 10 a.m.  
Pasatiempo: Monday, April 3 at 1 p.m.  
Luisa Center: Tuesday, April 4 at 9 a.m.

## Bunny Hop Dance

The Bunny Hop dance will be sponsored by Rivera Family Funeral Home on Wednesday, April 19 from 1-4 p.m. The dance will be held at the Fraternal Order of Eagles Club (833 Early Street) and music will be by Bandalegre. Make it a fun dance and dress up in your favorite 50s outfit! Free admission and light refreshments will be served.

## Movie Day at the MEG Senior Center Tuesday, April 25, 2017 at 1 p.m.

**"Soul Surfer"**  
(2011 • PG • 1h 46m)



A natural talent in the sport of surfing, teenager Bethany Hamilton (AnnaSophia Robb) loses an arm in a shark attack. Bolstered by the love of her parents (Helen Hunt, Dennis Quaid) and refusing to give up, she plans to return to competition, although questions about her future continue to trouble her. Upon seeing the devastation in Thailand caused by the 2004 tsunami, Bethany discovers a greater purpose: to make a difference in the lives of others.



# UPCOMING ACTIVITIES

APRIL - 2017

**Movie Day at Ventana De Vida Senior Center Wednesday April 26, 2017 at 1 p.m.**  
**"Il Postino" (The Postman)**  
 (1995 • PG • 108 min.)



This is an Italian movie (WITH BIG YELLOW SUBTITLES). An Academy Award winner, this film tells the story of Mario, a lonely young mailman in a fishing village on a small Italian island. When the world famous Chilean poet, Pablo Neruda, comes to live on the island, he gives Mario lessons on love, life and poetry. Beloved by film critics and movie lovers all over the world, "Il Postino" is considered one of the most romantic films ever made.

## Spanish Classes for Beginners

Do you want an introduction on conversational Spanish? Sister Jo will be teaching a class from 9:30 – 10:30 a.m. on Wednesdays at Ventana de Vida Senior Center. Join her!

## Ken from Home Instead Sings at MEG

Join us for lunch at the MEG Center on Monday, April 24 and have a fun time enjoying songs performed by Ken Hendricks from Home Instead Senior Care. Come sing along or just enjoy listening to some old time favorites! Home Instead Senior Care provides professional caregivers to help aging loved ones remain in their homes. Home Instead can be reached at (505) 471-2777.

## Free Hair Cuts at MEG & Pasatiempo

Our volunteer Fabiola, a licensed beautician, provides free senior haircuts (on a first come, first serve basis – 20 haircuts per day). The haircut days are as follows on Wednesdays at 10 a.m.:

- April 5 MEG
- April 19 Pasatiempo

The haircut sign-in sheet at MEG will be available in the Program Coordinator's office door starting at 9 a.m.

## Weekend Bingo at Luisa Senior Center

The Luisa Senior Center (1500 Luisa St) will be hosting a Bingo on Sunday, April 2 from 1-4 p.m. It is \$12 for a package and there is a \$100 jackpot guarantee! We will not be serving food, just sodas and candy. Everyone is welcome!

## Let's Celebrate Your Birthday

Humana will be supplying cake to celebrate all seniors who have a birthday this month! Birthday celebrations take place at all senior centers as follows. Join us!

- MEG \_\_\_\_\_ Wednesday, April 5
- Pasatiempo \_\_\_\_\_ Wednesday, April 12
- Luisa \_\_\_\_\_ Thursday, April 13
- Ventana de Vida \_\_\_\_\_ Wednesday, April 19
- Villa Consuelo \_\_\_\_\_ Friday, April 21

## Blood Pressure, Blood Sugar & Oxygen Level Tests Dates

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

Luisa – Wednesday, April 5	11 am–noon
Pasatiempo – Thursday, April 6	10:30–11:30 am
Ventana – Wednesday, April 12	11 am–noon
MEG – Wednesday, April 19	10:30–11:30 am
Villa Consuelo – Tuesday, April 25	10–11 am

## MEG Exercise Room Open Monday – Friday

Please welcome volunteer trainer Gitte Mainland in assisting seniors in the MEG exercise room. She will be available in May. Tuesdays and Thursdays from 10 a.m. to noon. If you would like assistance please join her.

**Yoga Cancelled at Ventana de Vida & MEG until we find an instructor, if anyone can teach this class please call Albert at 505-955-4715.**

## Nia Technique on 1st & 3rd Tuesdays

The Tuesday Nia Technique class at the MEG center is as follows at 1:30 p.m.:

- April 4
- April 18



## UPCOMING ACTIVITIES

APRIL - 2017

### ICAN Nutrition Classes Available at Senior Centers

ICAN is a program of the New Mexico State University Cooperative Extension Service and is available free-of-charge to limited resource individuals, families, organizations and schools. ICAN offers classes that can help you:

- Choose low-cost, nutritious foods
- Prepare quick and nutritious meals
- Eat more vegetables, fruits & whole grains
- Be more physically active
- Maintain a healthy weight

Attend a class at Ventana de Vida Senior Center on Wednesday, April 5 at 1 p.m. For more information please contact Renee at (505) 471-4711.

### Are you a Veteran?

Did you serve in World War II, Korea or Vietnam? If you did, then get your service experience filmed free of charge for a Veterans Oral History Project. One copy of your interview will be sent to the Library of Congress, one copy to the University of Texas, one copy to the NM National Guard Museum and one to you or your family. Call Albert at (505) 955-4715 with your name and contact information and the project staff will make arrangements to interview you.

### 2017 Upcoming Day Trips

For additional information on day trips please call Don Bell at (505) 982-2707 between 5:30 and 7:30 p.m. Please note: Dates and prices are subject to change.

#### **Saturday, May 20, 2017: Chaco Canyon**

Cost is \$25/person; departing from the MEG Center at 5 a.m. and returning at 7 p.m.

#### **Saturday, July 8, 2017: Taos Pow-Wow**

Cost is \$25/person; departing from the MEG Center at 8:30 a.m.

### Santa Fe County Treasurer's Property Tax Outreach Program

The Santa Fe County Treasurer's office will be at the following locations for property tax payments from 10:30 a.m. to 1 p.m. Please be advised that cash will NOT be accepted – only check, money order, credit card, or cashier's check. For additional information you may contact the Treasurer's office at (505) 986-6245.

Benny J. Chavez Center (354A Juan Medina Rd)

Thursday, April 13, 2017

Wednesday, May 3, 2017

Edgewood Satellite Office (114 Quail Trail CR9)

Wednesday, April 12, 2017

Monday, April 24, 2017

Tuesday, May 2, 2017

Eldorado Satellite Office (16 Avenida Torreon)

Monday, April 10, 2017

Monday, April 17, 2017

Monday, May 1, 2017

Glorieta Fire Station (#43 Fire Station Rd)

Wednesday, April 19, 2017

La Cienega Community Center (50-A San Jose)

Thursday, April 20, 2017

Mary Esther Gonzales Senior Center (1121 Alto)

Friday, April 21, 2017

Friday, April 28, 2017

Friday, May 5, 2017

Pojoaque Satellite Office (5 West Gutierrez, Ste9)

Tuesday, April 11, 2017

Thursday, April 27, 2017

Thursday, May 4, 2017

Rancho Viejo Fire Station (39 Rancho Viejo Blvd)

Tuesday, April 25, 2017

Turquoise Trail/Lone Butte Fire Station (#3 Turquoise Crl)

Wednesday, April 26, 2017

# UPCOMING ACTIVITIES

APRIL - 2017

## Healthy Living – Spring-Clean Your Mind

Clear away the cobwebs with these 3 can't-miss tips

by Shelley Emling, AARP, March 20, 2017

De-clutter your mind, and improve your brain health.

With spring comes the idea of spring cleaning, of weeding through all the stuff that's cluttering your home so that you can decide which items to keep and which items to toss. But how about a little spring-cleaning of your mind? It may sound trivial, but if your brain is in serious overdrive, it can be highly beneficial to get your mental house in order. After all, it's hard to be productive when you have a million different thoughts swirling around in your head.

For more clarity, brush out the cobwebs from your brain with these three simple steps.

### 1. Unplug from negative news

Whether it's Facebook, Twitter, or simply the 24-hour news cycle, it's almost impossible to go even five minutes without hearing or reading about something awful happening in the world. It's an incessant flow of negativity that can mess with your head. For decades, psychological studies have shown that people become significantly more anxious, stressed and depressed after watching negative news reports. Case in point: A 2013 study by UC Irvine researchers found that six or more daily hours of exposure to media coverage of the Boston Marathon bombings in the week afterward was linked to much greater stress than having been at or near the marathon. Indeed, acute stress symptoms increased with each additional hour of bombing-related media exposure via TV, print, radio or social media. Need more proof? Another study found that even three minutes of exposure to negative news in the morning could cast a pall over your entire day.

The takeaway? Step away from the screens. Take a 24-hour break from media. That includes Facebook. Your stress levels will thank you.



Hero Images

### 2. Make a list. Make many lists

Lists are akin to a Container Store for your mind. By writing out a to-do list – whether it's a to-list for the week or the year – you are preventing your brain from being filled with everything you need to do and remember. With so many things vying for your attention, it can be impossible to stay focused. And this is also a good time to go back and look at your New Year's resolutions. Tweaking your goals and writing them down again in an ordinal fashion will lend clarity so that you can better manage your time. List making definitely has a visual impact that's easy to underestimate. But writing down what you'd like to accomplish each day — and ticking items off as you go along — increases the likelihood of achieving your goals.

### 3. Make your bed

A study by the National Sleep Foundation found that those who make their bed every day are 19 percent more likely to get a good night's sleep every night than those who don't. Apparently, fresh sheets are important as well. Most people say they sleep better in a bed with clean sheets. And sleep, of course, is the brain's best friend. Not only does sleep clear out and recycle your brain's toxins, research shows that sleeping less than seven or eight hours a night may lead to cognitive decline, memory loss and possibly, even Alzheimer's.

So what are you waiting for? Get cleaning



# SENIOR OLYMPICS

APRIL - 2017

## SENIOR OLYMPICS SPOTLIGHT

This year we had a total of 356 participants registered for local games.

### April Olympic events are as follows:

- April 4: Bowling Mixed Doubles at Cities of Gold
- April 6: Bowling Team at Cities of Gold
- April 8: Handball at Fort Marcy
- April 11: Huachas practice at County Ext
- April 12: Huachas at County Ext Building
- April 15: Tai Chi at Fort Marcy
- April 18: Shuffleboard Practice at County Ext Building
- April 20: 8ball pool at MEG Center
- April 21: Table Tennis at GCCC
- April 25: Badminton at GCCC
- April 27-28: Shuffleboard at County Ext Build
- April 29-30: Tennis at Alto Park

Everyone is invited to come and be a spectator for any event. It is great fun and helps encourage the athletes!

If you have any questions regarding scheduled events, please don't hesitate to call me at (505)795-3817 or you may also email me at [cavilla@santafenm.gov](mailto:cavilla@santafenm.gov). Visit our website at [www.sfsg50.org](http://www.sfsg50.org)

Thank you Coca Cola for donating water to our Santa Fe senior athletes! Good luck Olympians! Until next month!

-Cristina Villa-

### Seniors & Malnutrition: 5 Ways to Help Get Proper Nutrition By Leslie Van Pelt, Owner Comfort Keepers Caregivers



As we age, our bodies require fewer calories, but more protein, calcium, B vitamins and other nutrients. In fact, there are 3.7 million malnourished seniors in the U.S. equal to 1 in 4 older Americans.

We become particularly susceptible to malnutrition, because we have different nutritional needs than younger adults, may be taking more medications, and have higher rates of chronic medical conditions like diabetes and heart disease. Taste buds changing, loss of appetite, and some depression may lead to eating less. Or maybe you have lost your interest in cooking because you live alone and are eating for one.

#### Here are 5 ways you can get the proper nutrition:

1. Talk to your doctor. If you are losing weight, work with your doctor to identify and address contributing factors like medications that

affect, change or eliminate appetite. You could also request a referral to a registered dietician.

2. Eat nutritious foods. Spread peanut butter or other healthy spreads on toast, fresh fruits and vegetables. Sprinkle finely chopped nuts, wheat germ or chia seeds on yogurt, fruit or cereal. Add extra egg whites to scrambled eggs and omelets. Use whole milks and full fat cheese.
3. Live up bland foods. Add lemon juice, herbs and spices. Try new seasonings and recipes.
4. Make meals social events. Visit at mealtimes, arrange for friends to eat meals with you, and invite them out to lunch or dinner. Join programs at senior centers where you can dine with others.
5. Consider outside help. If necessary, hire a caregiver to shop for groceries and/or prepare meals. Services like Meals on Wheels, Kitchen Angels and in-home caregivers are resources to consider.

# PUZZLE

APRIL - 2017

## PUZZLE 48

### ACROSS

1. Nude
5. Noted violinist
10. Scope
14. Epochs
15. Earn
16. Wooden nails
17. Seti, e.g.
20. Distress call
21. Handouts
22. Edges
23. "\_\_\_\_ Miserables"
24. Cook lobster
26. Elegant furs
30. Scruffy dog's name
31. Health locale
34. Lilylike plant
35. Narrow path
36. Woodland deity
37. Roentgen, e.g.
41. Sooner than, in poems
42. Misplaces
43. Comic Johnson
44. Roads: abbr.
45. New Zealand birds
46. Shopping free-for-alls
48. Unguent
49. Miss West
50. Spoken
52. Marceau, e.g.
53. Compass pt.
56. De Soto, e.g.
60. Sunder
61. Stand for Matisse
62. Curing chemical

63. Hill dwellers

64. Pursuit

65. High hills

### DOWN

1. Drones
2. Jason's command
3. Beams
4. Sixth sense
5. Acts pleased
6. Sides
7. Sea eagles
8. Actor Torn
9. Utmost degree
10. Rainy month
11. Paper measure
12. Selves
13. Bat wood
18. Yarn
19. Gotten up
24. Foundation
25. Gape
26. Wise men
27. On the qui vive
28. Drills
29. Moon vehicle: abbr.
30. Prepares potatoes
31. Church part
32. Fake jewelry
33. Poker bets
35. Silkworm locale
38. Soluble salt
39. Christmas word
40. Sailor

46. Promotion offering

47. Fruit part

48. Oom-pah groups

49. Stirs

50. Ajar

51. Rave

52. Western sight

53. Thus

54. \_\_\_\_ -do-well

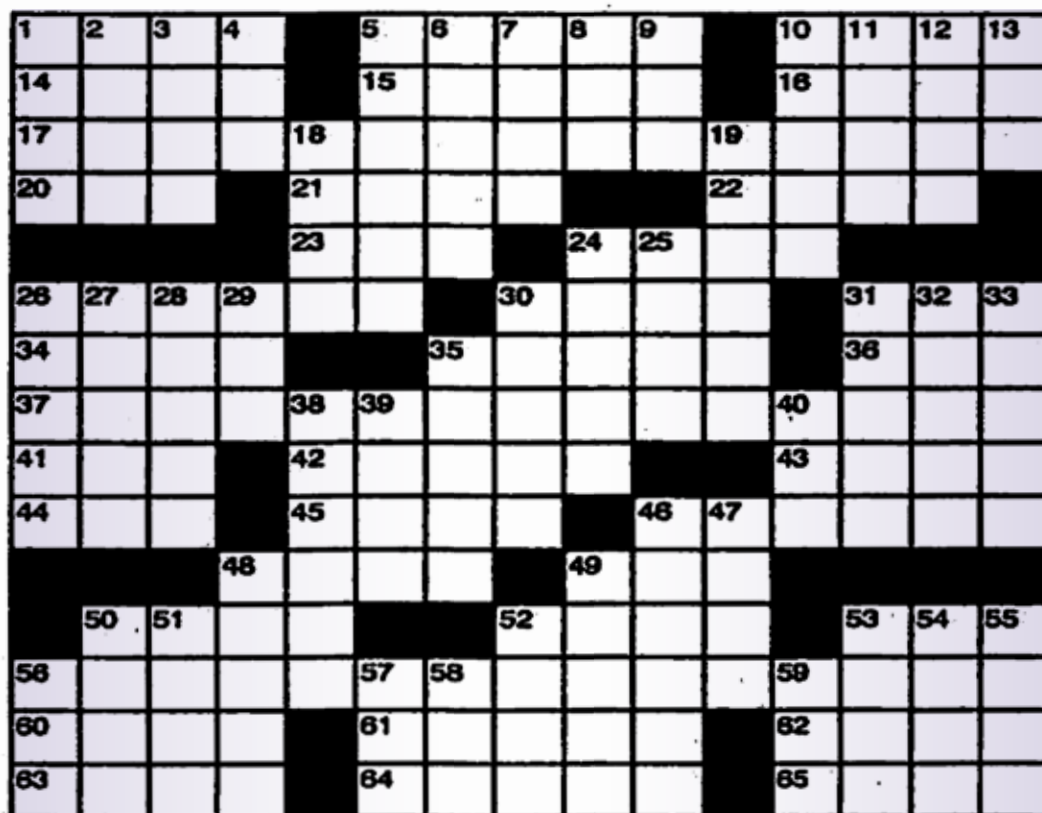
55. Sins

56. Mrs.: Sp.

57. Minute part: abbr.

58. Triumphant exclamation

59. Horse tidbit







66

## Here's Lucy

"I Love Lucy" aired from 1951 to 1957. Over the years, the series underwent several changes, addition of Little Ricky to the Ricardo family, and band-leader Ricky's move from the Tropicana Club to his own Babaloo Club, also in Manhattan.

Solution on page 142

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

- ☐ ANTICS
- ☐ APARTMENT
- ☐ ARNAZ, Desi
- ☐ BABALOO Club
- ☐ BALL, Lucille
- ☐ BANDLEADER
- ☐ CAST
- ☐ CBS
- ☐ CHARACTERS
- ☐ EPISODES
- ☐ ETHEL
- ☐ FRAWLEY, William
- ☐ FRED
- ☐ GAGS
- ☐ KEITH, Richard
- ☐ LITTLE Ricky

- ☐ LUCY
- ☐ MANHATTAN
- ☐ NEIGHBORS
- ☐ POPULAR
- ☐ RICKY
- ☐ SCHEMES
- ☐ SEASONS
- ☐ SERIES
- ☐ SITCOM
- ☐ TELEVISION
- ☐ THEME song
- ☐ TROPICANA Club
- ☐ VANCE, Vivian
- ☐ WACKY

# PUZZLE ANSWERS

APRIL - 2017

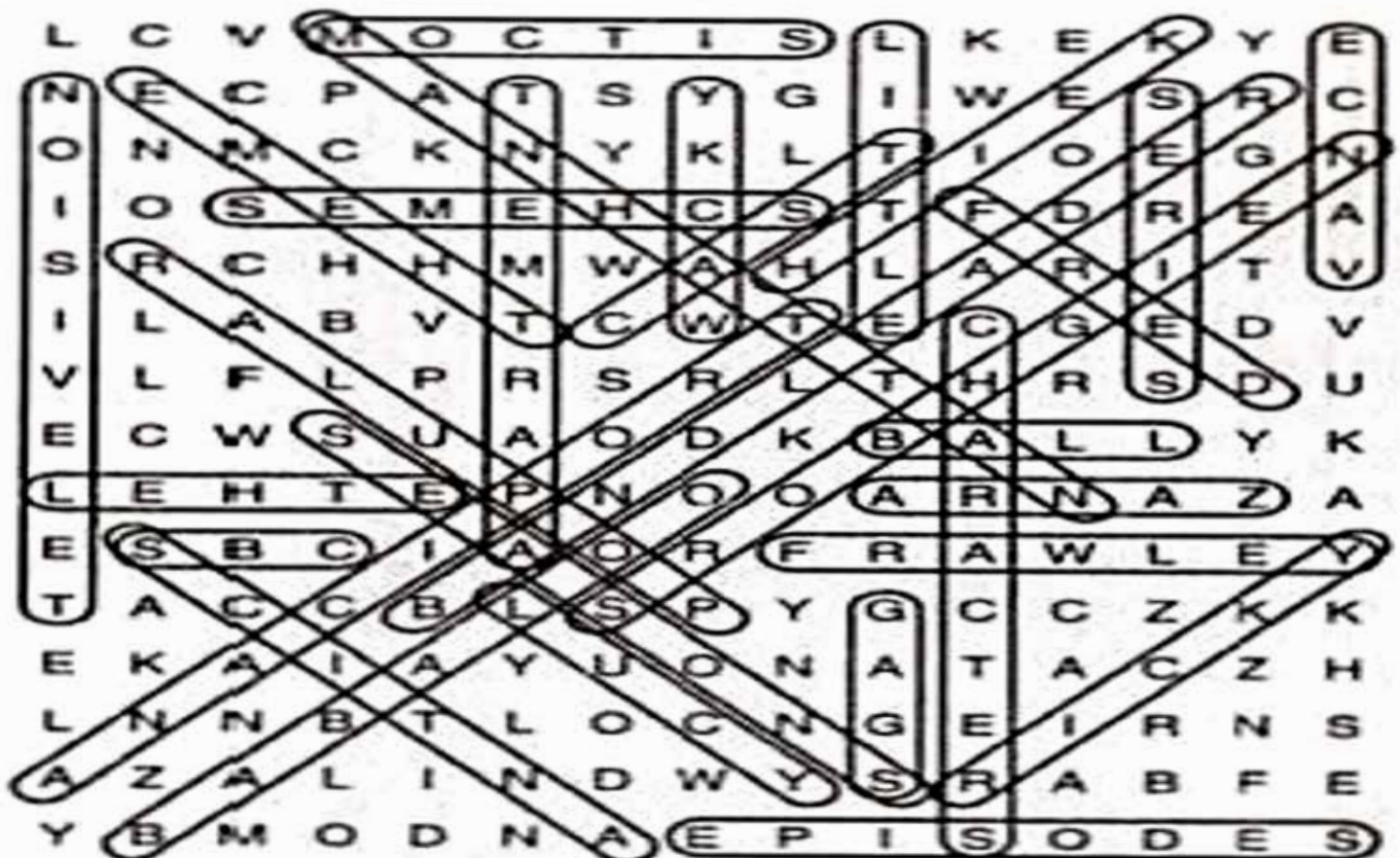
## PUZZLE 48

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

## SUDOKU GRID

puzzle on page 22

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





# BREAKFAST MENU

APRIL - 2017

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

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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> Scrambled egg Cheese, bacon Hash browns Green chile	<b>4</b> French Toast w/syrup & fruit Grilled ham	<b>5</b> Scrambled egg Sausage links Toast w/jelly & margarine	<b>6</b> Breakfast burrito w/scrambled egg, cheese, bacon, hash browns, salsa	<b>7</b> Waffles w/syrup & margarine Fruit Tomato juice
<b>10</b> Scrambled egg Sausage patty English muffin Cheese, fruit	<b>11</b> Pancakes w/syrup Bacon Tomato juice	<b>12</b> Huevos Rancheros Scrambled egg Red chile Cheese, tortilla	<b>13</b> Biscuit White gravy Sausage patty Fruit	<b>14</b> Yogurt w/granola & fruit English muffin Margarine
<b>17</b> Bagel Cream cheese Bacon Fruit	<b>18</b> Scrambled egg Potatoes Canadian bacon Fruit juice	<b>19</b> Cold cereal w/sliced banana Mini muffin Tomato juice	<b>20</b> Ham, egg, cheese Croissant Melon	<b>21</b> Cinnamon oatmeal Raisins Toast w/margarine
<b>24</b> Scrambled egg Cheese, potatoes Sausage Red chile	<b>25</b> Fruit bowl Turkey bacon Toast w/margarine	<b>26</b> Oatmeal Cottage cheese Toast w/margarine Tomato juice	<b>27</b> Ham & cheese Biscuit Fruit	<b>28</b> Cold cereal Toast w/jelly, peanut butter Juice

## SUDOKU

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

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

# SENIOR CENTER LUNCH MENU

APRIL 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> <b>Beef Tips</b> White Rice Buttered Broccoli Tossed Salad Whole Wheat Roll Pears	<b>4</b> <b>Frito Pie</b> Pinto Beans Garnish Mexi Corn Cole Slaw Chilled Peaches	<b>5</b> <b>Pork Roast</b> Mashed Potatoes Brown Gravy Cauliflower Whole Wheat Roll Applesauce	<b>6</b> <b>Teriyaki Chicken</b> Fried Rice Oriental Veggies Whole Wheat Roll Mandarin Oranges Fortune Cookie	<b>7</b> <b>Chile Relleno</b> w/Green Chile Sauce Pinto Beans Calabacitas Tortilla
<b>10</b> <b>Cheese Tortellini</b> w/Marinara Sauce Italian Veggies Garlic Bread Ice Cream	<b>11</b> <b>Turkey Sandwich</b> Garnish Macaroni Salad Pickle Spear Cottage Cheese w/Peaches	<b>12</b> <b>Baked Ham</b> w/Pineapple Yams Green Beans Whole Wheat Roll Cookie	<b>13</b> <b>Chicken &amp; Rice Casserole</b> Peas & Carrots Cucumber & Tomato Salad Brownie Whole Wheat Roll	<b>14</b> <b>Tuna Salad</b> Tossed Salad Potato Chips Crackers Fresh Fruit
<b>17</b> <b>Polish Sausage</b> Sauerkraut Buttered Carrots Parsley Potatoes Apple Strudel Whole Wheat Roll	<b>18</b> <b>Chicken Fried Chicken</b> Garlic Mashed Potatoes w/Cream Gravy Asparagus Cherry Crisp Whole Wheat Roll	<b>19</b> <b>Lasagna with Meat Sauce</b> Italian Veggies Tossed Salad Garlic Toast Yogurt	<b>20</b> <b>Beef Fajitas</b> Garnish & Salsa Pinto Beans Fajita Veggies Jello with Fruit Tortilla	<b>21</b> <b>Baked Chicken</b> Mushroom Sauce Rice Pilaf French Style Green Beans Chocolate Pudding Whole Wheat Roll
<b>24</b> <b>Sweet &amp; Sour Pork</b> Sticky Rice Oriental Veggies Egg Roll Strawberry Shortcake	<b>25</b> <b>BBQ Chicken</b> Potato Salad Cole Slaw Corn Bread Melon	<b>26</b> <b>Red Chile Beef Enchiladas</b> Mexi Corn Refried Beans Tortilla Jello	<b>27</b> <b>Breaded Fish</b> Scalloped Potatoes Mixed Veggies Whole Wheat Roll Tropical Fruit Salad	<b>28</b> <b>Swedish Meatballs</b> Over Noodles Buttered Peas Spinach Salad Garlic Bread Tapioca Pudding

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

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

Lunch is served at: MEG, Luisa, Pasatiempo, Ventana de Vida and Villa Consuelo Senior Centers  
11 am - 12:30 pm Monday through Friday

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




Menu is subject to change.



# Senior Center Locations



## Legend

-  City Senior Center Location
-  Down Town
-  City Limits

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

**Pasatiempo**  
(505) 955-6433  
664 Alta Vista Street

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

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

**Villa Consuelo**  
(505) 474-5431  
1200 Camino Consuelo

Genoveva Chavez Community Center

