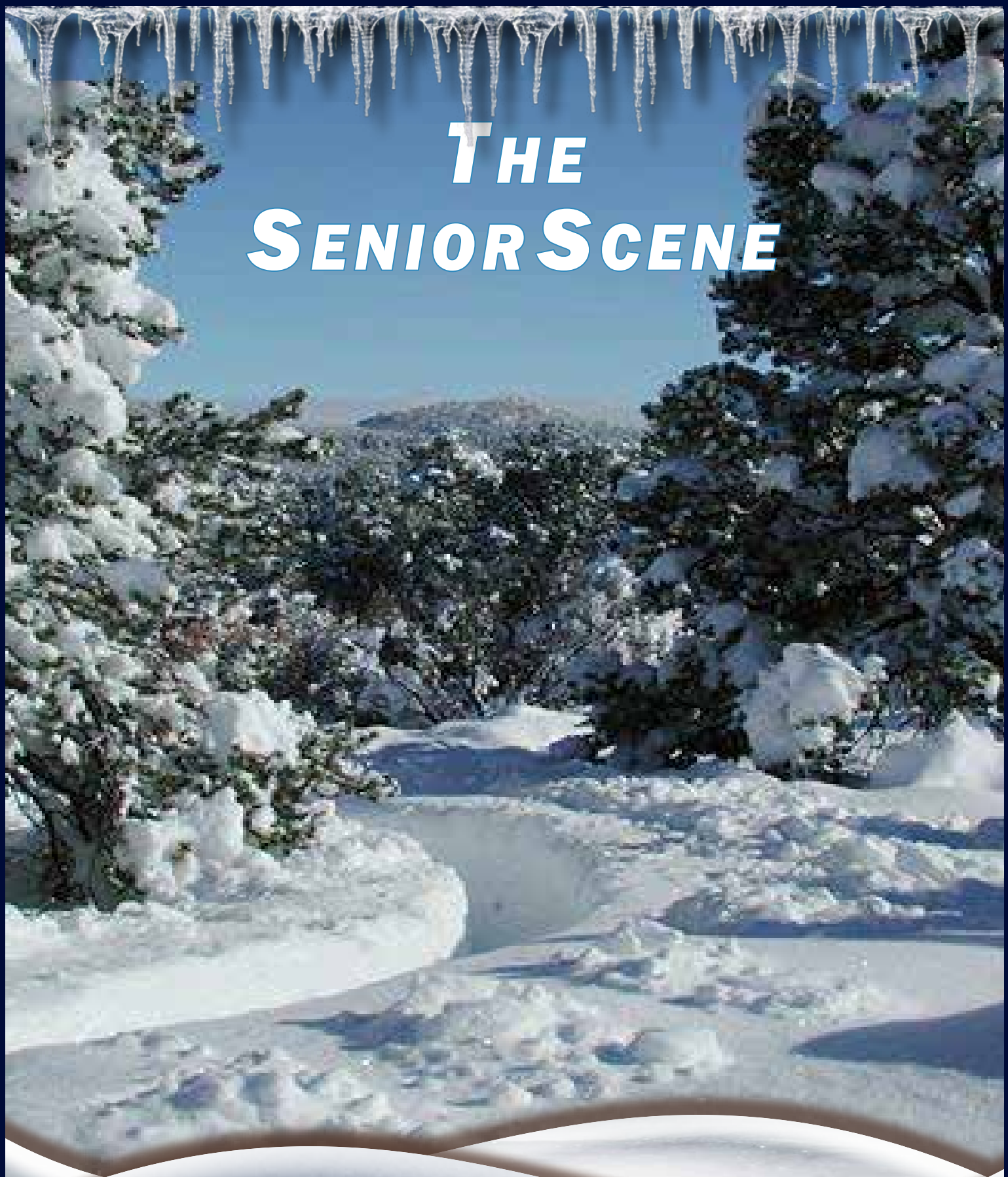
The Senior Scene



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

City of Santa Fe Community Services Senior Services

JANUARY 2017

CITY OF SANTA FE, DIVISION OF SENIOR SERVICES

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

JANUARY - 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 ongoing and current activities. These facilities and services are here for you – we encourage you to stop by and use them, and we look forward to meeting you!

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

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

Front Desk Reception **(505) 955-4721**
Toll-Free Administration Line (866) 824-8714
Vacant, **DSS Director** 955-4710

Administration
Cristy Montoya, Administrative Secretary 955-4721
Sadie Marquez, Receptionist 955-4741
FAX Machine - Administration 955-4797

Senior Services Registration
Brenda Ortiz, Database Specialist 955-4722

Transportation Ride Reservations (page 4) **955-4700**
Fran Rodriguez, Project Manager/ Dispatch 955-4702
Robert Chavez, Project/Fleet Manager 955-4703
Linda Quesada-Ortiz, Administrative Assistant 955-4756

Nutrition
Vacant, Program Administrator 955-4740
Enrique DeLora, Inventory Supervisor 955-4750
FAX Machine - Nutrition 955-4794

Meals On Wheels (for homebound individuals)
Carlos Sandoval, Program Supervisor 955-4748
Yvette Sweeney, Administrative Assistant 955-4739
Robert Duran, MOW Assessments 955-4747

Senior Center Programming (Activities)
Lugi Gonzales, Center Program Manager 955-4711

Albert Chavez, Program Coordinator 955-4715
Mary Esther Gonzales (M.E.G.), Ventana de Vida

Cristina Villa, Program Coordinator 955-4725
Luisa, Pasatiempo, Villa Consuelo

In Home Support Services: Respite Care, Homemaker, Non-Medical Personal Care
Theresa Trujillo, Program Supervisor 955-4745
Katie Ortiz, Clerk Typist 955-4746

Foster Grandparent/Senior Companion Program
Melanie Montoya, Volunteer Prog. Admin. 955-4761
Vacant, Special Projects Admin. 955-4744

Retired Senior Volunteer Program (RSVP)
Triston Lovato-Armstrong, RSVP Administrator 955-4760
Marisa Romero, Administrative Secretary 955-4743
FAX Machine - RSVP Office 955-4765

50+ Senior Olympics
Cristina Villa, Program Coordinator 955-4725

Miscellaneous
Lobby Area 955-4735
Craft Room 955-4736
Pool (Billiard) Room 955-4737

Other Important Numbers
Santa Fe Civic Housing Authority 988-2859
Santa Fe County Information 992-3069
Santa Fe County Mobile Health Van 231-2382

Newsletter Production
Triston Lovato-Armstrong, Editor/Distribution 955-4760
Gil Martinez, Graphic Artist
Mela Sanchez, Mailing Distribution
Christella Vigil, Mailing Distribution
Anna Mae Gallegos, Mailing Distribution

Real ID Driver's License and Driving Authorization Card (DAC) Information

As of November 14, 2016, New Mexico started issuing driver's licenses and identification cards that comply with the federal Real ID Act of 2005 as well as non-compliant driving authorization cards. On October 1, 2020, the federal government will require your driver's license or ID card to be Real ID compliant if you wish to use it as identification to board an aircraft or enter federal facilities where ID is required. Existing New Mexico driver's licenses (issued before REAL ID) and ID cards will continue to be accepted until expiration or October 1, 2020, whichever is sooner. When you renew your current New Mexico license, you will need to choose which credential you will be applying for and bring the required documents.

To obtain a REAL ID driver's license, you will need to bring the following documents:

- One (1) proof of identification number, and
- One (1) proof of identity, and
- Two (2) proofs of New Mexico residency.

To obtain a driving authorization card, you will need to bring the following documents:

- Two (2) proofs of identity and identify number, and
- Two (2) proofs of New Mexico residency.

Proof of Identification Number	Proof of Identity (Lawful Status Documents)	Proof of NM Residency (required for all ages – physical address only)

• Social Security Card
• W-2 Form
• SSA-1099 Form
• Non-SSA-1099 Form
• Pay stub w/applicant's name and full SSN
• Valid Foreign Passport w/valid U.S. Visa affixed w/ I-94 Form
- - - - - - - - - - - - - - - - - -
*Maiden Name/Name Change If your passport or identity document contains your current legal name, you do not need to provide proof of a name change. If your proof of identity document does not contain your current full legal name, you MUST present documentation of any name change(s). This may include a marriage certificate, divorce decree, adoption records or court order. The MVD uses the full legal name as listed on the document.
- - - - - - - - - - - - - - - - - -
A United States citizen, U.S. national, permanent resident alien, or a person who is lawfully in the U.S. can choose to apply for a driving authorization card or an identification card that is not acceptable for federal purposes. Anyone unable to provide evidence that he or she is lawfully in the U.S. is only eligible for a driving authorization card or an identification card that is not acceptable for federal purposes.
	• Valid U.S. Passport
	• Valid U.S. Passport Card
	• Valid Foreign Passport w/I-551 Stamp
	• Original or certified copy of a birth certificate filed with a state office of Vital Statistics
	• Consular Report of Birth Abroad FS-240, DS-1350, or FS-545
	• Valid Permanent Resident Card I-551
	• Certificate of Naturalization N-550 or N-570
	• Certificate of Citizenship N-560 or N-561
	• Valid Employment Authorization document I-766 or I-688B
	• Valid Foreign Passport w/ valid U.S. Visa affixed w/ I-94 form
	• REAL ID act of 2005 Driver's License or ID card w/
	  • Valid immigrant or nonimmigrant visa status for admission into the U.S.
	  • Pending or approved application for asylum in the U.S.
	  • Admission into the U.S. as a refugee
	  • Pending or approved application for temporary protected status in the U.S.
	  • Approved deferred action status
	  • Pending application for adjustment of status to legal permanent resident or conditional resident
	  • Conditional permanent resident alien status
	  • Other documents as DHS may designate by notice published in the Federal Register
		• Current real property rental or purchase agreement
		• Utility bill dated w/in 60 days, no cell phone bills
		• Valid insurance card or insurance bill or binder, dated w/in 6 months
		• Bank or credit card statement, dated w/in 60 days
		• Employment pay stub containing applicant's name and address, dated w/in 60 days
		• Current local property tax statement or mortgage document
		• Documentation from an education institution, such as transcripts, report card, or enrollment confirmation, dated w/in 60 days
		• Original documents from city, county, state, tribal, or federal government organization attesting to the fact that the applicant is a NM resident
		• NM Medical or Public assistance card w/address on card, letter from issuing agency that came with card showing name and address, or profile printout from issuing agency, dated w/in 60 days
		
		Applicants under 18 may also provide:
		• Documents indicating membership in a NM religious or sports organization
		• Affidavit of NM Residency (Form MVD-10021)

SENIOR SERVICES PROGRAM INFORMATION

JANUARY - 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 photo membership card for $2; please bring the exact amount. **Please note that these cards are NOT valid as legal identification.**

Eligibility for Senior Services Registration

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

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

SENIOR TRANSPORTATION INFORMATION

To Reserve:	**Call 955-4700 at least 24 hours in advance, before 4:00 p.m.** Ride reservations can be made up to five business days in advance. Please specify if you require a wheelchair lift van. To avoid delays in service, call immediately if you need to cancel a scheduled ride.
Senior Cost:	Seniors 60 and over, a suggested donation of .50¢ per ride (one way trip).You may purchase a 25-ride ticket for $10.00 from the Transportation Office.
Schedule:	**Rides are available 8:15 a.m. to 4:15 p.m. Monday through Friday. On the first Tuesday of every month, last call for pick up will be 2:45 p.m.** Rides to medical appointments are given priority over all other rides. Vans leave from the MEG Center at 12:00, 1:00, 2:00 and 3:00 p.m. (Be seated in lobby or patio chairs.)
Notes:	**Demand has increased and so has the wait time. We appreciate your patience.**
	Note: All Senior Centers closed January 2nd and January 16th
SF County:	For rides outside city limits but within Santa Fe County, call 992-3069.
SF Ride:	For weekend and evening transportation, call 473-4444.

Santa Fe County Mobile Health Van

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

Dates for January:

01 – No van out – New Year's Day Holiday	
02 – No van out – Observed Holiday	
03 – Eldorado Senior Center	10 am – 2 pm
04 – Pasatiempo Senior Center	10 am – 2 pm
05 – Santa Cruz Senior Center	10 am – 2 pm
06 – Campo Alegria	noon – 2 pm
07 – No van out	
08 – Santa Fe Recovery Center	9 am – 1 pm
09 – Casa Rufina Apartments	9 am – 1 pm
10 – Chimayo Senior Center	10 am – 2 pm
11 – Solana Shopping Center	10 am – 2 pm
12 – Villa Alegre	10 am – 2 pm
13 – Mary Esther Gonzales Senior Center	10 am – 2 pm
14 – No van out	
15 – Genoveva Chavez Center	9 am – 1 pm
16 – No van out – MLK Day Holiday	
17 – Ventana de Vida Senior Center	10 am – 2 pm
18 – El Rancho Senior Center	9 am – 1 pm
19 – Edgewood Senior Center	10 am – 2 pm
20 – Casa Villita	10 am – 2 pm
21 – No van out	
22 – Santa Fe Recovery Center	9 am – 1 pm
23 – Fort Marcy	9 am – 1 pm
24 – St. John's Methodist Church	9 am – 1 pm
25 – Encino Villa	10 am – 2 pm
26 – Pojoaque Super Market	10 am – 2 pm
27 – Salvador Perez Pool	10 am – 2 pm
28 – No van out	
29 – Genoveva Chavez Center	9 am – 1 pm
30 – Villa Consuelo Senior Center	9 am – 1 pm
31 – Luisa Senior Center	10 am – 2 pm

Senior Transportation Notice: *Please note that due to the increased demand of transportation services, the wait time has increased. You're patience and understanding is greatly appreciated!*

Senior Center Closures

All City of Santa Fe Senior Centers will be closed on Monday, January 2, 2017 in observance of the New Year's holiday and on Monday, January 16, 2017 for Martin Luther King Jr. Day. There will be no transportation or meal services on these days.

Coaching Support Group for People Living with Chronic Illness Autoimmune Diseases, MS, Parkinson's, Cancer

Do you have a chronic illness? If so, one of the most important aspects of your life is to have someone who listens, understands your illness, and encourages you to make weekly plans and do daily actions. 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 this group is to learn and share:

- About your illness
- Community resources
- Daily experiences—thoughts, feelings, complaints, and delights
- Helpful hints for caring for yourself

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. As a result of participating in the group, 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 is facilitated by Eileen Joyce, Hudson Institute Certified Coach, and Certified Grief Recovery Specialist. Groups start January 10, 2017 and will meet on the 2nd and 4th Tuesdays from 2–3 p.m. or Tuesdays from 5–6 p.m.

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

Older Americans Act Public Hearing on February 1st

The City of Santa Fe Division of Senior Services will host a public hearing about the Older Americans Act and will discuss plans for a related Request for Proposal (RFP) of funds that is being developed. The public hearing will be held Wednesday, February 1, 2017, at 9 a.m. at the Mary Esther Gonzales Senior Center (1121 Alto Street). The Older Americans Act was enacted by Congress in 1965 to ensure provision of social services to America's elderly population. The City's Division of Senior Services administers programs, which provide a comprehensive social service delivery system for senior citizens in our community, such as: meals, transportation, home management assistance, respite care, medical equipment, grandparents raising grandchildren, volunteer programs and recreation/activities. If you would like additional information, please call (505) 955-4711.

The public's input on these matters is critical. Written comments are encouraged and should be forwarded to:

City of Santa Fe
Division of Senior Services
Lugi Gonzales, Interim Director
P.O. Box 909 Santa Fe, NM 87504-0909

Senior Day at the Roundhouse

The New Mexico State Legislature will gather for the 2017 60-day session which begins on Tuesday, January 17 at noon. Drop by the Roundhouse on Tuesday, January 24 for "Alliance Senior Day." Beginning at 10 a.m. there will be many informational booths regarding aging and senior services offered throughout the state. The City of Santa Fe Division of Senior Services will be on site, so stop by our booth!

Family Caregivers Support Group

Sometimes the best medicine is just being safe to say what you are thinking and feeling without being judged or given unwanted advice. Listening to someone else can be a welcome break from your own situation and can offer a new perspective. The group is sponsored by Comfort Keepers and facilitated by Eileen Joyce, Hudson Institute Certified Coach and Certified Grief Recovery Specialist. Groups start January 11, 2017 and meet on the 2nd and 4th Wednesdays, 2–3pm, or 5–6pm.

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

HAPPY NEW YEAR SANTA FE SENIORS!

As Superintendent of Santa Fe Public Schools, I would like to wish you all a very Happy New Year!

Did you realize voter participation rates for Americans aged 65+ is over 30 percentage points higher than for voters aged 18 - 24? Clearly, our seniors have something to teach younger voters about community engagement and citizenship!

On February 1st at 9AM we will host a General Obligation Bond early-voting opportunity at our Central Office at 610 Alta Vista Street for our high school seniors who have recently registered to vote. The General Obligation Bond raises revenues from property taxes to fund building and upgrades for our public schools. I am extending an invitation to senior members of our community to join us and show our high school seniors how it's done! We'll serve coffee and snacks to make our "Seniors and Seniors" event memorable. Election Day is Tuesday, February 7th at sites throughout the city.

THANK YOU, Santa Fe, for your continued support of SFPS!

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, and whole grains
- Be more physically active
- Maintain a healthy weight

Attend an ICAN class at either the Mary Esther Gonzales (MEG) or Ventana de Vida Senior Center! The dates/times are as follows at 1 p.m.:

- MEG: Thursday, January 19th
- Ventana: Friday, February 10th
- MEG: Tuesday, March 14th
- Ventana: Friday, April 7th

For more information please contact Renee at (505) 471-4711.

FREE Veterans Lunch at Pacifica Senior Living

If you are a veteran, please attend this FREE lunch event, which takes place the first Tuesday each month from 11:30 a.m. to 1 p.m. at Pacifica Senior Living (2961 Galisteo Rd). Honoring those who served our country, David Smith, Veterans' Service Officer of Santa Fe, will educate you on the many VA Benefits available while you also enjoy lunch. Please bring your discharge/ separation information for eligibility. Please call (505) 438-8464 to reserve your spot.

MLK Day Project

The Santa Fe Senior Volunteer Programs are collecting children's books (bilingual preferred), activity books (coloring books, word searches, work books) and crayons to support children and families in our community. Donations will go to Somos un Pueblo Unido, a community based organization in Santa Fe that focuses on workers and immigrants needs. Many families are assisted through this organization, and the collections will go to those families and their children.

Donations will be accepted now – Friday, January 20, 2017 at the following locations:

- MEG Senior Center (1121 Alto Street)
- City Hall (200 Lincoln Ave)

This service project is meant as a way to honor the legacy of Dr. Martin Luther King Jr. through community action and support as well as volunteer service, to address social issues and local needs. If you have questions, please contact Triston Lovato-Armstrong at (505) 955-4760 or trlovato@santafenm.gov.

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 starting in late January. One copy of your interview will be sent to the Library of Congress, one copy to the University of Texas, one copy for the New Mexico National Guard Museum and one for you or your family. Just call Albert at (505) 955-4715 and leave your name and contact information and the project staff will make arrangements to interview you.

Possible Trip Planned for June

A trip is tentatively scheduled for Pigeon Forge and the Great Smoky Mountains. Planned for Saturday, June 3 – Sunday, June 11, 2017, more information will be available next month. For questions, please call Cecilia Lopez at (505) 204-9527.

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

Direct Deposit: Bring a blank check to get direct deposit of your refund in 8-10 days with no fees.

Cantact: Peter Doniger, District Coordinator, AARP Tax-Aide in Santa Fe
Cell: (505) 670-6835 or SFCC: (505) 428-1780 or email *taxhelpsantafe@gmail.com*

Ayuda de Impuestos para el año 2016

!Deseamos preparar sus impuestos GRATIS!

Del 27 de enero hasta el 17 de abril

Universidad de Comunidad de Santa Fe,
Fitness Center
8:30-5pm Lunes - Viernes
9am-1pm Sábado
Cerrado por vacaciones de primavera en SFCC del 13 de Marzo a 18

Nuestra Señora
de Guadalupe Iglesia
Entre Alameda y Guadalupe
Lunes - Viernes 9-12

Depósito de Reembolso gratis

Consiga todo lo que usted puede, usted debe traer la información siguiente:

Foto ID.
Las tarjetas de la Seguridad Social o ITIN de los Padres y de los Niños.
W-2 formas. Un documento que muestra el salario total del año, de cada trabajo para cada persona.
Si usted trabaja por su cuenta traiga todos los ingresos y costos de su trabajo.
No se olvidan: Mileage para sus costos del vehículo
Gastos para el uso parcial de su hogar como oficina o taller
Herramientas, uniformes, publicidad, un teléfono (de casa o celular), etc

Interés o dividendos recibidos. Usted debe traer las formas 1099 del banco.
Seguridad Social. Usted debe traer la declaración del final del año de la Seguridad Social.
Desempleo. Usted debe traer la forma W2-G del departamento de trabajo.
Juego. Traiga las formas 1099 que usted recibió cuando ganó y una lista de todas las otras apuestas que ha hecho. Si usted puede conseguir del casino su tarjeta de jugador, ésa es el mejor.
Pensiones. Traiga la forma 1099-R que usted recibió del pago de la pensión.
Seguros Médicos: Traiga toda la información sobre los seguros médicos

Traiga la lista de gastos que pagó por Cuidados De Niños Universidad o formación professional.
Costos Médicos.
Interés de la hipoteca y impuestos sobre la propiedad.
Donaciones De la Caridad.

Cantacto: Peter Doniger, Ayuda de Impuestos, AARP Tax-Aide en Santa Fe. Lo sentimos, solo se habla ingles en el teléfono celular.
Celular: (505) 670-6835 o SFCC: (505) 428-1780 o
E-mail taxhelpsantafe@gmail.com *(Ingles solamente por favor)*

(Above photo): Volunteers enjoy themselves at the “Giving Thanks” dance in November.

(Above photo): Sister Jo and the guitar class performing Christmas songs. (Right photo): Enjoying the Christmas tree at the MEG center! From left to right: Lawrence Paul Fresques, Lil Snee, and Emily Romero. **(Photo below)**: The “Be a Santa to a Senior” gift wrapping group has the holiday spirit.

RSVP (RETIRED SENIOR VOLUNTEER PROGRAM)

JANUARY - 2017

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.**

Volunteer with the Santa Fe Children's Museum

The SF Children's Museum fosters interactions among children and families, and encourages active participation in the learning process through interactive exhibitions and programs. Their mission is to build upon a child's natural sense of joy and discovery by cultivating habits of inquiry in the arts, sciences, and humanities. Volunteer opportunities include: engaging with visitors, serving as an education program facilitator, and Earthworks Garden Assistant/Facilitator (watering, weeding, pruning, composting). Please call Triston if any of these opportunities interest you!

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!

Volunteer with the Literacy Volunteers of Santa Fe

Volunteers serve as tutors either in the Basic Literacy Program or the English as a Second Language (ESL) Program. The primary goal of a Basic Literacy tutor is to help adults in the Santa Fe area acquire basic reading and writing skills and to use those skills to meet self-identified goals, such as job advancement, GED attainment, ability to read to children and grandchildren, and sometimes, college admissions. The goal of an ESL tutor is to help adults in the Santa Fe area acquire conversational English skills and to use those skills to meet self-identified goals, such as job advancement, citizenship, and improved parenting skills. Upcoming trainings in early February – call Triston for more details.

Volunteers born in JANUARY!

RSVP

Jhana Noble	1/01
Mela Vigil	1/01
Al Hill	1/03
Lucy E. Romero	1/03
Grace E. Gutierrez	1/04
Audrey Martinez-Coburn	1/04
Reyes P. Garcia	1/06
Leonard Garcia	1/10
Alan Karp	1/11
Dolores Vigil	1/14
Suzanne Allen	1/16
Caroline J. Montoya	1/16
Dian Wahl	1/16
George Auchampaugh	1/19
Susan M. Sheldon	1/21
Virginia Lierz	1/26
Michael Mier	1/26
Pauline Orosco	1/26
Donna L. Herbst	1/28
Dottie Hill	1/28
Caro Wateman	1/28
Deluvine R. Baca	1/29

FGP/SCP

Antonia Salazar	1/17
Maria Carta	1/26
Perfilia Martinez	1/28

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

Photo by Clyde Mueller
The New Mexican

Photo by Luis Sánchez Saturno
The New Mexican

Volunteers featured as "10 who made a difference"

Two volunteers who donate their time within the City of Santa Fe Division of Senior Services were featured in the *New Mexican's* "10 who made a difference" series in November. Both part of RSVP (Retired Senior Volunteer Program), Ben Martinez and Doug Schocke have given much of their time to assist seniors in our community.

Ben Martinez has served as a volunteer ceramics and jewelry instructor at the Mary Esther Gonzales Senior Center for the past 14 years. Donating his time three days a week, Ben has taught and befriended many seniors who look forward to attending his classes.

Doug Schocke is a volunteer with Computer Charity NM, an organization that refurbishes and gives computers to low-income families and those who need them. Doug was the key person in setting up and maintaining computer labs within the senior centers in Santa Fe. He has also served as a member of the Senior Advisory Board and the RSVP Advisory Council.

Thank you to these individuals for the time you have donated to seniors and to our community!

Thank you to Home Instead Senior Care and Ambercare for Sponsoring the "Giving Thanks" dance in November.

Both agencies generously contributed donations to pay for the band during the November dance thrown for Foster Grandparent, RSVP, and Senior Companion volunteers. Those contributions are greatly appreciated!

Home Instead Senior Care provides home care services to help keep seniors safe and independent wherever they call home. In-home care services are available 24 hours a day, 365 days a year. Call (505) 471-2777 or visit their website for more information.

Ambercare provides services to New Mexicans in their own homes, including: Home Health Care, Hospice Care, Medical Equipment & Supply, and Personal Care Services. For more information visit their website or call (505) 982-4098.

Home Instead SENIOR CARE®
To us, it's personal.

ambercare
www.ambercare.com • (505) 982-4098

ONGOING ACTIVITIES

JANUARY - 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 **9-11 am:** Computer class **9:30 am:** Zumba Gold (low impact) **1:30 pm:** Oil painting 1/3, 1/17 **1:30 pm:** Nia Technique (1st & 3rd Tuesday)	**8:15 am:** Tai Chi **9:30 am:** Enhance Fitness **9:30 am:** Ceramics **1-3 pm:** Bingo	**8:15 am:** Tai Chi **9-11 am:** Computer class **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 **9-11 am:** Computer class	**8:30 am:** Zumba **1 pm:** Line Dance (Advanced)	**8:30 am:** Yoga (class currently full) **Noon:** Sing along **9-11 am:** Computer class	**9 am:** Tai Chi **10 am**: Zumba **10 am:** Ceramics **1 pm:** Line dance (Intermediate)	**1 pm:** Line dance (Beginner/Low intermediate) **9-11 am:** Computer class
8 am – 1:30 pm: Fitness room				

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

Villa Consuelo Senior Center – 1200 Camino Consuelo				
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
9:30 am: Ceramics	**11 am – 2 pm:** Bingo	**9:30 am:** Ceramics	**2:30 pm:** Acrylics painting class	**1:30-3 pm:** Guitar forum

***NOTE: Please <u>print</u> your name on our activity sheets anytime you participate.**

UPCOMING ACTIVITIES

JANUARY - 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:

- January 10th
- February 14th

Monthly Senior Services Committee Meetings

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

Senior Olympics: Wed. January 4th at 9:30 a.m.
Transportation/Nutrition: No meeting
Advisory Board: Wed., January 18th at 9:30 a.m. In the new computer lab.
Travel Committee: Thurs., January 19th at 8:45 a.m.
SAC Board: Thurs., January 19th at 10 a.m.

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 January.

Luisa – Thursday, January 5th	11 – noon
Pasatiempo – Thursday, January 12th	11 – noon
MEG – Wednesday, January 18th	11 – noon
Ventana – Thursday, January 26th	11 – noon
Villa Consuelo – Tuesday, Jan 31st	10 – 11 a.m.

Free Hair Cuts at MEG & Pasatiempo

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

January 4th	MEG
January 11th	MEG
January 18th	Pasatiempo
January 25th	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 $100 Guarantee

The Luisa Senior Center at 1500 Luisa St (enter on Columbia) will host a Bingo on Sunday, January 8, 2017 from 1 to 4 p.m. The cost is $12 for a package and four specials at $1 each. The blackout game is $2 and the jackpot winner goes home with $100! Please bring small bills. There will be enchiladas, rice and a drink available for $5.

UPCOMING ACTIVITIES

JANUARY - 2017

Movie Day at Luisa Senior Center Wednesday, January 18, 2017 1 p.m. "Sully"

(2016 • PG-13 • 1h 36m)

On January 15, 2009, the world witnessed the "Miracle on the Hudson" when Captain "Sully" Sullenberger glided his disabled plane onto the frigid waters of the Hudson River, saving the lives of all 155 aboard. However, even as Sully was being heralded by the public and the media for his unprecedented feat of aviation skill, an investigation was unfolding that threatened to destroy his reputation and his career.

Movie Day at Ventana De Vida Senior Ctr. Wednesday, January 25, 2017 1 p.m. "Philomena"

(2013 • PG-13 • 1h 35m)

An internationally acclaimed film that tells the true story of Philomena Lee, who in 1952 gave birth to a son in a home for unwed mothers in Ireland. Forced to give up the child for adoption, Philomena tries over a period of fifty years to find out what happened to her son. Finally, after enlisting the help of a British journalist, her search leads her to America. Starring Judi Dench and Steve Coogan, the New York Times describes the film as "so quietly moving that it feels lit from within."

Movie Day at the MEG Senior Center Tuesday, January 31, 2017 1 p.m. "Courageous"

(2011 • PG-13 • 2h 9m)

From the writers of Fireproof and Facing the Giants comes a story about four law enforcement officers whose lives are deeply tested as they embrace their calling to serve and to protect. As crime fighters, they must face danger every day. Yet when tragedy hits close to home, they are left wrestling with their hopes, their faith, and their priorities as men. Like iron sharpening iron, the power of their friendship invites them to face their hidden struggles as fathers. It is out of this honesty that comes a life-altering decision. With action, drama, and humor, the fourth film from Sherwood Pictures embraces God's promise to "turn the hearts of fathers to their children, and the hearts of children to their fathers". Your soul will be stirred and your heart will be challenged to be...Courageous!

Ken from Home Instead Sings at MEG

Join us for lunch at the MEG Center on Monday, January 30th 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.

UPCOMING ACTIVITIES

JANUARY - 2017

Ring in the New Year with Dancing

Please join us as we welcome 2017 with some entertainment and dancing featuring music by Bandalegre at the Fraternal Order of Eagles (833 Early Street). The dance will be on Thursday, January 5, 2017 from 1 to 4 p.m. Thank you to Berardinelli Funeral Service who will be sponsoring this dance. There will be no cover charge and light refreshments will be served. Come join us!

Let's Celebrate Your Birthday

Humana will be supplying cake to celebrate all seniors who have a birthday this month! Birthday celebrations take place every first Wednesday at MEG, every second Wednesday at Pasatiempo, and every third Wednesday at Ventana de Vida. Join us!

Nia Technique on 1st & 3rd Tuesdays

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

- January 3rd
- January 17th

MEG Exercise Room

Please welcome Gitte Mainland, Volunteer Trainer in assisting seniors in the MEG exercise room. Ms. Mainland will be available on Tuesdays and Thursdays from 9 to 11 a.m. If you would like this assistance please join her.

Yoga Cancelled at Ventana De Vida & MEG

Yoga instructor Mary Jo will not be available during the month of January. We apologize for the inconvenience.

SENIOR OLYMPIC SPOTLIGHT

Kick-Off Registration for Local Games

Where: Mary Esther Gonzales Senior Center (1121 Alto Street, Craft Room)
When: Monday, January 9, 2017 from 9 a.m. – noon
Fee: Registration is $15

Local Games Registration will take place from Monday, January 9th – Friday February 24th

Late Registration will take place from Monday, February 27th – Friday, March 3rd
Late Registration fee is $25.00

We welcome new faces and hope to see you there. Please join us!

If you have any questions please feel free to contact me at 505-795-3817

Happy New Year! Until next month,
Cristina Villa

What is Palliative Care? How does it differ from Hospice Care?

A compilation of information from Eileen Joyce, Comfort Keepers Community Outreach

Part 1: Background information

In 1974, Connecticut Hospice opened the first hospice in the United States. See http://www.hospice.com/cthospice/index.html; accessed March 29, 2005.

In the United States, early hospice services were provided almost exclusively in patients' homes. The early U.S. hospice movement was created outside of the established health care system. In contrast with the United Kingdom, these teams were usually nurse and/or volunteer led.

In 1974, Dr. Balfour Mount, a Canadian urologic surgeon, returned to McGill University in Montreal, Quebec, Canada after visiting St. Christopher's Hospice to open one of the first "hospice" units in Canada.

However, the word hospice in French had meant a place of last resort for the poor and the derelict for hundreds of years. To fill the need for an acceptable term to describe the place to care for the dying, Balfour Mount coined the term palliative care (soins palliatifs in French) to be a synonym for hospice that would be acceptable to both English-speaking and French-speaking Canadians.

Concurrently, a palliative care unit opened at the Royal Victoria Hospital, Montreal, Canada, and a terminal care unit opened at St. Boniface Hospital, Winnipeg, Manitoba, Canada. The latter later changed its name to "a palliative care unit."

Twenty-six sites were selected to demonstrate the financial efficiency and humanitarian benefits of hospice care. The project was so successful, it led to early presentation to Congress.

In the United States, the prevailing pattern of home-based care was systematized in the Medicare Hospice Benefit legislation passed in 1982 and implemented in 1983.

It is important to know the history of the movement and terms in order to avoid misunderstandings. While the terms hospice and palliative care both have historical roots that vary regionally and nationally, there was a convergent evolution in the development of clinical services to address the unmet expectations and needs of patients and families who were living with advanced life-threatening illnesses in many different countries and cultures.

Palliative Care Improves Quality

Patients facing a serious illness value survival, quality of life, and minimization of suffering for themselves and their families. For patients with far-advanced disease, hospice care is the "gold standard" of care in meeting these goals. Palliative care achieves these goals for patients who are living with a serious illness but may not be at the end of life. Many studies demonstrate many improved outcomes for patients receiving palliative care: improved quality of life, reduced symptoms, enhanced emotional support, improved communication with physicians, earlier and more frequent use of hospice, reductions in family distress, improved survival, and greater satisfaction with care.

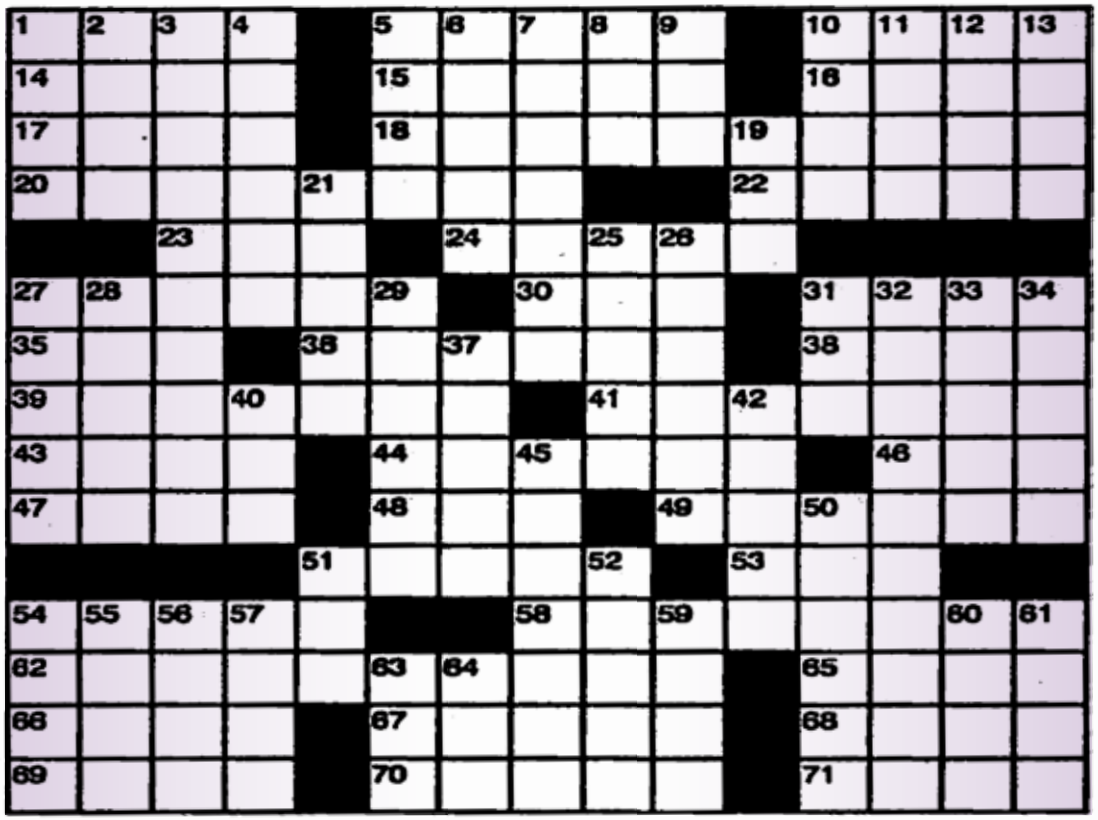
Question	Palliative Care	Hospice Care
Who can receive this care?	Anyone with a serious illness, regardless of life expectancy, can receive palliative care	Someone with an illness with a life expectancy measured in months not years
Can I continue to receive treatments to cure my illness?	You may receive palliative care and curative care at the same time	Treatments and medicines aimed at relieving symptoms are provided by hospice
Does Medicare pay?	Some treatments and medications may be covered	Medicare pays all charges related to hospice
Does Medicaid pay?	Some treatments and medications may be covered	In most states, Medicaid pays all charges related to hospice
Does private insurance pay?	Some treatments and medications may be covered	Most insurance plans have a hospice benefit
Is this a package deal?	No, there is no 'palliative care' package, the services are flexible and based on the patient's needs	Medicare and Medicaid hospice benefits are package deals
How long can I receive care?	This will depend upon your care needs, and the coverage you have through Medicare, Medicaid or private insurance	As long as you meet the hospice's criteria of an illness with a life expectancy of months not years
What organization provides these services?	Hospitals Hospices Nursing Facilities Healthcare Clinics	Hospice organizations Hospice programs based out of a hospital Other healthcare organizations
Where are services provided?	Home Assisted living facility Nursing facility Hospital	Usually, wherever the patient resides, in their home, assisted living facility, nursing facility, or hospital. Some hospices have facilities where people can live, like a hospice residence, or receive care for short-term reasons, such as acute pain or symptom management.
Who provides these services?	It varies. However usually there is a team including doctors, nurses, social workers and chaplains, similar to the hospice team.	A team – doctor, nurse, social worker, chaplain, volunteer, home health aide and others.

For more information, visit the Center to Advance Palliative Care:
www.getpalliativecare.org

PUZZLE 27

ACROSS
1. Sci. course
5. Subsequently
10. Sandwich shop
14. Hitchcock film
15. Pickling solution
16. Chief Norse god
17. Flabbergasts
18. Rangy
20. Prove
22. In want
23. Garden tool
24. Easily alarmed
27. Withholds
30. Negative prefix
31. Lake Baikal locale
35. Hosiery color
36. Pancho's friends
38. Play an ice game
39. Conundrums
41. Piloted
43. Field of work
44. Not-withstanding
46. Chemical ending
47. Whale herds
48. Old-time car
49. Leisure shoe
51. Indian state
53. Army rating: abbr.
54. Knife sharpener
58. Vacation spot
62. Stingy
65. And others: abbr.
66. Uninteresting
67. Della or Pee Wee
68. Sleuth Wolfe
69. "____ are called, but . . ."
70. Following: Fr.
71. West of Nod

DOWN
1. ____ Stoker (Dracula's creator)
2. Famous battleship
3. Generous
4. Wound
5. Competent
6. U.S. poet
7. Applying color
8. MIT grad
9. Seminary subj.
10. Venetian magistrate
11. Advantage
12. Song, in Stuttgart
13. ____ 500
19. Purpose
21. Embryonic
25. ____ Jaw, Saskatchewan
26. Fix in the mind: var.
27. Leather fastener
28. African capital
29. Bedaubs
31. WWI flier
32. Like a mountain goat
33. Miss Dunne
34. Northern tree
37. Capri and Wight
40. "____ Kapital"
42. Boys' collars
45. Braggart
50. Dry, one-seeded fruit
51. Candidate Landon
52. U.S. Attorney General
54. Counterfeit
55. Home of Irish kings
56. Actress Moran
57. Whirlpool
59. Fruit drinks
60. Steak order
61. North Carolina college
63. Lyricist Gershwin
64. Ninth mo.



You Beautiful Doll

72

Her full name is Barbara Millicent Roberts, she's from Willow, Wisconsin, and she was introduced to teen girls in March 1959. Originally a teen fashion model, she has held many jobs over the years, including stewardess and veterinarian. She's the Barbie doll!

- ☐ ACCESSORIES
- ☐ ARCHED eyebrows
- ☐ ARMS
- ☐ BLONDE
- ☐ BOX
- ☐ BRUNETTE
- ☐ CLOTHING
- ☐ DOLL
- ☐ FACE
- ☐ FASHION model
- ☐ FEET
- ☐ GOLD earrings
- ☐ HAIR
- ☐ HANDLER, Ruth (inventor)
- ☐ HANDS
- ☐ HEAD
- ☐ HIGH-HEELED shoes
- ☐ HOOP earrings
- ☐ LEGS
- ☐ MATTEL
- ☐ OPEN-TOED shoes
- ☐ ORIGINAL
- ☐ PONYTAIL
- ☐ POPULAR
- ☐ RED FINGERNAILS
- ☐ RED LIPS
- ☐ SMALL
- ☐ SUNGLASSES
- ☐ TOY
- ☐ VINYL body
- ☐ ZEBRA-STRIPED bathing suit

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

PUZZLE ANSWERS

JANUARY - 2017

PUZZLE 27

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

SUDOKU GRID

puzzle on page 22

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

72

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

BREAKFAST MENU

JANUARY - 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.*

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

Monday	Tuesday	Wednesday	Thursday	Friday
2 ***All Senior Centers CLOSED in observance of New Year's Day***	**3** Breakfast burrito w/scrambled egg cheese, bacon red chile	**4** Boiled eggs Hot oatmeal Tomato juice Margarine	**5** Grilled ham, cheese Peppers & onions Small roll Margarine	**6** French Toast Maple syrup Scrambled egg Tomato juice
9 Pancakes Maple syrup Sausage patty Tomato juice	**10** Scrambled egg Grilled peppers Hash browns Cheese, bacon	**11** Peanut butter Jelly Small roll Tomato juice	**12** Grilled ham Potatoes Salsa Margarine	**13** Breakfast burrito w/scrambled egg cheese, bacon red chile
16 ***All Senior Centers CLOSED in observance of Martin Luther King Jr. Day***	**17** Grilled ham Peppers Tortilla Margarine	**18** Waffles Maple syrup Scrambled egg Tomato juice	**19** Breakfast biscuit w/sausage, cheese Salsa Margarine	**20** Cold cereal Cottage cheese Tomato juice Jelly
23 Diced ham Potatoes, cheese Salsa Margarine	**24** Breakfast burrito w/scrambled egg cheese, bacon red chile	**25** Sausage patty Hash browns Cheese, green chile Small roll, margarine	**26** Ham & cheese biscuit Salsa Margarine	**27** Scrambled egg Green peppers Potatoes Bacon
30 Boiled eggs Hot oatmeal Margarine Tomato juice	**31** Sausage, potatoes Cheese, salsa Margarine			**Please Note: Menu is subject to change.**

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.

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

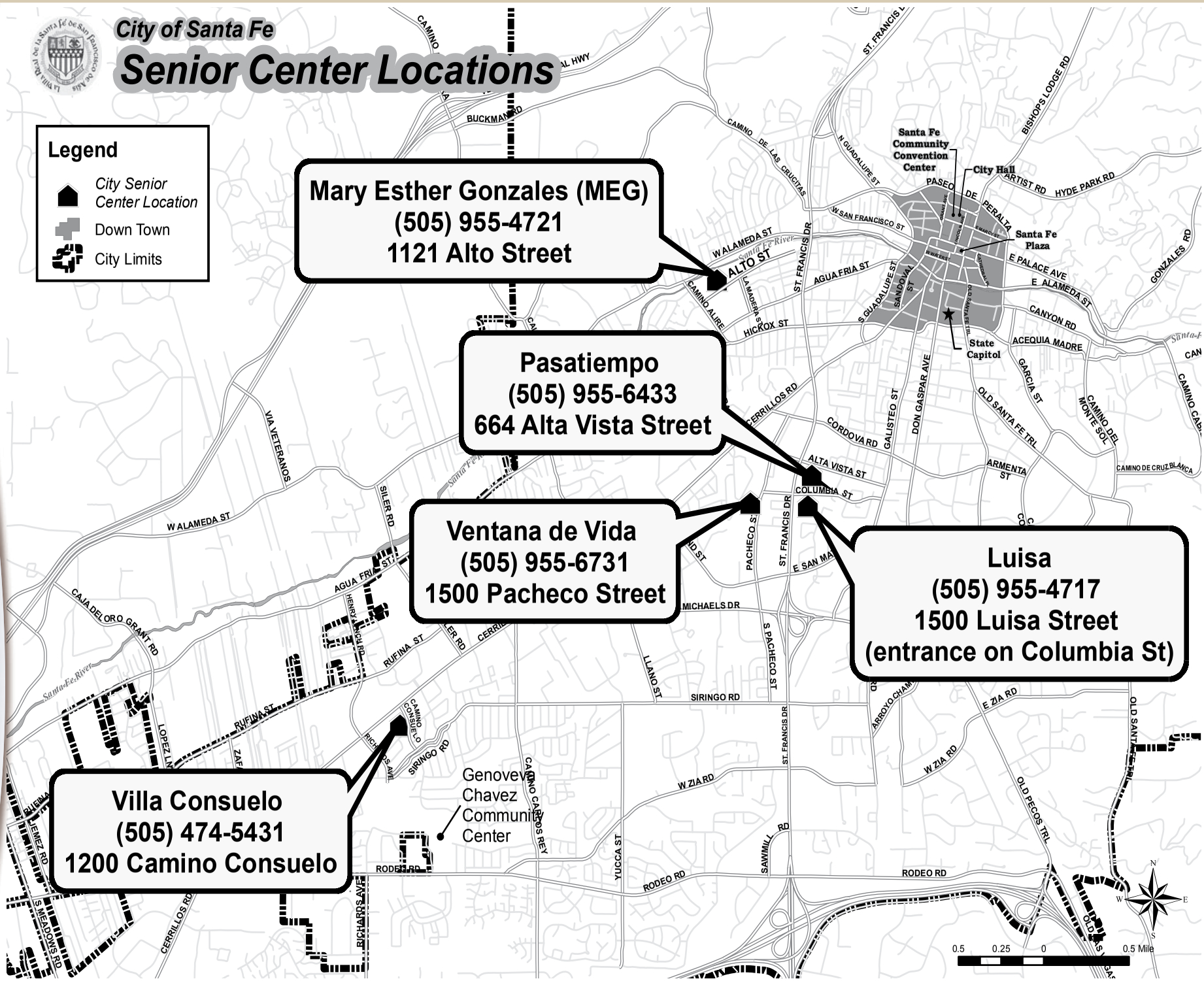
SENIOR CENTER LUNCH MENU
JANUARY 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 **ALL CENTERS CLOSED IN OBSERVANCE OF NEW YEARS DAY**	**3** **Chicken Fried Steak** Mashed Potatoes with Gravy Steamed Green Beans Whole Wheat Roll with Butter Apple Cobbler	**4** **Chicken Provencal** with veggies & sauce Steamed Rice Buttered Spinach Whole Wheat Roll with Butter Tropical Fruit	**5** **Pork Roast** Mashed Potatoes with Brown Gravy Asparagus Tips Whole Wheat Roll with Butter Applesauce	**6** **Hot Turkey Sandwich** with Turkey Gravy Baked Sweet Potatoes Broccoli with Cheese Cranberry Sauce Jello
9 **Baked Fish Fillet** with Tatar Sauce Parsley Potatoes Creamy Coleslaw Whole Wheat Roll Chocolate Pudding	**10** **Beef Tips** with Steamed Rice Steamed Broccoli Green Salad/Dressing Whole Wheat Roll with Butter Chilled Pears	**11** **Stuffed Chicken Breast** Steamed Spinach California Veggies Baked Biscuit Peach Crisp	**12** **Red Chile Beef Enchiladas** Salsa Corn Tossed Salad with Dressing Apple Cobler	**13** **Roast Beef** Mashed Potatoes with Brown Gravy Green Beans Whole Wheat Roll White Cake
16 **ALL CENTERS CLOSED IN OBSERVANCE OF MARTIN LUTHER KING JR. DAY**	**17** **Baked Chicken Breast** Wild Rice Carrot Raisin Salad Biscuit with Butter Mandarin Oranges	**18** **Meatloaf with Topping** Scalloped Potatoes Green Beans Whole Wheat Roll with Butter Straberry Shortcake	**19** **Pork Stir Fry** Stir Fry Veggies Tossed Salad Whole Wheat Roll with Butter Baked Sliced Apples	**20** **Beef Steak** with Veggie Topping Steamed Spinach Parmesan Potato Rounds WW Roll with Butter Lemon Bar
23 **Spaghetti** with Meat Sauce Buttered Green Beans Green Salad/Dressing Garlic Bread Jello with Pears	**24** **Red Chile Tamale** Pinto Beans Vegetable Salad Tortilla Mandarin Oranges	**25** **Beef Stroganoff** with Egg Noodles Steamed Spinach Cauliflower w/Cheese Cottage Cheese with Pineapple	**26** **Baked Ham** Baked Yams Steamed Broccoli with Butter Whole Wheat Roll with Butter Applesauce	**27** **Chicken Fettuccini** with Alfredo Sauce Buttered Carrots and Peppers Garlic Bread Chilled Pears
30 **Baked Chicken** Breast Sandwich Celery Sticks Tater Tots Cottage Cheese with Peaches	**31** **Pork Posole** with Red Chile Spinach Salad Pinto Beans / Tortilla Strawberry & Peaches PB Cookie		***Please Note:*** Menu is subject to change. **Milk is served with each meal.**	

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

Non senior (59 and 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.

City of Santa Fe

Senior Center Locations