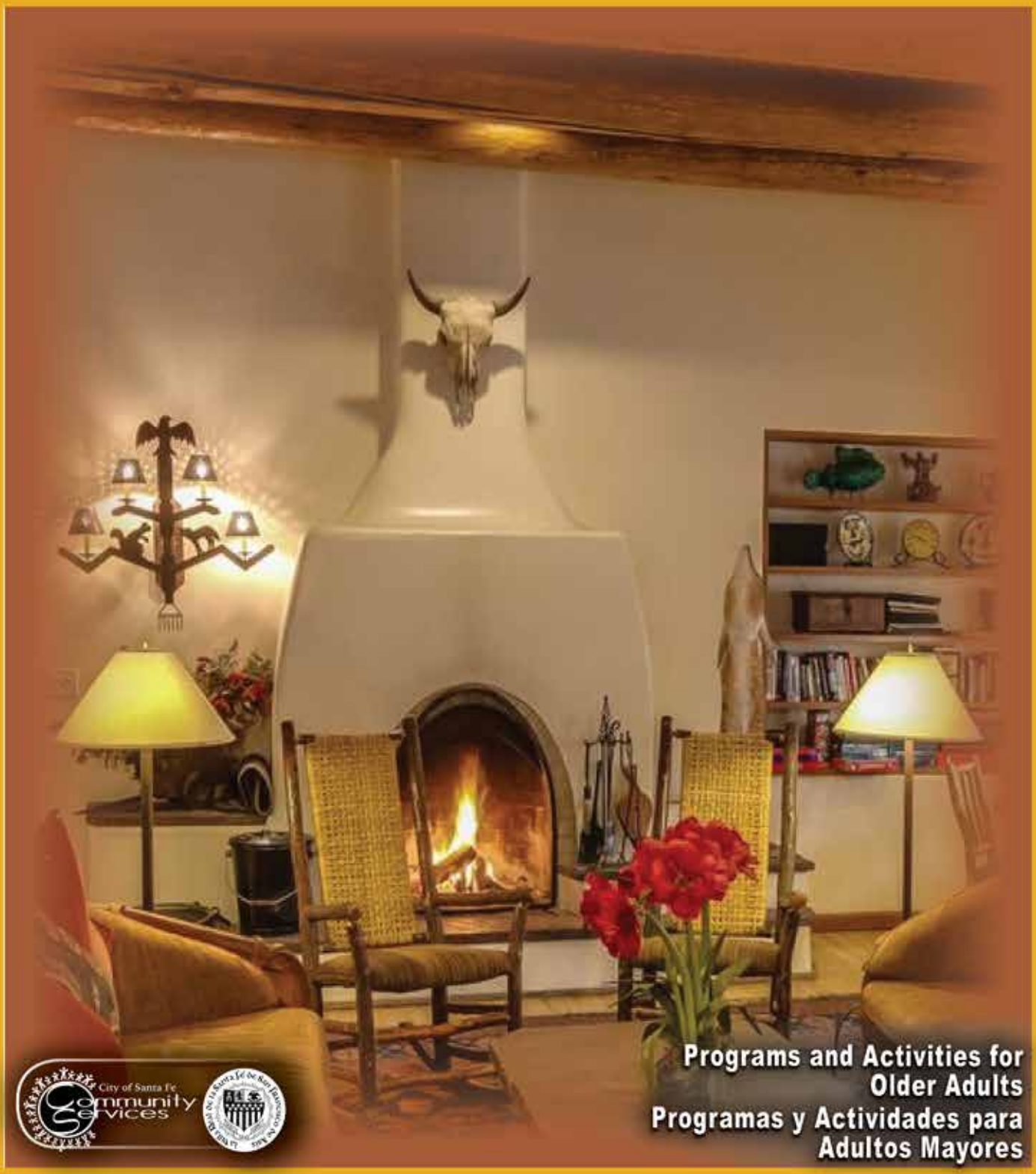
THE SENIOR SCENE



Programs and Activities for Older Adults
Programas y Actividades para Adultos Mayores

Offered by: Division of Senior Services
www.santafenm.gov/senior_scene_newsletter

JANUARY 2019

CITY OF SANTA FE, DIVISION OF SENIOR SERVICES

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

JANUARY - 2019

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."

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

Administration
Cristy Montoya, Administrative Secretary 955-4721
Cara Alunno, Receptionist 955-4741
FAX Machine - Administration 955-4797

Senior Services Registration
Brenda Ortiz, Database Specialist 955-4722

Transportation Ride Reservations (page 3) **955-4700**
Linda Quesada-Ortiz, Project Manager/ Dispatch 955-4702
Vacant, Administrative Assistant 955-4700

Nutrition
Yvette Sweeney, Program Administrator 955-4739
Enrique DeLora, Inventory Supervisor 955-4750
Tebrina Roibal, Administrative Assistant 955-4749
FAX Machine - Nutrition 955-4794

Meals On Wheels (for homebound individuals)
Carlos Sandoval, Program Supervisor 955-4748
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
Theresa Trujillo, Program Supervisor 955-4745
Katie Ortiz, Clerk Typist 955-4746

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

Retired Senior Volunteer Program (RSVP)
Triston Lovato-Armstrong, RSVP Administrator 955-4760
Marisa Romero, Program Coordinator 955-4743

50+ Senior Olympics
Cristina Villa, Program Coordinator 795-3817

Miscellaneous
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

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SENIOR SERVICES PROGRAM INFORMATION

JANUARY - 2019

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.***

SENIOR TRANSPORTATION INFORMATION

To Reserve: **Call (505) 955-4700 before 4:00 pm to reserve a ride.**
Rides must be requested at least 24 hours in advance of service. 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: **Suggested donation of 50¢ a ride (one-way trip) for seniors 60 & over.** You may purchase a 25-ride ticket for $10.00 from the Transportation Office or drivers.

Schedule: **Rides are available 8:15 am to 4:15 pm Monday through Friday.**
Please Note: Reduced hours on the first Tuesday of every month due to required staff training; last call for pick-up is 2:45 pm on these days.

Vans leave from the MEG Center at noon, 1:00, 2:00 and 3:00 pm every day (Please be seated in the lobby or outside patio benches).

Rides to medical appointments are given priority over all other rides.

Notes: Closed Tuesday, January 1st (New Year's Day)
Closed Monday, January 21st (Martin Luther King Day)

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.

By Gino

A message from the Division Director

Welcome to 2019! Time sure flies when you're having fun. I want to wish everyone a HAPPY NEW YEAR! I want to thank you all for your support, especially in the areas of completing your re-assessments. Yes, those questions that sometimes make you feel uncomfortable however, without getting re-assessed on a timely manner, we lose critical funds that we use to buy food that we serve you at congregate meals, or food that we deliver to our homebound clients. Also, if you did not get re-assessed and you used our vans, we don't get reimbursed for that service as well. So here is where your $1.50 donation for meals and $0.50 cents donation for transportation work wonders. It augments our funding so we can buy more (quality) food and transport more seniors to their medical appointments or eat meals and socialize at Senior Centers

I also want to take the time to thank all our volunteers who help us in so many ways. You're our most treasured resource and the main reason why we have such a great program. In 2018 our volunteers have already volunteered thousands of hours to our community. This is why our Senior Program is the best in New Mexico, where the greatest people do great things every day.

On behalf of the City of Santa Fe, Division of Senior Services I would like to take this opportunity to express my gratitude to the former Senior Activity Corporation (SAC) for a very generous donation of $83,832.73. For many years, SAC and the Division of Senior Services collaborated for the primary purpose of enriching the quality of lives of the elderly population and needy seniors. We will be developing a program which will be focusing on the Grandparents Raising Grandchildren Program and the Needy Seniors Program, in which we hope to launch by the summer of 2019. Stay tuned for more information about the specifics of these two new programs in future newsletters

Again, I thank all of you for your kind and generous donations, for your endless hours of hard work and dedication to make our Senior program a huge success. It is very much appreciated by the Division of Senior Services staff and the Senior community. 🙂

Senior Center Closures

Tuesday, January 1: All senior centers closed for New Year's Day; centers will reopen and services will resume on Wednesday, 1/2.

Monday, January 21: All senior centers closed for Martin Luther King Jr. Day; centers will reopen and services will resume on Tuesday, 1/22.

Are you a reader, a writer, a horse lover? Horsetography: Writing your horse's story.

Explore your horse's power and majesty, authenticity and intuition on the page. Write from experience or memory, imagination or myth. Build a bond with your horse -- real or imagined - by writing his or her story using memoir, poetry, or fictional forms.

Saturdays, 1-3 p.m., February 16 through March 23rd. Main Campus, Room 410.

To register call 505-428-1676 or visit https://www.sfcc.edu/offices/continuing-education/.

Sponsored by the Santa Fe Community College Continuing Education.

Senior Center Book Donations

Thank you to everyone who contributed paperback and especially hardback books and current magazines this past year! Please continue to bring in books in good condition and magazines dated 2019. Please take them to the office of Albert Chavez, Activities Coordinator at the Mary Esther Gonzales Senior Center. We request that you not leave them in the front lobby area, as we need to sort and organize them. Your donations are very much appreciated.

Attention Grandparents Raising Grandchildren

The City of Santa Fe, Division of Senior Services currently has funds available to assist grandparents providing out-of-pocket expenses such as medical related expenses, food, clothing, etc., for their grandchildren. Eligible senior citizens (55 year of age or older) who live in the city/county of Santa Fe, and who show proof of actively raising/providing financial assistance for their grandchild/grandchildren, may receive up to $200.00 annually per grandparent/household for reimbursable expenses. For more information please contact Melanie Montoya at (505) 955-4761.

Santa Fe Art and History Museums FREE Times for Senior Citizens

Georgia O'Keefe Museum
Two blocks from Plaza on Johnson St.
505-946-1000
Free first Friday of each month, 10 am – 7 pm with NM identification

New Mexico History Museum
On Plaza
505-476-5019
Free first Sunday of each month
Free Friday evenings 5 pm – 7 pm with NM identification

New Mexico Museum of Art
On Plaza
505-476-5072
Free first Sunday of each month with New Mexico identification

SITE Santa Fe
Railyard
505-989-1199
Free every Friday 10 am – 7 pm
Free every Saturday 10 am – 12 pm

Museum of Spanish Colonial Art
Museum Hill, Old Santa Fe Trail
505-982-2226
Free first Sunday of each month with NM identification

International Folk Art Museum
Museum Hill
505-476-1200
Free first Sunday each month with NM identification
Free every Wednesday, Seniors over 60 with NM identification

The Santa Fe County Mobile Health Van

will not be out until further notice. For further information, call Patricia Boies, Health Services Division Director, at (505) 995-9538.

Senior Services Reassessments

Just a reminder to please take a look at your senior services membership card and make sure it is not expired. If the date on the card has passed, please visit the front office at the Mary Esther Gonzales Senior Center (1121 Alto Street) to update your membership. It is an ongoing process, so thank you for being patient with us. If you're not sure whether you need to come in or not it is always best to ask, so you can call our office at (505) 955-4721 to check your status. It is very important that everyone is up-to-date in our system because having a current assessment and information for each person is how we get reimbursed for the services you receive, which then allows us to continue providing those services. Thank you again!

Senior Seeking Support Group

Do you or someone you know have Age-related Macular Degeneration (AMD)? Are you interested in sharing thoughts about living with AMD? If so, for support and companionship, please contact Nina Burton at (505) 474-5633 or *ninaburton39@gmail.com.*

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. As part of Comfort Keepers in-home caregivers, this support group is free and meets every 2nd and 4th Wednesday from 2:00–3:00 pm. The next dates are January 9 and then January 23. Contact: Eileen Joyce, (505) 428-0670, *ej@eileenjoyce.com.*

Free Stroke Support Group

This group is for stroke survivors and their significant others. The group meets on the first Wednesday of every month from 11:00 am to noon in the Atrium Conference Room at Christus St. Vincent (first floor across from the elevators). For more information or if you have questions please call Anna at (505) 988-2583.

The Memory Club – A Service of the Memory Care Alliance of Northern New Mexico

Sponsored by Comfort Keepers, in-home caregivers, this weekly support group is for family members of a loved one with dementia. Having a weekly place to go, to share experiences, learn the latest brain information, and exchange helpful ideas can be just the break you need. The group meets on the first three Fridays of each month from 2:00–3:00 pm at 1301 Luisa St. Please contact David at (505) 310-9752 or *david@memorycarenm.org* for questions and to reserve your place as space is limited.

Support Group for Living with a Chronic Illness

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 and creating resilience. The group is sponsored by Berardinelli Support for Living Programs, and is free and facilitated by Eileen Joyce, Certified Coach/Grief Recovery Specialist. The group meets every 2nd and 4th Tuesday from 2:00–3:00 pm. The next dates are January 8th and 22nd. then in January. Contact: Eileen Joyce, 505-428-0670, *ej@eileenjoyce.com*.

Jewish Care Program Support Group

The Jewish Care Program in Santa Fe currently offers a FREE grief and loss support group on Thursdays from 1:00–2:00 pm. Open to anyone in Santa Fe 18+ who has lost a loved one, pre-registration is required; call 505-303-3552. Once you preregister, you can show up as desired. Since this is an ongoing group, there is no time commitment required. Call for location and more information.

Part-Time Job Opportunity

Position: Senior Service Aide assigned to a senior center kitchen.

Qualifications: must be 60 years of age or older, low income status, possess a valid driver license and must be able to stand and be on feet for four hours each shift.

How to apply:

Contact Tebrina Roibal at 955-4749 or come see her in the Nutrition Section.

In Remembrance

Sylvia Farber died on November 22, 2018. She was 100 years old. Sylvia was born on July 26, 1918 in Philadelphia, PA. Sylvia is survived by her sons Steven Farber (Marguerite) of Santa Fe, New Mexico and Jeffrey Farber of Montpelier, Vermont. She is also survived by her six grandchildren, many nieces and nephews and extended family. She is also missed by her dear friends at Encino Villa where she lived for many years before her death. Sylvia grew up on Marshall Street in Philadelphia, the shopping street for the immigrant Jewish community. Her parents had a street peddler's cart and then later a dry goods store that the family lived above. She was a child of the depression and during World War II she was a Rosy the Riveter at the Philadelphia Naval Yard and the only woman on the Marshall Street Air Warning group sponsored by the local synagogue. She met her future husband when they worked at shoe stores in the same neighborhood. They married, had two sons, and opened a Mom and Pop grocery in North Philadelphia. After she became a widow, she raised her sons and nephews and continued to live above and run the tiny store. Sylvia moved to Santa Fe, New Mexico in 1984 to become a "Bubba" and she adopted Santa Fe as her home town. She made herself feel right at home regularly attending Temple Beth Shalom, working as a bookkeeper, and hiking in the mountains. After she "retired" at age 75, Sylvia became a Foster Grandparent at Carlos Gilbert Elementary School and spent 18 years working with Mrs. Dolores Pong as her mentor and guide. She retired again when she was 93 years old and stopped driving. She was famous for making her delicious banana cakes for every occasion. Sylvia attributed her long life to being active, not taking medicine unless absolutely necessary, and watching her diet very carefully. Though she slowed down as she aged, she still walked every day in every form of weather and she thoroughly enjoyed her 100th birthday party surrounded by family and friends. May she rest in peace.

In Remembrance

Richard C. (Rick) Beare, 74, a resident of Santa Fe, New Mexico passed away November 20, 2018. Rick was born on April 7, 1944 in Albuquerque. He met Judi Hutchinson when they were 15 at "Dog n' Suds." They were married in 1962 and moved to Santa Fe. He worked for the Phone Company and was contracted to Los Alamos Labs. They had three children; Rick, Billy and Cherese, who married and had children. Rick liked to work out, do Karate and Tai Chi. He belonged to the Explorer Scouts and was a life time member of the Elks Lodge 460 in Santa Fe. He also liked to build houses and loved dancing. Rick and Judi were married 56 years! He will be greatly missed.

Thank you, thank you!

Special thank you to Kingston for their generous donation of $1,291 (proceeds from a jewelry sale) donated to the Mary Esther Gonzales Senior Center. Pictured above, Katya Mahurin of Kingston, Becky Roehning of Kingston and Gino Rinaldi of Senior Services.

On behalf of the Division of Senior Services, we would like to thank the following people for donating and putting together over 133 laundry baskets filled with tissue paper, laundry soap, bath items, etc. The baskets were disbursed to less fortunate senior citizens in our community. Donors/volunteers: Lizette Gibbs, Justina Martinez, Teresa Moya, Kenneth Quintana, Michelle Hicks, Janet Gallegos, Margo Gomez, Mary Encinias, Deborah Trujillo, Anjelica Salazar, Laura Garcia-Barron, Anna Luisa, Tina Villas, Michelle Esparsen, Brenda Serrano-Solorzano, Anna Roybal, Suzy Porter, Josh Porter, Salomon Chavez, Salvador Chavez, Angelique Chavez, Antoinette Chavez, Veronica Chavez, Albert Chavez, Eileen Chavez, Andres Encinias Chavez, Yvonne Encinias, Sylvia Villarreal and Jean Glidwell.

Mark Your Calendars for Educational Technology Mail-In Ballot!

SFPS will seek voter approval for educational technology funding. A ballot from the District will arrive in your mailboxes in early February; voting ends on March 5. This is an opportunity to invest in essential technology in classrooms throughout the city that is necessary to prepare students for the digital world we live in. The ETN will not raise taxes! The election will be so easy: just mark your ballot and return it through the mail! Postage is provided. More information will be forthcoming but mark your calendars now for the chance to support student learning in 2019!

Veronica G. Garcia

RSVP (RETIRED SENIOR VOLUNTEER PROGRAM) & SENIOR OLYMPICS

JANUARY - 2019

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 Marisa Romero at (505) 955-4743 or *mvromero@santafenm.gov*.**

RSVP *Voluntarios*

Lucy E. Romero	1/03
Reyes P. Garcia	1/06
Leonard Garcia	1/10
Dolores Vigil	1/14
Caroline J. Montoya	1/16
Maria A. Salazar	1/17
George Auchampaugh	1/19
Teresa Martinez	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 Voluntarios

Antonia Salazar	1/17
Maria Carta	1/26
Perfilia Martinez	1/28
Frances Padilla	1/29

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

Volunteers Needed for Ronald McDonald Family Room at CHRISTUS Hospital

The Ronald McDonald Family Room at CHRISTUS St. Vincent Hospital offers a place for parents to rest and regroup right at the hospital, just moments away from their sick child. The Family Room is open five days a week and is staffed by hospital volunteers. The Family Room volunteers greet families, maintain visitor data, stock food, drinks, and help families with their needs. Volunteers are asked to work one, three hour shift per week. The shift times are between the hours of 9:00 am and 6:00 pm. Please contact us to enroll in RSVP and get started in this position!

Senior Olympic Spotlight

Kick-Off Registration for Local Games

Where: Mary Esther Gonzales Senior Center (1121 Alto Street)

When: Monday, January 7, 2019 from 9:00 am – noon

Cost: $15.00

We welcome new faces and hope to see you there this year. Join us!

Local games registration will be open from Monday, January 7 through Friday, February 15.
Registration fee is $15.00.

Late registration will be from Monday, February 18 through Friday, February 22.
Late registration is $25.00
No registrations will be accepted after Feb. 22!

GCCC Registration Days:

- Wed., January 9, 8:00 am – noon
- Tuesday, January 22, 8:00 am – noon
- Friday, February 1, 8:00 am – noon
- Wed., February 13, 8:00 am – noon

Fee must be paid with a check or cash. Checks are payable to the City of Santa Fe.

If anyone is interested in being an event manager for any sport, please contact me at (505)795-3817. We are also seeking anyone interested in joining the Senior Olympic Committee. We meet once a month and welcome new faces!

Happy Holidays! – Cristina Villa

AT - A - GLANCE

JANUARY - 2019

Sister Jo's Guitar Class prepares to perform at the Mary Esther Gonzales Senior Center.

Bill Brown warms up prior to the performance

Freddy Rodriguez and Rose Solano are ready to jam!

MEG's very own Paul Montano performing for the Snowball Dance.

Chris Abeyta and son spread the holiday cheer at the MEG Senior Center.

STEWARDSHIP SANTA FE

Retired and Senior Citizens Making a Difference in Community

Stewardship Santa Fe is a program designed to give retired and senior citizens opportunities to make a meaningful difference in Santa Fe. Stewardship Santa Fe gives civic-minded people a vehicle for their community-oriented energies and provides access to people who have made a difference in the community.

If you want to give your wisdom and experience back to Santa Fe, then this program is for you!

Stewardship Santa Fe gives particular focus to systems thinking, addressing community needs, and small group project skills.

There are many benefits to joining the Stewardship Santa Fe Class, including:

- Personal interaction with Santa Fe citizens who have made a difference in business, government and the non-profit community
- Unique networking opportunities with your class peers and people who have changed Santa Fe for the better
- High level leadership and community building training that will enhance your ability to listen better, see varied perspectives, be more understanding and compassionate, develop bonds with peers and work with them to serve Santa Fe

Program Summary

- Up to 30 participants attend a series of 10 half-day sessions. The program starts on March 22 and continues weekly, ending on May 31. (No session on April 19.)
- The sessions are on Friday mornings from 9:00 a.m. – 12:00 p.m.
- A typical day is as follows: civics is from 9:00 – 10:15 a.m. then a 15-minute break and then stewardship skills are from 10:30 a.m.–12:00 p.m.
- The sessions are held in the Los Alamos National Bank Community Room, 301 Griffin Street.
- Each participant is asked to create a possibility statement about the impact of his/her stewardship and have the opportunity to share it in the last class.
- Each participant commits to a collaborative project to address an issue or opportunity in Santa Fe and have a chance to share it at the last class.

Proposed List and Order Of Civics Topics* Spring 2019

March 22: Opening Session

March 29: Local Governance/ Public Policy

April 5: Cultural Richness and Preservation

April 12: Schools/ Education/ Youth

April 26: Environment/ Ecology/Water

May 3: Arts

May 10: Health & Hunger

May 17: Beautification

May 24: Public Safety

May 31: Possibility Statements & Collaborative Project Presentations

Cost: $295

Facilitator: **David Markwardt** is the Executive Director of Stewardship Santa Fe and owns David Markwardt Consulting, LLC. He is the facilitator for many programs in Santa Fe, including The Executive Leadership Institute, The Essentials for Supervisors Program, The Public Servant Emerging Leaders Program, Santa Fe Chamber of Commerce's Leadership Santa Fe.

For More Information And To Register:

Please contact **David Markwardt** at
(505) 204-8820
davidbmarkwardt@gmail.com

* subject to change

ONGOING ACTIVITIES

JANUARY - 2019

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 Street)				
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
1:30 pm: Art class	**11:45 am:** Grupo Cielo Azul (live music every other Tuesday)			**1-3 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 **9:30 am:** Yoga **1:30 pm:** Oil painting (1/8, 1/22) **1:30 pm:** Nia Technique (3rd Tuesday)	**8:15 am:** Tai Chi **9:30 am:** Enhance Fitness **9:30 am:** Ceramics **1-3 pm:** Bingo **1-3 pm:** Quilting (1st & 3rd Wednesday)	**8:15 am:** Tai Chi **9:30 am:** Wood carving **10-11 am:** Chi Gung (gentle exercise)	**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 lab hours (Wednesdays, 10 am-noon, General Computer Instruction; Fridays, 10 am-noon, Online job/application assistance)				

Pasatiempo Senior Center – 664 Alta Vista Street				
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
8:30 am: Yoga (class currently full)	**8:30 am:** Zumba **9:30-11:30 am:** Guitar class **11 am:** Line dance (Beginner) **noon:** Line dance (High intermediate)	**8:30 am:** Yoga (class currently full) **Noon:** Grupo Cielo Azul (live music)	**9 am:** Tai Chi **10 am**: Zumba	**noon:** 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	**10 am:** DanceAbility **1-3 pm:** Bingo	

Villa Consuelo Senior Center – 1200 Camino Consuelo – CLOSED for Renovations				
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**

***NOTE: Please print your name on our activity sheets every time you participate.**

UPCOMING ACTIVITIES

JANUARY - 2019

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 1:00–5:00 pm but please arrive at 12:30 pm 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. Leave a message if you reach a recording. Let them know that you are registering for the Santa Fe Smart Driver course and the date you would like.

Upcoming dates are:

- January 8
- February 12

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 can be found on the Ongoing Activities page.

Luisa: Tuesday, January 8 at 9:00 am
Ventana De Vida: Monday, Jan.7 at 9:30 am

Monthly Senior Services Committee Meetings

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

Senior Olympics: Thursday, January 10 at 1:30 pm
Advisory Board: Wednesday, January 16 at 9:30 am

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: Friday, January 11, 10:30 am – noon
MEG: Friday January 18, 10:00 – noon
Pasatiempo: Friday, January 4, 10:30 am – noon
Ventana: Friday, January 25, 11:00 am – noon

Weekend Bingo at Luisa

The Luisa Senior Center (1500 Luisa St, enter on Columbia) will be host a bingo on Sunday, January 6th from 1:00–4:00 pm. The cost is $12.00 for package and there's a $100.00 jackpot. There will be a Frito pie, dessert, and a drink for $5.00; please bring small bills. They will also be selling Frito pies and a drink for $5.00. Everyone is welcome!

Blue Lotus Art Outreach

Artist and Folk Art Museum docent Diana Mamalaki will lead a monthly holiday project art class at Luisa Senior Center. Classes will be:

- Monday, January 14, 1:00–3:30 pm
- Monday, January 28, 1:00–3:30 pm

Ken from Home Instead Sings at MEG

Join us for lunch at the MEG Center on Monday, January 28 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 - 2019

Let's Celebrate Your Birthday

Each Senior Center will be supplying cake to celebrate all seniors who have a birthday this month! Birthday celebrations take place on the following dates during the lunch hour:

- **Luisa:** Friday, January 11
- **MEG:** Wednesday, January 2
- **Ventana de Vida:** Wednesday, Jan 16

Computer Instruction Available

Do you need help using computers and the Internet? If so, stop by the Mary Esther Gonzales (MEG) for assistance. *Please not that assistance at Luisa is currently unavailable due to internet issues.*

- **Wednesdays, 10:00 am–noon**

Get assistance with basic browsing, email, Microsoft programs and other general computer questions. The volunteer instructor will be available during this time block; walk-ins are welcome!

- **Fridays, 10:00 am–noon**

Get assistance with job searches, online applications, email, research and other general computer instruction. The volunteer instructor is available during this time block; walk-ins are welcome!

"New Year's Dance"

The New Year's Eve Dance will be hosted by the Ventana De Vida Senior Center on Thursday, January 3rd from 1:00–4:00 pm. The dance will be held at the Fraternal Order of Eagles Club (833 Early Street) and music will be by Bandalegre. Admission is $2.00 and light refreshments will be served.

Free Hair Cuts at MEG & Pasatiempo

Senior Center 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 December are as follows on Wednesdays at 10:00 am:

- January 9 and 16 at MEG
- January 23 and 30 at Pasatiempo

The haircut sign-in sheet at MEG will be available in the Program Coordinator's office door starting at 9:00 am.

Free Hair Cuts at Ventana De Vida

Senior Center volunteer Nancy Quintana, a licensed beautician, will provide free haircuts to seniors (on a first come first serve basis, 20 haircuts per day). She will be available on the first and third Tuesday each month starting at 10:00 am. The haircut sign-in sheet will be at the lunch check in table starting at 9:00 am.

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 the Mary Esther Gonzales (MEG) or Ventana de Vida Senior Center!

- MEG: Wed., Jan. 9th and 23rd at 10:30 am
- Luisa: Mon., Jan. 7, 14 and 28 at 10:00 am
- Ventana de Vida: Monday., Jan. 14 at 1:30 pm
- Villa Consuelo: Thurs., Jan. 3, 10, 24 and 31 at 10:00 am

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

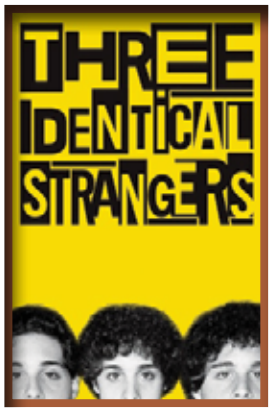
UPCOMING ACTIVITIES

JANUARY - 2019

Movie Day
at Luisa Senior Center Thursday, January 31, 2019 at 1:00 pm
"A Star is Born"
(2018 • R • 2h 14m)

Seasoned musician Jackson Maine discovers -- and falls in love with -- struggling artist Ally. She has just about given up on her dream to make it big as a singer until Jackson coaxes her into the spotlight. But even as Ally's career takes off, the personal side of their relationship is breaking down, as Jackson fights an ongoing battle with his own internal demons.

Movie Day
at Ventana de Vida Senior Center
Wednesday, January 9, 2019 at 1:00 pm
"Three Identical Strangers"
(2018 • PG • 1h 37m)



This award-winning documentary is about three identical triplets separated at birth, who discover each other by an astonishing coincidence when they're nineteen. Born to a single mother in July, 1961, a New York adoption agency intentionally placed the infants with families of different economic levels—one working class, one middle-class and one wealthy. Then, after the triplets are happily reunited and become celebrities, a series of events lead to shocking and sinister secrets. Starring real-life triplets—Edward Galland, David Kellman and Robert Shafran.

Chi Gung Transformation

Please join volunteer instructor, Rezi for "Chi Gung – energy medicine for health and harmony, embrace the universal forces of nature through sacred animal forms" at the Mary Esther Gonzales Senior Center dining room. The class focuses on slow, deliberate movements, meditation and breathing exercises to help your circulation, balance and alignment. The low-impact exercise session takes place on Thursdays from 10:00–11:00 am. For more information please call Rezi at (505) 992-1909.

Movie Day
at MEG Senior Center
Tuesday, January 29, 2019 at 1:00 pm
"Ride the Pink Horse"
(1947)

In the bordertown of San Pablo, preparing for an annual 'Mexican Fiesta,' arrives Gagin: tough, mysterious and laconic. His mission: to find the equally mysterious Frank Hugo, evidently for revenge; or is it blackmail? FBI agent Retz is also after the elusive Hugo. Everyone in town is enigmatic, especially Pila, a mystical teenager who follows Gagin around and has premonitions of his death. Also involved are a classic femme fatale and an antique carousel with a pink horse...

Southwest History Book Reading Club

Members of the SW history Book Reading Club will be traveling to Albuquerque on Wednesday, (Jan 23,2019) to view Part II of the "Vision of the Hispanic World: Treasures from the Spanish Society Museum and Library." Part I was viewed by the book club on Nov 23, 2018. The SW Reading Club meets on the 2nd and 4th Wednesday of the month from 10:00am till 12 Noon in the MEG Center Boardroom. Along with reading SW History books, they are currently viewing a series of 24 DVD's on the American West, one of the Great Courses available to the membership. For additional information, please contact Andres Romero, andresromero@comcast.net.

Spanish Classes for Beginners

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

UPCOMING ACTIVITIES

JANUARY - 2019

Nia Technique on 3rd Tuesday

The Nia Technique class at the MEG Senior Center will take place on Tuesday, January 15 at 1:30 pm. The first Tuesday class will be cancelled due to the New Year holiday. Sorry for the inconvenience.

MEG Exercise Room

Volunteer trainer Gitta Mainland will not be available to assist in the MEG exercise room for the month of January. Sorry for the inconvenience.

Teeniors Coaching Event

Teeniors, the tech-savvy teens and young adults who help seniors learn technology through one-on-one coaching will be back in Santa Fe this month! Join them at the Mary Esther Gonzales Senior Center (1121 Alto Street) on Friday, January 4 from 3:00–5:00 pm in the dining room. Call Albert at (505) 955-4715 to sign up.

Are you 60 plus? Hike with us!

Have you been thinking about hiking but haven't gotten around to it? Well read on for this month's hikes! Please note that hikes are subject to change due to weather or other unforeseen circumstances.

Special note – change in hiking schedule! January will be the last month that we will hike on the 1st and 3rd Thursdays. Beginning in February, we will hike on the 2nd and 4th Thursdays. This change will give you more than a week advance notice between the hike announcement in the monthly Senior Scene and the hike itself on the 2nd Thursday.

Lower Tesuque Creek Trail (January 3rd – 1st Thursday) This hike starts at the Tesuque Creek Campground (9,700 feet) and the good news is that it goes downhill from there. You guess it – the not so good news is that the return hike is uphill, but not steep. Bring poles and spikes (yak tracks) if you have them and don't forget water and trail snacks. Because of the likelihood of snow, this hike is not recommended for first-time hikers.

Borrego/Bear Wallow Trail (January 17th – 3rd Thursday) By popular demand, we will repeat the hike we did last month. This 4.3 mile hike is on a well-defined path through the forest along the Borrego/Winsor/Bear Wallow Trails. Hike elevation is 8,240-8,900 feet so there most likely will be some snow on the ground. While snow adds to the beauty and adventure of the hike, snow also makes a hike more strenuous. Bring poles and spikes (yak tracks) if you have them Because of the likelihood of snow, this hike is not recommended for beginners

1. Register for the hike by calling Albert at (505) 955-4715; call 24 hours in advance to cancel;
2. Arrive at the Mary Esther Gonzales Senior Center between 8:30 & 8:45 am for check-in;
3. Required: You must present your current Senior Membership card (new rule);
4. Fee/Donation: Suggested $1.00 roundtrip;
5. Suggested items to bring: Water, lunch/snack, sturdy shoes, a hat, jacket and under layers and gloves;
6. Expect winter weather, so be prepared with the above items!

Special Note: a gentle reminder to all hikers that winter weather is more extreme in the mountains so dress accordingly – bring a hat, gloves, a warm jacket with under layers so you can remove if you get hot. Also remember the importance of having snacks and water!

Like us on Facebook

If you are on Facebook, please visit our page and follow/like us to see all the latest news, events, photos and daily menu!

www.facebook.com/santafeseniorservices

LET'S SUPPORT KIDS FOR MLK DAY OF SERVICE

MLK DAY OF SERVICE
Corporation for NATIONAL & COMMUNITY SERVICE

ESSENTIAL ITEMS DRIVE

Many students attend class without items that meet their basic needs, making it difficult for them to make it through the day and maintain focus. This MLK Day of Service, we want to help Communities in Schools of New Mexico get these items to kids who need them most.

To help this cause, donate items for elementary through high school, such as: Toiletries (soap, toothpaste and toothbrushes, shampoo, etc.), Underwear, Socks, Feminine Hygeine Products, and other items to help students be prepared for school!

JANUARY 2-31, 2019

DROP-OFF LOCATIONS:

Mary Esther Gonzales Senior Center
1121 Alto St
Santa Fe, NM 87501

Santa Fe Community Foundation
501 Halona St
Santa Fe, 87505

Need some to pick up items from your location?
Call 505-955-4761 and ask for Melanie to set something up!

Sponsored By:

Opportunity Santa Fe
Birth to Career

and

City of Santa Fe
Senior Services

Office of the Inspector General
SOCIAL SECURITY ADMINISTRATION

Fraud Advisory

FOR IMMEDIATE RELEASE
December 7, 2018
https://oig.ssa.gov

IG Warns Public About Fraudulent Phone Calls Threatening Arrest or Legal Action

The Acting Inspector General of Social Security, Gale Stallworth Stone, is urging citizens to remain vigilant of telephone impersonation schemes that exploit the Social Security Administration's (SSA) reputation and authority.

The Office of the Inspector General (OIG) continues to receive reports from across the country about fraudulent phone calls from people claiming to be from SSA. Recent reports have indicated that unknown callers are using increasingly threatening language in these calls. The callers state, due to improper or illegal activity with a citizen's Social Security number (SSN) or account, a citizen will be arrested or face other legal action if they fail to call a provided phone number to address the issue. This is a scam; citizens should not engage with these calls or provide any personal information.

SSA employees do contact citizens, generally those who have ongoing business with SSA, by telephone for customer-service purposes. However, SSA employees will never threaten you for information; they will not state that you face potential arrest or other legal action if you fail to provide information. In those cases, the call is fraudulent, and you should just hang up.

"Unfortunately, scammers will try anything to mislead and harm innocent people, including scaring them into thinking that something is wrong with their Social Security account and they might be arrested," Stone said. "I encourage everyone to remain watchful of these schemes and to alert family members and friends of their prevalence. We will continue to track these scams and warn citizens, so that they can stay several steps ahead of these thieves."

The OIG recently warned that some of these impersonation calls have "spoofed" SSA's national customer service phone number, displaying 1-800-772-1213 as the incoming number on caller ID.

The Acting Inspector General urges citizens to be extremely cautious, and to avoid providing information such as your SSN or bank account numbers to unknown persons over the phone or internet unless you are certain of who is receiving it. If you receive a suspicious call from someone alleging to be from SSA, you should report that information to the OIG at 1-800-269-0271 or online at https://oig.ssa.gov/report.

For more information, please visit https://oig.ssa.gov/newsroom/scam-awareness. For media inquiries, please contact Andrew Cannarsa, OIG's Communications Director, at (410) 965-2671.

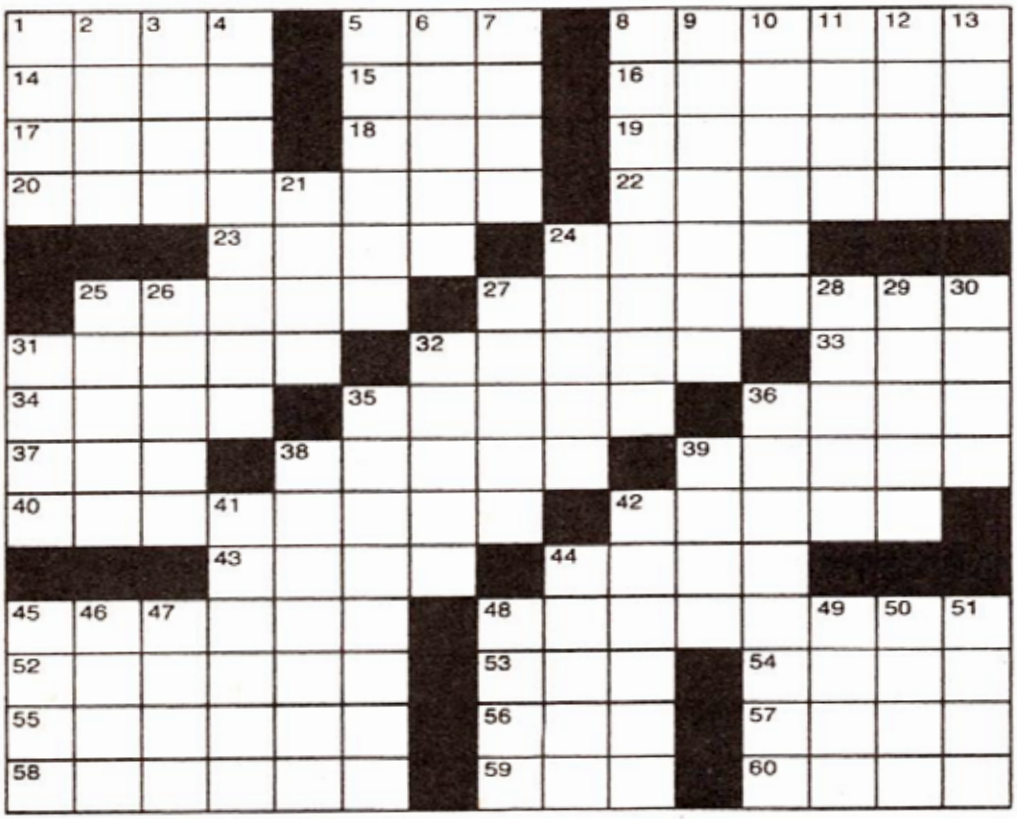
PUZZLE 70

ACROSS

1. Tip the hat
5. Raw mineral
8. Elec. units
14. Hodgepodge
15. Pinch
16. Big cat
17. Make over
18. Enemy
19. Swelling: var.
20. Text comment
22. Postal inquiry
23. Writer Anita ——
24. Grain husk
25. Occurrence
27. Pace
31. Get up
32. Incline
33. Sherbet
34. Boys
35. Fife
36. FDR's dog
37. Summer: Fr.
38. Cut
39. Lobster roe
40. Sidewalk
42. Buoy
43. Table scraps
44. Owl sound
45. Actor Omar
48. Beachhead
52. Scarface
53. Thai coin
54. Roman road
55. "—— Fideles"
56. Female ruff
57. Cal. town
58. Least
59. Yore
60. Vault

DOWN

1. Village: Ger.
2. Margarine
3. Dog's name
4. Apodal
5. Walking: 2 wds.
6. Melees
7. Fencing sword
8. Sail bottom
9. Needle-shaped
10. Earthworks
11. Actor Guinness
12. Rounded roof
13. Leading actor
21. Not any
24. John Wilkes ——
25. Poetry Muse
26. TV picture
27. Poker hand
28. Coronet
29. Brilliance
30. Ring
31. Hebrew letter
32. Laths
35. Fallen arches
36. Low mound
38. Dashes
39. Coagulate
41. Knobby
42. Added a column
44. Inn
45. Con job
46. Fault angle
47. Mimic
48. Food
49. Siouan Indian
50. Helen's mother
51. Faucet leak



17 Superstores

Supermarkets and automobiles were a match made in heaven—or at least, in the '30s! A retailing innovation, supermarkets offered more items and at lower prices than neighborhood groceries, making them thrifty places to shop. Automobiles gave people the ability to travel to these mega-groceries and stock up on goods in a single trip.

- ☐ AISLES
- ☐ BARGAINS
- ☐ BREAD
- ☐ BUTTER
- ☐ CANDY
- ☐ CANNED goods
- ☐ CARRIAGE
- ☐ CASH-AND-CARRY concept
- ☐ CASHIER
- ☐ CONVENIENCE
- ☐ DISPLAYS
- ☐ EGGS
- ☐ FISH
- ☐ FROZEN foods
- ☐ FRUIT
- ☐ GROCERIES
- ☐ LARGE store
- ☐ LOW PRICES
- ☐ MEAT
- ☐ MILK
- ☐ PAPER bags
- ☐ PARKING lot
- ☐ POULTRY
- ☐ PRODUCTS
- ☐ PURCHASES
- ☐ REFRIGERATION case
- ☐ SELF-SERVICE
- ☐ SHELVES
- ☐ SHOPPERS
- ☐ VEGETABLES

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

PUZZLE ANSWERS

JANUARY - 2019

PUZZLE 70

D	O	F	F		O	R	E		F	A	R	A	D	S	
O	L	I	O		N	I	P		O	C	E	L	O	T	
R	E	D	O		F	O	E		O	E	D	E	M	A	
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			L	O	O	S		B	R	A	N				
	E	V	E	N	T		F	O	O	T	S	T	E	P	
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S	H	A	R	I	F		F	O	O	T	H	O	L	D	
C	A	P	O	N	E		A	T	T		I	T	E	R	
A	D	E	S	T	E		R	E	E		L	O	D	I	
M	E	R	E	S	T		E	L	D		L	E	A	P	

17

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

BREAKFAST MENU

JANUARY - 2019

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 $1.00 for seniors 60 and over and a fee of $7.00 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 senior centers.**

Monday	Tuesday	Wednesday	Thursday	Friday
	1 **All Senior Centers Closed for New Year's Day**	**2** Oatmeal Scrambled Eggs Potatoes Canadian Bacon Orange Juice	**3** Pancakes with Syrup & Margarine Potatoes with Peppers Apple Juice Apple	**4** Biscuit w/ Country Gravy Sausage Patty Orange
7 Corn Flakes Apple Mini Muffin Tomato Juice	**8** Malt-O-Meal Ham, Egg & Cheese Croissant Apple	**9** Cinnamon Oatmeal Raisins Toast w/ Margarine Apple	**10** Tropical Fruit Bowl Turkey Bacon Toast w/ Margarine	**11** Cheerios French Toast w/ Syrup, Bacon Sliced Pears
14 Corn Flakes Apple Mini Muffin Tomato Juice	**15** Malt-O-Meal English Muffin w/ Egg, Cheese, & Sausage Green Chile Mixed Fruit	**16** Oatmeal Scrambled Eggs Potatoes Canadian Bacon Orange Juice	**17** Pancakes w/ Syrup & Margarine Potatoes w/ Peppers Apple Juice Apple	**18** Biscuit w/ Country Gravy Sausage Patty Orange
21 **All Senior Centers Closed for Martin Luther King Jr. Day**	**22** Malt-O-Meal Ham, Egg & Cheese Croissant Apple	**23** Cinnamon Oatmeal Raisins Toast w/ Margarine Apple	**24** Tropical Fruit Bowl Turkey Bacon Toast w/ Margarine	**25** Cheerios French Toast w/ Syrup, Bacon Sliced Pears
28 Bran Flakes Waffle w/ Syrup Grilled Ham Chilled Peaches	**29** Malt-O-Meal English Muffin with Egg, Cheese & Sausage Green Chile Mixed Fruit	**30** Oatmeal Scrambled Eggs Potatoes Canadian Bacon Orange Juice	***31*** Pancakes with Syrup & Margarine Potatoes with Peppers Apple Juice Apple	***Feb-1***

What fruits & vegetables are in season during the winter?
December, January, February

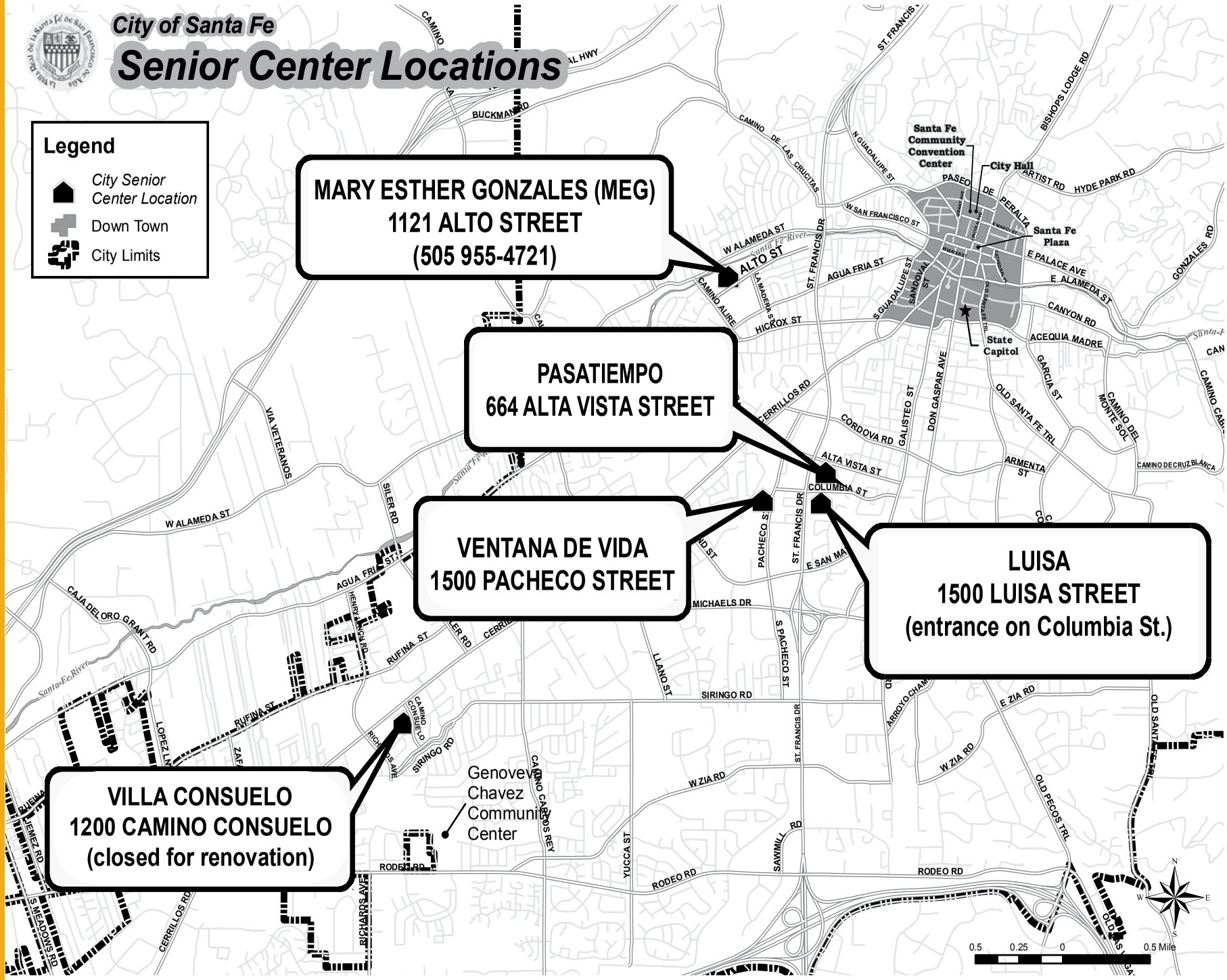
Belgian Endive
Brussel Sprouts
Buttercup Squash
Cactus pear
Cardoon
Cherimoya
Clementine's
Collard Greens
Date Plums
Dates
Delicata Squash
Grapefruit
Kale
Kiwifruit
Leeks
Mandarin Oranges
Maradol Papaya
Oranges
Passion Fruit
Pears
Persimmons
Pomegranate
Pummelo
Red Banana
Red Currants
Sharon Fruit
Sweet Dumpling Squash
Sweet Potatoes
Tangerines
Turnips

SENIOR CENTER LUNCH MENU
JANUARY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 **All Senior Centers Closed for New Year's Day**	**2** **Salisbury Steak** Mushroom Gravy Scalloped Potatoes Mixed Veggies WW Roll with Margarine Chilled Apricots	**3** **Hot Ham & Cheese Sandwich** Garnish Tater Tots Green Beans Peaches in Cottage Cheese	**4** **Chicken Alfredo over Fettuccini** Noodles Broccoli & Cauliflower Garlic Bread Cherries in Yogurt
7 **Swedish Meatballs** over Egg Noodles Peas & Carrots Breadsticks Pineapple	**8** **Chicken & Potato Burrito** Green Chile Sauce Spinach Salad Fruit Cocktail in Jello	**9** **Beef Roast** ½ Baked Potato Tossed Salad California Veggies WW Roll with Margarine Tapioca Pudding	**10** **Lasagna** Italian Veggies Tossed Salad Garlic Toast Chilled Peaches	**11** **Crunchy Chicken Taco** Garnish and Salsa Calabacitas Refried Beans Applesauce
14 **Sloppy Joe** French Fries Chuck Wagon Corn Strawberries in Yogurt	**15** **Country Style Ribs** Baked Beans Spinach Salad Peas & Carrots Cornbread Fresh Orange	**16** **Meatloaf with Tomato Veggie** Topping Potatoes Au Gratin Tossed Salad WW Roll with Margarine Vanilla Ice Cream	**17** **Baked Chicken** Chicken Gravy Wild Rice Asparagus with Onions Biscuit with Margarine Tropical Fruit	**18** **Green Chile Cheeseburger** Garnish Ranch Beans Onion Rings Fresh Apple
21 **All Senior Centers Closed for Martin Luther King Jr. Day**	**22** **Teriyaki Chicken** Fried Rice Oriental Veggies WW Roll with Margarine Mandarin Oranges Fortune Cookie	**23** **Pork Red Chile Tamale** Red Chile Sauce Pinto Beans Squash & Corn Sliced Pears	**24** **Salmon Patty** Tomato Macaroni Asparagus Spears Lemon Bar	**25** **Beef Brisket** Pork & Beans Carrots Coleslaw Garlic Toast Oatmeal Cookie
28 **Baked Cod** Rice Pilaf Buttered Sliced Carrots WW Roll with Margarine Cherries in Strudel	**29** **Open Face Turkey Sandwich** with Turkey Gravy Green Beans & Mushrooms Cranberry Salad Vanilla Pudding	**30** **Beef Fajitas** Fajita Veggies Black Bean & Corn Salad Spanish Rice Mandarin Oranges in Jello	**31** **Chicken & Rice Casserole** Peas & Carrots Cucumber & Tomato Salad Brownie Fresh Apple	**Feb -1**

Senior Meal Suggested Donation: Breakfast $1.00 --- Lunch $1.50
Non-Senior (59 years or younger) Mandatory Meal Fee: Breakfast $7.00 --- Lunch $7.00

Lunch is served at: MEG, Luisa, Pasatiempo, Ventana de Vida and Villa Consuelo Senior Centers
11:00 am – 12:30 pm Monday through Friday
Please print your name clearly on our meal sheets when eating at any of the centers.
Milk is served with each meal. Menu is subject to change.

City of Santa Fe

Senior Center Locations