

**MARCH
2017**



THE SENIOR SCENE

*The seeds I sow
today will
bloom large
tomorrow*

**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, DIVISION OF SENIOR SERVICES

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

MARCH- 2017

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

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

The newsletter is available at all City of Santa Fe senior centers, fitness facilities, and public libraries, as well as various senior living communities and healthcare agencies. It is also available online at www.santafenm.gov, 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

Toll-Free Administration Line

Vacant, DSS Director

Administration

Cristy Montoya, Administrative Secretary

Sadie Marquez, Receptionist

FAX Machine - Administration

Senior Services Registration

Brenda Ortiz, Database Specialist

Transportation Ride Reservations (page 3)

Fran Rodriguez, Project Manager/ Dispatch

Robert Chavez, Project/Fleet Manager

Linda Quesada-Ortiz, Administrative Assistant

Nutrition

Vacant, Program Administrator

Enrique DeLora, Inventory Supervisor

FAX Machine - Nutrition

Meals On Wheels (for homebound individuals)

Carlos Sandoval, Program Supervisor

Yvette Sweeney, Administrative Assistant

Robert Duran, MOW Assessments

Senior Center Programming (Activities)

Lugi Gonzales, Center Program Manager

Albert Chavez, Program Coordinator

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

Cristina Villa, Program Coordinator

Luisa, Pasatiempo, Villa Consuelo

(505) 955-4721

(866) 824-8714

955-4710

955-4721

955-4741

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955-4703

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

Theresa Trujillo, Program Supervisor

Katie Ortiz, Clerk Typist

Foster Grandparent/Senior Companion Program

Melanie Montoya, Volunteer Prog. Admin.

Vacant, Special Projects Admin.

Retired Senior Volunteer Program (RSVP)

Triston Lovato-Armstrong, RSVP Administrator

Marisa Romero, Administrative Secretary

FAX Machine - RSVP Office

50+ Senior Olympics

Cristina Villa, Program Coordinator

Miscellaneous

Lobby Area

Craft Room

Pool (Billiard) Room

Other Important Numbers

Santa Fe Civic Housing Authority

Santa Fe County Information

Santa Fe County Mobile Health Van

Newsletter Production

Triston Lovato-Armstrong, Editor/Distribution

Gil Martinez, Graphic Artist

Mela Sanchez, Mailing Distribution

Christella Vigil, Mailing Distribution

Anna Mae Gallegos, Mailing Distribution

955-4745

955-4746

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955-4737

988-2859

992-3069

231-2382

955-4760

SENIOR SERVICES PROGRAM INFORMATION

MARCH- 2017

SENIOR SERVICES REGISTRATION

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

Eligibility for Senior Services Registration

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

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

SENIOR TRANSPORTATION INFORMATION

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

NEWS & VIEWS

MARCH-2017

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 March:

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

Movie and Conversation on Being Mortal

Kingston Residence of Santa Fe and Comfort Keepers invite you to a free discussion of the book and film *Being Mortal* and about what matters most to you, your friends and family when one of you is seriously ill. We will talk about the sensitive conversations that need to happen so a person's true wishes can be known and honored. This vital discussion underscores the importance of people planning ahead and talking with family members about end-of-life decisions. We will show the documentary *Being Mortal* by Atul Gawande, which delves into the hopes of patients and families facing terminal illness. The film investigates the practice of caring for the dying and explores the relationships between patients and their doctors. It follows a surgeon, Dr. Atul Gawande, as he shares stories from the people he encounters. When Dr. Gawande's own father gets cancer, his search for answers about how best to care for the dying becomes a personal quest. This **FREE** event is on **Tuesday, March 21, 3 – 5 p.m.** at Kingston Residence of Santa Fe (2400 Legacy Court). A panel of care providers will be available to discuss end-of-life goals and communicating with your loved ones.

- Karin Thron, M.D., Ambercare Hospice Medical Director
- Regina Ritchie, RN Director of Nursing, Kingston Residence of SF
- Leslie Van Pelt, Owner of Comfort Keepers
- Jan Jahner, RN, Palliative Care, CSVH
- Denys Cope, RN,BSN, author of *Dying, A Natural Passage*

We will review the advance directive documents and discuss filling them out. Community resources and advance directives will be available. Refreshments will be provided by Kingston Residence of Santa Fe. Explore and actively engage in what matters most to you in life and at the end of life. Everyone is invited so we hope to see you there! If you have any questions, please contact **Eileen, Comfort Keepers Community Outreach**, at 428.0670 or eileenjoyce@comfortkeepers.com.



Flora's Corner

"A kind word is like a spring day." (Russian proverb)

NEWS & VIEWS

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

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



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

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

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

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

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

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

Stroke Support Group

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

Parkinson's Action Group Meeting

Thursday, March 16th at 1:30 p.m. at the Christus St. Vincent Holistic Wellness Center located at 490-B West Zia. Call Karen St. Clair at 505-780-5864 for more information.

Parkinson's Wellness Recovery (PWR!Move)

is offered on the 2nd & 4th Tuesdays at 1:30-2:30 p.m. at the Kingston Residence (2400 Legacy Court in the Angel Fire room). Cost is \$10/class. Care Partners are free. Call Linda Ozier at 505-322-5422 for more information.

Living with Alzheimer's for Caregivers

Attend this FREE educational presentation by the Alzheimer's Association on Friday, March 3, 2017 from 10 a.m. – noon at Kingston Residence (2400 Legacy Court).

Savvy Caregiver Program – Living with Alzheimer's is hard. This makes it easier.

Attend this FREE seven-week course which will discuss: ways to improve daily life as a dementia caregiver, disease characteristics and progression, best practices for dealing with behaviors and communication, and also learn who you can turn to for respite and other assistance. There are two options to attend:

- **Tuesdays, March 7 – April 18, 2017**
From 1-3 p.m. at Brookdale Santa Fe Assisted Living (640 Alta Vista)
- **Thursdays, March 9 – April 20, 2017**
From 5-7 p.m. at Pacifica Senior Living (2961 Galisteo Rd)

Arrangements can be made if you need someone to watch your loved one while you attend. **For more information or to register for either of these events, please contact David Davis at (505) 473-1297 or ddavis@alz.org.**

NEWS & VIEWS

MARCH- 2017

Rail Runner Free to Seniors this Spring

Seniors 62 and over can ride the Rail Runner at no cost on Wednesdays in March and April. Rides include any north or southbound train; all you need to do is show the onboard ticket agent your valid photo ID, which must contain your birth date. According to the Rio Metro Regional Transit District, the goal of this special promotion is to give residents and visitors the opportunity to explore locations in Santa Fe and Albuquerque using public transportation.

Luisa Senior Center Open during Construction

Please take note that the Luisa Senior Center located at 1500 Luisa Street remains open during the housing unit construction.



Lost Picture Frame and Photos

A white picture frame with blue cross-stitching (similar to the photo to the right) has gone missing. The frame held a stack of family photos. If you have seen these items please turn them in to the front office at the Mary Esther Gonzales Senior Center.



MLK Day of Service Book Drive

Thank you to everyone who donated to the book drive hosted by the City of Santa Fe Senior Corps Volunteer Programs (FGP, RSVP, and SCP). With assistance from volunteers, the public, and City of Santa Fe employees, 90 reading books, nearly 40 crayons, and 20 activity books were collected! Donations went to children assisted by Somos un Pueblo Unido, a local group dedicated to assisting with worker and immigrant needs. Thank you again to everyone who contributed and who helped spread the word about this collection!

Thank You for Your Support

Thank you, Santa Fe for your overwhelming support of our schools by approving the 2017 Santa Fe Public Schools General Obligation Bond. We will continue to serve as responsible stewards of taxpayer money by utilizing the GO Bond funds to build fiscally responsible and environmentally friendly facilities that provide our students a quality educational environment. It was inspiring to see the overwhelming support in light of the recent adversity and the high number of voters who participated in this election. The margin of victory was also noteworthy.

The ongoing improvement of our school facilities is a testament to community support for education and is an example of the strong partnership between our schools and our community. At the end of the day, our students are the real winners who will have the opportunity to be educated in facilities that support their learning.

Dr. Veronica C. Garcia, Superintendent of School



How to Pass a Bill in New Mexico



Each legislature lasts two years and has two constitutionally-mandated sessions. The first session lasts for 60 calendar days and occurs in odd-numbered years, convening in January. The second session is for 30 calendar days and occurs in even-numbered years. Bills in the second session are limited to fiscal matters, items specified by the governor and bills passed in the previous session that were vetoed by the governor. The governor can call a special session, as can the legislature with a three-fifths vote of both the Senate and House of Representatives. Members of the Senate are elected to four-year terms without term limits. Members of the House of Representatives are elected to two-year limits without term limits.

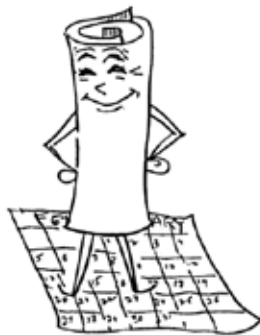
Bill Introduction

Regardless of how the legislature is convened, all bills follow the same path through the legislature. Any bill can be introduced in the Senate or House of Representatives—unlike the United States Congress, where only the House can introduce tax bills. The bill is assigned a number, read twice, printed, and referred to the proper committee.



Committee Reviews

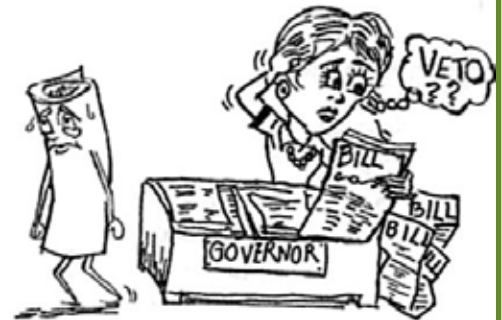
Each bill is reviewed by one or more committees in the Senate and House of Representatives. The committees can approve the bill, amend it, substitute it, forward it to the next committee with no recommendation, or kill the bill by tabling it. Committee hearings are open to the public.



If a bill passes its committee hearings, it will be considered by the Senate or House of Representatives where it was introduced. The bill is placed on their calendar, which means it is formally scheduled for its third reading, and a final vote.

The Final Vote

If it passes, the bill moves to either the Senate or House of Representatives and repeats the entire process. If approved in the same form, it goes to the governor to be signed or vetoed. If the Senate or House of Representatives passes a different bill, they form a conference committee to work on a compromise. If the committee agrees on a compromise, the bill goes back to the Senate or House of Representatives for a final vote.



To the Governor's Desk

Bills that pass both the Senate and House of Representatives go to the governor to be signed or vetoed. They are formally prepared by either the Senate or House of Representatives where they originated, signed by the speaker of the house and the president pro tempore of the senate, and forwarded to the governor. The governor can sign the bill, making it law, veto it, or line-item veto it, if the bill contains an appropriation.

If the governor doesn't sign or veto a bill within three days—and if the legislature is still in session—it becomes law. If the legislature has adjourned, the governor has 20 days to sign bills. Unsigned bills are pocket vetoes.

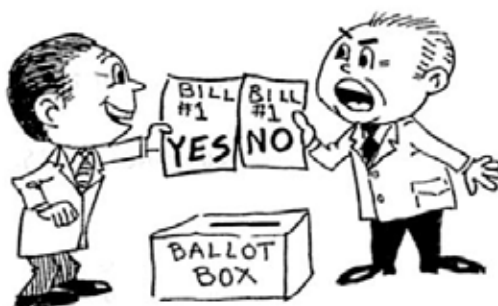
The legislature can override the governor's veto with a two-thirds vote by the Senate or House of Representatives.

When a Signed Bill becomes Law

Signed bills typically become law 90 days after the legislature adjourns. However, the legislature can specify an emergency, which makes the bill effective when the governor signs it, or at a later date for the law to go into effect.



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AT - A - GLANCE

MARCH- 2017

VALENTINE'S DAY AT PASATIEMPO SENIOR CENTER



Valentine's Day Concert at Pasatiempo Senior Center featuring music by David Geist, Bob Sinn and guests!



AT - A - GLANCE

MARCH - 2017

2017 SENIOR DAY AT THE ROUNDHOUSE



(Top photo) Cabinet Secretary Myles Copeland, Aging & Long-Term Services Department, spoke to a crowd of seniors in the Roundhouse Rotunda.

(Middle photo) Santa Fe Mayor Javier Gonzales proclaimed Tuesday, January 24, 2017 as "Senior Alliance Day" in Santa Fe.

(Bottom photo) The crowd that attended Senior Day.
Photos by Ted Yamada





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 W-2-G form from Work Force Solutions.

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

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

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

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

Mortgage Interest and Property Taxes

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

SENIOR ACTIVITY CORPORATION PRESENTS

Pigeon Forge and Smoky Mountains Show Trip



INCREDIBLE PRICE INCLUDES:

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

\$880 – Double Occupancy

\$1145 – Single Occupancy

(10% Cancellation Fee)

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

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

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

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

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

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

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

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

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

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

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

**For Information & Reservations Contact:
Cecilia @ (505) 204-9527 or Lilly @ (505) 690-8873**

RSVP (RETIRED SENIOR VOLUNTEER PROGRAM)

MARCH- 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.**

American Cancer Society Road to Recovery Program Needs YOU

Do you like to help others? Do you like driving? If you answered yes to those questions then you should consider becoming a volunteer with the American Cancer Society! The Road to Recovery Program is a free service in which volunteer drivers provide transportation for people with cancer to and from scheduled appointments for medically related cancer care. Volunteers can offer to drive once a month or several times a week. Drivers must be between the ages of 18 and 85, have a valid driver's license, access to a reliable vehicle, and auto insurance. All drivers must pass the driver risk management review process (e.g., background check, insurance verification, driver's license verification, and motor vehicle record check) and complete a volunteer orientation. Please contact Triston at 955-4760 to get started today!

Santa Fe Public Health Office Volunteer Needed

Do you like working with the public? The Santa Fe Public Health Office located at 605 Letrado needs volunteers to assist with front desk duties, phones, greeting clients, updating the resource book, and maintaining a tidy lobby. Volunteers are welcome Monday – Friday, but there is a high need on Wednesdays and Fridays specifically. Hours are flexible; the office closes for lunch from noon to 1 p.m. Please contact Triston at 955-4760 if you are interested and would like more information.

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!

Feliz Cumpleaños! happy birthday

Happy Birthday RSVP Volunteers MARCH!



Stella Gonzales	3/01
Harriet Levine	3/01
Alfredia Quick	3/02
Therese Sanchez	3/02
Lucy O. Trujillo	3/02
Rita Walker	3/02
Mable V. Martinez	3/04
Howard Turner	3/04
Barbara E. Mason	3/05
Preston B. Ellsworth	3/06
Gloria P. Holladay	3/06
Ralph Perkins	3/06
Jenny Mier	3/08
William A. Morrison	3/08
Andres V. Romero	3/08
Rita Cravens	3/09
Frankie C. Valencia	3/09
Suzanne A. Shaw	3/12
William Gilmore	3/13
Dave McQuarie	3/13
Terri C. Gonzales	3/14
Carole Van Valkenburgh	3/14
Patricia A. Chavez	3/17
Luggie Romero	3/18
Cathleen Suspanic	3/19
Meri Frauwrith	3/20
Pamela Valdez	3/20
John Martinez	3/22
Anke Mihalas	3/22
Claire Martinez	3/23
Robert Burckhalter	3/26
Carolyn K. Robinson	3/27
Gene R. Geber	3/28
Waldo Anton	3/30



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

FGP/SCP Foster Grandparent / Senior Companion Programs

MARCH - 2017

Cozy Head Start Seeks a Foster Grandparent Volunteer

Amanecer Early Head Start (Presbyterian Medical Services) located on the corner of Agua Fria Street and Camino Alire, is seeking a Foster Grandparent Volunteer to assist in mentoring/tutoring children enrolled in their Head Start Program. Potential volunteers should be able to commit at least 15 hours per week of volunteer service and be able to pass a Federal background check.

If eligible, you may receive a modest-tax free stipend, mileage and meal benefits, and recognition throughout the year. Above all, you will have the opportunity to get out of the house and make a difference in the community and be greeted with smiles and hugs from the little children every day! If you believe you have what it takes to be a Foster Grandparent volunteer, call Melanie at (505) 955-4761 for more information.

Attention Grandparents Raising Grandchildren...

Are you a grandparent raising/providing financial assistance to a grandchild(ren)?

Financial assistance is available!

Eligibility requirements:

- 55 years of age or older;
- City of Santa Fe/County of Santa Fe resident;
- Actively raising/providing assistance to a grandchild(ren);
- Assisting with out-of-pocket expenses such as medical related expenses, food, clothing, etc., for the child(ren);

This program currently assists with an annual allowance of \$100.00 per child for expenses related to raising a grandchild(ren).

For more information contact Melanie Montoya at (505) 955-4761.

Thank you...

On behalf of the Division of Senior Services and the Volunteer Programs, we would like to thank Rosario Torres, Foster Grandparent and Danna Metzger, Senior Companion for testifying on behalf of the thousands of senior citizens whom utilize our services. They boldly and proudly spoke in front of the Legislative Finance Committee and the Senate Finance Committee on the needs of senior citizens in the community and why budget cuts would cause irreparable damage to the programs that we offer. If you know them, please thank them for their bravery.

March In-Service

The March in-service for Foster Grandparent and Senior Companion volunteers is scheduled for the last week in March, but the exact date and time have not been confirmed. On a recent trip to the Roundhouse in January for Senior Day, many volunteers expressed interest in taking a tour of the Roundhouse because although many have lived in Santa Fe all their life, they have never had the opportunity to take a tour. There are interesting facts to learn and beautiful art to enjoy. Definite information will be forthcoming.

April In-Service

Mark your calendar for April 4th. We will be celebrating Mayor and County Recognition Day for National Service at the Mary Esther Gonzales Senior Center. Foster Grandparent and Senior Companion volunteers should plan on attending the event. More information will follow as the event nears.

The Volunteer Programs wish a very happy birthday to our FGP and SCP Volunteers born in the month of March.

Michele Chrabot	3/2
Bernard Nuanez	3/8
JoAnne Sena	3/13
Mary Lou Martinez	3/14
Della Spencer	3/14
Jane Sandoval	3/21
Robert Burckhalter	3/26
Bernadette Ramirez	3/29



Feliz Cumpleaños

ONGOING ACTIVITIES

MARCH- 2017

All activities are open to registered seniors.

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

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

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

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

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

Pasatiempo Senior Center – 664 Alta Vista Street

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

Ventana de Vida Senior Center – 1500 Pacheco Street

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

Villa Consuelo Senior Center – 1200 Camino Consuelo

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

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

UPCOMING ACTIVITIES

MARCH - 2017



AARP Real Possibilities

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 to attend. Leave a message if you reach a recording.

Upcoming dates are:

- Tuesday, March 14, 2017
- Tuesday, April 11, 2017

Weekend Bingo at Luisa Senior Center

The Luisa Senior Center (1500 Luisa Street) will be hosting a Bingo on Sunday, March 5th from 1-4 p.m. It is \$12 for a package, four specials at \$1 each, and blackout is \$2. There is a \$100 jackpot so don't miss out! Please bring small bills if you want to buy Frito Pie and a drink for \$5. Everyone is welcome!

Monthly Senior Services Committee Meetings

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

Senior Olympics:	March 1 at 9:30 a.m.
Transportation/Nutrition:	No meeting this month. *Next meeting is April 11 at 9 a.m.
Advisory Board:	March 15 at 9:30 a.m.
Travel Committee:	March 16 at 8:45 a.m.
SAC Board:	March 16 at 10 a.m.

Monthly DSS Senior Center Meetings

The following meetings are open to all seniors. Come give us your input about activities at your favorite senior center. Senior center addresses are on the back cover.

Ventana De Vida:	Mon., March 6th at 9:30 a.m.
Villa Consuelo:	Monday, March 6th at 10 a.m.
Pasatiempo:	Monday, March 6th at 1 p.m.
Luisa Center:	Tuesday, March 7th at 9 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 are as follows at 10 a.m.

- March 1st MEG
- March 8th MEG
- March 15th Pasatiempo
- March 22nd Pasatiempo

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

Luisa – Wednesday, March 1	11 – noon
Pasatiempo – Wednesday, March 8	10:30 – noon
MEG – Wednesday, March 15	11 – noon
Ventana- Wednesday, March 22	11 – noon
Villa Consuelo – Tuesday, March 28	10 - 11 a.m.

UPCOMING ACTIVITIES

MARCH- 2017

Movie Day at Ventana De Vida Senior Center
Wednesday March 22, 2017 at 1 p.m.
"The Age of Adaline"
 (2015 • PG • 1h 53m)



After a near-fatal automobile accident in which she is submerged in frigid water for an extended period of time, 29 year-old Adaline Bowman inexplicably loses the ability to age. Fleeing from the scientific establishment that tries to exploit her, Adaline decides to hide her condition, frequently changing her identity and location. As the years pass her family, friends and pets begin to age and die. Adaline finally stops running and comes to terms with her situation. Starring: Blake Lively, Harrison Ford and Ellen Burstyn.

ICAN Nutrition Classes Available at Santa Fe 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:

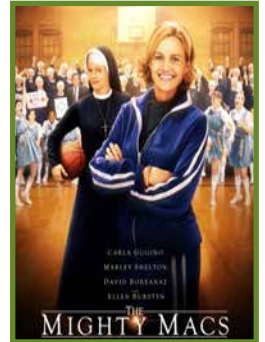
- Choose low-cost, nutritious foods
- Prepare quick and nutritious meals
- Eat more vegetables, fruits, and whole grains
- Be more physically active
- Maintain a healthy weight

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: Tuesday, March 14th
- Ventana: Friday, April 7th

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

Movie Day at the MEG Senior Center
Tuesday, March 28, 2017 at 1 p.m.
"The Mighty Macs"
 (2009 • G • 1h 4m)



It's 1971. Cathy Rush is a woman ahead of her time, and she's about to embark on an adventure for the ages. A new era is dawning in the country and in collegiate athletics, where a national champion will be crowned for the first time in women's basketball. In the lead up to this historical season, major universities are preparing their game plans to win that first title. Meanwhile a tiny all-women's Catholic college in Philadelphia has a more modest goal: find a coach before the season begins. Providentially, Cathy Rush is about to find Immaculata College. While it appears the Macs don't have a prayer, all hope is not lost. With the help of Sister Sunday – a spunky assistant coach – and the support of a booster club of elderly nuns, Coach Rush creates a new game plan that just might bring the team-and the school-together.



Ken from Home Instead Sings at MEG

Join us for lunch at the MEG Center on Monday, March 27th 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

MARCH - 2017



Free Tech Coaching with Teeniors

What is Teeniors? They are tech-savvy teens empowering seniors through one-on-one, personalized coaching. Teeniors will be at the Mary Esther Gonzales Senior Center (1121 Alto Street) on Thursday, March 23, 2017 at 1 p.m. Join us for this FREE community coaching event. Bring your cell phone, tablet or computer and work one-on-one with one of the acclaimed Teeniors coaches to get all of your questions answered and better understand the technology at your fingertips! We look forward to seeing you! Please RSVP by calling (505) 600-1297 or teeniors@gmail.com.

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 Bataan Memorial 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.

Let's Celebrate Your Birthday



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

El Santuario de Chimayo Day Trip

Join the annual trip to El Santuario de Chimayo on Thursday, March 30th. Call Albert at 955-4715 for more details and to reserve your spot!

Spanish Classes for Beginners

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



Technique on 1st & 3rd Tuesdays

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

March 7th 1:30 p.m.

March 21st 1:30 p.m.

MEG Exercise Room

Please stop by the exercise room at the Mary Esther Gonzales Senior Center open M-F from 7am - 4:30pm. Volunteer trainer Gitte Mainland usually assists seniors on Tuesdays and Thursdays from 10 a.m. to noon; however she is out this month. She will return on Thursday, March 30 so join her after that date if you would like assistance!

Strengthening Women's Bladder Muscles

Join this free class with Sheryl Zeigler, M.Ed. of Santa Fe Medical Fitness, LLC. She will offer chair exercises, handouts with suggested at-home activities as well as class discussions. Learn the specifics of the female anatomy, why pelvic muscles stretch, and what to avoid eating and drinking to lessen urge incontinence. This is a class for all ages of women! To register please call Sheryl Zeigler at 505-470-0758.

Classes will take place in the MEG Center board room from 10-10:50 a.m. on the following dates:

- Thursdays, March 2nd
- Thursday, March 9th
- Thursday, March 16th

SENIOR OLYMPICS

MARCH- 2017

March Olympic events are as follows:

- March 14 – 15 Air Pistol/Air Rifle at County Extension Building
- March 16 Basketball Free throw at GCCC
- March 17 – 19 Racquetball at GCCC
- March 18 Swimming at GCCC
- March 28 Bowling Singles at Cities of Gold
- March 29 Pickle ball mixed doubles at GCCC
- March 30 Bowling Doubles at Cities of Gold
- March 31 Pickle ball singles & doubles at GCCC

For more information regarding the March schedule please visit our new website at www.sfsg50.org.

Eligible Senior Olympic participants will be given a 15 punch pass (for 15 free visits) to all three City of Santa Fe Recreational centers (GCCC, Ft. Marcy, and Salvador Perez). The cards will be issued in June at each of these facilities. On another note, I would like to personally thank the Senior Olympic Committee for the time and dedication they give to making the City of

Santa Fe's Senior Olympics such a success. The first mission of the Senior Olympic Committee is to increase registration especially in the 50-60 age groups. Recently, the Senior Olympic Committee declared that the 2nd primary mission of the committee is to make the events both "fun and fair" while preparing athletes for State Competition.

If you have any questions regarding scheduled events, etc., please don't hesitate to call me at 505-795-3817 or you may also e-mail me at cavilla@santafenm.gov.

I would like to send a special thank you to Coca Cola for donating cases of water to the Senior Olympics. It is greatly appreciated by all! I want to extend an invitation to Coca Cola and all community members to come out and watch these wonderful athletes compete in various sports. Spectators are welcome and encouraged to cheer on our Senior Athletes at any of the events!

Good Luck Olympians! Until next month!

-Cristina Villa-

NUTRITION EDUCATION

National Institute on Aging – What's on your plate?

(Via U.S. Department of Health and Human Services)

Lactose intolerant?

Some older people believe they are lactose intolerant because they have uncomfortable stomach and intestinal symptoms when they have dairy products. Your doctor can do tests to learn whether or not you do indeed need to limit or avoid dairy foods when you eat. If so, talk

to your healthcare practitioner about how to meet your calcium and vitamin D needs. Even lactose-intolerant people might be able to have small amounts of milk when taken with food. There are non-dairy food sources of calcium, lactose-free milk and milk products, calcium- and vitamin

D-fortified foods, and supplement.



PUZZLE

MARCH - 2017

PUZZLE 62

ACROSS

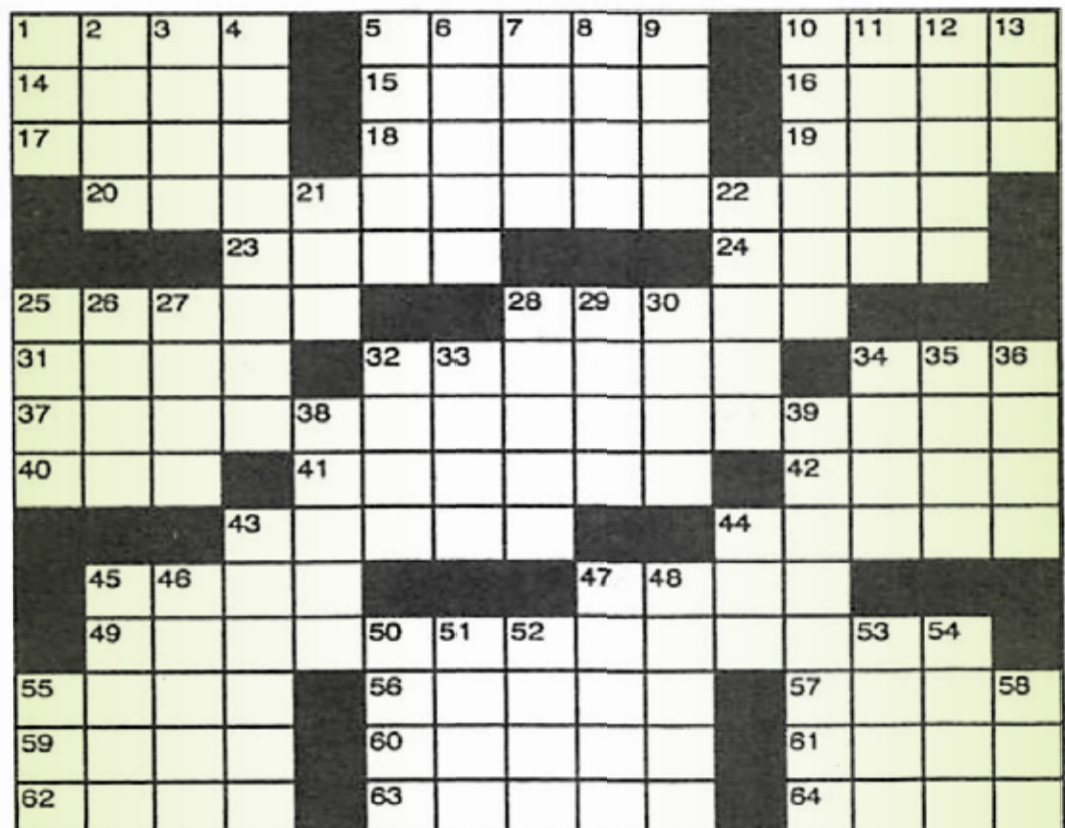
1. Asian mountain range
5. Stop before completion
10. Foundation
14. Fragrant ointment
15. River of forgetfulness
16. Former elvers
17. Spin like
18. More parched
19. Shawl
20. Warren Beatty film
23. Actor Auberjonois
24. Infuriates
25. Make happy
28. Pay TV
31. Dress trim
32. European evergreen
34. Carpet
37. Tropical flowers
40. Citrus drink
41. Lament
42. Detail
43. Found out
44. Dictators
45. Province
47. Diva's melody
49. Celestial protector
55. Catherine _____ (wife of Henry VIII)
56. Slender and long-limbed
57. Tatum's father
59. State, to Gigi
60. Author Zola
61. Pennsylvania port

62. Depend
63. Part of Great Britain
64. Uncanny

DOWN

1. Camel's-hair garment
2. Narrow strip of wood
3. African lily
4. Related
5. Pilgrim John
6. Swiss capital
7. Auricular
8. South American ratite
9. Sea flier
10. Word of warning
11. Lofty nest
12. Blind parts
13. Visionary's letters
21. Victory sign
22. Author Cather
25. Able was I ere I saw _____
26. Deposited
27. Israeli seaport
28. Roman love god
29. Irish island
30. Ernie's friend
32. Song by The Kinks
33. At a distance
34. "Educating _____"
35. Customer
36. Precious stones
38. Lance

39. Differ
43. Vigorous
44. Foil metal
45. Variegated chalcedony
46. Rustic
47. Right or acute
48. Comedienne Martha and family
50. Depicted
51. "_____ Camera"
52. Deep blue
53. Bronte's heroine
54. Hideout
55. For each
58. French marshal



Time Machine: 1947

37

All of the events described below happened in the year 1947.

- | | | |
|---|---------------------------------------|---|
| <input type="checkbox"/> JACKIE | <input type="checkbox"/> LEAGUE | <input type="checkbox"/> NAMED |
| <input type="checkbox"/> ROBINSON | <input type="checkbox"/> BASEBALL | <input type="checkbox"/> DESIRE," |
| <input type="checkbox"/> BECOMES | <input type="checkbox"/> TEAM. | <input type="checkbox"/> STARRING |
| <input type="checkbox"/> THE FIRST | | <input type="checkbox"/> MARLON Brando |
| <input type="checkbox"/> AFRICAN-AMERICAN | <input type="checkbox"/> TENNESSEE | <input type="checkbox"/> and |
| <input type="checkbox"/> TO JOIN A | <input type="checkbox"/> WILLIAMS' | <input type="checkbox"/> JESSICA Tandy, |
| <input type="checkbox"/> MAJOR | <input type="checkbox"/> "A STREETCAR | <input type="checkbox"/> OPENS ON |

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

- ☐ BROADWAY.
- ☐ UNITED
- ☐ STATES
- ☐ AIR FORCE
- ☐ TEST
- ☐ PILOT
- ☐ CHUCK
- ☐ YEAGER
- ☐ BREAKS THE
- ☐ SOUND
- ☐ BARRIER.

PUZZLE ANSWERS

MARCH - 2017

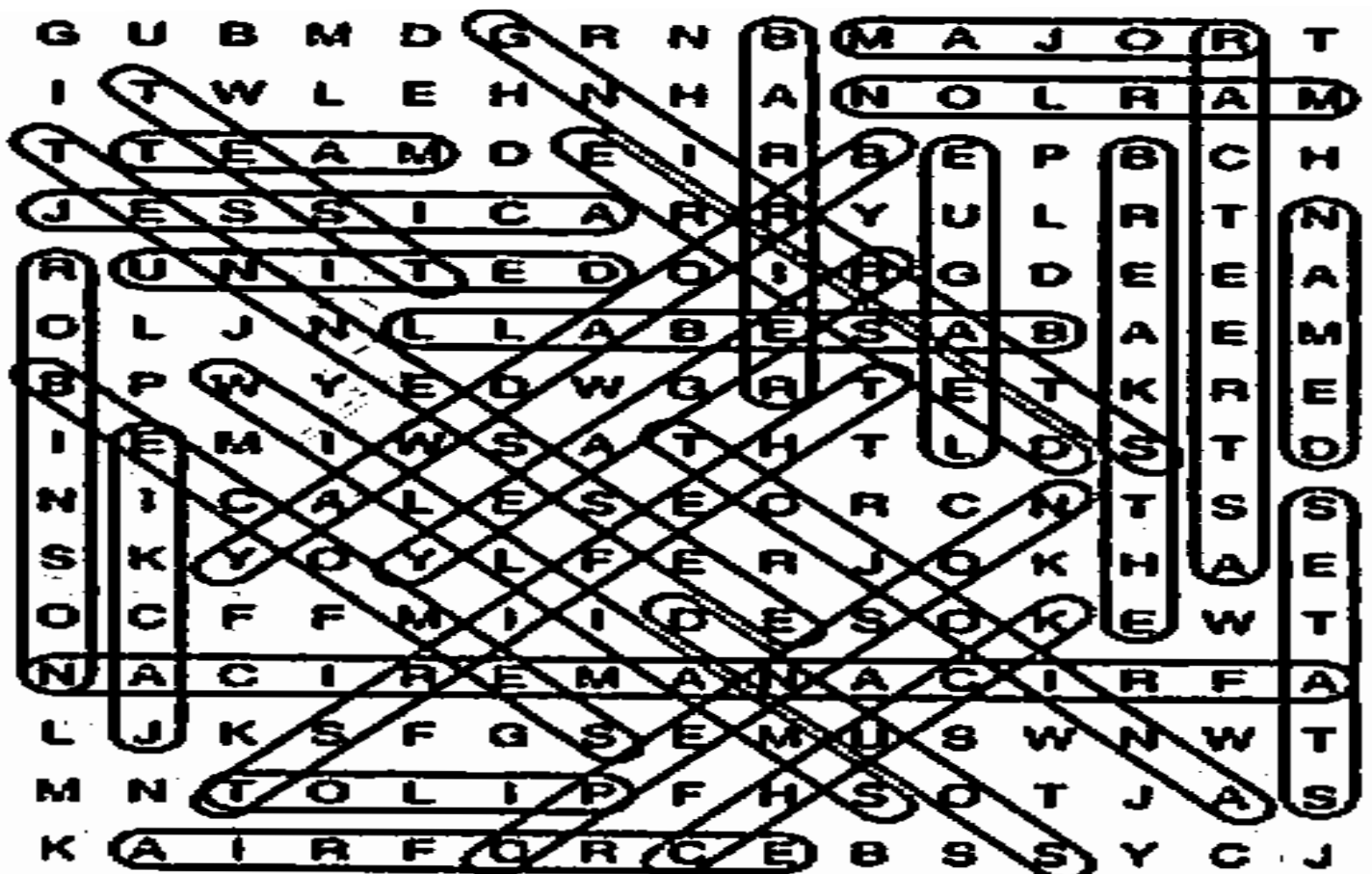
PUZZLE 62

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

SUDOKU GRID

puzzle on page 22

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



BREAKFAST MENU

MARCH- 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
Please Note: Menu is subject to change.		1 Oatmeal Cottage Cheese Toast w/margarine Tomato juice	2 Ham & cheese biscuit Fruit	3 Cold cereal Toast Jelly, peanut butter Juice
6 Scrambled egg Cheese, bacon Green chile Hash browns	7 French toast w/syrup Grilled ham Fruit	8 Scrambled egg Sausage links Toast Jelly, margarine	9 Breakfast burrito w/scrambled egg Cheese, bacon Hash browns, salsa	10 Waffles w/syrup, margarine Fruit Tomato juice
13 Scrambled egg Sausage patty English muffin Cheese, fruit	14 Pancakes w/syrup Bacon Tomato juice	15 Huevos Rancheros Scrambled egg Red chile Cheese, tortilla	16 Biscuit Sausage patty White gravy Fruit	17 Yogurt w/granola and fruit English muffin Margarine
20 Bagel w/cream cheese Bacon Fruit	21 Scrambled egg Potatoes Canadian bacon Fruit juice	22 Cold cereal Sliced banana Mini muffin Tomato juice	23 Ham, egg Cheese Croissant Melon	24 Cinnamon oatmeal Raisins Toast w/margarine
27 Scrambled egg Potatoes, cheese Sausage Red chile	28 Fruit bowl Turkey bacon Toast Margarine	29 Cottage cheese Oatmeal Toast w/margarine Tomato juice	30 Ham & cheese biscuit Fruit	31 Cold cereal Toast w/jelly Peanut butter Juice

SUDOKU

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

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

SENIOR CENTER LUNCH MENU

MARCH 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Menu is subject to change.	Please Note: Milk is served with each meal.	1 Tuna with Macaroni Tossed Salad with Dressing Saltine Crackers Chilled Pears	2 Salisbury Steak Mashed Potatoes Mushroom Gravy Spinach Whole Wheat Roll Tropical Fruit	3 Baked Fish Fillet Potatoes Au Gratin Coleslaw Whole Wheat Roll Chocolate Pudding
6 Chicken Sandwich Celery Sticks Tater Tots Cottage Cheese with Peaches	7 Pork Posole with Red Chile Sauce Spanish Rice Mixed Veggies Cherry Cobbler	8 Roast Beef Mashed Potatoes with Gravy Tossed Salad California Veggies Whole Wheat Roll Tapioca Pudding	9 Chicken Tenders with White Gravy French Fries Green Peas Coleslaw Biscuit Jello	10 Bean Burrito with Green Chile Spanish Rice Salsa Corn Tossed Salad Spiced Apples
13 Chicken Fettuccini Alfredo Sauce Broccoli Garlic Bread Pears	14 Pork Stir Fry Stir Fry Veggies Cucumber and Tomato Salad Whole Wheat Roll Mandarin Oranges	15 Green Chile Chicken Enchiladas Pinto Beans Spanish Rice Tossed Salad Tortilla Jello with Fruit	16 Corned Beef Steamed Cabbage Buttered Carrots Parsley Potatoes Whole Wheat Roll Chocolate Pudding	17 Fish Sandwich Tartar Sauce Coleslaw Hushpuppies Fresh Fruit
20 Carne Adovada Spanish Rice Country Blend Veg Tortilla Mixed Fruit	21 Green Chile Cheese Burger with Garnish Ranch Beans Onion Rings Applesauce	22 Turkey with Gravy Bread Stuffing Asparagus Whole Wheat Roll Cranberry Salad Pumpkin Pie	23 Chicken Provencal White Rice Spinach Whole Wheat Roll Tropical Fruit	24 Spaghetti with Marinara Sauce Green Beans Tossed Salad Garlic Bread Peaches
27 Baked Pork Chop Rice Pilaf Peas & Carrots Whole Wheat Roll Fresh Fruit	28 Ham & Cheese Sandwich Tater Tots Green Beans Pineapple	29 Meatloaf with Tomato Topping Scalloped Potatoes Carrot Raisin Salad Whole Wheat Roll Apple Cobbler	30 Beef Brisket Pork & Beans Carrots Coleslaw Garlic Toast Cookie	31 Red Chile Cheese Enchiladas Refried Beans Calabacita Vanilla Pudding with Cinnamon

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

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

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


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



City of Santa Fe

Senior Center Locations

Legend

-  City Senior Center Location
-  Down Town
-  City Limits

Mary Esther Gonzales (MEG)

(505) 955-4721

1121 Alto Street

Pasatiempo

(505) 955-6433

664 Alta Vista Street

Ventana de Vida

(505) 955-6731

1500 Pacheco Street

Luisa

(505) 955-4717

1500 Luisa Street

(entrance on Columbia St)

Villa Consuelo

(505) 474-5431

1200 Camino Consuelo

Genoveva Chavez Community Center

