

THE SENIOR SCENE



**Programs &
Activities
for Older Adults**

**Programas y
Actividades
para Adultos Mayores**

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



**NOVEMBER
2016**



CITY OF SANTA FE, DIVISION OF SENIOR SERVICES
Administration Offices 1121 Alto Street, Santa Fe, New Mexico 87501
NOVEMBER - 2016

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

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

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

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Transportation Ride Reservations (page 4) 955-4700

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FAX Machine - Nutrition 955-4794

Meals On Wheels (for homebound individuals)

Carlos Sandoval, Program Supervisor 955-4748

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Robert Duran, MOW Assessments 955-4747

Senior Center Programming (Activities)

Lugi Gonzales, Center Program Manager 955-4711

Albert Chavez, Program Coordinator 955-4715

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

Cristina Villa, Program Coordinator 955-4725

Luisa, Pasatiempo, Villa Consuelo

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

Theresa Trujillo, Program Supervisor 955-4745

Katie Ortiz, Clerk Typist 955-4746

Foster Grandparent/Senior Companion Program

Melanie Montoya, Volunteer Prog. Admin. 955-4761

Vacant, Special Projects Admin. 955-4744

Retired Senior Volunteer Program (RSVP)

Triston Lovato-Armstrong, RSVP Administrator 955-4760

Marisa Romero, Administrative Secretary 955-4743

FAX Machine - RSVP Office 955-4765

50+ Senior Olympics

Cristina Villa, Program Coordinator 955-4725

Miscellaneous

Lobby Area 955-4735

Craft Room 955-4736

Pool (Billiard) Room 955-4737

Other Important Numbers

Santa Fe Civic Housing Authority 988-2859

Santa Fe County Information 992-3069

Santa Fe County Mobile Health Van 231-2382

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DIRECTOR'S REPORT
NOVEMBER - 2016

Dear Patrons,

November 8, 2016 is Election Day; the United States presidential election along with other state and local elections is scheduled to take place. As part of this election process you will have the opportunity to consider New Mexico's 2016 State Legislative, Capital Outlay projects that were prepared, reviewed and approved to be part of the New Mexico Senior Citizen Facilities, General Obligation Bonds (GOB) that will appear on the election ballot (Bond Question A). Bond Question A represents specific senior citizen facility improvements, construction and equipment acquisition which will enable respective programs statewide to address their senior center capital outlay and community needs.

As part of the above noted GOB legislative process the Division of Senior Services submitted a request totaling **\$1,281,496**, which represents various Capital Projects to benefit our senior centers located within the City of Santa Fe. Be sure to vote during this important election and support Bond Question A, which will assist in New Mexico Senior Citizen Facility Improvements.

This is also the time of year our nation dedicates a special day to celebrate and show gratitude for all we have as Americans because of our veterans. Throughout our history, America has been protected by patriots who cherish liberty and have made great sacrifices to advance the foundation of freedom. Veteran's Day is dedicated to the extraordinary Americans who represent the very best of our nation and who have protected our freedom and continue to do so. All military personnel have earned the lasting gratitude of the American people; their service and sacrifice will be remembered and appreciated forever.

Please be advised that all senior centers will be closed Friday, November 11, in honor of our United States Veterans.

Our nation will continue to express thanks and gratitude this month as we join with family and friends to celebrate Thanksgiving. Our country has recognized Thanksgiving each year on the fourth Thursday in November since 1863 when President Abraham Lincoln proclaimed it a national holiday.

Please be advised that all senior centers will be closed Thursday and Friday, November 24-25 in observance of the Thanksgiving holiday.

In closing, I want to extend a sincere thank you to all veterans and wish everyone a wonderful Thanksgiving holiday!



Ron J. Vialpando
Senior Services Division Director

SENIOR SERVICES PROGRAM INFORMATION

NOVEMBER - 2016

SENIOR SERVICES REGISTRATION

Anyone age 60 or over who participates at any City of Santa Fe Senior Center, uses the Division Transportation, or other services is asked to register with our program. Registration is held at the Mary Esther Gonzales (MEG) Senior Center located at 1121 Alto Street, Monday through Friday from 8:30 a.m. to 4:30 p.m. When you register, a staff member will fill out a form with you, including your date of birth, the last four digits (only) of your Social Security number, an emergency contact name and phone number. Staff will provide you with a photo membership card for \$2; please bring the exact amount. **Please note that these cards are NOT valid as legal identification.**

Eligibility for Senior Services Registration

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

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

SENIOR TRANSPORTATION INFORMATION

- To Reserve: **Call 955-4700 at least 24 hours in advance, before 4:00 p.m.**
Ride reservations can be made up to five business days in advance.
Please specify if you require a wheelchair lift van.
To avoid delays in service, call immediately if you need to cancel a scheduled ride.
- Senior Cost: Seniors 60 and over, a suggested donation of .50¢ per ride (one way trip). You may purchase a 25-ride ticket for \$10.00 from the Transportation Office.
- Schedule: **Rides are available 8:15 a.m. to 4:15 p.m. Monday through Friday. On the first Tuesday of every month, last call for pick up will be 2:45 p.m.** Rides to medical appointments are given priority over all other rides. Vans leave from the MEG Center at 12:00, 1:00, 2:00 and 3:00 p.m. (Be seated in lobby or patio chairs.)
- Notes: **Drivers may arrive up to 15 minutes before or after scheduled pick-up time.**
***Note: All Senior Centers closed November 11, 24, 25**
- SF County: For rides outside city limits but within Santa Fe County, call 992-3069.
- SF Ride: For weekend and evening transportation, call 473-4444.

NEWS & VIEWS

NOVEMBER - 2016

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. No health screenings during flu shot clinics.

Dates for November:

01 – Genoveva Chavez Center	10 am – 2 pm
02 – Eldorado Senior Center (Flu shot clinic – Nurse inside)	10 am – 2 pm
03 – Edgewood Senior Center (Flu shot clinic – Nurse inside)	10 am – 2 pm
04 – No van	
05 – Turquoise Trail Fire Station (Flu shot clinic – Nurse inside)	10 am – 2 pm
06 – Genoveva Chavez Center (Nurse inside conference room)	9 am – 1 pm
07 – Fort Marcy	9 am – 1 pm
08 – Santa Cruz Senior Center (Flu shot clinic – Nurse inside)	10 am – 2 pm
09 – Nambe Senior Center (Flu shot clinic – Nurse inside)	10 am – 2 pm
10 – Pasatiempo Senior Center	10 am – 2 pm
11 – 12 No van (Veteran's Day on the 11th)	
13 – Santa Fe Recovery Center	9 am – 1 pm
14 – Casa Rufina Apartments (Flu shot clinic – Nurse inside)	10 am – 2 pm
15 – Chimayo Senior Center (Flu shot clinic – Nurse inside)	10 am – 2 pm
16 – Solana Shopping Center (Flu shot clinic – Nurse inside SF County Senior Services offices)	10 am – 2 pm
17 – Santa Fe Corrections Dept. (Flu shot clinic)	10 am – 2 pm
18 – MEG Senior Center (Flu shot clinic – Nurse inside)	10 am – 2 pm
19 – No van	
20 – Genoveva Chavez Center (Flu shot clinic – Nurse inside)	9 am – 1 pm
21 – Encino Villa	9 am – 1 pm
22 – Ventana de Vida Senior Center	10 am – 2 pm
23 – El Rancho Senior Center (Flu shot clinic – Nurse inside)	9 am – 1 pm
24 – 26 No van (Thanksgiving holiday)	
27 – Santa Fe Recovery Center	9 am – 1 pm
28 – Luisa Senior Center	9 am – 1 pm
29 – Pojoaque Senior Center	9 am – 1 pm
30 – Villa Consuelo Senior Center	9 am – 1 pm

alzheimer's association®

the compassion to care, the leadership to conquer

Saavy Caregiver Program – “Life with Alzheimer’s disease is hard. This makes it easier.”

This FREE seven-week course will cover topics and methods to help improve the daily life as a dementia caregiver. The course will discuss disease characteristics and progression, best practices for dealing with behaviors and communication, and who you can turn to for respite and other assistance. The course will be held at two locations during November and December.

- **Brookdale Santa Fe Assisted Living**

(640 Alta Vista)

Tuesdays from Nov. 1 – Dec. 13

1 – 3 p.m.

- **Pacifica Senior Living**

(2961 Galisteo Road)

Thursdays from Nov. 10 – Dec. 15

5 – 7 p.m.

Participants may be reimbursed for the cost of having others tend to their loved one while they attend the class. Contact Tina De La Luz to register or for more information: tdelaluz@alz.org or (505) 473-1297.

FREE Flu Shots by Santa Fe County Health Van

Do you need a flu shot this season? Take a look at the Mobile Health Van schedule listed to the left and find a date, time and location that work for you! The Health Van's Registered Nurse will be giving FREE shots and you do not need to bring anything with you to get one. Flu shot clinics are not scheduled for every day so take a close look, and please note that there will be no health screenings given on the days flu shot clinics are scheduled. There will be one flu shot clinic in the City of Santa Fe senior centers: Friday, November 18th at the MEG center (1121 Alto Street).



Senior Center Closures

- All City of Santa Fe Senior Centers will be closed
- on Friday, November 11th for Veteran's Day and
- for Thanksgiving on Thursday, November 24th
- and Friday, November 25th. There will be no
- transportation or meal services on any of these days.

NEWS & VIEWS

NOVEMBER - 2016

In Remembrance



Flossie Montoya, 88, resident of La Puebla, passed away unexpectedly on Friday, September 9, 2016, surrounded by her loving family. Flossie retired from John Hyson School in Chimayo, where she loved to work and cook for the kids. She loved going daily to the Benny Chavez Senior Center, to spend time with

her friends who loved her dearly. She was also an RSVP volunteer for at least 10 years, cleaning during and after lunchtime at the senior center. She also loved to rescue animals and spend time with them. Flossie is survived by her Son, Anthony Montoya of La Puebla; Grandson raised like a son, Anthony Martinez of La Puebla; Grandchildren, Arthur Montoya Jr. and wife Melissa of Rio Rancho, Kristy Montoya of La Puebla; Sisters, Edwina Esquibel of La Puebla and Edith Trujillo of Chimayo; Brother, Paul Medina and wife Mary of Chimayo; Daughter-in-law, Cecilia Montoya of La Puebla; Mother of her Grandson, Kimberly Martinez of Chimayo who was like a daughter to her, Aubrey Garcia who she considered a granddaughter and numerous nephews, nieces and other relatives and friends. Flossie will be greatly missed.

9/11 to 11/11 Sock Drive for Veterans

The City of Santa Fe Senior Corps Volunteer Programs (FGP, RSVP, SCP) are hosting a sock drive to help local veterans in need. It kicked off on September 11th in honor of the 9/11 National Day of Service and Remembrance and will run until November 11th in honor of Veteran's Day. All donations will go to Santa Fe area veterans at



a local "Vet Stand Down" event on Veteran's Day. If you are interested in contributing please donate NEW socks of any style/color in adult sizes (men or women). You can drop them off at the Mary Esther Gonzales Senior Center (1121 Alto St) or City Hall (200 Lincoln Ave). For more information please contact Triston Lovato-Armstrong at (505) 955-4760 or trlovato@santafenm.gov.

Santa Fe County Treasurer's Property Tax Outreach Program

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

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

Wednesday, November 9, 2016

Wednesday, November 30, 2016

Edgewood Satellite Office (114 Quail Trail CR9)

Monday, November 7, 2016

Monday, November 14, 2016

Monday, November 28, 2016

Eldorado Satellite Office (16 Avenida Torreon)

Monday, November 7, 2016

Monday, November 14, 2016

Monday, November 28, 2016

Galisteo Community Center (35 Avenida Vieja)

Tuesday, November 15, 2016

Glorieta Fire Station (#43 Fire Station Rd)

Wednesday, November 16, 2016

La Cienega Community Center (50-A San Jose)

Thursday, November 17, 2016

Madrid (5 Firehouse Lane)

Tuesday, November 15, 2016

Mary Esther Gonzales Senior Center (1121 Alto)

Friday, November 18, 2016

Friday, December 2, 2016

Nancy Rodriguez Community Ctr. (1 Prairie Dog Loop)

Tuesday, November 8, 2016

Tuesday, November 29, 2016

Pojoaque Satellite Office (5 West Gutierrez, Suite 9)

Wednesday, November 9, 2016

Wednesday, November 16, 2016

Wednesday, November 30, 2016

Rancho Viejo Fire Station (39 Rancho Viejo)

Thursday, November 10, 2016

Thursday, December 1, 2016

Turquoise Trail/Lone Butte Fire Station (#3 Turquoise Crt.)

Tuesday, November 8, 2016

Tuesday, November 29, 2016

NEWS & VIEWS

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Being Mortal Event on November 3rd from 8:30 – 10:30 a.m. at MEG Senior Center

Ambercare Hospice/Home Health and Eileen Joyce, Certified Grief Recovery Specialist invite you to a free screening and discussion of the documentary Being Mortal. The film sheds light on how a cure-focused medical system often leaves out the sensitive conversations that need to happen so a patient's true wishes can be known and honored at the end. It underscores the importance of people planning ahead and talking with family members about end-of-life decisions.

Being Mortal 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 and families 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.

Seventy percent of Americans say they would prefer to die at home, but nearly 70 percent die in hospitals and institutions. Ninety percent of Americans know they should have conversations about end-of-life care, yet only 30 percent have done so.

This free event is on **Thursday November 3, from 8:30-10:30am, at the Mary Esther Gonzales Senior Center**, 1121 Alto Street. Karin Thron M.D. Ambercare Hospice Medical Director, Jan Jahner, RN, Palliative Care, CSVH, and Denys Cope, RN will lead a discussion on how to take concrete steps to identify and communicate wishes about end-of-life goals and preferences. Resources, advance directives, and refreshments will be provided.

See this moving documentary, join the conversation, and explore what matters to you. We hope to see you there!

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

Mary Sandoval	11/15
Carmen Montoya	11/15
Bernadette Sandoval	11/16
David Dominguez	11/16



Be a Santa to a Senior

Each year Home Instead Senior Care offices throughout North America spread



holiday cheer to lonely or financially-challenged seniors through the "Be a Santa to a Senior" program. The program has attracted thousands of volunteers over the years distributing gifts to deserving seniors. Since introducing the program, Home Instead Senior Care has helped provide 1.2 million gifts to more than 700,000 seniors around the country. Home Instead Senior Care will partner with the Division of Senior Services in Santa Fe and Santa Fe Care Center to identify seniors who might not otherwise receive gifts this holiday season. The company will then work to help facilitate the purchase and distribution of gifts by placing trees and ornaments at Christus St. Vincent Regional Medical Center, Wal-Mart on Cerrillos Rd, Wal-Mart Supercenter and the Santa Fe Place Mall. Each senior's gift requests are written on a "Be a Santa to a Senior" tree ornament. Volunteers collect, wrap, and deliver the gifts to the seniors. Trees will be up from November 13 through December 16, 2016. If you have any questions or are interested in attending our annual Gift Wrapping Party, please contact Ken Hendricks at Home Instead, (505) 471-2777.

Kitchenality

Stop by and see the terrific selection of kitchen re-sale items at Kitchenality. This store sells gently used kitchen, cooking and tableware items and accepts donations as well. All sales go to support Kitchen Angels whose mission is to "provide free, nutritious meals to our homebound neighbors facing life-challenging conditions." Kitchenality is open Tuesday – Friday from 10 a.m. to 5 p.m. and Saturday 10 a.m. to 2 p.m. The store is located at 1222 Siler Road.

AT - A - GLANCE
NOVEMBER - 2016



Long-time senior center volunteer Ben G. Martinez was honored with a surprise event in early October. Organized by his grateful students, Ben was recognized for his years of service and thanked for all he has done.



Sister Jo and her guitar class gave a wonderful performance at the MEG Senior Center. Guitar class is currently held at the MEG Center on Mondays & Tuesdays from 9 - 11 a.m.

NOVEMBER - 2016



New Mexico Senior Olympics, Inc.
presents
2016-2017 Health Promotion



Get UP Get *MOVIN'* Get FIT

Learn WHY knowing your numbers is essential to you!

Learn HOW to embrace movement!

Learn to IMPROVE your numbers thru movement!



25⁴⁰ 20³⁵
104 80

*Know Your Numbers,
Change Your Numbers,
Change Your Life!*

fitness Workshop



2016

October 25 - Las Cruces
Regional Aquatic Center

November 15 - Santa Fe
Genoveva Chaves Community Center

2017

January 26 - Albuquerque
Manzano Mesa Multigenerational Center

April - Farmington

March - Rio Rancho

May 31 - Roswell
in conjunction with National Senior
Health & Fitness

Door prizes: NEW pair of walking shoes, a FREE Summer Games registration and a Senior Olympics gift basket.



- Visit NMSO website at www.nmseniorolympics.org for event program details
- Register on site, event hours - 9 a.m. to 3 p.m.
- General Session by Aging Matters, LLC
- Free health screenings and other fitness presenters and activities to include EnhanceFitness and Tai Ji Quan - Moving for Better Balance.
- Brown bag event (in collaboration with Senior Programs)



Aging Matters, LLC
Advocate • Educate • Innovate

Contact: Terry Delgado, Events Co-Coordinator, New Mexico Senior Olympics, Inc.
PO Box 2690 • Roswell, NM 88202-2690 • Toll Free: 888-623-6676 • Fax: (575) 622-9244
Email: terry@nmseniorolympics.org • www.nmseniorolympics.org

RSVP (RETIRED SENIOR VOLUNTEER PROGRAM)

NOVEMBER - 2016

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@santafem.gov.**

Pacifica Senior Living Needs YOU!

Whether you have a passion that you'd like to bring to Pacifica or a skill that can be used to benefit the lives of our seniors, they would like to hear from you. Their goal is to inspire residents to have meaningful daily experiences through encouragement and the opportunity to participate in activities designed to facilitate their emotional expression and engagement. Looking for volunteers to participate in the following areas:

Cognitive programs designed to support and maintain memory and brain fitness: brain teaser exercises, reminiscing and discussion groups, cultural and language study, current events discussion group, journaling and creative writing.

Fitness and wellness programs focused on improving vitality, functional endurance, strength, flexibility and circulation: low-impact aerobics exercises, strength training with light weights and bands, flexibility and balance classes, dancing, wellness and nutrition education.

Stimulating, creative engagement in musical, cultural, spiritual and life-enriching events: music programs, art classes, book clubs and theater groups, tai chi, yoga and meditation.

Pacifica welcomes any and all talents to enhance their community – contact Triston to enroll in RSVP and find out more about these opportunities with Pacifica!

Santa Fe Public Health Office Volunteer

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.



RSVP volunteers born in NOVEMBER

	Alvino E. Castillo	11/2	
	Elmer N. Leslie	11/2	
	Victor Teng	11/2	
	Will Gethin-Jones	11/4	
	Connie C. Duran	11/6	
	David R. Schell	11/6	
	Karon Hanrahan	11/7	
	Lucy R. Padilla	11/8	
	Anne Mary Karshis	11/9	
	Cecilia Lopez	11/9	
	Randy Murray	11/9	
	Carmen L. Ortiz	11/9	
	Patricia Kuhlhoff	11/10	
	Bernard A. Brock	11/11	
	Elvira Apodaca	11/11	
	Nola M. Gilmore	11/12	
	Molly L. Dofflemyer	11/13	
	Joseph Martinez	11/15	
	Bernadette Sandoval	11/16	
	Mary Noonan	11/16	
	Adelaida "Liddy" Padilla	11/17	
	Anna Mae Gallegos	11/19	
	Joyce A. Roberts	11/19	
	Robert Shelley	11/20	
	Barbara Welsh	11/22	
	Mark R. Hickman	11/24	
	Jacqueline S. Abell	11/26	
	Rochelle Byars	11/26	
	Israel Cruz	11/27	
	Juan Romero	11/28	
	Rudy F. Gonzales	11/29	

ONGOING ACTIVITIES

NOVEMBER - 2016

All activities are open to registered seniors.

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

Luisa Senior Center – 1500 Luisa Street (entrance on Columbia)				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	11:45 am: Sing along			1 pm: Bingo
8 am – 1:30 pm: Fitness room				

Mary Esther Gonzales (MEG) Senior Center – 1121 Alto Street				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:15 am: Tai Chi 9-11 am: Guitar class 9:30 am: Enhance Fitness 1 pm: Hospice Crafts 1-3 pm: Bingo	8:15 am: Tai Chi 9 am: Jewelry class 9-11 am: Guitar class 9-11 am: Computer class 9:30 am: Zumba Gold (low impact) 1:30 pm: Oil painting (11/8, 11/22) 1:30 pm: Nia Technique (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 9-11 am: Computer class 9:30 am: Wood-Straw Applique	9:30 am: Enhance Fitness 9:30 am: Ceramics 2 pm: Knitting
7 am-4:30 pm: Pool/cards/billiard room AND Fitness room				
8 am-4:30 pm: Computer (open use when computer class is not in session)				

Pasatiempo Senior Center – 664 Alta Vista Street				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 am: Yoga (class currently full) 12:30 pm: Bridge 9-11 am: Computer class	8:30 am: Zumba 1 pm: Line Dance (Advanced)	8:30 am: Yoga (class currently full) Noon: Sing along 9-11 am: Computer class	9 am: Tai Chi 10 am: Zumba 10 am: Ceramics 1 pm: Line dance (Intermediate)	1 pm: Line dance (Beginner/Low intermediate) 9-11 am: Computer class
8 am – 1:30 pm: Fitness room				

Ventana de Vida Senior Center – 1500 Pacheco Street				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1:30-3:30 pm: Ceramics	9:30 am: Chair yoga 1 pm: Art class	1:30-3:30 pm: Ceramics	1-3 pm: Bingo	

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

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

UPCOMING ACTIVITIES

NOVEMBER - 2016

AARP "Smart Driver" Course



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

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

The fee to cover materials is \$20, but if you are an AARP member the cost is \$15; your AARP card and driver's license must be presented the day of the class.

Also, please dress in layers as temperatures fluctuate in the MEG dining room. The number of participants for each class is limited to 30 individuals. To register for an upcoming class please call the AARP information center (located in Albuquerque) at (505) 830-3096. Let them know that you are registering for the Santa Fe Smart Driver course and the date you would like. Leave a message if you reach a recording.

Upcoming dates are:

- November 8th
- December 13th

New Ceramics Class at Ventana De Vida

Ventana de Vida residents, if you would like to do ceramics, the Ventana de Vida center will have ceramic classes on a trial basis as follows:

- Monday 1:30 – 3:30 p.m.
- Wednesday 1:30 – 3:30 p.m.

Come check out the class if you enjoy ceramics!



Chair Yoga Class at Ventana de Vida

Please join Mary Jo our exercise instructor every Tuesday from 9:30 to 10:30 a.m. in the dining room at Ventana de Vida for Chair Yoga. Don't miss out on this great class.

REMINDER: MEG Yoga Class Cancelled

Please note that the Thursday morning MEG Yoga class has been cancelled for the remainder of 2016. Class will resume in January 2017. We apologize for any inconvenience.

MEG Fitness Room Open Use

Please stop by the MEG fitness room and try out one of the many machines available to you! Open Monday – Friday from 7:30 a.m. to 4:30 p.m. A volunteer trainer will be available for questions beginning in 2017. Look out for more information on her availability in the January newsletter!

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 haircuts days in November are as follows at 10:00 a.m.:

- Wednesday, November 2nd - MEG
- Wednesday, November 9th - MEG
- Wednesday, November 16th - Pasatiempo
- Wednesday, November 30th - Pasatiempo

The haircut sign-in sheet at MEG will be available in the Program Coordinator's office door starting at 8:30 a.m.

River of Lights Trip

The River of Lights trip is scheduled for Thursday, December 15, 2016 and the cost is \$20/person. The van will leave the MEG center at 5:30 p.m. sharp. Please contact Don Bell between 5:30 and 7:30 p.m. for more information and to sign up: 982-2707.

UPCOMING ACTIVITIES

NOVEMBER - 2016

Monthly Senior Services Committee Meetings

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

- Senior Olympic: Wed. 11/9/16 at 1:30 p.m.
- Transportation/Nutrition: No meeting
- Advisory Board: Wed. 11/16/16 at 9:30 a.m.
- Travel Committee Thurs. 11/17/16 at 8:45 a.m.
- SAC Board: Thurs. 11/17/16 at 10 a.m.

Dates for Blood Pressure, Blood Sugar & Oxygen Level Tests

Wednesday, 11/2 Pasatiempo (11 – noon)
Thursday, 11/10 Luisa (11 – noon)
Wednesday, 11/9 MEG (11 – noon)
Tuesday, 11/29 Villa Consuelo (10 – 11)
Wednesday, 11/30 Ventana de Vida (11 – noon)

Ventana de Vida Nutrition Education Class

Do you want information on nutrition and healthy eating habits? If so, attend the Nutrition Education Class on Tuesday, November 15th at the Ventana de Vida Senior Center (1500 Pacheco). The class will begin at 1 p.m. (after lunch) in the dining room. Don't miss out!



Thanksgiving Meal at all Senior Centers

Join us between 11 a.m. and 12:30 p.m. on Thursday, November 17th at the senior center of your choice for the annual Thanksgiving meal. Featured on the menu is: turkey with gravy, bread stuffing, cranberry salad and mixed veggies with a roll. Dessert will be pumpkin pie with topping and milk to drink. Don't miss out!

Giving Thanks Dance

Following the Thanksgiving meal on Thursday, November 17th, please join the Senior Volunteer Programs as they host the "Giving Thanks Dance" from 1 – 4 p.m. at the Eagles (833 Early Street) featuring music by Bandalegre. This dance is to recognize volunteers and give thanks for everything they do in our community! There will be light refreshments and gifts. The event is open to all, so please join us!

Donate Books or Magazines

Please help us supply books and magazines for use in the lobby! Books in good condition are always needed as well as magazines that are current (within the past year). Please drop them off with Lugi Gonzales on Tuesdays and Thursdays between 8 a.m. and 5 p.m. at the MEG Center. Your contribution is much appreciated. Thank you!

Weekend Bingo at Luisa \$100 Guarantee

The Luisa Senior Center (1500 Luisa St, enter on Columbia) will host a Bingo on Sunday, November 13th from 1 – 4 p.m. The cost is \$12 for a package and four specials at \$1 each. The blackout game is \$2. The jackpot winner goes home with \$100! Please bring small bills. We will not be serving food. Only candy bars and cokes will be sold.

Let's Celebrate Your Birthday

Christus St. Vincent Health Plan will be serving cake in honor of the November birthdays on Tuesday, November 1 at 11 a.m. at the following senior centers:

- Luisa Senior Center
- Pasatiempo Senior Center
- Mary Esther Gonzales Senior Center

Medicare Open Enrollment

Do you need help with Medicare? The Aging and Disability Resource Center (ADRC) State Health Insurance Assistance Program (SHIP) will be assisting individuals who want to switch their plan or enroll into a Medicare prescription drug plan or health plan. Screening for assistance paying for prescription drug costs will also be provided. Each event is free and open to the public. Please bring your prescriptions, or a list of all medications you take including the full name of the drug, the strength, and the dosage. If you cannot attend one of the enrollment events please contact the ADRC at 1-800-432-2080 for assistance.

Luisa – November 30, 2016 9 a.m. to 1 p.m.

Pasatiempo – December 5, 2016 9 a.m. to 1 p.m.

UPCOMING ACTIVITIES

NOVEMBER - 2016

Computer Classes at Pasatiempo & MEG Senior Centers

Computer classes are now available at both the Pasatiempo and Mary Esther Gonzales Senior Centers on a first-come, first-serve basis. Classes will be held as follows:

- Pasatiempo from 9-11 a.m. Monday, Wednesday, Friday
- MEG from 9-11 a.m. Tuesday, Thursday

These classes are led by volunteer instructor Rubi. Thank you for your time Rubi!

Grupo Cielo Azul at Luisa and Pasatiempo Senior Centers

Please join us at these two centers from some wonderful music by Grupo Cielo Azul. Join us every Tuesday at Luisa from noon to 1:30 p.m. and every Wednesday at Pasatiempo from noon to 1:30 p.m. Don't miss out on wonderful entertainment!



(ICAN) "Ideas for Cooking and Nutrition" Classes at Pasatiempo, Luisa and Villa Consuelo Senior Centers

Nutrition is necessary for good health and for preventing disease. The Extension Food and Nutrition Program provide practical education and information for families, youth, and consumers. The programs deliver hands-on education focusing on food selection, food preparation, meal planning, food safety, shopping skills, and the latest research-based nutrition information. They will be at the following centers on the following dates:

- Pasatiempo – Mondays at 10 a.m. November 7, 14, 21, 28
- Luisa – Tuesdays at 10 a.m. November 1, 8, 15, 22, 29
- Villa Consuelo – Fridays at 10 a.m. November 4, 18

Movie Day at the Luisa Senior Center Wednesday, November 16, 2016

at 1 p.m.
"The Sea of Trees"
(2015 • PG-13 • 1h 50m)

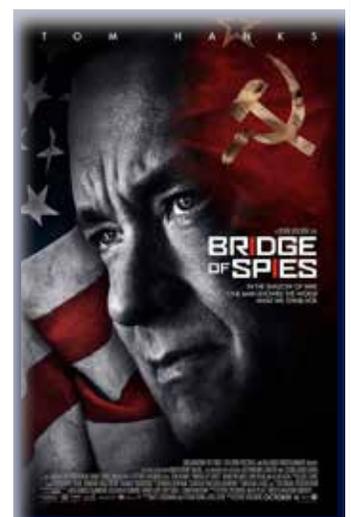
Arthur Brennan is an American professor who travels to Japan in the midst of a personal crisis. As he wanders through a mysterious forest with a dark past, he experiences flashbacks of his fraught but loving relationship with his wife, Joan, and meets an enigmatic stranger, Takumi, who is lost and injured. Arthur devotes himself to saving Takumi and returning him home to safety, and the two embark on a spiritual, life-changing journey of friendship, discovery, and healing—one which may ultimately re-connect Arthur with his love for his wife.



Movie Day at Ventana de Vida Wednesday, November 23, 2016 at 1 p.m.

"Bridge of Spies"
(2015 • PG-13 • 2h 22m)

At the height of the Cold War in 1960, the downing of an American spy plane and the capture of pilot Gary Powers by the Soviets, draws lawyer James Donovan into the middle of an intense effort to secure the pilot's release. An Oscar-winning film directed by Steven Spielberg, it stars Tom Hanks, Mark Rylance, Amy Ryan and Alan Alda.



There will be no movie day at the MEG Senior Center until January 2017. Sorry for the inconvenience.

HEALTH & SAFETY

NOVEMBER - 2016

Tips for Winterizing a Senior's Home

Provided by Comfort Keepers of Santa Fe, 505-982-1298

Winter months can be particularly harsh for seniors who live in Northern New Mexico, where snow and freezing temperatures can isolate them. Their safety includes making sure their homes are in good shape to face the dangerous drops in temperature.

For seniors who live independently at home, the to-do list may be quite long and even hazardous for them to attempt. Here are a few pointers to help you get started ensuring your loved ones stay warm this season.

1-Prep the outside of the house: Install weather strips around doors and caulk windows to keep cold air out and warm air inside. Insulate exposed pipes to protect them from freezing. Clean out gutters, canals and downspouts so melting snow and ice flow away from the house.

2-Have snow/ice equipment on hand and serviced: Ice-melt, salt or sand is also handy and provides additional safety during icy times.

3-Have the cooling turned off and the furnace inspected and turned on: Be sure to close off evaporative/swamp cooling vents, or the warm air will escape. Have the furnace inspected to ensure it is in good working order and clear of fire hazard materials. Install carbon monoxide and smoke detectors, and install fresh batteries. If your loved one does not already have one, purchase a fire extinguisher and teach him or her how to use it.

4-Stock emergency supplies: Create bad weather emergency kits: plenty of extra water bottles, candles, matches or lighters, flashlights and batteries in case of a power outage. Canned food and other non-perishable items should be stored, as well. Keep flashlights on the bedside table.

5-Emergency kits for cars are essential. Keep a to-go bag by the door for outings with plenty of water, some snacks, flashlights, batteries, and a cell phone charger for the car. Pack warm clothes and blanket in case your senior needs to wait for help.

Now is the best time to contact a homecare agency to check on your loved one and ensure he or she is safe during the winter. Not only can they help with grocery shopping, light housekeeping, and transportation, they can make service appointments with workmen to ensure winterizing tasks are accomplished. Most importantly, someone will be keeping an eye on the senior, providing crucial care and much needed socialization during cold wintry days.





Senior Supplement

An Educational Service of the Legal Resources for the Elderly Program (LREP)

January 2013

For more information call the LREP toll-free Legal Helpline at 800-876-6657 or 505-797-6005 (Albuquerque area) www.nmbar.org/public/LREP

Transfer on Death Deed

The law in New Mexico allows an owner of real property (land or house) to transfer that property to another person (grantee beneficiary) through the use of a **Transfer on Death Deed (TODD)**. This deed allows the owner to designate a person or persons who will become the owner of the property when the original owner dies without any need for that property to go through probate.

There is no transfer until the owner dies.

The owner keeps control of the property until the owner dies. The owner does not have to have permission from the grantee beneficiary to sell the property, borrow money on it, or give it away. The owner can **revoke** (cancel) the deed at any time and can execute (sign), acknowledge (sign before a notary) and record a new TODD providing for a different person to get the property. The grantee beneficiary does not have to be notified of the recording of the TODD and does not have to be notified if the TODD is revoked. Since the grantee beneficiary has no claim on the property during the lifetime of the owner, the property can't be taken by the grantee beneficiary's creditors while the owner is still alive. A TODD also will not disqualify an owner from receiving Medicaid assistance for nursing home care, because the owner has not given the property away.

How does an owner make a TODD?

It is very important that a TODD be properly drafted (written), executed and acknowledged. Therefore, it is advisable that the owner consult with an attorney to be certain that all of the requirements have been met. The TODD must then be recorded at the county clerk's office in the county in which the property is located.

A Joint Tenancy is not affected by a TODD.

If joint tenants record a TODD, the property does not go to the grantee beneficiary when the first joint tenant dies. Instead, the surviving joint tenant becomes the sole owner of the property. The property goes to the



grantee beneficiary once the last joint tenant dies unless that joint tenant does a new TODD.

A TODD controls over a will.

If the owner's will states that a certain person or persons will inherit real property and the owner recorded a TODD for that property, the grantee beneficiary inherits the property through the TODD. The owner's will has no effect on the TODD. **No matter what you say in your will, the TODD will control the distribution of your property.**

The grantee beneficiary gets the owner's interest in the property subject to any claims against the property when the owner was alive.

If the owner had a mortgage, if there was a lien against the property, or if the owner had given away an interest in the property such as an easement, the grantee beneficiary's interest in the property is subject to those claims and obligations.

When the owner dies, the owner's creditors can make a claim against the property.

The real property is transferred at the death of the owner. If the deceased owner owes money to creditors, the creditors can attempt to be repaid out of the real

(Continued)

property if there are no other assets available to pay them. To make that claim, the creditor would have to open a probate proceeding (if there wasn't one already

open). The transfer is also subject to allowances for the owner's surviving spouse and minor children if the owner didn't leave enough assets to provide those allowances.

Frequently Asked Questions About TODDS:

Q. How does the grantee beneficiary get title to the property after the owner's death?

A. The grantee beneficiary takes a certified copy of the owner's death certificate to the county clerk's office to be recorded. This completes the transfer. Title is transferred without having to open a probate proceeding.

Q. If I were to die after being in a nursing home, getting Medicaid, would my house go to my TODD beneficiary or would the house be sold so Medicaid could be paid back for money it paid for my nursing home care?

A. There is no easy answer to this question. Under New Mexico law, Medicaid can recover from probate estates. The TODD property will not be in the probate estate. However, the TODD law also allows creditors to make claims against the TODD property. Currently, Medicaid is in the process of stepping up its estate recovery procedures and it is yet to be seen whether Medicaid will make claims against this type of transfer.

Q. After my death, if my beneficiary wants to sell my house immediately, could my creditors create a problem with the sale?

A. If there isn't enough money in your estate to pay your creditors, the TODD property would be subject to your creditors' claims. A creditor has one year from the date of the original owner's death to make a claim against the estate of the

deceased. Title insurers would likely be reluctant to issue title insurance before that one-year time period had passed.

Q. Does my beneficiary get a stepped-up tax basis in my real property when I die?

A. Yes, the property received at your death would get a stepped-up tax basis as property your beneficiary inherited from you. This means the beneficiary will not have to pay capital gains taxes on the amount the property increased in value while you owned it.

Q. I have rental properties. Can I use a TODD to transfer those assets?

A. Yes. The TODD is for any real estate located in New Mexico. Any existing leases would continue in effect after the owner's death. Before you execute a TODD for business or investment property, you should consult with an attorney as there may be tax consequences you need to consider.

Q. What effect would a TODD have on taxation of my estate?

A. The TODD itself would have no effect. Estate Taxes are calculated on one's taxable estate. A TODD removes your real estate from your probate estate, not your taxable estate. Your taxable estate is basically everything of value you own when you die. If you have concerns about estate taxation, you should consult with a tax professional.

This program is a joint project of the New Mexico Aging & Long-Term Services Department and the State Bar of New Mexico

New Mexico State Bar Foundation

NUTRITION EDUCATION

NOVEMBER - 2016



Everyday Fitness Ideas from the National Institute on Aging at NIH
www.nia.nih.gov/Go4Life

Shopping for Food That's Good for You

The Dietary Guidelines for Americans encourage people to eat more vegetables, fruits, whole grains, and lean sources of protein and dairy products; choose foods low in added sugars and solid fats; and limit salt intake. Shopping for healthy food may require a little planning.

Start with a shopping list. Throughout the week, keep a list of the food you need. Stick to a list to stay within your budget and avoid buying on impulse.

Shopping for healthy foods - especially fresh fruits and vegetables - might be hard where you live. People who live in rural areas or some city neighborhoods often have trouble finding supermarkets, and smaller markets or convenience stores may have limited selections of fresh foods. Let the managers know you and others are interested in buying more fresh fruits and vegetables, low-fat milk, and whole-grain products.

Fruits and vegetables might cost less at a nearby farmers' market or vegetable stand. Consider joining a CSA, or community supported agriculture group. Membership groups like this help you to buy in-season produce directly from farmers. To find a CSA or local farmer's market in your area, check out Local Harvest (www.localharvest.org). You also can search for farmers' markets online at <http://search.ams.usda.gov/farmersmarkets/>.

To save money when grocery shopping:

- Use coupons, but only for things you're buying any way.
- Consider store brands - they usually cost less.
- Focus on economical fruits and vegetables like bananas, apples, oranges, cabbage, sweet potatoes, dark green leafy vegetables, and regular carrots.
- Choose less red meat, processed foods, baked goods, and snacks. Save money and make smart food choices!



Quick Tip

Check food labels to see which foods are healthier; for example, high in fiber, low in sugar, low-fat, or whole grain.

VISIT

www.nia.nih.gov/Go4Life

- Try the strength, balance, and flexibility exercises.

www.nia.nih.gov/health

- For more ideas on healthy eating, read *What's on Your Plate?*



National Institute on Aging

Go4Life is a registered trademark of the U.S. Department of Health and Human Services.

PUZZLE

NOVEMBER - 2016

PUZZLE 38

ACROSS

1. Cabbage salad
5. Titles
10. Very fine rain
14. Scan (over)
15. Bar of metal
16. Opera melody
17. Cool liquids
18. Repent
19. Lab animals
20. Washington city
22. White weasels
24. Large-mouthed jars
26. Allow
27. Looked fixedly
30. Copycat
35. Chili con ____
36. Golf club
37. Erie or Placid
38. "We ____ the Champions"
39. Between tic and toe
41. Grow older
43. Break a Commandment
44. "____ Drink the Water"
46. Pork or beef
48. Evaluated
50. People with guns, at races
52. "Gunsmoke" star
53. Keen tonal sense
54. Heaps
56. Hunting expeditions
60. European thrush
64. Winter wear
65. Basketball player
67. Always

68. Feed the kitty

69. Press or secret
70. Steak style
71. Slender grass
72. Identifies
73. Winter weather

DOWN

1. Resorts
2. Mine vein
3. Sector
4. Cowboy movie
5. Used the phone
6. Go in
7. Inflated ____
8. Completed
9. Thoroughly excellent
10. Kind of bliss
11. Persia

12. Scene
13. Soviet news agency
21. Chirp
23. Bumped into
25. Galahad's title
27. Oodles
28. Seer's deck
29. Sports center
31. Castle ditch
32. Sample
33. Dust-bowl refugees
34. Tears asunder
36. Froster
40. "The Ugly ____"
42. Goofed
45. Paid the tab

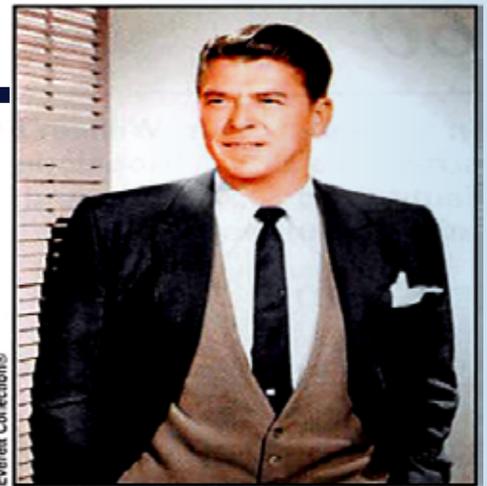
47. Cleo's snake
49. Replies
51. Roofing liquid
52. Informs
55. Goodnight girl
56. Aftereffect of trouble
57. Splendid
58. Destiny
59. Long tale
61. The Terrible Tsar
62. Roman emperor
63. Waxed
66. Ruby or diamond

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64						65		66			67			
68						69					70			
71						72					73			

Reagan Man

61

By the close of his second presidential term, Ronald Reagan had fulfilled his original 1980 campaign pledge to restore "the great, confident roar of American progress and growth and optimism." Reagan inspired in politics the same patriotism and determination he projected on-screen in films such as . . .



Everett Collection®

L E G I S L A T I O N D L T P
 P A G T Y T I L A N O S R E P
 C O R M N N E E S M L I F N G
 K H L E O E R E E R A C E A K
 L V A I N E D S C O N W C C W
 S H D R C E T I G N G H F I A
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| <input type="checkbox"/> ACTOR | <input type="checkbox"/> EUREKA College | <input type="checkbox"/> LEADER |
| <input type="checkbox"/> CAMPAIGNS | <input type="checkbox"/> FILMS | <input type="checkbox"/> LEGISLATION |
| <input type="checkbox"/> CAREER | <input type="checkbox"/> FOREIGN policy | <input type="checkbox"/> NANCY (wife) |
| <input type="checkbox"/> CHARACTERS | <input type="checkbox"/> "GENERAL Electric Theater" | <input type="checkbox"/> PERSONALITY |
| <input type="checkbox"/> DOMESTIC policy | <input type="checkbox"/> GOVERNOR of California | <input type="checkbox"/> POLICIES |
| | | <input type="checkbox"/> POLITICS |
| | | <input type="checkbox"/> POPULAR |
| | | <input type="checkbox"/> PRESIDENT |
| | | <input type="checkbox"/> RADIO |
| | | <input type="checkbox"/> REPUBLICAN |
| | | <input type="checkbox"/> ROLES |
| | | <input type="checkbox"/> SCREEN Actors Guild |
| | | <input type="checkbox"/> SENSE of humor |
| | | <input type="checkbox"/> SPORTS announcer |
| | | <input type="checkbox"/> TAMPICO, III. (birthplace) |
| | | <input type="checkbox"/> TV HOST |
| | | <input type="checkbox"/> TWO TERMS |

PUZZLE ANSWERS
NOVEMBER - 2016

PUZZLE 38

S	L	A	W		D	E	E	D	S		M	I	S	T
P	O	R	E		I	N	G	O	T		A	R	I	A
A	D	E	S		A	T	O	N	E		R	A	T	S
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			E	W	E	R	S		L	E				
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C	A	R	N	E		I	R	O	N		L	A	K	E
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S	A	F	A	R	I	S		R	E	D	W	I	N	G
C	O	A	T		C	A	G	E	R		E	V	E	R
A	N	T	E		A	G	E	N	T		R	A	R	E
R	E	E	D		N	A	M	E	S		S	N	O	W

SUDOKU GRID

puzzle on page 22

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

61

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

SENIOR CENTER LUNCH MENU NOVEMBER 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30
31	01-Dec	Please Note:		

Join us for the annual Thanksgiving Meal on Thursday, 11/17/2016 from 11 AM to 12:30 PM at All Senior Centers.

All Senior Centers CLOSED in observance of the Veteran's Day holiday

Thanksgiving Meal 17
Turkey Meal w/Gravy
Bread Stuffing
Cranberry Salad
Mixed Veggies
Whole Wheat Roll w/Margarine
Pumpkin Pie w/Topping

All Senior Centers CLOSED in observance of the Thanksgiving holiday. Have a safe and happy holiday weekend!

**Menu is subject to change.
Milk is served with each meal.**

**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 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

