

The SeniorScene

APRIL 2015



Photo By: Don Bell
Rabbit Carving By: Ellen Alexander

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

offered by:
Division of Senior Services





CITY OF SANTA FE, DIVISION OF SENIOR SERVICES

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

4/2015

Welcome,

The City of Santa Fe's Division of Senior Services offers a variety of programs and services at five senior centers throughout the City of Santa Fe. If you are age sixty or over, we invite you to make use of our services and facilities and participate in our programs. Most activities are free and only a few request a suggested donation. These are your services 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, City-run fitness facilities and public libraries, and senior living communities. It is also available online at www.santafenm.gov. Enter "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's website at www.rsvpsantafe.org.

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FAX Machine - Administration 955-4797

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Transportation Ride Reservations 955-4700

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FAX Machine - Nutrition 955-4794

Meals On Wheels (for homebound individuals)

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Robert Duran, MOW Assessments 955-4747

Senior Center Programming (Activities)

Lugi Gonzales, Center Program Manager 955-4711

Vacant, Program Coordinator 955-4715

M.E.G. Center, Ventana de Vida Center

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

Daniel Mitchell, Special Projects Admin. 955-4744

Retired Senior Volunteer Program (RSVP)

Triston Lovato, 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 Room 955-4737

Other Important Numbers

Santa Fe Civic Housing Authority 988-2859

Santa Fe County Information 992-3069

Santa Fe County Mobile Health Van 231-2382

Newsletter Production

Triston Lovato, Editor/Distribution 955-4760

Gil Martinez, Graphic Artist

Maggie Coffey, Copy Editor

Veet Deha, Copy Editor



DIRECTOR'S REPORT

4/2015

Dear Patrons:

As many of you know, we offer a vast array of comprehensive services to our seniors. Our three core services are: Nutrition (congregate and home delivery), Transportation and In-Home Support (home management and respite). Of these three, our Nutrition and Transportation segments rely on donations from our participants; suggested donation signs are strategically placed to remind clients of their importance as well as how much they impact our budgets. Your generous donations assist us in purchasing quality food products, auto parts, gasoline, and any other items needed to make these services successful.

With regard to our Nutrition program, we have established a suggested donation of \$1.00 for breakfast and \$1.50 for lunch. Many of you have elected to purchase our meal tickets that offer 10 meals for a suggested donation of \$12.50 thereby saving \$2.50. Meal tickets may be purchased at any of our meal sites, or from Nutrition office staff. These donations are then used to help us purchase the various supplies needed to operate and enhance our meal services. Many of you who can afford to contribute help compensate and offset for those who regrettably cannot contribute at all.

With respect to our Transportation program, we have established a suggested donation of \$.50 per ride (one-way-trip). When we compared this with other state programs the average suggested donation was \$2.00. These donations help with increased gasoline costs, provide vehicle maintenance support, and assist with overtime expenditures. Many regular riders have elected to purchase a transportation ride ticket, valid for 25 rides for a donation of only \$10.00 and thereby saving \$2.50. These ride tickets may be purchased from Transportation office staff.

Please keep in mind that every donation counts, so even if it is less than the suggested amount, each contribution is helping us maintain and provide quality services to our community and to you directly. Please be assured we take this seriously and put every effort into safeguarding your contributions by having donations placed in locked boxes, thereby ensuring that your money is going directly to the program or service of your choice.

Once again thank you for your continued patronage. I would like to extend a sincere thank you to those who have utilized our programs over the years. Without you our mission and purpose would not exist!

In addition, I would like to take this opportunity to welcome new participants and I extend a personal invitation and encourage you to utilize the many services we offer.



Ron J. Vialpando, Division Director



SENIOR SERVICES PROGRAM INFORMATION

4/2015

SENIOR SERVICES REGISTRATION

Anyone age 60 or over who participates at any of our centers or utilizes the Division of Senior Services is asked to register with our program. We can secure program funding each time a registered senior prints his/her name on our various sign-in sheets e.g. meals, fitness activities, etc.

Registration is held at the Mary Esther Gonzales Senior Center (MEG) located at 1121 Alto Street, Monday to Friday from 8:30 am to 4:30 pm. 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. We will notify you when you should come in to renew/update your registration. Please note that cards are not official identification.

Eligibility for Senior Services Registration

Participants must meet the following criteria, per the Older Americans Act: be at least sixty (60) years of age; or be the legal spouse of a member age 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.

For more information, contact Brenda Ortiz at 955-4722.
Email 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.
When scheduling a ride, 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.**
Last call for transportation is at 11:15 am on April 3rd.
- 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

4/2015



Free Benefits Counseling at MEG

Do you have questions about your healthcare coverage, choices you need to make about your Medicare or Medicaid coverage, the rising costs of dental care, hearing aids or eye care? Or do you have issues regarding housing or need assistance with utility expenses? If so, Robert Meinershagen, a volunteer with over 13 years of experience in providing benefit counseling to seniors, is available to offer advice every Wednesday morning at the MEG Senior Center.

You must make an appointment ahead of time. To reserve a free individual session, call the MEG Center at 955-4721. If you are unable to make an appointment with Mr. Meinershagen, you may call the New Mexico Aging and Disability Center at (505) 476-4937 or toll free at 1(800) 432-2080.

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

Happy Birthday!



Bonnie Rice	4/3
Prescilla Martinez	4/6
Maria Duran	4/16
Mela Delgado	4/29

Please note that senior centers will close at noon on April 3rd in observance of Good Friday, a decision made by the Mayor, no congregate lunch will be served.

Free Veterans Lunch – Tuesday, April 7th

Pacifica Senior Living is holding a free lunch for Veterans on the 1st Tuesday of every month from 11:30 a.m. to 1:00 p.m. in Santa Fe. David Smith, Service Officer for Santa Fe, will be at every lunch, providing information on Veteran's Benefits. Bring your discharge/separation paperwork to determine your eligibility and to start the benefit paperwork. For more information and to RSVP, call (505) 438-8464. Pacifica Senior Living is located at 2961 Galisteo Road.

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. This schedule is subject to change; check updates online at www.santafecounty.org or call (505) 231-2382.

April 2015 Dates, Times and Locations:

1st	Santa Fe Community College	10 am – 2 pm
2nd	Santuario de Chimayo Pilgrimage	8 am – 3 pm
3rd	Santuario de Chimayo Pilgrimage	8 am – 3 pm
4th	Genoveva Chavez Center	10 am – 2 pm
5th	Albertson's (Zafarano St)	10 am – 2 pm
6th	Fort Marcy	10 am – 2 pm
7th	St. John's Methodist Church	9 am – 1 pm
8th	Eldorado Senior Center	10 am – 2 pm
9th	MEG Center	10 am – 2 pm
10th	Casa Villita	10 am – 2 pm
11th	Smith's (Cerrillos)	10 am – 2 pm
12th	Santa Fe Recovery Center	10 am – 2 pm
13th	Rufina Housing	10 am – 2 pm
14th	Chimayo Senior Center	10 am – 2 pm
15th	Pasatiempo Senior Center	10 am – 2 pm
16th	Edgewood Senior Center	10 am – 2 pm
17th	Encino Villa	10 am – 2 pm
18th	Southside Library	10 am – 2 pm
19th	San Isidro Catholic Church	10 am – 2 pm
20th	El Rancho Senior Center	10 am – 2 pm
21st	Luisa Senior Center	10 am – 2 pm
22nd	Santa Cruz Senior Center	10 am – 2 pm
23rd	Pojoaque Senior Center	10 am – 2 pm
24th	Salvador Perez	10 am – 2 pm
25th	De Vargas Mall Health Fair	9 am – 3 pm
26th	Santa Maria de la Paz	10 am – 2 pm
27th	Zona del Sol	3 pm – 6:15 pm
28th	Casa Solana	10 am – 2 pm
29th	Ventana de Vida	10 am – 2 pm
30th	Camino Consuelo	10 am – 2 pm

All services provided by the Santa Fe County Mobile Health Van are free of charge. Visit the van and take advantage of all they have to offer!



NEWS & VIEWS

4/2015



75th annual Baile de Cascarones

The Sociedad Folklorica of Santa Fe presents the 75th annual Baile de Cascarones, to be held Saturday, April 11, 2015 from 7 p.m. to 11 p.m. at the Santa Fe Community Convention Center (201 W. Marcy St.).



The historical "Dance of the Eggshells" had been part of Spanish Colonial America in the 1800s but began to wane at the turn of the century. The custom was resurrected right here in Santa Fe by the Sociedad in 1940 as part of its contribution to the year-long celebration of the Coronado Cuarto Centennial.

Adults are encouraged to bring children age six and older to learn dances such as La Raspa, El Valse, La Varsiovana, La Polka, El Shotis, El Valse del Pano, and other traditional Hispanic dances, which will be demonstrated and taught during the event. Cascarones, which are confetti filled egg shells, will be decorated by the Sociedad members and sold during the dance. The tradition calls for people to crack a confetti filled egg over the head of the person with whom they wish to dance. Some of the eggshells are so elaborate; people keep them as collectors' items!

Music will be provided by Reflections and beverages will be available for purchase. Admission is \$15 per couple, \$10 single, and \$2 for small children. Fiesta attire is encouraged. Come join the fun!

For more information, please call Giora Kahn (505) 983-7839 or Pat G. Gonzales (505) 982-9315.

11th Annual Spring Garden Fair

On Saturday May 2, 2015 from 9 am – 3 pm the Santa Fe Master Gardener Association will host the 11th annual Spring Garden Fair at the SF County Fairgrounds (3229 Rodeo Road). Admission is free for this fun day of exciting speakers, food vendors, demos and exhibits! A browse through the Garden Shed might uncover a treasure or two; you can learn some tips from the famous Ask a Master Gardener station, and don't forget your tools as there will be tool sharpening offered. Youngsters will have fun at the Junior Gardener Corner and of course the "Best Plant Sale in Santa Fe" returns! For full information, please visit: www.sfmga.org

Earth Day Celebration at the Chavez Center

Keep Santa Fe Beautiful and the Outdoor Recreation Section of the City of Santa Fe Parks & Recreation Department are proud to announce the fourth annual celebration of Earth Day at the Genoveva Chavez Community Center on April 18, 2015 from 9:30 a.m. – 2:00 p.m. This free event features a variety of entertaining and educational activities for all ages, including African drumming & dancing, yoga in the park, archery, slacklining, sapling giveaways and more! There will also be an Expo for local green businesses and individuals. Maybe you just love the earth and want to participate by having a table at the Earth Day event. Please contact Lisa Gulotta, lfgulotta@santafenm.gov if you would like to sign up for the Expo.



Flora's Corner Inspiration from Flora Leyba

"It's not who you are or where you've been. It's where you are going that counts."

- Cal Farley



AT A GLANCE

March day trip to Salinas Mission Pueblo National Monument

Photos By: Don Bell And Waldy Cuevas

4/2015

St. Patty's Day celebration at Luisa Senior Center

Photos By: Triston Lovato



Tax-Aide Santa Fe

for the tax year 2014



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



Friday, January 30 to Wednesday, April 15

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 in 8-12 days

Please bring a blank check to get direct deposit.

Santa Fe Community College, Fitness Center

Mon-Fri 8:30-5pm Sat 9-1pm

Closed for Spring Break at SFCC from March 16 to 21

Hopewell Community Center

1800A Espinacitas Street, Santa Fe

Monday - Friday 9-1pm

Please bring the following information:

Photo ID

Social Security Cards for Parents and Children

Health Insurance proof that you have it or not

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. You should bring the 1099 forms from the bank.

Social Security. You must bring the year end statement from Social Security.

Unemployment. You must bring the W2-G form from Work Force Solutions.

Gambling: Bring the 1099 tickets and Win/Loss report from the casinos.

Pensions: Bring the 1099-R form you received from the pension payer.

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

Medical Expenses and Charity Donations: Bring a list of everything including mileage to doctors.

Mortgage Interest and Property Taxes:

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

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



RSVP THE RETIRED SENIOR VOLUNTEER PROGRAM

4/2015



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!

Volunteers enjoy many benefits, including: volunteer insurance while on duty, access to workshops and trainings, thank you gifts and recognition throughout the year, and of course staying active while making a difference. Listed below are current volunteer opportunities. All volunteers receive training from the volunteer station and support from RSVP. If you are interested and want to enroll or learn more, please contact Triston Lovato at 955-4760 or trlovato@santafenm.gov.

Help Archive

St. John's United Methodist Church located at 1200 Old Pecos Trail, is in need of a volunteer to assist a fellow volunteer in archiving paperwork.

Kitchen Angels Driver

Help a fellow RSVP Kitchen Angels volunteer drive to deliver meals twice a week for about two and a half hours. The dedicated volunteer has been doing this on her own for years now, but could use some help delivering the meals to homebound individuals.

Turn in Your Volunteer Hours

Thank you to everyone who submitted hours in March, and those of you who have not, please get them in as soon as possible! The new calendar is available, which covers hours for April, May, and June. Please remember to keep track of your hours as each one helps us meet our goals in the community and shows the state and federal government what a terrific program we have in Santa Fe! As always, you can mail them, fax them, drop them off at MEG or Luisa Centers, submit them online at www.rsvpsantafe.org, or email them to mvromero@santafenm.gov. Please call Marisa at 955-4743 if you have any questions.

RSVP volunteers born in APRIL!



Martha Catanach	4/01	Clarice Getz	4/14
Charlie Lujan	4/02	Benjamin Baca	4/15
Charles A. Marquez	4/02	Carmen J. Chavez	4/16
Jose D. Medina	4/02	Maria E. Duran	4/16
Douglas P. Peterson	4/02	Kathleen M. Farnan	4/16
Rita Garcia	4/03	Kathy Martinez	4/16
Victor E. Montoya	4/03	Michael Robison	4/17
Dolores Gonzales	4/06	Maria Barton	4/19
Connie Sena	4/06	Esperanza Bachman	4/20
Magdalena Babuljak	4/07	Ann Hunziker	4/20
Virginia M. Lucero	4/07	Joan Ferran	4/21
Matilda Rios	4/07	Susi Keller	4/22
Robert A. Fernandez	4/08	Marsha Reindorf	4/22
Manuel Valdez	4/08	Grace Whitecotten	4/22
Carol McVeigh	4/09	Reynalda "Bernie" Sanchez	4/23
EstherAnn "Erica" Coleman	4/10	Ron Levy	4/26
Robert Suspanic	4/10	Melanie "Libby" Dwyer	4/28
Deborah Farson	4/11	Pat E. Garrett	4/28
Edna Bube	4/13	Corrine Sanchez	4/28
Lynne R. Coyle	4/13	Mela Delgado	4/29
Lou A. Finley	4/13	Sally A. Rodriguez	4/29
Sheila Gumerman	4/13	Nazario Roybal	4/29
Bernard Preskin	4/13		

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



ACTIVITY

4/2015



All activities are open to registered seniors.

Schedule is subject to change.

Luisa Senior Center 955-4725

Fitness Room	Mon.-Fri.	8 am-1:30 pm
Sing Along (Spanish)	Tuesday	11:45 am
Guitar Lessons	Wednesday	9:00 am
Bingo	Friday	1:00 pm

Mary Esther Gonzales (MEG) Senior Center 955-4711

Pool - Cards - Billiards	Mon.-Fri.	7 am-4:30pm
Fitness Room	Mon.-Fri.	7 am-4:30pm
Computer-Open Use	Mon.-Fri.	1 pm-4:30pm
Computer Classes	Call for info.	955-4711
Guitar Class	Monday	9:00 am
EnhanceFitness	Mon, Wed & Fri.	9:30 am
Hospice Crafts	Monday	1:00 pm
Tai Chi class (beginner)	Mon.-Thurs.	8:15 am
Bingo	Mon. & Wed.	1:00 pm
Jewelry Making Class	Tuesday	9:00 am
Nia Technique	1st & 3rd Tues.	3:00 pm
Ceramics	Wed. & Fri.	9:30 am
Wood/Straw Applique	Thursday	9:30 am
Mind/Body Movement	Thursday	9:30 am
Chair Yoga	Thursday	1:00 pm
Sing Along (Spanish)	2nd & 4th Fri.	11:30 am
Knitting	Friday	2:00 pm
Zumba	Tuesday	9:30 am
Oil Painting	1st & 3rd Tues.	1:30 pm

Pasatiempo Senior Center 955-4725

Fitness Room	Mon.-Fri.	8 am-1:30 pm
Yoga Practice	Mon. & Wed.	8:30 am
Ceramics	Mon.-Fri.	9:00 am
Bridge	Monday	12:30 pm
Computer	Tuesday	9:00 am
Line Dance (Advanced)	Tuesday	1:00 pm
Wood/Straw Applique	Wednesday	9:30 am
Sing Along	Wednesday	12:00 pm
Tai Chi	Thursday	9:00 am
Zumba Dance	Tuesday	8:30 am
Zumba Dance	Thursday	10:00 am
Zumba Dance	Friday	1:00 pm

Ventana de Vida Senior Center 955-4711

Exercise Class	M/W/F	9:00 am
Art Class	Tuesday	1:00 pm

Villa Consuelo Senior Center 955-4725

Ceramics	Mon. & Wed.	9:30 am
Bingo	Tues. & Thurs.	11:00 am
Wood/Straw	Wednesday	12:30 pm

ART

Ventana-Class	Tuesday	1:00 pm
MEG-Class	2nd & 4th Tues.	1:30 pm

BINGO

MEG Center	Mon. & Wed.	1:00 pm
Villa Consuelo	Tues. & Thurs.	11:00 am
Luisa Center	Friday	1:00 pm

BRIDGE GAMES & PUZZLES

Pasatiempo - Bridge	Monday	12:30 pm
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CERAMICS

Pasatiempo	Mon. - Fri.	9:00 am
Villa Consuelo	Mon. & Wed.	9:30 am
MEG Center	Wed. & Fri.	9:30 am

COMPUTER

MEG	Mon. - Fri.	1 pm - 4:30 pm
Pasatiempo	Tuesday	9 am - 11 am

FITNESS EQUIPMENT

MEG Open Use	Mon. - Fri.	7 am - 4:30pm
Pasatiempo Open Use	Mon. - Fri.	8 am - 1:30 pm
Luisa Open Use	Mon. - Fri.	7 am - 1:30 pm

EXERCISE & MOVEMENT CLASSES

Pasatiempo Zumba	Tuesday	8:30 am
Pasatiempo Zumba	Thursday	10:00 am
Pasatiempo Zumba	Friday	1:00 pm
Pasatiempo Line Dance	Tues. & Thurs.	1:00 pm
Pasatiempo Yoga Practice	Mon. & Wed.	8:30 am
MEG Enhance Fitness	Mon, Wed & Fri.	9:30 am
MEG Nia Technique	1st & 3rd Tues.	3 - 4 pm
MEG Mind/Body Movement	Thursday	9:30 am
MEG Chair Yoga	Thursday	1:00 pm
MEG Zumba	Tuesday	9:30 am
Ventana Class	M/W/F	9:00 am

TAI-CHI

MEG (beginner)	Mon. - Thurs.	8:15 am
Pasatiempo	Thursday	9:00 am

GUITAR CLASS (Beginner)

MEG Center	Monday	9:00 am
Luisa	Wednesday	9:00 am

JEWELRY MAKING

MEG Center	Tuesday	9:00 am
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SEWING/KNITTING

MEG-Knitting	Friday	2:00 pm
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SING-ALONG

Luisa - Spanish	Tuesday	11:45 pm
MEG - Spanish	2nd & 4th Fri.	11:30 am
Pasatiempo	Wednesday	12:00 pm

WOOD/STRAW APPLIQUÉ

Pasatiempo	Wednesday	9:00 am
Villa Consuelo	Wednesday	12:30 pm
MEG Center	Thursday	9:30 am



ACTIVITY

4/2015

AARP "Smart Driver" Course

Sign up for the new, completely revamped AARP course now called "Smart Driver." Classes are held monthly in the dining room at the MEG Senior Center, located at 1121 Alto Street. The mini course is from 12:30 (check-in) to 5:00 p.m. The instructor, who is a trained volunteer, will go over safety tips for seniors on the road.

New Mexico insurance companies give discounts to seniors with a completion certificate. You must complete the entire four-hour course and be age 55 or over in order to obtain a certificate and you must renew it every three years to keep the discount.

You must also have your driver's license or driver's license number with you. The fee to cover materials is \$20.00. If you are an AARP member the cost is only \$15.00, although your AARP card or membership number must be presented the day of the class.

Be prepared: temperatures fluctuate in the dining room, so please dress in layers. The number of participants for each class will be limited to 30 individuals. To register for an upcoming AARP class, please call the instructor for the date you would like. Upcoming classes are on:

- April 14th Stewart Farley, (505) 603-4543
- May 12th Don Blossom, (505) 984-9995
- June 9th Don Blossom, (505) 984-9995

Ear Acupuncture for Veterans

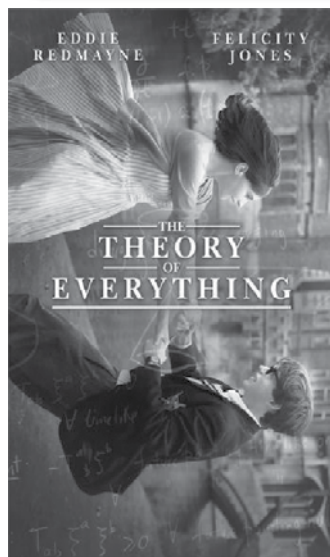
Licensed Acupuncturist Carolyn Bleakley will offer free ear acupuncture for veterans and their families from 2:00 - 4:00 p.m. as follows:

- Thursday, April 2nd
- Thursday, April 9th
- Thursday, April 16th
- Thursday, April 23rd

Please note: there will be no acupuncture on Thursday, April 30th due to the MEG Dance.



Movie Day at the MEG Senior Center "The Theory of Everything" Tuesday, April 28th at 1:00 p.m.



The Theory of Everything is the story of the most brilliant and celebrated physicist of our time, Stephen Hawking, and Jane Wilde, the art student he fell in love with while studying at Cambridge in the 1960s. Little was expected from Stephen Hawking, a bright but shiftless student of cosmology, given just two years to live following the diagnosis of a fatal illness at 21 years of age.

He became fired up, however, by the love of fellow Cambridge student, Jane Wilde, and he went on to be called the successor to Einstein, as well as a husband and father to their three children. Over the course of their marriage as Stephen's body collapsed and his academic renown soared, fault lines were exposed that tested their relationship and dramatically altered the course of both of their lives.

Seeking Volunteer Ceramics Teacher

The Pasatiempo Senior Center is still looking for a volunteer who can teach ceramics to seniors in the morning one day per week. If you are interested, please call Lugi at (505) 955-4711.

News from Lake WoBeGon By Garrison Keillor

Juan Romero invites one and all to a great treat. Join him in listening to some really good CD's titled:

NEWS FROM LAKE WOBEGON

By Garrison Keillor.

- Date: April 7, 2015
- Time: 12:15 to 2:15 p.m.
- Place: MEG Center Board Room





ACTIVITY

4/2015



Nia Technique on 1st & 3rd Tuesdays

The Tuesday Nia Technique class at the MEG center is as follows:

- April 7th 3:00 p.m.
- April 21st 3:00 p.m.

Monthly Senior Services Committee Meetings

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

- Transportation/Nutrition: 4/14/15 at 9:00 a.m.
- Advisory Board: 4/15/15 at 9:30 a.m.
- Travel Committee: 4/16/15 at 8:45 a.m.
- SAC Board: 4/16/15 at 10:00 a.m.

MEG Spring Dance



Spring is here, so let's celebrate with a lively dance! Find your dancing shoes and join us for our spring celebration at the MEG Senior Center on Thursday, April 30th. Come dance to the live music of Los Malcriados! Humana will also be here and will provide the cake for this fun event.

- Place: MEG Senior Center
- Date: Thursday, April 30th
- Time: 1:00 to 4:00 p.m.
- Charge: \$2.00 per senior

Oil Painting Class at MEG

We still have room for any interested individuals who want to learn how to draw and paint. Please join artist Judy Ortiz at the MEG Senior Center on the following Tuesdays at 1:30 p.m.:

- April 7th
- April 21st

The classes are held in the Craft Room at the MEG Center. Please bring your own brushes and a canvas size 9 x 12 or 12 x 16.

Blood Pressure, Blood Sugar & Oxygen Level Test 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:

- Luisa – Thursday, April 2nd 11-12 noon
- Pasatiempo –Thursday, April 9th 11-12 noon
- MEG Center – Thursday, April 16th 11-12 noon
- Ventana – Thursday, April 23rd 11-12 noon
- Villa Consuelo – Thursday, April 30th 10-11 am

Mariachi Azteca at MEG Center during Lunch

We invite you to join us at the Mary Esther Gonzales senior center for Mariachi music on Monday, April 6th during the noon hour.



Mariachi Azteca will be at the center to entertain seniors during the lunch hour with their delightful Mariachi music. On the menu this day is: a chicken taco with garnish and salsa, pinto beans, calabacitas, Jell-O with mixed fruit, and milk. We hope to see you there!

Free Hair Cuts at MEG & Pasatiempo

Our volunteer Fabiola (a licensed beautician) will provide free haircuts for seniors, on a first come first serve basis, (20 haircuts per day). The three haircut days for April are on the following Wednesday's beginning at 10:00 a.m.:



- April 8th MEG
- April 15th MEG
- April 22nd Pasatiempo

Haircut sign-in sheet at MEG will be available in the reception area at 9:00 a.m.



Pay Property Taxes at the MEG Center

The Santa Fe County Treasurer's office will be at MEG from 10:00am - 1:00pm on Friday, April 17th and Thursday, April 30th to accept payment for property taxes. Contact Lugi at (505) 955-4711 if you have questions.

Beginner Line Dancing at Pasatiempo

New beginner line dancing classes will start May 12th at the Pasatiempo Senior Center with a new teacher and agenda. Classes will be from 1:00 to 2:00 p.m. on Tuesdays and Thursdays. Please contact Diane Polaco at 438-4752 for more information.

Note: Lana Park will continue teaching the intermediate class from 2:00 to 4:00 p.m. on Tuesdays and Thursdays.

April Day Trip – Pueblo of Acoma & Museum

Sign up for this fun trip to the Pueblo of Acoma and Museum. This trip is scheduled for Saturday, April 25th from 8:00 a.m. to about 6:30 p.m. The trip includes transportation, lunch, admission to the museum and pueblo with permission to photograph. Unfortunately there is no walker or wheelchair access due to uneven stones on the Mesa.

RSVP no later than April 20th by calling Don Bell (after 5:30 p.m.) at 505-982-2707. Cost is \$45.00 per person.



Weekend Bingo at Luisa

The Luisa Senior Center (1500 Luisa Street) will be hosting a Bingo on Sunday, April 12th from 1:00 p.m.–4:00 p.m. The cost is \$12.00 per package. Don't miss out on the \$100 jackpot! Everyone is welcome to join the fun.

Senior Center Barbecues – Join us!

All barbecues will be from 11:00 am to 12:30 pm.

Menu includes:

Hamburgers with cheese, lettuce, tomato, pickle, onion, greenchile; sides are pork & beans, chips, watermelon and milk.

- Consuelo: May 15, 2015
- MEG: June 2, 2015
- Luisa: June 18, 2015
- Pasatiempo: July 16, 2015
- Ventana De Vida: July 24, 2015

Additional Day Trips for 2015

For additional information on these trips, or to make reservations please call Don Bell at 982-2707 after 5:30 p.m. or Barbara Arlen at 428-0124.

May 9th (Saturday)

Chaco Canyon

Cost per person is \$25.00 which includes a meal, transportation and entrance fees.

June 20th (Saturday)

Monastery in the Desert and Ghost Ranch

(Cost to be determined.)

July 11th (Saturday)

Taos POW-WOW

(Cost to be determined.)

August 15th (Saturday)

Rio Grande Nature Center

(Cost to be determined.)

October 8th (Thursday)

Albuquerque International Balloon Fiesta

(Cost to be determined.)

Chama Trip

(Date and cost to be determined.)

November

Bosque del Apache Bird Refuge

(Date in November and cost to be determined.)

December

River of Lights

(Date in December and cost to be determined.)



Palliative Care

An Extra Layer of Comfort
By: Senior Dorothea Dante



*Jan Jahner, palliative care
Program Coordinator*

Recently, I was visiting a patient friend at Christus St. Vincent Regional Medical Center. He told me that he was being treated very well. "All the doctors and nurses and everyone, they were so attentive, kind, and sweet to me," he says. "I have only the best things to say about my care in this hospital."

This is comforting to know. As I was leaving the hospital, I happened to notice a pamphlet entitled "Palliative Care." Upon reading it, I learned what palliative care is all about: pain-free comfort and support for those who are seriously ill and end-of-life care for the patients as well as their families. The pamphlet stated that for more information contact Jan Jahner, Program Coordinator.

We met at her hospital office and had a very interesting visit. It is the medical staff and care givers that make great quality care possible. I was most interested in knowing how Jan had made hospice and palliative nursing her life career; I asked her how it came about. She explained that she had been an Emergency Room nurse for 10 years and through this experience realized that there should be more involvement with the needs of the patient. For example: pain control, dealing with emotional stress and what the patient and their family should expect as illnesses progress and end-of-life decisions must be considered.

The Hospice Movement was just beginning and Jan felt it was the place for her to be. It was. She decided that providing end-of-life care to patients was what she wanted to pursue as her career, and she was with hospice for about 10 years. At this time she learned that palliative care could serve a larger population, and focused on symptom management and exploration of goals of care. Anyone with a serious illness can have this extra level of support. She became the Program Coordinator for palliative care, initially at a hospital in Montana and now at St. Vincent's.

I thanked her for the valuable information that she provided and asked her if she would sum up her nursing career in a few words. She said, "I became certified in hospice and palliative nursing and pain management to meet the emotional, psychological, spiritual, and physical needs of my patients."

Thank you very much Jan, for the aid and support you have provided to many grateful patients and families through your decision to work with those who truly need your help, and may God bless you.

Pamphlets on palliative care are available at the information desk at Christus St. Vincent Hospital.



SENIOR OLYMPICS

4/2015

Senior Olympic Spotlight



The first Senior Olympic events, Air Rifle and Air Pistol, took place on March 3rd and March 4th at the County Extension Building. There were 28 Olympians who participated, including seven women who did a great job their first time shooting. It was great to see new faces at our event!

Participants showed up on time, ready to shoot and listen to instructions on how to properly and safely handle the guns. Margaret Murray did a phenomenal job on rifle bench rest shooting; she took the gold with a high score of 338! The top male scorer for pistol bench rest went out to Robert Thornberg who had a whopping score of 392 out of 400. Wow! The oldest competitor was Bruce Kidman, age 83, scoring a 335 in rifle bench rest.

In his first year as Event Manager, Robert Napier did a terrific job coordinating, along with Bill Black who helped score, as well as Marty Moya. Thanks guys for taking the time out of your schedule to assist in scoring. I also want to take this opportunity to thank Bill Black for his 10+ years of service as Event Manager of Air Gun Air Rifle. Bill is a retired Navy HMC (Chief Hospital Corpsman), serving for 22 years. He was also an instructor in 1991 for the NJROTC and served 40 years in the Navy competition in rifle, pistols and shotguns. Bill is nationally ranked in shooting competitions and is currently retiring from Santa Fe gunsmithing, his third retirement. He is moving to Saco, MT, with a population of 100. Best of luck Bill! We will miss you!

On March 5th, we had basketball free-throw at Genoveva Chavez Community Center (GCCC). Twenty participants competed for gold, silver and bronze; each participant had 15 shots. This year there were four newcomers to the event. It is nice to see new athletes come out to participate! Ronnie Rodriguez shot four out of six three pointers; that is what you call skill! Great job!

The highest women's score was Barbara Hutchison, who scored seven out of 15. That is awesome. The eldest competitor was Arlene Mayer at the age of 84 who shot six of 15 shots. Outstanding job Arlene! Also, a great job to our Event Manager, David Soveranez.

The racquetball event took place March 7th – 8th at the GCCC and a whopping 18 Olympians showed up, including two women. The tournament was for the best two out of three games and participants broke a sweat in a matter of minutes! We had singles, doubles, and mixed doubles competition. For his first time as Event Manager, Chris Pacheco did a phenomenal job coordinating this event. Our most senior competitor was Ernest Griego, at age 75. Way to go Ernie!

The Senior Olympic Swimming Event took place on Saturday, March 7th at GCCC. It was a grand success, with 33 swimmers participating in over 20 events. Jay Stimmel participated in 13 out of 14 swim events and Mike Walsh was not far behind him. Everyone liked the new medals, and we had some very close races, fast swimmers finishing within hundredths of a second apart. We had several new participants, as well. Members of the St. Mike's Swim Team, along with their coach were a great help, as they helped in recording times. With the fun we had, we hope to see everyone back and new younger age group of swimmers too!

On March 10th and March 12th the bowling event took place at Strike Gold Lanes in Pojoaque and was taken over by about 55 seniors for singles. Colored bowling balls of all different sizes were flying right and left down the lanes and strikes and spares were lighting up the score board. Everyone was having fun, while meeting and playing with different athletes. It was nice to see five new faces. For singles bowling, Rose Tapia had a high score of 205 and for the men, Ted Spencer had a high score of a 236 out of 300. Great job! For doubles, Maureen Trujillo scored a 198 out of 300 and John Miles had a high score of a 244 out of a 300. Awesome Job!



SENIOR OLYMPICS

4/2015

April Dates, Events, Locations, & Managers:

Huachas took place on March 11th at the County Extension Building, with a total of 33 participants who threw. It was again nice to see seven new faces at the event. It was double elimination and everyone had such a great time. Luis Alba had three skunks and Lefty Martinez went undefeated in his age bracket. Great job! It's not as easy as you think to throw that washer and make in on the board. Many athletes pitched in to help score – that's what you call team work! The ladies were laughing and coaching each other; it was great to see that and such good sportsmanship. During his first time as event manager, Karl Cardenas did a terrific job coordinating this event with the spunk and energy needed to keep the athletes entertained

April 1st – Field events @ SFHS (Arlene Mayer)
Race-walk @ SFHS (Richard McLean)

April 2nd – Track @ SFHS

April 7th – Badminton @ GCCC

April 8th – Golf @ Marty Sanchez (Eloy Ulibarri)

April 9th & 10th – Horseshoes @ Alto Park
(Barbara Cohen)

April 10th & 11th – Tennis @ Alto Park
(Bonnie Rogers)

April 11th – Cycling @ Stanley (Karin Roth)

For more information about Senior Olympics, or to contact event managers, please contact Cristina Villa at 955-4725 or email cavilla@santafenm.gov. Please visit our new website at www.sfsg50.org Good luck, Olympians! Till next month! - Cristina Villa

JOIN MAYOR JAVIER GONZALES

**AS HE RECOGNIZES ALL THE HARDWORKING VOLUNTEERS WHO GIVE
THEIR TIME TO IMPROVING OUR COMMUNITY**

**NATIONAL
SERVICE WORKS
FOR**

Santa Fe, NM



WHEN: TUESDAY, APRIL 7, 2015 AT 9:00 AM

WHERE: MARY ESTHER GONZALES (MEG)
SENIOR CENTER (1121 ALTO ST.)

**VOLUNTEERS PLEASE JOIN US FOR
RECOGNITION, REFRESHMENTS, AND TO
HEAR VOLUNTEER TESTIMONIES ABOUT
THEIR SERVICE!**

**FOR MORE INFORMATION PLEASE
CONTACT TRISTON LOVATO AT 955-4760.**





LEGAL & CONSUMER

4/2015

Scam Calls – A Warning from PNM

PNM is warning the public about an increase in phone scammers who are claiming to be PNM and threatening customers with disconnection or meter removal. Both residential and business customers have been targeted.

Scammer Processes

Customers are told to purchase a prepaid gift card through PayPal or at a retailer, and then to call back with the card number, which the scammer then redeems. Scammers are getting better at fooling people and some customers fall prey to the threat of immediate disconnection and the intimidating tone. There are reports that scammers may even be able to manipulate the number that appears on your caller ID to fool you.

Spotting a Scammer

On occasion, PNM does make live outgoing calls to customers to collect a past-due payment. Customers are asked for a payment, but PNM will never ask customers to purchase prepaid gift cards or PayPal money cards. Check your most recent bill. If there is no disconnect notice, it might be a scam.

If you suspect a call may not be genuine:

What not to do:

- Never provide your PNM account information to someone who has contacted you. A PNM customer service representative will be able to provide you with your PNM account number and past-due amount, which will match your bill.
- Do not buy a prepaid card or PayPal card to provide payment. Call PNM at 1-888-DIAL PNM (888-342-5766), if you receive a call and have questions.

What to do:

- Tell the caller you will call him or her back, then hang up and call PNM at 1-888-DIAL PNM (888-342-5766). They can tell you if a PNM representative contacted you, and whether you are past due. They will use the information you provide to alert other customers.

- Check your bill: If you are in danger of disconnection, this will be written in bold on the front page.
- Even if you are late with your bill, there are several ways to quickly and safely pay without giving the caller personal or financial information.
- Call the police. Only the police can track down and arrest a criminal, but they need your help and cooperation to do that. You can also file a complaint with the FTC and the New Mexico Attorney General's office.

If You Need to Make a Payment Quickly

- Call PNM 1-888-DIAL PNM (888-342-5766) and follow the prompts for making a payment 24/7.
- Make a payment online
- Or you can call Western Union directly at 1-877-509-5938 to make a payment.
- Make a payment at more than 70 Western Union locations throughout the PNM service area. Your payment will be noted in their system within 5 minutes.

Spread the word. Tell your friends, family and co-workers about the phone scammers. PNM wants to help keep you safe and secure.





PUZZLE

4/2015



PUZZLE 33

ACROSS

- 1. Deceive
- 5. Ashen
- 9. Headliner
- 13. Hair style
- 14. Accustom
- 16. Pakistani language
- 17. Performs
- 18. Exalt
- 20. Wind direction: abbr.
- 21. Burden
- 22. Crest
- 23. ____ operandi
- 25. British princess
- 26. Hedge shrub
- 28. Wooden pin
- 32. Whets
- 33. Dens

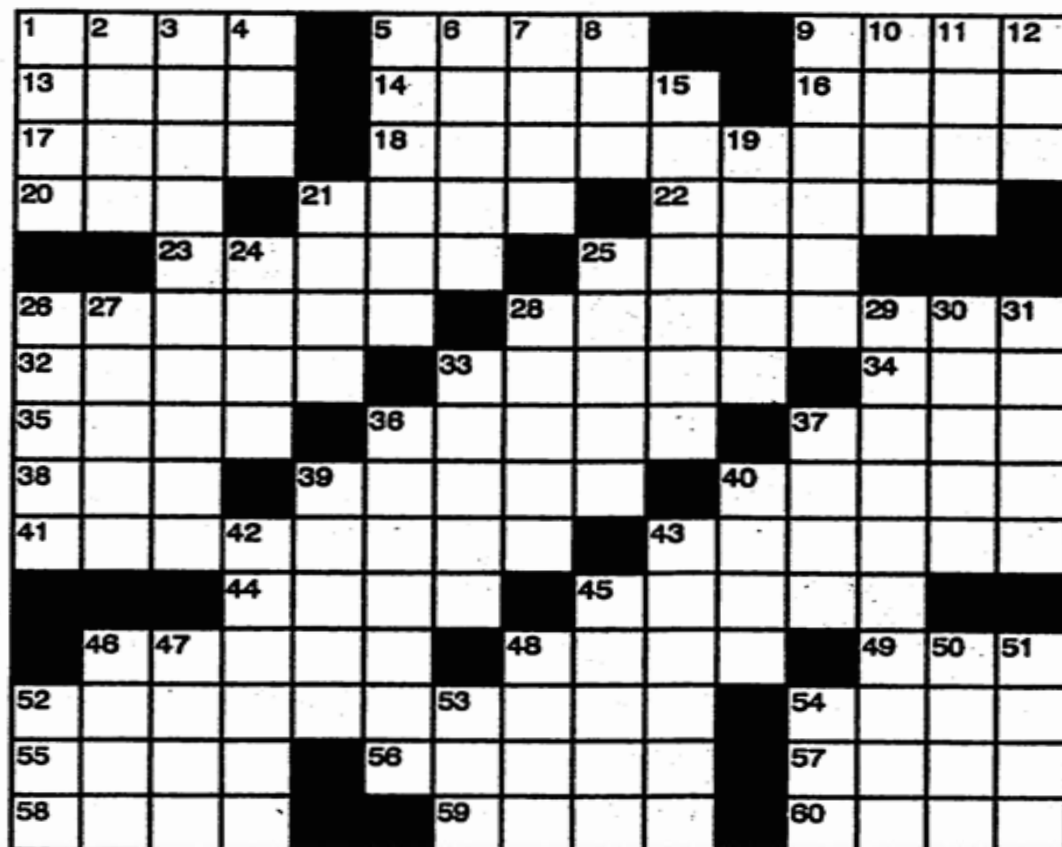
- 34. Genetic letters
- 35. Prayer ender
- 36. Coal sources
- 37. Arabian sultanate
- 38. ____ Francisco
- 39. Rope twists
- 40. Backbone
- 41. International under-standings
- 43. Metric units, in London
- 44. Age
- 45. Group for people with high IQ's
- 46. Book parts
- 48. Salvage
- 49. Bar bill

- 52. Distinction
- 54. Paddy product
- 55. Long ago
- 56. Panic
- 57. Sweet place?
- 58. "____ of Eden"
- 59. Individuals
- 60. Wallet items

DOWN

- 1. Pops
- 2. Alien sightings
- 3. Superior
- 4. Goddess of the dawn
- 5. Kind of butter
- 6. Scottish county
- 7. Carries with effort
- 8. Bungle

- 9. Abrupt
- 10. Math student's subject
- 11. Wood-worker's tool
- 12. Regret
- 15. Wage recipients
- 19. Baseball numbers
- 21. Pindar works
- 24. Baking chamber
- 25. First sign of the zodiac
- 26. Stage
- 27. Director Polanski
- 28. Armored vehicles
- 29. Esteem
- 30. Lacking sense
- 31. Country roads
- 33. Flax fabric
- 36. Method of cell division
- 37. Chooses
- 39. Assume a prayerful position
- 40. Mathematician's curve
- 42. Young bird of prey
- 43. Embankments
- 45. Large: pref.
- 46. Malay sailing boat
- 47. Pretensions
- 48. Problem
- 50. Zenith
- 51. Hive inhabitants
- 52. So long!
- 53. Master pilot
- 54. Greek letter





PUZZLE

4/2015

Stiff Competition

5

In the '50s, fashionable females added a little flair to their wardrobes with crinolines. These petticoats made from a variety of stiff, coarse fabrics were just the thing to create the bell effect for full-cut circle and poodle skirts.

Solution on page 137

☐ ADJUST

☐ FIT

☐ LINING

☐ CHIFFON

☐ GAUZE

☐ MATERIAL

☐ DETAIL

☐ HEM

☐ MESH

☐ DRESS

☐ LACE

☐ MUSLIN

☐ ELASTIC

☐ LAYERS

☐ NYLON

☐ FABRIC

☐ LENGTH

☐ PETTICOAT

☐ RIBBON

☐ RUFFLES

☐ SCALLOPED

☐ SHEER

☐ SIZES

☐ SKIRT

☐ SLIP

☐ STITCHED

☐ TIERS

☐ TRIM

☐ TULLE

☐ WAISTBAND

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



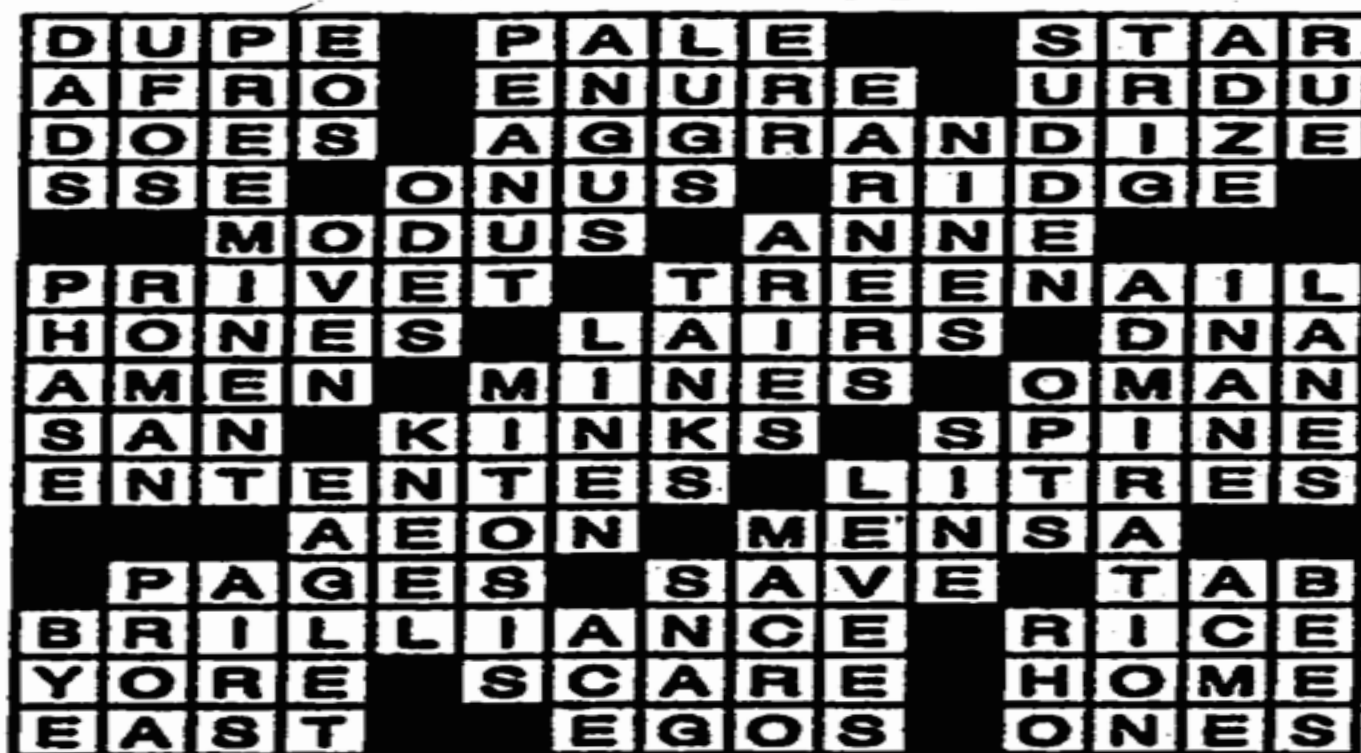


PUZZLE ANSWERS

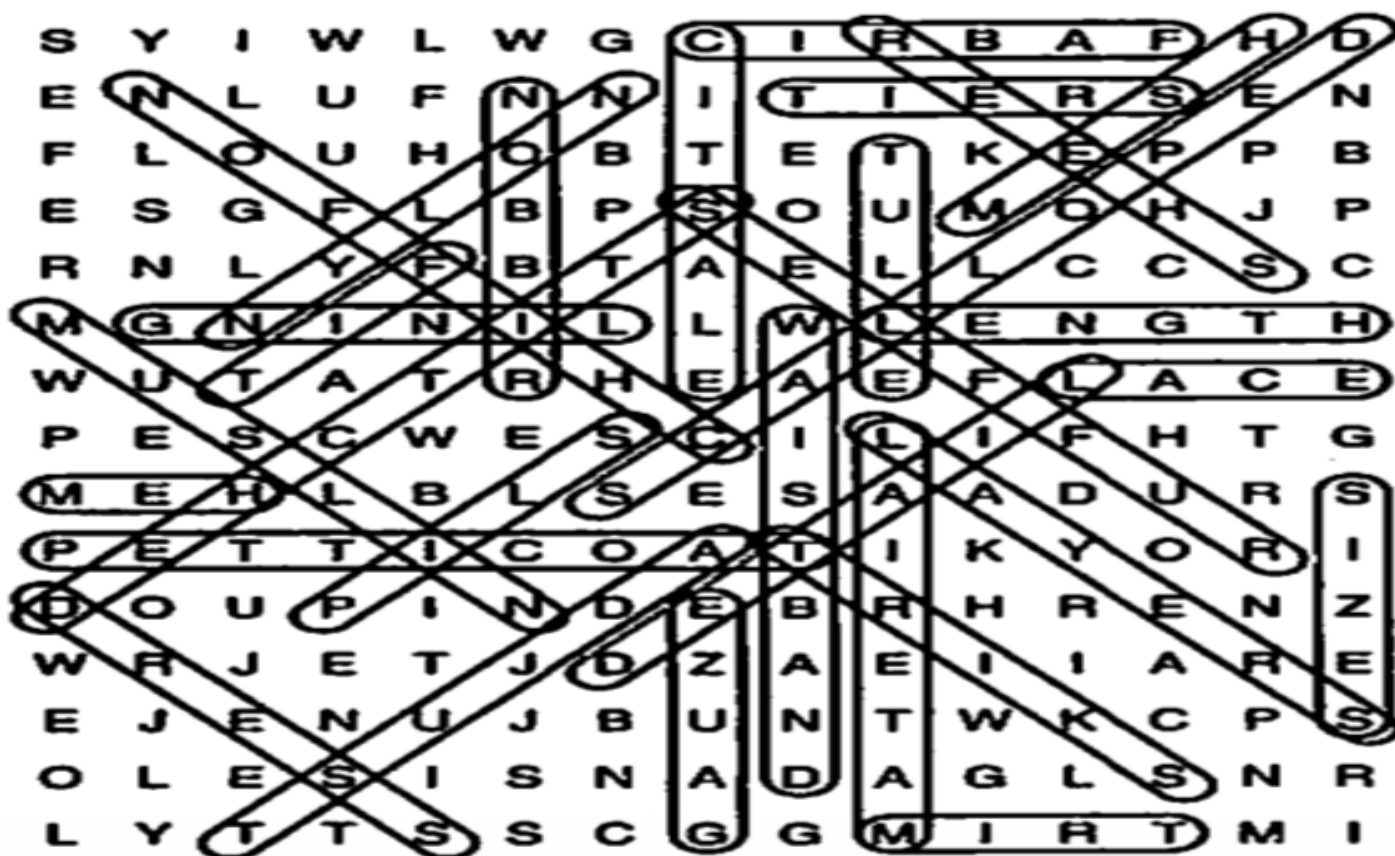
4/2015



PUZZLE 33



5





NUTRITION

4/2015



THE CITY OF SANTA FE DIVISION OF SENIOR SERVICES

SALAD BAR



Beginning April 1, 2015

at the Mary Esther Gonzales Senior Center

Available Monday – Friday

11:00 am to 12:30 pm

A donation of \$1.50 will get you a healthy bite from the salad bar!

(It can also be included with the hot meal for the same price.)

Department of Health Programs Offer Food Support for New Mexico Seniors

The New Mexico Department of Health offers a food program to assist New Mexico seniors.

The program, federally funded and overseen by the Department of Health, is the Commodity Supplemental Food Program (CSFP). It provides a monthly assortment of foods to supplement the diet of qualifying seniors. The program has three eligibility requirements: proof of age over 60, proof of residency within the area where service is provided, and income at, or less than, 130% of Federal Poverty Guidelines.

For more information, call (505) 476-8803 to find a site near you, and see if you qualify.

Seniors may also qualify for the Supplemental Nutrition Assistance Program (SNAP). For more information, contact the nearest Human Services Department. For more details or information go online at <http://www.hsd.state.nm.us/default.aspx> or call the New Mexico Income Support Division at 1-855-309-3766.



BREAKFAST MENU

4/2015



Senior Center Breakfast Menu for April 2015

Breakfast is served Monday – Friday, 7:30-8:30 a.m., at MEG, Luisa and Pasatiempo Senior Centers for a suggested donation of \$1 for seniors 60 and over and a \$5.25 fee for non-seniors (59 years of age or younger).

1st	Breakfast burrito – scrambled egg, cheese, salsa, hash browns, bacon, milk
2nd	Boiled eggs, salsa, small roll, bacon, milk
3rd	Grilled ham, cheese, English muffin, margarine, tomato juice, milk
6th	Scrambled egg, cheese, salsa, hash browns, bacon, milk
7th	Sausage, cheese, green chile, potatoes, margarine, milk
8th	Boiled eggs, hot oatmeal, margarine, tomato juice, milk
9th	Diced ham, cheese, peppers, small roll, margarine, milk
10th	Scrambled eggs, pancakes, maple syrup, margarine, tomato juice, milk
13th	Grilled ham, cheese, red chile, small roll, margarine, milk
14th	Breakfast burrito – scrambled egg, cheese, salsa, hash browns, bacon, milk
15th	Sausage, waffles, maple syrup, margarine, tomato juice, milk
16th	Scrambled eggs, salsa, hash browns, small roll, jelly, milk
17th	Ham & cheese biscuit, salsa, jelly, milk
20th	Cold cereal, small roll, peanut butter, jelly, tomato juice, milk
21st	Scrambled egg, sausage, French toast, maple syrup, margarine, tomato juice, milk
22nd	Grilled ham, cheese, red chile, peppers, tortilla, margarine, milk
23rd	Scrambled egg, cheese, green chile, potatoes, margarine, milk
24th	Sausage, cheese, salsa, hash browns, small roll, margarine, milk
27th	Breakfast burrito – scrambled egg, cheese, green chile, hash brown, bacon, milk
28th	Ham & cheese biscuit, salsa, margarine, milk
29th	Scrambled egg, pancakes, maple syrup, margarine, tomato juice, milk
30th	Boiled eggs, hot oatmeal, margarine, tomato juice, milk

Nutrition Education – Are you eating empty calories? (From ChooseMyPlate.gov)

Many of the foods and beverages Americans eat and drink contain empty calories, calories from solid fats and/or added sugars. Solid fats and added sugars add calories to the food but few or no nutrients. Learning more about these can help you make better food and drink choices.

Solid fats are fats that are solid at room temperature, like butter, beef fat, and shortening. Some solid fats are found naturally in foods,

but can also be added when foods are processed by food companies or when they are prepared.

Added sugars are sugars and syrups that are added when foods or beverages are processed or prepared.

Solid fats and added sugars can make a food or beverage more appealing, but they also can add a lot of calories. Some commonly enjoyed foods and beverages that provide empty calories for

Americans are: pizza, cakes, cookies, pastries, donuts, sodas,

energy drinks, sports drinks, fruit drinks, cheese, ice cream, sausages, hot dogs, bacon, and ribs.

A small amount of empty calories is okay, but most people eat far more than is healthy. It is important to limit empty calories to the amount that fits your calorie and nutrient needs.





APRIL SENIOR LUNCH MENU

4/2015



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		¹ Red Chile Tamale Pinto Beans Vegetable Salad Tortilla Mandarin Oranges Milk	² Chicken Fettuccini w/Alfredo Sauce Buttered Carrots & Peppers Garlic Bread Chilled Pears Milk	³ In observance of Good Friday no congregated meals will be served
	⁶ Chicken Taco w/Garnish & Salsa Pinto Beans Calabacitas Jell-O w/Mixed Fruit Milk	⁷ BBQ Beef Sandwich Pasta Salad Steamed Green Beans Peanut Butter Cookie Milk	⁸ Pork Stir Fry Stir Fry Vegetables Tossed Salad w/Dressing WW Roll w/Butter Apple Cobbler Milk	⁹ Beef Steak w/Veggie Sauce Topping Steamed Spinach Potato Rounds WW Roll w/Butter Lemon Bar Milk
¹³ Baked Pork Chop Rice Pilaf Peas & Carrots WW Roll w/Butter Jell-O w/ Mixed Fruit Milk	¹⁴ Red Chile Beef Enchiladas Salsa Corn Tossed Salad w/ Dressing Cherry Cobbler Milk	¹⁵ Baked Chicken Breast Sandwich Celery Sticks Baked Tater Tots Cottage Cheese w/Peaches Milk	¹⁶ Beef Tips w/Steamed Rice Steamed Broccoli Green Salad WW Roll w/Butter Chilled Pears Milk	¹⁷ BBQ Chicken Thighs Creamy Coleslaw Green Beans WW Roll w/Butter Chocolate Pudding Milk
²⁰ Stuffed Chicken Breast Steamed Spinach California Veggies Baked Biscuit Peach Crisp Milk	²¹ Chicken Fried Steak Mashed Potatoes w/Mushroom Gravy Steamed Green Beans WW Roll w/Butter Apple Cobbler Milk	²² Pork Posole w/Red Chile Sauce Spinach Salad Pinto Beans & Tortilla Strawberry & Peaches Peanut Butter Cookie Milk	²³ Beef Stroganoff w/Egg Noodles Steamed Spinach Cauliflower w/ Cheese Cottage Cheese w/Pears Milk	²⁴ Red Chile Carne Adovada Spanish Rice Country Blend Veggies Tortilla Jell-O w/Mixed Fruit Milk
²⁷ Chicken Taco w/Garnish & Salsa Pinto Beans Calabacitas Jell-O w/Mixed Fruit Milk	²⁸ Salisbury Steak w/Mushroom Gravy Mashed Potatoes Steamed Spinach WW Roll w/Butter Tropical Fruit Salad Milk	²⁹ Roasted Turkey w/Turkey Gravy Sweet Potatoes Steamed Green Beans Cornbread w/ Margarine Sugar Cookie Milk	³⁰ Chile Relleno w/Green Chile Topping Tossed Salad w/ Dressing Pinto Beans Saltine Crackers Chilled Mixed Fruit Milk	<div> MENU IS SUBJECT TO CHANGE </div>

Please Note: Senior Meal Suggested Donations: Lunch \$1.50

Non-Senior (59 years of age or younger) Mandatory Meal Fees: Breakfast / lunch \$5.25

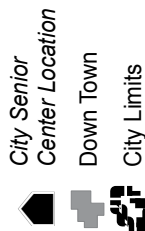
Lunch is Served at:
 MEG, Luisa, Ventana de Vida, Villa Consuelo & Pasatiempo Centers
 11:00am till 12:30pm Monday thru Friday



City of Santa Fe

Senior Center Locations

Legend



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

