THE SENIOR SCENE

City of Santa Fe
Community Services
Senior Services

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

JANUARY 2020

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

CITY OF SANTA FE, DIVISION OF SENIOR SERVICES

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

JANUARY 2020

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. 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 blue search box and click the magnifying box. Click on the to listing in blue for Senior Scene Newsletter.

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Transportation Ride Reservations (page 3) **955-4700**
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Enrique DeLora, Inventory Supervisor 955-4750
Tebrina Roibal, Administrative Assistant 955-4749
FAX Machine - Nutrition 955-4794

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

Senior Center Programming (Activities)
Lugi Gonzales, Center Program Manager 955-4711
Albert Chavez, Program Coordinator 955-4715
Mary Esther Gonzales (MEG), Ventana de Vida
Cristina Villa, Program Coordinator 955-4725
Luisa, Pasatiempo, Villa Consuelo

In Home Support Services:
Homemaker and Respite Care,
Theresa Trujillo, Program Supervisor 955-4745
Saul Carta, Program Coordinator 955-4735
Katie Ortiz, Clerk Typist 955-4746

Foster Grandparent/Senior Companion Program
Melanie Montoya, Volunteer Prog.Manager 955-4761
Vacant, Project Administrator 955-4744

Retired Senior Volunteer Program (RSVP)
Kristin Slater-Huff, Public & Community Relations Officer 955-4760
Marisa Romero, Program Coordinator 955-4743

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

Miscellaneous
Craft Room Not in service
Pool (Billiard) Room 955-4730

Other Important Numbers
Santa Fe Civic Housing Authority 988-2859
Santa Fe County Information 992-3069

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SENIOR SERVICES PROGRAM INFORMATION

JANUARY 2020

SENIOR SERVICES REGISTRATION

Anyone age 60 or over who participates in the Senior Services Congregate Meal or transportation program is asked to register with our program. Registration is held at the Mary Esther Gonzales (MEG) Senior Center at 1121 Alto Street, Monday through Friday from 8:30 a.m. to 4:30 p.m. When you register, a staff member will fill out a form with you, including your date of birth, the last four digits (only) of your Social Security number, an emergency contact name and phone number. Staff will provide you with a membership card.

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 sign-in sheets. For more information please contact Brenda Ortiz at (505) 955-4722 or ***bmortiz@santafenm.gov.***

SENIOR TRANSPORTATION INFORMATION

To Reserve:

Call (505) 955-4700 before 4:00 pm to reserve a ride.

Rides must be requested at least 24 hours in advance of service.
Please specify if you require a wheelchair lift van. To avoid delays in service, call immediately if you need to cancel a scheduled ride.

Transportation will take ride reservations up until 4:00pm every day, with the exception of the 1st Tuesday of every month because of our early day closure for mandated staff training. Last call for pick up is 2:45 on those days.

Ride reservations must be requested at least 24 hours in advance minimum, and 5 days in advance, maximum.

Due to the high volume of service we are unable to provide same day requests. Also, clients should expect a longer wait time on the return service.

Senior Cost:

Suggested donation of 50¢ a ride (one-way trip) for seniors 60 & over.
You may purchase a 25-ride ticket for $10.00, cash or check, (preferably) from the Transportation Office or from drivers. That is a $2.50 savings.

Schedule:

Rides are available 8:30 am to 4:15 pm Monday through Friday.
Vans leave from the MEG Center at noon, 1:00, 2:00 and 3:00 pm daily. Please be seated in the lobby or outside on patio benches to wait.

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

Note:

Wednesday, January 1st, all senior centers will be closed for New Year's Day.
Monday, January 20th , all senior centers will be closed for Martin Luther King Day.

SF County Seniors: For rides outside city limits but within Santa Fe County, call (505) 992-3069.

SF Ride: For weekend and evening transportation, call (505) 473-4444.

By Gino

A message from the Division Director

Happy New Year!!!

I wanted to share with you some inspiration for the New Year. I was trying to find the right quote for 2020 and I narrowed it down to two. “With the new day comes new strength and new thoughts” (Eleanor Roosevelt) and “Resolve to keep happy, and your joy and you shall form an invincible host against difficulties” (Helen Keller). I always enjoy scrolling through someone else’s quotes, it is so interesting; the hard part is coming up with my own. “With the dawn of a New Year comes the Dawn of a New Era” (Gino Rinaldi). Try it and let me know how it goes.

As many of you know January is the start of the Legislative Session. There are many bills that will benefit seniors this year. So please make sure you thank your elected officials and remind them to keep up the great work. Hopefully some of you will go to the Roundhouse (State Capital) and visit them and thank them in person.

At last, we have come up with a name for the new addition off the dining room at MEG Center. As you know, we requested name suggestions from you, our seniors. RSVP volunteer Ron Biederman compiled all the suggestions into a list, without the names of the people who submitted each. Then we asked the instructors of the regular fitness classes to vote on the submissions. The winning name is: Park View Room. Unfortunately, the person who submitted that name did so anonymously, so we don’t know whom to recognize.

I always want to thank you all for your patience and generosity with us and each other.

On December 11, the City of Santa Fe Division of Senior Services and the New Mexico Aging and Long-Term Services Department teamed up to feed folks in need. I took this photo at the Toney Anaya Building. We especially thank our nutrition staff for preparing the meal.

Disclaimer: *The material contained in this publication is provided for general information purposes and is meant to keep our readers informed. The content may or may not be sponsored by the City of Santa Fe Division of Senior Services, so we recommend that readers always refer to the contact and location information listed in each item. If you have questions for Senior Services staff, please refer to page two for the appropriate contact.*

In Memory

Eugene Dunne (Gene) age 69, passed away quietly at home on November 13 with his wife of 49 years, Adele, by his side. Many people at Senior Services remember Gene as a cheerful and kind Meals on Wheels driver.

Born into deep poverty, he created a life rich in accomplishments, adventures and friends. He was drafted into the Army during the Vietnam War and served as a Green Beret, Special Forces Group (Airborne) in the Panama Canal Zone. Gene earned his Master's Degree from the University of Massachusetts and a PhD at Harvard, then became a college professor. He and Adele moved to Washington D.C. and, declining a high-paying job in government, he instead dedicated his working life to non-profits close to his heart. In midlife, he had a major operation that caused him to reappraise his life and he went back to a job he had loved as a youth; he became a taxi driver and co-owned a taxi repair shop before leading a labor revolt against the unscrupulous owners of a major cab company.

He and Adele moved to Santa Fe in 2003 and Gene joined Meals on Wheels, a job that was "morally satisfying and just felt good." He worked at Senior Services for seven years, until his health required that he retire.

Get Cozy with a Free Book this Winter

Did you know that the lobby of the MEG Senior Center has an abundance of wonderful books and magazines for you to have for FREE?

Tireless RSVP volunteer Harriet Levine collects and arranges donated magazines and books for the public to enjoy. We invite you to browse and take home any publications you select. Come by weekdays, 7:30am – 4:30pm.

We also thank those seniors who have donated to the collection. If you have books in good shape or magazines (only issues from 2020, please) that you'd like to donate, please bring them to the MEG Center and leave them with our Program Coordinator Albert.

The Basics of Alzheimer's Disease

There will be a free presentation by the NM Alzheimer's Association on Wednesday, January 15th, 10:00-11:00 am at St. John the Baptist Catholic Church at 1301 Osage Ave. Alzheimer's is not normal aging. It's a disease of the brain that causes problems with memory, thinking and behavior. All are invited to attend.

For more information, contact Beth Hamilton, Regional Manager at (505) 473-1297 or behamiltn@alz.org.

Are You Interested in our State Legislature?

This year is a 30-day session of the New Mexico State Legislature, so legislators will be in session January 21 – February 20. It is a bustling place with many bills to be heard and debated. Senior Services is often asked (usually at short notice) to bring people to the Roundhouse to sit in on hearings of bills regarding senior citizens, to learn about the process, show support and occasionally answer questions.

Whether you have never been to the Legislature, or you are an old hat at state politics, we invite you to join us. On days that we go, we meet at the MEG Senior Center, and our transportation drives seniors to and from the Roundhouse. Would you like to come along? If so, please call 955-4721 and ask Cristy to take your name and number. We will call you whenever we hear that a relevant bill is going to be heard. If you are available that day, you can join us.

Everyone is invited to come on Friday, **February 14th for Senior Day at the Legislature.** There will be tables of information and give away items, legislators speaking, proclamations and other activities. Call 955-4721 as well, to reserve your place on a van for that day.

Flora's Corner

In the time we have
It is surely our duty
To do all the good we can
To all the people we can
In all the ways we can.

-William Barklay (1907-78), British theologian

January 6th Pueblo Feast Days

Taos Pueblo Feast Day with Antelope, Buffalo and Deer dances. For details, call (575) 758-1028 or go to *www.taospueblo.com* San Ildefonso Feast Day with evening firelight dances. To learn more, call 455-2273 or go to *www.sanipueblo.org*

Thanks to the "Caregiver Stress" Presenters

Thank you David Davis, Executive Director for Memory Care Alliance, for your superb presentation "How to Deal with Caregiver Stress" on November 19th at MEG Center. It provided valuable tips on how to manage our own self-care while caregiving for our loved ones. The presentation was a huge support to many stressed caregivers.

Additionally, we thank co-presenters Melissa and Richard Wilkinson who kept all 37 participants in attendance involved in their guided breathing and meditation exercises to reduce stress.

We are also grateful to Beth Hamilton from the Alzheimer's Association for providing "Walk to End Alzheimer's" t-shirts and to Ken Hendricks from Home Instead Senior Care for the delicious cake!

Center Closures

City of Santa Fe Senior Centers will be closed on the following holidays this month:

January 1st, for New Year's Day

January 20th, in honor of Dr. Martin Luther King Jr. Day

Support Groups

Chronic Illness
2nd & 4th Tuesdays/mo.
2:00 - 3:00pm

Family Caregivers
2nd & 4th Wednesdays/mo. 2:00 - 3:00pm

Join others for support and practical actions to help with the daily challenges you face at this time. Sometimes just being safe to say what you are thinking and feeling without being judged is the best medicine. Listening to someone else can offer a new perspective.

As part of Comfort Keepers Community Outreach, the group is free and is facilitated by Eileen Joyce, Certified Coach/Grief Recovery Specialist®.

Groups meet at Comfort Keepers, 1301 Luisa St. To reserve your space, please contact Eileen at (505) 428-0670, or ej@eileenjoyce.com.

The Memory Club Support Groups

Family of a Loved One with Dementia
Meets on the first three Fridays of each month
2:00–-3:00 pm at 1301 Luisa St.

Families, Including a Loved One with Dementia

Meets on the fourth Friday of each month
2:00—-3:30pm at the Unitarian Church

The Memory Club is a service of the Memory Care Alliance of Northern New Mexico and is sponsored by Comfort Keepers, in-home caregivers. It is facilitated by Memory Care Alliance Executive Director David Davis and Eileen Joyce, Certified Coach/Grief Recovery Specialist®.

Meetings are free, but space is limited. Please contact David at (505) 310-9752 or david@memorycarenm.org; or Eileen at (505) 428-0670 or *ej@eileenjoyce.com* for questions and to reserve your place.

Veterans Ride Free

Did you know that all U.S. Veterans ride for free on Santa Fe Trails buses? Just show your U.S. Veterans Affair ID card, Rio Metro Freedom Pass, other veteran ID, or your Transit Veterans ID Card on the bus, and you ride for free.

You may acquire a Santa Fe Trails Veterans Card by providing a proof of veteran status with either an official Department of Veterans Affairs ID Card, DD214 with a photo ID or driver's license with veteran status. Call the Santa Fe Trails Administrative Office for details (505) 955-2008.

Active duty and personnel can show their Military ID on the bus for free fares.

Veterans with a VA medical card can ride the Rail Runner Express free for life. It's their way of saying "Thank you for your service."

Practical Winter Ice Solution

Anita Stalter Tapley wants to remind you to be prepared for winter ice. She suggests carrying recycled water bottles filled with sand from any arroyo or sandy area in your yard. Keep one in your purse, a couple in your car, and some by your front door. Whenever you encounter ice on the ground, just unscrew the lid and sprinkle some sand before you step.

It could make all the difference between a safe, pleasant winter, and a fall that could break a bone. Plan ahead, for your own sake.

Hearing Loss Association

The Santa Fe Chapter of the Hearing Loss Association of America invites you to attend their program on "Hearing Aid Basics" on Saturday, January 18th at 10:00 am.

The guest speaker is Dr. Kathleen Romero from Audiology Associates. There will be ASL Interpreters as well as a hearing loop.

Meetings are held at the Santa Fe Association of Realtors 501 N. Guadalupe (just up from Jinja Bistro north of DeVargas Mall, so there is plenty of parking).

Now Recruiting Foster Grandparent and Senior Companion Volunteers

Are you ready to get out of the house and make a difference in our community? As a Foster Grandparent volunteer, you're a role model and a mentor. As a Senior Companion volunteer, you are a caregiver and a friend.

If you're at least 55 and want to share your experience and compassion, you might have what it takes to be a volunteer in one of these programs. As a volunteer, you may qualify for a tax-free stipend, mileage reimbursement and many other benefits.

We are currently recruiting Foster Grandparents for the rest of the school year and we have many volunteer stations (elementary schools and Head Starts) to choose from. Volunteers are especially needed in the Head Starts.

In addition, we are in need of Senior Companion volunteers who drive and would be willing to do errands and provide companionship for frail/lonely senior citizens who need a bit of assistance to be able to remain living in their own homes.

When you volunteer, you're not just helping others-you're helping yourself. Volunteering leads to new discoveries and new friends.

If you are interested in becoming a volunteer, please call Melanie at 955-4761.

No Yoga Classes in January

Please note that the regular Tuesday/Thursday morning Yoga classes at the MEG Center are cancelled until further notice. We apologize for the inconvenience.

GCCC Therapy & Leisure Pool for Adults

The Genoveva Chavez Community Center at 3221 Rodeo Road has special times set aside in their warm water therapy pool and for their leisure pool for adult-only use:

Sunday 9 - 11:30am
Monday & Wednesday 6 - 10:30 am and 5 - 6:30 pm
Tuesday & Thursday 6 - 9:30 am and 5 - 6:30pm
Friday 6 - 10:30 am
Saturday 9 - 11:30 am

Daily Admission for seniors 60+ is $4.00, but memberships are available as well. Go to www.chavezcenter.com or call (505) 955-4000.

Newsletter Submission Guidelines

Members of the public are welcome to submit an announcement, photograph, brief article or poem for consideration to be published in the "Senior Scene". Submissions must be received no later than the 10th of the month to run in the following month's edition.

Email to: kwslater-huff@santafenm.gov

Mail to: Kristin Slater-Huff, RSVP Office
City of Santa Fe Senior Services
PO Box 909
Santa Fe, NM 87504-0909

Deliver to: Kristin at RSVP
MEG Senior Center
1121 Alto Street
Santa Fe, NM

N.M. Aging and Long-Term Services Dept.

The New Mexico Aging and Long-Term Services Department (ALTSD) provides accessible, integrated services to older adults, adults with disabilities, and caregivers to assist them in maintaining their independence, dignity, autonomy, health, safety, and economic well-being, thereby empowering them to live on their own terms in their own communities as productively as possible.

Their vision is to lifelong independence and healthy aging for all of New Mexico's elder population.

Their guiding principles are to protect the safety and rights of those they serve; promote personal choice and self-determination; treat all persons with respect, embracing cultural diversity; encourage collaborative partnerships; and provide fiscally responsible services

The staff and services of the NM ALTSD help over 200,000 New Mexicans every year.

This Month in History: January
(From historyplace.com)

January 1, 1776- During the American Revolution, George Washington unveiled the Grand Union Flag, the first national flag in America.

January 24, 1848- The California gold rush began with the accidental discovery of the precious metal during construction of a sawmill. An announcement by President Polk later caused a national sensation and resulted in a flood of "miner forty-niners" seeking wealth.

January 20, 1945- Franklin Delano Roosevelt was inaugurated to an unprecedented fourth term as president of the United States.

January 10, 1946- The first meeting of the United Nations General Assembly took place.

Holiday Good Deeds
In celebration of seniors in the community, many individuals purchased household items and contributed baskets of love. The care baskets were collected and distributed at senior centers during the Thanksgiving luncheon. The collaborative efforts have become an annual tradition.

Participants of Enhance Fitness Class (above) and Tai Chi Class (below) enjoy Thanksgiving season exercise at the MEG Center.

Throughout the day, seniors are busy in the MEG Fitness Room.
Photo by RSVP Volunteer Fitness Instructor Can Sirin

RSVP (RETIRED SENIOR VOLUNTEER PROGRAM)

JANUARY 2020

Volunteer Opportunities

How about giving a few hours a week to a cause that you care about? The Retired Senior Volunteer Program (RSVP) can help you get started. We are a nationwide program designed to encourage people 55 and over to use their experience and skills to give back to the community through volunteerism.

RSVP volunteers receive a variety of benefits all paid for by the program. While serving, volunteers are covered by an excess liability, excess auto liability, and personal accident insurance plan. Volunteer service is also celebrated through recognition events and gifts as well as free educational opportunities. Some volunteers qualify to receive mileage reimbursement.

You will meet people who care about the same things you do. Additionally, many studies have proven that volunteerism improves health and longevity!

Below, you will find information on some of the many volunteering possibilities that RSVP has to offer for you. We invite you to join us.

To learn more and/or become an RSVP volunteer, please email Kristin Slater-Huff at *kwslater-huff@santafenm.gov* or call (505) 955-4760 or stop by the RSVP office at the MEG Senior Center at 1121 Alto St.

Let's Start Off the New Year with a Bang!

Which cause would you like to support with a little time and energy in 2020? We are currently recruiting volunteers to serve in the following roles:

Advocacy - speak out on behalf of others

- AARP New Mexico Advocate (on senior issues)
- Aging & Disability Resource Center Counselor
- Gerard's House Grief Support Group Facilitator
- Long-Term Care Ombudsman Advocate
- Solace Crisis Treatment Center Hotline

Animals

- Santa Fe Animal Shelter & Humane Society Adoption Services Supporter

Children

- Gerard's House Childcare Provider
- S.F. Children's Museum Visitor Engagement
- S.F. Public Libraries Children's Programmer

Education/Books

- AARP Workshop Presenter
- AARP Defensive Driving Teacher
- Randall Davey Audubon Center Educator
- Santa Fe Botanical Garden Educator
- Santa Fe Public Libraries
- Vista Grande Public Library

Disaster Preparedness

- American Red Cross "Ready When the Time Comes" Program Liaison

Food Delivery Driving or Escort to Doctors

- American Cancer Society Escort
- ECHO Commodities Delivery
- Kitchen Angels Meal Delivery

Food/Meal Distribution/ Services

- Bienvenidos Outreach Food Distributor
- City of S.F. Senior Services Kitchen Helper
- Communities in Schools in N.M. Foodie Program sorter, Deliverer or Distributer
- Feeding Santa Fe Weekly Food Bag Distributor
- Food Depot Sorter or Repackager
- Guadalupe Church Soup Kitchen Cook
- Kitchen Angels Cook or Meal Preparer
- San Isidro/San Jose Parish Food Distributor
- St Elizabeth Shelter Meal Preparer
- St John's Bag 'N Hand Food Pantry Distributor
- St. John's Soup Kitchen Meal Cook

Health Facilities- Support Work

- CHRITUS St. Vincent Hospital Auxiliary
- Eperanza Shelter for Battered Families Receptionist or Admin. Assistant
- New Mexico Dept. of Health Administration
- Presbyterian Hospital Auxiliary
- Ronald McDonald Family Room Family Register and Program Guideline Reviewer
- Villa Therese Catholic Clinic Admin. Supporter

Healthcare Companionship

- Ambercare Hospice- Companion, Respite, Vigil,Bereavement or Music-Providing Volunteer
- Community Palliative Care of Northern N.M. Hospice Compassus Friendly Visitor
- Many Mothers Supporter of Mothers & Newborns

Military

- N.M. National Guard Museum Docent

Nature

- Randall Davey Audubon Center Guide or Nature Trail Maintenance Provider or Gift Shop
- Santa Fe Botanical Garden Docent, Hospitality or Gardening Volunteer
- Santa Fe Children's Museum Garden Helper
- Santa Fe Farmer's Market Institute Greeter
- Santa Fe Master Gardeners Association Expert

Shops/Thrift Shops

- CHRISTUS St. Vincent Hospital Shop
- Friends of the Library Book Shops
- Kitchen Angels "Kitchenality"
- PMS Hospice Thrift Store
- Presbyterian Health
- Santa Fe Children's Museum Gift Shop
- S.F. Habitat for Humanity "ReStore"

Sporadic Volunteerism

Help with fundraising events for these non-profits, or "man" an information table, a few times a year

- AARP New Mexico info. tables
- Esperanza Shelter info. tables
- Feeding Santa Fe Outreach
- Food Depot Public Events
- Friends of the Library Book Sales
- Keep Santa Fe Beautiful Cleanup Events
- Kitchen Angels Fundraiser
- Many Mothers Fundraiser
- Santa Fe Animal Shelter Adoption Events

Tutoring/Mentoring

- Communities in Schools of NM
- Literacy Volunteers
- Santa Fe Public Schools
- Youthworks!

Wow- what a lot of terrific opportunities! Please call (505) 955-4760 to join RSVP.

ONGOING ACTIVITIES

JANUARY 2020

All activities are open to registered seniors.

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

Luisa Senior Center – 1500 Luisa Street (entrance on Columbia Street)				
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
	1-3pm: Bingo		**9-11 am:** Computer assistance	**1-3 pm:** Bingo
8 am – 1:30 pm: Fitness room		**8 am – 1:30 pm:** General computer lab hours		

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 **12:30 – 2:30 pm:** Oil painting (1st and 3rd Tuesday) **1:30 pm:** Nia Technique (1st & 3rd Tuesday)	**8:15 am:** Tai Chi **9:30 am:** Enhance Fitness **9:30 am:** Ceramics (class currently full) **1-3 pm:** Bingo **1-3 pm:** Quilting	**8:15 am:** Tai Chi **9:30 am:** Wood carving **10-11 am:** Chi Gung (gentle exercise) **1-2 pm:** Brain Gym Class	**9:30 am:** Enhance Fitness **9:30 am:** Ceramics (class currently full) **2 pm:** Knitting
7:30 am – 4:30 pm: Pool/cards/billiard room **AND** Fitness room **8 am – 4:30 pm:** General computer lab hours (Computer Classes: Tuesdays & Wednesdays, 10 am–noon) **Fitness Instructor**: 8 am – 10 am Mondays & Fridays (in fitness room)				

Pasatiempo Senior Center – 664 Alta Vista Street				
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
8:30 am: Yoga (class currently full)	**8:30 am:** Zumba **9:30-11:30 am:** Guitar class **Noon-1 pm:** Line dance (Beginner) **1-2:30 pm:** Line dance (Improver and Intermediate)	**8:30 am:** Yoga (class currently full) **Noon:** Grupo Cielo Azul (live music)	**9 am:** Tai Chi **10 am**: Zumba	
8 am – 1:30 pm: Fitness room				

Ventana de Vida Senior Center – 1500 Pacheco Street				
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
1:30-3:30 pm: Ceramics	**1 pm:** Art class	**9:30-10:30 am:** Spanish class	**1-3 pm:** Bingo	

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

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

UPCOMING ACTIVITIES

JANUARY 2020

Why Take the AARP "Smart Driver" Course?

Because driving has changed since you got your license. The AARP Smart Driver course is the nation's first refresher class designed for drivers age 50 and older.

You may receive a discount on your auto insurance premium upon course completion. Refresh your knowledge of the rules of the road, as well as potential hazards. Reduce your chances of receiving a traffic violation or getting into an accident.

The class is taught monthly by a volunteer instructor at the M.E.G. Center, 1121 Alto St. It runs 1:00–5:00pm, but please arrive by 12:30.

The materials fee is $15 for AARP members and $20 for non-members, check or cash only. Class cost is going up by $5 in July. You must present your driver's license and AARP card, and please dress in layers as temperatures fluctuate in the classroom.

Class size is limited to 30. To register for an upcoming class, call the AARP information center in Albuquerque at (505) 830-3096. Leave a message if you reach a recording. Say that you are registering for the Santa Fe Smart Driver course and which date you would like.

Choose an Upcoming Class:
January 14 OR February 11

Nia Movement Classes

Nia Technique is a sensory-based movement practice that draws from martial arts, dance arts and healing arts. It empowers people of all shapes and sizes by connecting the body, mind, emotions and spirit. Classes have to soul-stirring music. All are welcome. Nia Technique classes are held at the MEG Center. This month's dates are:

Tuesdays, January 3rd & 17th 1:30–2:30 pm.

January Birthday Celebrations

Everyone is invited during the lunch hour to enjoy cake in honor of all seniors with birthdays this month!

- MEG: Wednesday, Jan. 8th
- Ventana de Vida: Wednesday, Jan. 15th

Blood & Oxygen Level Screenings

All tests are free-of-charge and are 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:

Ventana: Friday, Jan. 3rd 10:00am–1:00pm
Pasatiempo: Friday, Jan. 10th 9:00 am–noon
MEG: Friday, Jan. 17th 10:00 am–1:00pm
Luisa: Friday, Jan. 24th 9:30am–12:30pm

Computer & Cell Phone Instruction

Basic computer and cell phone assistance is offered free of charge to seniors at the MEG Center computer lab. Our RSVP volunteer instructor Jesse can teach you how to use various apps on your phone and on a computer. You can learn how to email, text, surf the web, play games, use Facebook, watch videos online and many other skills.

Drop in assistance is available Tuesdays and Wednesdays 10:00am–12:00pm. If you need more help, you can make an appointment for up to 1 hour. To schedule an appointment, please call the RSVP office at 955-4760.

Free Hair Cuts at MEG & Pasatiempo Centers

RSVP volunteer Fabiola, a licensed beautician, provides free haircuts for seniors (on a first come first served basis, 20 haircuts per day), beginning at 10:00 am

Pasatiempo – Wednesdays, Jan. 15th and 22nd
MEG –Thursdays, Jan. 2nd and 9th

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

UPCOMING ACTIVITIES

JANUARY 2020

New Year's Dance

Join us in bringing in the New Year with a senior dance. There will be live music and light refreshments. See you there!

Thursday, January 9th 1:00–4:00pm
at the Fraternal Order Eagles 833 Early St.
Admission is $2.00.

This dance is sponsored by the seniors at the Pasatiempo Senior Center.

ICAN Nutrition Classes

NM STATE UNIVERSITY

ICAN (Ideas for Cooking and Nutrition) is a program of the N.M. State University Cooperative Extension Service and is available free of charge to individuals with limited resources. These bilingual classes can help you:

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

ICAN classes are held as follows:

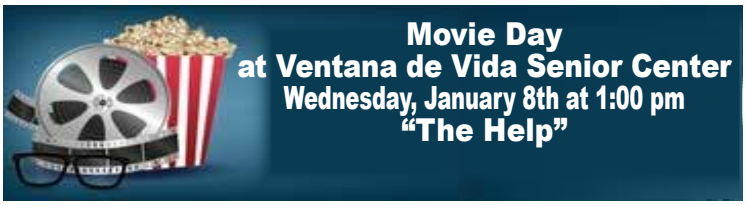
Luisa Senior Center
Monday, January 6th at 10:00 am

Mary Esther Gonzales Senior Center
Wednesday, January 15th at 10:30 am

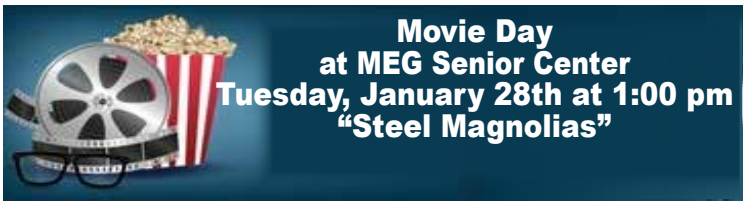
Ventana de Vida Senior Center
Monday, January 6th at 1:30 pm

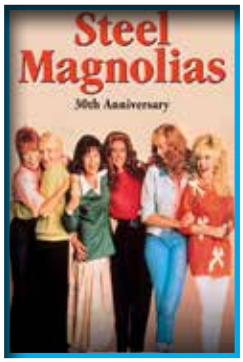
Pasatiempo Senior Center
Monday, January 13th at 10:00 am

For more information please contact Renee at the S.F. County Extension at (505) 471-4711.



In 1960s Mississippi, Southern society girl Skeeter (Emma Stone) returns from college with dreams of being a writer. She turns her small town on its ear by choosing to interview the black women who have spent their lives taking care of prominent white families. Only Aibileen (Viola Davis), the housekeeper of Skeeter's best friend, will talk at first, but soon, more women decide to come forward, and as it turns out, they have quite a lot to say. Rated PG-13 (This showing was cancelled in December)





M'Lynn (Sally Field) is the mother of bride–to–be Shelby Eatenton (Julia Roberts), and as friend Truvy Jones (Dolly Parton) fixes the women's hair for the ceremony, they welcome a helping hand from aspiring beautician Annelle Dupuy Desoto (Daryl Hannah). Time passes, and the women and their friends encounter tragedy and good fortune. Rated PG-13

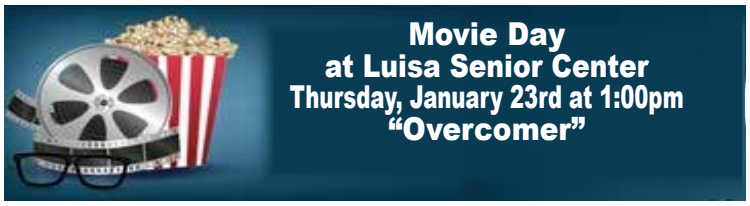
Weekend Bingo at Luisa $100 Guarantee

The Luisa Senior Center at 1500 Luisa St (enter on Columbia) will host a Bingo on Sunday, January 5th from 1:00 p.m–4:00 p.m.

The cost is $12.00 for a package and four specials at $1 each. The blackout game is $2.00. The jackpot winner goes home with $100.00! Please bring small bills. Serving: Frito Pie and Drink $5.00

UPCOMING ACTIVITIES

JANUARY 2020



A high school basketball coach faces an uncertain future when their town's largest manufacturing plant shuts down and people move away, he reluctantly agrees to coach cross–country. His outlook changes when he meets Hannah, an unlikely runner who pushes herself to the limit. Rated PG.

Come Try Oil Painting

RSVP volunteer teacher Judy Ortiz (whose name you might know because she painted the beautiful poster for the Conference on Aging) invites you to her relaxed oil painting class at MEG Center. She has been painting for 43 years, and is a patient and creative teacher. You may borrow materials for your first class to see how you enjoy it. She welcomes absolute beginners and professional artists alike.

1st & 3rd Tuesday/month 12:30–2:30pm

Monthly Meetings at MEG

Posted pursuant to the Open Meetings Act:

Senior Olympics: January 9th 10:00 am

Advisory Board: January 15th at 9:30

Blue Lotus Art Outreach at Luisa Center

There will be open art studio and also focus on writing poetry about Pachamama—our sacred and beloved Mother Earth. We will start a journal blending compassion and kindness for ourselves and reflecting that outward to start our New Year in a beautiful way. Because art is life—arte es vida—and as elders we need to teach love, tolerance, compassion, justice, kindness and peace. Please join us.

–By RSVP volunteer Instructor Diana Mamalaki
January 13th & 27th 1:30–3:30pm

Senior Olympic Spotlight

"You don't stop playing because you get old; you get old because you stop playing".
- George Bernard Shaw

If you are age 50 or over, you are invited to become a Senior Olympian! You can learn a new sport or participate in one you already excel at. There are 25 different sports and competition is divided into five–year age brackets. Get fit, learn some new skills, make friends, and have a great time!

Kick–Off Registration for Local Games

Mary Esther Gonzales Center, 1121 Alto St.
Monday, January 6th 9:00 am –12:00 pm

Local Games Ongoing Registration

MEG Center 8:30am–4:30pm Mon–Fri
January 6th – February 14th
Late Registration February 17th – February 21st
(Absolute cut-off for registration is Feb 21st)

Registration fee is $20.00
Late Registration is $30.00
Olympians receive a Senior Olympics shirt

GCCC Registration

(Chavez Community Center, 3221 Rodeo Rd.)
Wednesday, January 15th 8:00am–12:00pm
Friday, January 31st 8:00am–12:00pm
Tuesday, February 4th 8:00am–12:00pm
Wednesday, February 12th 8:00am–12:00pm

If you would like to be an event manager for any sport, please call (505) 795–3817.

We are also seeking enthusiastic athletes interested in being on the Senior Olympic Committee. The Committee meets once a month.

We always welcome new faces.

Happy New Year! Until next month.
–Cristina Villa

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505-955-2200

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(Empty & Rinse)

CARTONS

Food & Beverage Cartons
(Empty & Replace Cap)

PAPER

Mixed Paper, Newspaper,
Magazines, & Flattened
Cardboard

PLASTIC

Kitchen, Laundry, Bath:
Bottles & Containers
(Empty & Replace Cap)

NOT THESE:

No Food or Liquid
(empty all containers
& consider composting)

No Plastic Bags
(return to retail)

Do Not Bag
Recyclables

No Tanglers
(no hoses,
wires, chains,
or electronic cords)

No Glass
(bring to drop off
location)

Benefits Counselor Helps Seniors

On most Wednesday afternoons you can find Stan Cooper at the Mary Esther Gonzales (MEG) Senior Center counseling older adults and their families. Stan meets with seniors one-on-one in a confidential setting. He is a trained volunteer with the Aging and Disability Resource Center (ADRC) which is part of the New Mexico Aging and Long Term Services Department.

Stan is in a unique position to understand the challenges many local seniors face, and the importance of volunteering to help them. He worked for AARP for 34 years, most recently as State Director for New Mexico from 1999 to 2012. He has been volunteering at the MEG Center for about four years.

Some of the topics covered in the benefits counseling include: health care (Medicare, Medicaid and private insurance); Social Security, Supplemental Security Income, housing, utilities, referrals to senior legal programs, food assistance, help with public benefits like Medicare Savings Programs which can assist lower income seniors with their Medicare Part B premiums. Stan says hearing aids, eyeglasses and dental work are important needs for seniors. Some Medicare Advantage plans can help, but for the most part, Medicare does not pay for these services.

Stan notes that the busiest part of the year is during Medicare Open Enrollment Season October 15 - December 7, each year. That is when Medicare recipients can compare and shop for new Medicare insurance including prescription drug coverage. Another bustling time is the Medicare Advantage Plan Open Enrollment period (January 1 to March 31) when a senior with a Medicare Advantage Plan can switch back to Original Medicare or change to a different Medicare Advantage Plan.

Some seniors have multiple needs, and Stan often finds that many telephone calls must be made to many agencies on behalf of clients and their families to help navigate government programs.

"Being an advocate for seniors is very fulfilling as is problem solving and giving back to the community," says Stan. The MEG Center is run by the City of Santa Fe Senior Services Division. Stan says the staff are very kind and caring to seniors who partake in programs there.

Appointments for free benefits counseling are made ahead of time by calling 955-4721.

(Stan Cooper)

Next month's Senior Scene will highlight the volunteer work of Jim Wurts, another benefits counselor who helps seniors at the MEG Center.

Financial Security

(From AAPR Bulletin, December 2019)

About 62% of New Mexico employees in the private sector don't have access to a retirement plan.

AARP New Mexico plans to change that in 2020. When the State Legislature begins on January 21, AARP will support a bill that would create a retirement savings program for workers at companies that don't offer such plans. The measure is based on recommendations from the state's 2018 Retirement Income Security Task Force.

A part of the bill, the board that would manage such a program would be overseen by the state treasurer's office.

"We are working closely with the business community, particularly small businesses, to garner their support" said DeAnza Valencia, AARP New Mexico's associate state director for advocacy.

Go to aarp.org/nm to learn more about the retirement savings legislation.

Why are Health Screenings Important?

A blood pressure screening is important because high blood pressure usually has no symptoms and cannot be detected without being measured, but it increases the risk of heart disease and stroke.

Blood sugar screenings detect increased blood sugar, or glucose levels, which can indicate diabetes. If uncontrolled, diabetes can damage your heart, blood vessels, kidneys, eyes and nerves, but there are ways to prevent it if you are identified to be at increased risk.

Reduced levels of oxygen circulating in the bloodstream can lead to very serious, even fatal, complications for the heart, lung, brain and other organs.

Get free health screenings monthly at senior centers; see Upcoming Activities.

Alzheimer's Safety Home Checklist

(From The National Institute on Aging)

If there is a person with Alzheimer's disease living in your home, read these tips. Keep in mind that it may not be necessary to make all of the suggested changes. Some modifications may never be needed. It is important, however, to re-evaluate home safety periodically as behavior and abilities change.

Phones - display emergency numbers and your home address near all telephones. Use an answering machine and set it to turn on after the fewest number of rings possible. A person with Alzheimer's disease may be unable to take messages or could become a victim of telephone exploitation. Turn ringers on low.

Detectors-Install smoke alarms and carbon monoxide detectors in or near the kitchen and all sleeping areas. Avoid the use of flammable compounds near gas appliances or gas pilots.

Locks-Install secure locks on all outside doors and windows. Install alarms that notify you when a door or window is opened. Hide a spare house key outside in case the person with Alzheimer's disease locks you out of the house.

Stairs-Stairways should have at least one handrail that extends beyond the first and last steps. If possible, stairways should be carpeted or have safety grip strips. Put a gate across the stairs if the person has balance problems.

Cords-Avoid the use of extension cords if possible by placing lamps and appliances close to electrical outlets. Cover unused electrical outlets with childproof plugs.

Heat-Place red tape around floor vents, radiators, and other heating devices to deter the person with Alzheimer's from standing on or touching them when hot.

Medications-Keep all medications (prescription and over-the-counter) locked. Each bottle of prescription medicine should be clearly labeled. Child-resistant caps are available if needed.

Smoking-If the person with Alzheimer's smokes, remove matches, lighters, ashtrays, cigarettes, and other means of smoking from view. This reduces fire hazards, and with these reminders out of sight, the person may forget the desire to smoke.

Weapons-Remove all guns and other weapons from the home or lock them up. Install safety locks on guns or remove ammunition and firing pins. Also, lock away all power tools.

Clutter-Avoid clutter, which can create confusion and danger. Keep all areas where people walk free of furniture. Keep plastic bags out of reach. Remove all poisonous plants from the home.

For more information, go online to www.nia.nih.gov

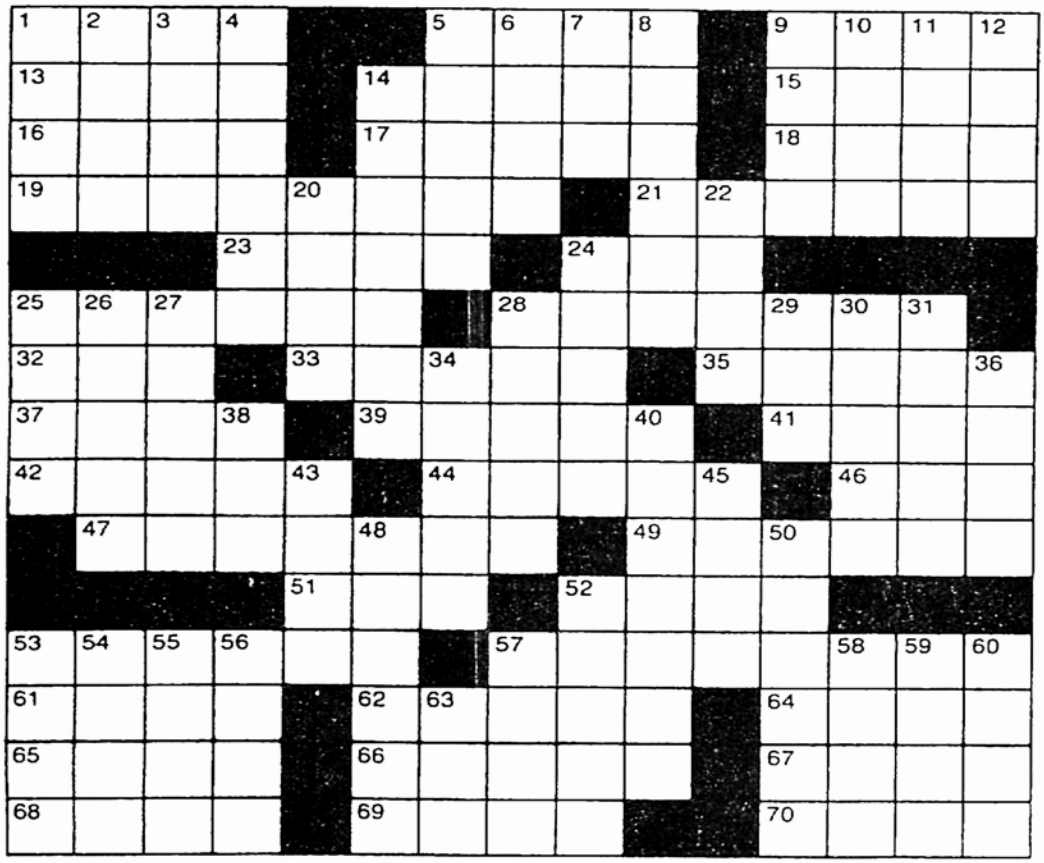
PUZZLE 122

ACROSS

1. Arbitrary decree
5. Harvest
9. Thick fish
13. Unemployed
14. —— con carne
15. Milan money
16. Virginia family
17. Recluse
18. Gymnast Korbut
19. Amen, e.g.: 2 wds.
21. Confused
23. Luxury
24. Porker's pad
25. Nursery item
28. Pittsburgh player
32. Center of activity
33. Flammable liquid
35. Ship's crane
37. Chinese island
39. Mexican man
41. Beach sight
42. Delaware capital
44. Tomato salad
46. Scout group
47. Determine
49. Strong
51. Compete
52. Brave man
53. Money holder
57. Englishman
61. On a voyage
62. Worthless writing
64. French-man's head
65. Meat dish
66. Rinsed
67. Sea eagle
68. Trumpet
69. Farm animals
70. Thorough-fare

DOWN

1. Replenish
2. Concept
3. Tavern stock
4. Examined
5. Task
6. Fruit skin
7. Cordoba cheer
8. Freebooter
9. Bumpkin
10. Dale's partner
11. Impel
12. Abacus piece
14. Storage places
20. Whip mark
22. Colored
24. Hone
25. Actor Everett
26. Report
27. Overhead
28. Be aware of
29. Principle
30. Avoid
31. Split
34. Hoist
36. Desert abode
38. Uh-huh
40. Matured
43. Wander
45. Lanyard
48. Rich ——
50. Flute player
52. Desires
53. Rinse
54. Concerning: 2 wds.
55. Evil look
56. Type of tennis
57. Exist
58. Pianist Peter
59. Sicilian landmark
60. Rex or Donna
63. Inexperi-enced



Blonde Ambition 94

Jane Russell and Marilyn Monroe heat up the big screen as Dorothy Shaw and Lorelei Lee, fortune-hunting lounge singers on a transatlantic cruise in 1953's "Gentlemen Prefer Blondes." Memorable musical numbers include Marilyn's "Diamonds Are a Girl's Best Friend."

- ☐ "ANYONE Here for Love"
- ☐ "BYE, BYE, Baby"
- ☐ CHARACTERS
- ☐ CHOREOGRAPHY
- ☐ COBURN, Charles
- ☐ COSTUMES
- ☐ DIALOGUE
- ☐ "DIAMONDS Are a Girl's Best Friend"
- ☐ DOROTHY Shaw
- ☐ ENTERTAINING
- ☐ ERNIE Malone
- ☐ GUS Esmond
- ☐ HAWKS, Howard (director)
- ☐ HENRY Spofford (III)
- ☐ LORELEI Lee
- ☐ MILLIONAIRE
- ☐ MONROE, Marilyn
- ☐ MUSICAL
- ☐ NOONAN, Tommy
- ☐ PIGGY Beekman
- ☐ PRIVATE EYE
- ☐ REID, Elliott
- ☐ ROMANCE
- ☐ RUSSELL, Jane
- ☐ SHIP
- ☐ SONGS
- ☐ TECHNICOLOR
- ☐ TIARA
- ☐ "WHEN LOVE Goes Wrong"
- ☐ WINSLOW, George

I	E	P	T	E	C	H	N	I	C	O	L	O	R	B
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PUZZLE ANSWERS

JANUARY 2020

PUZZLE 122

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94

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P	L	R	M	N	W	I	N	S	L	O	W	U	Y	B	

BREAKFAST MENU

JANUARY 2020

Breakfast is served at MEG, Luisa, Pasatiempo, Ventana de Vida Senior Centers
Monday - Friday 7:30 am - 8:30 am
There is a suggested donation of $1.00 for seniors 60 and over and
a fee of $7.00 for non-seniors (59 and under)
Menu is subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
Milk is served with each meal		**1** **ALL CENTERS CLOSED** FOR NEW YEAR'S DAY	**2** Huevos Rancheros w/ Egg, Cheese & Chile Sausage Link V-8 Juice Applesauce	**3** Cheerios French Toast w/ Syrup Bacon Sliced Pears
6 Bran Flakes Waffle w/ Syrup Grilled Ham Chilled Peaches	**7** Malt-O-Meal English Muffin w/ Egg, Cheese & Sausage Green Chile Mixed Fruit	**8** Oatmeal Scrambled Eggs Potatoes Canadian Bacon Orange Juice	**9** Pancakes w/ Syrup & Margarine Potatoes w/ Peppers Apple Juice Fresh Apple	**10** Breakfast Burrito w/ Egg, Bacon, Cheese, Chile And Hash Browns Tomato Juice Pineapple
13 Biscuit w/ Country Gravy Sausage Patty Orange	**14** Malt-O-Meal Ham, Egg & Cheese Croissant Apple	**15** Cinnamon Oatmeal Raisins Toast w/ Margarine ½ Grapefruit	**16** Huevos Rancheros w/ Egg, Cheese & Chile Sausage Link V-8 Juice Applesauce	**17** Cheerios French Toast w/ Syrup Bacon Sliced Pears
20 **ALL CENTERS CLOSED** FOR MLK JR. DAY	**21** Malt-O-Meal English Muffin w/ Egg, Cheese & Sausage Green Chile Mixed Fruit	**22** Oatmeal Scrambled Eggs Potatoes Canadian Bacon Orange Juice	**23** Pancakes w/ Syrup & Margarine Potatoes w/ Peppers Apple Juice Fresh Apple	**24** Breakfast Burrito w/ Egg, Bacon, Cheese, Chile And Hash Browns Tomato Juice Pineapple
27 Biscuit w/ Country Gravy Sausage Patty Orange	**28** Malt-O-Meal Ham, Egg & Cheese Croissant Apple	**29** Cinnamon Oatmeal Raisins Toast w/ Margarine ½ Grapefruit	**30** Huevos Rancheros w/ Egg, Cheese & Chile Sausage Link V-8 Juice Applesauce	**31** Cheerios French Toast w/ Syrup Bacon Sliced Pears

Healthy Eating as We Age *(choosemyplate.gov)*

As we age, healthy eating can make a difference in our health, help to improve how we feel, and encourage a sense of well-being.

Special Nutrition Concerns for Older Adults

Our daily eating habits change as our bodies get older. Make small adjustments to help you enjoy the foods and beverages you eat and drink.

- Add flavor to foods with spices and herbs instead of salt and look for low-sodium packaged foods.
- Add sliced fruits and vegetable to your meals and snacks. Look for pre-sliced fruits and vegetables on sale if slicing and chopping is a challenge.
- Ask your doctor to suggest other options if the medications you take affect your appetite or change your desire to eat.
- Drink 3 cups of fat-free or low-fat milk throughout the day. If you cannot tolerate milk try small amounts of yogurt, butter milk, hard cheese or lactose-free foods. Drink water instead of sugary drinks.
- Consume foods fortified with vitamin B12 (such as fortified cereals).

SENIOR CENTER LUNCH MENU
JANUARY 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 **ALL CENTERS CLOSED** **HAPPY NEW YEAR**	2 **Chicken Alfredo** Over Fettuccini Noodles Broccoli & Cauliflower Garlic Bread Cherries in Yogurt	3 **Hot Ham & Cheese Sandwich** With Garnish Tater Tots Green Beans Peaches in Cottage Cheese
6 **Swedish Meatballs** over Egg Noodles Green Peas and Carrots Breadstick with Margarine Pineapple	7 **Chicken & Potato Burrito** Green Chile Sauce Spinach Salad Fruit Cocktail in Jell-o	8 **Beef Roast** ½ Baked Potato Cucumber & Tomato Salad California Veggies Roll w/ Margarine Tapioca Pudding	9 **Lasagna** Italian Veggies Tossed Salad Garlic Toast Chilled Peaches	10 **Crunchy Chicken Taco** Garnish & Salsa Calabacitas Refried Beans Chocolate Pudding
13 **Sloppy Joe** French Fries Chuck Wagon Veggies Strawberry Ice Cream	14 **Teriyaki Chicken** Fried Rice Asian Veggies Roll w/ Margarine Mandarin Orange Fortune Cookie	15 **Salisbury Steak** Mushroom Gravy Mashed Potatoes Mixed Veggies Roll with Margarine Chilled Apricots	16 **Salmon Patty** Tomato Macaroni Asparagus Spears Lemon Bar	17 **Green Chile Cheeseburger** With garnish Ranch Beans Onion Rings Bananas in Pudding
20 **ALL CENTERS CLOSED FOR MARTIN LUTHER KING, JR. DAY**	21 **Country Style Ribs** Pork & Beans Spinach Salad Sliced Carrots Cornbread Fresh Orange	22 **Pork Red Chile Tamale** Red Chile Sauce Pinto Beans Squash & Corn Sliced Pears	23 **Baked Chicken** Chicken Gravy Wild Rice Asparagus w/ Onions Biscuit w/ Margarine Tropical Fruit	24 **Meatloaf** with Tomato Veggie Topping Potatoes Au Gratin Tossed Salad Roll w/ Margarine Applesauce
27 **Baked Cod** Rice Pilaf Buttered Carrots & Green Beans Roll w/ Margarine Cherries in Strudel	28 **Open Face Turkey Sandwich** Turkey Gravy Vegetable Medley Cranberry Salad Vanilla Pudding w/ Cinnamon	29 **Beef Fajita** Fajita Veggies Black Bean & Corn Salad Spanish Rice Brownie	30 **Chicken & Rice Casserole** Peas & Carrots Tossed Salad Fresh Apples	31 **Beef Brisket** Ranch Beans Coleslaw 5 Way Veggies Breadstick w/ Margarine Oatmeal Cookie

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

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

City of Santa Fe
Division of Senior Services
200 Lincoln Ave.
Santa Fe, New Mexico 87504-0909

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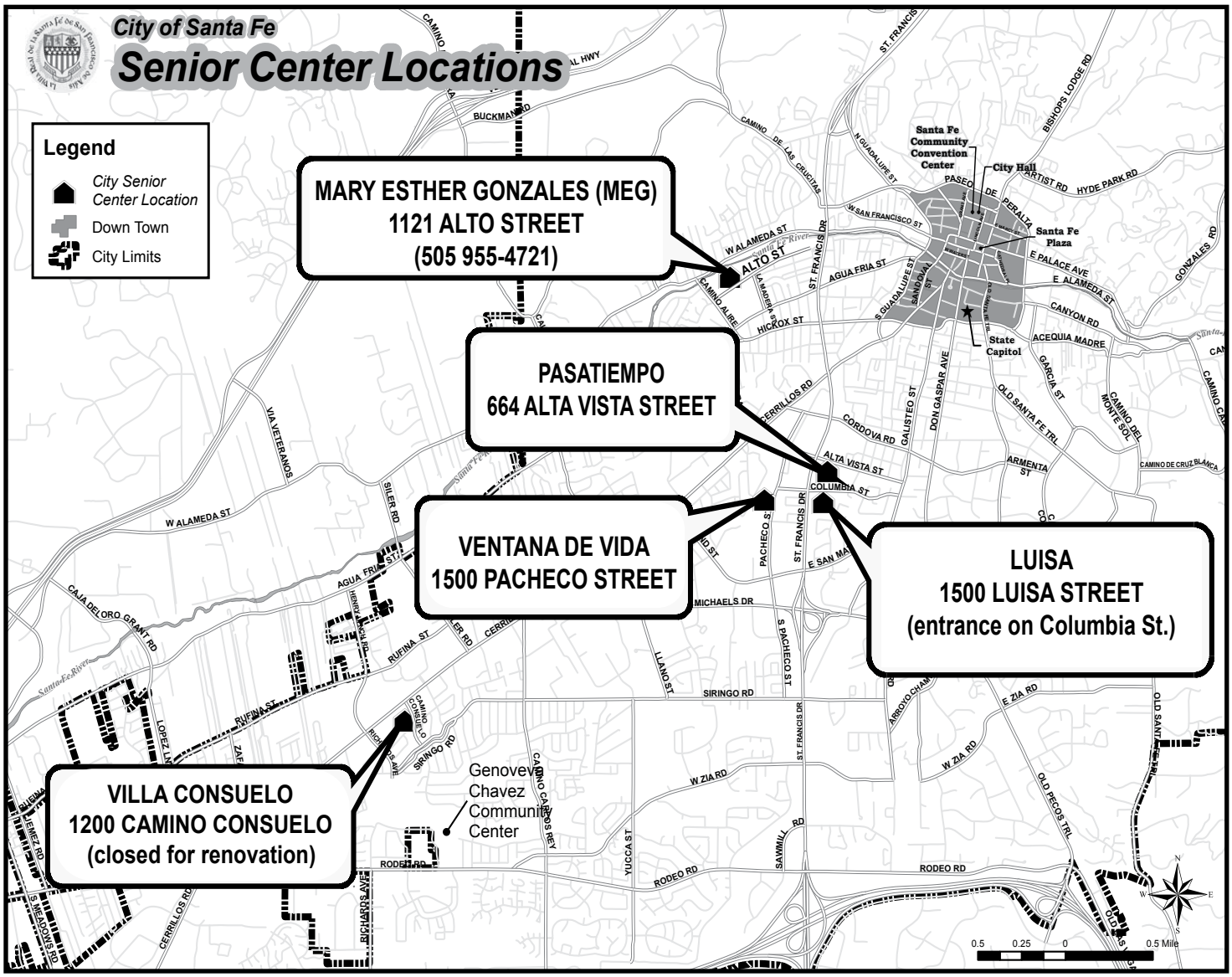
City of Santa Fe Community Services Senior Services