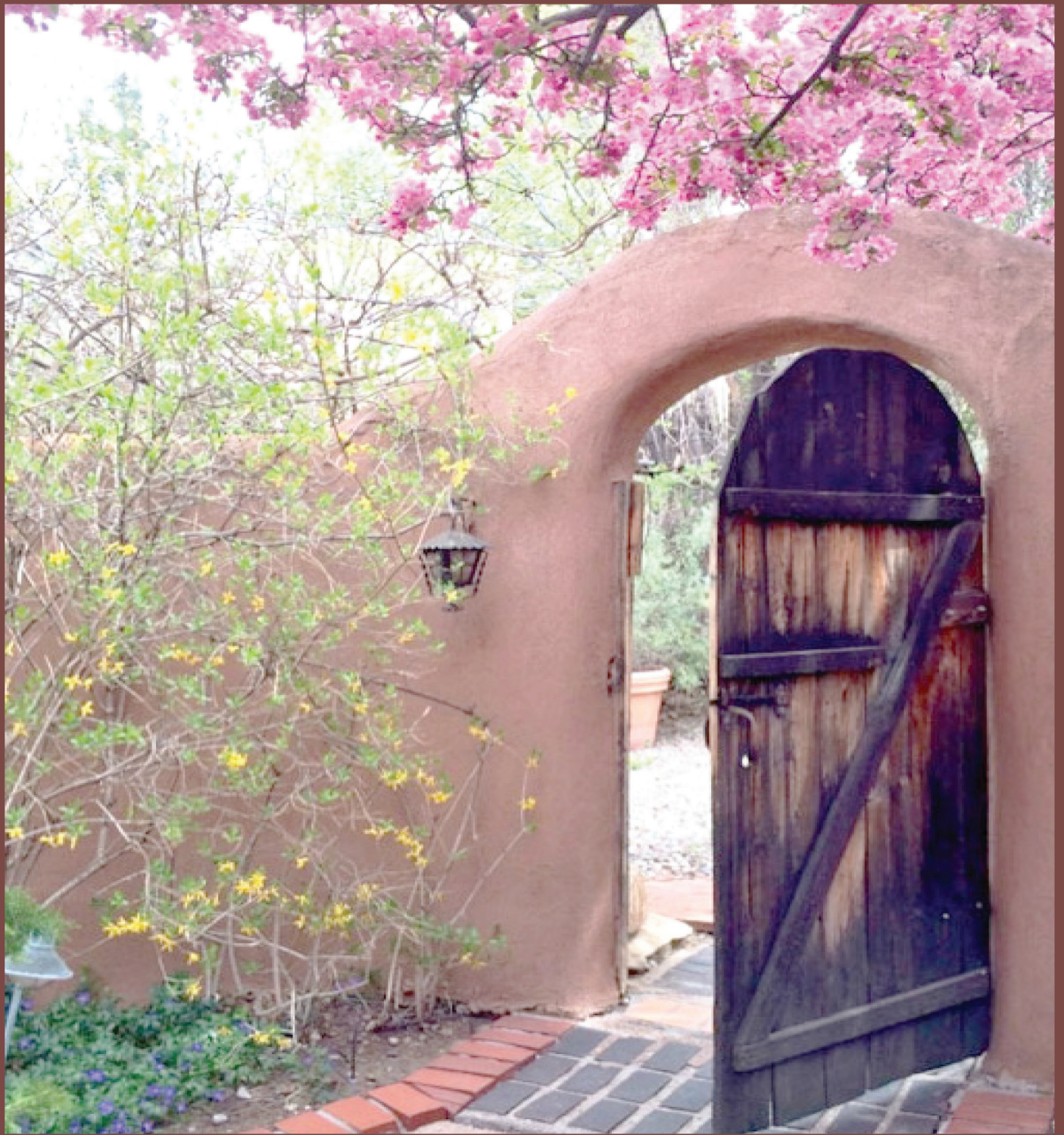


THE SENIOR SCENE



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

**MARCH
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

MARCH 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.

Front Desk Reception

Toll-Free Administration Line

Gino Rinaldi, DSS Director

(505) 955-4721

(866) 824-8714

955-4710

Administration

Cristy Montoya, Administrative Secretary

955-4721

Cara Alunno, Receptionist

955-4741

FAX Machine - Administration

955-4797

Senior Services Registration

Vacant, Database Specialist

955-4722

Transportation Ride Reservations (page 3)

955-4700

Linda Quesada-Ortiz, Project Specialist / Dispatch

955-4700

Erika Cuellar, Administrative Assistant

955-4702

Nutrition

Yvette Sweeney, Program Manager

955-4739

Enrique DeLora, Inventory Supervisor

955-4750

Tebrina Roibal, Administrative Assistant

955-4749

FAX Machine - Nutrition

955-4794

Meals On Wheels (for homebound individuals)

Carlos Sandoval, Program Supervisor

955-4748

Robert Duran, MOW Assessments

955-4747

Senior Center Programming (Activities)

Lugi Gonzales, Center Program Manager

955-4711

Albert Chavez, Program Coordinator

955-4715

Mary Esther Gonzales (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

Anya Alarid, 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

Newsletter Production

Kristin Slater-Huff, Editor/Distribution

955-4760

kwslater-huff@santafenm.gov

Gil Martinez, Graphic Artist

Sue Olman, Proofreader

Christella Vigil, Mailing Distribution

Mela Sanchez, Mailing Distribution

SENIOR SERVICES PROGRAM INFORMATION

MARCH 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 Lugi Gonzales at (505) 955-4711 or lgonzales@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.
- Please Note:** Dispatch and drivers realize how important their services are to you and they do their best to accommodate all ride requests. Due to the high volume of business, they are unable to provide same-day ride requests. If you wait until 24 hours in advance, there is a possibility that they may not be able to fulfill every request.

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.
- 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



“If we had no winter, the spring would not be so pleasant; if we did not sometimes taste of adversity, prosperity would not be so welcome.” So said Anne Bradstreet. I’m sure we’ll get more snow, but the season is turning. March is also my mother’s birth month, so I hope it’s ok to wish her a happy birthday here.

Hopefully we get all the repairs to the bus done before the nice weather shows up. Make sure to share trip ideas with Albert so we can start to plan. In addition, we should have 4 new wheelchair lift-equipped passenger vans in the fleet, with a fifth one coming soon. I was hoping we could do some landscaping on the outside area of the new expansion, maybe some kind of gardening. If anyone is interested; please come see me or drop an idea in the comment box, located in the front lobby area of the Mary Esther Gonzales Center.

I want to thank everyone who was able to participate at the New Mexico State Legislature this session. Taking an interest in the legislative process is critical in helping to educate our legislators about our needs and how state and federal funding reductions over the last several years have affected our programs. With a steady growth in the 60 plus population, thanks to the Baby Boomers, we have also experienced an increase in utilization of services. Without steady, reoccurring funding, it is hard to plan for the growth. This year our hopes were up, especially in light of the abundance of new revenue, however the result was very disappointing. Still, it’s important for seniors to continue to make their voices heard.

I also want to thank folks for their continued donations for the Transportation and Nutrition programs. Remember the monies raised go right back into the programs. Please keep up the great support, it really does help.

NEWS & VIEWS

MARCH 2020

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.

A page from the Southwest History Book Club Travel Diary

On the 22nd of January some members of the Southwest History Book Club (SWHBC) traveled to the little-known Bond House Museum in Española where they were given a special tour of the facility by the President of the San Gabriel Historic Society, Lynette Rendon. Afterwards they visited the Santo Niño Chapel in Chimayó and the Santuario. The trip was concluded with a most enjoyable lunch at Rancho de Chimayó.

The members of the Book Club are currently reading a book entitled, "A Land So Strange: The Epic 8 Year Journey of Alvar Nuñez Cabeza de Vaca." The next book on their reading list is "Sam Houston and the Alamo Avengers," currently a New York Times best seller.

Field trips are being planned to visit Ghost Ranch/ Echo Amphitheater, the Hispanic Cultural Center in Albuquerque, the old State Penitentiary in Santa Fe, and other places of interest.

MEG Center Lost & Found

There is a Lost & Found box in the copy room at the MEG Senior Center. If you have misplaced anything at the center, please check there as soon as possible. The box tends to collect so many items that it overflows and occasionally, staff has to discard all items in the box.



Flora's Corner

(Wisdom shared by Flora Leyba)

"I never before knew the full value of trees. Under them I breakfast, dine, write, read and receive my company"
—Thomas Jefferson



Notice: No Lunch or MoW March 17

Due to a mandatory training and certification class for all Nutrition staff, there will be no lunches served at any City of Santa Fe Senior Center and no Meals on Wheels delivery on Tuesday, March 17th. Breakfast will be served at the centers as usual. Meals on Wheels clients will receive two meals at the Monday delivery, to cover for both days. We apologize for the inconvenience.

Spring Trip to Laughlin, Nevada

Herrera Coaches and local non-profit organization Senior Resources, Inc. are sponsoring a senior citizens' trip to Laughlin, Nevada from April 26th through April 29th, 2020.

The cost is \$179.00 per person for double occupancy and \$209.00 for single occupancy. These prices include the bus transportation and three nights' accommodations at the Edgewater Hotel and Casino. The bus will leave from the MEG Senior Center between 6:30 and 7:00 am on Sunday, April 26th and will return on the 29th. There are only 50 seats available for this trip!

Payment can be made to the trip coordinators at the MEG Center on March 5th, March 19th, April 2nd and April 7th from 9:00 am until 1:00 pm. Checks and cash accepted. Please make checks out to Senior Resources, Inc.

For additional information, call trip coordinators: Eileen C de Baca (505) 470-1498 or Corrine Sanchez (505) 986-1780.

Please Note: The City of Santa Fe Division of Senior Services is not affiliated with, responsible, or liable for anything associated with this trip or with Senior Resources, Inc. Please do not call Senior Services with any questions or comments about this trip. Contact the trip coordinators.



Emergency Preparedness for the Hearing Impaired

The Santa Fe Chapter of the Hearing Loss Association of America invites you to attend their program on "Emergency Preparedness for the Hearing-Impaired" Saturday, March 21st at 10:00 am.

Their guest speakers are from the Governor's Commission on Disability and the NM Commission for the Deaf and Hard-of-Hearing.

They have ASL Interpreters and a hearing loop. Meetings are free, no reservations are needed.

Meetings are held at the Santa Fe Association of Realtors, 510 N. Guadalupe St. (just up from Jinja Bistro north of DeVargas Mall - plenty of parking).

Quotes to Think About

(Submitted by senior Gene Turetsky)

Character is doing the right thing when no one is watching. —J.C. Watt

Courage is the price that life extracts for granting peace. —Amelia Earhart

It is never too late to be what you might have been. —George Eliot

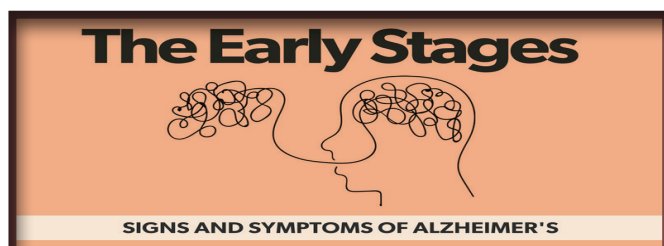
Experience is the name everyone gives to their mistakes. —Oscar Wilde

Not everything that is faced can be changed, but nothing can be changed until it is faced. —James Baldwin

If you find it in your heart to care for somebody else, you will have succeeded. —Maya Angelou

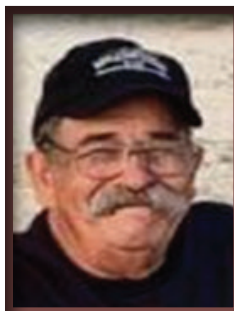
Know the Warning Signs of Alzheimer's

The Santa Fe Chapter of the Alzheimer's Association will offer a free workshop entitled "Know the Warning Signs" on Wednesday, March 25th 10:00 – 11:00 am at St. John the Baptist Catholic Church, 1301 Osage Ave. Contact Beth (800) 272-3900 or behamilton@alz.org for information.



In Memory

Jimmy J. Griego, a resident of Tesuque, passed away on February 6, 2020 at age 75. He is survived by his loving wife of 54 years, Emily Ortega Griego; his mother and several siblings; his children, grandchildren and great-grandchildren.



Jimmy was a devout Catholic and a lifelong member of San Isidro Church in Tesuque. He was a veteran of the United States Army and a volunteer firefighter for 45 years with the Tesuque Volunteer Fire Department. He was retired from the Santa Fe Opera after a 42 year career. He was an avid hunter and fisherman, and he loved his family dearly.

Many people at Senior Services will remember his ready smile and handlebar moustache, as he volunteered at Ventana de Vida Center and for the ECHO commodity distribution.

Joe A. Gonzales, age 68, of Santa Fe passed away on January 5, 2020. He was born in Santa Fe to Mary and Luis Gonzales. He is preceded in death by his father and his wife Lorraine. He is survived by his mother, Mary, five siblings, 9 children, many grandchildren and numerous nieces and nephews. Friends at MEG Center and La Cienega Trailer Park will miss him. Submitted by Joe Bear



Gratitude for Donations

Throughout January and February, the Senior Volunteer Programs collected donations of vital necessities for the homeless, in honor of Dr. Martin Luther King Jr. Day. It was a huge success and we will be distributing the items in March. We thank everyone for their donations, including CHRISTUS St. Vincent, Soul Circle Group of Unity Santa Fe and the Capitol City Lion's Club. Please call 955-4760 to help distribute.



Grief Recovery Support Program



This 6-week program is for those who have experienced recent deaths of family, friends, or colleagues. It is facilitated by Eileen Joyce, Certified Coach/Grief Recovery Specialist with over 25 years' experience. Attending all 6 weeks is recommended, but not required.

Program runs 6 Saturdays 11:00 am - Noon

March 7th, 14th, 21st, 28th, April 4th, & 11th

Over the six weeks they will cover: losses and how we deal with them; the myths about grief, loss, and healing; how unresolved grief affects our capacity for happiness; caring for yourself and others going through devastating loss.

Please contact Eileen at (505) 428-0670 or ej@eileenjoyce.com for info and reservations.

Free Support Groups

Chronic Illness

2nd & 4th Tuesdays of the month 2:00 - 3:00 pm

Family Caregivers

2nd & 4th Wednesdays of the month 2:00 - 3:00 pm

Family Caregivers of a Loved One with Dementia

2nd & 4th Fridays of the month 2:00 - 3:00 pm

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.

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

Memory Care Alliance Club Relocates

The Memory Care Alliance's weekly "Alliance Club" caregiver's support group location has relocated to the N. M. Community Foundation at 8 Calle Medico in Santa Fe. They will still meet the 1st, 2nd and 4th Fridays of the month from 2:00 - 3:00 pm. The group is managed by David Davis, Executive Director of the Memory Care Alliance.

Beginning March 6th, they will begin the Grief Group at the same/day/time as the "Alliance Club" in order to maintain the friendships, community and on-going support for caregivers who have lost a loved-one to any dementia-related illness. The group will be managed by Ruth Dennis, MA and author of Mindful Dementia Care.

For more information about these and any other of their programs, call (505) 310-9752 or e-mail: director.memorycarealliance@gmail.com

Are You a Prepared Caregiver?

One caregiver said: "Taking this course allowed me to care for my wife with the dignity and respect she deserved."

It is through education and understanding that a caregiver will be able to create a realistic plan for their loved-one and for themselves. Topics include: understanding dementia-related diseases including Alzheimer's; the stages of the disease and what to expect; how to create a care plan; behavior issues and problem-solving strategies; legal/financial info; shopping for services; local resources; self-care, stress management and more.

"Prepare to Care" is a four-week course for caregivers on Tuesdays March 10th, 17th, 24th and 31st, 1:00 - 3:00 pm. Presented by David Davis, Executive Director of the Memory Care Alliance.

Class size is limited. For more information or to reserve your seat call (505) 310-9752 or e-mail: director.memorycarealliance@gmail.com



AT - A - GLANCE

MARCH 2020

Announcement of the Kiki Saavedra Memorial Bill on January 28, 2020 at Governor Lujan-Grisham's Office



Aging and Long-Term Services Cabinet Secretary Katrina Hotrum-Lopez, Governor Michelle Lujan-Grisham, and Aging and Long-Term Services Deputy Cabinet Secretary Buffie Saavedra



Seniors listening to the announcement.



The Governor and Cabinet Secretary sharing a laugh.

Photos by Ted Yamada



Paths to Health NM
Tools for **Healthier** Living

Chronic Disease Self-Management Program

Are you living with a chronic condition like diabetes, arthritis, pain, asthma, high blood pressure, or heart disease? Join the **FREE** Chronic Disease Self-Management Program and build skills that will help you manage your health.

Topics and skills covered include better breathing; positive thinking; working with your health care team; goal-setting and making an action plan; decision-making; problem-solving; healthy eating; communication; dealing with difficult emotions; and medication usage.

Family, friends and caregivers are welcome to attend with you for free.

Feel better! Join, learn, and take control.

Dates: Thursdays, March 5th – April 9th

Time: 1:30 - 4:00 pm

Location: Mary Esther Gonzales Senior Center
1121 Alto St. in Santa Fe

To Register: CHRISTUS St. Vincent
Care Coordination Dept.
(505) 913-3687 (Cyndi)



Census 101

What You Need to Know

Lo que necesita saber sobre el censo

The 2020 Census is closer than you think! Here's a quick refresher of what it is and why it's essential everyone is counted.

¡El censo del 2020 está más cerca de lo que piensas! A continuación te damos un rápido repaso de lo que es y por qué es esencial que todos seamos contados



Everyone Counts

The census counts every person living in the U.S. once, only once and in the right place.

Todos cuentan

El censo cuenta a cada persona viviendo en los Estados Unidos solo una vez y en el lugar correcto.



It's in the Constitution

The U.S. Constitution requires a census every 10 years. The census covers the entire country and everyone living there. The first census was in 1790.

Está en la constitución

La constitución de los Estados Unidos requiere un censo cada 10 años. El censo cubre el país entero y todos los que viven ahí. El primer censo fue en 1790.



It's about fair representation

Every 10 years, the results of the census are used to reapportion the House of Representatives, determining how many seats each state gets.

Se trata de representación justa

Cada 10 años, los resultados del censo son usados para redistribuir la Cámara de los representantes y así determinar cuántos asientos cada estado recibe.



It's about \$675 billion

Census data determine how more than \$675 billion are spent, supporting your state, country and community's vital programs.

Se trata de \$675 billones

La información obtenida en el censo determina como más de \$675 billones de dólares serán gastados, apoyando a tu estado, país y programas vitales en tu comunidad.



It's about redistricting

After each census, state officials use the results to redraw the boundaries of their congressional and state legislative districts, adapting to population shifts.

Se trata de la redistribución de distritos

Después de cada censo, oficiales del estado usan los resultados para delinear los límites de sus distritos legislativos del Congreso y del Estado, adaptándose a los cambios de población.



Taking part is your civic duty

Completing the census is required: it's a way to participate in our democracy and say "I COUNT!"

Participar es tu deber civil

Participar en el censo es un requisito: Es una manera de participar en nuestra democracia y edecir "YO CUENTO".

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Economics and Statistics Administration
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[census.gov](https://www.census.gov)

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your future
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2020

RSVP (RETIRED SENIOR VOLUNTEER PROGRAM)

MARCH 2020

Volunteer Opportunities



Why not give a few hours a week to a cause that you care about? We'll help you get started through the Retired Senior Volunteer Program.

RSVP volunteers receive a variety of benefits - all paid for by the program. We reimburse for mileage in your personal vehicle. While serving, volunteers are covered by a supplemental insurance. Volunteer service is also celebrated through recognition events and gifts as well as free educational opportunities. Meet people who care about the same things you do. Below, you will find information on some of the many volunteering opportunities that RSVP has to offer.

To learn more and enroll in the RSVP Volunteer Program, please contact Kristin Slater-Huff at kwslater-huff@santafenm.gov or (505) 955-4760, or go online to www.rsvpsantafe.org

Did you know?

The RSVP program will reimburse all active members who take the AARP Smart Driver Class. The class is offered monthly at MEG Senior (see Activity Ads). Taking it not only helps you to be a safer driver, but most insurance companies give you a discount upon completion. And, if you are enrolled in RSVP, we will pay you back for the full cost of the class. Please call Marisa at 955-4743 for reimbursement info.

Drivers Partnering for Seniors

Catholic Charities is partnering with a local hospital and two senior agencies to supplement their existing transportation programs. They are looking for volunteer drivers in Santa Fe to partner with them to provide medical rides for Seniors 60+ years of age, who are in need, and have no family or other option for transportation to or from the hospital or agency. Medical trips may vary from 1-4 hours so they ask volunteers to commit to a calendar day in order to provide same-day service. If you can commit to a few hours per week to give a ride to a senior, please contact Kristin at 955-4760.

For more information about Catholic Charities, go to: <http://www.ccasfm.org/volunteer.html>

Brain Fitness Documentary and Discussion

Join Foster Grandparent and Senior Companion volunteers at their monthly in-service training as they learn about brain fitness. The Brain Fitness presentation includes a PBS documentary on understanding how the brain works and how you can keep it fit. This will be followed by a discussion on memory, aging, and practical actions to help mental fitness.

The discussion will be led by Eileen Joyce, Certified Coach/Grief Recovery Specialist with a panel of Ruth Dennis, author of Mindful Dementia Care; Rhea Bertelli, active 90 year old; and Leslie Van Pelt who advocates proactive caregiving.

At MEG Center, Thursday, March 12th at 9:00 am.



RSVP *Voluntarios*

Stella Gonzales	3/01
Harriet Levine	3/01
Alfredia Quick	3/02
Carol Schwendimann	3/04
Howard Turner	3/04
Preston B. Ellsworth	3/06
Gloria P. Holladay	3/06
Jenny Mier	3/08
William A. Morrison	3/08
Andres V. Romero	3/08
Rita Cravens	3/09
Frankie C. Valencia	3/09
Suzanne A. Shaw	3/12
Terri C. Gonzales	3/14
Carole Van Valkenburgh	3/14
Patricia A. Chavez	3/17
Luggie Romero	3/18
Meri Frauworth	3/20
Pamela Valdez	3/20
Anke Mihalas	3/22
Carolyn K. Robinson	3/27
Linda Williams	3/28
Waldo Anton	3/30

FGP/SCP *Voluntarios*

Michele Chrabot	3/2
Maria Montano	3/8
JoAnn Sena	3/13
Mary Lou Martinez	3/14
Jane Sandoval	3/21
Bernadette Ramirez	3/29

Please note that the above names are people who are enrolled in the Senior Volunteer Program and who turn in their quarterly reports of hours served.

ONGOING ACTIVITIES

MARCH 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
	1-3 pm: Bingo		9-11 am: Computer Assistance	Food Distribution (Every Other Week) 1-3 pm: Bingo
8:00 am – 1:30 pm: Fitness Room AND Computer Lab Open				

Mary Esther Gonzales (MEG) Senior Center – 1121 Alto Street				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:15 am: Tai Chi 9-11 am: Guitar class 9:30 am: Enhance Fitness 1 pm: Hospice Crafts 1-3 pm: Bingo	8:15 am: Tai Chi 9 am: Jewelry Class 9:30-10:30 am: Yoga 12:30 – 2:30 pm: Oil Paint (1 st & 3 rd Tues) 1:30 Nia Technique (1 st & 3 rd Tues)	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 10-11:00 am: Aikido (Breaking One's Fall) 1:00-2:00 pm: Brain Gym Class	9:30 am: Enhance Fitness 9:30 am: Ceramics (class currently full) 2 pm: Knitting Food Distribution (Every Other Week)
7:30 am – 4:30 pm: Pool/Cards/Billiards Room AND Fitness Room Open				
7:30 am – 4:30 pm: Computer Lab Open (Computer Assistance: Tuesdays & Wednesdays, 10:00 am–noon)				
8:00 – 10:00 am Mondays & Fridays Fitness Instructor Available (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/Intermediate)	8:30 am: Yoga (class currently full) Noon: Grupo Cielo Azul (live music)	9 am: Tai Chi 10 am: Zumba	
8:00 am – 1:30 pm: Fitness Room AND Computer Lab Available				

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	Food Distribution (Every Other week)

Villa Consuelo Senior Center – 1200 Camino Consuelo – CLOSED for Renovations				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CLOSED	FOR	SENIOR	CENTER	RENOVATIONS

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

UPCOMING ACTIVITIES

MARCH 2020

Blood Screenings



Please come for a monthly blood pressure, blood sugar and blood oxygen level screening. 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 results. Screenings are conducted by Lupe Gonzales, LPN on the following Fridays:

Ventana: March 27th 9:30 am - 12:30 pm

Pasatiempo: March 20th 9:30 am - 12:30 pm

MEG: March 13th 10:00 am - 1:00 pm

Luisa: March 6th 9:30 am - 12:30 pm

I CAN Nutrition Classes

ICAN (Ideas for Cooking And Nutrition) is a program of the NM 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

MEG: Wednesday, March 4th at 10:30 am

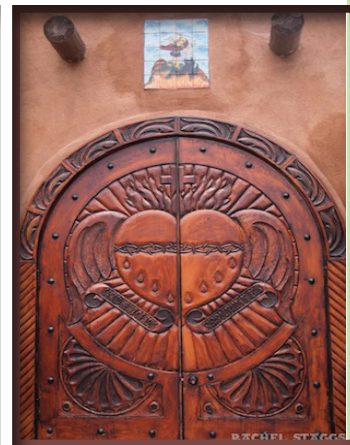
Ventana: Monday, March 9th at 1:30 pm

Pasatiempo: Wednesday, March 18th at 10:00 am

Luisa: Monday, March 2nd at 10:00 am

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

No Hair Cuts at MEG & Pasatiempo in March



Day Trip to El Santuario de Chimayó

The Division of Senior Services will take its annual trip to El Santuario de Chimayó on Thursday, March 26th. We will leave from MEG Senior Center at 9:30 am, to arrive in time for the 11:00 am Mass. We will have lunch at the Chimayó Senior Center before returning to MEG.

The suggested donation for the bus is \$5.00 a person which will be taken the morning of the trip. Please bring the exact amount since staff will not be able to provide change. The suggested donation for lunch at Chimayó Center is \$1.50, so please bring exact change for that as well.

Please call Albert at 955-4715 to reserve a seat and for any additional information.

Monthly Meetings at MEG Senior Center

Posted pursuant to the Open Meetings Act:

Senior Olympics: March 12th at 10:00 am

Senior Advisory Board: March 18th at 9:30 am

UPCOMING ACTIVITIES

MARCH 2020

Blue Lotus Art Outreach

In March we celebrate International Women's Day and the beginning of spring with a visit to the Museum of International Folk Art to see the Yokai exhibit and "Sewing Stories of Displacement" - the strong voices of women artists from around the world. Our writing and art will look to the transformative change that this season brings. We will paint a map of our lives in words and vibrant colors which will be a multimedia garden, planting seeds in the fertile soil of our creative voices.

By instructor Diana Mamalaki

This month's dates are Mondays, March 9th and 16th; and Thursdays, March 19th and 26th. All classes are at Luisa Center 1:30 - 3:30 pm.

Learn about the New Mexico State Library for the Blind and Print Disabled

Tim Donahue, Outreach Librarian for the New Mexico State Library for the Blind and Print Disabled, will explain this useful, free service. The LBPD is responsible for meeting the reading and information needs of nearly 3,000 New Mexico citizens who are blind, visually impaired, physically handicapped, or reading disabled.



Patrons are issued free playback equipment that allows them to utilize books, magazines, and other material in alternate formats (digital cartridge, cassette, Braille, and electronic text).

The collection focuses mainly on recreational reading and contains nearly 100,000 titles in a variety of genres.

Find out if these services can help you!

Monday, March 23rd, 10:00 - 11:00 am at MEG.

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 and potential hazards. Reduce your chances of receiving a traffic violation or having an accident.

If you are an RSVP Volunteer, RSVP will reimburse you for taking the class.

The class is taught monthly by a volunteer instructor at the MEG Senior Center, 1121 Alto St. It runs 1:00 - 5:00 pm, 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. 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:
March 10th or April 14th



St. Patty's Party at Luisa


Come celebrate St. Patrick's Day with us at Luisa Senior Center, located at 1500 Luisa St. (off Columbia St.) on Tuesday, March 17th at 12:30 am.



We will be serving lime sherbet with Sprite. Please join us!

UPCOMING ACTIVITIES

MARCH 2020




Movie Day
at Ventana de Vida Senior Center
Wednesday, March 11th at 1:00 pm
"The Irishman"



The film follows Frank Sheeran (Robert DeNiro), a truck driver who becomes a hitman involved with mobster Russell Bufalino (Joe Pesci) and his crime family, including Sheeran's time working for the powerful Teamster Jimmy Hoffa (Al Pacino).

Note: The movie runs 3 ½ hours
Rated: R




Movie Day
at MEG Senior Center
Tuesday, March 31st at 1:00 pm
"Instant Family"



Husband and wife Pete (Mark Wahlberg) and Ellie Wagner (Rose Byrne), taunted by relatives who think they will never have children, consider adoption. They enroll in foster care. At a fair to meet foster children, Ellie voices her reluctance

to adopt a teen, and is confronted by 15-year-old Lizzy, who impresses Pete and Ellie.
Rated: PG-13

Notice: Due to a mandatory Nutrition Staff training, lunch will not be served at any senior center on Tuesday, March 17th. We apologize for the inconvenience.



Movie Day
at Luisa Senior Center
Thursday, March 12th at 1:00pm
"War Room"



Tony and Elizabeth are a couple who seemingly have it all. But in reality, their marriage has become a war

zone and their daughter is collateral damage. With guidance from an older, wiser woman, Elizabeth learns to start fighting for her family instead of against them. As the power of prayer and Elizabeth's newly energized faith transform her life, will Tony join the fight and become the man he knows he needs to be?
Rated: PG

Nia Technique Movement Classes at MEG

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. All are welcome.

Tuesdays, March 3rd and 17th 1:30 – 2:30 pm

Let's Celebrate Your Birthday



Come have cake and celebrate the birthdays of seniors born this month! Celebrations take place during the lunch hour. All are welcome.

MEG: Wednesday, March 4th
Ventana: Wednesday, March 18th

Ice Cream Sundaes at Luisa March 13th

It's never too cold for ice cream! Join us on Friday, March 13th from 11:30 am - 12:30 pm for an ice cream sundae. Cost is \$1.00 per person. Proceeds go the Luisa Senior Center.

UPCOMING ACTIVITIES

MARCH 2020

New Yoga Class at MEG Center

Come join a new yoga class with RSVP volunteer instructor Linda Jordan. Tuesdays from 9:30 - 10:30 am in the Park View Room at MEG Center.

Basic Computer & Cell Phone Instruction

RSVP volunteer instructor Jesse can teach you how to use various apps on your phone and on a computer, including how to email, text, surf the web, play games and use Facebook.



Please call Jesse at (505) 699-3597 to schedule a time for assistance Tuesdays and Wednesdays 10:00 am – 12:00 pm at MEG Center.

Weekend Bingo at Luisa

B I N G O									
6	29	34	47	75					
2	26	41	59	73					
3	25				FREE		57	64	
					8021				
11	27	31	46	68					
15	21	37	48	71					

The Luisa Senior Center at 1500 Luisa St (enter on Columbia St.) will host a Bingo on Sunday, March 8th from 1:00 – 4:00 pm.

The cost is \$12.00 for a package and four specials at \$.100 each. The blackout game is \$2.00.

The jackpot winner goes home with \$100.00! Please bring small bills. Serving Frito pie and a drink for \$5.00, to benefit the Luisa Center.

Aikido: Breaking One's Fall

Aikido Ukemi (Breaking One's Fall) is a new fitness class at the MEG Center on Thursdays 10:00 – 11:00 am. The volunteer instructor will teach you how to fall, roll or be thrown to the ground and get up unscathed. He uses thick mats on the floor for falling.

Aikido training helps to improve balance and body movement. It teaches discipline and confidence and is a non-violent means of self-defense. No previous Martial Arts experience is necessary. Just come with a willingness to learn.

Senior Olympic Spotlight Let the Games begin!

Wednesday, March 18th marks the opening of the 2020 Santa Fe 50+ Senior Olympics local competition. March events are as follows:



- **March 18th -19th** Air Pistol/Air Rifle at the County Extension 8:00 am
- **March 21st - 22nd** Racquetball at GCCC 9:00 am
- **March 24th -** Basketball Free Throw at GCCC 9:00 am
- **March 26th - 27th** Pickleball at GCCC 8:00 am

Come support our local athletes! Spectators are welcome and encouraged to cheer on our senior athletes at any of the events. But, please note that venues and times are subject to change, due to weather and other factors out of our control.

Eligible Senior Olympic participants will receive a pass for 15 free visits to any of the City of S.F. Recreation Centers (GCCC, Salvador Perez, Fort Marcy). Passes will be distributed in June.

On another note, I would like to personally thank the Senior Olympic Committee for the time and dedication they give to making the City of Santa Fe's Olympics such a success. The first mission of the Senior Olympic Committee is to increase registration, especially in the 50-60 age groups. Recently, they declared that their second primary mission is to make the events both "Fun and Fair" while preparing athletes for National Competition.

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

Like us on Facebook:
[santafe50+seniorolympics](https://www.facebook.com/santafe50+seniorolympics)

Good Luck Olympians! Till next month!

-Cristina Villa

Income Tax Preparation Assistance 2020

Notice: Senior Services is not involved with these tax preparation programs in any way. We post this information to assist the public only. Please directly call the tax programs below if you have any questions or comments.

AARP Foundation Tax Aide

AARP Foundation Tax Aide, in partnership with the Santa Fe Community College, will host free income tax preparation assistance. The services are provided by trained volunteers, by appointment.

Location: Santa Fe Higher Education Center (HEC), 1950 Siringo Road at Yucca
Dates: February 3 - April 15, 2020
Days and Hours: Mondays, Tuesdays & Wednesdays 8:15 am - 4:40 pm
 Saturdays 8:30 am - 1:00 pm
Exceptions: No service on holidays or weather delays or closures. Check sfcc.edu for closures
Cost: Free
Appointments: Required
To Reserve: Call (505) 428-1780 or go to sfcc.edu/taxaide.com

Tax Help New Mexico

Tax Help New Mexico is a free, bilingual income tax assistance service for people whose annual household income is \$55,000 or less, or whose age is 65 or older. Tax Help volunteers are certified by the IRS, trained to help you complete your income tax preparation, and to identify eligible tax credits. Sponsored by the United Way of Central New Mexico.

Location: Our Lady of Guadalupe Catholic Church, 417 Agua Fria St. in the Parish Center
New Entrance: Enter lower parking lot off De Fouri St, between Agua Fria and Alameda. Use parking lot entrance door.
Dates: February 4 – April 9, 2020
Days and Hours: Tuesdays and Thursdays 8:30 am – 4:30 pm
Cost: Free to eligible clients (see eligibility above)
Questions: Call (505) 465-9776

Tax Help Santa Fe, LLC

Tax Help Santa Fe, LLC provides tax services for clients whose only income is from Social Security or SSI. The cost for this service is based on your income.

Location: Santa Fe Place Mall, across from the food court
Dates: Starting January 30, 2020
Days and Hours: Monday - Saturday 8:30 am - 5:00 pm
Cost: Sliding Scale
Appointments: Strongly recommended
To Reserve: Call (505) 990-7431 or go to www.taxhelpsantafe.com

CONSUMER & LEGAL

MARCH 2020

Comcast Internet for About \$10 a Month & Computers for about \$150

(From www.internetessentials.com)



There has been an increasing dependence upon computers and the internet over the past few years as a way to pay bills, access information, schedule doctors' appointments and even purchase groceries. However, many residents in Santa Fe, especially seniors and those with disabilities, may experience difficulties affording computers and the internet.

Recently, Comcast New Mexico expanded eligibility for their Internet Essentials program to include seniors, households with disabilities and some low-income individuals. You must live in an area where comcast internet service is available and not have subscribed to it within the last 90 days. Also, you cannot have an outstanding debt to Comcast that is less than a year old.

The program also provides customers with an option to purchase discounted computers.

The Internet Essentials program provides eligible households with access to the internet at home for \$9.95 + tax per month. Discounted desktop computers and laptops are also available to Internet Essentials customers for about \$150.

This eligibility expansion is aimed to better include and assist more low-income households. As broadband technology advances, it leaves behind people without a connection at home.

If you or someone you know is interested in this program, please visit:

<https://internetessentials.com>.

Get a Ride with Uber or Lyft, Even if You Don't Have a Smartphone

There are several services that will allow you to access 24/7 ride-hailing companies from any telephone. One such service which operates in Santa Fe is called "Go Go Grandparent" and is designed with senior citizens in mind.

You need a computer to access them the first time. You (or someone helping you) will enter your home address and credit or debit card information, as well as an emergency contact phone number and email address.

Any time you want a ride, you just call their 1(800) phone number. If you have a cell phone, you can program their number in, so you only have to push one button to call them. If you call them from your home or cell phone, Go Go Grandparent will recognize the number you are calling from and will automatically pull up your account information.

A loud, clear recorded voice will tell you to push 1 if you want to be picked up from your home address, or push 2 if you want to be picked up where they recently dropped you off. If you want to be picked up from somewhere different, you push 0 to speak to a live person.

They will contact the nearest driver for you and then tell you what kind of car to look for, and the name of the driver who will pick you up.



You do not pay the driver directly for the service—it will be billed to the credit card you gave them online. You may tip with cash, if you'd like.

Go Go Grandparent charges a fee of .28¢ per minute when you are actually traveling in the car. That is their own fee, on top of the cost of the Lyft or Uber ride.

For more information, contact their enrollment department at 1(855) 464-6872 or go online to www.gogograndparent.com

PUZZLE

MARCH 2020

PUNS & ANAGRAMS

ACROSS

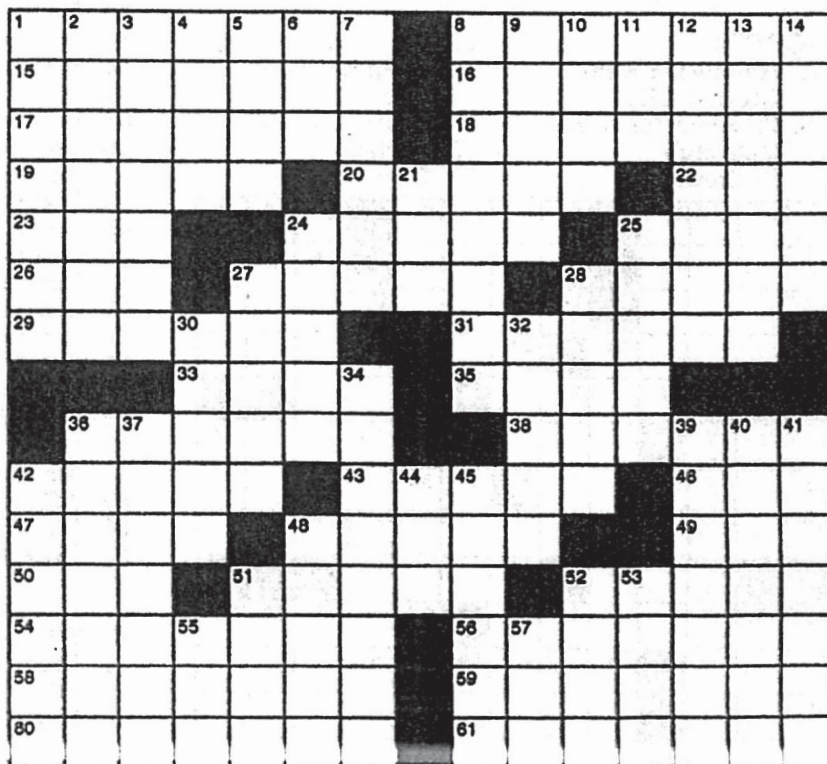
1. Apprentice seamen, at times
8. Substitute tin with sand
15. Test former ammonia compound
16. Leader of the feminist revolution
17. They're all wound up
18. Enliven team in a huddle
19. Make a slurring remark
20. Dream of having guns
22. Before Al put his foot down
23. He's a born thief
24. Intelligent comeback on trolley cars
25. Magician within King Arthur's court
26. Give back nothing to it, uncle
27. One who takes notes
28. La roommate of Shirley
29. Proust in a trance
31. Rough college subject
33. Join us at Ms. Hagen's
35. Card member hides pack in garage
36. Walked with 500 to store
38. Popular Deep South street
42. Singing Waters
43. Takes booty with strings attached
46. Since actor Chaney left lagoon
47. Liar's den
48. Actor Romero says, "Cachet la femme."
49. Cover idly? Why not?
50. Bea is here once again
51. Cap any hickory
52. Gambling game for Carlo
54. Plead for tan tree
56. Easy, lad, with a rug
58. News flash about that charter
59. Relet to French courtesan
60. Take braided cake back
61. Boxed a seed can

DOWN

1. Senior steed leaves
2. Former pilot detailed feat
3. I see you caught boar for deer
4. Centrally located maid
5. Ed in feast
6. Siamese twin belongs on the land
7. Opening word from Ali Baba
8. Artificial diamond
9. Faith in ups and downs
10. Dull raid
11. First name of a title character in "La Plume de Ma Tante"
12. What a spider baby wears
13. Prison doctor
14. One of the fine points of dressmaking
21. Jogged in France
24. Quickly moves up to a better violin
25. Join in warmer getup
27. Make yucca plant with tools

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28. Evan's weathercocks
30. Comparatively chaste
32. He might grease your palm
34. Opted for Edsel, etc.
36. Stare in at dyer
37. Let this weed grow
39. Avid collectors of Berlin divider souvenirs
40. Upset tea with gait
41. Leo & Eddy sang
42. She sings high up in the Rockies
44. Susan showed she was patriotic at heart
45. Mix up pair of adjoining square corners
48. Stop and see AC connection
51. Vegetables for apes
52. He should pack up
53. Music halls held a doe
55. Where speed's the thing
57. After Pat, he's a generous sponsor



Victory Discs

100

In the 1940s, those in the armed forces were treated to the sounds of home, thanks to one enterprising individual who didn't want a musicians' strike to affect the supply of new recordings to overseas troops. Find out more about these special recordings called V-Discs from the paragraph below.

- | | | |
|--|--|--|
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| <input type="checkbox"/> WORLD War (II), | <input type="checkbox"/> DEVELOPED the | <input type="checkbox"/> the |
| <input type="checkbox"/> ROBERT | <input type="checkbox"/> V-DISC | <input type="checkbox"/> U.S. TROOPS. |
| <input type="checkbox"/> VINCENT, | <input type="checkbox"/> PROGRAM, IN | <input type="checkbox"/> RECORDINGS |
| <input type="checkbox"/> A SOUND | <input type="checkbox"/> WHICH | <input type="checkbox"/> INCLUDED |
| <input type="checkbox"/> ENGINEER and | <input type="checkbox"/> MUSIC was | <input type="checkbox"/> BROADCASTS from |
| <input type="checkbox"/> ARMY | <input type="checkbox"/> RECORDED | <input type="checkbox"/> ARMED |
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| | | <input type="checkbox"/> SOUNDTRACKS, |
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| | | <input type="checkbox"/> FRANK |
| | | <input type="checkbox"/> SINATRA. |

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Towards a Good Death...

By Barak Wolff

Approaching my 74th year, I fully understand and embrace that I am in the “fourth quarter” of life. I’ve been blessed with a good life so far. And for me, I want to do everything possible to maximize my chances of having a “good death” as well. After all, we are mortal beings; no one gets out alive! And, although we can’t control or predict many things about how our lives will play out, we can, if we choose to, prepare for the inevitable and help ourselves by:

- thinking through and documenting our advance directives and sharing them with our loved ones and caregivers;
- understanding the basic elements of the care system that supports seniors as we approach the end of life, including treatment, palliative care, and hospice;
- being familiar with the full range of end of life options so that as need be, and for us who desire, we can be pro-active and make good choices about how to achieve that “good death.”

Towards that end, in the last 8 years I’ve become deeply involved in these issues—learning, listening, visiting, reading, watching, speaking, engaging, thinking and organizing about them. I welcome and appreciate the opportunity in future columns to share some of what I’ve been learning so that more people can have the kind of death they seek, whatever that may be.

Of course, it’s important to recognize right up front that there are no “right” or “wrong” approaches. Some people are content to deal with whatever comes their way and have no interest in trying to shape or control their end of life. Some will want to fight for life until their dying breath, with their boots on, fighting the good fight. And still others, perhaps the majority of people, may seek a more gentle passing, free of pain, calm, maybe surrounded by loved ones. There is no right answer! The good news is that under state and federal law we have

a basic right to “self-determination” about such matters. It really is our choice, if we are fortunate enough to have the stars align in our favor. There are certainly no guarantees, but we can improve our odds, if we care to, and if we search our heart of hearts to reveal our true values, and then do the basic homework.

Enough for now. From time to time I will write about these end of life issues in this newsletter. I look forward to explaining more about our legal rights and the opportunities and the challenges that lie ahead, to sharing some stories and helpful resources, and perhaps recommending a favorite book or two that really nail down these end of life issues. In the meantime, if you have any stories you’d like to share or particular questions you’d like to pose, I will try to research them and provide some helpful information, and maybe share the results through the Senior Scene. Email me at barakwolff@msn.com. I’m all about living well and dying well... perhaps you are too. Until next time...onward!

Barak has lived in Santa Fe and Tesuque since 1975. His career involved working throughout NM with rural clinics, EMS and Trauma systems and the public health system overall. Now mostly retired, he is an analyst for the Senate Public Affairs Committee when the NM Legislature is in formal session. Barak is an RSVP volunteer who cooks at Kitchen Angels one morning a week, plays a little golf, and is a founding member of the NM End of Life Options Coalition.

How to Substitute Honey for Sugar in Recipes

(From www.honey.com)

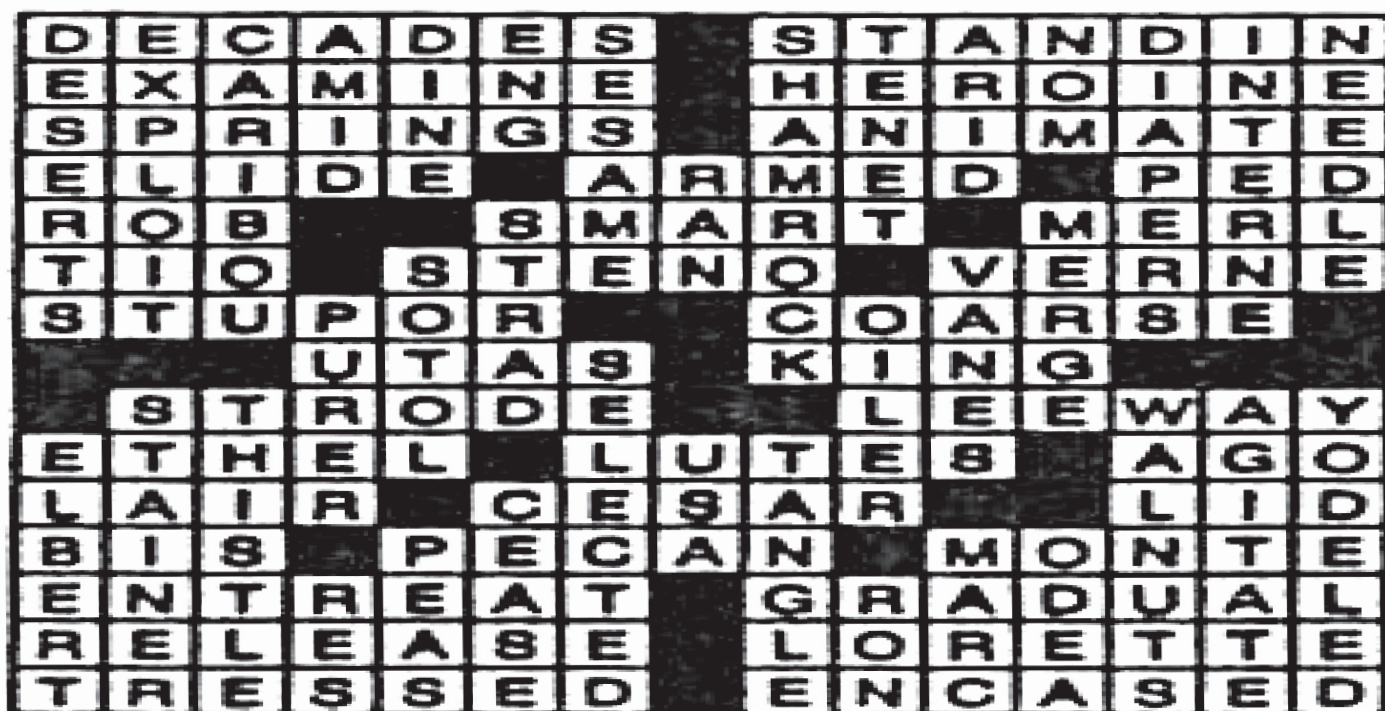


When substituting honey for granulated sugar in recipes, begin by substituting honey for up to half of the sugar called for in the recipe. For baked goods, make sure to reduce the oven temperature by 25°F to prevent overbrowning; reduce any liquid called for by 1/4 cup for each cup of honey used and add 1/2 teaspoon baking soda for each cup of honey used. Because of its high fructose content, honey has higher sweetening power than sugar. This means you can use less honey than sugar to achieve the desired sweetness.

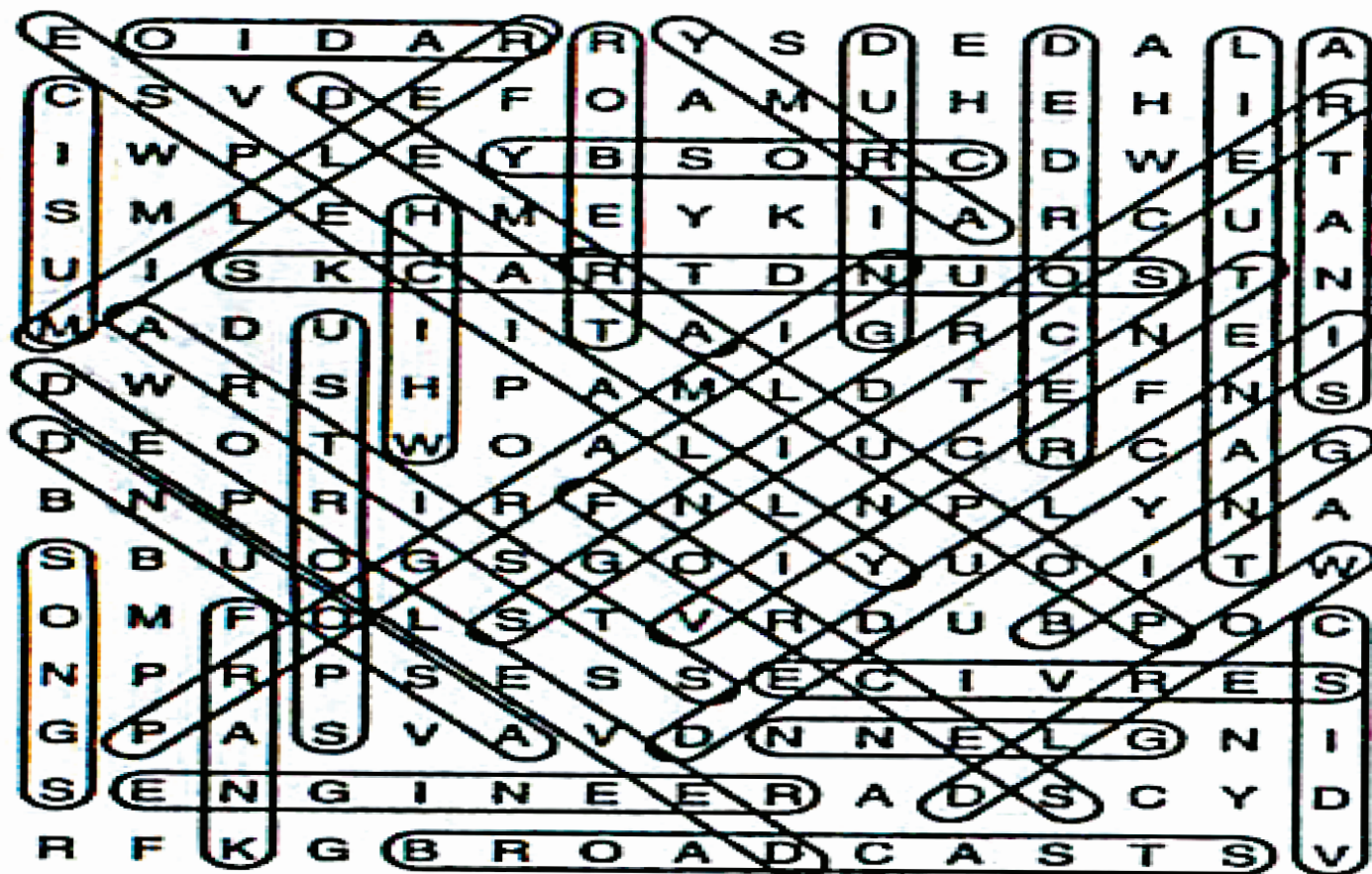
PUZZLE ANSWERS

MARCH 2020

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BREAKFAST MENU

MARCH 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
2 Bran Flakes Waffle with Syrup Grilled Ham Chilled Peaches	3 Malt-O-Meal English Muffin with Egg, Cheese & Sausage Green Chile Mixed Fruit	4 Oatmeal Scrambled Eggs Potatoes Canadian Bacon Orange Juice	5 Pancakes with Syrup & Margarine Potatoes with Peppers Apple Juice Apple	6 Breakfast Burrito with Egg, Bacon, Cheese, Chile and Hash Browns Tomato Juice Pineapple
9 Biscuit with Country Gravy Sausage Patty Orange	10 Malt-O-Meal Ham, Egg & Cheese Croissant Apple	11 Cinnamon Oatmeal Raisins Toast with Margarine ½ Grapefruit	12 Huevos Rancheros with Egg, Cheese & Chile Sausage Link V-8 Juice Applesauce	13 Cheerios French Toast With Syrup Bacon Sliced Pears
16 Bran Flakes Waffle with Syrup Grilled Ham Chilled Peaches	17 Malt-O-Meal English Muffin Egg, Cheese & Sausage Green Chile Mixed Fruit	18 Oatmeal Scrambled Eggs Potatoes Canadian Bacon Orange Juice	19 Pancakes with Syrup & Margarine Potatoes with Peppers Apple Juice Apple	20 Breakfast Burrito with Egg, Bacon, Cheese, Chile and Hash Browns Tomato Juice Pineapple
23 Biscuit with Country Gravy Sausage Patty Orange	24 Malt-O-Meal Ham, Egg & Cheese Croissant Apple	25 Cinnamon Oatmeal Raisins Toast with Margarine ½ Grapefruit	26 Huevos Rancheros with Egg, Cheese & Chile Sausage Link V-8 Juice Applesauce	27 Cheerios French Toast With Syrup Bacon Sliced Pears
30 Bran Flakes Waffle with Syrup Grilled Ham Chilled Peaches	31 Malt-O-Meal English Muffin with Egg, Cheese & Sausage Green Chile Mixed Fruit		Milk is served with every meal.	Menu is subject to change.

Nutrition Education From www.NaturalGrocers.com

Focus on filling half of your plate with vegetables, which are nutrient-dense sources of complex carbohydrates. Consuming quality protein (about the size of the palm of your hand) with every meal is one of the keys to optimal health. Healthy fats are essential for optimal health and wellness because they help build healthy cells and are a major energy source for the body.

SENIOR CENTER LUNCH MENU

March 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Chicken Tempura Orange Sauce White Sticky Rice Oriental Veggies Fortune Cookie Mandarin Oranges	3 Meatloaf Potatoes Au Gratin Carrot Raisin Salad WW Roll with Margarine Strawberry Yogurt	4 Meaty Lasagna Italian Veggies Tossed Salad Garlic Bread Bananas in Pudding	5 BBQ Beef Brisket Pork & Beans Buttered Carrots Coleslaw Cornbread Oatmeal Cookie	6 Fish Sandwich with Tartar Sauce Cucumber & Tomato Salad Mixed Veggies Hushpuppy Fresh Apple
9 Ham & Cheese Sandwich with Garnish Tater Tots Green Beans Pineapple	10 Carne Adovada Burrito with Garnish Refried Beans Chuckwagon Veggies Chilled Peaches	11 Turkey Roast Turkey Gravy Bread Stuffing Asparagus Tossed Salad Roll with Margarine Pumpkin Pie	12 St. Patrick's Day Meal Corned Beef Steamed Cabbage Buttered Carrots Parsley Potatoes Roll with Margarine Lime Jello	13 Green Chile Salmon Enchiladas Pinto Beans Spanish Rice Tossed Salad Tortilla Mixed Fruit
16 Salisbury Steak Mashed Potatoes Brown Mushroom Gravy Spinach & Onions WW Roll with Margarine Chilled Pears	17 All Kitchens Closed For Lunch Due to Staff Training	18 Green Chile Cheeseburger with Garnish Ranch Beans Onion Rings Chocolate Chip Cookie	19 Pork Posole with Red Chile Calabacitas Tortilla Cherries in Cobbler	20 Tuna Casserole with Egg Noodles Peas & Carrots Spinach Salad Crackers Tropical Fruit Salad
23 Breaded Chicken Sandwich with Garnish Coleslaw Celery & Carrot Sticks Potato Chips Fresh Pear	24 Pork Chop Rice Pilaf California Veggies WW Roll with Margarine Peaches in Cottage Cheese	25 Red Chile Beef Enchiladas with Garnish Black Beans Green Beans Tossed Salad Tortilla Whipped Jello	26 Chicken Fajitas Fajita Veggies Refried Beans Spanish Rice Apple Turnover	27 Egg Salad Sandwich in a Croissant Three Bean Salad Pickle Strawberry on Shortcake
30 Grilled Chicken Breast On Garlic Noodles French Style Green Beans Tossed Salad Biscuit & Margarine Lemon Bar	31 Beef Ravioli in Marinara Sauce Cucumber & Tomato Salad California Veggies Garlic Breadstick Vanilla Pudding with Cinnamon			Reminder: Due to health and safety rules, you may not take food from the dining rooms.

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.

Senior Center Locations

MARCH 2020

Legend

- City Senior Center Location
- Down Town
- City Limits

MARY ESTHER GONZALES (MEG)
1121 ALTO STREET
(505 955-4721)

PASATIEMPO
664 ALTA VISTA STREET

VENTANA DE VIDA
1500 PACHECO STREET

LUISA
1500 LUISA STREET
(entrance on Columbia St.)

VILLA CONSUELO
1200 CAMINO CONSUELO
(closed for renovation)

Genoveva Chavez Community Center

