

THE SENIOR SCENE



Photo: Eddie Moore / Abq. Journal



**MARCH
2016**

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

Offered by: Division of Senior Services



http://www.santafenm.gov/senior_scene_newsletter

CITY OF SANTA FE, DIVISION OF SENIOR SERVICES

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

MARCH-2016

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

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

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

Front Desk Reception

Toll-Free Administration Line

Ron Vialpando, DSS Director

(505) 955-4721

(866) 824-8714

955-4710

Administration

Cristy Montoya, Administrative Secretary

Sadie Marquez, Receptionist

FAX Machine - Administration

955-4721

955-4741

955-4797

Senior Services Registration

Brenda Ortiz, Database Specialist

955-4722

Transportation Ride Reservations (page 4)

955-4700

Fran Rodriguez, Project Manager/ Dispatch

Robert Chavez, Project/Fleet Manager

Linda Quesada-Ortiz, Administrative Assistant

955-4702

955-4703

955-4756

Nutrition

Thomas Vigil, Program Administrator

Enrique DeLora, Inventory Supervisor

FAX Machine - Nutrition

955-4740

955-4750

955-4794

Meals On Wheels (for homebound individuals)

Carlos Sandoval, Program Supervisor

Yvette Sweeney, Administrative Assistant

Robert Duran, MOW Assessments

955-4748

955-4739

955-4747

Senior Center Programming (Activities)

Lugi Gonzales, Center Program Manager

Albert Chavez, Program Coordinator

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

Cristina Villa, Program Coordinator

Luisa, Pasatiempo, Villa Consuelo

955-4711

955-4715

955-4725

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

Theresa Trujillo, Program Supervisor

Katie Ortiz, Clerk Typist

955-4745

955-4746

Foster Grandparent/Senior Companion Program

Melanie Montoya, Volunteer Prog. Admin.

Daniel Mitchell, Special Projects Admin.

955-4761

955-4744

Retired Senior Volunteer Program (RSVP)

Triston Lovato, RSVP Administrator

Marisa Romero, Administrative Secretary

FAX Machine - RSVP Office

955-4760

955-4743

955-4765

50+ Senior Olympics

Cristina Villa, Program Coordinator

955-4725

Miscellaneous

Lobby Area

Craft Room

Pool (Billiard) Room

955-4735

955-4736

955-4737

Other Important Numbers

Santa Fe Civic Housing Authority

Santa Fe County Information

Santa Fe County Mobile Health Van

988-2859

992-3069

231-2382

Newsletter Production

Triston Lovato, Editor/Distribution

Gil Martinez, Graphic Artist

Maggie Coffey, Copy Editor

Veet Deha, Copy Editor

Mela Sanchez, Mailing Distribution

Christella Vigil, Mailing Distribution

Anna Mae Gallegos, Mailing Distribution

955-4760

DIRECTOR'S REPORT

MARCH-2016

Dear Patrons,

This month I would like to acknowledge and highlight our Transportation Program and its dedicated staff. This section of the Division of Senior Services provides a mechanism for seniors (age 60+) to receive direct reliable, safe, and courteous door-to-door transportation to/from various places including: home, doctor's appointments, grocery shopping, work, physical therapy, pharmacies, senior centers, various health/human service facilities, etc. The senior transportation staff is well-trained and very knowledgeable about transportation policies and procedures, making them better able to respond to the needs of our senior clients. Staff is also trained and/or certified by the City of Santa Fe Risk Management & Safety Division in CPR, first-aid, and defensive driving. Our transportation managers and transit operators are required to have a Commercial Driver's License (CDL) with a passenger endorsement.

We are projecting that we will provide approximately 44,000 rides to roughly 992 eligible seniors within our service area for fiscal year 2015-16. There are three administrative staff who manage the daily operations of the program to include scheduling, dispatching, reporting among many other duties, and 11 drivers who transport seniors daily. The Division has 14 vans that fit 15 passengers, five fully equipped specialized ADA vehicles, and a 54-passenger coach bus. The bus is a recreational vehicle utilized for senior activity day trips as well as transporting seniors to conferences and/or training sessions, which in some cases exceed well over 75 miles each way. This transportation service is vital as it enables seniors to economically receive a ride to much needed appointments and destinations, thereby enhancing their quality of life.

Transportation services are offered within city limits Monday through Friday between 8:15 a.m. and 4:15 p.m. to seniors age 60 and over. Seniors are required to call at least 24 hours in advance to schedule a ride; please call (505) 955-4700. Please note that rides for medical appointments are given priority over other rides and we do offer same-day transportation for unexpected doctor's appointments. There is a suggested donation of 50 cents for a one-way trip/ride.

The City of Santa Fe Transit Division offers weekend and evening transportation to seniors through its Santa Fe Ride. The senior fee is \$5 per one-way trip and \$2 for ADA-qualified individuals; there is an application process for this, so for more details please call the City Transit Division at (505) 473-4444. The health, safety and wellbeing of seniors are of the utmost priority particularly when dealing with medical appointments.

Our transportation staff is a hard-working group of people dedicated to providing Santa Fe's elders with the highest quality services possible.

I also want to wish everyone a Happy St. Patrick's Day. Please join us as we celebrate with our traditional corned beef and cabbage meal on Thursday, March 17, 2016 at the MEG, Pasatiempo, and Ventana de Vida senior centers.

Sincerely,



Ron J. Vialpando, Division Director



SENIOR SERVICES PROGRAM INFORMATION

MARCH-2016

SENIOR SERVICES REGISTRATION

Anyone age 60 or over who participates at any City of Santa Fe Senior Center, uses the Division Transportation, or other services is asked to register with our program. We secure program funding each time a registered senior prints his/her name on our various sign-in sheets e.g. meals, fitness activities, etc.

Registration is held at the Mary Esther Gonzales (MEG) Senior Center located at 1121 Alto Street, Monday through Friday from 8:30 am to 4:30 pm. When you register, a staff member will fill out a form with you, including your date of birth, the last four digits (only) of your Social Security number, an emergency contact name and phone number. Staff will provide you with a photo membership card for \$2. *(Please bring exact amount)*. We will inform you when you should come in to renew/update your registration. Please note that cards are not official identification.

Eligibility for Senior Services Registration

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

For more information, contact Brenda Ortiz at 955-4722.

Email bmortiz@santafenm.gov.

SENIOR TRANSPORTATION INFORMATION

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

NEWS & VIEWS

MARCH-2016

Santa Fe County Mobile Health Van

The health van's Registered Nurse offers basic health screenings: blood pressure, blood glucose, heart rate, oxygen saturation, general health information and immunizations (based on availability). They also have healthcare resource guides and discount prescription cards available to Santa Fe County residents. Their schedule is subject to change so please check for the updates online at www.santafecounty.org or call (505) 231-2382. All services are free.

Dates for March:

01 – Fort Marcy	10 am – 2 pm
02 – Santa Fe Community College	10 am – 2 pm
03 – Casa Villita	10 am – 2 pm
04 – HPPC Meeting	9 – 11 am
Salvador Perez Pool	noon – 2 pm

05 – Van not out

06 – Santa Fe Recovery Center	9 am – 3 pm
07 – Luisa Senior Center	10 am – 2 pm
08 – Eldorado Senior Center	10 am – 2 pm
09 – Pojoaque Senior Center	10 am – 2 pm
10 – Edgewood Senior Center	10 am – 2 pm
11 – Mary Esther Gonzales Senior Center	10 am – 2 pm

12 – Van not out

13 – Santa Fe Recovery Center	9 am – 3 pm
14 – Villa Consuelo Housing	10 am – 2 pm
15 – Solana Center	10 am – 2 pm
16 – El Rancho Senior Center	10 am – 2 pm
17 – Santa Cruz Senior Center	10 am – 2 pm
18 – Ventana de Vida Senior Center	10 am – 2 pm

19 – Van not out

20 – Santa Fe Recovery Center	9 am – 3 pm
21 – Pasatiempo Senior Center	10 am – 2 pm
22 – Chimayo Senior Center	10 am – 2 pm
23 – Genoveva Chavez Community Center	10 am – 2 pm
24 – DeVargas Mall	10 am – 2 pm
25 – Encino Villa	10 am – 2 pm

26 – Van not out

27 – Santa Fe Recovery Center	9 am – 3 pm
28 – Casa Rufina Apartments	10 am – 2 pm
29 – St. John's United Methodist Church	9 am – 1 pm
30 – Villa Alegre Senior Housing	10 am – 2 pm
31 – Brookdale Assisted Living	9 am – 1 pm



Fitness Equipment Training Class at MEG

Stop by the Mary Esther Gonzales Senior Center and use the new fitness equipment! If you have questions on how to use the machines please attend the training class on Wednesday, March 16, 2016 at 11 a.m.

Santa Fe Walk to End Alzheimer's disease Kick-off Party

Join the Alzheimer's Association on Friday, April 15, 2016 from 3 – 5 p.m. as they host the kick-off party for the Santa Fe walk. There will be food, drinks, door prizes, vintage walk shirts, and an opportunity to register your team for the 2016 walk. The party will be at Kingston Residence of Santa Fe, located at 2400 Legacy Court. For more information please contact Tina De La Luz, NE Regional Manager, at (505) 473-1297.

NEWS & VIEWS

MARCH-2016

Thank you to our Copy Editor

We would like to thank Veet Deha, who has served as a Copy Editor for the Senior Scene, helping us catch errors and contributing new ideas. Her attention to detail and dedication will be greatly missed as she leaves Santa Fe for a new adventure. Good luck and thank you Veet!

Senior Connection Event

Now in their eleventh year, WestWind Productions is happy to produce its first annual Senior Connection show at the Courtyard Marriot in Santa Fe. The event will be on Tuesday, April 12, 2016 from 9 a.m. to 1:30 p.m. and will feature products and services that pertain to good health and health maintenance, recreational activities and hobbies, home improvement, travel, fashion and just plain fun! Vendors will be set up in the La Salla Ballroom. There is no admission charge, there will be a roulette wheel spinning for door prizes, and the show closes at 1:30 p.m. with "Sweets for Seniors," a complimentary dessert table open to vendors and guests. Beverages and lunch are available to guests and vendors at the hotel bistro and Starbucks on site. On stage excitement will begin on the hour and includes performances by active seniors including fashion, dance and choral groups. For more information on WestWind Productions please visit their website: www.tradeshowsbywestwind.com.

Department of Labor Community Event

The U.S. Department of Labor (DOL) is hosting traveling resource centers in Santa Fe, NM to provide information about the Energy Employees Occupational Illness Compensation Program Act (EEOICPA) and assist individuals with filing of new claims. The EEOICPA provides monetary compensation and medical benefits to individuals who became ill as a result of working in the nuclear weapons industry. Survivors of nuclear weapons workers may also be eligible for benefits.

All walk-ins are welcomed; however, scheduling an appointment time is recommended so appropriate time and assistance can be provided. The traveling resource centers are hosted by the Espanola Resource Center; to schedule an appointment please call them at 1-866-272-3622.

Meetings will be at the following Santa Fe senior centers at 10 a.m.:

- March 10 @ Mary Esther Gonzales
- March 16 @ Pasatiempo
- March 24 @ Mary Esther Gonzales

Volunteers are needed for various areas including: modeling, assisting with door prizes and check-in, and entertainment. Call Triston at (505) 955-4760 for more information.

Co-Presented by:

alzheimer's  association
New Mexico Chapter

UNM
HEALTH SCIENCES Brain & Behavioral Health Institute
CENTER

Open to ALL
Health Care Professionals
& Community Members!

REGISTER NOW!

SEATING IS LIMITED

5th Annual Professional Conference

"Dementia Capable Providers: Person Centered Solutions"

Wednesday, March 23, 2016 | 8AM-5PM | Reception 5PM-7PM

Thursday, March 24, 2016 | 8AM-12:30PM

Albuquerque, New Mexico | Sandia Resort & Casino

To register or for more information: 505.266.4473
Full program available at www.alz.org/newmexico

CEU's & CME's
will be offered!

NEWS & VIEWS

MARCH-2016

September 13-20, 2016 Santa Fe Senior Travel Committee Presents: Arches, Yellowstone & Tetons.

This trip will take you from Santa Fe to many exciting places including: Arches National Park outside Moab, UT, Salt Lake City, Yellowstone and Grand Teton National Parks, and Jackson, WY. The last stop will be Steamboat Springs, CO on the way back south. The cost is \$1995 for a double occupancy. Look out for more information in next month's Senior Scene! Contact Don Bell at 982-2707 between 5:30-7pm.

MoGro Mobile Grocery Fresh food delivered to you.

Part of the Santa Fe Community Foundation, MoGro is a non-profit mobile grocery store working to support sustainable local food systems and eliminate barriers to affordable healthy food. Produce boxes are delivered to La Familia Medical Center (1035 Alto Street or 2145 Caja de Oro Grant Rd) on Wednesdays between 2:30 and 5:30 p.m. Boxes are \$20, but only \$10 when you pay with SNAP! Please note that this SNAP deal is subject to change. Boxes include local organic food and may feature foods such as: cucumbers, broccoli, zucchini, carrots, cantaloupe, white onions, mixed potatoes, tomatoes, local salad mix, and grapes. For more information please visit their website at www.mogro.deliverybizpro.com. To order at La Familia please call (505) 629-0181.

Baile de Cascarones

Members of La Sociedad Folklorica are busy preparing for their annual Baile de Cascarones, which will be held on Saturday, April 2, 2016 at the Convention Center from 7 – 11 p.m. Admission is \$15 for couples, \$10 for singles and \$2 for children age 6-17.

Come learn to dance the wonderful folk dances of Northern New Mexico. Special dances include El Baile de la Escoba (broom dance) and Los Compadres, a dance where aprons and ties are handed out. Each person must find the matching apron or tie. They will dance the following dance together and are considered compadres for the coming year. These dances are so much fun and give everyone the opportunity to make new friends!

Beautiful cascarones (eggs filled with confetti or other surprises) are decorated by the members and sold. The most elegant are typically purchased by collectors; while the others are used for breaking when a gentleman invites a lady to dance – the confetti filled egg is usually broken over the lady's head. There will also be a silent auction. For more information please call Gloria at (505) 983-7839.

SAY "YES" TO NEW MEXICO SENIORS

2015 PIT- D NM Voluntary Contributions Schedule

You have a new opportunity!

SUPPLEMENTAL SENIOR SERVICES Contribution

*CHECK BOX 15 to contribute any portion of your tax refund to supplemental funding to enhance or expand **senior services** throughout New Mexico*

Contact 505-395-2668 or 866-699-4927 for additional information



AT - A - GLANCE

MARCH-2016



Love was in the air at the Sweet



Dance at the MEG senior center!



Thank you to Real Burger for donating salsa for the Valentine's Dance!



Happy birthday Ginny Naso! She celebrated her birthday back in February and won Bingo on the same day... she turned 101 years young!



Seniors gave their testimony for the Mayor's State of the City Address.

MARCH-2016



New Mexico Mission of Mercy



NEW MEXICO MISSION OF MERCY

A FREE DENTAL CLINIC - SANTA FE COMMUNITY CONVENTION CENTER

CLINIC DATES: APRIL 8 - 9, 2016

COMMUNITY VOLUNTEERS NEEDED

APRIL 7-10, 2016

REGISTER NOW!

on line now www.NMDENTALFOUNDATION.org or for more information email NMMOM2@nmdental.org

Registration from September 15, 2015 to March 26, 2016

Areas Needed: Hospitality/Food Translators Parking/Security Patient Greeter
Runners Registration Patient Escorts Massage Therapists Set Up & Tear Down
Volunteer Check-In Willing Hands



The New Mexico Dental Association Foundation
is the charitable arm of the New Mexico Dental Association



THE PAST 4 EVENTS

ALBUQUERQUE · LAS CRUCES · FARMINGTON · RIO RANCHO

\$3.8 Million In Free Dental Treatment Provided · 5,800 Dental Professionals & Community Volunteers

OVER 5,700 NEW SMILES CREATED



Santa Fe
THE CITY DIFFERENT

DELTA DENTAL

HENRY SCHEIN®
DENTAL

PATTERSON
DENTAL

FREE TAX HELP

Friday, January 29 – Friday, April 15, 2016

We will prepare your income taxes for FREE!
No income limits. First come first served.

Santa Fe Community College Fitness Center

(6401 Richards Ave) *Closed for Spring Break at SFCC from March 14-20

Monday – Friday 8:30 am – 5 pm

Saturday 9 am – 1 pm

Boys & Girls Club of Santa Fe

(730 Alto Street – between St. Francis and Guadalupe)

*Closed for Spring Break from March 28-31

(Please note: they follow the SF Public Schools calendar)

Monday – Thursday 9 am – 1 pm

Photo ID

Social Security Cards for parents and children

Health Insurance: proof that you have it or not

W-2 year end wage forms from each job & for each person

If you work for yourself: bring all the income & expenses from your work & any 1099's you receive

Interest, dividends, and stock or CD sales: bring the 1099 forms from the bank

Social Security: bring the year end statement from Social Security

Unemployment: bring the W2-G form from Work Force Solutions

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

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

Child care, college or vocational training: bring the list of expenses you paid

Medical expenses & Charity donations: bring a list of everything including mileage to doctors

Mortgage interest and property taxes

FREE Direct Deposit of Refund

Bring a blank check to get direct deposit of your refund in 8-10 days with no fees!

**Anyone in Santa Fe with income less than \$24,000 should file for NM
Low Income and Santa Fe property tax state rebates.**



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

Ayuda para su Declaración de Impuestos del año 2015

Del 29 de enero al 15 de abril

¡Le podemos ayudar a preparar su declaración de impuestos **GRATIS**!

En la Universidad de la Comunidad de Santa Fe Fitness Center

(6401 Richards Ave) *Estando cerrados debido a las vacaciones de primavera en el SFCC del 14 al 20 de marzo

Lunes a Viernes 8:30 am – 5 pm

Sabado 9 am – 1 pm

Boys & Girls Club of Santa Fe

(730 Alto Street – entre St. Francis y Guadalupe)

*Cerrado por vacaciones de primavera a partir de marzo 28-31

Lunes a Jueves 9 am – 1 pm

Depósito de su Reembolso GRATIS

Por favor traiga una copia en blanco de un cheque de la cuenta bancaria a donde quiere que llegue su reembolso.

Necesitará traer los siguientes documentos:

Foto ID: Cartilla de identidad con foto

Las tarjetas del Seguro Social o ITIN de los padres y de los niños

W-2 formas: un document que muestre los salaries de todo el año para cada persona que haya trabajado

Si usted trabaja por su cuenta: traiga todos los ingresos y costos de su trabajo. No se olvide: puede reclamar las millas y otros costos del vehículo que haya usado para el trabajo. Gastos que verifiquen el uso parcial de su hogar como oficina o taller Herramientas, uniformes, publicidad, un teléfono (de casa o celular), etc.

Interés o dividendos recibidos. Traiga las formas 1099 del banco.

Seguro Social: Traiga la declaración del año de sus ingresos del Seguro Social como jubilado o discapacidad.

Desempleo: traiga la forma W2-G del Departamento de Trabajo o desempleo.

Juego: traiga las formas 1099 si ganó en juegos de apuestas como en los casinos, Lotería, y una lista de todas las otras apuestas que ha hecho aunque haya perdido dinero. Si puede, consiga su tarjeta de jugador del Casino.

Pensiones: traiga la forma 1099-R si recibió pago por medio de una pensión.

Seguros Médicos: traiga la información que verifique los seguros médicos de su familia.

Traiga una lista de sus: gastos de guardería o cuidado de sus niños, colegiatura o costos de la Universidad, gastos profesionales. Costos médicos que haya pagado por su cuenta.

Interés de la hipoteca e impuestos sobre su propiedad.

Donativos a obras de beneficencia.



**Peter Doniger, Director, Ayuda de Impuestos
AARP Tax Aide en Santa Fe**

Lo sentimos, pero solo se habla inglés en este teléfono celular.
Célular 670-6835 o SFCC 428-1780 o email

taxhelpsantafe@gmail.com

RSVP THE RETIRED SENIOR VOLUNTEER PROGRAM

MARCH-2016

COMMUNITY NEEDS



Are you interested in donating some of your time to make a difference in the community? If so, you can become an RSVP volunteer today! Listed below are current volunteer opportunities.

If you are interested, want to learn more and enroll in RSVP, please contact Triston Lovato at (505) 955-4760 or trlovato@santafenm.gov.

Attention: RSVP Volunteers

If you have not yet done so, please stop by the RSVP office to update your information and pick up your gift. Be prepared with the following items: driver's license/state-issued ID, proof of current auto insurance (if you use your vehicle to volunteer), and current emergency contact info. Recognition gifts are for active volunteers only (those who have reported hours within the past year). Please call the RSVP Office to make sure we are here!

American Cancer Society Needs Volunteer Drivers

The American Cancer Society "Road to Recovery" program is a free service in which volunteer drivers provide transportation for people with cancer to and from scheduled appointments for medically related cancer care. The program is offered to people with cancer who have no means of transportation and/or who are too ill to drive themselves. Access to transportation is a major factor in cancer treatment, and this American Cancer Society service offers assistance to people who otherwise might not be able to keep their treatment appointments. Call Triston for details.

Literacy Volunteers of SF Need You

Interested in helping adults with basic literacy skills, computer literacy, or English as a Second Language (ESL)? Join the Literacy Volunteers of SF! There is an ESL Tutor Training on March 3rd, 4th and 5th. Call Triston for more information.

Library for the Blind & Physically Handicapped Needs IT Volunteers

Individuals interested in doing repair or technician type work on digital talking book players are needed! Working on these players would require a certain degree of computer/technical skills, as the players do sometimes need software upgrades, so if you are interested please contact Triston today!

HAPPY BIRTHDAY

RSVP volunteers born in MARCH

Stella Gonzales	3/01
Harriet Levine	3/01
Alfredia Quick	3/02
Therese Sanchez	3/02
Lucy O. Trujillo	3/02
Rita Walker	3/02
Mable V. Martinez	3/04
Howard Turner	3/04
Bruce Herling	3/05
Barbara E. Mason	3/05
Preston B. Ellsworth	3/06
Gloria P. Holladay	3/06
Grace Olivas	3/07
Jenny Mier	3/08
William A. Morrison	3/08
Andres V. Romero	3/08
Frankie C. Valencia	3/09
Anna V. Trujillo	3/11
Suzanne A. Shaw	3/12
William Gilmore	3/13
Dave McQuarie	3/13
Terri C. Gonzales	3/14
Flossie Montoya	3/14
Carole Van Valkenburgh	3/14
Patricia A. Chavez	3/17
Luggie Romero	3/18
Sandi Costick	3/19
Cathleen Suspanic	3/19
Meri Frauwirth	3/20
Marcus J. Garcia	3/20
Pamela Valdez	3/20
John Martinez	3/22
Anke Mihalas	3/22
Claire Martinez	3/23
Lydia S. Trujillo	3/24
Robert Burckhalter	3/26
Carolyn K. Robinson	3/27
Gene R. Geber	3/28
Consuelo Medina	3/28
Waldo Anton	3/30

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

FGP/SCP Foster Grandparent / Senior Companion Programs

MARCH-2016

She will be missed



Georgia Tapia, 70, a lifelong Santa Fe resident passed away unexpectedly on January 13, 2016. Georgia is preceded in death by her parents, Flavio and Frances, brother Richard Vigil, daughter Sandi Tapia, and godchild Steven Valdez. She is survived by sons Gerald Tapia (Sandy) and Tommy

Tapia; daughter Patricia Tapia-Ackerman (Scott); and numerous grandchildren. She was a devoted wife, mother, grandmother and great-grandmother. Georgia was recently a volunteer with the Foster Grandparent Program, where she was valued by the teachers for being able to work with the special little children in her classroom. She was also a proud member of the Fiesta Council and a great friend to the senior residents where she lived. She will be greatly missed.

Attention Grandparents Raising Grandchildren

Are you a grandparent raising/providing financial assistance to one or more grandchild? Financial assistance is available!

Eligibility requirements:

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

This program currently assists with an annual allowance of \$184 per child for expenses related to raising a grandchild. For more information please contact Melanie Montoya at (505) 955-4761.

Talented volunteers...



Sketched by Helen Lucero,
Senior Companion volunteer

Are you ready to get out of the house and make a difference?

The Santa Fe Senior Companion Program is currently recruiting volunteers. Seniors age 55 and older wishing to assist other senior citizens with day-to-day activities and provide companionship may be eligible to receive a modest tax-free stipend, mileage reimbursement and other recognition benefits. If you are interested and/or would like additional information, call Melanie at (505) 955-4761.

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

Michele Chrabot	3/2
Bernard Nuanes	3/8
JoAnne Sena	3/13
Mary Lou Martinez	3/14
Della Spencer	3/14
Jane Sandoval	3/21
Vicky Archuleta	3/23
Lydia Trujillo	3/24
Helen Lucero	3/25
Robert Burckhalter	3/26



ONGOING ACTIVITIES

MARCH-2016

All activities are open to registered seniors.

Schedule is subject to change.

Luisa Senior Center Activities – Cristina Villa (505) 955-4725

LUIZA IS CLOSED FOR REMODELING THROUGH JUNE 2016

Mary Esther Gonzales (MEG) Senior Center Activities – Albert Chavez (505) 955-4715

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9 am: Guitar class 9:30 am: Enhance Fitness 11:30 am – noon: Colorama 1 pm: Hospice Crafts 1-3 pm: Bingo	8:15 am: Tai Chi 9 am: Jewelry class 9 am: Guitar class 11:45 am: Sing along 1:30 pm: Oil painting (3/1, 3/15, 3/29) 3 pm: Nia Technique (1 st & 3 rd Tuesdays)	9:30 am: Enhance Fitness 9:30 am: Ceramics 1-3 pm: Bingo	8:15 am: Tai Chi 9:30 am: Wood-Straw Applique 2-4 pm: Ear acupuncture for Veterans	9:30 am: Enhance Fitness 9:30 am: Ceramics 2 pm: Knitting
7 am-4:30 pm: Pool/cards/billiard room AND Fitness room 8 am-4:30 pm: Computer (open use)				

Pasatiempo Senior Center Activities – Cristina Villa (505) 955-4725

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

Ventana de Vida Senior Center Activities – Albert Chavez (505) 955-4715

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9 am: Exercise class	1 pm: Art class	9 am: Exercise class		9 am: Exercise class

Villa Consuelo Senior Center Activities – Cristina Villa (505) 955-4725

VILLA CONSUELO IS CLOSED FOR REMODELING THROUGH JUNE 2016

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

UPCOMING ACTIVITIES

MARCH-2016

AARP Smart Driver Course



Sign up for the AARP Smart Driver course today! Classes are held monthly in the dining room at the Mary Esther Gonzales Senior Center (MEG), located at 1121

Alto Street. The class is from 1 p.m. to 5 p.m. but please arrive at 12:30 p.m. to check-in and fill out any required paperwork.

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

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

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

Classes will be taught by Don Blossom and/or Bob Guillen. Upcoming dates are:

- March 8, 2016
- April 12, 2016

Nia Technique on 1st & 3rd Tuesdays

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

- March 1st 3:00 p.m.
- March 15th 3:00 p.m.

Monthly Senior Services Committee Meetings

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

- | | |
|---------------------------|------------------------|
| Senior Olympics: | 3/9/16 at 9:30 a.m. |
| Transportation/Nutrition: | No meeting until April |
| Advisory Board: | 3/16/16 at 9:30 a.m. |
| Travel Committee: | 3/17/16 at 8:45 a.m. |
| SAC Board: | 3/17/16 at 10 a.m. |

Free Hair Cuts at MEG & Pasatiempo

Our volunteer Fabiola, a licensed beautician will provide free senior haircuts (on a first come, first serve basis - 20 haircuts per day). The haircut days are as follows at 10 a.m.:

- Wednesday, March 2 MEG
- Wednesday, March 9 MEG
- Wednesday, March 16 Pasatiempo
- Wednesday, March 30 Pasatiempo



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

Blood Pressure, Blood Sugar & Oxygen Level Tests Dates

All tests are free and open to anyone age 60 or older. Following the tests is a brief, free medical consultation based on test results. Tests are conducted by Lupe Gonzales, LPN on the following dates:

MEG	Thursday, 3/3	11 a.m. – noon
MEG	Wednesday, 3/16	11 a.m. – noon
MEG	Thursday, 3/31	11 a.m. – noon
Pasatiempo	Thursday, 3/10	11 a.m. – noon
Ventana de Vida	Thursday, 3/24	11 a.m. – noon

There will be no visits to Luisa and Villa Consuelo due to construction/center closure.

UPCOMING ACTIVITIES

MARCH-2016

Weekend Bingo at Pasatiempo with two \$100 Jackpots

The Pasatiempo senior center (664 Alta Vista) is hosting a Bingo on Sunday, March 6, 2016 from 1-4 p.m. It is \$12 for a package and two specials at \$1 each. There will be two \$100 jackpots - one will be in the middle of the games and the other will take place at the end. Blackouts are \$2. We will be serving enchiladas and beans for \$5; please bring small bills. Everyone is welcome, so don't miss out on a chance of winning!

Movie Day at Ventana De Vida Senior Center Wednesday, March 16, 2016 at 1 p.m. "Max" 2015 • PG • 1h 51m



Max, a precision-trained military dog, serves on the frontlines in Afghanistan alongside his handler, U.S. Marine Kyle Wincott. When things go terribly wrong on maneuvers, Kyle is mortally wounded and Max, traumatized by the loss of his best friend, is unable to remain in service. Shipped stateside, the only human

he seems willing to connect with is Kyle's teenage brother, Justin, who has issues of his own and isn't interested in taking care of his brother's troubled dog. But Max may be Justin's only chance to discover what really happened to his brother that day on the front, and with the help of a tough-talking young teen, Carmen, who has a way with dogs, Justin begins to appreciate his canine companion. Justin's growing trust in Max helps the four-legged veteran revert back to his heroic self, and as the pair race against time to unravel the mystery, they find more excitement-and danger-than they bargained for. But they each might also find an unlikely new best friend in each other.

Free Ear Acupuncture for Veterans

Licensed Acupuncturist Carolyn Bleakley is offering free ear acupuncture to veterans from 2 - 4 p.m. every Thursday at the MEG Senior Center in the dining room.

Woodcarver Needed

We are looking for a woodcarver to teach at the Pasatiempo and MEG senior centers on Wednesday and Thursday mornings. If you are interested in this activity please contact Albert at (505) 955-4715.



St. Patty's Party at Pasatiempo

Come celebrate St. Patrick's Day at Pasatiempo senior center on Thursday, March 17, 2016 at 11:30 a.m. We will be serving sherbet and sprite and a cupcake. Don't forget to wear green!



Movie Day at the MEG Senior Center Tuesday, March 29, 2016 at 1 p.m. "San Andreas" (2015 • PG-13 • 1h 54m)

After the infamous San Andreas Fault gives, triggering a magnitude 9-plus earthquake in California, a search and rescue helicopter pilot and his estranged wife make their way together from Los Angeles to San Francisco to save their only daughter. But their treacherous journey north is only the beginning. And when they think the worst may be over it's just getting started.



Let's Celebrate Your Birthday



Humana will be supplying cake to celebrate all seniors who have birthdays within the month. This will take place every first Wednesday at MEG and every third Wednesday at Ventana de Vida. Join us!

UPCOMING ACTIVITIES

MARCH-2016

Ken from Home Instead Sings at MEG



Join us for lunch at the MEG Center on Monday, March 28th and have a fun time enjoying songs performed by Ken Hendricks from Home Instead Senior Care. Come sing along or just enjoy listening to some old time favorites! Home instead Senior Care provides professional caregivers to help aging loved ones remain in their homes. Home Instead can be reached at 505-471-2777.

Easter Dance at MEG

Mark your calendar for Thursday, March 31, 2016 from 1 – 4 p.m. for the Easter dance at the MEG senior center. There will be no charge and light refreshments will be served. Music by Bonifacio.

Colorama

Join others in the MEG center board room every Monday from 11:30 a.m. – noon as they relieve stress through coloring. Adult coloring books are popular right now, featuring designs that range from nature to shapes to other themes including popular movies or shows. Quoted in an article in the Albuquerque Journal, a licensed professional art therapist says, “coloring can help people deal with anxiety,” and calls it “meditative.” Join the fun! Please bring your own materials.



Senior Olympic Spotlight

Let the games begin!

March Olympic events are as follows:

- March 15-16: Air Pistol/Air Rifle at the Santa Fe County Animal Barn
- March 17: Basketball Free Throw at GCCC
- March 26: Tai Chi at Ft. Marcy
- March 29: Bowling Singles at Cities of Gold
- March 31: Bowling Doubles at Cities of Gold

For more information regarding the March schedule such as times, etc., please visit our new website at www.sfsg50.org.

Eligible Senior Olympic participants will be given a 15 punch pass (for 15 free visits) to all three City of Santa Fe Recreational Centers (GCCC, Ft. Marcy, and Salvador Perez). The cards will be issued in May.

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

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

Good luck Olympians! Until next month!

-Cristina Villa-

Please come out and support our local athletes! Spectators are always welcomed and encouraged to cheer on our senior athletes at any of the events!

HEALTH & SAFETY

MARCH-2016

(Source: www.foodandhealth.com via "Shopping Tips" provided by the USDA SNAP-Ed Connection)

Cheap *and* Healthy Shopping List

Grains

- ☐ Brown or white rice
- ☐ Oatmeal
- ☐ Barley
- ☐ Corn meal or grits
- ☐ Store brand pasta

Dairy

- ☐ Skim milk
- ☐ Yogurt

Protein

- ☐ Beans and lentils
- ☐ Eggs
- ☐ Whole chicken
- ☐ Peanut butter
- ☐ Specials on fish, meat, poultry

Fruits and Veggies

- ☐ Cabbage
- ☐ Potatoes
- ☐ Romaine
- ☐ Leaf lettuce
- ☐ Cauliflower
- ☐ Carrots
- ☐ Zucchini
- ☐ Cucumber
- ☐ Corn
- ☐ Bananas
- ☐ Melon
- ☐ Oranges
- ☐ Apples
- ☐ Frozen veggies on sale
- ☐ Seasonal specials



9 Overlooked Cost Savers

1. Having the right ingredients on hand for preparing meals makes you less likely to dine out.
 2. Some options, such as chicken breast cutlets or ground turkey breast are good because they enable you to serve less meat per person.
 3. Vegetarian options, such as lentils and rice, or bean soup with vegetables, are hearty and cheap and good for you!
 4. Cabbage is often forgotten. You can use it for slaw, tacos, stir fry dishes and more. It is cheaper than lettuce so helps you stretch the budget - buy one head of lettuce and when that runs out serve slaw - or stretch your tossed salad with shredded cabbage.
 5. Apples and carrots make great snacks, brown bag treats and side dishes for meals and they are cheap when bought in bulk.
 6. Grapes get used better and are great grab and go snacks when you wash them and portion them into baggies in your refrigerator. Choose them instead of chips!
 7. Potatoes are underused. You can make oven fries, mashed potatoes, baked potatoes and even pizza with them!
 8. Coupon clipping is only good when you are buying things you use on a regular basis otherwise the time is better spent to learn to cook more healthy dishes rather than buy more convenience foods.
 9. The best place to shop is often in your own pantry or freezer. Plan meals around using up things you have on hand.
- Search for recipes with these items at www.foodandhealth.com.

PUZZLE

MARCH-2016

PUZZLE 50

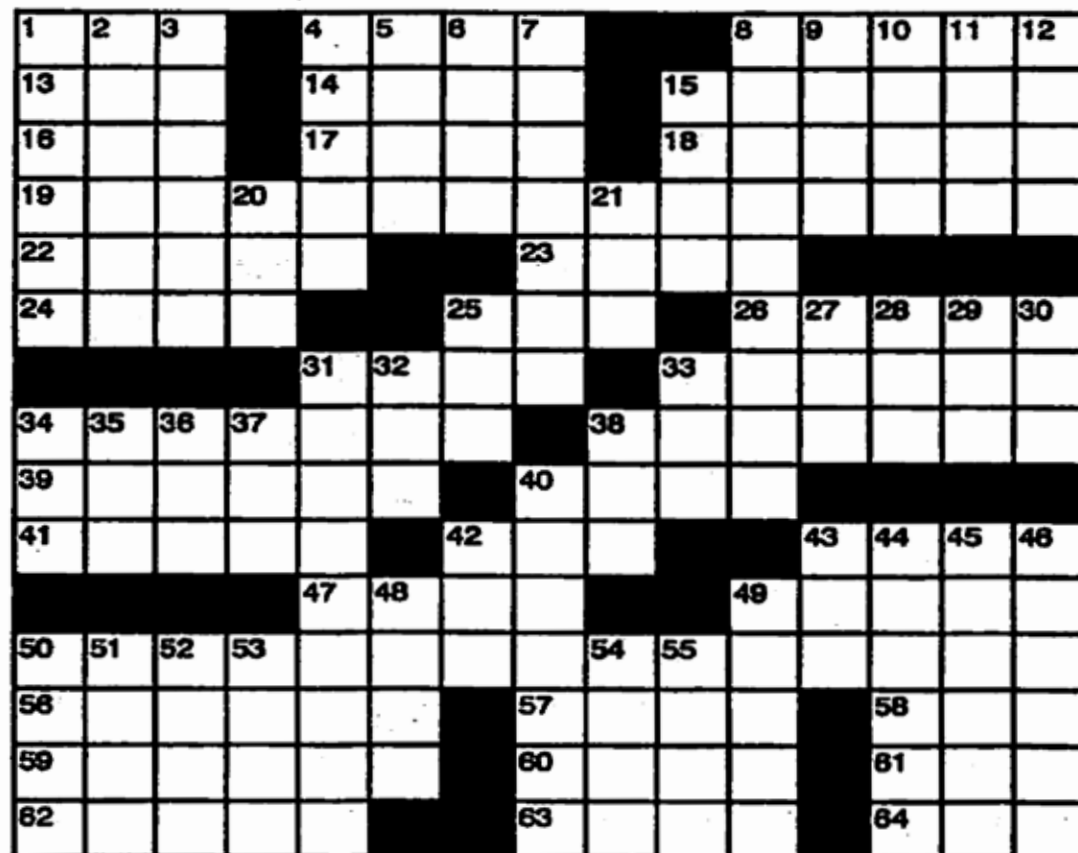
ACROSS

1. Bat wood
4. German organist
8. Minimum
13. Teachers' gp.
14. Wings
15. Band-crew member
16. Hockey star
17. ____ avis
18. Obstacle for Edwin Moses
19. First Lady
22. Fencing weapons
23. Average
24. Posted
25. Alternative
26. Winfrey of "The Color Purple"
31. Boor
33. Opposed
34. Lying
38. Delights
39. Each
40. Couple
41. Like a julep
42. Food scrap
43. Mrs. Truman
47. Island dance
49. Comic-strip character Mary ____
50. First Lady
56. Rotgut
57. Yankees, e.g.
58. Pub beverage
59. Certain seasoning seller
60. Body of water
61. X
62. Club off.
63. Jacket type

64. Literary collection

DOWN

1. Lizards
2. Mexican shawl
3. Petrify
4. Unpleasant remarks
5. Jai ____
6. U.S. mystery writer
7. Disc jockey's wear
8. First Lady
9. Merit
10. Appends
11. Missile house
12. Prom goer
15. Athens letters
20. So far
21. Bit
25. Purchase
27. Princess's bane
28. B&O et al.
29. Peer Gynt's mother
30. "____ So Fine"
31. First Lady
32. Metal-bearing mineral
33. Actress MacGraw
34. Shriver of tennis
35. Center prefix
36. ____ Tin Tin
37. New York athlete
38. Mrs. Nixon
40. Babble
42. Madrid cheer
43. African cape
44. Printing mistakes
45. Pilfered
46. Singer Easton
48. Above: Ger.
49. "Little ____"
50. Formerly
51. Shake-spearean king
52. Inactive
53. Greek letter
54. Furnace output
55. Mackerel shark



It seemed as though everyone was going modern in the '60s—even cave men! In 1960, TV viewers met "The Flintstones," a modern animated Stone Age family similar to "The Honeymooners." The show's gimmick was to feature modern technology with prehistoric ingenuity, such as the foot-powered Flintstonemobile.

Solution on page 139

- ☐ ANIMATION
- ☐ BAMB-BAMB
- ☐ BARBERA, William (director)
- ☐ BARNEY
- ☐ BEDROCK (town)
- ☐ BENADERET, Bea
- ☐ BEST friends
- ☐ BETTY
- ☐ BLANC, Mel
- ☐ DINO
- ☐ EPISODES
- ☐ FRED
- ☐ FUNNY
- ☐ GREAT Gazoo, The
- ☐ HANNA, Joseph (director)
- ☐ INVENTIONS
- ☐ JOKES
- ☐ "MEET the Flintstones" (theme song)
- ☐ MR. SLATE
- ☐ NEIGHBORS
- ☐ PEBBLES
- ☐ POPULAR cartoon
- ☐ PREHISTORIC setting
- ☐ PRIME TIME
- ☐ REED, Alan
- ☐ SEASONS
- ☐ STONE-AGE families
- ☐ STORIES
- ☐ TV SERIES
- ☐ VANDER PYL, Jean
- ☐ VOICES
- ☐ WILMA
- ☐ "YABBA dabba do!"

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



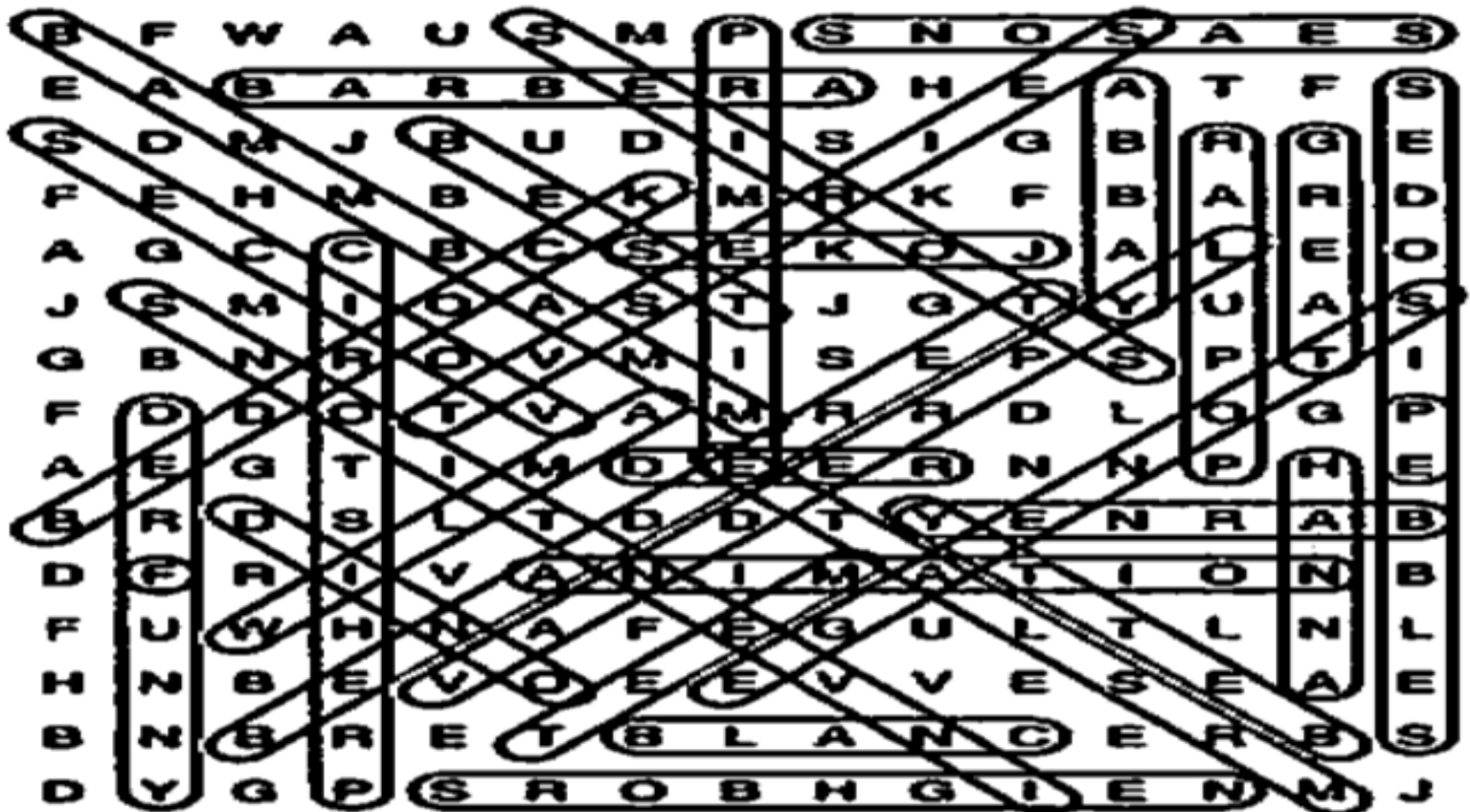
PUZZLE ANSWERS

MARCH-2016

PUZZLE 50



30



BREAKFAST MENU

MARCH-2016

Breakfast is served Monday – Friday from 7:30-8:30 a.m. at MEG, Pasatiempo, and Ventana de Vida senior centers. There is a suggested donation of \$1 for seniors 60 and over and a \$5.42 fee for non-seniors (59 and younger). Please print your name clearly on our meal sheets when eating at any of the centers. *NOTE: Milk is served with every meal.

Monday	Tuesday	Wednesday	Thursday	Friday
Reminder: Luisa & Villa Consuelo are currently closed for remodeling.	1 Breakfast burrito w/scrambled egg, cheese, green chile, hash browns, bacon	2 Ham & cheese biscuit Salsa Margarine	3 Scrambled egg Pancakes w/maple syrup & margarine Tomato juice	4 Grilled ham w/cheese & salsa Small roll, margarine Hash browns
7 Cold cereal Small roll w/jelly & peanut butter Tomato juice	8 French toast w/maple syrup Scrambled egg Sausage, tomato juice	9 Grilled ham w/salsa & peppers Small roll w/margarine	10 Scrambled egg w/cheese, red chile, potatoes margarine	11 Sausage, salsa Hash browns Small roll w/margarine
14 Grilled ham & cheese Red chile Small roll w/margarine	15 Breakfast burrito w/scrambled egg, cheese, bacon, salsa, hash browns	16 Waffles w/maple syrup Sausage Tomato juice	17 Scrambled egg w/salsa Hash browns Small roll w/jelly	18 Ham & cheese biscuit Salsa Jelly
21 Scrambled egg w/cheese, salsa, bacon, hash browns	22 Sausage w/cheese, Green chile Potatoes Margarine	23 Hot oatmeal Boiled eggs (2) Margarine Tomato juice	24 Diced ham w/cheese & peppers Small roll w/margarine	25 Pancakes w/maple syrup & margarine Scrambled eggs Tomato juice
28 Boiled eggs Salsa Small roll w/margarine	29 Grilled ham & cheese English muffin Margarine Tomato juice	30 Waffles w/syrup & margarine Boiled eggs (2) Tomato juice	31 Sausage w/red chile, Hash browns Whole wheat toast w/margarine	Menu is subject to change.

NUTRITION EDUCATION

MyPlate is a reminder to find your healthy eating style and build it throughout your lifetime. Everything you eat and drink matters. The right mix can help you be healthier now and in the future. This means:

- Focus on variety, amount, and nutrition;
- Choose foods and beverages with less saturated fat, sodium, and added sugars;
- Start with small changes to build healthier eating styles; and
- Support healthy eating for everyone.

Eating healthy is a journey shaped by many factors, including our stage of life, situations, preferences, access to food, culture, traditions, and the personal decisions we make over time. All your food and beverage choices count. MyPlate offers ideas and tips to help you create a healthier eating style that meets your individual needs and improves your health. See more at: www.choosemyplate.gov.



MARCH

SENIOR CENTER LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
REMINDER: Salad bar is open Monday - Friday during lunch at the MEG senior center. Stop by and try it today!	1 Italian spaghetti w/meat sauce Steamed broccoli w/cheese topping Garlic bread Chilled peaches	2 Grilled pork chop Mashed potatoes w/gravy Steamed green peas Baked biscuit Cherry cobbler	3 Hamburger w/cheese & green chile Ranch beans Onion rings Chilled applesauce	4 Baked macaroni and cheese Brussels sprouts Whole wheat roll w/margarine Vanilla pudding
7 Baked chicken w/wild rice Carrot raisin salad Biscuit w/margarine Mandarin oranges	8 Red chile beef enchiladas Salsa corn Tossed salad w/dressing Cherry cobbler	9 Roasted glazed ham Baked yams Steamed broccoli Whole wheat roll w/margarine Baked apples	10 Roast beef Mashed potatoes w/brown gravy Steamed green beans Whole wheat roll w/margarine White cake	11 Tuna w/pasta shells Tossed green salad w/dressing Saltine crackers Chilled peaches
14 Chicken fajitas w/tortilla & salsa Chile beans Jell-O w/fruit	15 Beef tips over steamed rice Steamed broccoli Tossed green salad Whole wheat roll w/margarine Chilled pears	16 Pork loin Steamed green peas Tomato salad Cornbread w/margarine Peach cobbler	17 <u>St. Patrick's Meal</u> Corned beef w/cabbage Glazed carrots Whole wheat roll Strawberries and banana salad	18 Baked fish w/tartar sauce German coleslaw Mixed vegetables Hushpuppies Banana pudding
21 Round steak w/mushroom gravy Steamed broccoli Baked potato Whole wheat roll w/margarine Banana pudding	22 Pork roast Mashed potatoes w/brown gravy Steamed asparagus Whole wheat roll w/margarine Chilled applesauce	23 Classic lasagna w/meat sauce Steamed mixed veggies French bread Fruit cobbler	24 Roasted turkey Baked yams Steamed green beans Cornbread w/margarine Sugar cookie	25 <u>Good Friday</u> Seasoned fish fillet Wild rice Cauliflower and carrots Biscuit w/margarine Chilled fruit yogurt
28 Stuffed chicken breast w/white sauce topping California veggies Baked biscuit Peach crisp	29 Classic meatloaf w/gravy topping Scalloped potatoes Steamed green beans Whole wheat roll w/margarine Strawberry shortcake	30 Chicken strip basket w/mashed potatoes w/white gravy Steamed asparagus Whole wheat roll w/margarine Chilled Pineapple Bits	31 BBQ beef sandwich w/garnish Pasta salad Steamed green beans Peanut butter cookie	MENU IS SUBJECT TO CHANGE Milk is served with each meal.

Senior Meal Suggested Donation: Breakfast \$1.00 --- Lunch \$1.50
Non-Senior (59 years or younger) Mandatory Meal Fee: Breakfast \$5.42 --- Lunch \$5.42

Lunch is served at MEG, Ventana de Vida & Pasatiempo Centers 11 a.m. -12:30 p.m. M-F

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

