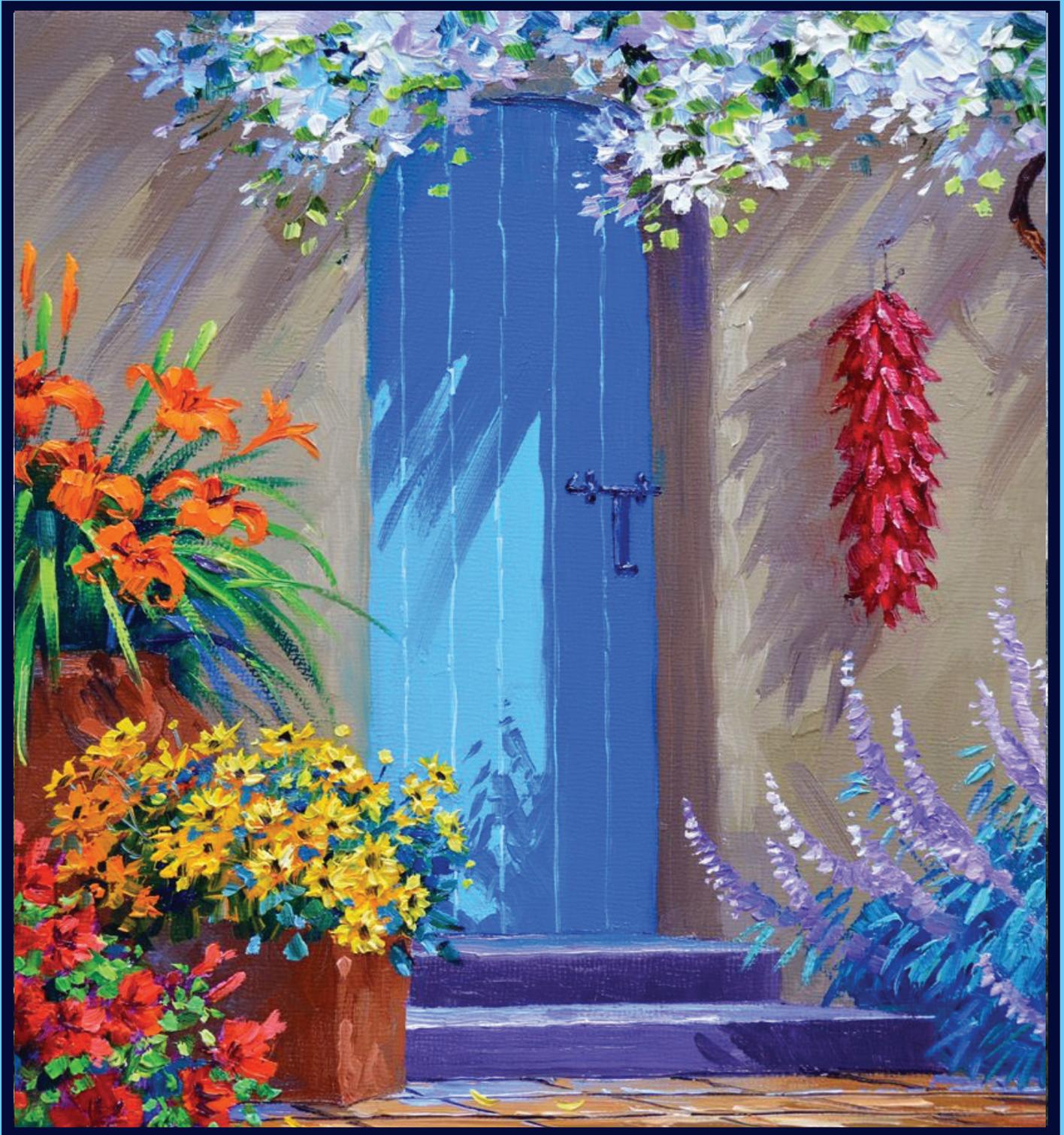


THE SENIOR SCENE



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

**MAY
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

MAY 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" into the search box on the home page and click on the magnifying glass. Then click on the listing for Senior Scene newsletter and scroll down to the issue you would like to read.

PLEASE NOTE: SENIOR CENTERS ARE TEMPORARILY CLOSED

Front Desk Reception	(505) 955-4721	In Home Support Services:	
Toll-Free Administration Line	(866) 824-8714	Homemaker and Respite Care,	
Gino Rinaldi, DSS Director	955-4710	Theresa Trujillo, Program Supervisor	955-4745
Administration		Saul Carta, Program Coordinator	955-4735
Cristy Montoya, Administrative Secretary	955-4721	Katie Ortiz, Clerk Typist	955-4746
Cara Alunno, Receptionist	955-4741	Foster Grandparent/Senior Companion Program	
FAX Machine - Administration	955-4797	Melanie Montoya, Volunteer Prog. Manager	955-4761
Senior Services Registration		Anya Alarid, Project Administrator	955-4744
Vacant, Database Specialist	955-4722	Retired Senior Volunteer Program (RSVP)	
Transportation Ride Reservations (page 3)	955-4700	Kristin Slater-Huff, Public & Community Relations Officer	955-4760
Linda Quesada-Ortiz, Project Specialist / Dispatch	955-4700	Marisa Romero, Program Coordinator	955-4743
Erika Cuellar, Administrative Assistant	955-4702	50+ Senior Olympics	
Nutrition		Cristina Villa, Program Coordinator	795-3817
Yvette Sweeney, Program Manager	955-4739	Miscellaneous	
Enrique DeLora, Inventory Supervisor	955-4750	Craft Room	Not in service
Tebrina Roibal, Administrative Assistant	955-4749	Pool (Billiard) Room	955-4730
FAX Machine - Nutrition	955-4794	Other Important Numbers	
Meals On Wheels (for homebound individuals)		Santa Fe Civic Housing Authority	988-2859
Carlos Sandoval, Program Supervisor	955-4748	Santa Fe County Information	992-3069
Robert Duran, MOW Assessments	955-4747	Newsletter Production	
Senior Center Programming (Activities)		Kristin Slater-Huff, Editor/Distribution	955-4760
Lugi Gonzales, Center Program Manager	955-4711	kwslater-huff@santafenm.gov	
Albert Chavez, Program Coordinator	955-4715	Gil Martinez, Graphic Artist	
Mary Esther Gonzales (MEG), Ventana de Vida		Sue Olman, Proofreader	
Cristina Villa, Program Coordinator	955-4725	Christella Vigil, Mela Sanchez, Mailing Distribution	
Luisa, Pasatiempo, Villa Consuelo			

By Gino

A message from the Division Director



“The difference between the impossible and the possible lies in a person’s determination.”

- **Tommy Lasorda**

I really enjoy Tommy Lasorda, probably because he coached the Albuquerque Dukes and I miss baseball. I’m am looking forward to seeing a game again - go Yanks! 😊

Well it’s May and I am still having a hard time wrapping my head around this COVID-19 virus. There is so much information out there, that it’s hard to know from day to day where things are heading. By now most of you have heard of the financial crises the City of Santa Fe in facing. It’s hard to imagine when things are bad that they could get worse, but they have. We have been working to figure out the best way to move forward and maintain the vital work our great team does on behalf of our proud city’s seniors. I hope and pray that your all are hanging in there and feeling well. We really miss everyone. For those of you to whom we are delivering meals, thanks for the positives words.

“It always seems impossible until it’s done.”

-**Nelson Mandela**

I like this quote because it seemed impossible when we started with COVID-19 on March 13, 2020. We normally provide about 265 home delivered meals each day. Because the senior centers are closed, we are on track to provide 4,000 home delivered meals this week – unbelievable! We have turned the nutrition program upside down. Everyone has become a part of this massive shift to meet the needs of our city’s seniors. We continue to gain new seniors every day and I don’t see this slowing until we reopen our doors. We are also providing curbside “grab and go” lunches Monday through Friday. We are up to 60 a day and the numbers keep growing. The transportation, activity, in-home support and volunteer program staff are helping with the meal deliveries and preparation. They are also delivering grocery bags once a week to folks who need them. Everyone is busy and doing their best to stay safe so that we can all continue to serve you. The stress has taken a toll on the DSS staff, so please remember us in whatever way you choose. But I am so proud of them because they have made the impossible, “**POSSIBLE**”.

If you pass by the Mary Ester Gonzales, honk your horn and let us know you’re ok!

Continuous effort—not strength or intelligence—is the key to unlocking our potential.”

- **Winston Churchill**

NEWS & VIEWS

MAY 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.*



City of Santa Fe Senior Centers Closed

The City of Santa Fe's Division of Senior Services continues to keep all senior centers closed to the public, because of the Covid 19 outbreak.

The staff have been divided into Team A and Team B, coming to the MEG Center on alternate weeks, in order to make and provide meals for the seniors in our community – following the menu in this newsletter.

See the "Food Assistance from Senior Services" page for more information.

Transportation is available to and from medical appointments only, for the time being.



Sign up for Yardwork Assistance Now

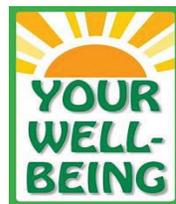
Do you need help cleaning your yard? Youth volunteers with the Student Life Mission Project will be available again this July to assist with your needs! The group can also help with minor painting projects (you must supply the paint/supplies but they will provide the labor). They can offer several students working together for about two hours per address. Assistance is only available in the Santa Fe City limits, on a first come first served basis, and preference will be given to seniors who have not received this service in the past. Dates are July 7, 8, 9, 11, 12 and 13. Reserve your spot by Friday, June 12th. Call (505) 955-4760.

RENEWAL & HOPE

Spring is a time of Renewal and Hope. Seeds that were planted during the past year are sprouting up everywhere. We see and hear birds flying to-and-fro seemingly without a care in the world; making nests in our portals and planning for the future.

The isolation and restrictions we are experiencing as seniors with or without family are frustrating to say the least. At this time we are asked to go within, stay safe at home and focus on the essential. Perhaps unwanted and certainly unexpected, the spatial and social demands at present point us in new directions.

We can be angry, fearful, lonely and down-in-the-dumps. Or we can use this time to prepare for the future! Tidy up our homes – clean out our cupboards and closets – open our hearts to community spirit – and strengthen our minds with the resolve to live better and more fully when this period of reorganization and closures is over.



Stay Safe
Stay Well
Stay Home
Stay in Gratitude and Love!

SEE YOU SOON!

By Pasatiempo Senior Sue Olman



Every year in May, Older Americans Month recognizes the contributions of older adults across the nation. While raising families and building careers, older Americans also gave back to their communities in a variety of ways. We at Senior Services appreciate all of you.

Senior Services Reassessments

Please take a look at your Senior Services Membership card and make sure it has not expired. If the date on the card has passed, we can get you current with a phone call while the centers are closed.

Please call us after 10:00 am. Just dial (505) 955-4721. A staff member will ask you a list of questions and get you all squared away.

It is very important that everyone is up-to-date in our system because having a current assessment and information for each person is how we get reimbursed for the services you receive, which then allows us to continue providing those services. Thank you!

Given To

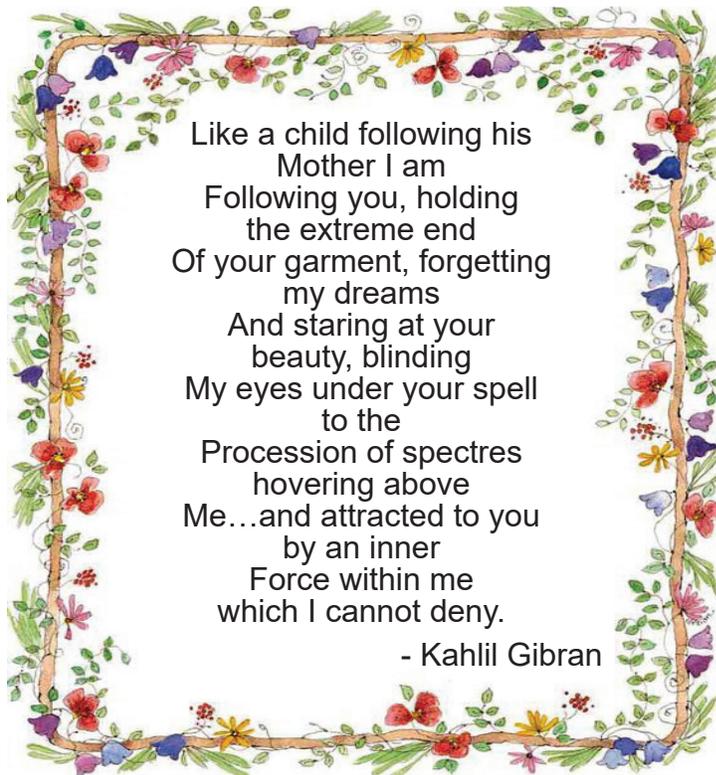
Lyrics to a Song by Ruth Bebermeyer in 1978
Submitted by senior Danna Metzger

I never feel more given to
than when you take from me-
when you understand the joy I feel
giving to you.
And you know my giving isn't done
to put you in my debt,
but because I want to live the love
I feel for you.
To receive with grace
may be the greatest giving.
There's no way I can separate
the two.
When you give to me,
I give you my receiving.
When you take from me, I feel so
given to.

Memorial Day is Monday, May 25th

Memorial Day was created to honor the many American men and women who died in military service. This focus on those who made the ultimate sacrifice sets it apart from Veterans' Day, which honors all military veterans, living and dead. Have a peaceful Memorial Day.

Mother's Day is May 10th. Celebrate!



Like a child following his
Mother I am
Following you, holding
the extreme end
Of your garment, forgetting
my dreams
And staring at your
beauty, blinding
My eyes under your spell
to the
Procession of spectres
hovering above
Me...and attracted to you
by an inner
Force within me
which I cannot deny.

- Kahlil Gibran

Safety First for Seniors



This was a suggestion sent a couple of years ago to Flora Leyba to include in her Flora's Corner section, written by "another senior member at MEG." It includes some good advice. The author wrote:

1. Are you cooking? Turn the stove off if you are leaving the kitchen, even if just for a few minutes.
2. Turn water off in your tub or sink if you're stepping away, no matter for how long. Someone I know flooded the kitchen (forgot the water was running).
3. Don't put on your pants while standing, because you will fall. Sit - put your legs into the pants, then stand and pull them up.
4. Don't be ashamed to use a cane if you need one. It really helps with balance.
5. Whether you are a passenger or a driver in a car, use your seatbelt every time.
6. Stay off stepladders. They're tricky and dangerous.

In Loving Memory

They are missed:



Rosalie A. Martinez, 81 of Santa Fe, passed away on March 28, 2020. Rosalie retired from the State of New Mexico Personnel Office. She was a life time member of the Santa Fe Fiesta Inc. which she enjoyed every year. Rosalie was also a member of the Eagles and enjoyed

her turn for hamburger night. She enjoyed going to Mary Esther Gonzales Senior Center where she participated in arts and crafts. She had a great imagination on what design or color to paint on her ceramics. Rosalie also made silver and turquoise jewelry, tin work and straw appliqué. She was also an active RSVP volunteer for several years.

Rosalie is preceded in death by her husband; Jay Martinez. Services are pending and will be announced at a later date.

Lucy Ellen Romero,



beloved wife, sister and Auntie Booboo, passed away peacefully on March 30 at age 70.

Lucy was born on January 3, 1950, the third of six siblings. Born in Long Beach, California, she was raised by her parents and grandparents. Lucy is remembered by her brother and sisters as caring and always available to help. She studied and received a Master's Degree in Library Science, but also found time to care for and teach her sisters.

She grew up in Southern California before moving to Santa Fe in the late 1980s. It was here that she met and, in 1989, married the love of her life, Julian Romero. They spent the next 24 years laughing, working and attending church at First Baptist together. In the last years of his life, Lucy devoted all of her time to caring for Julian until he passed in 2013.

Following his passing, Lucy continued her lifelong habits of knitting, crocheting, teaching children at church, and spending time with her "compadres". She also began working as a Senior Services Aide in 2006, assisting with a variety of duties, at all Santa Fe senior centers.

Memory Care Alliance Meetings on ZOOM

Caregiver Support Group: "Alliance Club" by Memory Care Alliance. Meets 1st, 3rd, and 5th Fridays of the month from 2:00 - 3:00 pm as a ZOOM conference call. Information at (505) 310-9752.

Grief Group: Meets the same day and time as the Caregiver "Alliance Club" above, in order to maintain the friendships, community and on-going support for caregivers who have lost a loved-one to a dementia-related illness. All are welcome. Information at (505) 310-9752.

Support & Practical Actions Phone Meetings

Chronic Illness Group

2nd and 4th Tuesdays 2:00 – 3:00 pm

Family Caregivers Group

2nd and 4th Wednesdays 2:00 – 3:00 pm

Family Caregivers Group (with a loved one with any kind of dementia)

2nd and 4th Fridays 2:00 – 3:00 pm

For your safety all groups are currently meeting via conference call. Please contact Eileen at 428-0670 or ej@eileenjoyce.com for information and the conference call phone number.

What are Stem Cells?

By Can Sirin

According to Dr. Lonnie Peets, Chiropractic Neurologist and owner of New Mexico Stem Cell, a stem cell is essentially the building block of the human body. "Stem cells are the body's raw materials, cells from which all other cells with specialized functions are generated. Under the right conditions in the body or a laboratory, stem cells divide to form more cells called daughter cells. These daughter cells either become new stem cells (self-renewal) or become specialized cells (differentiation) with a more specific function, such as blood cells, brain cells, heart muscle cells or bone cells. No other cell in the body has the natural ability to generate new cell types."

From a layperson's point of view, and where we "old timers" can benefit is from the understanding that stem cells have the capability of regenerating tissue where the body has been under inflammatory conditions and, most importantly, repair that area whether it be from injury or arthritis.

Sounds somewhat "too good to be true" right? Well, in our next article we are going to take an example of a knee injury or a deteriorating knee function and hopefully come to be informed as to what stem cells can do for these conditions.



As I look forward to coming back to work as a volunteer in the Senior Center's weight and performance facility, I hope you are all doing your part to be a conscientious community member in fighting the Corona virus. Stay healthy and safe.

Gratitude

- Thank you First Responders for risking your lives to save us
- Thank you Medical Staff of all ranks, everywhere for your dedication and tireless efforts
- Thank you Truckers for delivering our food and supplies
- Thank you Super Market Employees for continuing to serve us
- Thank you Gas Station Attendants for keeping us moving
- Thank you United States Post Offices and Postal Stations
- Thank you Air and Ground Transporters of Human Life and Goods
- Thank you Phone and Wi-Fi Suppliers for crucial non-stop service
- Thank you Pharmacists, Chemists, Biologists and Researchers for your vigilance in handling this pandemic
- Thank you Energy and Water Supply Workers
- Thank you Family and Friends for keeping us connected
- Thank you Santa Fe for ensuring that us Seniors have ample food & in the comfort and safety of our homes
- Thank you Seniors for your willingness to stay home and safe

USEFUL CONTACT INFORMATION

New Mexico Department of Health
www.cv.nmhealth.org

Corona Virus Hotline:
1 (855) 600-3453

Non-health related Covid-19 questions:
1 (833) 551-0518

Centers for Disease Control and Prevention
www.cdc.gov

Current information on the worldwide pandemic, as well as advice and guidance.

RSVP (RETIRED SENIOR VOLUNTEER PROGRAM)

MAY 2020

Volunteer Opportunities



Give a few hours a week to a cause that you care about: Join the Retired Senior Volunteer Program (RSVP) and we'll get you started.

RSVP volunteers receive a variety of free benefits. We reimburse for mileage in your personal vehicle. While serving, you are covered by a supplemental insurance. Volunteer service is also celebrated through recognition events and gifts as well as free educational opportunities. It is also a good way to 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 you.

To 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.

Santa Fe Botanic Garden

Created in 1987, the Santa Fe Botanical Garden celebrates, cultivates and conserves the rich botanical heritage and biodiversity of our region. In partnership with nature, they demonstrate their commitment through education, community service, presentation of the arts, and the sustainable management of their nature preserve and public garden.

Leonora Curtin Wetland Preserve This 35-acre site with its spring fed pond and remarkable diversity of plants and wildlife quickly became the focus of much of the organization's educational programming. Dedicated volunteers spend countless hours removing exotic and invasive plants, restoring the habitat through revegetation and ensuring that the pond remains a healthy environment for riparian plants, birds and invertebrates.

Santa Fe Botanical Garden at Museum Hill

In December 2006 eleven acres of land were acquired on a long-term lease from the City of Santa Fe for the development of a botanical garden at Museum Hill. Nationally recognized landscape architect W. Gary Smith was hired to create a master plan for the new garden.

Following an intensive review process, the master plan was approved by the City of Santa Fe in 2011. Additional acreage was leased from the City of Santa Fe and the State of New Mexico bringing the total to 14 acres in 2013.

Volunteers who love the outdoors are welcome to join the Botanic Garden at either location.

To volunteer with the Santa Fe Botanic Garden, please contact the RSVP program.



HAPPY BIRTHDAY!

To all volunteers born in MAY

RSVP *Voluntarios*

Jamesfranis Bianca	5/02
Fabiola Guillen	5/03
Arcy Peña	5/03
Lucille Valdez	5/03
Carmen Baca	5/05
Linda Payne	5/05
Pablo F. Griego	5/07
Correen M. Najjar	5/09
Mary Anne Ryan	5/09
Teofila Valdez	5/09
Ted Yamada	5/09
Virginia Montoya	5/10
Anne Regensberg	5/10
Mathew Frauwirth	5/11
Sarah Montoya	5/11
Maurice Lierz	5/12
Rose Marie Gonzales-Trujillo	5/12
Connie Howley	5/13
Linda Muzio	5/13
Connie Arriola	5/16
Patricia Marciano	5/19
Bernadette Montoya	5/22
Tilly K. Flood	5/26
Flora S. Leyba	5/28
Robert R. Montoya	5/30
Olivia Roybal	5/31

Voluntarios de Foster Grandparent y Senior Companion

Carmen Baca	5/5
Yolanda Cerrillo	5/30

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.

FOOD ASSISTANCE

MAY 2020



Food Assistance From Senior Services During the Covid-19 Outbreak

City of Santa Fe Senior Centers remain closed for the time being, for your safety. But, we realize this puts a burden on many of you to maintain a steady supply of fresh food at home.

If you are a senior age 60+ and you do not have other resources to enable you to get a balanced meal, the Division of Senior Services offers two options:

- 1) You can participate in our **curbside lunch program**. Have a safe outing by driving to the MEG Senior Center at 1121 Alto St. **between 10:30 am and 12:30 pm**. You remain in your vehicle and staff will place a prepared lunch in the trunk of your car. You only need to call on Mondays to let us know which days you would like curbside meals for that week.
- 2) If you cannot drive to MEG, you may request **home delivered lunches**, even if you would not normally qualify for Meals On Wheels. These meals will be delivered temporarily, while senior centers are closed.

Along with your first meal in May, we will be giving out red envelopes (addressed to Senior Services) to each meal participant. **If you are able**, we ask that you return the envelope sometime during the month with the regular **suggested senior donation of \$1.50** per each meal you have received. You may mail it, drop it off at curbside, or leave it on the porch just prior to your delivery time. Checks made out to City of Santa Fe or cash are accepted. We appreciate any efforts you can make to help us defray the costs of providing meals at this time.

If you have the resources and are able to purchase or prepare a meal on your own, please allow us to save our resources for those seniors with no other options.

Please call **(505) 955-4721** to sign up for either curbside or home delivery meal service.



curbside
MEG Senior Center



FOOD ASSISTANCE

MAY 2020

Other Food Options

The Food Depot is doubling its efforts to support local food pantries, all of which are providing weekly drive-up grocery distributions, until further notice. People seeking food assistance should be prepared to provide basic information including their name, address and self-declaring their income (no documentation required). Times are subject to change, and food distribution will close if the food runs out early. Please go to www.thefooddepot.org for updates.

- **Tuesdays from 10:00 am to noon**, at St. John's United Methodist Church, 1200 Old Pecos Trail (in collaboration with Bag 'n Hand Food Pantry)
- **Thursdays from 6:00 to 9:00 am**, in The Food Depot parking lot, 1222 A Siler Rd. (in collaboration with Feeding Santa Fe)
- **Saturdays from 9:00 to 11:00 am**, at Capital High School, 4851 Paseo del Sol (in collaboration with Santa Fe Public Schools)

Many stores are adding special grocery shopping hours, just for senior citizens and those with underlying health conditions. Please call the stores before going to double-check hours.

- Smith's Grocery Stores (505) 473-5560:
Mondays and Wednesdays 7:00 – 8:00 am
- Albertsons Grocery Stores (505) 992-8663:
Mondays and Thursdays 7:00 – 9:00 am
- Whole Foods Market (505) 992-1700:
Every day 7:00 – 8:00 am
- Walmart Superstore (505) 424-9304
Tuesdays 6:00 – 7:00 am
- Target Store (505) 471-9600:
Tuesdays and Wednesdays 8:00 – 9:00 am



We thank you for being flexible during this challenging time, and for helping your friends and neighbors, if you are able. Senior Services is doing all we can to accommodate everyone's needs, but it will take each of us making some concessions for all of this to work.

HEALTH & SAFETY

MAY 2020

Health Care Decisions in the Time of COVID 19

- By Barak Wolff



I'm writing this in early April as spring unfolds and we find ourselves in a world that has changed dramatically, with more changes to come. In our beloved Santa Fe as some folks selflessly accomplish their essential daily jobs serving the rest of us with care and grace, many of us

seniors remain mostly homebound, trying to be compliant, following precautions, and only going outdoors for exercise, fresh air, and to obtain necessities. It is a time of great uncertainty for all of us.

Yes, we are in the midst of a worldwide pandemic caused by a highly contagious and deadly new virus that is overwhelming our usual public health and medical defenses, changing the flow of our day to day lives, threatening the economic wellbeing of individuals and our country, and ending many lives prematurely. Nonetheless we soldier on, staying in touch with family and friends, staying abreast of developments, trying to stay healthy, being thankful for all we have, and making the most of this "pause" in our lives.

You may have missed it, but back in mid-April our country recognized National Healthcare Decisions Day (NHDD) which was established to inspire, educate and empower the public and providers about the importance of advance care planning. NHDD is an initiative to encourage patients to express their wishes regarding healthcare and for providers and facilities to respect those wishes, whatever they may be. In the midst of our current pandemic, making healthcare decisions has never been more important.

In the March Senior Scene I wrote that we all have a basic right to "self-determination". It is guaranteed by the NM Uniform Health Care Decisions Act (UHCDCA) enacted in 1995. The UHCDCA empowers each of us to decide what medical care we want to have, from whom, where we wish to get that care, when to start

care, and when we wish to change or even stop treatment in favor of comfort care . These are our decisions to make, and we can help ensure that they will be followed through the process of advance care planning—completing an advanced directive and appointing a health care agent or decision-maker to represent us if we lose capacity to speak for ourselves.

Particularly in these trying times of COVID 19 when hospitals may be full, access to health care a challenge, and serious, life-threatening illness can overtake us at any time, it is more important than ever that each of us is clear about our wishes and our directives for advanced treatment and end of life care. Healthcare resources are stretched and providers are at personal risk, so each life and death decision is critical. Advance care planning improves our chances of having the kind of death we seek, and gives clear guidance to health care providers about our choices for treatment and/or if and when we might opt for comfort care.

So, my friends, during this unanticipated "time out" I encourage you to think about these issues, complete or review your advance directives, and have "the conversation" with your loved ones. It is your lawful right to make these choices, whatever they may be, and it is a win-win for all involved.

There are excellent resources and tools to assist us in completing our advance directives, appointing a representative for health care decisions, and discussing our choices and desires with our spouses, children, and other loved ones. Websites like AARP have all the appropriate state by state forms and information (<https://www.aarp.org/caregiving/financial-legal/free-printable-advance-directives/>).

User friendly guidance, forms, and tool kits are also available for free from the Conversation Project at <https://theconversationproject.org>, Compassion and Choices at <https://compassionandchoices.org>, Five Wishes at <https://fivewishes.org>, and others, if you search for "advance directives". A terrific website that has clear information and helpful tools specifically for COVID 19 healthcare decisions is <https://respectingchoices.org/covid-19-resources/#planning-conversations>

PUZZLE

MAY 2020

PUZZLE 326

ACROSS

1. Circle segment
4. Kids between twelve and twenty
9. Kansas, e.g.
14. Caviar
15. Bow need
16. Bert's pal
17. Mr. Yale
18. Air cooler
20. Parcels out
22. Money distributor
23. Dictator Amin
24. Weathervane dir.
25. Softball arenas
30. Land parcels
35. Nog ingredient
36. Mistake
38. Ruin
39. Overflowing
41. French psychologist
43. Italian island
44. Explosion
46. North Dakota city
48. Not bright
49. Responsive device
51. Bullfights
53. Light melody
55. Rescored music: abbr.
56. Held on
60. Slow ones
63. Hot-hot weather wearables
65. Previously known as
66. Strange
67. Boredom

68. New Zealand parrot
69. Tire gripper
70. Intended
71. Concorde, e.g.: abbr.

DOWN

1. Surroundings
2. Bread item
3. Cooling device
4. Relating to touch
5. Love god
6. Sea eagle
7. Dozes
8. Steal
9. Some fishermen
10. Walked heavily
11. Actress Bancroft
12. Stratum
13. Poetic contraction
19. Canvas shelter
21. Peculiar
25. Balkans
26. Nimble
27. Round object
28. Cut a little
29. Kind of boom
31. Big monkey
32. Thirst quenchers
33. Bone below the knee
34. Bridge coups
37. Nevada city
40. Road shape
42. Rocky peak

45. Cooked, as a marshmallow
47. Rapid _____
50. Claws
52. Babylonian war god
54. Shorten, as a skirt
56. Sonny's ex
57. Folk legend
58. Diva's song
59. Finished
60. Flabbergast
61. Iacocca and Marvin
62. Ticket-holder's claim
63. Congeal
64. Cell component: abbr.

1	2	3		4	5	6	7	8		9	10	11	12	13
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17				18						19				
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63								64				65		
66						67						68		
69						70						71		

WORD SEARCH

MAY 2020

ANTIGUO TESTAMENTO

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

ABRAHAM
ALIANZA
CREACIÓN
DEUTERONOMIO
DILUVIO
EDÉN
EGIPTO
ÉXODO
GÉNESIS
GOLIAT

HEBREOS
ISRAEL
ISRAELITAS
JONÁS
LEVÍTICO
MANÁ
MANDAMIENTOS
MOISÉS
NÚMEROS
PACTO

PARAÍSO
PATRIARCAS
PLAGAS
REY DAVID
SÁBADO
SACERDOTE
SALMOS
TABERNÁCULOS
TEMPLO
TRIBUS

PUZZLE ANSWERS

MAY 2020

PUZZLE 326

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

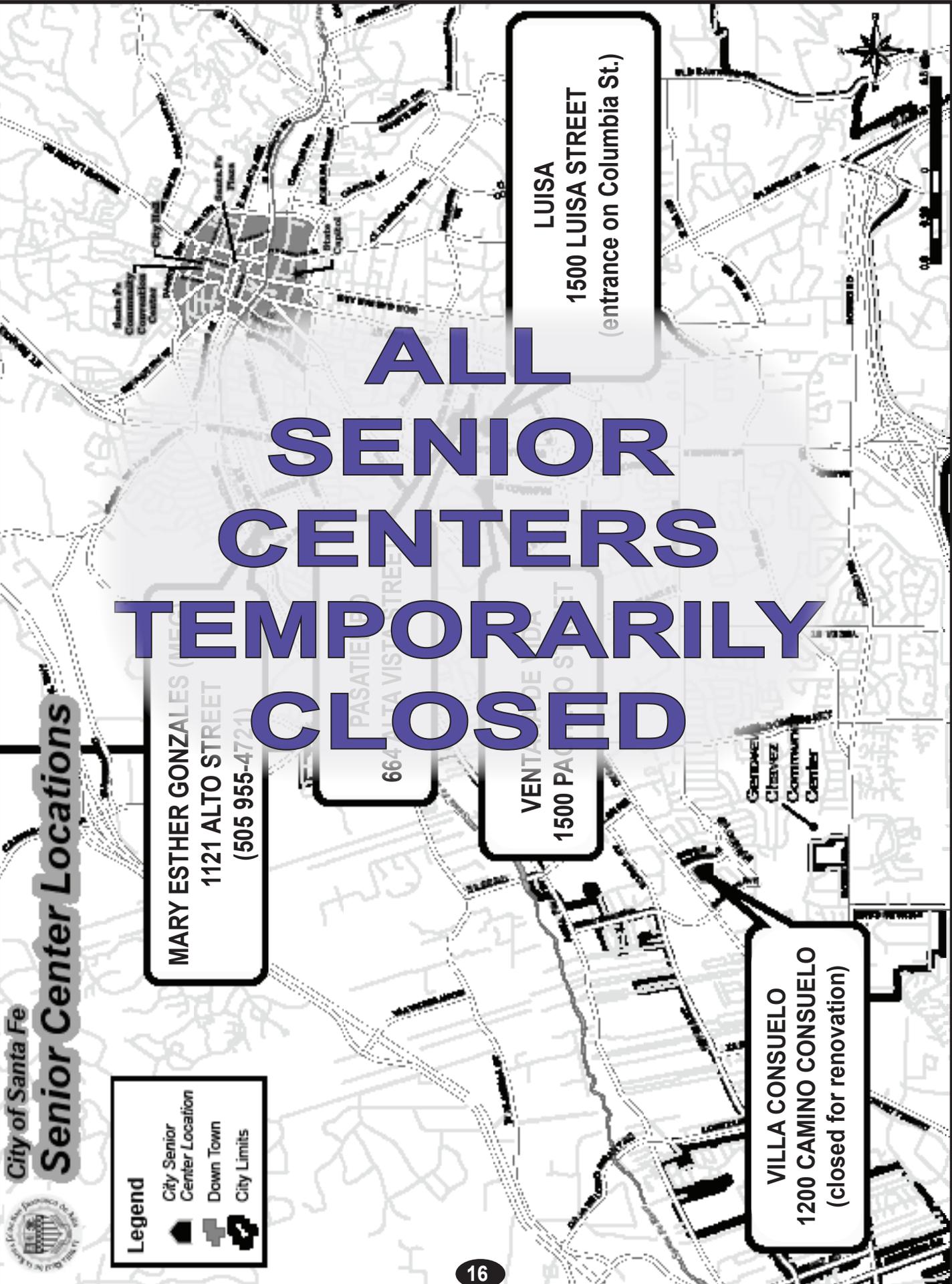
SENIOR CENTER LUNCH MENU

May 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Currently, all Senior Centers are closed, due to Covid-19.	Meals are for curbside pick-up or home delivery only.	Call 955-4721 for information.	Note: Substitutions may occur if food suppliers run out of items.	1 Meatloaf Scalloped Potatoes Carrot Raisin Salad WW Roll w/ Margarine Apple Cobbler
4 Sloppy Joe Tater Tots Peas & Carrots Chilled Peaches	5 Chicken & Potato Burrito Red Chile Sauce Tossed Salad Fruit Cocktail in Jello	6 Pork Stir Fry Fried Rice Stir Fry Veggie Spinach Salad WW Roll w/ Margarine Fresh Orange	7 Meaty Lasagna Italian Veggies Tossed Salad Garlic Toast Strawberries in Yoghurt	8 Baked Pork Chop Rice Pilaf Green Beans & Corn WW Roll w/ Margarine Fresh Cantaloupe
11 Salisbury Steak Mashed Potatoes Mushroom Gravy Sliced Carrots WW Roll w/ Margarine Tropical Fruit	12 Baked Chicken Chicken Gravy Wild Rice Asparagus w/ Onions Biscuit w/ Margarine Apricots	13 Hot Roast Beef Sandwich w/ Swiss Cheese Au Jus Sauce Tossed Salad 3 Bean Salad Banana	14 Chicken Cobb Salad w/ Boiled Egg Breadstick w/ Margarine Brownie	15 Soft Fish Taco Mexican Slaw Salsa Black Beans Vanilla Pudding w/ Cinnamon Fresh Orange
18 Chile Dog W/ Red Chile Meat Sauce Onion Rings Mixes Veggies Fresh Grapes	19 Chicken Fettuccini w/ Alfredo Sauce Broccoli & Cauliflower Garlic Bread Fresh Pear	20 Country Style Ribs Baked Beans Spinach Salad Pea & Carrots Cornbread Pineapple	21 Green Chile Chicken Enchiladas Pinto Beans Spanish Rice Tossed Salad Fresh Apple	22 Egg Salad Sandwich On a Croissant Cold Peas Cucumber & Tomato Salad Strawberries on Shortcake
25 ALL CENTERS CLOSED IN OBSERVANCE OF MEMORAIL DAY	26 Baked Cod French Fries Vegetable Medley Cole Slaw WW Roll W/ Margarine Lemon Bar	27 Pork Posole w/ Red Chile Sauce Mexican Rice Mixes Veggies Cherries in Cobbler	28 Teriyaki Chicken Fried Rice Asian Veggies WW Roll w/ Margarine Mandarin Oranges Fortune Cookie	29 Chile Relleno w/ Green Chile Meat Sauce Refried Beans Calabacitas Tortilla Fruit Salad

Senior Meal Suggested Donation: Lunch \$1.50

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



Legend

- City Senior Center Location
- Down Town
- City Limits

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

664

VENTURA
 1500 PACIFIC

LUISA
 1500 LUISA STREET
 (entrance on Columbia St.)

VILLA CONSUELO
 1200 CAMINO CONSUELO
 (closed for renovation)

Gerardo Chavez Community Center

ALL SENIOR CENTERS TEMPORARILY CLOSED