THE SENIOR SCENE

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

NOVEMBER 2019

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

NOVEMBER 2019

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."

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Toll-Free Administration Line (866) 824-8714
Gino Rinaldi, **DSS Director** 955-4710

Administration
Cristy Montoya, Administrative Secretary 955-4721
Cara Alunno, Receptionist 955-4741
FAX Machine - Administration 955-4797

Senior Services Registration
Brenda Ortiz, Database Specialist 955-4722

Transportation Ride Reservations (page 3) **955-4700**
Linda Quesada-Ortiz, Project Manager/ 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: Respite Care, Homemaker
Theresa Trujillo, Program Supervisor 955-4745
Saul Carta, Program Coordinator 955-4735
Katie Ortiz, Clerk Typist 955-4746

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

Retired Senior Volunteer Program (RSVP)
Vacant, RSVP 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
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SENIOR SERVICES PROGRAM INFORMATION

NOVEMBER 2019

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. Registration is held at the Mary Esther Gonzales (MEG) Senior Center located 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. Please note that these cards are NOT valid as legal 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.

We secure program funding each time a registered senior prints his/her name on our various sign-in sheets. For more information please contact Brenda Ortiz at (505) 955-4722 or ***bmortiz@santafenm.gov.***

SENIOR TRANSPORTATION INFORMATION

To Reserve:

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

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

Transportation will take ride reservations up until 4:00pm every day for the exception of the 1st Tuesday of every month because of our early day closure for staff training.

***Ride reservations must be requested at least 24 hours in advance at a minimum and 3-5 day in advance maximum.**

*Also just a friendly reminder that due to the high volume of service we are unable to provide same day requests, and to 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 from the Transportation Office or drivers.

Schedule:

Rides are available 8:15 am to 4:15 pm Monday through Friday. Please Note: Reduced hours on the first Tuesday of every month due to required staff training; last call for pick-up is 2:45 pm on these days.

Vans leave from the MEG Center at noon, 1:00, 2:00 and 3:00 pm every day (Please be seated in the lobby or outside patio benches).

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

Note:

Monday, November 11th, all senior centers will be closed for Veterans Day. Also, Thursday, November 28th and Friday the 29th, all senior centers will be closed for the Thanksgiving Holiday.

SF County: 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

Fall is upon us and our great city of Santa Fe is robust with fall colors and a chill in the air. Take time to enjoy the beautiful shades of yellow, orange and brown before winter sets in. On another note, I would like to thank our senior clientele for your continued daily donations made to our Nutrition Program and Transportation Program. The donations you provide every time you eat a meal or use our transportation services helps offset the cost of running our valuable programs. The donations are used to purchase cooking equipment, food, fuel and for maintenance costs of the senior vans. We are currently short in reaching our goal so any and all donations are greatly appreciated and needed.

On behalf of every veteran and to those still serving, thank you for your sacrifice, your bravery and the example you set for us all. Thank you for defending our nation and protecting our freedom. Be sure to join the City of Santa Fe as we host the 2019 Veteran's Parade on November 11th at 10:00 a.m. on the plaza in downtown Santa Fe.

Lastly, our beautiful new addition to the Mary Esther Gonzales Senior Center Dining Room is complete and now in use. Now it's time to name it and we need your help! We will take suggestions until November 27th. Suggestions should be creative and be submitted with your name and phone number. Suggestions in writing may be dropped off to Ron, our wonderful welcome desk volunteer or dropped off in the Mary Esther Gonzales Senior Center Administrative Office area. A committee will choose the winner who will be announced and will win a modest prize. Suggestions may also be mailed to the following:

City of Santa Fe
Attn: Senior Services/Albert Chavez
P.O. Box 909
Santa Fe, NM 87504-0909

Over the next few months, staff will be doing some minor adjustments moving around tables and furniture to figure out the best way to utilize the space in the dining room, and make it more accessible to all. The adjustment will not affect service but we ask that you bear with us as we make the minor adjustments to best suit our clientele. As always, please continue to thank your elected officials for their continued support of senior programs. We hope to see more projects and additional funds awarded to our programs in the near future. ☺

NEWS & VIEWS

NOVEMBER 2019

Disclaimer: *The material contained in this publication is provided for general information purposes and is meant to keep our readers informed on community events, workshops, and announcements. The content that is shared 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 Center Closures

Monday, November 11– Closed for Veterans Day
November 28 and 29 – Closed for Thanksgiving Holiday

Comfort Keepers Sponsors Support Groups

People Living with Chronic Illness
2nd and 4th Tuesdays 2:00–3:00 pm

Family Caregivers
2nd and 4th Wednesdays 2:00–3:00 pm

This may be the most demanding period of your life—physically, mentally, and emotionally. Having a place to talk about the frustration, isolation, and depression can make a big difference in how you go through each day. The purpose of the groups is to learn and share: about the illness, community resources, daily experiences (thoughts, feelings, complaints, and delights), helpful hints for caring for yourself, and effective communications with family, friends, and health team. Sometimes just being safe to say what you are thinking and feeling without being judged or given unwanted advice is the best medicine. Listening to someone else can be a welcome break from your own situation and offer a new perspective. Through participation you will be better equipped to care for yourself, feel less isolated and afraid, and better able to communicate with your family, friends, and health team. As part of Comfort Keepers Community Outreach, the group is free and is facilitated by Eileen Joyce, Certified Coach/Grief Recovery Specialist. The support group for people living with chronic illness such as: Cancer, autoimmune diseases, MS, and Parkinson's meet on the 2nd and 4th Tuesdays from 2:00–3:00 pm. The family caregivers support group meets every 2nd and 4th Wednesdays from 2:00–3:00 pm. Please contact Eileen at (505) 428-0670, or *ej@eileenjoyce.com*, to reserve your place and get directions to the convenient location in Santa Fe.

Free Stroke Support Group

This group for stroke survivors and their significant others meets the first Wednesday each month from 11:00 am to noon in the Atrium Conference Room at CHRISTUS St. Vincent (first floor across from the elevators). For more information or if you have questions please call in-patient rehab at (505) 913-5319.

Attention Grandparents Raising Grandchildren

The City of Santa Fe, Division of Senior Services currently has funds available to assist grandparents providing out-of-pocket expenses such as medical related expenses, food, clothing, etc., for their grandchildren. Eligible senior citizens (55 years of age or older) who live in the city/county of Santa Fe, and who show proof of actively raising/providing financial assistance for their grandchild/grandchildren, may receive modest financial assistance for reimbursable expenses. For more information please contact Melanie Montoya at 955-4761.

Nutrition Inspiration

Join Foster Grandparent and Senior Companion volunteers as they listen to Eli Follick, volunteer for the Bernalillo County Cooperative Extension Service, speak about his experience with losing weight and coming off of his medications. He will offer nutrition tips and suggestions for enjoying holiday meals. The in-service meeting will take place on Thursday, November 14 at 9:00 a.m. in the Mary Esther Gonzales senior center dining room.

Flora's Corner

"Forgiveness is a selfish act. Once you forgive it's over for you. Not a thing to eat you up."

- Anonymous

A Page from the Southwest History Book Club Diary - November

On October 9, some of the members of the Southwest History Book Club (SWHBC) traveled to Angel Fire to visit the Vietnam Memorial Chapel. They first went to Taos and then took the highway from Taos to Angel Fire, where they were able to see the Aspens on this stretch of highway in their full golden bloom. This drive was most scenic. After a most memorable and reverent visit to the Vietnam Memorial Chapel, the group had lunch in Angel Fire. The return trip to Santa Fe was by way of Guadalupita, Mora, Cleveland and Las Vegas. On October 23rd at a regular meeting at the MEG Center, the book club members decided what books they will be reading and what field trips they will be taking in the next six months, so come join!

Getting to the Voting Polls

Just a reminder that Tuesday, November 5 is Election Day and senior transportation will be operating its regular hours (8:15 am to 4:15 pm). You can call to request a ride to the polls which are open from 7:00 am to 7:00 pm.

Like us on Facebook

If you are on Facebook, please visit our page and follow/like us to see the latest news, events, photos and daily menu!

www.facebook.com/santafeseniorservices

VOTERS OF SANTA FE: THANK YOU!

This fall we celebrate the completion of new buildings, additions and facilities funded by Santa Fe voters through the 2017 $100 million General Obligation Bond. We've all watched with excitement as the new Milagro Middle School campus on Llano Street was completed, rising from the dusty lot of the former DeVargas Middle School. Earlier I cut the ribbon on the new Santa Fe High School tennis courts. And this season we celebrate the completion of remodels and additions at the Academy for Technology and the Classics, Capital High School and Aspen Community School, all funded from taxpayer dollars approved by the voters. I always say that SFPS' kids are all our kids. There is no doubt that our community agrees. Please accept my sincere gratitude and appreciation!

SFPS Superintendent Dr. Veronica C. Garcia

SFPS Santa Fe Public Schools Striving for Excellence

Important Information Regarding Medicare Open Enrollment Period

Medicare Open Enrollment Period is an opportunity to review your current health care plan and for scam artists to take advantage of you.

Open Enrollment runs from Oct. 15 through Dec. 7 every year. During this time, you can make changes to your health plan and prescription drug coverage. Even if you are happy with your current health and drug coverage, review what you have, compare it with other options, and make sure that your current coverage still meets your needs for the coming year. You may even be able to lower your prescription drug costs by doing a comparison among plans. Open enrollment is also "open season" for identity thieves. Here are some common scams seen during open enrollment:

– Caller claims to be from Medicare and says your Medicare number and checking account information are needed to sign you up for health coverage.

– Caller claims to be from Medicare and asks for your new Medicare number to update your account and to send you the latest open enrollment information.

– Caller claims to be a Medicare representative and says your billing information must be confirmed for you to keep your coverage.

– Caller says you must sign up for a Part D Prescription Drug plan or you'll lose your Medicare coverage.

To avoid becoming a victim of these scams, hang up. Remember:

– Medicare will not cold-call you.

– Medicare has your new number and will not ask for it over the phone. Do not give out your Medicare number or your Social Security Number over the phone.

– There are no Medicare sales representatives. DO NOT provide any personal identifying information to anyone claiming to be an "official Medicare agent."

– The Medicare prescription drug plan (Part D) is voluntary. Ignore anyone who calls saying you will lose your Medicare coverage if you don't join their plan.

Centers for Medicare and Medicaid Services (CMS) does not employ any Medicare sales representatives. Communication from CMS is typically through the mail. CMS is authorized to call beneficiaries in two situations:

– A Medicare health or drug plan can call you if you're already a member of the plan. The agent who helped you join can also call you.

– A customer service representative from 1-800-MEDICARE can call you if you've called and left a message or if a representative said that someone would call you back.

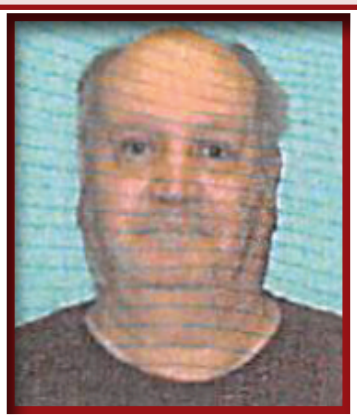
Share these tips. Help friends and family avoid these scams this open season. If your Medicare number or Social Security Number has been compromised, or if you would like to learn more about Medicare fraud and taking steps to prevent it, contact the ADRC SMP at 1 800 432-2080.

IT'S THAT TIME AGAIN! Medicare Open Enrollment

The Aging and Disability Resource Center (ADRC)/ State Health Insurance Assistance Program (SHIP) has scheduled a series of enrollment dates throughout the state to assist individuals who may want to switch their plan or newly enroll into a Medicare prescription drug plan or Medicare Health Plan. Screening for extra help to assist with paying for prescription drug costs will also be provided. Each event is free and open to the public. Please bring your prescriptions, or a list of all medications you take including the full name of the drug, the strength, and the dosage. If you cannot attend one of the enrollment events listed below, please contact the ADRC at 1-800-432-2080 for assistance.

- Luisa Senior Center, November 18th, 9:00 am to 1:00 pm
- Pasatiempo Senior Center, December 3rd, 9:00 am to 1:00 pm

He will be missed...



Ronnie (Ron) Solano, age 70 of Santa Fe, passed away in early September at home. Ron was a faithful member of the Retired Senior Volunteer Program where he volunteered every day in the dining room helping frail seniors get their meal trays. He always made time to welcome both seniors and staff with a smile. May he rest in peace.

The Memory Club – A Service of the Memory Care Alliance of Northern New Mexico

Sponsored by Comfort Keepers, in-home caregivers, this weekly support group is for family members of a loved one with dementia. Having a weekly place to go, to share experiences, learn the latest brain information, and exchange helpful ideas can be just the break you need. The group meets on the fourth Friday of each month from 2:00–3:00 pm at the Unitarian Church (corner of Barcelona and Galisteo). Families including loved one with dementia are welcome. Please contact David at (505) 310-9752 or david@memorycarenm.org to reserve your place.

2018 Veterans Day Parade

Join the City of Santa Fe in honoring all who have served our country by attending the Veteran's Day parade on November 11 at 10:00 a.m. The parade will kick off from the Plaza downtown and end at the Bataan Memorial with a ceremony there. For more information contact Carlos Sanchez at 955-2146.

Free Community Day at the Santa Fe Botanical Garden – 715 Camino Lejo

On Friday, November 29 from 10:00 am until 4:00 pm, the Santa Fe Botanical Garden will offer free admission to New Mexico residents and students. The Garden at Museum Hill, designed by landscape architect W. Gary Smith, integrates the natural and the manmade, a location chosen for its natural beauty and environmental interest has been transformed by excellent garden design, horticultural practice and architecture. Throughout the gardens native plants are mixed with appropriate non-natives, all selected to demonstrate the variety and richness that can be achieved even in this region of scarce water. Get out and get to know your city!

Mark Your Calendars!

Senior Center Thanksgiving Dinner – Wednesday, November 20th

- Turkey Roast with Turkey Gravy
- Bread Stuffing
- Mixed Veggies
- Cranberry Salad
- Roll with butter
- Pumpkin Pie with Whip Topping

Have lunch at your favorite senior center, Luisa Senior Center, Mary Esther Gonzales Senior Center, Pasatiempo Senior Center or Ventana De Vida Senior Center – 11:00 am until 12:30 pm.

Greetings from the Holly Hock Lady

Retired Senior Volunteer Program volunteer Mary Catanach has donated 2019 Hollyhock seeds (different colors) and Trumpet Vine Pods (orange) seeds. The seeds are available for pick up in the RSVP office on a first come first serve basis. Let's keep Santa Fe looking beautiful!

Pay Your Taxes at MEG Senior Center Santa Fe County Treasurer's Office -

The Santa Fe County Treasurer's Office will host an outreach program so people can pay their property taxes at the MEG Senior Center on the following Fridays, from 10:30 am to 1:00 pm.

- Friday, November 22nd
- Friday, December 6th
- Friday, December 13th

Other locations are as follows:
Time: 10:30 am to 1:00 pm

- Edgewood Satellite Office November 18th
- Eldorado Satellite Office November 18th
- Nancy Rodriguez Community Center November 19th
- Turquoise Trail/Lone Butte Fire Station, November 19th
- Pojoaque Satellite Office, November 20th
- Rancho Viejo Fire Station, November 21st

Due to security concerns, the Treasurer's Office will only accept checks, money orders, credit cards, and cashier's checks. Cash will not be accepted.

***If you wish to pay at 100 Catron Street, they will have extended hours from November 18 – January 10th. However, the holiday weeks of November 25-29 (Thanksgiving) and December 23-31 (Christmas/New Year's) the extended hours do not apply.

Feeding Santa Fe Inc.

On Thursday morning from 6 am to 9am, Feeding Santa Fe provides a grocery bag of food without charge to any person who arrives at the loading dock of our warehouse distribution center. We are located on the rear side of the Kitchen Angels building at 1222 Siler Road. The site is on the west side of Siler Road and through entrance driveway closest to Rufina. Persons wanting groceries merely have to drive, bike or walk to the site to obtain a bag. No forms or appointments are necessary. For more information, see our website at feedingsatafe.org.

Be a Santa to a Senior

Each year Home Instead Senior Care offices throughout the country help to spread holiday cheer to lonely or financially-challenged seniors through the Be a Santa to a Senior program. Since the program's inception in 2003 there have been over 60,000 community volunteers who've helped to provide over 1,200,000 gifts to more than 700,000 deserving seniors. Here's how it works: Home Instead Senior Care partners with local nonprofit and community organizations to identify seniors who might not otherwise receive gifts this holiday season. The company then works with local businesses and retail stores to help facilitate the purchase and distribution of gifts by placing trees and ornaments within their various locations. This year Giving Trees will be placed at Christus St. Vincent Regional Medical Center and the Santa Fe Place Mall. The trees will be up mid-November thru mid-December. A wrapping party event will be held at the Mary Esther Gonzales Senior Center on December 19. For more information please contact Ken Hendricks at Home Instead, (505) 471-2777.

ONGOING ACTIVITIES

NOVEMBER 2019

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
	11:45 am: Grupo Cielo Azul (live music every other Tuesday)		**9-11 am:** Computer assistance	**1-3 pm:** Bingo
8 am – 1:30 pm: Fitness room				

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

Pasatiempo Senior Center – 664 Alta Vista Street

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

Ventana de Vida Senior Center – 1500 Pacheco Street

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1:30-3:30 pm: Ceramics	**1 pm:** Art class	**9:30-10:30 am:** Spanish class	**10 am:** DanceAbility **1-3 pm:** Bingo	

Villa Consuelo Senior Center – 1200 Camino Consuelo – CLOSED for Renovations

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY

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

UPCOMING ACTIVITIES

NOVEMBER 2019

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 1:00–5:00 pm but please arrive at 12:30 pm 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. Please note that only cash and checks are accepted for payment. We also advise that you 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. Leave a message if you reach a recording. Let them know that you are registering for the Santa Fe Smart Driver course and the date you would like.

Upcoming dates are:

- **November 12**
- **December 10**

Let's Celebrate Your Birthday

Celebrate November birthdays with cake and fun during lunch at the following centers:

- MEG:
  Wednesday, November 6
- Ventana de Vida:
  Wednesday, November 13

Advisory Board Meeting

The Senior Advisory Board meeting is held monthly at the Mary Esther Gonzales Senior Center. This is posted pursuant to the Open Meetings Act. The next meeting will be Wednesday, November 20 at 9:30 am.

Monthly DSS Senior Center Meeting

This meeting is open to all seniors. Please come and give us your input about activities. Ongoing activities are listed on the Activities section of the newsletter. This month's meeting is at Ventana De Vida on Monday, November 4th at 9:30 am.

Dates for Blood Pressure, Blood Sugar and Oxygen Level Tests

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 Lupe Gonzales, LPN on the following dates:

Luisa:	Friday, November 1, 9:30 am–12:30 pm
MEG:	Friday, November 15, 10:00 am–1:00 pm
Pasatiempo:	Friday, November 22, 9:00 am – noon
Ventana:	Friday, November 8,10:00 am – 1:00 pm

Free Hair Cuts at MEG & Pasatiempo

Senior Center volunteer Fabiola, a licensed beautician, will provide free senior haircuts (on a first come first serve basis, 20 haircuts per day). Haircuts begin at 10:00 a.m. This month's haircut schedule is as follows:

- Thursday, November 7 at MEG
- Thursday, November 14 Pasatiempo

The sign-in sheet for haircuts at the MEG center will be available at 9:00 a.m. in the Program Coordinator's office door.

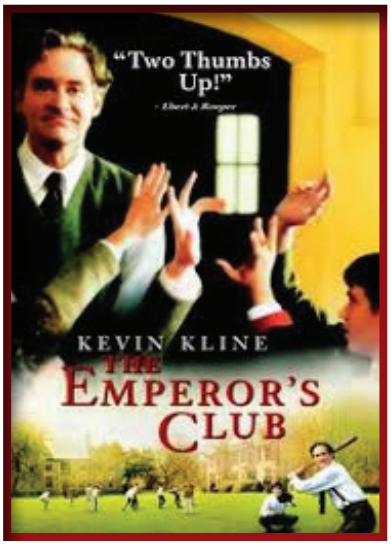
Senior Olympics Committee Meeting

This meeting will be held on Thursday, November 14th at 10:00 am in the Mary Esther Gonzales Senior Center Board Room. The committee is seeking members to join them. If you are interested, please call Cristina at (505) 795-3817.

UPCOMING ACTIVITIES

NOVEMBER 2019

Movie Day
at Ventana de Vida Senior Center
Wednesday, November 13, 2019 at 1:00 pm
"The Emperor's Club"
(2002 • PG-13 • 1h -50m)

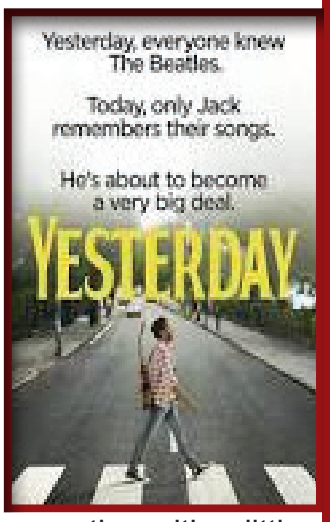


Kevin Kline stars as Arthur Hundert, a dedicated and inspiring classics professor who has devoted his life to teaching at a prep school for boys. New student Sedgewick Bell, the headstrong son of a powerful senator, joins his class and inexorably alters Mr. Hundert's life. It is a clash of wills and personalities as these two people seemingly battle for the hearts and souls of the other students at St. Benedictus.

Movie Day
at Luisa Senior Center
Thursday, November 21 at 1:00 pm
"The Art of Racing in the Rain"
(2019 • PG • 2h 3m)

Denny Swift is a Formula One race car driver who understands that the techniques needed on the racetrack can also be used to successfully navigate everyday life. Besides his career, Denny has three loves of his life -- his beautiful wife, their young daughter and his best friend, which is a dog that wants to be reincarnated into a human.

Movie Day
at MEG Senior Center
Tuesday, November 26, 2019 at 1:00 pm
"Yesterday"
(2019 • PG-13 • 1h 57m)



Jack Malik is a struggling singer-songwriter in an English seaside town whose dreams of fame are rapidly fading, despite the fierce devotion and support of his childhood best friend, Ellie. After a freak bus accident during a mysterious global blackout, Jack wakes up to discover that The Beatles have never existed. Performing songs by the greatest band in history to a world that has never heard them, Jack becomes an overnight sensation with a little help from his agent.

ICAN Nutrition Classes Available at Senior Centers

ICAN is a program of the New Mexico State University Cooperative Extension Service and is available free-of-charge to limited resource individuals, families, organizations and schools. ICAN offers classes that can help you:

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

ICAN classes are held as follows:

Luisa: Monday, November 4 at 10:00 am
MEG: Wednesday, November 13 at 10:30 am
Ventana: Monday, November 4 at 1:30 pm
Villa Consuelo: Thursday, November 14 at 10:00 am

For more information please contact Renee at (505) 471-4711.

ican
Ideas for Cooking & Nutrition

UPCOMING ACTIVITIES

NOVEMBER 2019

Weekend Bingo at Luisa

The Luisa Senior Center (1500 Luisa St.) is hosting a Sunday Bingo on Sunday, November 3 from 1:00–4:00 pm. The cost is $12.00 per package and four specials at $1.00 each. The blackout game is $2.00. The jackpot winner will go home with $100. There will be Frito Pies and a drink available for $5.00, so please bring small bills. Everyone is welcome!

Ventana de Vida Dance Ability Class Returns

Welcome back Instructor Emmaly at the Ventana De Vida Senior Center. Classes will again be held at 10:00 a.m. with the first class scheduled for Thursday, November 7th. Bring a friend and join them.

Blue Lotus (Art Outreach) Luisa Senior Center – 1500 Luisa Street

The November Blue Lotus Art Outreach will explore altar and book making and visit the Wheelwright Museum and their new Native Humor Exhibit. We will also explore Dia de los Muertos and the traditions of this beautiful holiday, while honoring our ancestors on the following dates from 1:30 to 3:30 pm.

- Monday, November 4
- Monday, November 25

The class is led by Diana Mamalaki, an artist and a docent at the Museum of Indian Arts and Culture and International Folk Art Museum.

Brain Gym Class at MEG Senior Center

The class will be held every Thursday in the MEG new dining room area from 1:00 pm to 2:00 pm.

The Brain Gym® is made up of 26 movements, along with several other movement-based techniques that help balance, posture, and coordination skills for daily life success.

The Brain Gym® balances your brain/body for comprehension, focus, organization, communication, and emotional health. It has been used daily in schools, corporations, elder facilities, athletic training programs, as well as for personal and professional growth.

Brain Gym® movements can be accommodated to individual needs. The movements are simple and fun and a great daily addition for the following: stress management, focusing, organization, communication, listening/hearing, posture, memory, balance/harmony, coordination, depth perception, emotions, energy, learning, self-esteem, spatial awareness and more.

Computer Instruction Available at MEG

Get help with basic browsing, email, Microsoft programs and other general computer questions.

The volunteer instructor is available to assist with Android phones as well as computers.

Tuesdays: (10:00 am – 12:00 noon)
Wednesdays: (10:00 am – 12:00 noon)

For additional questions, please call Albert at 955-4715.

Santa Fe County Assessor Outreach Program

The Office of the Santa Fe County Assessor is holding a community outreach event for veterans and seniors to come learn about the valuation freeze and the exemptions the office offers. These are valuable exemptions that qualified veterans and senior property owners can apply for.

If you would like to attend this educational session, come to the MEG center on Wednesday, November 13th from 10:30 a.m. to 11:00 a.m. Following the session, they will offer additional information or answer questions in the MEG Board Room from 11:00 am to 12:30 pm. For additional information, please feel free to call the Santa Fe County Assessor's Office at 505-986-6300.

UPCOMING ACTIVITIES

NOVEMBER 2019

Are you 60 plus? Hike with us!

Please note that hikes are subject to change due to weather or other unforeseen circumstances.

1st Hike: Thursday, Nov. 7, Lower Tesuque Trail This hike will begin at the Tesuque Creek Campground on Hyde Park Road (9,700 feet). We will hike downhill (900 feet drop in elevation) for 1 ½ - 2 miles, have a snack break in a beautiful meadow and return uphill on the same trail. Don't forget water, trail snacks or even a sack lunch if you like. Also, expect winter temperatures in the mountains so bring a hat, gloves, a warm jacket with under layers that you can remove if you get hot. Probably too early for snow so spikes not necessary but bring poles if you have them.

2nd Hike: Thursday Nov. 21, Upper Tesuque Trail This hike will also begin at the Tesuque Creek Campground on Hyde Park Road (9,700 feet). However, we will start by going uphill to the Aspen Vista Road and turn right for about ¼ mile before turning left and continuing our climb through the forest - this part will be strenuous for some of us so we'll decide as a group when we want to stop for a lunch break and turn around.

Also, expect winter temperatures in the mountains so bring a hat, gloves, warm jacket with under layers that you can remove if you get hot. Probably too early for snow so spikes not necessary but bring poles if you have them.

1. Register for the hike by calling Albert at (505) 955-4715; call 24 hours in advance to cancel;
2. Arrive at the Mary Esther Gonzales Senior Center between 8:30 & 8:45 am for check-in
3. Required: You must present your current senior membership card;
4. Fee/Donation: Suggested $1.00 roundtrip;
5. If less than five people sign up in advance, the hike will be cancelled and those who signed up will receive a cancellation telephone call on the day before the scheduled hike.

AARP Fraud Watch Network Presentation

Learn valuable information about how to spot and protect yourself and your loved ones from fraud and identity theft.

AARP representative, Bill Morrison will be at the Mary Esther Gonzales Senior Center and will show a fifteen (15) minute video about SCAMS and will give a presentation on fraud. Come learn and get informed.

- Date: Tuesday, December 3rd, 2019
- Time: 10:00 am (MEG dining room)

MEG Yoga Class Notice

Please note that the yoga class held at the Mary Esther Gonzales Senior Center on Tuesdays and Thursdays is limited to 10 participants and is now full. To be put on the wait list for this class, please contact Albert at 955-4715.

Daylight Savings Time

Don't forget to "fall back" on Sunday, November 3rd! Set your clock back one hour and enjoy that extra hour of sleep.

Enhance Fitness exercise participants getting the work done in the Mary Esther Gonzales Senior Center new addition.

AT A GLANCE

NOVEMBER 2019

MEG Addition Ribbon Cutting Ceremony

Seniors attending the senior resource fair

Sandia Tramway day trip

RSVP (RETIRED SENIOR VOLUNTEER PROGRAM)

NOVEMBER 2019

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 some current volunteer opportunities. **If you are interested, want to learn about other opportunities and enroll in RSVP, please contact Marisa Romero at (505) 955-4743 or** *mvromero@santafenm.gov.*

Reading Tutors Needed for Tesuque Elementary

Tesuque Elementary School is a wonderful learning environment that serves children in Tesuque and the surrounding area including the pueblos. Although the school has excellent teachers, many of the children struggle with reading and math. Studies have shown that the biggest indicator of success is the ability to read, so we want all children to read at grade level. To help accomplish that goal the children who are not at grade level need individual tutoring, so a group of volunteers is being organized to provide individual tutoring to help the students achieve "grade level" in reading.

Several people have volunteered to help as reading tutors but we need more help. As a senior I know you are committed to helping children and hope you will volunteer to help a struggling reader. Your help will require a one hour per week commitment; the preferred time would be Fridays from10:45-11:45am You will be assigned to a student and will work with him or her weekly until the student achieves grad level reading.

Before starting you must go through a mandatory background check and fingerprinting. You can sign up with the Retired Senior Volunteer Program (RSVP) and the cost will be covered. Contact Marisa at 505-955-4743 or mvromero@santafenm.gov to get started. Thank you for taking the time to help a student succeed.

Christus St. Vincent Hospital Auxiliary

Are you looking for a rewarding volunteer opportunity in our community? If so, join with others who share their time and talents with the St. Vincent Hospital Auxiliary. The Auxiliary is currently seeking volunteers for the following service areas:

- Gift Shop – all shifts, but especially early evenings and weekends
- Information Desk
- Surgery Waiting Room
- Coffee Cart

Our Auxiliary volunteers typically work 3 to 4 hour shifts, usually on a once-a-week basis.
To learn more about St. Vincent Hospital Auxiliary or If you are interested in becoming a volunteer, please contact Marisa 955-4743.

HAPPY BIRTHDAY

To all volunteers born in NOVEMBER

RSVP ***Voluntarios***

Alvino Castillo	11/02
Elmer N. Leslie	11/02
Victor Teng	11/02
Richard J. Fox	11/05
Connie C. Duran	11/06
David R. Schell	11/06
Sandra Catanach	11/07
Karon Hanrahan	11/07
Lucy R. Padilla	11/08
Anne Mary Karshis	11/09
Cecilia Lopez	11/09
Randy Murray	11/09
Carmen L. Ortiz	11/09
Elvira Apodaca	11/11
Bernard A. Brock	11/11
Joseph Martinez	11/15
Bernadette Sandoval	11/16
Johnny R. Roybal	11/18
Anna Mae Gallegos	11/19
Joyce A. Roberts	11/19
Robert Shelley	11/20
Jacqueline S. Abell	11/26
Rochelle Byars	11/26
Rudy F. Gonzales	11/29
David Mc Caffrey	11/29

FGP/SCP ***Voluntarios***

Mary Sandoval	11/15
Bernadette Sandoval	11/16

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

City of Santa Fe
Division of Senior Services

City of Santa Fe Community Services

Please join us for a Caregiver Support Group

"How to Deal with Caregiver Stress"

Presented by: David Davis
Executive Director for the
Memory Care Alliance

Tuesday, November 19, 2019, 1:30 p.m. to 4:30 p.m.
Mary Esther Gonzales Senior Center
1121 Alto Street

This session will provide education and emotional support to adults who deal with stress associated while providing specialized care for homebound individuals. Navigating through the web of Alzheimer's while extending a supportive atmosphere, so caregivers can comfort each other in meaningful ways, while getting some relaxation.

Refreshments will be provided, new faces welcome,
we look forward to seeing you!
For reservations, please call Theresa Trujillo at 955-4745

November is National Family Caregiver Month
&
National Alzheimer's Disease Awareness Month

MEMORY CARE ALLIANCE
for northern new mexico

Candle Safety

Candles may be pretty to look at but they are a cause of home fires — and home fire deaths. Remember, a candle is an open flame, which means that it can easily ignite anything that can burn.

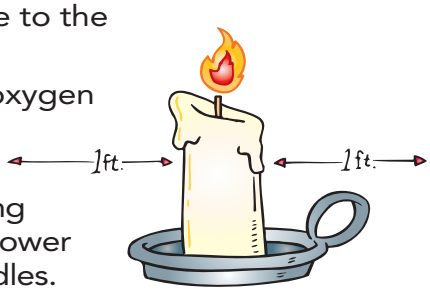
"CANDLE WITH CARE"

- Blow out all candles when you leave the room or go to bed. Avoid the use of candles in the bedroom and other areas where people may fall asleep.
- Keep candles at least 1 foot (30 centimetres) away from anything that can burn.

Think about using flameless candles in your home. They look and smell like real candles.

IF YOU DO BURN CANDLES, make sure that you...

- Use candle holders that are sturdy, and won't tip over easily.
- Put candle holders on a sturdy, uncluttered surface.
- Light candles carefully. Keep your hair and any loose clothing away from the flame.
- Don't burn a candle all the way down — put it out before it gets too close to the holder or container.
- Never use a candle if oxygen is used in the home.
- Have flashlights and battery-powered lighting ready to use during a power outage. Never use candles.



Candles and Kids

Never leave a child alone in a room with a burning candle. Keep matches and lighters up high and out of children's reach, in a locked cabinet.

FACTS

- **December** is the peak time of year for home candle fires.
- Roughly **one-third** of home candle fires started in the bedroom.
- More than half of all candle fires start when things that can burn are too close to the candle.

NATIONAL FIRE PROTECTION ASSOCIATION
The leading information and knowledge resource on fire, electrical and related hazards

Your Logo

 ©NFPA 2017

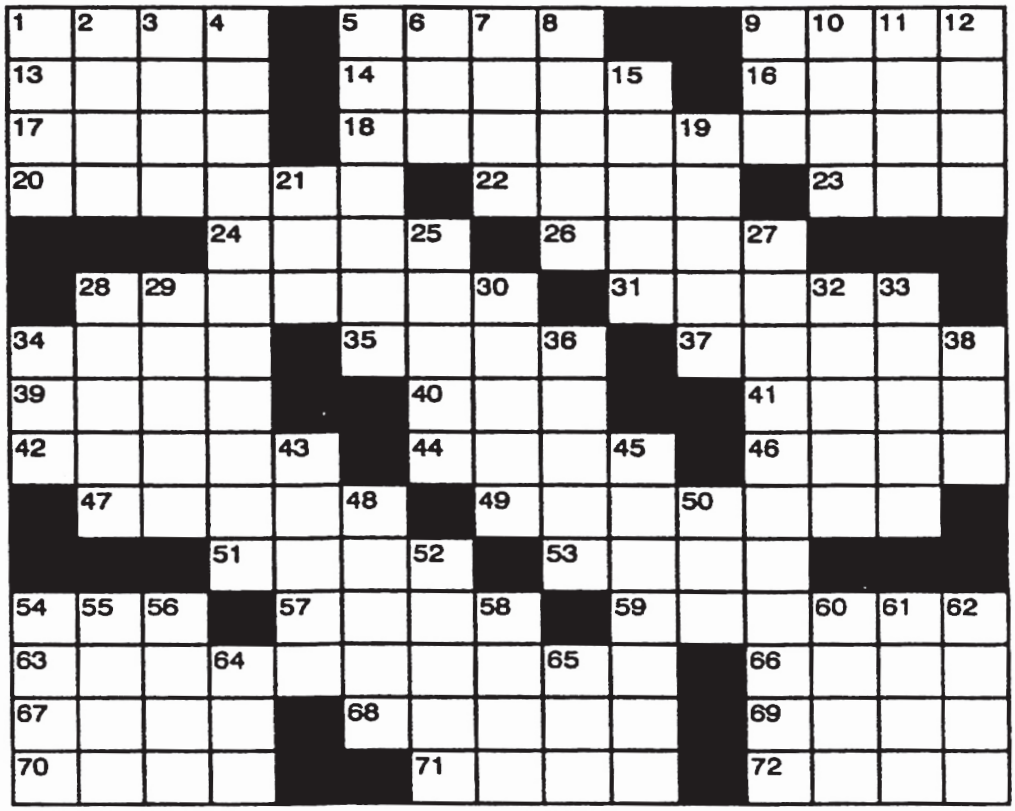
PUZZLE 151

ACROSS

1. Lounge
5. Understand
9. Eye
13. "The ____ of Night"
14. Van Gogh's city
16. Noble horse
17. Require
18. Presidential memorial
20. Passionate
22. British gun
23. Empty talk
24. Irritate
26. Spotted
28. Circus attraction
31. Film spools
34. Young horse
35. Kuwaiti ruler
37. Perspire
39. Impetuous
40. Gametes
41. Connecticut school
42. "____ Is Born"
44. Fishing-boat items
46. Ellipsoidal
47. Complete: pref.
49. Abed
51. Green fruit
53. Unlit
54. Resort hotel
57. Cairo's waterway
59. Fresh
63. Financial thoroughfare
66. "Dies ____"
67. Verdi opera
68. Unravel
69. Singer Turner
70. Actor Dillman
71. North Sea feeder
72. Solar cycle

DOWN

1. ____ the Hyena
2. German conjunction
3. Vintage
4. First U.S. capitol
5. Type of piano music
6. Misjudge
7. Woe is me!
8. Slight depressions
9. Morsel for Black Beauty
10. Strong drink
11. Buddhist monk
12. Diminishes
15. Guide
19. Large knives, of old
21. Neither's companion
25. Light yellow
27. Big Apple
28. Shoreline
29. Swiftness
30. Sissy Spacek film, with "The"
32. Exit
33. Caesar's favorite dish?
34. Brother's title
36. Evaluated
38. ____ Amarna
43. Controls
45. Race official
48. Leaves out
50. Choler
52. Hirsch of football
54. Clean, in a way
55. Duo
56. Actor Alan ____
58. Slippery fellows
60. Sandusky's lake
61. Zola novel
62. Salty drop
64. Youth
65. Genesis name



Spacial Relations 87

In February 1962, astronaut John Glenn made history as the first American to achieve an out-of-this-world feat. Thirty-six years later, 77-year-old Glenn commanded headlines for another stellar accomplishment. Find out more about his feats from the information below.

Everett Collection®

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

- ☐ FAMOUS for
- ☐ BEING the
- ☐ FIRST
- ☐ AMERICAN to
- ☐ ORBIT the
- ☐ EARTH,
- ☐ ASTRONAUT
- ☐ JOHN Glenn
- ☐ MADE
- ☐ HISTORY
- ☐ AGAIN in (1998)
- ☐ WHEN HE
- ☐ BECAME the
- ☐ OLDEST man
- ☐ TO FLY in
- ☐ SPACE.
- ☐ ON THE mission
- ☐ ABOARD the
- ☐ "DISCOVERY,"
- ☐ GLENN
- ☐ AND HIS
- ☐ FELLOW
- ☐ CREW
- ☐ MEMBERS
- ☐ CONDUCTED a
- ☐ VARIETY of
- ☐ RESEARCH. The
- ☐ MISSION
- ☐ CONCLUDED
- ☐ AS THE "Discovery"
- ☐ LANDED
- ☐ SAFELY at the
- ☐ KENNEDY Space
- ☐ CENTER.

PUZZLE ANSWERS

NOVEMBER 2019

PUZZLE 151

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

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

BREAKFAST MENU

NOVEMBER 2019

Breakfast is served Monday – Friday from 7:30–8:30 am at MEG, Luisa, Pasatiempo, and Ventana de Vida Senior Centers. There is a suggested donation of $1.00 for seniors 60 and over and a fee of $7.00 for non-seniors (59 and younger). **Milk is served with each meal. Menu is subject to change.
Please print your name clearly on our meal sheets when eating at senior centers.**

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Breakfast Burrito with Egg, Bacon, Cheese, Chile and Hash browns Tomato Juice Pineapple
4 Biscuit with Country Gravy Sausage Patty Orange	**5** Malt-O-Meal Ham, Egg & Cheese Croissant Apple	**6** Cinnamon Oatmeal Raisins Toast w/ Margarine ½ Grapefruit	**7** Huevos Rancheros w/ Egg, Cheese & Chile Sausage Link V-8 Juice Applesauce	**8** Cheerios French Toast w/ Syrup, Bacon Sliced Pears
11 **All Senior Centers Closed For Veterans Day**	**12** Malt-O-Meal English Muffin w/ Egg, Cheese, Sausage Green Chile Mixed Fruit	**13** Oatmeal Scrambled Eggs Potatoes Canadian Bacon Orange Juice	**14** Pancakes with Syrup & Margarine Potatoes w/ Peppers Apple Juice Apple	**15** Breakfast Burrito with Egg, Bacon, Cheese, Chile and Hash browns Tomato Juice Pineapple
18 Biscuit with Country Gravy Sausage Patty Orange	**19** Malt-O-Meal Ham, Egg & Cheese Croissant Apple	**20** Cinnamon Oatmeal Raisins Toast w/ Margarine ½ Grapefruit	**21** Huevos Rancheros w/ Egg, Cheese & Chile Sausage Link V-8 Juice Applesauce	**22** Cheerios French Toast w/ Syrup, Bacon Sliced Pears
25 Bran Flakes Waffle w/ Syrup Grilled Ham Chilled Peaches	**26** Malt-O-Meal English Muffin w/ Egg, Cheese, Sausage Green Chile Mixed Fruit	**27** Oatmeal Scrambled Eggs Potatoes Canadian Bacon Orange Juice	**28** **All Senior Centers Closed For Thanksgiving Holiday**	**29** **All Senior Centers Closed For Thanksgiving Holiday**

Healthy Roasted Sweet Potatoes with Honey and Cinnamon *(foodnetwork.com)*

Yield: 4 servings

Ingredients:

- 4 sweet potatoes, peeled and cut into 1-inch cubes
- ¼ cup extra-virgin olive oil, plus more for drizzling potatoes after cooked
- ¼ cup of honey
- 2 teaspoons ground cinnamon
- Salt and freshly ground pepper

Directions:

1. Preheat oven to 375 degrees F

2. Lay the sweet potatoes out in a single layer on a roasting tray. Drizzle the oil, honey, cinnamon, salt and pepper over the potatoes. Roast for 25 to 30 minutes in oven or until tender.

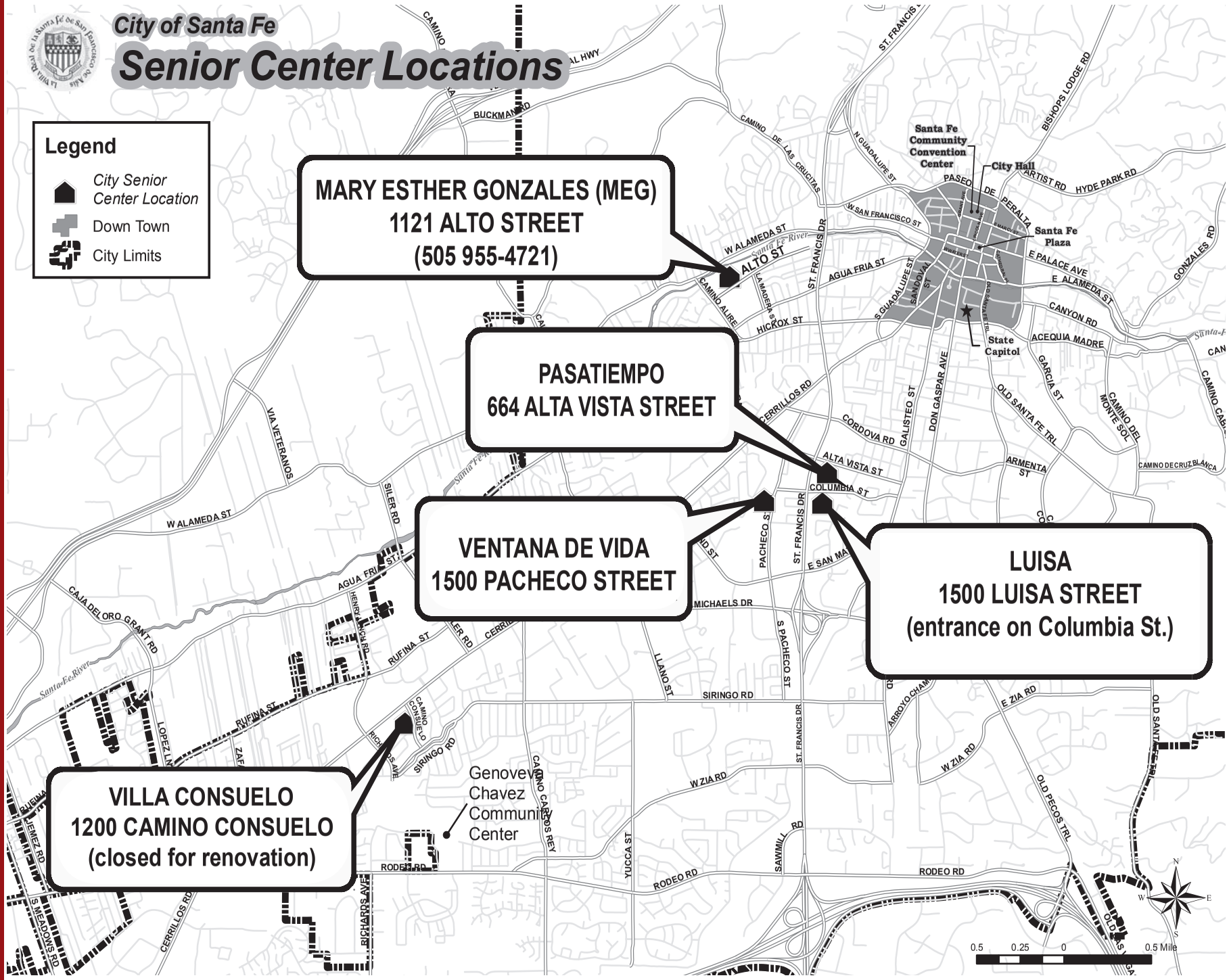
3. Take sweet potatoes out of oven and transfer them to a serving platter. Drizzle with more extra-virgin olive oil and enjoy!

SENIOR CENTER LUNCH MENU
November 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 **Meatloaf** w/Tomato Topping Scalloped Potatoes Carrot Raisin Salad Roll with Margarine Fresh Apple
4 **Orange Chicken** White Sticky Rice Veggies Egg Roll Rainbow Sherbet	**5** **Chicken Fettuccini** Alfredo Sauce Broccoli & Cauliflower Garlic Bread Cherry Cobbler	**6** **Beef & Bean Burrito Supreme** Red Chile Sauce Spanish Rice Tossed Salad Fruit Cocktail	**7** **Soft Fish Taco** Pico de Gallo Mexican Slaw Black Beans Vanilla Pudding with Cinnamon	**8** **Meatball Sub** With Cheese Potato Chips Tossed Salad Orange
11 **All Senior Centers Closed for Veterans Day**	**12** **Baked Pork Chop** Pork Gravy Buttered Peas Roll with Margarine Strawberries in Yogurt	**13** **Buffalo Chicken Tenders** French Fries Celery Sticks Coleslaw Garlic Toast Chilled Pears	**14** **Beef Roast** ½ Baked Potato Tossed Salad California Veggies Roll with Margarine Tapioca Pudding	**15** **Fish Sandwich** Tartar Sauce Mixed Veggies Hushpuppies Lemon Bar
18 **Salisbury Steak** Mashed Potatoes Mushroom Gravy Sliced Carrots Roll with Margarine Cinnamon Spiced Apples	**19** **Cobb Salad** w/ Chicken, Bacon & Boiled Egg Breadstick with Margarine Brownie	**20** **Thanksgiving Dinner** Turkey Roast w/ Turkey Gravy Bread Stuffing Mixed Veggies Hawaiian Sweet Roll Pumpkin Pie with Whip Topping	**21** **Red Chile Pork Enchiladas** Pinto Beans Spinach Tossed Salad Tortilla Peaches in Cottage Cheese	**22** **Breaded Chicken Sandwich** With Garnish Carrot & Celery Sticks Onion Rings Pineapple in Jello
25 **Chile Relleno** Green Chile Meaty Sauce Refried Beans Calabacitas Tortilla Fruit Salad	**26** **Baked Ham** Yams French Style Green Beans Roll with Margarine Applesauce	**27** **Cheese Tortillini** With Meaty Marinara Sauce Veggies Garlic Bread Oatmeal Cookie	**28** **All Senior Centers Closed for Thanksgiving Holiday**	**29** **All Senior Centers Closed for Thanksgiving Holiday**

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

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


City of Santa Fe
Senior Center Locations
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)
Santa Fe Community Convention Center
City Hall
Santa Fe Plaza
State Capitol
Genovevo Chavez Community Center
W ALAMEDA ST
ALTO ST
ST. FRANCIS DR
AGUA FRIA ST
HICKOX ST
CERRILLOS RD
CORDOVA RD
ALTA VISTA ST
COLUMBIA ST
PACHECO ST
S PACHECO ST
MICHAELS DR
SIRINGO RD
W ZIA RD
E ZIA RD
RODEO RD
SAWMILL RD
CAMINO CARLOS REY
YUCCA ST
LLANO ST
RUFINA ST
CAMINO CONSUELO
RICHARDS AVE
VIA VETERANOS
SILER RD
CAJA DEL ORO GRANT RD
S MEADOWS RD
BUCKMAN RD
CAMINO DE LAS CRUCITAS
N GUADALUPE ST
PASEO DE PERALTA
W SAN FRANCISCO ST
E PALACE AVE
E ALAMEDA ST
CANYON RD
ACEQUIA MADRE
GARCIA ST
OLD SANTA FE TRL
CAMINO DEL MONTE SOL
CAMINO DE CRUZ BLANCA
ARMENTA ST
S GUADALUPE ST
SANDOVAL ST
GALISTEO ST
DON GASPAR AVE
ARTIST RD
HYDE PARK RD
BISHOPS LODGE RD
GONZALES RD
ST. FRANCIS
Santa Fe River
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W