



THE SENIOR SCENE



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

offered by:
Division of Senior Services

**NOVEMBER
2015**



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

11/2015

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.

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50+ Senior Olympics

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Miscellaneous

Lobby Area 955-4735

Craft Room 955-4736

Pool (Billiard) Room 955-4737

Other Important Numbers

Santa Fe Civic Housing Authority 988-2859

Santa Fe County Information 992-3069

Santa Fe County Mobile Health Van 231-2382

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DIRECTOR'S REPORT

Dear Patrons,

11/2015

On Wednesday, October 7, 2015 the City of Santa Fe Division of Senior Services held our annual Public Hearing as part of the Four-Year Plan process with the North Central Economic Development District, Non-Metro Area Agency on Aging to apply for funds to support the continuation of services for the 2016-2020 period. A new application (Request for Proposal) to our funding source is necessary in order to receive both Federal and State funding for the continuation of services such as our transportation, nutrition and in-home support programs. The application process is complete and was submitted to the Area Agency on Aging on October 30, 2015; it is currently being reviewed and ranked for consideration. We will keep you updated as to the outcome of this process when information is made available and announced in January 2016.

Participation was quite impressive at the Public Hearing, with well over 167 individuals in attendance this year. The purposes of the Public Hearing was to receive community input about services and determine needs, in order to document and develop our services for you to utilize and assist in maintaining and enhancing your quality of life. Our program presentation provided a comprehensive overview of services, program budget, Capital Outlay Projects and program annual goals. Division staff did an exceptional job in preparing and communicating their respective programs. All input received will be used to continue to tailor our programs to fit your individual needs. Based on your involvement and participation, the following programs were prioritized as follows: [1] Transportation, [2] Congregate Meals, [3] Home Management Services, [4] Supplemental Services, [5] Respite Care Services, [6] Health Promotion, [7] Grandparents Raising Grandchildren and [8] Home Delivered Meals.



I would like to thank each and every individual who attended and participated with this process, we truly appreciate it. Also a special thanks to the following individuals who attended and addressed the audience with valuable information regarding senior programs: Myles Copeland, Cabinet Secretary with the Aging and Long-Term Services Department and his staff who attended, as well as the Area Agency on Aging staff, and Isaac J. Pino, City of Santa Fe Community Services Department Director.

The City of Santa Fe Division of Senior Services staff and Advisory Board Members are committed to continue providing you with the highest quality services possible and we take great pride in serving the elders living within our community.

I hope you all have a safe and wonderful Veterans Day and Thanksgiving Holiday! Please be advised that our centers and offices will be closed on Wednesday, November 11 in observance of Veterans Day and again on Thursday and Friday, November 26 and 27 in observance of Thanksgiving.

Sincerely,

Ron J. Vialpando, Division Director



SENIOR SERVICES PROGRAM INFORMATION

11/2015

SENIOR SERVICES REGISTRATION

Anyone age 60 or over who participates at any of our centers, uses the Division Transportation, or other services is asked to register with our program. We can 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. We will notify 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**](mailto: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.
When scheduling a ride, 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. Closed on November 12th, 26th & 27th;**

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

11/2015

In Remembrance



Shirley Ann Settlemeyer, age 70, passed away peacefully at home on September 23, 2015. Shirley was a writer, business woman, theologian, gardener, seamstress, cook, artist, life coach, book lover, jokester, scrabble champion, solitaire player, and a loyal friend to many. Of all of her talents the one she cherished most was the

joy of being a mother and grandmother. She is survived by five daughters, nine grandchildren, and one brother. Shirley's daughters would like to express their deepest gratitude to the wonderful Hospice Team at Amber Care; saying the care and support they provided was beyond measure. Shirley was also a client of the Senior Services In-home Support services and will be greatly missed by those who knew her. In lieu of a service or flowers it was Shirley's wishes to have donations made to Life Link located at 2325 Cerrillos Rd Santa Fe, NM 87505.



Lugardita G. Gomez, 95, passed away peacefully on September 23, 2015. She is preceded in death by her father, Sixto; mother, Cerilia; husband, Tomas; son, Thomas Jr. and grandson, Tomas Benito. She is survived by three daughters, two sons, six grandchildren, and six great-grandchildren. Lugardita, a member of the

Saint Anne Parish Adoration Society, loved to dance and visit with her friends. Lugardita was a client of the Senior Services In-home Support services and a familiar face at the Mary Esther Gonzales Senior Center. She will be greatly missed by those who knew her.

Senior Center Closures

Wednesday, November 11 – All City of Santa Fe Senior Centers will be closed in honor of Veterans Day. Centers will reopen on Thursday, November 12.

Thursday, Nov. 26 & Friday, Nov. 27 – All City of Santa Fe Senior Centers will be closed for the Thanksgiving Holiday. Centers will reopen on Monday, Nov. 30.

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 (was not available as this newsletter went to print). Please check updates online at www.santafecounty.org or call (505) 231-2382. All services are free.

Flu Shot Clinic Retraction

In last month's Senior Scene, information was provided about a flu shot clinic at the Santa Fe Public Health Center. However, this information is incorrect – they are not giving open clinic flu shots; our apologies for any inconvenience and confusion this caused.

Diabetes Awareness Day Event

The Christus St. Vincent Regional Diabetes Center presents this one-day workshop on diabetes, featuring glucose screenings from 10 a.m. - 2 p.m.; there will also be sessions on how to take control of your diabetes knowing the numbers, meal planning, how to make changes for a healthy lifestyle, and steps to diabetes prevention. The event will be at the Santa Fe Chamber of Commerce (1644 St. Michael's Dr.) on Wednesday, November 4 from 10 a.m. - 4 p.m. Limited seating is available for the sessions, so reserve your spot today! Please call (505) 913-3179 or email janet.copeland@stvin.org.

NEWS & VIEWS

11/2015



A private non-profit organization helping others become self-sufficient

The ECHO Inc. Commodity Supplemental Food Program (CSFP) provides monthly nutritious food, recipes, basic nutrition information and referrals to other programs for income qualified, New Mexico residents who are age 60 years or older. Food packages include: vegetables, fruit, meat, pasta/rice, peanut butter/beans, cereal, juice, milk, and cheese.

To register you must provide:

- Picture ID
- Proof of NM residency (physical address)
- Current year proof(s) of income (for entire household)
- Proof of date(s) of birth

There are distribution sites across New Mexico, but the **Santa Fe distribution** occurs:

- 3rd Tuesday of each month
- 9:30 a.m. to 1:30 p.m.
- Santa Fe County Extension Building (3229 Rodeo Road)

CSFP is funded by USDA which prohibits discrimination in the administration of its programs and is sponsored by the New Mexico Department of Health and ECHO Inc. Food Bank. Call (505) 242-6777 for more information.

Medicare Open Enrollment Reminder

The Aging and Disability Resource Center (ADRC) State Health Insurance Assistance Program (SHIP) will assist individuals who want to switch their plan or enroll into a Medicare prescription drug or Medicare Health Plan. 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 free enrollment events please call the ADRC at 1-800-432-2080 for assistance. Dates are as follows for Santa Fe senior centers: **Luisa on Tuesday, November 24, from 10 a.m. – 1:30 p.m.**

Caregiver Savvy Program

The Alzheimer's Association is wrapping up a free seven-week course for caregivers. Training includes information on disease characteristics and progression and best practices for dealing with behaviors and communication. You will also be connected with available resources and learn who you can turn to for respite and other assistance. There are two meetings left in this series: Wednesday, November 4 and 11, both from 5:15 – 7:15 p.m. at the Santa Fe Business Incubator (3900 Paseo del Sol). For more information or to register call Toby Kessler at 866-699-4927.

Conversations on Dementia

The City of Santa Fe Division of Senior Services and the Alzheimer's Association will be hosting "Conversations on Dementia," a caregiver support group that will provide education and emotional support to adults dealing with stress that is related to providing specialized care for homebound individuals. The support group session will be Friday, November 6 from 1:30 – 4:30 p.m. at the Mary Esther Gonzales Senior Center (1121 Alto St). Refreshments will be provided and new faces are welcome! To reserve a spot please call Theresa Trujillo at (505) 955-4745.

Northern Regional Family Caregiver Conference

The conference is sponsored by the Alzheimer's Association and is intended for caregivers from all communities of Northern New Mexico. It will take place on Saturday, November 14, from 8 a.m. to 4 p.m. at the Santa Claran Hotel (464 N Riverside Dr.) in Española, NM. Designed to feed the mind and soul with workshops, companionship, resources and fun, this event is FREE to all family caregivers. The admission price for professionals is \$25. To register, or for more information, contact: the Alzheimer's Association, NM Chapter: (505) 266-4473 or (505) 473-1297.

NEWS & VIEWS

11/2015

Flora's Corner

The Joys of Caring from A to Z

Achieving a sense of fulfillment
Brightening the days of others
Changing the world for the better
Discovering the joys of helping others
Earning respect and admiration
Feeling good about yourself
Giving back to others
Hearing "thank you" time and again
Inspiring others with your dedication
Joining the community of caring people
Knowing you give your best each day
Lifting spirits
Making great use of your time and talents
Noting the difference your efforts make
Opening your heart to others
Putting compassion into action
Quieting others' concerns and fears
Reaching out to those in need
Spreading smiles wherever you go
Touching lives
Understanding the importance of giving
Valuing everyone you meet
Warming hearts
eXpressing your generosity
Year-round appreciation
Zeroing in on what's important – **CARING!**

Santa Fe County Treasurer's Office Community Outreach Program

The Santa Fe County Treasurer's office will be at the Mary Esther Gonzales Senior Center in November and December with their Property Tax Outreach Program. Please mark your calendars with the dates listed below during the hours of 10 a.m. to 1 p.m. so you can come to the MEG center and take care of your annual property tax payment. In doing so, you can avoid the troublesome trip of having to go downtown to the County Courthouse. The two outreach program dates at the MEG center are as follows:

- Friday, November 13th
- Friday, December 4th



Be a Santa to a Senior

Each year Home Instead Senior Care offices throughout North America spread holiday cheer to lonely or financially-challenged seniors through the "Be a Santa to a Senior" program. The program has attracted thousands of volunteers over the years distributing gifts to deserving seniors. Since introducing the program, Home Instead Senior Care has helped provide 1.2 million gifts to more than 700,000 seniors around the country. Home Instead Senior Care will partner with the Division of Senior Services in Santa Fe and Santa Fe Care Center to identify seniors who might not otherwise receive gifts this holiday season. The company will then work to help facilitate the purchase and distribution of gifts by placing trees and ornaments at Christus St. Vincent Regional Medical Center, Wal-Mart on Cerrillos Rd, Wal-Mart Supercenter and the Santa Fe Place Mall. Each senior's gift requests are written on a "Be a Santa to a Senior" tree ornament. Volunteers collect, wrap, and deliver the gifts to the seniors. Trees will be up from November 18 through December 16, 2015. If you have any questions or are interested in attending our annual Gift Wrapping Party, please contact Ken Hendricks at Home Instead, (505) 471-2777.

Veterans Day Parade

Join onlookers to honor veterans for their service on November 11, 2015. The parade begins at 10:30 a.m. on Murales Road, ending at 11 a.m. at the Veterans Memorial Bataan Building with a ceremony.



AT A GLANCE

11/2015

Volunteers attended the annual Conference on Aging back in August, which is hosted by the NM Aging & Long-Term Services Department and features many informational workshops and booths. Some volunteers had fun in the photo booth!

Pictured (left to right):
Perfilia Martinez, David
Lucero, and Paul Montano.



Volunteers attended the 2nd annual End New Mexico Hunger summit back in September, sponsored by the NM Cares Foundation through the North Central Economic Development District. The event featured informational workshops and booths that addressed hunger issues and available resources. Some volunteers joined the Walk to End Hunger in NM pictured below.



AT A GLANCE

11/2015



Many attended the Public Hearing at the MEG Senior Center on Wednesday 10/7 to voice their opinions about programs and services offered by the City of Santa Fe Division of Senior Services.



Final program recommendations were:

- #1 – Transportation
- 2 – Congregate Meals
- 3 – Home Management Services
- 4 – Supplemental Service
- 5 – Respite Care
- 6 – Health Promotion
- 7 – Grandparents Raising Grandchildren
- 8 – Home Delivered Meals
- 9 – Other



Mary Esther Gonzales Senior Center *presents*

Marty Rotella *Live*

In Concert—11:00 a.m.

Thursday, December 3, 2015



Singer, Songwriter, Storyteller



A Special Advent Concert

Grammy Nominee and Award-winning Singer, Songwriter, and Composer, Marty Rotella has traveled extensively worldwide. In addition to radio, he has made several appearances on EWTN's *Back Stage*, and *Sunday Night Prime*.

Marty first began in 'Pop' music when he was 15. In 1980, Hollywood fame and fortune was his, if he signed on the dotted line . . . until the Blessed Virgin Mary and his Mother's Rosary grabbed his heart, transforming him into a living witness for Heaven.

Through Marty's gift of song and storytelling, he captivates audiences, calling people of all ages and faiths to embrace, fall in love with, and live the happiness of Life in Christ.

Marty joyfully comes to the Mary Esther Gonzales Senior Center to sing and share this Joy and prepare us for the celebration of Christmas.

Come share the Spirit & Music, and be inspired by how Marty's own experiences have increased his faith and transformed his life into an international music ministry. Don't miss this Free *Live* performance!



Mary Esther Gonzales Senior Center • 1121 Alto Street—Santa Fe, NM • Info: (505) 955-4721 or Cornerstone (505) 473-0306

RSVP THE RETIRED SENIOR VOLUNTEER PROGRAM

11/2015

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

AARP Driver Safety Instructors Needed

Become a volunteer facilitator for the AARP Smart Driver Course, offered monthly at the MEG Senior center. Using video segments and a handbook, instructors are asked to commit five to six hours monthly. Training is provided. Call the RSVP office today to get involved!

Become an Ambercare Hospice Volunteer

Ambercare invites you to bring your warmth and presence to a patient on hospice. Hospice volunteers offer their skills in listening, empathy and companionship to patients and families during the profound period of transition that is the end of life. As a hospice volunteer you can make a difference in simple ways: our volunteers might play chess, read aloud, take walks, or watch old movies with their patients. Please join our skilled and compassionate team of caregivers and become a part of our dynamic community of volunteers! Training is provided. Contact the RSVP office to get started.

Training Opportunity

Join us at the MEG Senior Center for tips on how to eat healthy during the holidays and get ideas for healthier holiday recipes. Debra Trujillo, Nutritionist with the NM Aging and Long-Term Services Department, will be here to present and answer any questions you may have about nutrition.

- When: Thursday, November 19, 2015 at 9 a.m.
- Where: MEG Senior Center

Volunteers Needed at Esperanza Shelter

Volunteers are needed to answer phones, direct calls and greet visitors. Shifts are available M-F between 9 a.m. and 5 p.m. Volunteers are also needed to help manage phone calls to the Shelter's emergency hotline. Training required/provided.

Volunteer Driver Needed

Help deliver commodity food boxes to homebound individuals. Deliveries are once a month from the MEG Senior Center to the assigned route; vehicles are supplied and volunteers usually work in pairs. Call Triston to get started today!

RSVP volunteers born in NOVEMBER!



Nancy Montano	11/01	Bernadette Sandoval	11/16
Alvino Castillo	11/02	Adelaida "Liddy" Padilla	11/17
Elmer N. Leslie	11/02	Georgia Watkins	11/17
Victor Teng	11/02	Viola Quintana	11/18
Robert P. Coyle	11/04	Elizabeth Rickert	11/18
Connie C. Duran	11/06	Johnny R. Roybal	11/18
Efren Garcia	11/06	Anna Mae Gallegos	11/19
David R. Schell	11/06	Joyce A. Roberts	11/19
Benjamin A. Armijo Sr.	11/07	Robert Shelley	11/20
Karon Hanrahan	11/07	Barbara Welsh	11/22
Lucy R. Padilla	11/08	Mark R. Hickman	11/24
Anne Mary Karshis	11/09	Jacqueline S. Abell	11/26
Cecilia Lopez	11/09	Rochelle Byars	11/26
Randy Murray	11/09	Andrew R. Medina	11/26
Carmen L. Ortiz	11/09	Connie Prada	11/26
Patricia Kuhlhoff	11/10	Israel Cruz	11/27
Elvira Apodaca	11/11	Jose J. Gallegos	11/27
Bernard A. Brock	11/11	Juan Romero	11/28
Nola M. Gilmore	11/12	Rudy F. Gonzales	11/29
Joseph Martinez	11/15	Paul Medina	11/29
Mary Noonan	11/16		

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*

11/2015

She will be missed...

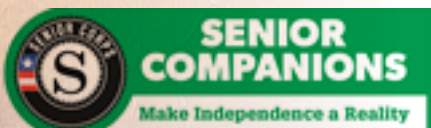


Lugarda R. Griego, a resident of Santa Fe, passed away on September 19, 2015 at the age of 84, following a lengthy illness. She attended schools in El Rito, NM then lived in Denver for a time before returning to Santa Fe in 1972. For more than five years, Lou spent her time volunteering as a Senior Companion volunteer. She had three clients that loved

her dearly and depended on her assistance. For much of her life, she worked in home health care in the Santa Fe community and was very giving and caring to those less fortunate. She was a long-time and active parishioner of St. Anne Catholic Church. She is survived by two sons, Carl Jaramillo and Eric Jaramillo, many grandchildren, and other family and friends who will miss her dearly.

November In-Service

The November Foster Grandparent/Senior Companion mandatory in-service meeting will be held on Thursday, November 19, 2015 at 9 a.m., in the Mary Esther Gonzales Senior Center Dining Room. Debra Trujillo, Nutritionist with the NM Aging and Long-Term Services Department, will give a presentation regarding "Eating Healthy for the Holidays and Healthy Holiday Recipes." There will also be time for a question and answer session regarding nutrition. Volunteers do not have to serve their regular schedule and should plan on attending the meeting. If you need a ride to/from the training, please arrange it with our transportation services.



Program Reminder

Due to several holidays this month, Foster Grandparent and Senior Companion volunteers are not required to volunteer on the following days:

- Wednesday, November 11, in observance of Veterans' Day
- Thursday, November 26, for Thanksgiving Day
- Friday, November 27, the day after Thanksgiving

We hope you enjoy your days off!



Senior Companion Volunteers Rosina Tapia and Maria Duran participate in the public hearing.

The Volunteer Programs wish a very happy birthday to our FGP and SCP Volunteers born in November.

Mary Sandoval	11/15
David Dominguez	11/16
Bernadette Sandoval	11/16
Fabiola Sandoval	11/17

There is always, always something to be thankful for.

Thank you volunteers for going the extra mile. You are all appreciated.

ONGOING ACTIVITIES

11/2015

All activities are open to registered seniors.

Most activities are free but some do request a small donation.

Schedule is subject to change.

Luisa Senior Center 955-4725

Fitness Room	Mon.-Fri.	8 am-1:30 pm
Sing Along (Spanish)	Tuesday	11:45 am
Guitar Lessons	Wednesday	9:00 am
Bingo	Friday	1:00 pm

Mary Esther Gonzales (MEG) Senior Center 955-4711

Pool - Cards - Billiards	Mon.-Fri.	7 am-4:30pm
Fitness Room	Mon.-Fri.	7 am-4:30pm
Computer-Open Use	Mon.-Fri.	8:00am-4:30pm
Guitar Class	Monday	9:00 am
EnhanceFitness	Mon, Wed & Fri.	9:30 am
Hospice Crafts	Monday	1:00 pm
Tai Chi class (beginner)	Mon.-Thurs.	8:15 am
Bingo	Mon. & Wed.	1:00 pm
Jewelry Making Class	Tuesday (FULL)	9:00 am
Nia Technique	1st & 3rd Tues.	3:00 pm
Ceramics	Wed. & Fri.	9:30 am
Wood/Straw Applique	Thursday	9:30 am
Sing Along (Spanish)	2nd & 4th Fri.	11:30 am
Knitting	Friday	2:00 pm
Zumba Gold (low impact)	Tuesday	9:30 am
Oil Painting	2nd & 4th Tues.	1:30 pm

Pasatiempo Senior Center 955-4725

Fitness Room	Mon.-Fri.	8 am-1:30 pm
Yoga Practice	Mon. & Wed (Full)	8:30 am
Ceramics	Mon.-Fri.	9:00 am
Bridge	Monday	12:30 pm
Line Dance (Advanced)	Tuesday	1:00 pm
Wood/Straw Applique	Wednesday	9:00 am
Sing Along	Wednesday	12:00 pm
Tai Chi	Thursday	9:00 am
Zumba Dance	Tuesday	8:30 am
Zumba Dance	Thursday	10:00 am

Ventana de Vida Senior Center 955-4711

Exercise Class	M/W/F	9:00 am
Art Class	Tuesday	1:00 pm

Villa Consuelo Senior Center 955-4725

Ceramics	Mon. & Wed.	9:30 am
Bingo	Tues. & Thurs.	11:00 am
Wood/Straw	Wednesday	12:30 pm

ART

Ventana-Class	Tuesday	1:00 pm
MEG-Oil painting	2nd & 4th Tues.	1:30 pm

BINGO

MEG Center	Mon. & Wed.	1:00 pm
Villa Consuelo	Tues. & Thurs.	11:00 am
Luisa Center	Friday	1:00 pm

BRIDGE

Pasatiempo	Monday	12:30 pm
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CERAMICS

Pasatiempo	Mon. - Fri.	9:00 am
Villa Consuelo	Mon. & Wed.	9:30 am
MEG Center	Wed. & Fri.	9:30 am

COMPUTER - OPEN USE

MEG	Mon. - Fri.	8 am - 4:30 pm
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FITNESS EQUIPMENT

MEG Open Use	Mon. - Fri.	7 am - 4:30pm
Pasatiempo Open Use	Mon. - Fri.	8 am - 1:30 pm
Luisa Open Use	Mon. - Fri.	8 am - 1:30 pm

EXERCISE & MOVEMENT CLASSES

Pasatiempo Zumba	Tuesday	8:30 am
Pasatiempo Zumba	Thursday	10:00 am
Pasatiempo Line Dance	Tuesday	1:00 pm
Pasatiempo Yoga Practice	Mon. & Wed. (Full)	8:30 am
MEG Enhance Fitness	Mon, Wed & Fri.	9:30 am
MEG Nia Technique	1st & 3rd Tues.	3 - 4 pm
MEG Zumba Gold (low impact)	Tuesday	9:30 am
Ventana Class	M/W/F	9:00 am

TAI-CHI

MEG (beginner)	Mon. - Thurs.	8:15 am
Pasatiempo	Thursday	9:00 am

GUITAR CLASS (Beginner)

MEG Center	Monday	9:00 am
Luisa	Wednesday	9:00 am

JEWELRY MAKING

MEG Center	Tuesday (FULL)	9:00 am
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SEWING/KNITTING

MEG-Knitting	Friday	2:00 pm
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SING-ALONG

Luisa - Spanish	Tuesday	11:45 pm
MEG - Spanish	2nd & 4th Fri.	11:30 am
Pasatiempo	Wednesday	12:00 pm

WOOD/STRAW APPLIQUÉ

Pasatiempo	Wednesday	9:00 am
Villa Consuelo	Wednesday	12:30 pm
MEG Center	Thursday	9:30 am

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

UPCOMING ACTIVITIES

11/2015

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 (1121 Alto Street) from 12:30 (check-in) to 5 p.m. The instructor, who is a trained volunteer,

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 or membership number must be presented the day of the class as well as your driver's license or driver's license number.

Also, please be prepared to dress in layers as temperatures fluctuate in the dining room. The number of participants for each class is limited to 30 individuals. To register for an upcoming AARP class please call the instructor for the date you would like. Please leave a message if you do not reach the volunteer instructor. Upcoming classes are:

- November 10 Don Blossom, 984-9995
- No Class in December

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 two haircut days in November are as follows at 10 a.m.:

- November 4 MEG
- November 18 Pasatiempo

The haircut sign-in sheet at MEG will be available in the reception area at 9 a.m.

Movie day at Luisa Senior Center Wednesday, November 25 at 1 p.m. "Cinderella"

(2015 • PG • 105 min)

After the death of her mother, Ella's father remarries, and Ella welcomes her stepmother and her daughters, Anastasia and Drisella, into the family home. When Ella's father unexpectedly passes away, she finds herself at the mercy of a jealous and cruel new family. Despite being forced to serve the family, Ella is determined to honor her mother's dying words to "have courage and be kind." Never one to give up hope, her fortunes begin to change after meeting a dashing stranger who she believes to be an apprentice at the Palace but in fact is a prince. After meeting a kind beggar woman, a pumpkin, and a few mice, Cinderella's life changes forever.

Nia Technique on 1st & 3rd Tuesdays

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

- November 3 3 p.m.
- November 17 3 p.m.

Monthly Senior Services Committee Meetings

(Posted pursuant to the Open Meetings Act)

All meetings held at the MEG Senior Center during the month of November:

Senior Olympics:	11/13/15 at 9:30 a.m.
Transportation/Nutrition:	No meeting
Advisory Board:	11/18/15 at 9:30 a.m.
Travel Committee:	11/19/15 at 8:45 a.m.
SAC Board:	11/19/15 at 10 a.m.

Blood Pressure, Blood Sugar & Oxygen Level Test Dates

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

Luisa: Thursday, November 5	11 – noon
Pasatiempo: Friday, November 6	11 – noon
Ventana: Thursday, November 12	11 – noon
MEG: Wednesday, November 18	11 – noon
Consuelo: Tuesday, November 24	10 – 11 am

UPCOMING ACTIVITIES

11/2015

River of Lights (Albuquerque Bio Park)

The ABQ Bio Park River of Lights trip is scheduled for Thursday, December 10 (cost is \$20). The group will also go to dinner in Albuquerque before the River of Lights and please note, dinner is on your own.

For additional information regarding the River of Lights trip, please call Don Bell after 5:30 p.m. at (505) 982-2707.

Cribbage Card Game

Ventana de Vida Senior Center invites you to play a game of Cribbage each Thursday at 2 p.m. If you don't know how to play, but are interested in learning, please attend! See you next Thursday at Ventana de Vida for a game of Cribbage.

Diabetes Workshop at MEG

Join us beginning Monday, November 9 at the MEG Senior Center Board Room (1121 Alto Street) for a six-week free Diabetes Self-Management Workshop. The classes are held from 12:30 to 3 p.m. These workshop classes are taught by Janet; please call her at (505) 913-3179 to register for the classes. Put life back in your life by learning to manage your chronic disease.



Lunchtime Sing-a-long with Ken from Home Instead

Join us for lunch at the MEG Senior Center on Monday, November 30 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 and can be reached at (505) 471-2777.

MEG Monthly Movie

Due to the short month, the MEG center will not show a movie during the month of November. However, the MEG monthly movie day will return in December. Sorry for any inconvenience this may cause.

Weekend Bingo at Luisa



The Luisa Senior Center (1500 Luisa Street, entrance off Columbia) will host a Bingo on Sunday, November 8 from 1 – 4 p.m. The cost is \$12 for a package and four specials at \$1 each.

The blackout game is \$2. The jackpot winner goes home with \$100! Please bring small bills. We will be serving Frito pies and a drink for \$5.

Everyone is welcome, so please join us!

Veterans Dance at Luisa

Please join us at the Luisa Senior Center (1500 Luisa Street, entrance off Columbia) for an afternoon dance on Thursday, November 12 from 12:30 – 3:30 p.m. There will be live music by Bonifacio. They will also be giving door prizes. Admission is \$2 – don't miss out.

Welcome Albert Chavez, New DSS Program Coordinator

Please join me in welcoming Albert Chavez as the new Program Coordinator at the Mary Esther Gonzales Senior Center. Albert, who has been with the Division of Senior Services for over a year and half will oversee ongoing activities to include: exercise classes, dances,



movie days, Bingo, day trips, special events, etc. Albert will slowly transition into his new position, since he currently is still assisting the transportation department, a section that is going to miss him greatly.

HEALTH & SAFETY

11/2015

Carmella Advocates a Healthy Lifestyle

By Senior Dorothea Dante

A year ago we visited with Carmella Flores, Patient Advocate at Christus St. Vincent Regional Medical Center. She gave us some valuable information about being prepared for a hospital stay. Now we need her again to give us important advice about our future health care.

Recent books and magazines tell about the serious shortage of doctors, nurses, and trained medical personnel in our country and how it will affect us.

During our recent visit with Carmella, she agreed that health care is going to be a serious issue and gave us some counsel about what we can do to help ourselves. She advocates:

- Getting enough sleep, at least seven hours every night;
- Drinking plenty of water to stay hydrated;
- Eating plenty of fruits and vegetables while avoiding too many sweets, fatty foods, and “junk food;”
- Exercising every day and getting some sunshine and fresh air.



*Carmella Flores, Patient Advocate
at Christus St. Vincent Regional
Medical Center*

This is all good advice and is certainly a vital part of a healthy lifestyle.

Last year, Palliative Care was becoming more a part of a patients' care among seriously ill and those who are terminal. Asking Carmella about this, she explained that Palliative Care is truly a blessing for the patient and their family. It means the patient will be kept comfortable and without pain, being able to visit and enjoy their time with family and loved ones while being at peace about their health issues.

Carmella made it a point to say that Palliative Care is only provided while the patient is in the hospital. If the patient is well enough to go home, there are other helpful ways to take care of their home needs.

Carmella arranges for a case worker to visit the patient and explain that arrangements can be made for oxygen use at home, a visiting nurse for regular checkups, and home caretakers for domestic needs. She also informed us that if the patient does not have a primary care doctor, she speaks to a Patient Navigator and the patient will be assigned a primary care doctor to provide for their future health care needs. If the patient becomes terminal at home, the primary care doctor will arrange for hospice care.

I thanked Carmella for sharing this helpful information and for the hope and comfort it gives us. She closed our visit by saying, “Stay healthy and god bless.”

HEALTH & SAFETY

11/2015

These exercises are designed to help you **build strength, improve balance, and increase flexibility**. In addition to at least 30 minutes of moderate-intensity physical activity, include these exercises in your daily program.

Begin your exercise session by taking **5 deep breaths** – in through your nose and out through your mouth. It is important to keep breathing deeply throughout the exercise session.

① Walking in Place



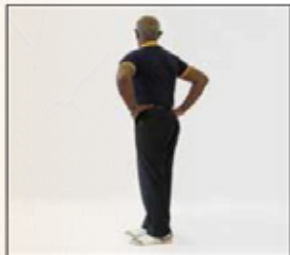
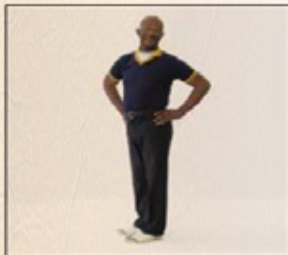
- Stand up
- Walk in place, raising knees as high as possible
- Continue for 2 minutes
- Breathe deeply while walking

② Leg Curls



- Stand behind chair and grasp its back
- Keeping knees together, lift your right leg to make a right angle
- Count to 10 holding this position
- Lower foot to the floor
- Repeat 5 times
- Repeat with left leg

③ Upper Body Twists



- Stand with feet apart and hands on hips
- Slowly turn upper body as far as possible to the left
- Hold this position, counting to 5
- Slowly turn upper body as far as possible to the right
- Hold this position, counting to 5
- Repeat 10 times

④ Bicep Curls



- Sit or stand
- Make a loose fist with right hand
- Bend bottom part of arm toward top part (fist to shoulder)
- Repeat 10 times
- Repeat with left arm
- For additional challenge, use 1-pound hand weights

Law Does Not Provide for a Social Security Cost-of-Living Adjustment for 2016



With consumer prices down over the past year, monthly Social Security and Supplemental Security Income (SSI) benefits for nearly 65 million Americans will not automatically increase in 2016.

The Social Security Act provides for an automatic increase in Social Security and SSI benefits if there is an increase in inflation as measured by the Consumer Price Index for Urban Wage Earners and Clerical Workers (CPI-W). The period of consideration includes the third quarter of the last year a cost-of-living adjustment (COLA) was made, to the third quarter of the current year. As determined by the Bureau of Labor Statistics, there was no increase in the CPI-W from the third quarter of 2014 to the third quarter of 2015. Therefore, under existing law, there can be no COLA in 2016.

Other adjustments that would normally take effect based on changes in the national average wage index also will not take effect in January 2016. Since there is no COLA, the statute also prohibits a change in the maximum amount of earnings subject to the Social Security tax, as well as the retirement earnings test exempt amounts. These amounts will remain unchanged in 2016.

The Department of Health and Human Services has not yet announced Medicare premium changes for 2016. Should there be an increase in the Medicare Part B premium; the law contains a "hold harmless" provision that protects approximately 70 percent of Social Security beneficiaries from paying a higher Part B premium, in order to avoid reducing their net Social Security benefit. Those not protected include higher income beneficiaries subject to an income-adjusted Part B premium and beneficiaries newly entitled to Part B in 2016. In addition, beneficiaries who have their Medicare Part B premiums paid by state medical assistance programs will see no change in their Social Security benefit. The state will be required to pay any Medicare Part B premium increase.

Information about Medicare changes for 2016, when available, will be found at www.medicare.gov.

For additional information, please go to www.socialsecurity.gov/cola.

PUZZLE

11/2015

PUZZLE 34

ACROSS

1. Fly high
5. Triple ____
8. Abel's brother
12. Unemployed
13. California Indian
15. Movie dog
16. Adore
17. New Delhi's country
18. Military vehicle
19. London landmark
22. ____ Moines
23. Center of the solar system
24. French capital
27. Crosby, Stills & Nash, e.g.
29. Eternity
32. Cliff nest
33. Slender
34. Stuffing herb
35. Ship swallower?
38. Bathing suit tops
39. Bacchanalian cry
40. Certain runner
41. Serpentine letter
42. Unlock
43. Sleeveless garments
44. Title for John Gielgud
45. Umpire's call
46. Coterie
55. Dwarf buffalo
56. Sudden rainstorm
57. Origin
58. Luminary
59. Gluts

60. Misplace

61. Whetstone

62. Football's Dawson

63. Makes do

DOWN

1. Sediment
2. Aroma
3. Thomas ____ Edison
4. Atoll
5. Tunes
6. Icelandic literary work
7. Coconut fiber
8. Louisiana native
9. Cruising
10. Pliny's road
11. Back of the neck
13. Jazzman Davis

14. Fashion designer Oleg ____

20. Monet's farewell

21. Status ____

24. Noblemen

25. Rich tapestry

26. Margins

27. Wyoming range

28. Exceptional

29. Philadelphia athlete

30. Eyes

31. ____-do-well

32. Monastery head

33. Bathe

34. Cut quickly

36. Dishearten

37. Italian violinmaker

42. Texas tea

43. Mends

44. Petrify

45. Frequently

46. Money

47. Division word

48. Horse color

49. Iridescent gem

50. Fortune

51. Mystery author Gardner

52. Corner

53. Doctor's amount

54. Religious women: abbr.



PUZZLE

11/2015

8

Eisenhower Years



Prior to Dwight David Eisenhower taking over the reins as Commander in Chief of the USA as the country's 34th president, he served as the supreme commander of the Allied forces in western Europe during World War II. In 1944 he became a five-star general and in the fall of 1948 published "Crusade in Europe," about his experiences in active duty.

Solution on page 137

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

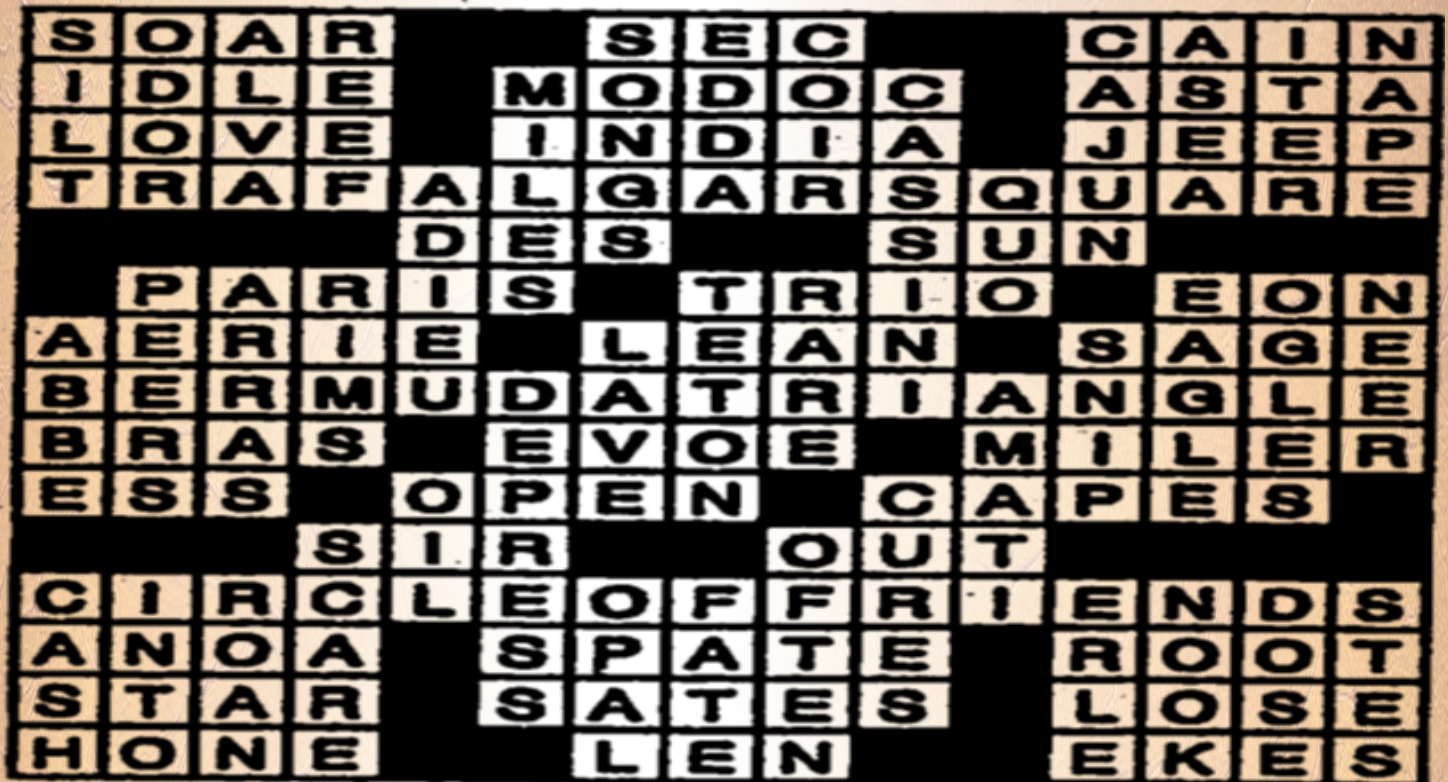
- ☐ ARMY War College
- ☐ AUTHOR
- ☐ CAMPAIGN
- ☐ CAREER
- ☐ CIVIL Rights Act of (1957)
- ☐ "CRUSADE in Europe" (book)
- ☐ DENISON, Texas (birthplace)
- ☐ DOMESTIC affairs
- ☐ DUTIES
- ☐ FIVE-STAR general
- ☐ FOREIGN affairs
- ☐ GOVERNMENT
- ☐ "IKE" (nickname)
- ☐ LEADER
- ☐ MAMIE (wife)
- ☐ MEDALS

- ☐ MILITARY service
- ☐ NATO
- ☐ NIXON, Richard (M.) (running mate)
- ☐ POLICIES
- ☐ POLITICIAN
- ☐ PRESIDENT
- ☐ REPUBLICAN
- ☐ SEATO
- ☐ STRATEGIES
- ☐ TERMS
- ☐ VIEWS
- ☐ WEST POINT
- ☐ WORLD WAR (II)

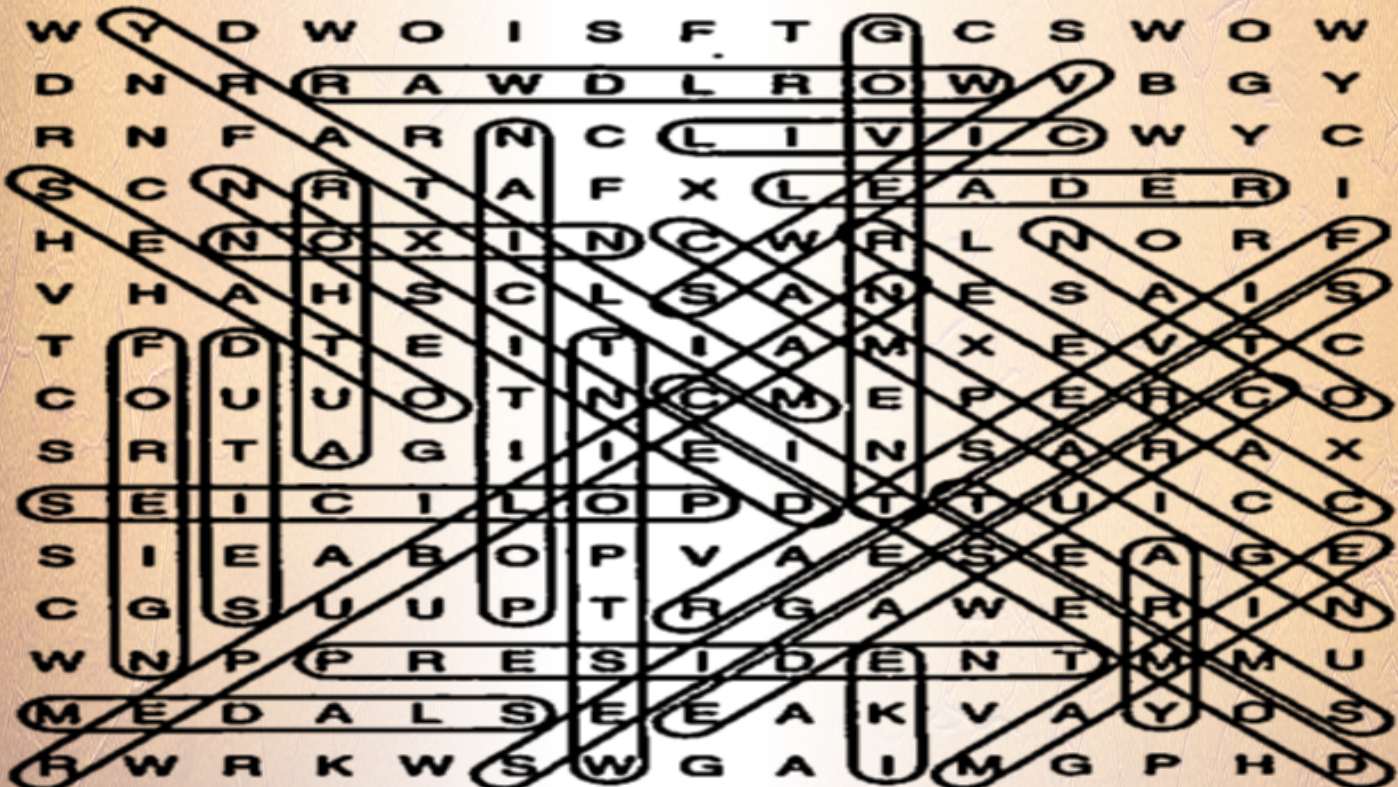
PUZZLE ANSWERS

11/2015

PUZZLE 34



8



BREAKFAST MENU

11/2015

Breakfast is served Monday – Friday, 7:30-8:30 a.m. at MEG, Luisa, 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 years of age or younger).

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

*Note: Milk is served with every meal.

2nd	Grilled ham, cheese, salsa, peppers, wheat toast, margarine
3rd	Hot oatmeal, wheat bread, peanut butter, pineapple juice
4th	Scrambled egg, croissant, peanut butter, yogurt, apple juice
5th	Pancakes, maple syrup, sausage, tomato juice
6th	Cold cereal, wheat toast, peanut butter, jelly, tomato juice
9th	Boiled eggs (2), salsa, small roll, margarine
10th	Sausage, cheese, red chile, small roll, margarine
11th	ALL CENTERS CLOSED IN OBSERVANCE OF VETERANS DAY
12th	Breakfast burrito – scrambled egg, cheese, green chile, bacon
13th	Hot cereal, cottage cheese, margarine, tomato juice
16th	Sausage, cheese, green chile, potatoes, margarine
17th	Cold cereal, wheat bread, peanut butter, grape juice
18th	French toast, maple syrup, scrambled egg, sausage, tomato juice
19th	Diced ham, cheese, peppers, onions, small roll, jelly
20th	Scrambled egg, cheese, salsa, bacon, tortilla
23rd	Grilled ham, red chile, hash browns, margarine
24th	Breakfast burrito – scrambled egg, cheese, salsa, bacon
25th	Pancakes, maple syrup, sausage, tomato juice
26th	ALL CENTERS CLOSED IN OBSERVANCE OF THANKSGIVING HOLIDAY
27th	ALL CENTERS CLOSED IN OBSERVANCE OF THANKSGIVING HOLIDAY
30th	Cold cereal, small roll, peanut butter, jelly, tomato juice

Nutrition Education – Eat Smart, Live Strong

(Source: USDA SNAP-Ed Connection)



Benefits of eating at least 3 ½ cups of fruits and vegetables every day:

- Help prevent or delay the effects of chronic diseases such as: obesity, hypertension, and heart disease
- Maintain strong and healthy bones
- Get some of the vitamins, minerals, and fiber needed to maintain good health
- Maintain regularity
- Add color, taste, and variety to your diet

Benefits of participating in at least 30 minutes of physical activity most days:

- Help prevent or delay the effects of chronic disease
- Feel better
- Decrease stress, anxiety, and mild depression
- Build and maintain healthy bones, muscles, and joints
- Improve strength
- Increase balance and reduce the risk of falling
- Improve sleep



Turn to the Health & Safety section for exercises to try.

SENIOR CENTER LUNCH MENU

NOVEMBER 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Chicken Fajitas w/Cheese & Salsa Tortilla (1) Chile Beans Jell-O w/fruit	3 Meatloaf w/ Gravy Topping Scalloped Potatoes Steamed Green Beans Whole wheat roll w/margarine Strawberry Shortcake	4 Tuna Salad w/egg noodles Tossed Salad w/dressing Saltine Crackers Chilled Peaches	5 BBQ Bonanza Chicken, Sausage & Brisket (1 oz each) Creamy Coleslaw Pinto Beans Whole wheat roll Cookie	6 Stuffed Cabbage Mashed Potatoes California vegetables Whole wheat roll Cherry Cobbler
9 Pepper Steak Baked Sweet Potatoes w/butter California vegetables Whole wheat roll Cherry Cobbler	10 Chicken Taco w/garnish & salsa Pinto Beans Calabacitas Jell-O w/mixed fruit	11 ALL CENTERS CLOSED IN OBSERVANCE OF VETERANS DAY 	12 Beef Tips w/steamed rice Steamed Broccoli Green Salad w/ dressing Whole wheat roll w/butter Chilled Pears	13 Stuffed Chicken Breast (bread stuffing mix) Steamed Spinach California vegetables Baked Biscuit Peach Crisp
16 Frito Pie w/garnish Red Chile Sauce Pinto Beans Angel Food Cake w/apricot topping	17 Pork Roast Mashed Potatoes w/brown gravy Steamed Asparagus Whole wheat roll Chilled Applesauce	18 BBQ Chicken Thighs Creamy Coleslaw Green Beans Whole wheat roll Chocolate Pudding w/topping	19 THANKSGIVING DINNER Classic Roast Beef Mashed Potatoes w/brown gravy Tossed Salad Steamed veggie mix Whole wheat roll Pumpkin Pie w/topping	20 Carne Adovada Spanish Rice Country Blend Veggies Tortilla (1) Jell-O w/fruit
23 Tuna w/macaroni Tossed Green Salad w/dressing Saltine Crackers Chilled Peaches	24 Glazed Ham Mashed Potatoes w/butter topping Steamed Peas Whole wheat roll w/butter Baked Sugar Cookie	25 Chile Relleno w/chile topping Tossed Salad w/ dressing Pinto Beans Saltine Crackers Chilled Mixed Fruit	26 ALL CENTERS CLOSED IN OBSERVANCE OF THE THANKSGIVING HOLIDAY	27 
30 Round Steak w/ Mushroom Gravy Steamed Broccoli Baked Potato w/ Butter WW Roll w/ Butter Banana Pudding	DEC. 1 Beef Brisket Pinto Beans Coleslaw Garlic Toast Apple Crisp	DEC. 2 Turkey Dinner w/ gravy Bread Stuffing Steamed green beans Potluck roll w/butter Cranberry Salad Pumpkin Pie	DEC. 3 Green chile cheese hamburger w/ garnish Ranch Beans Onion Rings Chilled applesauce	JOIN US FOR OUR ANNUAL THANKSGIVING DINNER THURSDAY, 11/19 11 AM - 12:30 PM AT ALL SENIOR CENTERS

Senior Meal Suggested Donation: Breakfast \$1.00 --- Lunch \$1.50

Non-Senior (59 years of age or younger) Mandatory Meal Fee: Breakfast \$5.42 and Lunch \$5.42

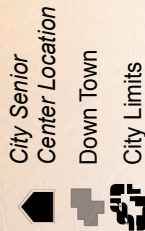
Lunch is Served at: MEG, Luisa, Ventana de Vida, Villa Consuelo & Pasatiempo Centers
 11:00am -- 12:30pm Monday through Friday

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

City of Santa Fe

Senior Center Locations

Legend



Mary Esther Gonzales (MEG)
(505) 955-4721
1121 Alto Street

Pasatiempo
(505) 955-6433
664 Alta Vista Street

Ventana de Vida
(505) 955-6731
1500 Pacheco Street

Luisa
(505) 955-4717
1500 Luisa Street
(entrance on Columbia St)

Villa Consuelo
(505) 474-5431
1200 Camino Consuelo

