The Senior Scene

Programs and Activities for Older Adults

Programas y Actividades para Adultos

offered by:

Division of Senior Services

http://www.santafenm.gov/senior_scene_newsletter

City of Santa Fe Community Services Senior Services

OCTOBER 2015

CITY OF SANTA FE, DIVISION OF SENIOR SERVICES

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

10/2015

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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Senior Services Registration
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Fran Rodriguez, Project Manager/ Dispatch 955-4702
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Nutrition
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Enrique DeLora, Inventory Supervisor 955-4750
FAX Machine - Nutrition 955-4794

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Carlos Sandoval, Program Supervisor 955-4748
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Vacant, Program Coordinator 955-4715
M.E.G. Center, Ventana de Vida Center
Cristina Villa, Program Coordinator 955-4725
Luisa, Pasatiempo, Villa Consuelo

In Home Support Services: Respite Care, Homemaker, Non-Medical Personal Care
Theresa Trujillo, Program Supervisor 955-4745
Katie Ortiz, Clerk Typist 955-4746

Foster Grandparent/Senior Companion Program
Melanie Montoya, Volunteer Prog. Admin. 955-4761
Daniel Mitchell, Special Projects Admin. 955-4744

Retired Senior Volunteer Program (RSVP)
Triston Lovato, RSVP Administrator 955-4760
Marisa Romero, Administrative Secretary 955-4743
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Santa Fe County Information 992-3069
Santa Fe County Mobile Health Van 231-2382

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DIRECTOR'S REPORT

10/2015

Dear Patrons,

As part of the four-year plan renewal process required by, the Non-Metro Area Agency on Aging, the Division of Senior Services staff will be working diligently on a new application to receive both federal and state funds for the continuation of services. Currently, we are in the final year of a four-year funding cycle, which will end on June 30, 2016. We are required to prepare and resubmit a new request in an effort to secure funding for our Transportation, Nutrition and In-Home Support services/programs for the 2016-2020 funding cycle. This is a competitive year in terms of the four-year plan application process, which means our submitted request will be reviewed and ranked via the process outlined by the Non-Metro Area Agency on Aging. One major requirement included in the process is that we must conduct a public hearing, which has been scheduled to take place this month.

Please mark your calendar and plan to attend our annual public hearing on Wednesday, October 7, 2015 at 9 a.m. at the Mary Esther Gonzales senior center. Your presence will truly make a difference because it allows us to obtain your input, thereby enabling us to tailor our services to meet your needs. I would like to extend, in advance, a sincere and personal thank you for your dedicated support and consideration for our programs. Please be advised that our transportation service will be available to provide rides to and from this meeting; you must contact transportation at (505) 955-4700 at least 24 hours in advance to schedule your ride.

Also, as you are aware the repairs to the MEG front parking lot are complete and the new access road to the rear parking lot is in its final stages. The funding utilized for this project was secured during the 2013 State Legislative Session with the project cost for phase I totaling $154,000. We will be actively seeking the remaining funding during the 2016 State Legislative Session (phase II) to complete the rest of the parking lot. Thank you for your patience during last month's parking lot construction improvements – I am confident that the improvements have spruced up the front facility area and have addressed the previous safety issues. We plan to begin other construction projects for the MEG (computer lab and warehouse), Luisa (computer lab and facility improvements) and Villa Consuelo (facility improvements) senior centers by the beginning of next year. Notices will be posted at the above senior centers explaining the scope of work, closures, and estimated length of each construction project.

Again, thank you for your continued patronage and I look forward to seeing you at our Public Hearing. Also, please be advised **that all centers will be closed on Monday, October 12** in observance of Columbus Day. Please join our country in celebrating all that we have accomplished as a nation. I hope everyone has a safe and enjoyable holiday!

Sincerely,

Ron J. Vialpando, Division Director

SENIOR SERVICES PROGRAM INFORMATION

10/2015

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.***

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 October 12th;**
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.

Senior Centers Closed Monday, October 12

All senior centers will be closed on Monday, October 12, 2015 for Columbus Day. So, there will be no transportation or meal services on this day.

Free Benefits Counseling at MEG

Do you have questions about your healthcare coverage, choices you need to make about your Medicare or Medicaid coverage, the rising costs of dental care, hearing aids or eye care? Or do you have issues regarding housing or need assistance with utility expenses? If so, Robert Meinershagen, a volunteer with over 13 years of experience in providing benefit counseling to seniors, is available to offer advice every Wednesday morning at the MEG Senior Center.

You must make an appointment ahead of time. To reserve a free individual session, call the MEG Center at (505) 955-4721. If you are unable to make an appointment with Mr. Meinershagen, you may call the New Mexico Aging and Disability Resource Center at (505) 476-4846 or toll free at 1(800) 432-2080.

Flu Shot Clinics

Santa Fe Public Health Center (605 Letrado)
Located behind the Salvador Perez Recreation Center, flu shots will be available at this location during a free walk-in clinic on Fridays. If you have insurance, they will bill insurance. Call for availability (505) 476-2600.

Christus St. Vincent
Free Community Flu shot clinic on Saturday, October 10, at the main hospital parking lot. Watch the newspaper for specific times. Free to all.

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. This schedule is subject to change; check updates online at www.santafecounty.org or call (505) 231-2382. (All services free of charge)

October 2015 Dates, Times and Locations:

1st	Genoveva Chavez Center	10 am – 2 pm
2nd	**No van**	
3rd	Solana Shopping Center	9 – 11:30 am
	Villa Linda Park	12:30 – 2:30 pm
4th	Pojoaque Super Market	9 am – 1 pm
5th	Fort Marcy	10 am – 2 pm
6th	**No van**	
7th	El Rancho Senior Center	10 am – 2 pm
8th	Santa Cruz Senior Center	10 am – 2 pm
9th	MEG Senior Center	10 am – 2 pm
10th	Mental Health Walk at the Roundhouse	9 am – 3 pm
11th	Our Lady of Guadalupe Church	10 am – 2 pm
12th	**No van – Columbus Day Holiday**	
13th	St. John's Methodist Church	9 am – 1 pm
	South Side Farmer's Market	3 – 5 pm
14th	Eldorado Senior Center	10 am – 2 pm
15th	Chimayo Senior Center	10 am – 2 pm
16th	World Food Day County Fairgrounds	
17th	Cities of Gold	9:30 – 10:30 am & 1:30 – 3 pm
	San Ildefonso Pueblo	11 am – 1 pm
18th	Santa Fe Recovery Center	10 am – 2 pm
19th	Encino Villa	10 am – 2 pm
20th	Pasatiempo	10 am – 2 pm
21st	Edgewood Senior Center	10 am – 2 pm
22nd	Villa Alegre	10 am – 2 pm
23rd	Casa Villita	10 am – 2 pm
24th	South Side Library	9:30 am – 3 pm
25th	Solana Shopping Center	10 am – 2 pm
26th	Hopewell Community Center	10 am – 2 pm
27th	Luisa Senior Center	10 am – 2 pm
28th	Brookdale Assisted Living	9 am – 1 pm
29th	Ventana de Vida Senior Center	10 am – 2 pm
30th	Villa Consuelo Senior Center	10 am – 2 pm
31st	DeVargas Mall (near Albertson's)	9:30 am – 2:30

Graceful Aging Workshop to Focus on Quality of Life

This free Graceful Aging workshop, titled "We're Not Dead Yet: Let's Talk about Quality of Life," is the third in the series. Open to all, this session is especially valuable for seniors, their loved ones and caregivers.

This workshop will cover how to:

- Remain true to our personal values, priorities and spirituality as we age;
- Face day-to-day choices and make strong decisions to ensure ongoing quality of life;
- Choose a health care companion and include loved ones in our health, medical and life decisions.

Presenters include Joan Gibson, PhD., a philosopher, consultant and author, and Reverend Owen Kunkle, a deacon at St. Bede's Episcopal Church and Hospice Chaplain.

The event will be held on Tuesday, October 20, from 10 a.m. to 2 p.m., at Santa Maria de la Paz Catholic Community Parish Hall (11 College Ave). For reservations, leave your name and phone number at (505) 988-4131, extension 114, by October 15.

The workshop is offered by the Pastoral Counseling Center and CHRISTUS St. Vincent Regional Medical Center. Support for the program is provided by the CHRISTUS Health Fund. A free lunch is provided by Kingston Residence of Santa Fe.

Living with Diabetes Six Week Program

This six week class will continue at the Mary Esther Gonzales senior center in the Board Room from 12:30 – 3 p.m. on the following days:

- Monday, October 5
- Monday, October 19
- Monday, October 26

Flora's Corner

"True silence is the rest of the mind, and is to the spirit what sleep is to the body, nourishment and refreshment." –William Penn

alzheimer's association

SAAVY CAREGIVER Program Series

The Alzheimer's Association is offering professional-level dementia care training for the non-professional caregiver, including best practices for dealing with behaviors and communication as well as connecting you with available resources. The free six-week course meets every Thursday for two hours until November 5, 2015. For more information or to register, please call Tina De La Luz at (505) 473-1297 or email tdelaluz@alz.org.

- **When:** Every Thursday in October 1– 3 p.m.
- **Where:** Alzheimer's Association Office (811 St. Michael's Dr.)

Show your support and go pink for October National Breast Cancer Awareness month!

Making Strides of Santa Fe

Making strides against breast cancer is a celebration of survivorship - an occasion to express hope and shared determination to make this breast cancer's last century. Every Making Strides event is an incredible and inspiring opportunity to unite as a community to honor and celebrate breast cancer survivors, raise awareness about the disease, and raise money to help the American Cancer Society save lives from breast cancer by funding groundbreaking breast cancer research, providing free information and support, and helping people take steps to reduce their risk of the disease or find it early when it's most treatable.

- Event: Making Strides of Santa Fe
- When: Saturday, October 3 at 9 a.m.
- Where: Villa Linda Park (4250 Cerrillos Rd)

Do you have Social Security Questions?

Rhonda Romero with the Social Security office will be at Pasatiempo senior center on Wed., October 14 at 10 a.m. to answer questions.

Otra Vez Grandparents Raising Grandchildren 2015 Statewide Conference

Don't miss this FREE event for all grandparents or relatives raising a child/children. There will be presentations on legal services, health & safety, parenting, and adoption as well as group panel discussions and information booths where you can learn about resources in the community.

Hosted by Las Cumbres Community Services, this conference will be on Friday, October 16 from 8 a.m. – 4 p.m. at the Santa Fe Community Convention Center (201 West Marcy Street). A box lunch will be provided and there will be door prizes! The deadline to register is Friday, October 2. Please call (505) 753-4123 for more information or to register today!

Lunchtime Sing-a-Long

Join us for lunch at the MEG center on Monday, October 26 and have a fun time enjoying songs performed by Ken Hendricks from Home Instead Senior Care. Come sing along or just enjoy listening to some old time favorites! Home Instead Senior Care provides professional caregivers to help aging loved ones remain in their homes. Home Instead can be reached at 505.471.2777.

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 costs, food, clothing, etc., for their grandchildren. Eligible senior citizens (60 year 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 up to $184 annually per child for reimbursable expenses. For more information please contact Melanie Montoya at (505) 955-4761.

The volunteer programs wish a very happy birthday to our FGP and SCP Volunteers born in the month of October!

- Frances Gallegos 10/12
- Mary Gonzales 10/24

We Welcome your Input on the Senior Scene

The Senior Scene is designed to educate, inform, stimulate, entertain and welcome people into the City of Santa Fe Division of Senior Services. We try to include a variety of viewpoints and information and we welcome new ideas! If you have something you would like to contribute, we will happily publish it if it falls within the DSS editorial guidelines, space permitting. Per our guidelines, we do not print content that is directly religious, political, potentially slanderous or offensive, or that endorse a for-profit company's product or service. We also reserve the right to refuse materials submitted or to edit them for comprehension or appropriateness for the targeted audience. You may submit articles, poems, thoughts, news, and upcoming event or meeting information. Please send submissions or questions to:

Triston Lovato, City of Santa Fe Senior Services
PO Box 909, Santa Fe, NM 87504-0909
Email: trlovato@santafenm.gov.

AT A GLANCE

10/2015

Thanks for joining us for the Health & Resource Fair at the MEG center on September 2, 2015!

The MEG center also got a visit that day from the Santa Fe Fiesta Council and Royal Court along with the wonderful music of Mariachi Azteca!

AT A GLANCE

10/2015

Older Americans Act

October 7th Public Hearing

The City of Santa Fe Division of Senior Services will host a public hearing on the Older Americans Act and a related Request for Proposal (four-year proposal) that is being developed. The public hearing will be held on Wednesday, October 7, 2015, at 9 a.m. at the Mary Esther Gonzales senior center (1121 Alto Street).

The Older Americans Act was enacted by Congress in 1965 to ensure provision of social services to America's elderly population. The Division of Senior Services administers programs and facilities that provide a comprehensive social service delivery system for senior citizens in our community, such as: meals, transportation, home management assistance, respite care, medical equipment, Grandparents Raising Grandchildren, volunteer programs, and recreation/activities. If you would like additional information, please call (505) 955-4711.

The public's input on these matters is critical. Written comments are encouraged and should be forwarded to:

City of Santa Fe
Division of Senior Services
Ron J. Vialpando, Director
P.O. Box 909
Santa Fe, NM 87504-0909

Feel Like You're Paying More for Health Insurance? Blame Deductibles

Article by Eileen Ambrose, posted on AARP Blog 09/22/2015

Though workers have seen moderate increases in health insurance premiums in recent years, deductibles and the number of workers paying them have increased sharply, according to a new study by Kaiser Family Foundation.

Five years ago, 70 percent of workers in an employer-sponsored plan paid a deductible compared with 81 percent today, Kaiser found. Over that time, the average deductible has grown from $917 to $1,318 for single coverage. Together, this amounts to a 67 percent increase in deductibles in the past five years alone – seven times the growth of workers' wages and inflation, Kaiser said. Deductibles, in fact, have even been rising faster than premiums. "It's no surprise that consumers have not felt the slowdown in health spending," said Drew Altman, the foundation's CEO, in a statement.

Kaiser's annual report of health care costs surveyed 2,000 small and large employers. The group found that on average premiums this year rose 4 percent for single and family coverage. That's slightly lower than the 5 percent average annual increase going back to 2005. And it's far lower than during five-year period before 2005, when premiums typically jumped 11 percent annually.

Fortunately for workers, employers still pay the bulk of the insurance costs. The average yearly premium this year for singles, for instance, is $6,251, with workers kicking in $1,071 of that. The annual premium for family coverage averaged $17,545 this year, with employees' share amounting to $4,955.

These recent moderate increases in premiums may not last, though. Kaiser Foundation's Gary Claxton, the study's author, says health care costs are expected to go up as inflation increases, new drugs come on line and more people use the health care system as the economy improves.

RSVP THE RETIRED SENIOR VOLUNTEER PROGRAM

10/2015

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

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.

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!

Many Mothers

Do you love babies and enjoy lending a helping hand? Many Mothers volunteers understand the wonderful joys and challenging times that arrive with newborns and compassionately offer their support directly to new moms. Please call the RSVP office if you would like more information.

Remember to Turn in Volunteer Hours

Hours for July, August, and September were due last month, but if you forgot please get those to us ASAP. You can report even if it's one hour you served, because everything counts toward RSVP Santa Fe reaching its goals and showing what a terrific program we have! Mail, fax, drop off at MEG or Luisa Centers, submit at www.rsvpsantafe.org or email them to mvromero@santafenm.gov.

Volunteers Needed for Halloween Carnival

Volunteers are needed to help with games and to hand out candy at the Carlos Gilbert Elementary School Halloween carnival. The event will be from noon to 5 p.m. on Saturday, Oct. 31. Contact Triston if you would like to participate!

RSVP volunteers born in OCTOBER!

Gene Melady	10/01	Reynaldo L.Chavez	10/19
Mela Sanchez	10/01	Judy Montano	10/19
Peyton W. George	10/02	Elvira Urban	10/19
Helen Maestas	10/02	Louie Ortiz	10/20
Roberta Armstrong	10/03	Elma V. Ortega	10/21
Nolan Zisman	10/03	Barbara Evans	10/23
Lupita F. Romero	10/04	Anna Marie McQuarie	10/24
Carol Koetter	10/05	Martha Rotunno	10/24
Daniel Koenig	10/06	Jessie M. Lopez	10/25
Jeannie Rae	10/07	Jeanne Doris Luna	10/26
Mercedes Moreno	10/09	Mary Lee Ortiz	10/27
Annabelle Brazeal	10/11	Tony Rivera	10/27
Thomas W. Blum	10/13	Carmen M. Rodriguez	10/27
Jimmy J. Griego	10/15	Janet Reffert	10/28
Earl Jaramillo	10/16	Jessie Visarraga	10/28
Carol Lachman	10/16	Ruth E. Vilmain	10/29
John B. Trujillo	10/16	Elizabeth Slota	10/30
Alex Vargas	10/16	Charles Niggemann	10/31
Joe E. Romero	10/18		

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

ONGOING ACTIVITIES

10/2015

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
Chair Yoga	Thursday	1:00 pm
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

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

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 Chair Yoga	Thursday	1:00 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

SEWING/KNITTING

MEG-Knitting	Friday	2:00 pm

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

10/2015

Barbecue with Mariachi Azteca

Please join us for the last barbecue in 2015! It will be on Wednesday, October 7 at the Mary Esther Gonzales senior center during the noon hour. The menu includes: hamburgers with cheese, lettuce, tomato, pickle, onion and green chile; sides are pork and beans, chips, fresh fruit and milk. Once again Mariachi Azteca will entertain us, so don't miss it!

Nia Technique on 1st & 3rd Tuesdays

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

- October 6 3 p.m.
- October 20 3 p.m.

Free Hair Cuts at MEG & Pasatiempo

Our volunteer Fabiola, a licensed beautician will provide free senior haircuts (on a first come, first serve basis – 20 haircuts per day). Haircuts will be given every Wednesday in October at 10 a.m.

- October 7 MEG
- October 14 MEG
- October 21 Pasatiempo
- October 28 Pasatiempo

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

Senior Olympics: _____10/14/15 at 9:30 a.m.
Transportation/Nutrition:_____10/13/15 at 9 a.m.
Advisory Board: _____10/21/15 at 9:30 a.m.
Travel Committee:_____10/15/15 at 8:45 a.m.
SAC Board: _____10/15/15 at 10 a.m

2015 Excursions

For additional information on these trips, please call Don Bell at (505) 982-2707 after 5:30 p.m. Make checks payable to SAC (Senior Activity Corporation); they can be mailed to Don Bell, 110 Mesa Vista, Santa Fe, NM 87501. Space is reserved upon payment being received.

(FYI – date/price are all subject to change)

Thursday, October 8

Albuquerque International Balloon Fiesta

- Cost is $20 per person
- Breakfast on your own at balloon park
- Plan on arriving at the MEG senior center parking lot at 5 a.m. – the bus will be leaving the MEG center promptly at 5:30 a.m. (no waiting)

Saturday, October 10

Chama Trip

- Cost is $120 per person with lunch included
- Deadline to register is October 1, 2015

Friday, November 20 – Saturday, November 21

Bosque del Apache Bird Refuge

- Cost is $95 per person (double occupancy only – no single rooms)
- Deadline to sign-up is Monday, Nov. 2

Thursday, December 10

River of Lights, Albuquerque Bio Park

- Cost is $20 per person with dinner on your own

Blood Pressure, Blood Sugar & Oxygen Level Tests Dates

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

Luisa – Thursday, Oct. 1_____11 – noon
Pasatiempo – Thursday, Oct. 8 _____11 – noon
MEG – Wednesday, Oct. 14 _____11 – noon
Ventana– Thursday, Oct. 22 _____ 11 – noon
Consuelo – Thursday, Oct. 29 _____10 – 11 a.m.

UPCOMING ACTIVITIES

10/2015

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 St) 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. Upcoming classes are on:

- October 13th Don Blossom, 984-9995
- November 10th Don Blossom, 984-9995

Note: Please leave a message if you do not reach the volunteer instructor.

Free Hearing Screenings

Connect Hearing is pleased to be offering complimentary hearing screenings at the Mary Esther Gonzales senior center as follows:

- Date: Wednesday, October 28
- Time: 10 a.m. to 1 p.m.
- Place: Board Room – behind dining room MEG senior center (1121 Alto St)

To book your complimentary screening, please call Amy at (505) 820-6500. Walk-ins welcome!

Weekend Bingo at Luisa

The Luisa senior center (1500 Luisa Street, entrance on Columbia) will host a Bingo on Sunday, October 18 from 1 to 4 p.m. The cost is $12 for a package and four specials at $1 each. The blackout game is $2 and the jackpot winner will go home with $100! Please bring small bills. There will be frito pies and a drink for $5.

Everyone is welcome, so please join us!

Movie Day at Luisa Senior Center
Wednesday, October 21 at 1 p.m.
"Little Boy"
(2015 • PG-13 • 1h 46m)

When auto mechanic James Busbee (Michael Rapaport) is sent to fight the Japanese during World War II, he leaves behind his wife (Emily Watson) and two sons, London (David Henrie) and Pepper (Jakob Salvati). Pepper feels his father's absence most keenly, and can't wait for him to return home. An encounter with a magician (Ben Chaplin) and advice from a priest (Tom Wilkinson) convince Pepper that the power to bring his dad back safely may be within himself and his actions.

UPCOMING ACTIVITIES

10/2015

Movie Day at MEG Senior Center
Tuesday, October 27 at 1 p.m.
"Ever After – A Cinderella Story"
(1998 • PG-13 • 2h 1m)

"A dazzling rendering of the Cinderella story," (The Washington Post) brought new life to an age-old legend and made us believe in the strongest magic of all: the power of the human heart.

A modern young woman of the 16th century, Danielle (Drew Barrymore) is as independent and wise as she is beautiful and kind. Against remarkable odds, she stands up to her scheming stepmother (Angelica Huston) and works miracles on the lives of everyone around her, including the crown prince of France (Dougray Scott). Now you can relive this captivating, contemporary retelling of the classic fairy tale. No matter what you're looking for, "action, romance, adventure… 'Ever After' delivers it all!

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 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 please contact the ADRC at 1-800-432-2080 for assistance. Dates are as follows for Santa Fe senior centers:

- Pasatiempo – Friday, October 23
  9 a.m. – 1:30 p.m.
- Luisa – Tuesday, November 24
  10 a.m. – 1:30 p.m.

Halloween Events

Halloween Dance and Costume Contest

Join us at the annual Halloween dance on Thursday, October 29 at the Fraternal Order of Eagles (833 Early St). The dance will be from 1 to 4 p.m. with a costume contest beginning at 2:30. Dress up in your best Halloween costume because prizes will be given! This dance is sponsored by the Pasatiempo senior center. Cost is $2 per person and music will be by Camino Oscuro.

Luisa Halloween Contest

You are invited to a Halloween costume contest at Luisa senior center on Friday, October 30 at noon. Prizes will be given for best costume. Don't miss out!

Trip to McCall's Pumpkin Patch

Take a hayride to the pumpkin patch where you can pick your own pumpkin from the field! You can also try to find your way through the 16-acre corn maze, feed the farm animals, race a pedal kart, launch a pumpkin, glide down the giant slide, mine for gemstones, shop, eat and more!

Join us for this pumpkin adventure on Thursday, October 22. We will be departing at 9 a.m. The suggested donation for the bus is $5 and you must pay in advance for the bus when you sign up. Entrance fee is $7. Please remember to bring water, walking shoes and spending money for lunch. Please contact Cristina at 955-4725 to reserve your spot. Don't miss out – this will be a fun way to be a kid again!

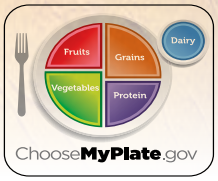
Thank you for your support

Big thanks to **John** from **Real Burger** who donated salsa for the fiesta dance. Thanks for supporting the seniors!

USDA

10 tips
Nutrition Education Series

choosing healthy meals as you get older



10 healthy eating tips for people age 65+

Making healthy food choices is a smart thing to do—no matter how old you are! Your body changes through your 60s, 70s, 80s, and beyond. Food provides nutrients you need as you age. Use these tips to choose foods for better health at each stage of life.

1 drink plenty of liquids

With age, you may lose some of your sense of thirst. Drink water often. Low-fat or fat-free milk or 100% juice also helps you stay hydrated. Limit beverages that have lots of added sugars or salt. Learn which liquids are better choices.

2 make eating a social event

Meals are more enjoyable when you eat with others. Invite a friend to join you or take part in a potluck at least twice a week. A senior center or place of worship may offer meals that are shared with others. There are many ways to make mealtimes pleasing.

3 plan healthy meals

Find trusted nutrition information from ChooseMyPlate.gov and the National Institute on Aging. Get advice on what to eat, how much to eat, and which foods to choose, all based on the Dietary Guidelines for Americans. Find sensible, flexible ways to choose and prepare tasty meals so you can eat foods you need.

4 know how much to eat

Learn to recognize how much to eat so you can control portion size. MyPlate's SuperTracker shows amounts of food you need. When eating out, pack part of your meal to eat later. One restaurant dish might be enough for two meals or more.

5 vary your vegetables

Include a variety of different colored vegetables to brighten your plate. Most vegetables are a low-calorie source of nutrients. Vegetables are also a good source of fiber.

(over)

NIH National Institute on Aging

United States Department of Agriculture
Center for Nutrition Policy and Promotion
DG TipSheet No. 42
July 2015

6 eat for your teeth and gums

Many people find that their teeth and gums change as they age. People with dental problems sometimes find it hard to chew fruits, vegetables, or meats. Don't miss out on needed nutrients! Eating softer foods can help. Try cooked or canned foods like unsweetened fruit, low-sodium soups, or canned tuna.

7 use herbs and spices

Foods may seem to lose their flavor as you age. If favorite dishes taste different, it may not be the cook! Maybe your sense of smell, sense of taste, or both have changed. Medicines may also change how foods taste. Add flavor to your meals with herbs and spices.

8 keep food safe

Don't take a chance with your health. A food-related illness can be life threatening for an older person. Throw out food that might not be safe. Avoid certain foods that are always risky for an older person, such as unpasteurized dairy foods. Other foods can be harmful to you when they are raw or undercooked, such as eggs, sprouts, fish, shellfish, meat, or poultry.

9 read the Nutrition Facts label

Make the right choices when buying food. Pay attention to important nutrients to know as well as calories, fats, sodium, and the rest of the Nutrition Facts label. Ask your doctor if there are ingredients and nutrients you might need to limit or to increase.

10 ask your doctor about vitamins or supplements

Food is the best way to get nutrients you need. Should you take vitamins or other pills or powders with herbs and minerals? These are called dietary supplements. Your doctor will know if you need them. More may not be better. Some can interfere with your medicines or affect your medical conditions.

Go to www.ChooseMyPlate.gov and www.nia.nih.gov/health/topics/nutrition for more information.

SENIOR OLYMPICS

10/2015

In Remembrance

Santa Fe Senior Olympics has lost a true friend, Edward Joseph Armbruster, MD (Joe to all his family and friends). Joe excelled in race walking, setting several records and receiving numerous medals at the Local, State and National Senior Olympic games. He was the Event Manager for Race Walking for many years, organizing race walking clinics in Santa Fe to promote the sport. Joe was a stickler for following the rules, and made sure all participants knew the importance of proper form to follow, so as to not be disqualified when participating. He loved being of service to others and was a dedicated member of the First Presbyterian Church of Santa Fe. He helped lead the Church's rooftop gardening project, teaching children and their parents to grow vegetables and flowers and to care for the earth. He was also a devoted leader of the Church's work in Cuba, supporting a sister-church relationship with the Presbyterian-Reformed Church of Sagua La Grande, Cuba. He visited Cuba five times to promote harmony and goodwill, and was recently recognized by the First Presbyterian Church of Santa Fe for the contributions his work has made to world peace. Joe had a deeply scientific mind and a quick wit. We miss him.

Congratulations to Chris Fletcher (pictured to the right), another medalist who competed at the National Senior Olympic games!

If you would like to get involved in the Santa Fe Senior Olympics please contact:

Cristina Villa, Program Coordinator
Phone: 955-4725
E-mail: cavilla@santafenm.gov

Also visit http://www.sfsg50.org/ for more information and keep checking for updates and upcoming events!

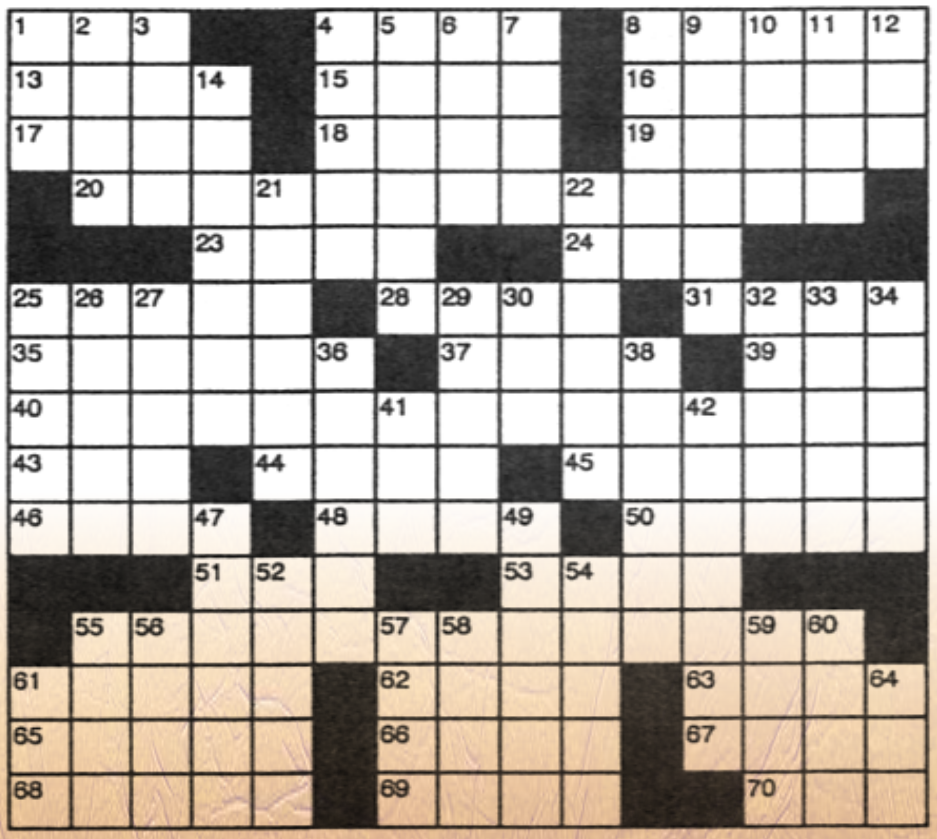
PUZZLE 22

ACROSS

1. Policeman
4. Vipers
8. Annapolis frosh
13. On the apex
15. Farm building
16. Surgical beam
17. Layer
18. Oklahoma Indian
19. "____ Is Born"
20. Theme song of Ethel Waters
23. Rip
24. A Stooge
25. Matrons
28. Certain
31. Catch a wave
35. Evoke
37. Salt formula
39. Neither here ____ there
40. Complete surprise
43. One: Fr.
44. Neap or spring
45. Conceited person
46. Thomas Hardy heroine
48. Household animals
50. Comedian Johnson et al.
51. In the past
53. Ratio phrase
55. Rain producers
61. Author Jong
62. Get up
63. Pluck
65. Metal fastener
66. ____ Stanley Gardner
67. Conceal
68. Impersonators
69. Go in search of
70. Writing instrument

DOWN

1. Garfield, e.g.
2. Elevator inventor
3. Bard
4. South American snake
5. Woodland deities
6. Forepart of a boat
7. Snick-or-____
8. Greek philosopher
9. Swift strokes
10. Italian city
11. Grizzly, e.g.
12. Blunder
14. Defend
21. Separate with a sieve again
22. Actor in "Heaven Can Wait" (1943)
25. Introduction
26. Solitary
27. Units of distance
29. Not realized
30. Squealer
32. Dark
33. Incite
34. Guitar ridges
36. Camera stand
38. Connected, in music
41. "____ to Billy Joe"
42. New York City division
47. Shallow dish
49. Grain cutter
52. Small insects
54. Glossy
55. Journey
56. Bee's home
57. Meadow mothers
58. Uncommon
59. Leak
60. Faction
61. Paleozoic or Cenozoic
64. Decade number



14 Captain Video

The ColecoVision home video game system, introduced in 1982, immediately pushed its competition out of the limelight with its arcade-quality graphics and sound, and its expansion slot, which could accept cartridges from other game systems including Atari and Sega.

Solution on page 138

- ☐ ACCESSORIES
- ☐ BUTTONS
- ☐ "CARNIVAL"
- ☐ CARTRIDGES
- ☐ CONSOLE
- ☐ CONTROLLERS
- ☐ "DONKEY Kong"
- ☐ EXPANSION slot
- ☐ "FORTUNE Builder"
- ☐ FUN
- ☐ GAMES
- ☐ GRAPHICS
- ☐ HIGH-TECH
- ☐ "ILLUSIONS"
- ☐ JOYSTICK
- ☐ KEYPAD
- ☐ KIDS
- ☐ "LADY Bug"
- ☐ MACHINE
- ☐ "MOUSE Trap"
- ☐ PLAY
- ☐ POPULAR
- ☐ ROTARY DIAL control
- ☐ "SMURF: Rescue in Gargamel's Castle"
- ☐ SOUND
- ☐ STEERING wheel
- ☐ "SUPER Action Baseball"
- ☐ SYSTEM
- ☐ TEENS
- ☐ "TURBO"
- ☐ "VENTURE"
- ☐ VIDEO games
- ☐ "ZAXXON"

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

PUZZLE ANSWERS

10/2015

PUZZLE 22

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

14

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

BREAKFAST MENU

10/2015

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.**

1st	Grilled ham, cheese, peppers & onions, small roll, margarine
2nd	Scrambled egg, French toast, maple syrup, tomato juice
5th	Pancakes, maple syrup, sausage patty, tomato juice
6th	Scrambled egg, cheese, bacon, grilled peppers, hash browns
7th	Peanut butter, jelly, small roll, tomato juice
8th	Grilled ham, potatoes, salsa, margarine
9th	Breakfast burrito – scrambled egg, bacon, cheese, red chile
12th	**ALL CENTERS CLOSED IN OBSERVANCE OF COLUMBUS DAY**
13th	Grilled ham, peppers, tortilla, margarine
14th	Scrambled egg, waffles, maple syrup, tomato juice
15th	Breakfast biscuit – sausage, cheese, salsa, margarine
16th	Cottage cheese, jelly, cold cereal, tomato juice
19th	Diced ham, cheese, potatoes, salsa, margarine
20th	Breakfast burrito – scrambled egg, cheese, bacon, red chile
21st	Sausage patty, cheese, green chile, hash browns, small roll, margarine
22nd	Ham & cheese biscuit, salsa, margarine
23rd	Scrambled egg, green peppers, potatoes, bacon
26th	Boiled eggs, hot oatmeal, margarine, tomato juice
27th	Sausage, cheese, potatoes, salsa, margarine
28th	Breakfast burrito – scrambled egg, cheese, bacon, red chile
29th	Boiled eggs, hot oatmeal, margarine, tomato juice
30th	Grilled ham, peppers, red chile, tortilla, margarine

Nutrition Education – Healthy Eating as We Age

(Sources: National Institute on Aging & choosemyplate.gov)

Eating well is vital for everyone at all ages. Whatever your age, your daily food choices can make an important difference in your health, how you look and feel, and encourage a sense of well-being.

Eating a well-planned, balanced mix of foods every day has many health benefits. For instance, eating well may reduce the risk of heart disease, stroke, type 2 diabetes, bone loss, some kinds of cancer, and anemia. If you already have one or more of these chronic diseases, eating well and being physically active may help you better manage them. Healthy eating may also help you reduce high blood pressure, lower high cholesterol, and manage diabetes.

Eating well also gives you the nutrients needed to keep your muscles, bones, organs, and other parts of your body healthy throughout your life. These nutrients include vitamins, minerals, protein, carbohydrates, fats, and water. It can also help you to maintain energy levels.

Our daily eating habits change as our bodies get older. Make small adjustments to help you enjoy the foods and beverages you eat and drink. Add flavor to foods with spices and herbs instead of salt and look for low-sodium packaged foods. For tips on healthy eating, read the Health & Safety section.

SENIOR CENTER LUNCH MENU

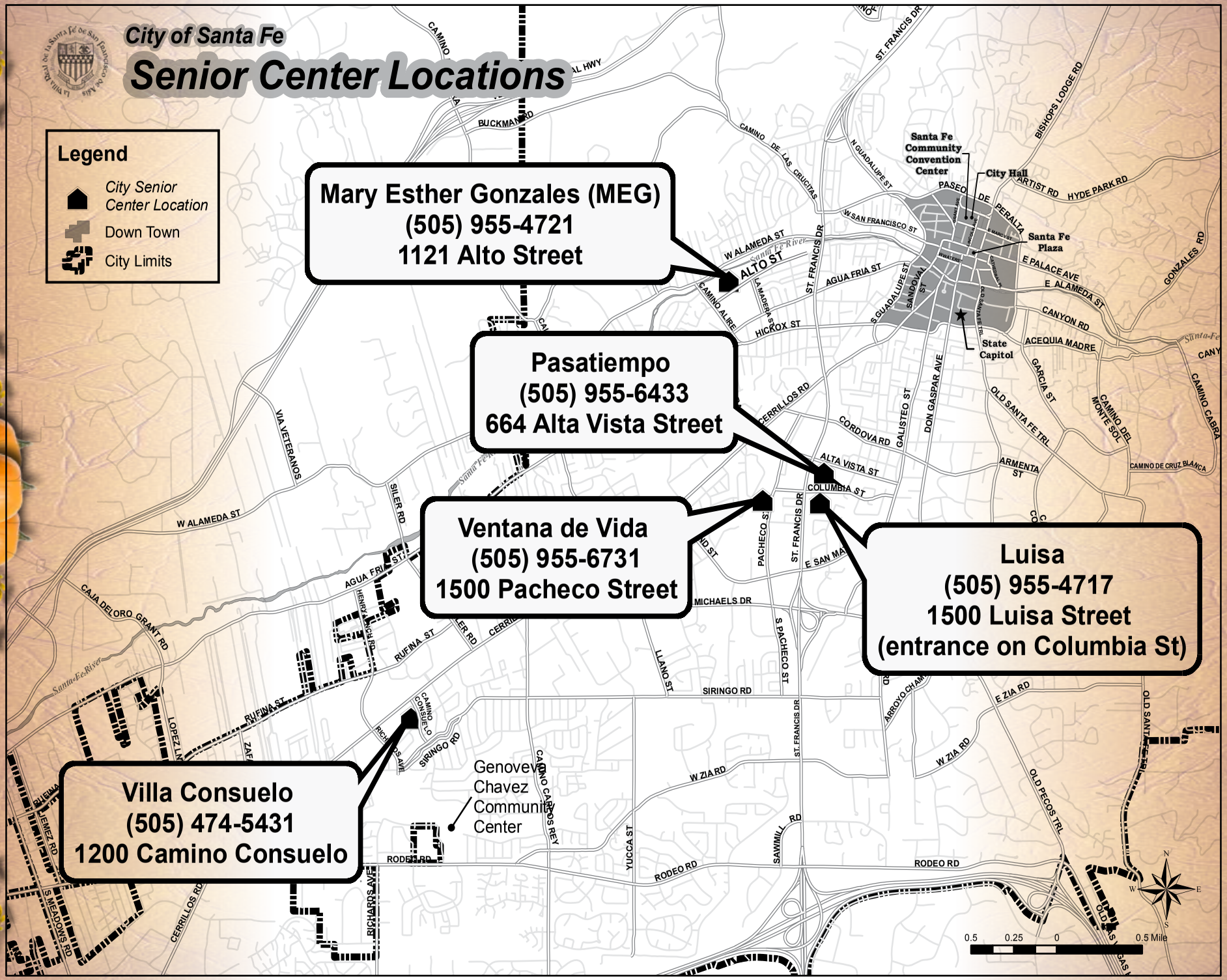
OCTOBER 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MENU IS SUBJECT TO CHANGE Note: Milk is served with every lunch meal			1 Beef steak w/veggie topping steamed spinach Parmesan potato rounds Wheat roll w/butter Lemon bar	2 Baked chicken breast sandwich celery sticks Tater tots Cottage cheese w/peaches
5 Baked fish fillet w/ tartar sauce parsley potatoes Creamy coleslaw Wheat Roll Chocolate Pudding	6 Spaghetti w/meat sauce Buttered green beans Green salad w/ dressing Garlic bread	7 Red chile tamale (1) Pinto beans Vegetable salad Tortilla (1) Chilled mandarin oranges	8 Beef stroganoff w/egg noodles steamed spinach Cauliflower w/ cheese Cottage cheese w/pears	9 Pork posole w/red chile sauce Spinach salad Pinto beans / Tortilla Strawberry & Peaches Peanut butter cookie
12 **All CENTERS CLOSED IN OBSERVANCE OF COLUMBUS DAY**	13 Beef tips w/steamed rice Steamed broccoli Green salad w/ dressing Whole wheat roll Chilled pears	14 Stuffed chicken breast Steamed spinach California vegetables Baked biscuit Peach crisp	15 Red chile beef enchiladas Salsa corn Tossed salad w/ dressing Apple cobbler	16 Hot turkey sandwich w/turkey gravy Baked sweet potatoes Broccoli w/cheese Cranberry sauce Jell-O
19 Chicken fried steak Mashed potatoes w/gravy Steamed green beans Whole wheat roll Apple cobbler	20 Chicken provencal (w/veggies & sauce) Steamed rice Buttered spinach Whole wheat roll Tropical fruit	21 Pork roast Mashed potatoes w/brown gravy Asparagus tips Whole wheat roll Applesauce	22 Chicken fettuccini w/alfredo sauce Buttered carrots and peppers Garlic bread Chilled pears	23 Roast beef Mashed potatoes w/brown gravy Steamed green beans Whole wheat roll White cake
26 Baked ham Baked yams Steamed broccoli w/butter Wheat roll Baked apples	27 Meatloaf w/topping Scalloped potatoes Steamed green beans Whole wheat roll Strawberry shortcake	28 Baked chicken breast Wild rice Carrot raisin salad Biscuit Chilled mandarin oranges	29 Pork stir fry Stir fry veggies Tossed salad w/ dressing Wheat roll Apple cobbler	30 Beef pot roast Mashed potatoes w/brown gravy Steamed green beans Wheat roll White cake

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
City Senior Center Location
Down Town
City Limits
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
Genovevo Chavez Community Center
Santa Fe Community Convention Center
City Hall
Santa Fe Plaza
State Capitol
ALTO ST
ALTA VISTA ST
COLUMBIA ST
PACHECO ST
ST. FRANCIS DR
W ALAMEDA ST
E ALAMEDA ST
W SAN FRANCISCO ST
PASEO DE PERALTA
E PALACE AVE
CANYON RD
ACEQUIA MADRE
AGUA FRIA ST
HICKOX ST
CERRILLOS RD
CORDOVA RD
MICHAELS DR
SIRINGO RD
RODEO RD
W ZIA RD
E ZIA RD
RUFINA ST
CAJA DEL ORO GRANT RD
VIA VETERANOS
SILER RD
CAMINO CONSUELO
CAMINO CARLOS REY
YUCCA ST
SAWMILL RD
LLANO ST
S PACHECO ST
DON GASPAR AVE
GALISTEO ST
GARCIA ST
OLD SANTA FE TRL
ARMENTA ST
CAMINO DEL MONTE SOL
CAMINO CABRA
CAMINO DE CRUZ BLANCA
OLD PECOS TRL
GONZALES RD
BISHOPS LODGE RD
ARTIST RD
HYDE PARK RD
BUCKMAN RD
CAMINO DE LAS CRUCITAS
N GUADALUPE ST
S GUADALUPE ST
SANDOVAL ST
LA MADERA ST
CAMINO ALIRE
Santa Fe River
0.5 0.25 0 0.5 Mile