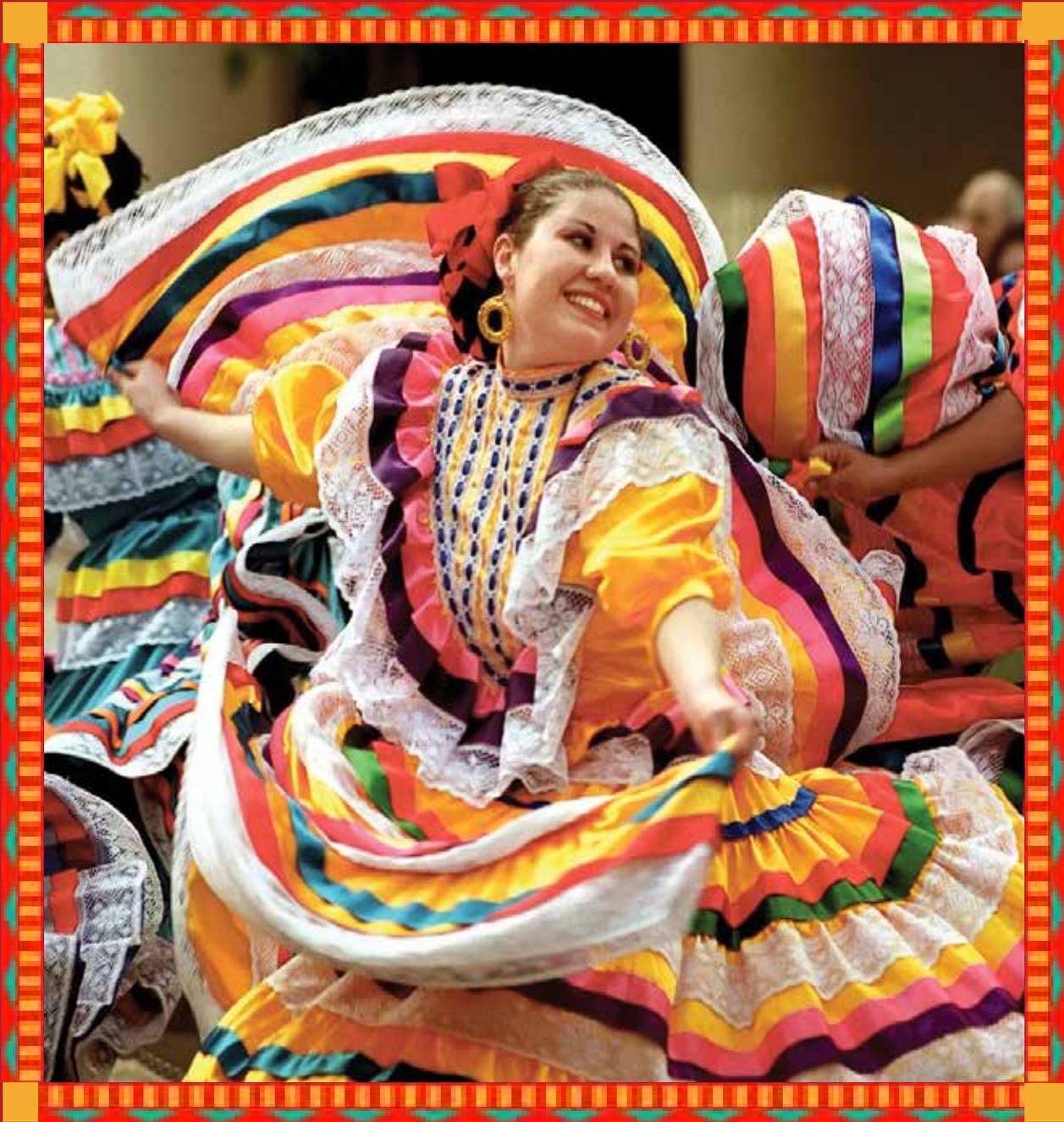


THE SENIOR SCENE



**Programs & Activities
for Older Adults**

**Programas y Actividades
para Adultos Mayores**



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

SEPTEMBER
2016



CITY OF SANTA FE, DIVISION OF SENIOR SERVICES

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

SEPTEMBER - 2016

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

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

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

Front Desk Reception

Toll-Free Administration Line

Ron Vialpando, DSS Director

Administration

Cristy Montoya, Administrative Secretary

Sadie Marquez, Receptionist

FAX Machine - Administration

Senior Services Registration

Brenda Ortiz, Database Specialist

Transportation Ride Reservations (page 4)

Fran Rodriguez, Project Manager/ Dispatch

Robert Chavez, Project/Fleet Manager

Linda Quesada-Ortiz, Administrative Assistant

Nutrition

Thomas Vigil, Program Administrator

Enrique DeLora, Inventory Supervisor

FAX Machine - Nutrition

Meals On Wheels (for homebound individuals)

Carlos Sandoval, Program Supervisor

Yvette Sweeney, Administrative Assistant

Robert Duran, MOW Assessments

Senior Center Programming (Activities)

Lugi Gonzales, Center Program Manager

Albert Chavez, Program Coordinator

Mary Esther Gonzales (M.E.G.), Ventana de Vida

Cristina Villa, Program Coordinator

Luisa, Pasatiempo, Villa Consuelo

(505) 955-4721

(866) 824-8714

955-4710

955-4721

955-4741

955-4797

955-4722

955-4700

955-4702

955-4703

955-4756

955-4740

955-4750

955-4794

955-4748

955-4739

955-4747

955-4711

955-4715

955-4725

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

Theresa Trujillo, Program Supervisor

Katie Ortiz, Clerk Typist

955-4745

955-4746

Foster Grandparent/Senior Companion Program

Melanie Montoya, Volunteer Prog. Admin.

Vacant, Special Projects Admin.

955-4761

955-4744

Retired Senior Volunteer Program (RSVP)

Triston Lovato-Armstrong, RSVP Administrator

Marisa Romero, Administrative Secretary

FAX Machine - RSVP Office

955-4760

955-4743

955-4765

50+ Senior Olympics

Cristina Villa, Program Coordinator

955-4725

Miscellaneous

Lobby Area

Craft Room

Pool (Billiard) Room

955-4735

955-4736

955-4737

Other Important Numbers

Santa Fe Civic Housing Authority

Santa Fe County Information

Santa Fe County Mobile Health Van

988-2859

992-3069

231-2382

Newsletter Production

Triston Lovato-Armstrong, Editor/Distribution

Gil Martinez, Graphic Artist

Mela Sanchez, Mailing Distribution

Christella Vigil, Mailing Distribution

Anna Mae Gallegos, Mailing Distribution

955-4760

DIRECTOR'S REPORT

SEPTEMBER - 2016

Dear Patrons:

This year our great nation will celebrate the 134th Anniversary of Labor Day on Monday, September 5th (the first was held on Tuesday, September 5, 1882, in New York City). Labor Day is a special dedication and acknowledgment of our workforce for their hard work and commitment in making this country prosperous as well as a global leader.

According to the US Department of Labor it "is a creation of the labor movement and is dedicated to the social and economic achievements of all American workers. The vital force of labor added materially to the highest standard of living and the greatest production the world has ever known and has brought us closer to the realization of our traditional ideals of economic and political democracy. It is therefore appropriate that the nation pay tribute on Labor Day to the creator of so much of the nation's strength, freedom, and leadership – the American worker."

Please join me in thanking the workforce at the Division of Senior Services, both staff and the numerous volunteers, for their continued hard work and dedication in making our programs successful. Also, please be advised that all senior centers will be closed on Monday, September 5th in observance of Labor Day.

Another milestone this month is Santa Fe's very own historical Fiesta de Santa Fe, which is in its 304th year! In 1712, a proclamation established the first Fiesta de Santa Fe and was signed by Governor Marquez de La Penuela. This year's festivities will kick off on Friday, September 2nd at Fort Marcy Park with the burning of Zozobra (92nd annual event) to dispel hardships and travails of the past year.

Because of the many events and numerous citizens participating, all senior centers will operate on an adjusted schedule on Friday, September 9th; centers will open at 8 a.m. and close at noon. Meals on Wheels will be delivered and breakfast will be served as normal but there will be no lunch meal served at the centers on this day. In addition, Transportation will operate from 8 a.m. to noon with the last call of the day at 11:15 a.m. In-Home Support services will also be provided from 8 a.m. to noon. Please make note of these adjusted schedules and coordinate any necessary arrangements in advance to meet your needs.

I hope you participate in the many festivities our city has to offer this month. Have a safe and enjoyable September celebration!

Sincerely,



Ron J. Vialpando, Division Director

SENIOR SERVICES PROGRAM INFORMATION

SEPTEMBER - 2016

SENIOR SERVICES REGISTRATION

Anyone age 60 or over who participates at any City of Santa Fe Senior Center, uses the Division Transportation, or other services is asked to register with our program. Registration is held at the Mary Esther Gonzales (MEG) Senior Center located at 1121 Alto Street, Monday through Friday from 8:30 a.m. to 4:30 p.m. When you register, a staff member will fill out a form with you, including your date of birth, the last four digits (only) of your Social Security number, an emergency contact name and phone number. Staff will provide you with a photo membership card for \$2; please bring the exact amount. **Please note that these cards are NOT valid as legal identification.**

Eligibility for Senior Services Registration

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

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

SENIOR TRANSPORTATION INFORMATION

- To Reserve: **Call 955-4700 at least 24 hours in advance, before 4:00 p.m.** Ride reservations can be made up to five business days in advance. Please specify if you require a wheelchair lift van. To avoid delays in service, call immediately if you need to cancel a scheduled ride.
- Senior Cost: Seniors 60 and over, a suggested donation of .50¢ per ride (one way trip). You may purchase a 25-ride ticket for \$10.00 from the Transportation Office
- Schedule: **Rides are available 8:15 a.m. to 4:15 p.m. Monday through Friday. On the first Tuesday of every month, last call for pick up will be 2:45 p.m.** Rides to medical appointments are given priority over all other rides. Vans leave from the MEG Center at 12:00, 1:00, 2:00 and 3:00 p.m. (Be seated in lobby or patio chairs.)
- Notes: **Drivers may arrive up to 15 minutes before or after scheduled pick-up time.**
- *Note: No services on Sept. 5th and last call at 11:15am on Sept. 9th**
- 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

SEPTEMBER - 2016

Santa Fe County Mobile Health Van

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

Dates for September:

01 – Edgewood Senior Center 10 am – 2 pm
02 – HPPC Meeting 9 – 11 am
Fort Marcy 11:30 am – 2:30 pm

03 – Van not out

04 – Genoveva Chavez Center 9 am – 1 pm
(Nurse Inside – located in the board room)

05 – Labor Day Holiday – Van not out

06 – Eldorado Senior Center 10 am – 2 pm
07 – El Rancho Senior Center 9 am – 1 pm
08 – Santa Cruz Senior Center 10 am – 2 pm
09 – Ventana de Vida Center 9 am – 1 pm

10 – Van not out

11 – Santa Fe Recovery Center 9 am – 1 pm
12 – Rufina Food Site 9 am – 1 pm
13 – St. John's United Methodist Church
9 am – 12:30 pm

Southside Farmer's Market 2:30 – 5 pm
14 – Pasatiempo Senior Center 10 am – 2 pm

15 – Van not out

16 – Casa Villita City Housing 9 am – 1 pm

17 – Van not out

18 – Genoveva Chavez Center 9 am – 1 pm
(Nurse Inside – located in the board room)

19 – Villa Consuelo Senior Center 9 am – 1 pm

20 – Chimayo Senior Center 10 am – 2 pm

21 – Santa Fe Community College 10 am – 2 pm

22 – Encino Villa Housing 9 am – 1 pm

23 – MEG Senior Center 10 am – 2 pm

24 – Van not out

25 – Santa Fe Recovery Center 9 am – 1 pm

26 – Luisa Senior Center 9 am – 2 pm

27 – Smith's (Pacheco) 9 am – 1 pm

Southside Farmer's Market 2:30 – 5 pm

28 – Pojoaque Senior Center 9 am – 1 pm

29 – Villa Alegre 10 am – 2 pm

30 – Genoveva Chavez Center 9 am – 1 pm

Let's Grow! Herb Harvesting and Propagation

Bring your shovels and gloves for a morning of hands-on herb harvesting. Learn to propagate by division — digging out parts of established plants and replanting in pots that you can take home and enjoy! This workshop takes place on Saturday, September 10th from 9 a.m. to noon at the County Fairgrounds Herb Garden off Rodeo Road.

New Graceful Aging 5 Workshop and Lunch Offered September 20th

Free and open to all, the new Graceful Aging 5 "Being Well...Doing Well" workshop is designed to help seniors reach their personal aging best. Presentations and short training sessions will cover:

- Mindfulness — Learn the benefits and goals of mindfulness and then apply its principles.
- Fitness — To be fit at any age, use at-home exercises to boost energy and build health.
- Nurturing Mind and Spirit — How to make the most of social and community connections for stimulus and fun.
- Emotional Well-Being — Learn skills for bouncing back from losses and setbacks.
- Acting as Best Friend and Advocate — Self-empowerment to manage the challenges of this new phase of life.

This workshop will be presented Tuesday, September 20, from 10 a.m. to 2 p.m. at Santa Maria de la Paz Catholic Community Parish Hall, 11 College Avenue in Santa Fe. To attend and receive the free lunch, please register by calling (505) 988-4131, extension 114, by September 18.

This Graceful Aging workshop is offered by the Pastoral Counseling Center and partners Christus St. Vincent Regional Medical Center and the Christus Health Fund, with lunch provided by Pacifica Santa Fe. Resource tables will be presented by Santa Fe Healthcare Network.

NEWS & VIEWS

SEPTEMBER - 2016

**SANTA FE PARKINSON'S
BENEFIT CONCERT**
Friday, September 30th 2016

ONE NIGHT ONLY FEATURING :
Moody Little Sister
"Portland Oregon's Americana Sweethearts"
"...folklore and storytelling"
"...True grit..."

Doors 6:30PM * Concert 7:00PM

THE CENTER STAGE
Santa Fe Center for Spiritual Living
505 Camino de Los Marquez
Santa Fe, NM 87505

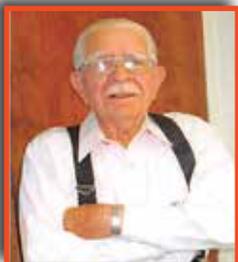
\$20 Advanced \$25 at Door

Get your tickets! Call 800-838-3006 RE: "Santa Fe Parkinson's Benefit Concert" or buy online at SFPDFundraiser.brownpapertickets.com. For more information contact Karen St. Clair at (505) 780-5864 or kastclair@gmail.com.

2016 New Mexico Parkinson's Conference

The New Mexico Parkinson's Coalition presents the 2016 Parkinson's Conference, which will be held on Saturday, October 22nd from 9 a.m. to 4 p.m. at the Sandia Resort & Casino. The theme is "Living Outside the Box: Alternative Therapies for Parkinson's." Folks can register at www.NMParkinson.org or by calling 800-838-3006. Tickets are \$30/person.

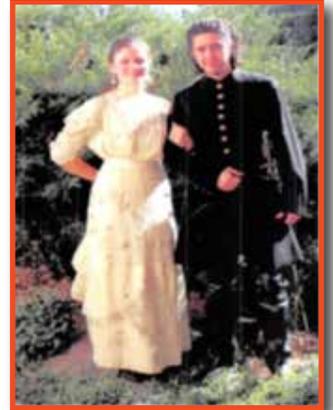
In Remembrance



Casimiro "Casey" Quintana, aka "Mr. Good Looking" and #17 passed away on July 18, 2016 at the age of 97 in El Paso, TX where he resided with his son Wiley. He is survived by his three sons and daughters-in-law: Casey II (Mary Ann), Bill (Mary), and Wiley (Blanca). He also has 10 grandchildren, 23 great-grandchildren, and six great-great-grandchildren. Casey was a big fan of bingo and loved music and dances. He will surely be missed.

Merienda Exhibicion de Modas (Fashion Show)

Come and enjoy a relaxing afternoon on Saturday, September 10th at 3 p.m. at the James A. Little Theater School for the Deaf. The Sociedad Folklorica is preparing the beautiful dress for its annual fashion show and Merienda. Antique clothing, dating from the 1880's to the 1950's, will be shown. Party dresses, capes, mantillas, lawn summer dresses, bridal gowns, children outfits and much more will be modeled by beautiful young women, some of whom are members, family members and friends of La Sociedad. Fiesta Queen Brittany Sandoval y Romero and her court will be escorted by Mariachis to the stage.



The Sociedad began in 1935 and celebrated its 80th anniversary last year; during its first year, the Merienda was held at the Sena Plaza. Members used dresses that were in trunks belonging to family members – how things have changed, although some of the dresses are still owned by members. La Sociedad has collected hundreds of items, providing the opportunity to have a unique presentation every year. The traje committee, who is in charge of keeping the collections in order by cataloging each piece description and the origin, handles each item with great care and takes special steps to store and preserve them. They also arrange all the details for the modeling, including getting models and fitting them into the outfits. It's quite a job and one that is well done.

After the show, a Merienda is held with Mariachis and delicious biscochitos served with creamy chocolate. This is a great time to visit with old friends and meet new ones! Books published by the Sociedad will be sold in the lobby; they cover many topics including religion, stories of Northern New Mexico, adivinanzas (riddles), and cook books of traditional and modern recipes. Admission into the show is \$10 per person. For more information please contact Gloria C. Kahn at (505) 983-7839.

AT - A - GLANCE
SEPTEMBER - 2016

**Santa Fe
Volunteers enjoyed
themselves at
the 38th annual
New Mexico
Conference
on Aging. The
event featured
workshops,
keynote speakers,
and many
informational
booths!**



Christella Vigil, RSVP



**Dolores & Ed Mose,
RSVP**



**Joann Sena, SCP
Benerita Morales, SCP**



Antonia Salazar, RSVP & SCP



Socorro Arroyo, FGP



3rd Annual End Hunger in New Mexico Summit

September 27, 2016
Sheraton Albuquerque Uptown
2600 Louisiana Blvd NE
Albuquerque, NM



Brought to you by:
New Mexico Cares Foundation, Inc.



North Central New Mexico
Economic Development District
Non-Metro Area Agency on Aging
3900 Paseo de Sol
Santa Fe, NM 87502-5115
Toll Free: 866 699-4927
Direct: 505-395-2668
endnmhunger@endnmhunger.com

HOW CAN YOU PARTICIPATE?

- ✓ *Register for the Hunger Summit*
- ✓ *Help this year to create new initiatives to end hunger*
- ✓ *Donate Non-Perishable Food Items for the Food Truck on September 27, 2016 at the Sheraton Albuquerque Uptown, Albuquerque, NM*
- ✓ *Be a Sponsor of the Hunger Summit. Complete the "Call for Partners and Presenters" form @ www.endnmhunger.com*
- ✓ *Donate Door Prizes. Contact us @ 505-395-2668*
- ✓ *Donate items for Tote Bags*

*For more information contact
Dolores Gonzales
505-395-2678 / 505-395-2668 / 866-699-4927
www.endnmhunger.com*

RSVP (RETIRED SENIOR VOLUNTEER PROGRAM)

SEPTEMBER - 2016

COMMUNITY NEEDS



Are you interested in donating some of your time to make a difference in the community? If so, you can become an RSVP volunteer today! Listed below are some current volunteer opportunities. **If you are interested, want to learn more and enroll in RSVP, please contact Triston Lovato-Armstrong at (505) 955-4760 or trlovato@santafenm.gov.**



Participate in the Volunteer Programs Sock Drive for Veterans in Need

The City of Santa Fe Senior Volunteer Programs will be collecting new socks to benefit homeless and near-homeless veterans in the Santa Fe area. The sock drive will kick off on September 11th, a National Day of Service and Remembrance, and will run into November. Socks will be distributed at the "Vet Stand Down" event in November, an event open to homeless veterans who may need free clothes, food, and other services. There will be a collection bin at the Mary Esther Gonzales Senior Center (1121 Alto Street) and in City Hall. For more information please contact Triston at (505) 955-4760.

Literacy Volunteers of Santa Fe

Literacy Volunteers of SF are always looking for dedicated tutors to help with the growing needs in the community! In the Basic Literacy program, tutors are needed to teach adults the fundamentals of reading and writing. In the English as a Second Language program, English language skills tutors are needed to teach to students whose primary language is not English. It is not required for you to have proficiency in any language other than English in order to teach these students. An upcoming ESL training is scheduled for October 6-8, 2016.



Help Clean up Santa Fe

Join hundreds of volunteers to clean up our neighborhoods, city streets, parks, arroyos and schools. The Toss No Mas Fall Cleanup will be on Saturday, September 24, 2016. Registration will be from 7-9 a.m. at 1142 Siler Road; cleanup materials and a morning snack will be distributed. Please contact sfbeautiful@santafenm.gov or (505) 955-2215 for more information on this event, or if you know of a public area in need of cleaning.



RSVP volunteers born in SEPTEMBER

Tommie Ortega	9/01
Claudia Robbins	9/04
Carolyn McGinnis	9/05
Celedonio F. Lucero	9/06
Theresa M. Ortiz	9/06
Diane DeLuca	9/07
Corrine Vargas	9/07
Sandra Kendall	9/08
Roy Trujillo	9/10
Alexis Nash	9/11
Kate Oldroyd	9/11
Elizabeth Hinds	9/13
Jane Gabaldon	9/14
Bruce H. Kidman	9/14
Kathy Powell	9/14
Carol Wulff	9/14
Stan Cooper	9/15
Lydia Anicito	9/16
Sophia Gallegos	9/16
Barbara Anderson-Acosta	9/17
Celina "Sally" Roybal	9/18
Lois M. Parkes	9/20
Claire Rodill	9/20
Patricia Sweetland	9/21
Frances Gomez	9/24
Lucy R. Brown	9/25
Marie B. Pacheco	9/26
Angie Quintana	9/26
Carol A. Turner	9/26
Irene R. Maestas	9/28
Kim Martinez	9/28

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

SEPTEMBER - 2016

3rd Annual End Hunger in New Mexico Summit

Volunteers are invited to attend the Hunger Summit on Tuesday, September 27, 2016. The purpose of the Summit is to build awareness of hunger in the State of New Mexico by supporting underlying solutions that inspire self-sufficiency and community empowerment and support for a hunger-free tomorrow. This year's Summit will offer a wide variety of topics dealing with hunger issues, including experts on the subject matter. Some other highlights include door prizes, exhibits, keynote speeches, roundtable discussions and a community sponsors fair. As active volunteers, your ride, registration and lunch will be paid for but, we simply ask for you to take a small non-perishable food donation such as peanut butter, cereal, soup or granola bars. If you are interested in attending, please let Melanie know by Friday, September 9th.

In-Service Meeting for September

On Wednesday, September 21st, volunteers should attend the Resource Fair sponsored by Ambercare and the Division of Senior Services. Attendees can visit with different vendors and organizations all focused around issues regarding senior citizens. The Resource Fair will begin at 9 a.m., at the Mary Esther Gonzales Senior Center dining room. You are not required to volunteer at your regular volunteer assignment this day and should plan on attending the fair instead.

New Volunteers

Please join volunteer staff in welcoming the following new volunteer recruits:

- Bernadette Ramirez, Foster Grandparent
- Mery Rios, Foster Grandparent

These new volunteers have decided to take time out of their busy schedules and make a difference in the life of a child by volunteering their time and talents with our programs. Thank you new volunteers!



Now recruiting Foster Grandparent and Senior Companion Volunteers

Are you ready to get out of the house and make a difference in our community? As a volunteer, you're a role model, a mentor, or a caregiver and a friend. If you're at least 55 and want to share your experience and compassion, you might have what it takes to be volunteer!

As a volunteer, you may qualify for a tax-free stipend, mileage reimbursement and many other benefits. We are currently recruiting Foster Grandparents for the new school year and we have many volunteer stations to choose from. Volunteers are especially needed in the Head Starts. In addition, we are in need of Senior Companion volunteers who drive and would be willing to do errands and provide companionship for frail/lonely senior citizens who need a bit of assistance to be able to remain living in their own homes.

When you volunteer, you're not just helping others-you're helping yourself. Volunteering leads to new discoveries and new friends. Plus studies show that volunteering helps you live longer and also promotes a positive outlook on life! If you are interested in becoming a volunteer, please call Melanie at 955-4761.

Labor Day

In observance of Labor Day, volunteers are not required to volunteer their regular schedule on Monday, September 5th. Enjoy your day off!

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

Tommie Ortega	9/1
Pita Vasquez	9/5
Amelia Garcia	9/6
Gail Askew	9/15
Socorro Arroyo	9/19

ONGOING ACTIVITIES

SEPTEMBER - 2016

All activities are open to registered seniors.

Schedule is subject to change. Activity Coordinators' contact information on page 2.

Luisa Senior Center – 1500 Luisa Street (entrance on Columbia)				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	11:45 am: Sing along			1 pm: Bingo
8 am – 1:30 pm: Fitness room				

Mary Esther Gonzales (MEG) Senior Center – 1121 Alto Street				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:15 am: Tai Chi 9:30 am: Enhance Fitness 11:30 am: Colorama 1 pm: Hospice Crafts 1-3 pm: Bingo	8:15 am: Tai Chi 9 am: Jewelry class 1:30 pm: Oil painting (9/13 and 9/27) 1:30 pm: Nia Technique (1 st & 3 rd Tuesdays)	8:15 am: Tai Chi 9:30 am: Enhance Fitness 9:30 am: Ceramics 1-3 pm: Bingo 1-3 pm: Guitar class	8:15 am: Tai Chi 9:30 am: Wood-Straw Applique 9:30 am: Yoga	9:30 am: Enhance Fitness 9:30 am: Ceramics 2 pm: Knitting
7 am-4:30 pm: Pool/cards/billiard room AND Fitness room				
8 am-4:30 pm: Computer (open use)				

Pasatiempo Senior Center – 664 Alta Vista Street				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 am: Yoga (class currently full) 12:30 pm: Bridge	8:30 am: Zumba 1 pm: Line Dance (Advanced)	8:30 am: Yoga (class currently full) Noon: Sing along	9 am: Tai Chi 10 am: Zumba 10 am: Ceramics 1 pm: Line dance (Intermediate)	1 pm: Line dance (Beginner/Low intermediate)
8 am – 1:30 pm: Fitness room				
9 – 11 am: Computer class				

Ventana de Vida Senior Center – 1500 Pacheco Street				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	9:30 am: Chair yoga 1 pm: Art class		1-3 pm: Bingo	

Villa Consuelo Senior Center – 1200 Camino Consuelo				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30 am: Ceramics	11 am – 2 pm: Bingo	9:30 am: Ceramics	2:30 pm: Acrylics painting class	

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

UPCOMING ACTIVITIES

SEPTEMBER - 2016

Senior Center Closures

Monday, September 5th – All City of Santa Fe senior centers will be closed for Labor Day; there will be no transportation or meal services this day. Centers will reopen on Tuesday, September 6.

Friday, September 9th – All City of Santa Fe senior centers will close at noon in honor of Fiesta de Santa Fe. Transportation will operate from 8 a.m. – noon with last call of the day at 11:15 a.m. Meals on Wheels will be delivered and breakfast will be served as normal; there will be no lunch meal served at the centers.

Villa Consuelo BBQ September 2nd

Come on out to the Villa Consuelo Senior Center (1200 Camino Consuelo) for the annual BBQ on Friday, September 2nd from 11 a.m.–12:30 p.m. We will be serving Hamburgers, pork and beans, chips and watermelon for a suggested donation of \$1.50 for seniors and \$9.34 for non-seniors under the age of 59. Don't miss out on some great BBQ!

Weekend Bingo at Luisa Senior Center

The Luisa Senior Center (1500 Luisa Street) will be hosting a Bingo on Sunday, September 4, 2016 from 1–4 p.m. It is \$12 for a package, four specials at \$1 each, and \$2 for jackpot. Don't miss out – it's a \$100 jackpot guarantee! We will be serving chili dogs, chips, and a drink for \$5. Please bring small bills and everyone is welcome!

MEG Fitness Room

Please stop by the MEG fitness room and try out the equipment that is there for you! Feeling uncomfortable or confused trying to figure out some of the machines? Don't let that keep you away! Stop by and talk to volunteer trainer Gitte Mainland, who has been assisting seniors and will continue to help through September. Ms. Mainland is available on Tuesdays and Thursdays from 9 – 11 a.m. during September. If you would like this assistance please join her! She will be on vacation October, November, and December so stop by soon!



Fiesta Celebration at MEG

Celebrate the Santa Fe Fiesta with Don Diego, his Cuadrilla and la Reina y las Princesas! They will be at the Mary Esther Gonzales (MEG) Senior Center on Wednesday, September 7th from noon to 1 p.m. during lunch. Come join in the fun, music, and dancing!

Fiestacita at Pasatiempo

Join the Santa Fe Fiesta celebration at the Pasatiempo Senior Center (664 Alta Vista) on Thursday, September 8th. From 11 a.m. to 2 p.m. you can enjoy live music by Mariachi Azteca and between 12 and 12:30 p.m. visit with Don Diego de Vargas and his Cuadrilla, and la Reina and her Princesas! Refreshments will be served and this is a free event. See you there!

Fiesta Dance

Que viva la Fiesta! Join us for the annual Fiesta Dance on Thursday, September 8th at the Fraternal Order of Eagles (833 Early Street) from 1 to 4 p.m. Admission is \$2 and live music will be provided by Jordan Baca Band. Don Diego y La Reina will arrive between 1:15 and 1:50 p.m. to join in the festivities. This dance is sponsored by the Luisa Senior Center.

State Fair Trip September 12th and 15th

It's time to plan our annual trip to the New Mexico State Fair! We will be going for "Senior Celebration Day" on Monday, September 12th and September 15th for "NM True Day" and "Gathering of Counties Day." The bus will depart from the MEG Center at 9 a.m. and return at 3:30 p.m. The suggested donation for the bus is \$5 and admission to the Fair is \$7. Please call Cristina Villa at (505) 955-4725. Spaces are limited and it is on a first-come first-serve basis. Leave a message with preferred date.



UPCOMING ACTIVITIES

SEPTEMBER - 2016

AARP "Smart Driver" Course

Sign up for the AARP Smart Driver course today! Classes are held monthly in the dining room at the Mary Esther Gonzales Senior Center (MEG), located at 1121 Alto Street. The class is from 1 to 5 p.m. but please arrive at 12:30 p.m. to check-in and fill out any required paperwork.

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

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

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

Upcoming dates are:

- September 13th
- October 11th

Guitar Forum at Villa Consuelo Center

Guitar Classes, performances, jam sessions, sharing and more! Join the group every Friday from 1:30 to 3 p.m. at Villa Consuelo Senior Center. All are welcome and all styles. Contact Tony Fernandez at (505) 204-3502 with any inquiries.

Chair Yoga Exercise at Ventana De Vida

Please Join Mary Jo our Exercise instructor every Tuesday from 9:30–10:30 a.m. in the dining room at Ventana de Vida.

Yoga at MEG Senior Center

Mary Jo will also be instructing yoga at the Mary Esther Gonzales Senior Center Thursdays from 9:30–10:30 a.m. in the dining room. **Please bring your own yoga mat and join her!**

Acrylics Paint Class at Villa Consuelo

Do you like to paint? Join us for an acrylics painting session at the Villa Consuelo Senior Center (1200 Camino Consuelo) every



Thursday from 2:30 – 4:30 p.m. Supplies will be provided at this time. Come share your artist within! If you're interested in leading the class please call Cristina at (505) 955-4725.

Nia Technique on 1st & 3rd Tuesdays

The Tuesday Nia Technique class time has changed from 3 to 1:30 p.m. The class is at the MEG center on the following dates:

- September 6th 1:30 p.m.
- September 20th 1:30 p.m.

Blood Pressure, Blood Sugar & Oxygen Level Tests Dates

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

Luisa	Thursday, 9/1	11 a.m. – noon
Pasatiempo	Thursday, 9/8	11 a.m. – noon
MEG	Wednesday, 9/14	11 a.m. – noon
Ventana de Vida	Thursday, 9/22	11 a.m. – noon
Villa Consuelo	Tuesday, 9/27	10 – 11 a.m.

UPCOMING ACTIVITIES

SEPTEMBER - 2016

Health & Resource Fair at MEG

Please join us for the 4th annual Senior Resource Fair being held on Wednesday, September 21, 2016 from 9:30 a.m. – 1 p.m. at the Mary Esther Gonzales Senior Center (1121 Alto Street). Ambercare Hospice and the City of Santa Fe Division of Senior Services have partnered to provide the community and our seniors with informative booths including: the Social Security Administration, Rivera Family Funeral Home, Sandia Hearing and many more! There will also be health care workers from La Familia Medical Center conducting blood pressure and sugar checks and Albertson's will be onsite giving flu shots (please bring your insurance card to receive a flu shot). There will also be door prizes, snacks, and entertainment. Don't miss out on this free event!

Monthly Senior Services Committee Meetings

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

Senior Olympics: Wed. 9/7/16 at 9:30 a.m.
Transportation/Nutrition: No meeting
Travel Committee: Thurs 9/15/16 at 8:45 a.m.
SAC Board: Thursday, 9/15/16 at 10 a.m.
Advisory Board: Wed. 9/21/16 at 9:30 a.m.
(In the new computer lab)

Let's Celebrate Your Birthday

Humana will be supplying cake to celebrate all seniors who have a birthday this month! Birthday celebrations take place every first Wednesday at MEG, every second Wednesday at Pasatiempo, and every third Wednesday at Ventana de Vida. Join us!

Free Hair Cuts at MEG & Pasatiempo

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

- Sept. 14th MEG
- Sept. 21st MEG
- Sept. 28th Pasatiempo

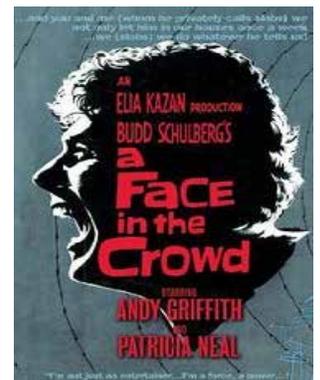
Movie Day at Luisa Senior Center Wednesday, September 21, 2016 at 1 p.m. "Maggie's Plan" (2016 • R • 1hr 39m)

Maggie Hardin, a vibrant and practical thirty-something New Yorker working at the New School, decides now is the time to have a child on her own. But when she meets John Harding, a "ficto-critical anthropologist" and struggling novelist, Maggie falls in love for the first time, and adjusts her plans for motherhood. Complicating matters, John is in an unhappy marriage with Georgette Nørgaard, an ambitious Danish academic. With some help from Maggie's eccentric and hilarious best friends, married couple Tony and Felicia, Maggie sets in motion a bold new plan that intertwines the three main characters' lives and connects them in surprising and humorous ways. Maggie learns that sometimes destiny should be left to its own devices.



Movie Day at Ventana De Vida Wednesday, September 28, 2016 at 1 p.m. "A Face in the Crowd" (1957 • NR • 2h 5m)

A female radio reporter in rural Arkansas turns an unscrupulous folk-singing drifter into a powerful media star who develops political ambitions. Considered a masterpiece by today's film critics, "A Face in the Crowd" was one of the first films to demonstrate the power of T.V. to influence the public in a negative way. It stars Andy Griffith, Patricia Neal and Walter Matthau.

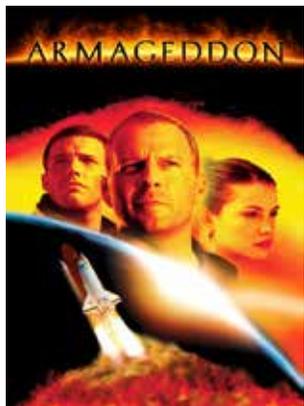


UPCOMING ACTIVITIES

SEPTEMBER - 2016

Movie Day at the MEG Senior Center Thursday, September 29, 2016 at 1 p.m.

“Armageddon”
(1998 • PG-13 • 2h 33m)



When an asteroid threatens to collide with Earth, NASA honcho Dan Truman (Billy Bob Thornton) determines the only way to stop it is to drill into its surface and detonate a nuclear bomb. This leads him to renowned driller Harry Stamper (Bruce Willis), who agrees to helm the dangerous space mission and he can bring along his own hotshot crew. Among them is the arrogant A.J. (Ben Affleck), who Harry thinks isn't good enough for his daughter (Liv Tyler), until the mission proves otherwise.

Donate Books or Magazines

Please help us supply books and magazines for use in the lobby! Books in good condition are always needed as well as magazines that are current (within the past year). Please drop them off with Lugi Gonzales on Tuesdays and Thursdays between 8 a.m. and 5 p.m. Your contribution is much appreciated. Thank you!

Ken from Home Instead Sings at MEG

Join us for lunch at the MEG Center on Monday, September 26th 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.

World Peace Day – September 21st

Celebrate World Peace Day at the Earthprayer for World Peace labyrinth located at Frenchies Park (Osage/Agua Fria). Walk the labyrinth, with a guided tour by Mudman Johnson and express your hope and desire for peace! For more information please contact Francis Mudman Johnson at (505) 954-4495.

2016 Day Trips

For additional information on day trips please call Don Bell at (505) 982-2707 between 5:30 and 7:30 p.m. (Note: Date and price are subject to change.)

October 2016

Albuquerque International Balloon Fiesta
Cost per person is \$20; leaving at 5:30 a.m.
(Date to be determined)

December 2016 – River of Lights

Cost \$20

More information to follow.

Volunteer Benefits Counselor Accepting Appointments

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, Stan Cooper a volunteer from the NM Aging and Disability Resource Center (NM ADRC) is available to offer advice every Wednesday morning at the MEG Senior Center.

To meet with Stan you must make an appointment. To reserve a free individual, 30-minute session please call the MEG Senior Center at (505) 955-4721. If you are unable to make an appointment or need more immediate assistance, call the NM ADRC at (505) 476-4846 or toll free at 1(800) 432-2080.

Trip to Laughlin

The Senior Activity Corporation presents a trip to Laughlin, Nevada from Tuesday, October 25 to Friday, October 28. Spend three nights at the Edgewater Hotel/Casino for \$146.50 double occupancy and \$166.50 single occupancy. The price includes meal tickets – you will choose between having one breakfast and lunch or one lunch and dinner. Please note there is a 10% cancellation fee. For more information and to reserve your space, please call Corrine at (505) 986-1780 or Lilly at (505) 690-8873.



A Home Fall Prevention Checklist for Older Adults

FALLS AT HOME

Each year, thousands of older Americans fall at home. Many of them are seriously injured, and some are disabled. In 2011, nearly 23,000 people over age 65 died and 2.4 million were treated in emergency departments because of falls. Falls are often due to hazards that are easy to overlook but easy to fix. This checklist will help you find and fix those hazards in your home. The checklist asks about hazards found in each room of your home. For each hazard, the checklist tells you how to fix the problem. At the end of the checklist, you'll find other tips for preventing falls.

FLOORS: Look at the floor in each room.

Q: When you walk through a room, do you have to walk around furniture?

Ask someone to move the furniture so your path is clear.

Q: Do you have throw rugs on the floor?

Remove the rugs or use double-sided tape or a non-slip backing so the rugs won't slip.

Q: Are there papers, books, towels, shoes, magazines, boxes, blankets, or other objects on the floor?

Pick up things that are on the floor. Always keep objects off the floor.

Q: Do you have to walk over or around wires or cords (like lamp, telephone, or extension cords)?

Coil or tape cords and wires next to the wall so you can't trip over them. If needed, have an electrician put in another outlet.

STAIRS AND STEPS: Look at the stairs you use both inside and outside your home.

Q: Are there papers, shoes, books, or other objects on the stairs?

Pick up things on the stairs. Always keep objects off stairs.

Q: Are some steps broken or uneven?

Fix loose or uneven steps.

Q: Are you missing a light over the stairway?

Have an electrician put in an overhead light at the top and bottom of the stairs.

Q: Do you have only one light switch for your stairs (only at the top or at the bottom of the stairs)?

Have an electrician put in a light switch at the top and bottom of the stairs. You can get light switches that glow.

Q: Has the stairway light bulb burned out?

Have a friend or family member change the light bulb.

Q: Is the carpet on the steps loose or torn?

Make sure the carpet is firmly attached to every step, or remove the carpet and attach non-slip rubber treads to the stairs.

Q: Are the handrails loose or broken? Is there a handrail on only one side of the stairs?

Fix loose handrails or put in new ones. Make sure handrails are on both sides of the stairs and are as long as the stairs.

KITCHEN: Look at your kitchen and eating area.

Q: Are the things you use often on high shelves?

Move items in your cabinets. Keep things you use often on the lower shelves (about waist level).

Q: Is your step stool unsteady?

If you must use a step stool, get one with a bar to hold on to. Never use a chair as a step stool.

HEALTH & SAFETY

SEPTEMBER - 2016

BATHROOMS: Look at all your bathrooms.

Q: Is the tub or shower floor slippery?

Put a non-slip rubber mat or self-stick strips on the floor of the tub or shower.

Q: Do you need some support when you get in and out of the tub or up from the toilet?

Have grab bars put in next to and inside the tub and next to the toilet.

BEDROOMS: Look at all your bedrooms.

Q: Is the light near the bed hard to reach?

Place a lamp close to the bed where it's easy to reach.

Q: Is the path from your bed to the bathroom dark?

Put in a night-light so you can see where you're walking. Some night-lights go on by themselves after dark.

Other Things You Can Do to Prevent Falls

- Do exercises that improve your balance and make your legs stronger. Exercise also helps you feel better and more confident.
- Have your doctor or pharmacist look at all the medicines you take, even over-the-counter medicines. Some medicines can make you sleepy or dizzy.
- Have your eyes checked by an eye doctor at least once a year and update your glasses.
- Get up slowly after you sit or lie down.
- Wear shoes both inside and outside the house. Avoid going barefoot or wearing slippers.
- Improve the lighting in your home. Put in brighter light bulbs. Florescent bulbs are bright and cost less to use.
- It's safest to have uniform lighting in a room. Add lighting to dark areas. Hang lightweight curtains or shades to reduce glare.
- Paint a contrasting color on the top edge of all steps so you can see the stairs better. For example, use light color paint on dark wood.

Other Safety Tips

- Keep emergency numbers in large print near each phone.
- Put a phone near the floor in case you fall and can't get up.
- Think about wearing an alarm device that will bring help in case you fall and can't get up.



This checklist was produced with support from the MetLife Foundation.

For more information, contact:

Centers for Disease Control and Prevention

1(800) CDC-INFO (232-4636)

www.cdc.gov/steady

Falls Prevention Awareness Day

SEPTEMBER 22, 2016

Ready, Steady, Balance:
Prevent Falls in 2016



September 22, 2016 is the 9th annual Falls Prevention Awareness Day—the first day of fall. The theme of this year's event is Ready, Steady, Balance: Prevent Falls in 2016. Follow the tips above to practice and promote fall awareness and check out a local Tai Chi group or senior center fitness room to begin helping with your balance!

COLORING PAGE

SEPTEMBER - 2016



PUZZLE

SEPTEMBER - 2016

PUZZLE 54

CROSS

1. Scout site
5. Impales
0. Wardrobe
4. Region
5. Unspoken
5. Asian ruler
7. Prevaricator
3. Mountain crest
3. Riviera city
0. Cupola
2. Withdrew
4. ___ King Cole
5. Ballet step
3. Directed
0. Calls it a day
4. Young salmon
5. Gloomy
7. River deposit
3. ___ mode: 2 wds.
3. Unit of work
0. Contend
1. Throw
3. Ventured
5. Glut
3. Scoffed
3. Reached agreement
0. Pilfer
1. Baron's title
2. Ascetic
5. Under restraint
0. Songstress Fitzgerald
1. Turkic language
3. ___ of tears
4. Like Felix Unger
5. Dodge

66. Albany canal
67. Hamlet, for one
68. Sand hills
69. Scorch

DOWN

1. Ump's ruling
2. Diva's solo
3. Ornery
4. Associate
5. Kicked off
6. Mountain lake
7. King's superior
8. Bridle elements
9. More precipitous
10. Bible book
11. Surrounded by

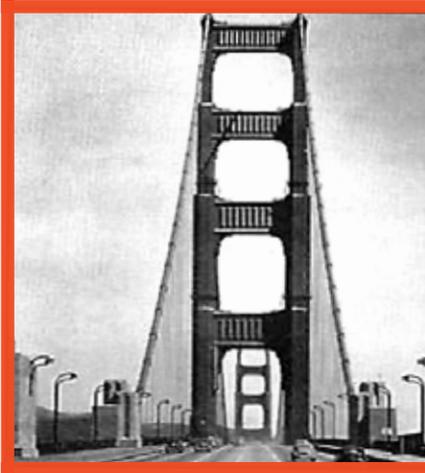
12. Bridal shower substance
13. Produced
21. Bend one's ___
23. "___ Ballou"
26. Footwear
27. Claw
28. Expunge
29. Fear
30. Storms
31. Opponent
32. Upper crust
33. Spirited horse
36. Bungle
42. Notched
43. Argued formally
44. Wants
45. Endeavors
47. Bosh
49. Singer Tiny ___
52. Transport
53. Entreaty
54. Actor Ladd
55. Cathedral part
56. Take on cargo
57. Weight allowance
58. Mr. Kazan
59. Bambi kin
62. Prepare leather

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17					18						19			
20				21				22		23				
			24						25					
26	27	28				29		30				31	32	33
34					35		36				37			
38						39						40		
41			42		43				44		45			
46				47				48		49				
			50						51					
52	53	54				55		56				57	58	59
60					61		62				63			
64					65						66			
67					68						69			

PUZZLE
 SEPTEMBER - 2016

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Gate Way



PhotoFest2

The Golden State's Golden Gate Bridge isn't painted gold; it's orange! The name refers to the Golden Gate Strait, which is the entrance to the San Francisco Bay from the Pacific Ocean. Learn a little about this engineering marvel of the '30s from the information below.

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

- CONSTRUCTION on
- THE GOLDEN
- GATE Bridge
- BEGAN ON
- JANUARY (5, 1933).
- UNDER the
- DIRECTION of
- CHIEF
- ENGINEER
- JOSEPH (B.)
- STRAUSS,
- BUILDERS
- WORKED to
- COMPLETE THE
- NORTH and
- SOUTH
- TOWERS of the
- MAGNIFICENT
- SUSPENSION

- BRIDGE by
- JUNE, (1935).
- CABLES and the
- ROADWAY were
- COMPLETED next,
- AND THE bridge
- OPENED to
- PEDESTRIANS on
- MAY (27, 1937).
- VEHICLES were
- PERMITTED to
- CROSS the
- FOLLOWING
- DAY.

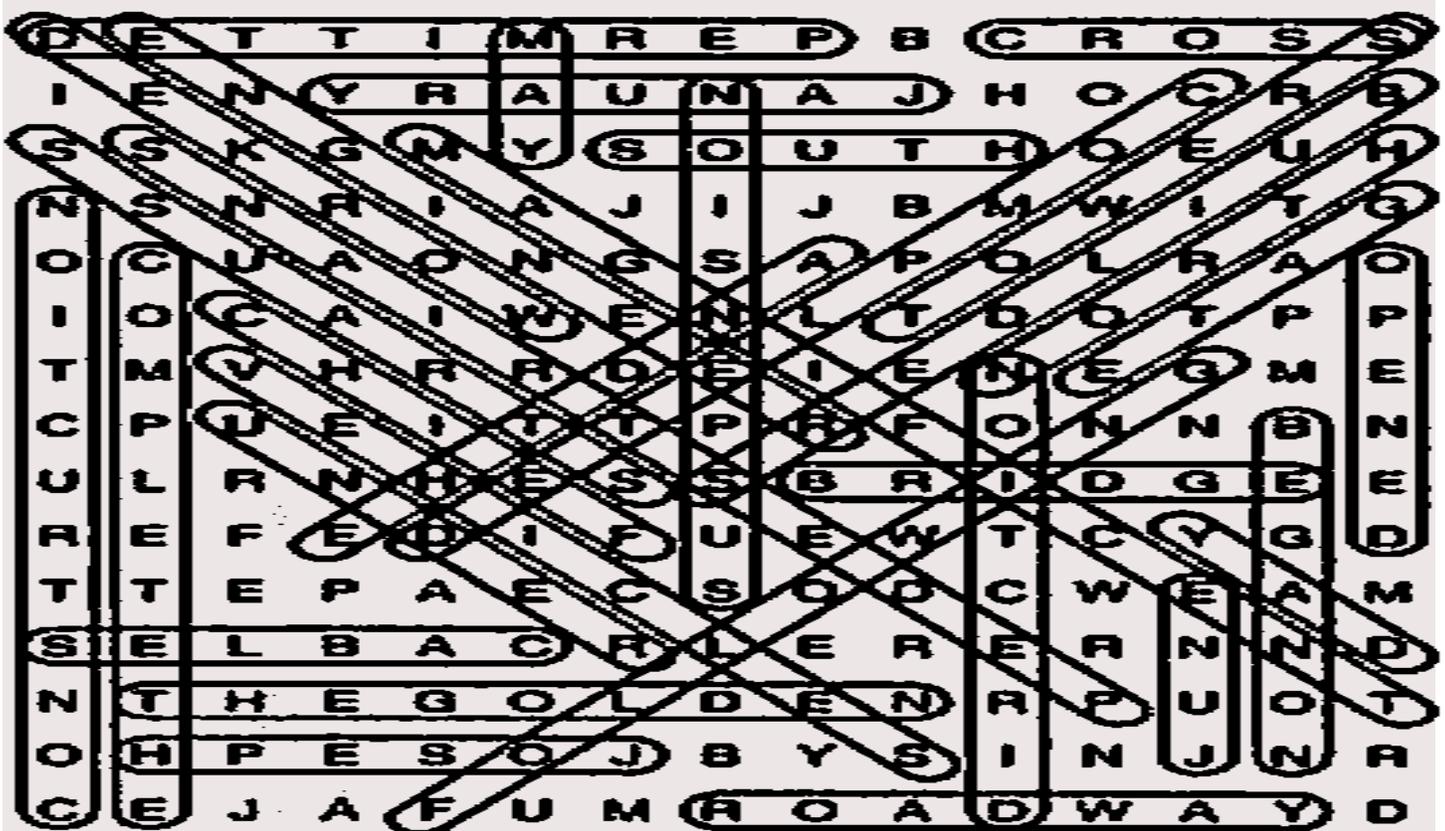
PUZZLE ANSWERS

SEPTEMBER - 2016

PUZZLE 54

C	A	M	P		S	T	A	B	S		G	A	R	B
A	R	E	A		T	A	C	I	T		E	M	I	R
L	I	A	R		A	R	E	T	E		N	I	C	E
L	A	N	T	E	R	N		S	E	C	E	D	E	D
			N	A	T				P	A	S			
S	T	E	E	R	E	D		R	E	T	I	R	E	S
P	A	R	R		D	R	E	A	R		S	I	L	T
A	L	A			E	R	G				V	I	E	
T	O	S	S		D	A	R	E	D		S	A	T	E
S	N	E	R	E	D			S	E	T	T	L	E	D
			R	O	B				S	I	R			
S	P	A	R	T	A	N		L	I	M	I	T	E	D
E	L	L	A		T	A	T	A	R		V	A	L	E
N	E	A	T		E	V	A	D	E		E	R	I	E
D	A	N	E		D	E	N	E	S		S	E	A	R

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BREAKFAST MENU

SEPTEMBER - 2016

Breakfast is served Monday – Friday from 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 fee of \$9.34 for non-seniors (59 and younger).

Please print your name clearly on our meal sheets when eating at centers.

Monday	Tuesday	Wednesday	Thursday	Friday
	Milk is served with every meal.	Menu is subject to change.	1 Scrambled egg Cheese, red chile Potatoes Margarine	2 Sausage, salsa Hash browns Roll, jelly
5 ALL CENTERS CLOSED IN OBSERVANCE OF LABOR DAY	6 Boiled eggs, salsa Potatoes, toast Small roll, margarine	7 Sausage, cheese Red chile Small roll, jelly	8 Ham & cheese biscuit Salsa Jelly	9 Breakfast burrito w/scrambled egg, cheese, bacon & green chile
12 Scrambled egg Grilled peppers Hash browns Toast, cheese, bacon	13 Sausage, cheese Potatoes Green chile Margarine	14 Breakfast burrito w/scrambled egg, cheese, bacon potatoes, salsa	15 Diced ham, cheese Peppers, onions Potatoes Toast	16 Scrambled egg Cheese, salsa Bacon Tortilla
19 Grilled ham, cheese Red chile Small roll, jelly	20 Breakfast burrito w/scrambled egg cheese, bacon, salsa	21 Pancakes, sausage w/maple syrup Tomato juice	22 Scrambled egg Hash browns, salsa Small roll, jelly	23 Ham & cheese biscuit Salsa, jelly
26 Huevos rancheros w/egg, cheese, beans, corn tortilla salsa	27 Breakfast burrito w/scrambled egg, cheese, bacon red chile	28 French Toast w/maple syrup Sausage Tomato juice	29 Scrambled egg Potatoes, salsa Sausage Margarine	30 Grilled ham Hash browns Toast, jelly Tomato juice

NUTRITION EDUCATION

National Institute on Aging – *What's on your plate?*

(Via U.S. Department of Health and Human Services)

Trouble getting enough calories?

If you aren't eating enough, add snacks throughout the day to help you get more nutrients and calories. Snacks can be healthy—for example, raw vegetables with a low-fat dip or hummus, low-fat cheese and whole-grain crackers, or a piece of fruit. Unsalted nuts or nut butters are nutrient-dense snacks that give you added protein. You could try putting shredded low-fat cheese on your soup or popcorn or sprinkling nuts or wheat germ on yogurt or cereal.

If you are eating so little that you are losing weight but don't need to, your doctor might suggest protein and energy supplements. Sometimes these help undernourished people gain a little weight. If so, they should be used as snacks between meals or after dinner, not in place of a meal and not right before one. Ask your doctor how to choose a supplement.



SENIOR CENTER LUNCH MENU 2016 SEPTEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Lunch will NOT be served on Friday, September 9th due to senior center closures for Santa Fe Fiestas. All Senior Centers will close at noon that day. Breakfast will be served and Meals on Wheels will still deliver.</p>		<p>Please Note:</p> <p>Lunch Menu is Subject to Change</p> <p><u>Milk is served with each meal.</u></p>	<p>1</p> <p>Chicken Taco w/Garnish Pinto Beans Calabacitas Jell-O w/Mixed Fruit</p>	<p>2</p> <p>Chicken Fried Steak Mashed Potatoes w/Brown Gravy Steamed Green Beans Whole Wheat Roll w/Margarine Apple Cobbler Villa Consuelo BBQ</p>
<p>5</p> <p>All CENTERS CLOSED IN OBSERVANCE OF LABOR DAY</p>	<p>6</p> <p>Baked Chicken Wild Rice Carrot Raisin Salad Biscuit w/Margarine Mandarin Oranges (Chilled)</p>	<p>7</p> <p>Baked Fish Fillet Parsley Potatoes Creamy Coleslaw Whole Wheat Roll Chocolate Pudding</p>	<p>8</p> <p>Green Chile Chicken Enchiladas Pinto Beans Spanish Rice Jell-O w/Mixed Fruit</p>	<p><u>Meals on Wheels</u> 9</p> <p>Tuna w/ Macaroni Tossed Green Salad Saltine Crackers Chilled Pears</p>
<p>12</p> <p>Frito Pie w/Pinto Beans Red Chile Sauce White Cake Chilled Apricots</p>	<p>13</p> <p>Baked Pork Chop Mixed Vegetables Whole Wheat Roll w/Margarine Scalloped Apples (Baked)</p>	<p>14</p> <p>Chicken w/ Noodles Carrots Green Peas Cornbread w/Butter Fruit Salad</p>	<p>15</p> <p>Pork Loin Black Eye Peas Steamed Cabbage Cornbread w/Margarine Peach Cobbler</p>	<p>16</p> <p>Green Chile Cheeseburger Ranch Beans Onion Rings Chilled Applesauce</p>
<p>19</p> <p>Burrito Supreme Spanish Rice Green Salad w/dressing Chilled Apricots</p>	<p>20</p> <p>Pork Roast w/Mashed Potatoes Brown Gravy Asparagus Whole Wheat Roll Applesauce</p>	<p>21</p> <p>Beef Stir Fry Steamed White Rice Stir Fry Vegetables Whole Wheat Roll w/Margarine Chilled Pears</p>	<p>22</p> <p>Chicken Fajitas w/Garnish & Salsa Flour Tortilla (1) Chile Beans w/Cheese Jell-O w/Oranges</p>	<p>23</p> <p>Salisbury Steak w/Mushroom Gravy Mashed Potatoes Steamed Spinach Whole Wheat Roll Tropical Fruit</p>
<p>26</p> <p>Pepper Steak Baked Yams California Veggies Whole Wheat Roll Cherry Cobbler</p>	<p>27</p> <p>BBQ Chicken Thighs Creamy Coleslaw Green Beans Whole Wheat Roll w/Margarine Chocolate Pudding</p>	<p>28</p> <p>Beef Tips over Rice Steamed Broccoli Green Salad w/Dressing Whole Wheat Roll w/Margarine Chilled Pears</p>	<p>29</p> <p>Glazed Ham Buttered Mash Potatoes Steamed Green Beans Whole Wheat Roll w/Margarine Sugar Cookie</p>	<p>30</p> <p>Beef Steak w/Veggie Topping Steamed Spinach Parmesan Potato Rounds Whole Wheat Roll Lemon Bar</p>

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

Non-Senior (59 years or younger) Mandatory Meal Fee: Breakfast \$9.34 --- Lunch \$9.34

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

Please print your name clearly 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

