

THE SENIOR SCENE



Photo by Penny Martin

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

offered by:
Division of Senior Services

**SEPTEMBER
2015**



CITY OF SANTA FE, DIVISION OF SENIOR SERVICES

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

9-2015

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

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

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

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50+ Senior Olympics

Cristina Villa, Program Coordinator 955-4725

Miscellaneous

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Craft Room 955-4736

Pool (Billiard) Room 955-4737

Other Important Numbers

Santa Fe Civic Housing Authority 988-2859

Santa Fe County Information 992-3069

Santa Fe County Mobile Health Van 231-2382

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DIRECTOR'S REPORT

9-2015

Dear Patrons,

The month of September is the time that this great nation recognizes and celebrates all American workers for their hard work and commitment in making this country prosperous as well as a global leader. This year we will celebrate Labor Day on Monday, September 7, its 133rd Anniversary (the first was held and originally conceived on Tuesday, September 5, 1882, in New York City). In 1884, New York held a parade on the first Monday of September and designated that day as the annual Labor Day. In 1894 Labor Day was declared an official legal federal holiday when signed into law by President Grover Cleveland. According to the U.S. Department of Labor it "is a creation of the labor movement and is dedicated to the social and economic achievements of all American workers."

It is appropriate, therefore, that the nation pays tribute on Labor Day to the creator of so much of the nation's strength, freedom, and leadership – the American worker. For that reason, please join me in taking this opportunity to thank all American workers to include our very own workers here at the Division of Senior Services, both staff and our numerous volunteers, for their continued support and dedication in making this program successful. **In celebration of the Labor Day holiday all senior centers will be closed on Monday, September 7.**

On another note, we once again celebrate Santa Fe's history with our 303rd Fiesta de Santa Fe! In 1712 a proclamation established the first Fiesta de Santa Fe and was signed by Governor Marquez de La Penuela. There are many events associated with this celebration to include musical entertainment on the Santa Fe Plaza, the 2015 Fiesta Royalty, scheduled parades and much more. One of the most popular activities is the Burning of Zozobra (91st annual event), which is scheduled for Friday, September 4, at Fort Marcy Park from 3 p.m. to dusk. We would like to give a special thank you to the Santa Fe Fiesta Council members for their continued dedication and commitment to the annual Fiestas de Santa Fe.

Because of the numerous monthly events and many citizens participating, all senior centers will operate on an adjusted schedule on Friday, September 11. Centers will open at 8 a.m. and close at noon; a congregate lunch meal will not be served, however breakfast will be available and home delivered meals will be on their normal delivery schedule.

Also, our Transportation and In-Home Support services will be provided from 8 a.m. to noon. Therefore, please make note of these adjusted schedules and coordinate any necessary arrangements in advance to meet your requirements.

I hope you each participate in the many festivities Santa Fe has to offer during this month. There will be lots to do so have a safe and enjoyable September celebration!

Sincerely,



Ron J. Vialpando, Division Director

SENIOR SERVICES PROGRAM INFORMATION

9-2015

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 September 7th; last ride at 11:15 a.m. on September 11th**

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

9-2015

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)

September 2015 Dates, Times and Locations:

1st	Fort Marcy	10 am – 2 pm
2nd	El Rancho Senior Center	10 am – 2 pm
3rd	No van	
4th	No van	
5th	Southside Library	10 am – 2 pm
6th	Smith's (Pacheco)	10 am – 2 pm
7th	No van – Labor Day Holiday	
8th	St. John's Methodist	10 am – 12:30 pm
	Santa Fe Place	1 – 3 pm
	Southside Farmer's Market	3 – 6 pm
9th	Santa Cruz Senior Center	10 am – 2 pm
10th	Villa Alegre	10 am – 2 pm
11th	MEG Senior Center	10 am – 2 pm
12th	Casa Solana	10 am – 2 pm
13th	Santa Maria de La Paz	10 am – 2 pm
14th	Casa Rufina Apartments	10 am – 2 pm
15th	Genoveva Chavez Center	10 am – 2 pm
16th	Eldorado Senior Center	10 am – 2 pm
17th	Chimayo Senior Center	10 am – 2 pm
18th	Villa Consuelo Senior Center	10 am – 2 pm
19th	Albertson's (DeVargas)	10 am – 2 pm
20th	Nuestra Senora Guadalupe Church Festival (In Pojoaque, NM)	11 am – 4 pm
21st	Encino Villa	10 am – 2 pm
22nd	Pasatiempo Senior Center Southside Farmer's Market	10 am – 2 pm 3 – 6 pm
23rd	Edgewood Senior Center	10 am – 2 pm
24th	SF Community College	10 am – 2 pm
25th	Ventana de Vida Senior Center	10 am – 2 pm
26th	Smith's (Cerrillos)	10 am – 2 pm
27th	SF Recovery Center	10 am – 2 pm
28th	No van	
29th	Luisa Senior Center	10 am – 2 pm
30th	Casa Villita	10 am – 2 pm

Senior Center Closures

Monday, September 7 – 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 8.

Friday, September 11 – All City of Santa Fe senior centers will close at noon in honor of Santa Fe Fiestas. 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.

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.

'Let's Grow!' Native Bee Houses and Their Gardens

Join the Santa Fe Master Gardeners for a visit to the Native Bee House in the Pollinator Garden at the Randall Davey Audubon Center (1800 Upper Canyon Rd) on Friday, Sept. 11, from 10-11 a.m. Participants will learn how to make their own bee house, plus a discussion on planting a pollinator garden to attract these native bees! For more information please visit www.sfmga.org.



NEWS & VIEWS

9-2015

The Longest Loss: Alzheimer's Disease & Dementia

Are you or someone you know dealing with Alzheimer's disease or dementia? Attend the Hospice Foundation of America's 22nd annual Living with Grief Program at the Christus St. Vincent Medical Dental building. Panelists will discuss how to best help patients and families cope with the loss and grief associated with these progressive illnesses. To register please contact Alysha at (505) 913-3820.

- When: Monday, Sept. 14; 8 – 11 a.m.
- Where: Christus St. Vincent Campus Medical Dental Building

50+ Employment Connection

If you are ready to find a job, the 50+ Employment Connection is ready to help! They provide a wide range of free services to job seekers age 50 and over, including but not limited to: job search strategies, computer training, assistance with online applications, resume preparation and transfer of skills, cover letters, community support and resources, salary negotiations, and much, much, more.

Someone will take the time to listen to your needs, find out where you are in your job search process, and work with you to help you effectively represent yourself and your abilities to potential employers in today's competitive job market. The Employment Connection Center has a good understanding of the job market, is well connected, and familiar with the many resources available to you. Please call (505) 476-4623 for more information.

Everything You Need To Know About Probate

Probate is a legal process that takes place after someone passes away. Santa Fe County Probate Judge Shannon Bulman will discuss the probate process and answer questions, so you can better organize your own affairs or carry out the duties of administering the estates of loved ones.

- When: Thursday, Sept. 24, 2015 at 9:30 a.m.
- Where: 50+ Employment Connection (2550 Cerrillos Road)



La Sociedad Folklorica 2015 Merienda

A Merienda, which refers to an old fashioned style show, will be held at the James Little Theatre at the NM School for the Deaf on Saturday, Sept. 12, 2015, at 3 p.m. It is sponsored by La Sociedad Folklorica and has been part of their contribution to Las Fiestas de Santa Fe since 1935.

Doña Cleofitas Martinez de Jaramillo founded La Sociedad Folklorica in 1935 as a way to preserve the dying customs and traditions of Spanish Colonial days. The society members embarked on collecting fiesta clothing from the past years and presented the first fashion show during Las Fiestas de Santa Fe in the patio of the Fine Arts Museum.

This year's Merienda, Santa Fe Fashions and Wedding Dresses – 1800 to 1950, will feature treasured wedding dresses and other garments including shawls, mantillas, combs, fans and jewels dating back to the 1800s. The models will dress in silks, satins, gingham, lawns, and embroidered crepe rebosos and other fine articles – a majority of them hand made.

Special guests will be the 2015 Fiesta Queen, Nikole Lara y Mares and her court. There will also be a fashion display in the front lobby of the theatre and books published by La Folklorica will be available for purchase.

Admission is \$10 per person; you can enjoy biscochitos and creamy hot chocolate after the performance while also enjoying a live Mariachi group. For more information, please call Gloria Kahn at (505) 983-7839 or Pat Gonzales (505) 982-9315.

AT A GLANCE
9-2015



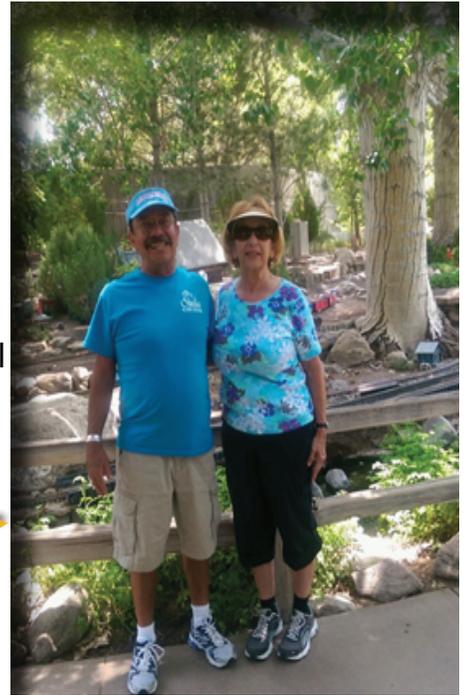
**Fishing at Monte Verde Lake
near Angel Fire, NM**
Left Photo: Victor Montoya & Louie Baca
Right Photo: Fred Herrera

**Trip to the ABQ Botanic Garden &
Aquarium**

Left Photo (left to right): Horace
Martinez, Albert Chavez, Nazario Roybal
and Tacho Garcia

Right Photo: Mark Chavez and Linda
Gomez

**Fun and dance at the Eagles! Don't
miss the next one on Thursday
September the 3rd from 1-4 p.m.**





2nd End Hunger in New Mexico Summit

September 23-24, 2015
 Marriott Albuquerque
 Albuquerque, NM



DID YOU KNOW?

- NM has the 2nd worst rates of poverty in the country— 1 in 5 people live below the poverty level.
- NM has the worst child hunger in the nation— 1 in 3 children do not have enough to eat.
- NM seniors are 2nd in the nation regarding food insecurity— last year over 30,000 seniors relied on food banks.
- Every day, 40,000 New Mexicans seek food assistance— 40% are children.
- 67,795—the number of additional meals needed every year to end hunger in New Mexico.

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



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

www.ncnmedd.com/aaa_hunger

HOW CAN YOU HELP?

- Volunteer at the Summit. Contact our office for details.
- Donate non-perishable food items for the food truck on September 21-25, 2015 at the Marriott Albuquerque (2101 Louisiana Blvd).
- Be a sponsor of the Hunger Summit. Go to www.endnmhunger.com and look for the “Call for Partners and Presenters form.”
- Donate door prizes or items for our tote bags.
- Register for the Summit. Form is available on our website.

Registration fee for all participants is \$20, plus a minimum of half a grocery bag of non-perishable food items. Deadline to register is September 4, 2015.

LIMITED SCHOLARSHIPS AND TRANSPORTATION AVAILABLE—CONTACT DAN MITCHELL AT (505) 955-4744 FOR INFORMATION.

Visit www.endnmhunger.com for more information about the summit and to see a list of workshops and speakers.

Santa Fe Senior Activity Corporation Presents: Canyonlands September 24 – October 1, 2015 (8 days round trip Santa Fe)

**For further information and reservations please contact:
Cecilia Lopez 505-204-9527 OR Lilly Salazar 505-690-8873**

Day 1 – 24 Sept (Thurs) – Santa Fe – Monument Valley Area

Join your Tour Director this morning and depart for Monument Valley, where the weathering action of wind and water has carved the famous sandstone spires and towers that rise hundreds of feet above the valley floor. Your Tour Director is on hand this evening to answer any questions.

Note: Itinerary subject to departure at 8 am, from one central location in Santa Fe.

Day 2 – 25 Sept (Fri) – Monument Valley – Lake Powell – Page

This morning, your 4-wheel-drive tour is a memorable way to experience Monument Valley. Then, head to Page and visit the Glen Canyon Dam, holding back the waters of the Colorado River in Lake Powell, the country's second-largest man-made lake. This afternoon, consider an optional Antelope Canyon cruise, which takes you onto the lake and into the tight, winding canyons.

Day 3 – 26 Sept (Sat) – Page – Bryce Canyon National Park

Our optional early morning flight provides another unique perspective of Lake Powell. This beautiful sightseeing flight also includes Glen Canyon Dam, Wahweap Marina, Tower Butte, and Rainbow Bridge, the largest natural arch on Earth. Then, travel into Utah along the Grand Staircase to Bryce Canyon National Park. Bryce is famous for its unique geology; erosion has created bizarre shapes, including slot canyons, windows, fins, and spires called "hoodoos." Tinted with numerous colors, these rocks create a wondrous landscape. Make sure to have your camera on hand today! (Continental Breakfast)

Day 4 – 27 Sept (Sun) – Bryce Canyon National Park – Zion National Park

"Zion" is an ancient Hebrew word meaning a place of refuge or sanctuary. Once a refuge for Mormon pioneers, Zion National Park's striking landscapes of steep canyons and stone towers carved out by rushing streams over millions of years will mesmerize you. There is plenty of time to explore the park; take the park shuttle, see the Visitor's Center and the museum, take a leisurely hike, bird watch, or join a park ranger to learn more about the animals, geology, plants, and human history. You'll stay overnight close to Zion National Park's borders.

Day 5 – 28 Sept (Mon) – Zion National Park – Las Vegas

This morning begins with an orientation tour of St. George, the most important Mormon community in southern Utah. We continue to Las Vegas with a midafternoon arrival. Enjoy the evening at leisure. Your Tour Director is on hand to answer any questions.

Day 6 – 29 Sept (Tues) – Las Vegas at leisure

Enjoy time at leisure to relax or do some independent exploring.

Day 7 – 30 Sept (Wed) – Las Vegas – Grand Canyon area

Cross the desert and the old Mojave gold-strike country, passing through Williams on historic Route 66, and the Kaibab National Forest, to arrive in the Grand Canyon by mid-afternoon. Marvel at one of the Natural Wonders of the World as you experience breathtaking views of the Grand Canyon. There's plenty of free time to wander along the canyon rim. Overnight in Grand Canyon National Park.

Day 8 – 01 Oct (Thurs) – Grand Canyon – Santa Fe

Depart this morning for Santa Fe, arriving in the early evening.

Per person price based on double occupancy:

\$1,299.00

Per person price based on single occupancy:

\$1,699.00

Price includes: land tour, sightseeing, hotels and meals as specified in the itinerary, and the services of a professional tour director.

Hotels:

Monument Valley area – Kayenta Monument Valley Inn

Page – Quality Inn Page

Bryce Canyon National Park – Best Western Plus

Ruby's Inn

Zion National Park – Best Western Zion Park Inn

Las Vegas – Harrah's Las Vegas (3 stars)

Grand Canyon National Park – Grand Canyon National Park Lodge

Older Americans Act to be the Focus of 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 City's Division of Senior Services administers programs, which provide a comprehensive social service delivery system for senior citizens in our community. The following program services are critical to our planning and implementation process:

- **Congregate Meals**
- **Home Delivered Meals**
- **Assisted Transportation**
- **Home Management** (housekeeping, laundry, escort, non-medical personal care, etc.)
- **Respite (Alzheimer's) Care** (relief, companionship, non-medical personal care, caregiver support, etc.)
- **Durable Medical Equipment** (walkers, wheelchairs, shower chairs, etc.)
- **Grandparents Raising Grandchildren** (counseling, training, information and access, supplemental support, etc.)
- **Volunteer Programs** – Foster Grandparent Program (FGP), Senior Companion Program (SCP), Retired Senior Volunteer Program (RSVP)
- **Recreation Functions** (Senior Olympics, advanced fitness, exercise classes, etc.)

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

For more information, please call (505) 955-4711

RSVP THE RETIRED SENIOR VOLUNTEER PROGRAM

9-2015

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 and want to learn more or enroll in RSVP, please contact Triston Lovato at 505-955-4760 or trlovato@santafenm.gov.

AARP Driver Safety Instructors Needed

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

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 contact Triston if you are interested in joining or would like more information.

Solace Crisis Treatment Center

Volunteers needed to assist people who may be experiencing distress, anxiety or other symptoms of traumatic stress. Volunteers will be trained to give a trauma informed response to the clients served.

Duties include:

- Answer phone calls in timely manner & transfer appropriately; directing all crisis calls to on-call staff advocate.
- Provide callers with information regarding available services for their needs.
- Greet everyone who walks through the door to help them feel comfortable/at ease.

Qualifications:

- An understanding & sensitivity to working with traumatized individuals.
- Positive attitude & professional demeanor.
- Excellent telephone & communication skills.
- Ability to maintain confidentiality regarding client & personnel issues.
- Must pass a criminal background check.
- Weekly commitment of 3+ hours/week for at least six months.

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 for more information.

Turn in Volunteer Hours

Hours for July, August, and September are due by Monday, September 28. Please report any hour you served as it 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.

RSVP volunteers born in SEPTEMBER!



Tommie Ortega	9/01	Carol Wulff	9/14
Franziska M. Chandler	9/04	Stan Cooper	9/14
Claudia Robbins	9/04	Lydia Anicito	9/16
Celedonio F. Lucero	9/06	Sophia Gallegos	9/16
Theresa M. Ortiz	9/06	Barbara Anderson-Acosta	9/17
Diane DeLuca	9/07	Celina "Sally" Roybal	9/18
Corrine Vargas	9/07	Lois M. Parkes	9/20
Sandra Kendall	9/08	Carlos Aguirre	9/22
Emily O. Lujan	9/10	Mary Dunham Day	9/24
Roy Trujillo	9/10	Frances Gomez	9/24
Alexis Nash	9/11	Lucy R. Brown	9/25
Elizabeth Hinds	9/13	Angie Quintana	9/26
Mathilde Goodwin Bird	9/14	Joyce Tate	9/26
Jane Gabaldon	9/14	Carol A. Turner	9/26
Bruce H. Kidman	9/14	Delia Flores	9/27
Kathy Powell	9/14	James J. Fusco	9/28
		Irene R. Maestas	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

9-2015

Congratulations Connie S. Valencia! 2015 K. Rose Wood Outstanding Older Adult Award Recipient



Connie Valencia receives her award from Myles Copeland, Secretary Designate for the NM Aging and Long-Term Services Department

their self-esteem through continued participation in community services”.

Connie is a perfect example of this program goal. Although she is now 83 years old, and has a few minor medical issues, she is in good health, maintains her own home, still drives to her volunteer stations, to church, and to run errands, and remains active in her community. Knowing that she is a contributing member of her community and is making a difference in the lives of others definitely results in an enhanced self-esteem and good physical health.

Nominees for the K. Rose Wood Outstanding Older Adult Award must make a “significant and lasting contribution benefitting New Mexico and/or its local communities.” The immediate “significant contribution” of Connie’s service via the Foster Grandparent Program can be seen in the level of improvement in the children’s language/literacy and social skills; and the “significant lasting contribution” will be seen when these same children - who could barely speak English, could not read/write or do math problems - become the next President of the

United States, member of Congress, Governor, Mayor, teacher, or scientist that discovers a cure for cancer. They will change the world!

Connie also makes a “significant and lasting contribution” to her community via her involvement at San Isidro Catholic Church. Previously, she and her now deceased husband, served as “Mayordomos” (caretakers of the church facility) and for many years, she took Holy Communion to homebound parishioners. Currently she volunteers as a Eucharistic Minister responsible for distributing Holy Communion to her fellow parishioners, at church services.

As a member of the San Martín de Porres Ministry at her church, Connie provides assistance to her community members who don’t have enough food to feed their families and/or are struggling to keep their loved ones safe and warm. The gratitude spoken by the recipients lets Connie and her fellow Ministry members know that their service will have a “significant and lasting contribution” as it addresses the tremendous hunger and poverty children and older individuals within the community are facing, and it has resulted in some of these individuals choosing to “pay it forward” to others in their community.

Connie S. Valencia received the award because she portrays the very virtues you wish to recognize and honor with the K. Rose Wood Outstanding Older Adult Award. As a wife, mother, grandmother, great grandmother, employee, and volunteer, she has always gone above and beyond to meet other’s needs. She has definitely made a “significant and lasting contribution” to her family, her community, and the children and educational system she serves.

Congratulations Connie!

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

- Tommie Ortega 9/1
- Amelia Garcia 9/6
- Gloria Kennedy 9/14
- Gail Askew 9/15
- Socorro Arroyo 9/19
- Mary Grace Saiz 9/22

ONGOING ACTIVITIES

9-2015

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	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	October
Sing Along (Spanish)	2nd & 4th Fri.	11:30 am
Knitting	Friday	2:00 pm
Zumba Gold (low impact)	Tuesday	9:30 am
Oil Painting	Every other 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)	Tues. & Thurs.	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	Every other Tues.	1:30 pm

BINGO

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

BRIDGE

Pasatiempo	Monday	12:30 pm
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CERAMICS

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

COMPUTER - OPEN USE

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

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

EXERCISE & MOVEMENT CLASSES

Pasatiempo Zumba	Tuesday	8:30 am
Pasatiempo Zumba	Thursday	10:00 am
Pasatiempo Line Dance	Tues. & Thurs.	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	October
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	9:00 am
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SEWING/KNITTING

MEG-Knitting	Friday	2:00 pm
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SING-ALONG

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

WOOD/STRAW APPLIQUÉ

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

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

UPCOMING ACTIVITIES

9-2015

Movie Day at the MEG Senior Center Tuesday, September 29 at 1 p.m. "The Age of Adaline"

(2015 • PG-13 • 1h 52m)



Adaline Bowman (Blake Lively) has miraculously remained a youthful 29 years of age for nearly eight decades, never allowing herself to get close to anyone lest they discover her secret. However, a chance encounter with a charismatic philanthropist named Ellis Jones (Michiel Huisman) reawakens Adaline's long-suppressed passion for life and romance. When a

weekend with Ellis' parents threatens to expose the truth, Adaline makes a decision that changes her life forever.

Barbecue and Mariachis at MEG Center

Let's enjoy one final barbecue for 2015 with the great music of Mariachi Azteca during the lunch hour. This barbecue event will be held on Wednesday, October 7th so mark your calendars! Mariachi Azteca will play from 11 am to noon. Menu(s) includes: Hamburgers with cheese, lettuce, tomato, pickle, onion & green chile. Sides include: pork & beans, chips, watermelon & milk.

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 four haircut days in September are as follows at 10 a.m.:

- September 2 MEG
- September 16 MEG
- September 23 Pasatiempo
- September 30 Pasatiempo

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

Nia Technique on 1st & 3rd Tuesdays

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

- September 1 3 p.m.
- September 15 3 p.m.

AARP "Smart Driver" Course

Sign up for the AARP Smart Driver course today! Classes are held monthly in the dining room at the MEG 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 give a discount beginning 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 and you must renew it every three years 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:

- September 8 – Don Blossom, 984-9995
- October 13 – Don Blossom, 984-9995

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

Monthly Senior Services Committee Meetings

(Posted pursuant to the Open Meetings Act)

All meetings held at the MEG senior center during the month of September:

- Senior Olympics: 9/9/15 at 9:30 a.m.
- Transportation/Nutrition: No meeting in Sept.
- Advisory Board: 9/16/15 at 9:30 a.m.
- Travel Committee: 9/17/15 at 8:45 a.m.
- SAC Board: 9/17/15 at 10 a.m.

Health Fair at MEG Senior Center

Please stop by the Health Fair at the MEG senior center on Wednesday, Sept. 2nd from 9:30 a.m. to 1 p.m. There will be various health agencies participating in this great event. Join us!

UPCOMING ACTIVITIES

9-2015

Santa Fe Fiesta Royalty at MEG

Join us Wednesday, Sept. 2 from 12:30 – 1:30 p.m. (right after lunch) when Santa Fe Fiesta Royalty visits the MEG center. **Please Note: for this event at the MEG center, the lunch menu will change to green chile chicken enchiladas.**



Fiesta Eagles Dance – September 3

Que viva la Fiesta! Join us from 1 to 4 pm at our Fiesta Dance on Thursday, Sept. 3 at the Fraternal Order of Eagles (833 Early St). Don't miss the Santa Fe Fiesta Royalty who will be at the dance from 1-2 pm. This dance is sponsored by the Luisa senior center with music by Camino Oscuro. Admission is \$2 per person.

Blood Pressure, Blood Sugar & Oxygen Level Test 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, September 3 | 11-12 noon |
| • Pasatiempo – Friday, September 4 | 11-12 noon |
| • Ventana – Wednesday, September 9 | 11-12 noon |
| • MEG – Wednesday, September 16 | 11-12 noon |
| • Villa Consuelo - Thursday Sept. 24 | 10-11 am |

Let's Celebrate Your Birthday

Humana will serve cake on Wednesday, September 9 at the MEG senior center in honor of all the September birthdays. Join us!



Bone Builders & Bone Breakers Never Too Late to Build Bone Health

Unfortunately, simply drinking milk is not enough to keep bones healthy. Perhaps that's why 10 million Americans have osteoporosis. Bones are living tissues that respond to bone building care throughout life. Support lifelong bone health by knowing how to get all the nutrients your bones need. Discussion includes: how bones live and transform throughout life, how to really get enough calcium and all the nutrients your bones need (not from milk), and building bone health (which is never too late to do).

- Date: Wednesday, Sept. 30 @ 12:30 p.m.
- Place: MEG Board Room

2015 Excursions

For additional information on these trips, please call Don Bell at (505) 982-2707 after 5:30 p.m. Space is reserved upon payment received.

Note: Checks are made payable to SAC (Senior Activity Corporation) and can be mailed to Don Bell, 110 Mesa Vista, Santa Fe, NM 87501.

(FYI – date/price all subject to change)

Thursday, October 8

Albuquerque International Balloon Fiesta

Cost is \$20 per person – breakfast on your own.

Saturday, October 10

Chama Trip

Cost is \$120 per person with lunch included.

Friday, November 20 – Saturday, November 21

Bosque del Apache Bird Refuge

Cost is \$95 double occupancy only – no single rooms.

Thursday, December 10

River of Lights

Cost is \$20 per person – dinner on your own.

Ventana de Vida Community Yard Sale

Ventana de Vida will once again hold a yard sale on Saturday, September 19 from 8 a.m. – 1 p.m. in the parking lot of the Ventana de Vida senior center (1500 Pacheco St).

Living with Diabetes Six Week Program

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

- Monday, September 14
- Monday, September 21
- Monday, September 28
- Monday, October 5
- Monday, October 19
- Monday, October 26

Social Security Information Session

Rhonda Romero with the Social Security office will be at the Luisa Senior Center on Tuesday, September 29 at 10 a.m. for a Social Security Information Session. Mark your calendars for this very informational presentation. Also, apologies for the mix-up in August - no session was held.

UPCOMING ACTIVITIES

9-2015

Ice Cream and Pop Corn Socials

- **MEG**
Ice Cream: Tuesday, Sept. 1 lunch hour
Thursday, Sept. 10 lunch hour
Popcorn: Thursday, Sept. 3
Tuesday, Sept. 8
- **Luisa**
Ice Cream: Wednesday, Sept. 16
Wednesday, Sept. 23
- **Pasatiempo**
Ice Cream: Friday, Sept. 18
Friday, Sept. 25

Fiestacita at Pasatiempo!

Join the Santa Fe Fiesta celebration at the Pasatiempo senior center (664 Alta Vista St) on Thursday, September 10. Enjoy live music by Mariachi Porvenir from 11 a.m. – 2 p.m. and a visit with Don Diego de Vargas and his Cuadrilla and la Reina and her Princesas between 11 and 11:45 a.m. Refreshments will be served and, as always, this is a free event. See you there!

State Fair Trip September 15

There are only a few spots remaining for the New Mexico State Fair! We will be going on Tuesday, September 15; 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 to see if there are spaces available.



Second Annual End NM Hunger Summit September 23 – 24



The City of Santa Fe Division of Senior Services will be transporting and paying the registration for some individuals interested in attending this summit. However, limited spots are available, so reserve yours soon! Contact Dan Mitchell at (505) 955-4744. More information about the summit on page 8.

Salman Raspberry Ranch

Please join us on Tuesday, September 29 for a trip to the Salman Raspberry Ranch, located near Mora, New Mexico. The cost to pick raspberries is \$6 a pound (please bring cash or a check only). Also, bring a water bottle, sun screen and a hat. The suggested donation for the bus is \$5 and a suggested donation of \$1.50 for a sack lunch. The bus leaves at 9 a.m. Please call Cristina Villa at (505) 955-4725 to reserve your spot. This is the last outing for the summer so join us for a fun filled day!

Movie Day at Luisa Senior Center Wednesday, September 23 at 1 p.m. "The Longest Ride" (2015 • PG-13 • 2hr 19min)



Ira and Ruth, Luke and Sophia – two couples separated by time and age – have little in common until a series of unexpected events are set in motion and their lives become intertwined. Luke, a former champion bull rider, and Sophia, a college student who is about to embark upon her dream job in New York City's art world, have begun an unlikely new romance. As paths and ideals test their relationship, they make an unexpected and fateful connection with Ira, whose memories of

his own decades-long romance with his beloved wife deeply inspire the young couple.!

HEALTH & SAFETY

9-2015

955-4700 A Lifeline for Seniors

By a Grateful Passenger

As a regular passenger with the Senior Van, I have often thought of how fortunate we are to have this affordable service. What would we do without it? Help with doctor appointments, grocery shopping and other needs that as we get older are a very important part of our lives.

I thought about the van driver and the dispatcher, how they take care of us. Who are they? These dedicated people who make our lives easier. It seemed like a good time to visit the Transportation Office at the Mary Esther Gonzales Senior Center and talk to the Dispatcher Manager, Fran Rodriguez. She was very gracious and took the time to have a little chat while the other two staff members, Linda and Robert took care of dispatching.

Fran began our visit by saying that she did not plan to be a van driver or a dispatcher. Becoming a single mother, she needed to earn money and went to City Hall to apply for any available job to support her children. The City Employment Office had an emergency need for a temporary Senior Van Driver and offered her the job. She accepted and began working in March, 1998. Her training began with Defensive Driving and being given a map, and she began learning the streets of Santa Fe as well as learning passenger care.

So now Fran was beginning a new career. She said that her time as a van driver was valuable when she became the Dispatcher of Transportation because she knew the streets and the layout of the city and it helped when scheduling the drivers. I asked Fran if she had any helpful information for us senior passengers and she said, "Yes. Of great importance is to be on time for the van pick up. If the driver has to wait more than five minutes it puts a strain on his schedule. Also, when there are several passengers on the van it would help if they talk quietly to each other so that the drivers can hear the two-way radios." And she added to please be patient as sometimes there are delays like traffic or weather. These are good things to remember.

One last question about Fran's days as a van driver: How did your relationship with the seniors affect you? "It actually had a deep effect on me," she said. "I realize how necessary the van service really is and how much the seniors depend on us. I gained a new respect for my job and wanted to be a van driver so I could help the seniors make their life a little easier."

After three years as a van driver when Fran was recovering from major surgery and could not drive for at least six weeks, she began doing light duties in the Transportation Office and not long after was appointed Dispatcher and then she became a Manager. "I really had not planned on making this my new career but it seems we are given our roles in life and this is my role," Fran says. "I'm happy with the great team we have. Linda Ortiz, Administrative Assistant and Robert Chavez, Project Manager and our van drivers, Albert Chavez, Don Bell, Ernest Romero, Helen Valdez, John Vigil, Jose Lujan, Kathleen Vargas, Louie Chavez, Michael Franco, Wes Martinez and Carlos Mendonca.

I have been a dispatcher for 14 years now and when I look to the future I know there will always be a Senior Van Service with love and dedication to our passengers."

As we finished our very nice visit I asked Fran if she would share a few thoughts with our readers.

"Thank you for being ready on time and for your patience and always waiting in your home when the weather is rainy-snowy or cold for the driver to come for you. Thank you for calling to cancel a pick up. Thank you for letting us know if you are going to be late and thank you for letting us be of service to you. God Bless you."

SENIOR OLYMPICS

9-2015

SENIOR OLYMPICS SPOTLIGHT

Congratulations to all of the athletes who attended the State Games in Roswell June 3- 6. There were a total of 68 athletes who participated and brought back 182 medals. The following athletes attended:



**Ann Aceves
Liz Armjio
Charles Beach
Helen Beach
Jack Berryhill
Lou Berryhill
Larry Burke
Anita Cisneros
Melissa Clayton
Barbara Cohen
Richard Dew
James Freeman
Joyce Freeman
Robert Funkhouser
Dale Goering
Linda Hedrick
Donald Hill
Jean Hill
Barbara Hutchison
Hutch Hutchison
James Koch
Alice Ladas
Wayne Lloyd**

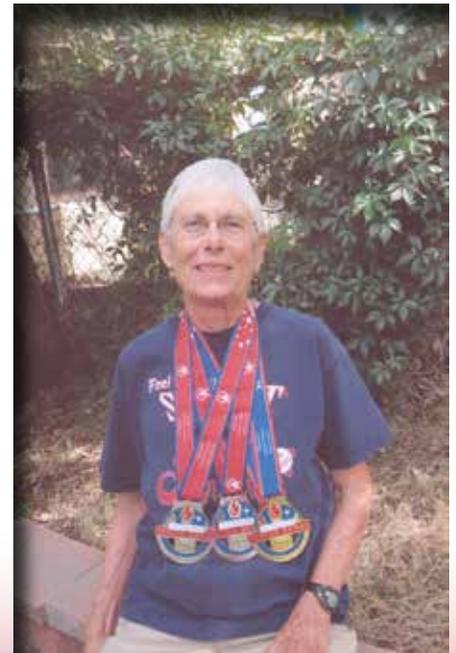
**Jeanette Lucero
Adelaido Martinez
Isabel Martinez
Paul Martinez
Melanie Martino
John Miles
John Miller
Linda Miller
Ina Mirabel
Nuala Murphy
Margaret Murray
Jerry Nabb
Mitch Noonan
Julie Ortiz
Alfred Padilla
Barbara Padilla
Mary Page
Fred Pearson
Bernadette Pena
Bernadette Quintana
David Raymer
John Redman
Carolyn Robinson**

**Bonnie Rogers
James Rogers
Karen Rogers
Ann Romero
David Roybal
Dorothy Roybal
Emma Roybal
Joe Roybal
Ricardo Roybal
Gloria Salazar
Lydia Sanchez
Charles Shubert
Thomas Simek
Sylvia Smithberger
Jay Stimmel
Robert Thornberg
Maureen Trujillo
Nicholas Tsapatsaris
Christine Wantuck
Paul Wantuck
Richard Wild
Gail Willson**

I would also like to mention two other athletes who attended the National Games in Saint Paul, Minnesota on July 3 – 16. Carolyn Robinson age group 75-79 took silver in the 1500 meter run, silver in the 800 meter run and the gold in the 4 X 100 relay. Carolyn has been an active Senior Olympian for 18 years and competed in seven National Games. Chris Fletcher age group 60-64 got a bronze in the 100 backstroke, 4th in the 50 back, 8th in the IM and 11th in the 50 Fly. Congratulations Carolyn and Chris – way to go!

The three-on-three basketball tournament will be taking place in November at the Genoveva Chavez Community Center. I would like to see both a women's and men's team from Santa Fe participate. If you are interested please contact me so we can try and get some teams together.

Until next month!
Cristina Villa
(505) 955-4725 office
(505) 795-3817 cell



PUZZLE

9-2015

PUZZLE 40

ACROSS

1. Chaps
5. Polish, in a way
9. ___ Ababa
14. Help!: Fr.
15. Scotto song
16. Advertising signs
17. Dawn, to poets
18. Period of fasting
19. Scrub a launch
20. Sleeve style
22. Attraction
24. Soft drinks
26. Son of Apollo
27. Monastery heads
30. Big ape
35. Deserves
36. Boot items
37. Small deer
38. Conceited
39. "The Merry Widow" composer
40. Musician Brubeck
41. Kimono sash
42. Small finch
43. Digs for coal
44. Variety of tennis
46. Baseball great
47. Flee
48. ___ Ho
50. Downpours
53. Block
56. Slight
57. Kind of sch.
59. Foreboding
61. Avoid
62. Scottish cabbage

63. Pheasant's brood
64. More ignoble
65. State of perfect happiness
66. Incandescence

DOWN

1. Beat
2. Love god
3. "I Married ___"
4. Monotonous verse
5. Side dishes
6. Field of activity
7. Diarist Anais ___
8. Statistics
9. Parallels
10. Expose
11. Portal
12. Regarding
13. Certain plane
21. Fortunes
23. Ship
25. Like some prices
27. Greek fabulist
28. Actress Linn
29. Bear
31. Meshed's locale
32. Praying figure
33. Original
34. Honkers
36. Gull's cousin
39. Sierra ___
40. Bell sound
42. Utter incoherently
43. German novelist
45. Rio ___
46. Girl
49. Marine mammal
50. Large hall
51. Papal name
52. Behalf
54. Pianist Gilels
55. Freshen
56. Calendar abbr.
58. Rogue
60. Green

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
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			47				48	49						
		50	51				52		53			54	55	
56							57	58				59		60
61							62					63		
64							65					66		

PUZZLE

9-2015

12

Brilliant Disguise

Celebrate the icons of the '80s with this list of hot-ticket Halloween costumes of that decade. They might inspire you to go trick-or-treating in retro style this year!

Solution on page 137

- | | | |
|--|--|---|
| <input type="checkbox"/> AEROBICS instructor | <input type="checkbox"/> PRINCE | <input type="checkbox"/> STRAWBERRY Shortcake |
| <input type="checkbox"/> BILLY Idol | <input type="checkbox"/> PUNK ROCKER | <input type="checkbox"/> THE TERMINATOR |
| <input type="checkbox"/> BOY GEORGE | <input type="checkbox"/> PUNKY BREWSTER | <input type="checkbox"/> TINA Turner |
| <input type="checkbox"/> BREAKDANCER | <input type="checkbox"/> RAINBOW Brite | <input type="checkbox"/> VALLEY girl |
| <input type="checkbox"/> CALIFORNIA raisin | <input type="checkbox"/> RAPPER | <input type="checkbox"/> "WEIRD AL" Yankovic |
| <input type="checkbox"/> CARE BEAR | <input type="checkbox"/> RICHARD Simmons | <input type="checkbox"/> YODA |
| <input type="checkbox"/> CYNDI Lauper | <input type="checkbox"/> SMURF | |

- DARTH Vader
- EWOK
- FREDDY Krueger
- HE-MAN
- INDIANA Jones
- JANET Jackson
- JOAN Jett
- MADONNA
- MAX HEADROOM
- MR. T
- NERD

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

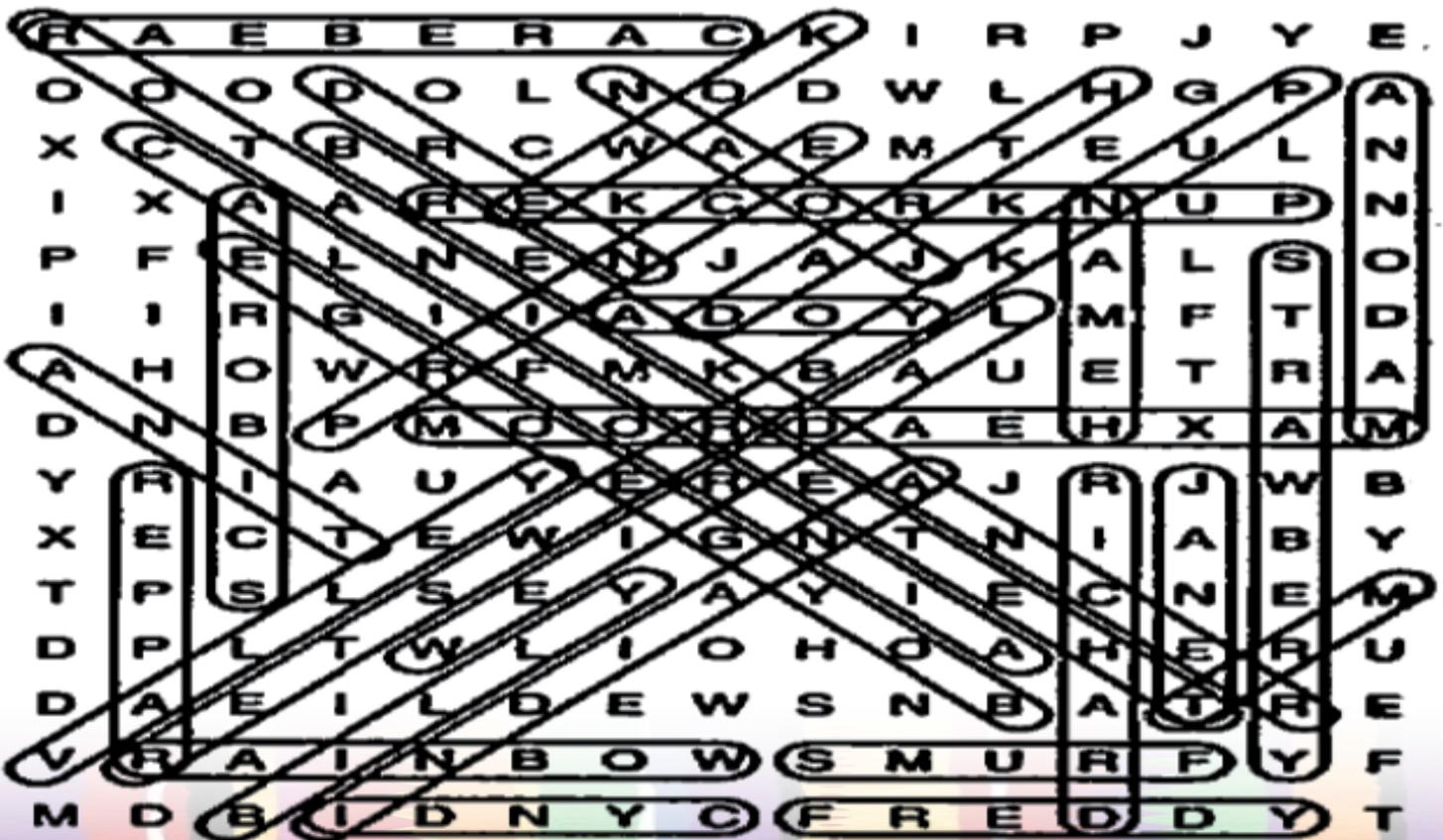
PUZZLE ANSWERS

9-2015

PUZZLE 40



12



BREAKFAST MENU

9-2015

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	Scrambled egg, sausage, French toast w/maple syrup, tomato juice
2nd	Grilled ham, peppers, salsa, small roll, jelly
3rd	Scrambled egg, cheese, red chile, potatoes, margarine
4th	Sausage, hash browns, salsa, small roll, jelly
7th	LABOR DAY HOLIDAY – ALL CENTERS CLOSED
8th	Boiled eggs, salsa, potatoes, small roll, toast, margarine
9th	Sausage, cheese, red chile, small roll, jelly
10th	Ham & cheese biscuit, salsa, jelly
11th	Breakfast burrito – Scrambled egg, cheese, green chile, bacon
14th	Scrambled egg, cheese, grilled peppers, hash browns, toast, bacon
15th	Sausage, cheese, green chile, potatoes, margarine
16th	Breakfast burrito – Scrambled egg, cheese, salsa, potatoes, bacon
17th	Diced ham, cheese, peppers, onions, potatoes, toast
18th	Scrambled egg, cheese, salsa, tortilla, bacon
21st	Grilled ham, cheese, red chile, small roll, jelly
22nd	Breakfast burrito – Scrambled egg, cheese, salsa, bacon
23rd	Pancakes w/maple syrup, sausage, tomato juice
24th	Scrambled egg, salsa, hash browns, small roll, jelly
25th	Ham & cheese biscuit, salsa, jelly
28th	Huevos rancheros – egg, cheese, corn tortilla, salsa, beans
29th	Breakfast burrito – Scrambled egg, cheese, red chile, bacon
30th	French toast w/maple syrup, sausage, tomato juice



DOUBLE UP FOOD BUCKS
WE'LL MATCH YOUR EBT DOLLARS
UP TO \$20 EACH DAY AT RAILYARD MARKET
& UP TO \$30 AT SOUTHSIDE MARKET

*You spend \$2 EBT > We match \$2
 You have \$4 to spend at the Farmers' Market*

Take advantage of this great opportunity!
Put fresh, healthy food on
your family's table!!



Railyard Market
Santa Fe Farmers'
Market Pavilion
 1607 Paseo de Peralta

Saturdays (Oct - May)
 8am - 1pm

Saturdays (June - Sept)
 7am - 12pm

Tuesdays (May - Nov)
 8am - 1pm

Southside Market
Santa Fe Place Mall
Zafarano Entrance
 4250 Cerrillos Road

Tuesdays (July - Sept)
 3pm - 6:30pm

How it works:

Scan your EBT card at the Farmers' Market Info Booth and receive \$1 tokens that can be spent on any food items (except hot/prepared foods).

You can scan your EBT card for any amount you like. Our Double Up Food Bucks program will match up to \$20 per market day at the Railyard and \$30 per day at the Tuesday Southside Market.

SENIOR CENTER LUNCH MENU

SEPTEMBER 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: center; font-weight: bold; font-size: 1.2em;">MENU IS SUBJECT TO CHANGE</p> <p style="font-size: 0.8em;">Note: Milk is served with every lunch meal</p>	<p style="text-align: right; font-weight: bold;">1</p> <p>Beef Steak Topped w/Veggie Medley Pinto Beans Tossed Salad w/Dressing Strawberry Shortcake</p>	<p style="text-align: right; font-weight: bold;">2</p> <p>Glazed Ham Buttered Mashed Potatoes Steamed Green Beans Wheat Roll w/ Margarine Sugar Cookie</p> <p style="font-weight: bold;">MEG: see page 15</p>	<p style="text-align: right; font-weight: bold;">3</p> <p>Chicken Taco w/Garnish Pinto Beans Calabacitas Jell-O w/ Mixed Fruit</p>	<p style="text-align: right; font-weight: bold;">4</p> <p>Chicken Fried Steak Mashed Potatoes w/Brown Gravy Steamed Green Beans Wheat Roll w/ Margarine Apple Cobbler</p>
<p style="text-align: center; font-weight: bold;">7</p> <p style="text-align: center; font-weight: bold;">All Centers Closed in Observance of Labor Day</p>	<p style="text-align: right; font-weight: bold;">8</p> <p>Baked Chicken Wild Rice Carrot Raisin Salad Biscuit w/ Margarine Mandarin Oranges</p>	<p style="text-align: right; font-weight: bold;">9</p> <p>Baked Fish Fillet Parsley Potatoes Creamy Coleslaw Whole Wheat Roll Chocolate Pudding</p>	<p style="text-align: right; font-weight: bold;">10</p> <p>Green Chile Chicken Enchiladas Pinto Beans Spanish Rice Jell-O w/ Mixed Fruit</p>	<p style="text-align: right; font-weight: bold;">11</p> <p style="text-align: center; font-weight: bold;">ALL SENIOR CENTERS CLOSE AT NOON. NO LUNCH SERVED</p> <p style="text-align: center; font-weight: bold; text-decoration: underline;">MEALS ON WHEELS</p> <p>Tuna w/Macaroni Tossed Green Salad Saltine Crackers Chilled Pears</p>
<p style="text-align: right; font-weight: bold;">14</p> <p>Frito Pie w/Pinto Beans and Red Chile Sauce White Cake Chilled Apricots</p>	<p style="text-align: right; font-weight: bold;">15</p> <p>Baked Pork Chop Mixed Vegetables Whole Wheat Roll w/Margarine Baked Scalloped Apples</p>	<p style="text-align: right; font-weight: bold;">16</p> <p>Chicken w/Noodles Carrot and Green Peas Cornbread w/Butter Fruit Salad</p>	<p style="text-align: right; font-weight: bold;">17</p> <p>Pork Loin Blackeyed Peas Steamed Cabbage Cornbread w/ Margarine Peach Cobbler</p>	<p style="text-align: right; font-weight: bold;">18</p> <p>Green Chile Cheeseburger Ranch Beans Onion Rings Chilled Applesauce</p>
<p style="text-align: right; font-weight: bold;">21</p> <p>Burrito Supreme Spanish Rice Green Salad w/ Dressing Chilled Apricots</p>	<p style="text-align: right; font-weight: bold;">22</p> <p>Pork Roast w/Mashed Potatoes and Brown Gravy Asparagus Whole Wheat Roll Applesauce</p>	<p style="text-align: right; font-weight: bold;">23</p> <p>Beef Stir Fry Steamed White Rice Stir Fry Vegetables Whole Wheat Roll w/Margarine Chilled Pears</p>	<p style="text-align: right; font-weight: bold;">24</p> <p>Chicken Fajitas w/ Garnish & Salsa Flour Tortilla (1) Chile Beans w/ Cheese Jell-O w/Oranges</p>	<p style="text-align: right; font-weight: bold;">25</p> <p>Salisbury Steak w/ Mushroom Gravy Mashed Potatoes Steamed Spinach Whole Wheat Roll Tropical Fruit</p>
<p style="text-align: right; font-weight: bold;">28</p> <p>Pepper Steak Baked Yams California Veggies Whole Wheat Roll Cherry Cobbler</p>	<p style="text-align: right; font-weight: bold;">29</p> <p>BBQ Chicken Thighs Creamy Coleslaw Green Beans Wheat Roll w/ Margarine Chocolate Pudding</p>	<p style="text-align: right; font-weight: bold;">30</p> <p>Beef Tips over Rice Steamed Broccoli Green Salad w/ Dressing Wheat Roll w/ Margarine Chilled Pears</p>	<p style="text-align: right; font-weight: bold;">Oct. 1</p> <p>Beef Steak w/Veggie Topping Steamed Spinach Parmesan Potato Rounds Wheat Roll w/Butter Lemon Bar</p>	<p style="text-align: right; font-weight: bold;">Oct. 2</p> <p>Baked Chicken Breast Sandwich Celery Sticks Tater Tots Cottage Cheese w/ Peaches</p>

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

