

THE SENIOR SCENE



Photo by Ted Yamada



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

**FEBRUARY
2020**

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

CITY OF SANTA FE, DIVISION OF SENIOR SERVICES

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

FEBRUARY 2020

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. 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 search box at the top of the page and click the magnifying glass. Click on the top listing for Senior Scene Newsletter.

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Meals On Wheels (for homebound individuals)

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Albert Chavez, Program Coordinator 955-4715

Mary Esther Gonzales (MEG), Ventana de Vida

Cristina Villa, Program Coordinator 955-4725

Luisa, Pasatiempo, Villa Consuelo

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Katie Ortiz, Clerk Typist 955-4746

Foster Grandparent/Senior Companion Program

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Vacant, Project Administrator 955-4744

Retired Senior Volunteer Program (RSVP)

Kristin Slater-Huff, Public & Community Relations Officer 955-4760

Marisa Romero, Program Coordinator 955-4743

50+ Senior Olympics

Cristina Villa, Program Coordinator 795-3817

Miscellaneous

Craft Room Not in service

Pool (Billiard) Room 955-4730

Other Important Numbers

Santa Fe Civic Housing Authority 988-2859

Santa Fe County Information 992-3069

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SENIOR SERVICES PROGRAM INFORMATION

FEBRUARY 2020

SENIOR SERVICES REGISTRATION

Anyone age 60 or over who participates in the Senior Services Congregate Meal or Transportation Program is asked to register with our program. Registration is held at the Mary Esther Gonzales (MEG) Senior Center 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 and an emergency contact name and phone number. Staff will provide you with a membership card.

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 sign-in sheets. For more information please contact Lugi Gonzales at (505) 955-4711 or lgonzales@santafenm.gov.

SENIOR TRANSPORTATION INFORMATION

- To Reserve:** Call (505) 955-4700 before 4:00 pm to reserve a ride.
Rides must be requested at least 24 hours in advance of service.
Please specify if you require a wheelchair lift van. To avoid delays in service, call immediately if you need to cancel a scheduled ride.
Transportation will take ride reservations up until 4:00 pm every day, with the exception of the 1st Tuesday of every month because of our early day closure for mandated staff training. Last call for pick up is 2:45 pm on those days.
Ride reservations must be requested at least 24 hours in advance minimum, and 5 days in advance, maximum.
Due to the high volume of service, we are unable to provide same day requests. Also, clients should expect a longer wait time on the return service.
- Senior Cost:** **Suggested donation of 50¢ a ride (one-way trip) for seniors 60 & over.**
You may purchase a 25-ride ticket for \$10.00, cash or check (preferably) from the Transportation Office or from drivers. That is a \$2.50 savings.
- Schedule:** **Rides are available 8:30 am to 4:15 pm Monday through Friday.**
Vans leave from the MEG Center at noon, 1:00, 2:00 and 3:00 pm daily. Please be seated in the lobby or outside on patio benches to wait.
Rides to medical appointments are given priority over all other rides.
- SF County Seniors:** For rides outside city limits but within Santa Fe County, call (505) 992-3069.
- SF Ride:** For weekend and evening transportation, call (505) 473-4444.

By Gino

A message from the Division Director



Happy Valentine's Day. Here's a quote to think about this month: "Be selective in your battles, sometimes peace is better than being right." I think those are good words, especially in today's times.

By the time you are reading the February edition of Senior Scene, the 2020 legislative session will be well underway. If you get a chance to communicate to your legislators, please thank them for their support of funding for senior programs. The State has cut our budgets over the last 5 years and it is having an impact. Once I see the new budget voted on in the Legislature and how it is going to impact the senior programs, I will post the information on senior center bulletin boards.

I want to thank folks for all your support and help in keeping our buildings clean. We are a big program and all the help we can get is appreciated. Please pick up after yourself, especially food. And if you get a chance, please thank our custodians.

Our Meals on Wheels staff is a hard-working group who cook, pack and deliver 100,500 meals to homebound seniors a year, all over Santa Fe! All week, this team works together, doing everything and anything necessary to get those nutritious meals to the front doors of our clients, through rain, mud, ice or snow.

They serve from the heart, and their clients often express deep gratitude for their vital work. They are an inspiration to all of us at Senior Services and we applaud them.

The Meals on Wheels Team:



Top Row: Coco Blankenship, Orlando Roybal, Tebrina Roibal, Carlos Sandoval, Mike Silva, Gerard Sanchez, Robert Duran Bottom Row: Angela Chavez, Gilbert Romero Not pictured: Wanda Wright, Manny Padilla, Raymond Dominguez, Jolene Ulibari, Brenda Tapia, Jonathon Toya

NEWS & VIEWS

FEBRUARY 2020

Disclaimer: The material contained in this publication is provided for general information purposes and is meant to keep our readers informed. The content may or may not be sponsored by the City of Santa Fe Division of Senior Services, so we recommend that readers always refer to the contact and location information listed in each item. If you have questions for Senior Services staff, please refer to page two for the appropriate contact.

In Memory

Ann Hamer

It is with regret that we inform you that our beloved yoga teacher, Ann Hamer, passed away suddenly in December. A memorial will be planned for her this spring.

Ann was a certified yoga teacher who was devoted to each of her students at the MEG Center. She was an exceptional light who will be greatly missed by everyone.

(Submitted by a close friend of Ann's)



Louise A. M. Rubio

Louise A. M. Rubio passed away peacefully in her sleep on Jan. 15, 2020 at the age of 97. She was born in Rociada, N.M. on Sept. 25, 1922 and graduated from Las Vegas High, then worked at NM State Hospital as a telephone operator. She married Hilario Rubio Sr. and the two relocated to Santa Fe, in the early 50's where Hilario pursued a career as an attorney, and then Assistant Attorney General for New Mexico. Louise was a homemaker, and caring mother to her only child, Hilario "Lalo" Rubio. She was a devout Catholic an active member of the Democratic Party, a fan of Spanish music, and an avid bowler.

In 1988, Louise decided to work part-time at the senior centers across Santa Fe and did so for nearly 30 years up until April 3, 2018, at the age of 95. She spent her final years at home with family, friends, and amazing caregivers.



Bring a Smile to Our Homeless Neighbors



In honor of Martin Luther King, the Senior Volunteer Programs are hosting a drive to collect essential items for those in our community who do not have a warm place to go at night.

Now, through February 28, please donate:

- *New, warm socks
- *Bottles of water
- *Granola/protein bars
- *Chapsticks
- *Toothbrushes/paste
- *Hand warmers

There are collection boxes at the MEG Senior Center RSVP Office at 1121 Alto St; in City Hall, 200 Lincoln Avenue; and at the Aging and Long-Term Services Offices at 2550 Cerrillos Rd.

For more information, or to volunteer to sort and distribute donations, please call the RSVP Office at (505) 955-4760. Thank you for participating.



Senior Day at the Legislature: February 14

Would you like to join others to attend the N.M. State Legislature on Valentine's Day?

We will leave the MEG Senior Center at 8:30 am and go to the Roundhouse. You may stay until 11:00 and come straight back to MEG, or stay until 11:30 and go to the N.M. Aging and Long-Term Services Dept. for a light lunch and give away items. We will return to MEG around 1:00 pm.

To register, call Cristy at (505) 955-4721.

NEWS & VIEWS

FEBRUARY 2020

Are you 60+? Hike with Us!



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

Join us for a hike February 20th. The destination will be determined closer to that date, depending upon snow conditions.

Please wear waterproof clothing, hat and gloves and bring water.

To register, call Albert Chavez at the MEG Center at (505) 955-4715.

Hearing Aids 101 Workshop



The Santa Fe Chapter of the Hearing Loss Association of America invites you to attend their program on "Hearing Aids 101: Everything You Always Wanted to Know but Were Afraid to

Ask."

Saturday February 15th at 10:00 am at the Santa Fe Association of Realtors, 510 N. Guadalupe St (just up from Jinja Bistro north of Devargas Mall – plenty of parking.)

The guest speaker is Dr. Kathleen Romero from Audiology Associates. She has offices in Albuquerque and, most recently, in Santa Fe.

They have ASL Interpreters as well as a hearing loop. All meetings are free and no reservations are needed.

Be a Santa to a Senior

The staff at Home Instead would like to extend a great big sincere "Thank you!" to all of the people who helped make **Be a Santa to a Senior** a wonderful success in 2019! Together we were able to identify nearly 200 of our beloved local seniors in need and provide a little extra holiday cheer for them in the form of thoughtful gifts that conveyed that they are loved and not forgotten.



This program would not have been possible without the partnership of Senior Services, the volunteers who purchased, and wrapped gifts and our community partners: Christus Regional Medical Center and Santa Fe Place Mall who both hosted tree locations. Thank you so very much!

Free Books at MEG Center

As we mentioned last month, the lobby of the MEG Senior Center has hundreds of wonderful free books for anyone to take home. The library is made possible by the volunteer efforts of many.

One of those dedicated volunteers is Joan-Ann Ryan-Murphy. For several years, she has been traveling from her home to the Southside Library to pick up bags of books. She takes them home and later brings them to the MEG Center for display. That's a lot of driving!

We are so grateful to Joan-Ann, as well as the other participants who donate reading material for others to have.

NEWS & VIEWS - AT A GLANCE

FEBRUARY 2020

ECHO Commodity Food Boxes

The Economic Council for Helping Others (ECHO) program offers boxes of non-perishable food to seniors age 60+ on the 3rd Tuesday of every month, 10:00 am – 1:00 pm at the County Extension Building at 3229 Rodeo Road.

If you make less than \$1,316 per month (or \$1,784 for two people in a home), just bring a valid photo ID to sign up and receive a box immediately. No proof of address or income is required.

Support Groups



Chronic Illness

2nd & 4th Tuesdays/
mo.
2:00 - 3:00 pm

Family Caregivers

2nd & 4th
Wednesdays/mo.
2:00 -3:00 pm

Family Caregivers of a Loved One with any kind of Dementia

2nd & 4th Fridays/
mo. 2:00 – 3:00 pm

Join others for support and practical actions to help with the daily challenges you face at this time. Sometimes just being safe to say what you are thinking and feeling without being judged is the best medicine. Listening to someone else can offer a new perspective.

As part of Comfort Keepers Community Outreach, the group is free and is facilitated by Eileen Joyce, Certified Coach/Grief Recovery Specialist® with over 25 years' experience.

Groups meet at Comfort Keepers, 1301 Luisa St. To reserve your space, please contact Eileen at (505) 428-0670, or ej@eileenjoyce.com.

At a Glance



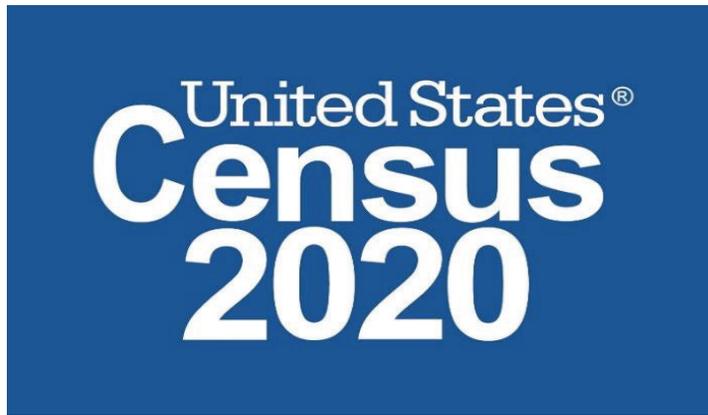
The CODA group sang "Route 66 Oldies"



Traditional Spanish music by Ronda los Carrozas



Bella Lucero wrapping with "Be a Santa to a Senior"



Be a Temporary Census Worker

Help your community while getting paid! The 2020 Census is seeking to fill thousands of field worker positions in New Mexico this spring.

The pay is **\$17.50 per hour**, paid weekly, as well as paid training.

Employees doing fieldwork are reimbursed for authorized mileage in their own cars at a rate of **\$0.58 per mile**. Generally, hours for field positions are flexible.

SNAP and TANF benefits will not be affected by Census worker salaries, up to 30 hrs/wk.

Applicants who are bilingual in English and other languages are encouraged to apply, but reading, writing and speaking English is required. Non-citizen translators may be hired as well.

Learn More and Even apply on the spot:

- **Friday, Feb 7th 10:30 am at Luisa Senior Center**
1500 Luisa St. (enter from Columbia St)
- **Wednesday, Feb 12th at 10:30 m at MEG**
(Mary Esther Gonzales) Senior Center 1121 Alto St., or
- **Thursday, Feb 13th at Ventana de Vida Senior Center**
1500 Pacheco St.

A 2020 Census employee will give a brief presentation, and then she will answer your questions, while a Spanish and English-speaking Census Recruiting Assistant will fill out online applications for interested seniors right there.

Income Tax Preparation Assistance 2020

Notice: Senior Services is not involved with these tax preparation programs in any way. We post this information to assist the public only. Please directly call the tax programs below if you have any questions or comments.

AARP Foundation Tax Aide

AARP Foundation Tax Aide, in partnership with the Santa Fe Community College, will host free income tax preparation assistance. The services are provided by trained volunteers, by appointment.

Location: Santa Fe Higher Education Center (HEC), 1950 Siringo Road at Yucca

Dates: February 3 - April 15, 2020

Days and Hours: Mondays & Tuesdays 8:00 am - 4:00 pm
Saturdays 9:00 am - 1:00 pm

Exceptions: No service on holidays or weather delays or closures. Check sfcc.edu for closures

Cost: Free

Appointments: Strongly recommended

To Reserve: Call (505) 946-3615 and a volunteer will call you back, or go to sfcc.edu/taxaide.com

Tax Help New Mexico

Tax Help New Mexico is a free, bilingual income tax assistance service for people whose annual household income is \$55,000 or less, or whose age is 65 or older. Tax Help volunteers are certified by the IRS, trained to help you complete your income tax preparation, and to identify eligible tax credits. Sponsored by the United Way of Central New Mexico.

Location: Our Lady of Guadalupe Catholic Church,
417 Agua Fria St. in the Parish Center

Note - New Entrance: Enter lower parking lot off De Fouri St,
between Agua Fria and Alameda. Use parking lot entrance door.

Dates: February 4 – April 9, 2020

Hours: Tuesdays and Thursdays 8:30 am – 4:30 pm

Cost: Free to eligible clients (see eligibility above)

Questions: Call (505) 465-9776

TaxHelp Santa Fe, LLC

Tax Help Santa Fe, LLC provides tax services for clients on a sliding scale. If your income other than Social Security and SSI is below \$1,000, the service is free.

Location: Santa Fe Place Mall, across from the food court

Dates: Starting January 30, 2020

Hours: Monday - Saturday 8:30 am to 5:00 pm

Cost: Sliding Scale or Free (see below)

Appointments: Strongly recommended

To Reserve: Call (505) 990-7431 or go to www.taxhelpsantafe.com

RSVP (RETIRED SENIOR VOLUNTEER PROGRAM)

FEBRUARY 2020

Volunteer Opportunities



How about giving a few hours a week to a cause that you care about? We will help you get started through the Retired Senior Volunteer Program (RSVP).

RSVP volunteers receive a variety of free benefits. While serving, volunteers are covered by an excess liability, excess auto liability, and personal accident insurance. Volunteer service is also celebrated through recognition events and gifts as well as free educational opportunities and mileage reimbursement. You can meet people who care about the same things you do. Additionally, many studies have proven that volunteerism improves health and longevity!

Below, find information on some of the many volunteering opportunities through RSVP.

To learn more and enroll in the RSVP Volunteer Program, please contact Kristin Slater-Huff at kwslater-huff@santafenm.gov or (505) 955-4760. Thank you.

Let us reimburse your mileage!

The Senior Volunteer Programs were designed to recruit and support senior volunteers. To that end, we have state and federal funds earmarked especially to pay you, our volunteers, for the miles that you drive from your home to your volunteer location(s) and back home, as well as for mileage if you drive as part of your volunteer duties.

We are going to go back and count miles from the beginning of this fiscal year, so since July 1, 2019. If you have already been tracking and reporting miles since then, that's terrific.

If you haven't been reporting miles, it is not too late. You can go back (on your own, or we can help you) and calculate your past mileage.

We need to have the completed W-9 and ACH bank forms we mailed you, and a copy of your license. We have more forms if you need them.

If you would like us to mail or email you a blank calendar to begin tracking your miles along with your hours, we would be happy to.

Please contact Marisa for help with this. She's at mvomero@santanm.gov or (505) 955-4743.

They say it is better to give than to receive. Give a bit of your time and effort and see how good you feel. It's like a Valentine to yourself!

Kitchen Angels prepares and delivers free, nutritious meals to Northern New Mexicans who are homebound and facing life challenging illnesses and conditions. They need volunteers:

-In the Kitchen -10:00 am - noon or 1:00 - 3:00 pm working with staff to prepare, package and clean.

-As delivery preparation - 1:00-3:00 pm, compiling entrees, setting up client delivery bags and pre-loading some foods into the bags.

-As delivery coordinators - 3:30 – 5:30 pm, greeting drivers, custom packing the client meal bags and ensuring that clients get the correct meal. In an emergency situation, you also deliver to clients. If you like people and are detail oriented, this very important position is for you.

-As delivery drivers - 4:30 – 6:30 pm, picking up the meals for the same route of 5-10 clients every week and bringing them each a meal and a smile.

-Or as substitute volunteers for any of the above. positions on an as-needed basis.

Solace Crisis Treatment Center's mission is to prevent sexual violence and empower survivors of all traumatic experiences through restoring dignity, strength and resilience. You can become:



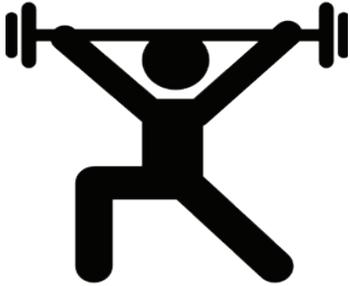
-A volunteer advocate who, after hours, and on weekends, responds via phone or face-to-face at the hospital or law enforcement departments so victims of crimes can get help to navigate resources needed to restore the impact of the violent crimes committed against them.

RSVP (RETIRED SENIOR VOLUNTEER PROGRAM)

FEBRUARY 2020

-An education and prevention volunteer to bring anti-oppression and anti-discrimination information through our public schools system.

-An administrative support volunteer to facilitate the day-to-day operations of the agency.



Food Distribution Lifting

Are you strong and healthy? The food distribution program at Ventana de Vida Senior Center could use a couple of hale and hearty volunteers to help move the boxes of fresh fruit, vegetables, and baked goods that the Food Depot delivers every other Friday.

The distribution happens just after the lunch hour, and volunteers work with staff to lift and carry the heavy boxes into the dining room and set up the tables so seniors can select food.

If you are interested, please contact RSVP at 955-4760, so that we can get you set up with our program benefits.



The Friends of the Santa Fe Public Library

They are looking for a volunteer board member who is interested in being chairperson of the Volunteer Management Committee.

If you enjoy working with volunteers, you support library services and you have time to participate in monthly board meetings, committee meetings

and Friends of the Library events, this might be just the volunteer opportunity for you.

If so, contact RSVP at kwslater-huff@santafenm.gov and we will get you started.

Sit with Hospice Patients

There are several hospice organizations in Santa Fe that utilize paid staff to provide medical assistance to patients, but use volunteers to just sit with patients occasionally. Volunteers provide company and emotional comfort to people in the last stage of life.

Would you like to give your company? Call Kristin in RSVP at 955-4760 to sign up.

HAPPY BIRTHDAY!

To all volunteers born in FEBRUARY

RSVP *Voluntarios*

Irlin Corn	2/01
Ellie Blossom	2/02
Yolanda Garcia	2/09
Laura Cowan	2/10
Orlando Watson	2/12
Edward E. Mose Sr.	2/14
Irene Moyes	2/14
Catherine Roybal	2/15
Herbert Beenhouwer	2/16
Susan A. Cover	2/16
Shirley A. Knarr	2/16
Theodore Pomeroy	2/17
James Dorris	2/19
Teresina G. Lucero	2/21
Louis Baca	2/22
Ross M. Quintana	2/22
Connie R. Kinsey	2/23
Ann Lindsay	2/26
Kate Allen	2/27
Benita Rodriguez	2/29

FGP/SCP *Voluntarios*

Pat Moeller	2/4
Juanita Quintana	2/11
Margie Gurulé	2/28

Please note that the above names are people who are enrolled in the Senior Volunteer Program and who turn in their quarterly reports of hours served.

ONGOING ACTIVITIES

FEBRUARY 2020

All activities are open to registered seniors

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

Luisa Senior Center – 1500 Luisa Street (entrance on Columbia Street)				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1-3 pm: Bingo		9-11 am: Computer Assistance	1-3 pm: Bingo
8:00 am – 1:30 pm: Fitness room				

Mary Esther Gonzales (MEG) Senior Center – 1121 Alto Street				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:15 am: Tai Chi 9-11 am: Guitar class 9:30 am: Enhance Fitness 1 pm: Hospice Crafts 1-3 pm: Bingo	8:15 am: Tai Chi 9 am: Jewelry Class 1:30 pm: Oil painting (1 st & 3 rd Tuesday) 1:30 pm: Nia Technique (1 st , 3 rd Tues)	8:15 am: Tai Chi 9:30 am: Enhance Fitness 9:30 am: Ceramics (class currently full) 1-3 pm: Bingo 1-3 pm: Quilting	8:15 am: Tai Chi 9:30 am: Wood Carving 10-11 am: Chi Gung (gentle exercise) 1-2 pm: Brain Gym Class	9:30 am: Enhance Fitness 9:30 am: Ceramics (class currently full) 2 pm: Knitting
7:30 am – 4:30 pm: Pool/cards/billiard room AND Fitness room				
7:30 am – 4:30 pm: General computer lab hours (Computer Assistance: Tuesdays & Wednesdays, 10 am–noon)				
Fitness Instructor: 8 am – 10 am Mondays & Fridays (in fitness room)				

Pasatiempo Senior Center – 664 Alta Vista Street				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 am: Yoga (class currently full)	8:30 am: Zumba 9:30-11:30 am: Guitar Class Noon-1 pm: Line Dance (Beginner) 1-2:30 pm: Line Dance (Improver and Intermediate)	8:30 am: Yoga (class currently full) Noon: Grupo Cielo Azul (live music)	9 am: Tai Chi 10 am: Zumba	
8:00 am – 1:30 pm: Fitness room				

Ventana de Vida Senior Center – 1500 Pacheco Street				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1:30-3:30 pm: Ceramics	1 pm: Art Class	9:30-10:30 am: Spanish Class	1-3 pm: Bingo	

Villa Consuelo Senior Center – 1200 Camino Consuelo – CLOSED for Renovations				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY

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

UPCOMING ACTIVITIES

FEBRUARY 2020

Blood Pressure, Blood Sugar & Oxygen Level Screenings

All tests are free of charge and are 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 Fridays:

Ventana: Feb. 28th 9:30 am - 12:30 pm
Pasatiempo: Feb. 21st 9:30 am - 12:30 pm
MEG: Feb. 14th 10:00 am - 1:00 pm
Luisa: Feb. 7th 9:30 am - 12:30 pm



ICAN Nutrition Classes

ICAN (Ideas for Cooking And Nutrition) is a program of the N.M. State University Cooperative Extension Service and is available free of charge to individuals with limited resources. These bilingual classes can help you:

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

ICAN classes are held as follows:

Mary Esther Gonzales Senior Center

Wednesday February 19th at 10:30 am

Ventana de Vida Senior Center

Monday February 3rd at 1:30 pm

Pasatiempo Senior Center

Wednesday, February 12th at 10:00 am

Luisa Senior Center

Monday, February 3rd at 10:00 am

For more information, please contact Renee at the S.F. County Extension (505) 471-4711.

Monthly Meetings at MEG Senior Center

Posted pursuant to the Open Meetings Act:

Senior Olympics: February 20th at 10:00 am

Senior Advisory Board: February 19th at 9:30 am

Blue Lotus Art Outreach at Luisa

In February, we will have an open art studio on Mondays, the 3rd and 24th, and on Thursdays, the 13th and 20th, 1:30 – 3:30 pm:



We will have a tea party celebrating the Asian Lunar New Year. We'll witness how our art and poetry depict the values of peace, tolerance, and kindness in a world which is in desperate need of all three. We will discuss the new Afghan war rug exhibit at the Museum of International Folk Art, write poems and create art dedicated to Peace while exploring the role of the peacemaker. As Elders, we hope to plant the seeds of respect for Mother Earth and love for our fellow human beings. Come and join us!

-By RSVP volunteer instructor Diana Mamalaki

Sweethearts' Dance

Join us at a dance to celebrate Valentine's Day. There will be live music by Banda Alegre and light refreshments. See you there!



Thursday, February 13th 1:00 – 4:00 pm at the Fraternal Order of Eagles Club, 833 Early St. Admission is \$2.00. This dance is sponsored by the seniors at the Luisa Senior Center.

January Birthday Celebrations

Everyone is invited during the lunch hour to enjoy cake in honor of all seniors with birthdays this month!



MEG: Wednesday, Feb. 5th

Ventana de Vida: Wednesday, Feb. 19th

UPCOMING ACTIVITIES

FEBRUARY 2020

Why Take the AARP “Smart Driver” Course?

Because driving has changed since you got your license. The AARP Smart Driver course is the nation’s first refresher class designed for drivers age 50 and older.

You may receive a discount on your auto insurance premium upon course completion. Refresh your knowledge of the rules of the road, as well as potential hazards. Reduce your chances of receiving a traffic violation or getting into an accident.

The class is taught monthly by a volunteer instructor at the MEG Senior Center, 1121 Alto St. It runs 1:00 – 5:00 pm, but please arrive by 12:30. The materials fee is \$15 for AARP members and \$20 for non-members, check or cash only. (Class cost is going up by \$5 in July.) You must present your driver’s license and AARP card. Please dress in layers as temperatures fluctuate in the classroom.

Class size is limited to 30. To register for an upcoming class, call the AARP information center in Albuquerque at (505) 830-3096. Leave a message if you reach a recording. Say that you are registering for the Santa Fe Smart Driver course and which date you would like.



Choose an Upcoming Class:

February 11th
or
March 10th



Movie Day
at MEG Senior Center
Tuesday, February 25th at 1:00 pm
“The Shack”



After the abduction and presumed death of Mackenzie Allen Phillips’ youngest daughter, Missy, Mack receives a letter and suspects it is from God, asking him to return to The Shack where Missy may have been murdered. After contemplating it, he leaves his home to go to The Shack for the first time since Missy’s abduction and an encounter that will change his life forever. Rated PG-13.



Movie Day
at Ventana de Vida Senior Center
Wednesday, February 12th at 1:00 pm
“Hope Springs”



Long-married couple Kay (Meryl Streep) and Arnold (Tommy Lee Jones) love each other, but after so many years together, Kay feels the need to spice things up and reconnect with her husband. Hearing of a renowned marriage counselor (Steve Carell) in the town of Great

Hope Springs, Kay manages to persuade her stubborn mate to attend a retreat with her. As they shed their bedroom hang-ups, Kay and Arnold find that the real challenge is reigniting the spark that originally brought them together. Rated PG-13.

UPCOMING ACTIVITIES

FEBRUARY 2020



Movie Day
at Luisa Senior Center
Thursday, February 20th at 1:00 pm
“Playing with Fire”



After a group of elite firefighters come to the rescue of three young kids who are siblings, they soon realize that they don't have the type of training it takes to carry out their new and most challenging task yet: acting as the kids' babysitters. The firefighters must oversee the kids until their parents

return, and the brood ends up turning the lives of the firemen, as well as their workplace, upside down, and jeopardizing their jobs. Through it all, they discover that just like fires, kids can be wild and unpredictable.
Rated PG



Computer & Cell Phone Instruction

Basic computer and cell phone assistance is offered free of charge to seniors at the MEG Senior Center computer lab.

RSVP volunteer instructor Jesse can teach you how to use various apps on your phone and on a computer. He will teach you how to email, text, surf the web, play games, use Facebook, watch videos online and other skills.

Drop in assistance is available Tuesdays and Wednesdays 10:00 am – 12:00 pm.

Senior Olympic Spotlight

“You don't stop playing because you get old; you get old because you stop playing”



If you are age 50 or over, we invite you to become a Santa Fe Senior Olympian.

You can learn a new sport or participate in one you already excel at. There are 25 different sports and competition is divided into five-year age brackets.

Join us to get fit, learn new skills, make friends, and have a great time!

Local Games Ongoing Registration

MEG (Mary Esther Gonzales) Senior Center
1121 Alto St. 8:30 am – 4:30 pm Mon – Fri,
Now through February 14th
Late Registration February 17th – February 21st
(Absolute cut-off for registration is Feb 21st)

Registration fee is \$20.00
Late Registration is \$30.00
Olympians receive a Senior Olympics shirt

GCCC Registration

(Genoveva Chavez Community Center)
3221 Rodeo Rd.
Tuesday, February 4th 8:00 am – 12:00 pm
Wednesday, February 12th 8:00 am – 12:00 pm

If you would like to be an event manager for any sport, please call (505) 795-3817.

We are also seeking enthusiastic athletes interested in being on the Senior Olympic Committee. The Committee meets once a month and we always welcome new faces.

Happy New Year!

Until next month.

–Cristina Villa

UPCOMING ACTIVITIES

FEBRUARY 2020

Root Beer Floats at Luisa Center

Come enjoy a root beer float, like you remember them!

Join us on Friday, February 14th from 11:30 am until 12:30 pm. The cost is \$1.00 per float and the proceeds go the Luisa Senior Center at 1500 Luisa St. (enter on Columbia).



Weekend Bingo at Luisa \$100 Guarantee

The Luisa Senior Center at 1500 Luisa St (enter on Columbia) will host a Bingo on Sunday, February 9th from 1:00 – 3:00 pm.

B I N G O				
6	29	34	47	75
2	26	41	59	73
3	25	FREE BONUS SPACE	57	64
11	27	31	46	68
15	21	37	48	71

The cost is \$12.00 for a package and four specials at \$1 each. The blackout game is \$2.00. The jackpot winner goes home with \$100.00! Please bring small bills. Serving: Frito Pie and Drink for \$5.00

\$100 Guarantee at Luisa Bingo

Join other seniors on Friday, February 14th 1:00 – 3:00 pm for Bingo with a \$100 guarantee. It will be held at the Luisa Senior Center at 1500 Luisa St. (enter from Columbia St.)

You can't win if you don't play!

Free Hair Cuts at MEG & Pasatiempo Centers

RSVP volunteer Fabiola, a licensed beautician, provides free haircuts for seniors (on a first come first served basis, 20 haircuts per day), beginning at 10:00 am.

Pasatiempo – Wednesdays, Feb. 19th and 26th

MEG – Thursdays, Feb. 6th and 13th

The sign-in sheet for haircuts at the MEG Center will be available starting at 9:00 am on the Program Coordinator's office door.

Free Food Distributions for All

On Fridays, the Food Depot generously donates perishable foods to five Santa Fe senior centers for volunteers and staff to distribute to anyone who would like it.

We receive food items such as:

Fresh Breads Fresh Fruits
Fresh Vegetables Bakery Items
(and sometimes we even receive flowers)



Anyone is welcome!
You do NOT have to bring any documentation
You do NOT have to be a senior citizen
You do NOT have to live in Civic Housing
You do NOT have to be a US citizen

February 7th and 21st at:

MEG Senior Center at 1121 Alto St.
Numbers are drawn starting at 12:30 pm
Numbers are called starting at 1:00 pm

February 14th and 28th at:

Luisa Senior Center, 1500 Luisa St.
Villa Consuelo Center, 1200 Camino Consuelo
Pasatiempo Senior Center, 664 Alta Vista St.
Ventana de Vida Center, 1500 Pacheco St.
(after lunch)
Distribution times vary at these centers.
Please check at the center that day.

Come to the centers and get a number to learn your place in line. You have to fill out and sign a very brief form for the Food Depot's records.

Please remember to be patient and kind to the volunteers and staff distributing the food, as well as to the other recipients. Thank you.

CONSUMER & LEGAL

FEBRUARY 2020

Avoid Aggressive Drivers

(From AAA Foundation for Traffic Safety)
Aggressive driving is a major concern of the American public and a real threat to the safety of all road users. When surveys ask drivers what angers them most, the results are remarkably consistent. A few behaviors seem unusually likely to enrage other drivers. You can protect yourself by avoiding them.

Don't Offend – When you merge, make sure you have plenty of room so you don't cut off the other drivers. Remember that the left lane is for passing, so if you are driving slowly, stay in the right lane. Do not follow another car too closely. No matter how frustrated you get at another driver, do not make hand gestures at them.

Don't Engage – One angry driver can't start a fight unless another driver is willing to join in. Steer clear of an argument. Avoid eye contact. Get help if you can.

Adjust your Attitude – The most important actions you can take to avoid aggressive driving take place inside your head. Try to forget about winning. Put yourself in the other drivers' shoes. If you think you have a problem with your own anger when you drive, seek help before it gets out of control.



Consumer Protection Tools

(From the New Mexico Attorney General)

You have a right to access a free copy of your credit report once a year from each nationwide credit reporting company: Experian, Transunion, and Equifax at www.annualcreditreport.com

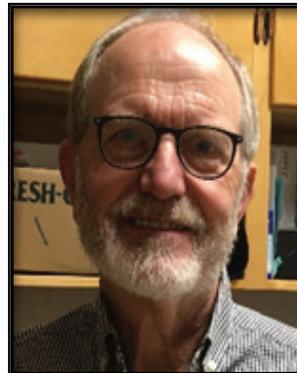
You have a right to review and correct inaccuracies on your credit report at

www.consumer.ftc.gov/articles/0151-disputing-errors-credit-reports

You have a right (and a responsibility) to protect your financial information. If a company contacts you requesting private information, call them back if you are unsure they are legitimate. Always exercise caution when sharing your personal information. Know who you are dealing with when shopping or divulging information online. If something sounds too good to be true, it most likely is.

You have a right to stop unsolicited credit offers for five years or permanently at www.optoutprescreen.com

Benefits Counselor Helps Seniors



As we mentioned in the January newsletter, Jim Wurtz is another RSVP volunteer who provides benefits counseling at the MEG Senior Center on Wednesdays. He is also trained with the Aging and Disability Resource Center (ADRC) which is part of the New Mexico Aging and Long Term Services Department.

Jim has been a benefits counselor for three years, or “three Open Enrollment” seasons, as he likes to think of it. He is a retired healthcare administrator who worked in several states, including Kentucky and Texas. He was also an Army Medical Service Corps Officer for four years. Coming from the healthcare field, Jim understands the ever-changing complexity of insurance choices. He volunteers to help people make the right decisions, based on their own situations and interests, and to access services they need.

“Navigating the system is really difficult, and we all could use an advocate. Besides, it makes me have to learn more every day, which supports my mental acuity” he says.

Appointments for free benefits counseling are made ahead of time by calling 955-4721.

PUZZLE

FEBRUARY 2020

19

Scoot!

The scooter craze shifted into high gear in the 1950s, due in large part to the Italian Vespa scooter. Appearances on the big screen in films such as 1953's "Roman Holiday" made the Vespa one of the best-known and most sought-after scooters of the decade. Below are words associated with motor scooters.

<input type="checkbox"/> ALUMINUM	<input type="checkbox"/> PEDAL	<input type="checkbox"/> SEAT
<input type="checkbox"/> BODY	<input type="checkbox"/> POLISHED	<input type="checkbox"/> SIDECAR
<input type="checkbox"/> BRAKE	<input type="checkbox"/> RECTANGULAR light	<input type="checkbox"/> SPEED
<input type="checkbox"/> CHROME trim	<input type="checkbox"/> RIDE	<input type="checkbox"/> START
<input type="checkbox"/> CLUTCH	<input type="checkbox"/> ROUND light	<input type="checkbox"/> STEEL frame
<input type="checkbox"/> DECAL	<input type="checkbox"/> SADDLE	<input type="checkbox"/> TRANSMISSION
<input type="checkbox"/> DESIGN	G I L H A N N G A O A S T E V	
<input type="checkbox"/> ENGINE	R E M O R H C L R P R A V L R	
<input type="checkbox"/> FLOORBOARD	A K P S L A U D W I E O U S V	
<input type="checkbox"/> FUEL TANK	L G O H O M C E D S L D W T R	
<input type="checkbox"/> GLOVE box	U P O L I S H E D G F L A F Y	
<input type="checkbox"/> GRILLE	G R D N U R C P D M O D E L S	
<input type="checkbox"/> HANDLEBARS	N O U T R A N S M I S S I O N	
<input type="checkbox"/> HORN	A M N W L B O D Y N S D G O D	
<input type="checkbox"/> LIGHTWEIGHT	T T H G I E W T H G I L O R S	
<input type="checkbox"/> LOGO	C K N A T L E U F I A L A B D	
<input type="checkbox"/> MODELS	E L W S S D N L K S E U O O L	
<input type="checkbox"/> MUDGUARD	R K U T I N G D D E G M L A Y	
	W T A T O A I P T D N U O R N	
	T R R R C H N S U A A N G D I	
	T E P T B H E M Y E W S O L M	

PUZZLE

FEBRUARY 2020

WORDBENDERS

PUZZLE 216

The answers for this crossword puzzle might be just around the bend! Solve the puzzle as you would a regular crossword. The clues for the words which bend in the diagram are listed under the heading BENDERS.

BENDERS

1. Savage
2. Incentive
8. Sleeve end
9. Plaintiff's opponent
17. Rancor
18. Glitter
28. Extemporaneous
29. Regulates
30. And so on
32. Subsequently
43. Irish currency
49. Above

ACROSS

1. Elemental
6. Drew together
10. Perpetrator
13. Incident
14. Tropical snake
19. Primate
21. Include
22. Cholera
23. Singer Henley
24. Neglectful
25. Worried
26. Cereal grass
33. Nationality suffix
34. Evaluation
36. Turn in
38. Corrida cheer
39. Demeanor

40. "___ Time Will
Come"

41. Deface

42. Recent

44. Pivotal

50. Cry of acclamation

51. Disengage

52. Put into print

DOWN

3. Frost

4. Vessel

5. Raises

6. Top

7. Corroded

11. Connection

12. Overly optimistic

15. Hymn of praise

16. Manage

19. Modification

20. Hawaiian food

27. Positive responses

29. Mythical horse

31. Tract of land

35. Wing

37. Paris street

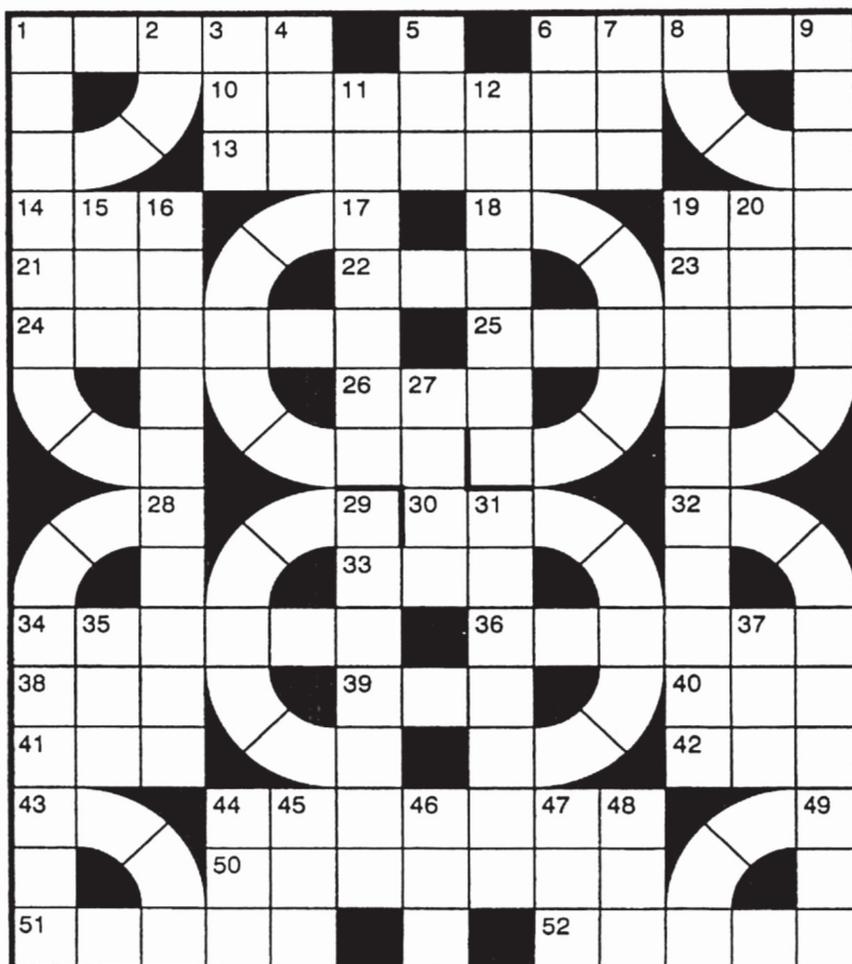
44. City in IL

45. Old World deer

46. Driver's location

47. Colony dweller

48. Set down



Medical Breakthroughs in 2019

(From goodnewsnetwork.org)

While some of these accomplishments are in early stages of research, each notable study is one more milestone towards treating some of humanity's most debilitating conditions.

Scientists Reversed Dementia in Mice

Rather than targeting the typical rogue proteins associated with dementia, scientists reported in December that—for the very first time—they have reversed dementia in mice with a drug that reduces inflammation. Up until now, most dementia treatments have targeted the amyloid plaques that are found in people with Alzheimer's disease. However, experiments conducted at the University of California, Berkeley suggest that targeting inflammation in the brain might stop it in its tracks.

Broccoli Contains 'Achilles Heel' of Cancer

If you didn't already have enough reason to eat your vegetables, a study published in May says that broccoli contains an amazing ingredient which could be the 'Achilles Heel' of cancer. Broccoli is part of the cruciferous vegetable family, which includes cauliflower, cabbage, kale and Brussels sprouts. These vegetables contain a tiny, but powerful molecule that deactivates the gene responsible for cancerous tumor growth.



Success of Parkinson's Treatment was 'Beyond Researchers' Wildest Dreams'

In April, scientists from Western University in Ontario published the results of a pilot study in which they used spinal implants to improve motor function in several patients with advanced Parkinson's. Prior to the study, the patients were barely able to stand on their own without falling over or they were forced to depend entirely on wheelchairs for mobility. After getting the spinal implant however, the patients are now capable of walking unassisted for the first time in years.

Proteins Could Restore Damaged Hearing

In August, researchers at Johns Hopkins Medicine may have found the key to restoring hearing in people with irreversible deafness. Using genetic tools in mice, they identified a pair of proteins that precisely control when sound-detecting cells, known as hair cells, are born in the mammalian inner ear. "Scientists in our field have long been looking for the molecular signals that trigger the formation of the hair cells that sense and transmit sound," says Dr. Angelika Doetzlhofer, associate professor of neuroscience at the Johns Hopkins University School of Medicine. "These hair cells are a major player in hearing loss, and knowing more about how they develop will help us figure out ways to replace hair cells that are damaged."

Blind People Had Vision Restored in 'World First'

Millions of blind people could have their vision restored using stem cells taken from the eyes of non-living donors, according to Scottish research published back in March. Thanks to the pioneering tissue transplant, eight patients with a common condition that destroys vision had the affected area repaired. Two other patients were even able to read again after having severe macular degeneration.

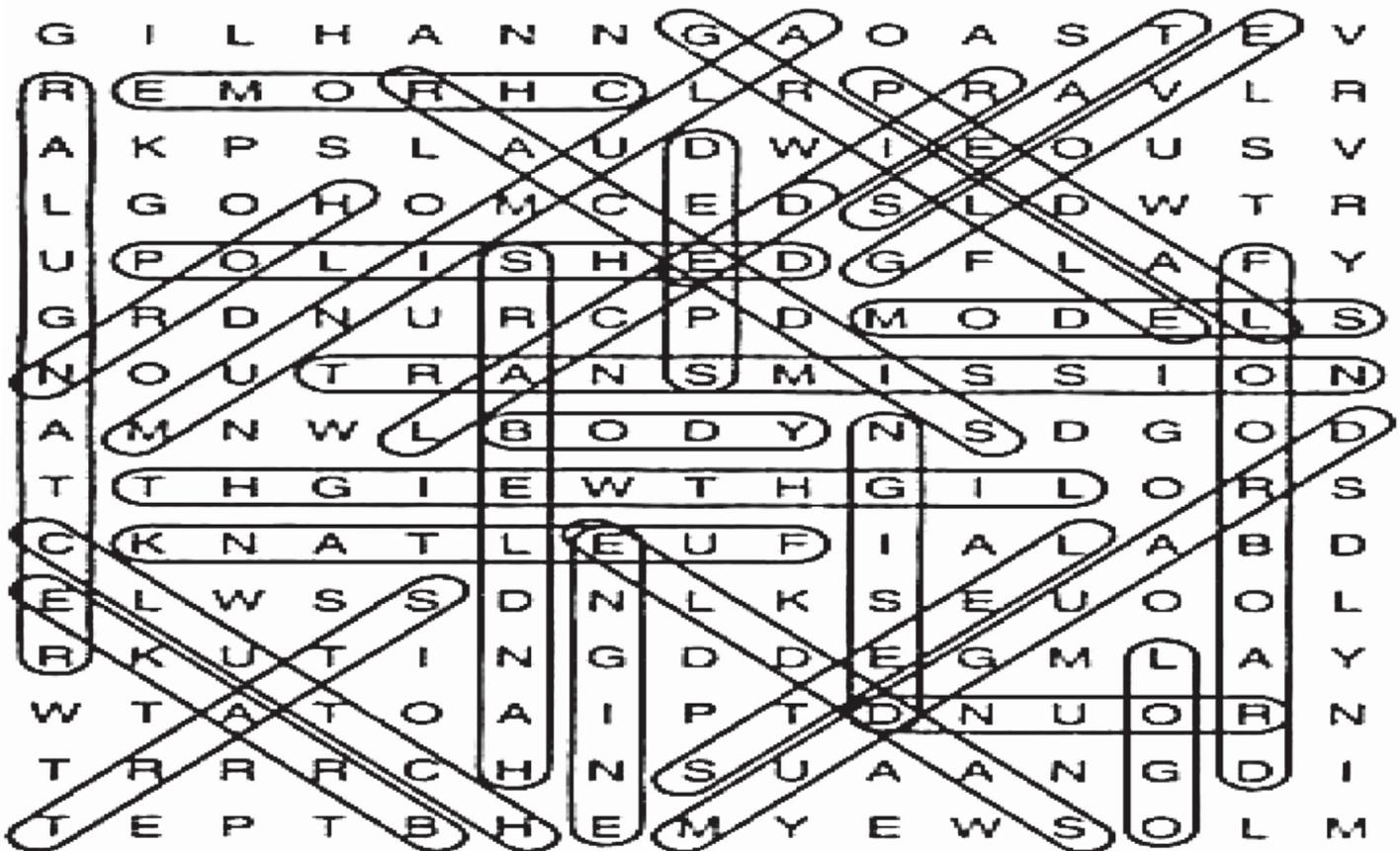
Scientists Discovered Molecule That Triggers Self-Destruction of Pancreatic Cancer Cells

Pancreatic cancer, which maintains a 95% mortality rate, is resistant to all current treatments. Patients have extremely poor chances of surviving for five years after being diagnosed. Since the disease does not show symptoms until the advanced stages, it is notoriously hard to diagnose. However, a Tel Aviv University study published in December finds that a small molecule has the ability to induce the self-destruction of pancreatic cancer cells. The research was conducted with xenografts—transplantations of human pancreatic cancer into immunocompromised mice. The treatment reduced the number of cancer cells by 90% in the developed tumors a month after being administered.

PUZZLE ANSWERS



19



BREAKFAST MENU

FEBRUARY 2020

Breakfast is served at MEG, Luisa, Pasatiempo, Ventana de Vida Senior Centers

Monday - Friday 7:30 am - 8:30 am

There is a suggested donation of \$1.00 for seniors 60 and over and
a fee of \$7.00 for non-seniors (59 and under)

Menu is subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
3 Bran Flakes Waffle with Syrup Grilled Ham Chilled Peaches	4 Malt-O-Meal English Muffin with Egg, Cheese & Sausage Green Chile Mixed Fruit	5 Oatmeal Scrambled Eggs Potatoes Canadian Bacon Orange Juice	6 Pancakes with Syrup & Margarine Potatoes with Peppers Apple Juice Apple	7 Breakfast Burrito with Egg, Bacon, Cheese, Chile and Hash browns Tomato Juice Pineapple
10 Biscuit with Country Gravy Sausage Patty Orange	11 Malt-O-Meal Ham, Egg & Cheese Croissant Apple	12 Cinnamon Oatmeal Raisins Toast with Margarine ½ Grapefruit	13 Huevos Rancheros with Egg, Cheese & Chile Sausage Link V-8 Juice Applesauce	14 Cheerios French Toast With Syrup Bacon Sliced Pears
17 Bran Flakes Waffle with Syrup Grilled Ham Chilled Peaches	18 Malt-O-Meal English Muffin with Egg, Cheese & Sausage Green Chile Mixed Fruit	19 Oatmeal Scrambled Eggs Potatoes Canadian Bacon Orange Juice	20 Pancakes with Syrup & Margarine Potatoes with Peppers Apple Juice Apple	21 Breakfast Burrito with Egg, Bacon, Cheese, Chile and Hash browns Tomato Juice Pineapple
24 Biscuit with Country Gravy Sausage Patty Orange	25 Malt-O-Meal Ham, Egg & Cheese Croissant Apple	26 Cinnamon Oatmeal Raisins Toast with Margarine ½ Grapefruit	27 Huevos Rancheros with Egg, Cheese & Chile Sausage Link V-8 Juice Applesauce	28 Cheerios French Toast With Syrup Bacon Sliced Pears
Milk is served with each meal.				Menu is subject to change.

Nutrition Education: Making Freezer Meals

(From the Connecticut/Rhode Island Family Nutrition Program)

Making meals ahead and freezing them in single-serve sizes can save you time and money. And, homemade freezer meals will be lower in fat and sodium than store-bought ones.

When you are cooking, make extra to freeze. Casseroles, one-pot recipes, soups and stews usually work well. When the recipe is cooked and cooled, spoon it into a freezer container. Seal the container leaving a small amount of air space. Using a permanent marker, write the date and name of the recipe on the container. On a notepaper, write down the date, item and number of portions you are freezing. Keep the notepaper on the freezer to remind you what is inside. The next time you want a meal that only requires heating up, check your list to see what you already have.

SENIOR CENTER LUNCH MENU

FEBRUARY 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>Pork Chop Scalloped Potatoes Broccoli Florets Roll w/ Margarine Fresh Apple</p>	<p>4</p> <p>Chicken Provencal Tomato Topping White Rice Spinach/ Onions Roll w/ Margarine Fruit in Jello</p>	<p>5</p> <p>Spaghetti Marinara Meatballs Italian Veggies Tossed Salad Garlic Toast Chocolate Pudding</p>	<p>6</p> <p>Beef & Potato Stew w/ tomato Carrots & Celery Spinach Salad Crackers Peanut Butter Cookie</p>	<p>7</p> <p>Chicken Tenders Cream Gravy French Fries Coleslaw Biscuit Vanilla Ice Cream</p>
<p>10</p> <p>Creamy Chicken over Spinach & Tomato Linguini Buttered Carrots Breadstick with Margarine Brownie</p>	<p>11</p> <p>Pork Stir Fry Fried Rice Stir Fry Veggies Cucumber & Tomato Salad Roll w/ Margarine Mandarin Oranges</p>	<p>12</p> <p>Chicken Fried Steak Mashed Potatoes Cream Gravy Asparagus WW Roll with Margarine Tropical Fruit</p>	<p>13</p> <p>Chile Dog With Red Chile Meat Sauce Mixed Veggies Onion Rings Fresh Orange</p>	<p>14</p> <p>Baked Ham with Pineapple Yams Vegetable Medley Roll w Margarine Pineapple Tidbits</p>
<p>17</p> <p>Sweet & Sour Chicken Brown Rice Asian Veggies Egg Roll Strawberries on Shortcake</p>	<p>18</p> <p>Cabbage Roll with Tomato Veggie Topping Potatoes O'Brien Tossed Salad with Dressing Crackers Tapioca Pudding</p>	<p>19</p> <p>Chicken Cordon Bleu with White Cheese Sauce Broccoli & Cauliflower White Rice Cherries in Yogurt</p>	<p>20</p> <p>Beefy Burrito Supreme with Green Chile Sauce Refried Beans Tossed Salad with Dressing Chilled Apricots</p>	<p>21</p> <p>BBQ Chicken Potato Salad Coleslaw Cornbread Berries in Cobbler</p>
<p>24</p> <p>Baked Chicken Breast Chicken Gravy Wild Rice Mixed Veggies Biscuit with Margarine Lemon Bar</p>	<p>25</p> <p>Pork Roast Mashed Potatoes Pork Gravy California Veggies WW Roll with Margarine Applesauce</p>	<p>26</p> <p>Frito Pie with Meaty Red Chile Pinto Beans Garnish Mexicorn Rainbow Sherbet</p>	<p>27</p> <p>Creamy Green Chile Chicken Stew W/ Peas, Carrots & Potatoes Sliced Buttered Carrots Spanish Rice Tortilla Chilled Peaches</p>	<p>28</p> <p>Baked Tilapia Seasoned Rice Pilaf French Style Green Beans WW Roll with Margarine Pears</p>

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

Non-Senior (59 years or younger) Mandatory Meal Fee: Breakfast \$7.00 --- Lunch \$7.00

Lunch is served at: M.E.G., Luisa, Pasatiempo, Ventana de Vida and Villa Consuelo Senior Centers
11:00 am – 12:30 pm Monday through Friday

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

Milk is served with each meal. Menu is subject to change.

Senior Center Locations



Legend

- City Senior Center Location
- Down Town
- City Limits

MARY ESTHER GONZALES (MEG)
 1121 ALTO STREET
 (505 955-4721)

PASATIEMPO
 664 ALTA VISTA STREET

VENTANA DE VIDA
 1500 PACHECO STREET

LUISA
 1500 LUISA STREET
 (entrance on Columbia St.)

VILLA CONSUELO
 1200 CAMINO CONSUELO
 (closed for renovation)

