Programs and Activities for Older Adults
Programas y Actividades para Adultos Mayores
Offered by: Division of Senior Services

http://www.santafenm.gov/senior_scene_newsletter

JULY 2017
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.”
SENIOR SERVICES REGISTRATION

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

Eligibility for Senior Services Registration

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

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

SENIOR TRANSPORTATION INFORMATION

To Reserve: Call 955-4700 at least 24 hours in advance, before 4:00 p.m. Ride reservations can be made up to five business days in advance. Please specify if you require a wheelchair lift van. To avoid delays in service, call immediately if you need to cancel a scheduled ride.

Senior Cost: Seniors 60 and over, a suggested donation of .50¢ per ride (one way trip). You may purchase a 25-ride ticket for $10.00 from the Transportation Office or drivers.

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: Demand has increased and so has the wait time. We appreciate your patience.

* July 4th - closed for Independence day

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.
It is with a heavy heart that I announce the passing of Mr. Ernesto Ramos on June 16, 2017. What makes this a difficult period is Ernesto was a tremendous friend to me; he was also an incredible friend to the seniors of the City of Santa Fe and New Mexico. There was so much Ernesto did for seniors, whether it was the Senior Olympics or the Volunteer Programs, he was committed to giving everyone access to these programs. He served with me at the Department of Aging and Long-Term Services as the Bureau Chief, and not only was he a great mentor to his staff, but he pushed them to serve from the heart, to serve the thousands of New Mexico seniors who were depending on the services that allow them to remain in their communities as independent as possible. He was a great example of service to humanity for the greater good. Thank you Mr. Ernesto Ramos you will be truly missed.

In Remembrance
Ernesto Ramos, 78, “Neti” passed away Friday, June 16, 2017 surrounded by family. Ernesto was born in La Isla, Texas and lived in Santa Fe for 42 years. He was preceded in death by parents Dionicio and Juana Ramos, sister Sebastiana Cordero and eldest son Ernest Ramos, Jr. He is survived by his wife of 59 years Maria Ramos; children Andy Ramos, Michael Ramos, Nora (Chris) York, Gina (Greg) Montes; brother Eduardo Ramos; sister Camila Contreras; grandchildren Brian Ramos, Alyssa Ramos, Kevin (Marissa) Ramos; Kyle (Megin) Ramos, Kris (Iris) Ramos, Amy (David) Gomez, Troy Ramos, Marcelle Montes, Nathan York, Natalie York, Cecily Montes, Alex Montes, Evelyn Montes; great-grandchildren Emma Ramos, Ezekiel Ramos, Alexis Ramos, Aaron Ramos, Lillian Ramos, Justina Ramos, Kaelie Gomez, Jaelyn Gomez, Kirsten Gomez.

Ernesto spent his life as an activist advocating for the underrepresented and had an accomplished career in public service. He began a career in federal service in 1971 with the Corporation for National and Community Service, becoming State Director in 1981. In 2007, he went to work for the New Mexico Aging and Long-Term Services Department until 2016. His tireless dedication impacted the direction of senior programming in New Mexico. Known as the godfather of the New Mexico Senior Olympics, he supported its success into his retirement. As President of the National Senior Sports Organization, he served on the US Olympic Committee and fulfilled his dream of attending the Atlanta Games. He received numerous awards and accolades for his service.

He supported his children and grandchildren in all their endeavors and always offered unconditional support. Ernesto enjoyed playing, coaching and watching sports, especially the Dallas Cowboys and the UNM Lobos. He often travelled to watch his grandchildren play sports and pursue their interests. He was an exceptional athlete in his own right and was inducted into the El Paso Baseball Hall of Fame in 1992.

It was Ernesto’s wish that contributions be made in his name to the New Mexico Senior Olympics: www.nmseniorolympics.org/support-the-nmso/.
**Santa Fe County Mobile Health Van**

The health van’s Registered Nurse offers basic health screenings: blood pressure/glucose, heart rate, general health information and immunizations. Schedule is subject to change so please check for the updates online at [www.santafecountynm.gov](http://www.santafecountynm.gov) or call (505) 231-2382. All services are free.

### Dates for July:

<table>
<thead>
<tr>
<th>Date</th>
<th>Location</th>
<th>Time</th>
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<tbody>
<tr>
<td>01</td>
<td>Van not out</td>
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<tr>
<td>02</td>
<td>Santa Fe Recovery Center</td>
<td>9 am – 1 pm</td>
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<tr>
<td>03</td>
<td>Casa Rufina Apartments</td>
<td>9 am – 1 pm</td>
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<tr>
<td>04</td>
<td>Van not out – Holiday</td>
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<tr>
<td>05</td>
<td>Eldorado Senior Center</td>
<td>10 am – 2 pm</td>
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<td>06</td>
<td>Chimayo Senior Center</td>
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<td>07</td>
<td>Villa Alegre</td>
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<tr>
<td>08</td>
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<tr>
<td>09</td>
<td>Santa Fe Recovery Center</td>
<td>9 am – 1 pm</td>
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<td>10</td>
<td>Fort Marcy</td>
<td>9 am – 1 pm</td>
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<td>11</td>
<td>Casa Villita</td>
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<td></td>
<td>El Mercado del Sur</td>
<td>3 – 5 pm</td>
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<tr>
<td>12</td>
<td>El Rancho Senior Center</td>
<td>9 am – 1 pm</td>
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<td>13</td>
<td>Santa Cruz Senior Center</td>
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<tr>
<td>16</td>
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<td>17</td>
<td>Villa Consuelo Senior Center</td>
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<td>18</td>
<td>St. John’s Methodist Church</td>
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<td>Edgewood Senior Center</td>
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<td>20</td>
<td>Valle Vista Housing Boys &amp; Girls Club</td>
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<td>9 am – 1 pm</td>
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<td>21</td>
<td>Mary Esther Gonzales Senior Center</td>
<td>9 am – 1 pm</td>
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<td>10 am – 2 pm</td>
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<td>22</td>
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<tr>
<td>23</td>
<td>Santa Fe Recovery Center</td>
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<tr>
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<td>Pasatiempo Senior Center</td>
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<td>25</td>
<td>Luisa Senior Center</td>
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<td></td>
<td>El Mercado del Sur</td>
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<td>26</td>
<td>Camino de Jacobo Housing</td>
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<td>27</td>
<td>Tesuque Health Fair</td>
<td>9 am – 2 pm</td>
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<td>28</td>
<td>Genoveva Chavez Comm Ctr</td>
<td>10 am – 2 pm</td>
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<td>29</td>
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<tr>
<td>30</td>
<td>Santa Fe Recovery Center</td>
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<tr>
<td>31</td>
<td>Encino Villa</td>
<td>9 am – 1 pm</td>
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**Senior Center Closures**

All City of Santa Fe Senior Centers will be closed on Tuesday, July 4 due to the Independence Day holiday. Centers will reopen on Wednesday, July 5. Have a safe holiday!

**Luisa Senior Center Open during Construction**

Please note that the Luisa Senior Center located at 1500 Luisa Street remains open during the housing unit construction. The main entrance on Columbia Street is now open again. Please stop by!

**Senior Transportation News**

Please note that due to the holiday closure and mandatory staff training, the Senior Services Transportation section will operate on shorter hours for the first two Tuesdays in July. Thank you for your understanding.

- July 4 – closed for Independence Day
- July 11 – last call for pickup is 2:45 p.m.

**39th Annual Conference on Aging**

This year’s Conference on Aging is scheduled to take place on Tuesday, August 15 and Wednesday, August 16, 2017 at the Isleta Resort & Casino Conference Center in Albuquerque. The event is sponsored by the NM Aging and Long-Term Services Department and provides older adults, caregivers and professionals who work with them an opportunity to learn and have fun in an environment that supports independence and dignity. The Conference will feature key note speakers, more than 50 workshops, 60 interactive exhibits and a health & enrichment fair. Call 866-842-9230 or 505-383-3900 for more information.

**The cost of the two-day conference is:**

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<td><strong>Senior Rate (Age 55 and older)</strong></td>
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<tr>
<td><strong>Student Rate</strong></td>
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<td>$55</td>
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**One-day registration is also available:**

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<tbody>
<tr>
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<td><strong>Senior Rate (Age 55 and older)</strong></td>
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<tr>
<td><strong>Student Rate</strong></td>
<td>$30</td>
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Basic Composting  
Saturday, July 8 from 9 a.m. to 1 p.m.  
This hands-on clinic will teach proper techniques for building a thermal pile, turning, finishing, and screening compost, in addition to straw bale worm composting (vermicomposting). Bring hats, gloves, sturdy shoes, water and a pitch fork if you have one. Located at the Santa Fe County Fairgrounds Compost Area (3229 Rodeo Rd).

Public Clinic on Deadheading Roses  
Saturday, July 8 from 9 a.m. to noon  
Harvey Cornell Rose Park, 1315 Galisteo St.

Historic Garden Restoration  
Friday, July 28 at 5 p.m.  
Tour the garden at El Zaguan (545 Canyon Rd.) during the fourth Friday Art Walk on Canyon Road. Learn how Master Gardeners are restoring their garden, maintaining its historic layout and ambiance with plants appropriate for current climate. This event is FREE

For more information please visit www.sfmga.org. Don’t miss out on these wonderful events!

The 2017 Summit will address challenges and solutions to ending hunger in New Mexico. The morning will feature keynote speakers, while the afternoon will focus on group sessions reviewing and discussing the FY17-21 New Mexico Action Plan to End Hunger. Attendees can contribute ideas and help create new initiatives to end hunger and also assist by donating non-perishable food items on that day. The Summit will be on Tuesday, September 26, 2017 from 8 a.m. to 5 p.m. at the Embassy Suites (1000 Woodward Pl) in Albuquerque. Registration is $35 per person and $25 for seniors. To register, please visit www.endnmhunger.com or pick up a packet at the Mary Esther Gonzales Senior Center (1121 Alto Street) in Santa Fe. For more information on the Summit please visit the above website or call (505) 395-2668.

A message from Dr. Veronica Garcia, Superintendent, SFPS  
Happy Independence Day! Happy Summer!  
After many years in education, it still surprises me how quickly the end of every school year arrives. It seems like we just began this year’s journey together! The summer presents an opportunity for me, our teachers and our staff to pause and reflect that we work in the field that actually helped make us the people we are today. If I asked you to remember your favorite teacher, I bet that you could tell me quickly, no matter how long ago that was! I’m also sure you can recall your best and worst school experiences. What I have seen since I returned to SFPS last fall are the exemplary efforts of adults, who were once students themselves, working in a number of ways to provide great learning memories for our Santa Fe children and their families! Thank you for your continued interest and support of Santa Fe Public Schools, and enjoy a restful summer!
In Remembrance

Sister Edna (Anthony Clare) Bube, Franciscan Sister of Perpetual Adoration, 88, died on Thursday, April 13, 2017 (her birthday), at Villa St. Joseph, La Crosse, WI. She was in the sixty-eighth year of her religious profession. Sister Edna was born in Athens, WI to Bodo and Margaret (Rosner) Bube on April 13, 1929 and was the fifth oldest of ten children. The sisters in her elementary school had a great influence on her, and in 1943 after completing the eighth grade at St. Anthony School in Athens she entered St. Rose Convent and made her first profession of vows on Aug. 12, 1949. Sister Edna served as a homemaker the first three years of her religious profession before entering the education field. She taught in elementary schools in Guttenberg, IA (1952-54), Spokane, WA (St. Xavier and St. Anthony Schools, 1955-62), Mosinee, WI (1962-63) and Canton, MS (1963-71). Sister Edna completed a nursing assistant program at Western Technical College and ministered as an aide at St. Francis Hospital (MCHS-FH) and Lutheran Hospital (Gundersen Medical Center) before moving into ministry for the elderly and homebound in Pueblo, CO (1973-1980), in Phoenix, AZ (1981-82) and in Santa Fe, NM (1982-1987). She became a certified grief counselor which led her to a ministry at Berardinelli Mortuary, St. Vincent Hospital and Cancer Center and with several area doctors in Santa Fe from 1988 to 2000. At that time, she retired from full time active ministry and continued volunteering at St. Vincent Hospital and Cancer Center as a member of the Retired Senior Volunteer Program (RSVP). She also enjoyed tutoring at a woman’s shelter and walking dogs at a local animal shelter. In March 2017 Sister Edna was in a severe auto accident and moved to Villa St. Joseph. Sister Edna will be greatly missed.

In Remembrance

Rosina Ortega August 18, 1929 – May 27, 2017

Rosina was born to the late Gregorita (Lita) and Manuel Ortega. She was born and proudly raised in Santa Fe into a large family of twelve siblings. Rosina was devoted to her family and especially enjoyed cooking large, traditional meals for family gatherings. Throughout her life, Rosina could be found in her kitchen making fresh tortillas for family, friends and Our Lady of Guadalupe Church, where she was a faithful, lifelong parishioner and a member of the Altar Society. She worked in some of Santa Fe’s most popular eateries, including Raul’s, Montgomery Ward Buffeteria, Furr’s Cafeteria, and Woolworths Lunch Counter. After retiring, she began volunteering with the Retired and Senior Volunteer Program (RSVP) of Santa Fe and then proudly worked well into her 80’s at the Pasatiempo Senior Center, where she had many dear friends. Rosina is survived by her daughter, Tina Fischer (Frank); sisters, Erlinda Gonzales and Cecelia Aranda (Phillip). She was lovingly referred to as Nana by her grandchildren, Aaron Fischer (Tanya), Victoria Fischer, Albert Wuorinen (Mikah), April Gallegos (Marc), Valerie Fischer, and Andrew Fischer (Nicole). Nana is also survived by great-grandchildren, Chante, Zachary, Cher, Gabriella, Naomi, Brooklynn, Elle, Arianna, and Kolton, great-great-granddaughter Aubree, and many nieces, nephews, and cousins. She is preceded in death by daughters, Sandra Chavez and Esther Vigil. Rosina will be greatly missed by all who knew her.

Thanks to Jytte Lokvig, Ph.D for Leading a Caregiver Support Group Meeting

Thank you to Jytte for giving an enlightening and marvelous presentation to caregivers and staff at the MEG Senior Center on June 8. Your knowledge and expertise kept us all interested and looking forward to seeing you again!
Mayor Javier Gonzales joined the Division of Senior Services transportation for a ride-along.

Day trip to the Santa Fe Botanical Garden
Itinerary

Day 1 – October 1 (Sun) – Depart Santa Fe, NM – Royal Gorge, CO – Colorado Springs
Join your traveling companions and Cosmos Tour Director for your tour departure. Leave Santa Fe and drive north to Colorado Springs, Colorado, stopping at the ROYAL GORGE BRIDGE en route. Walk across the world’s highest suspension bridge and marvel at the rugged rock walls that plunge more than 1,000 feet down to the Arkansas River. Continue to Colorado Springs, home to the U.S. Olympic Training Center.

Note: Group will be picked up from one planned location, departure time should be no later than 8am.

Day 2 – October 2 (Mon) – Colorado Springs – Denver – Black Hawk
Take the PIKES PEAK COG RAILWAY up to the summit of 14,110-foot Pikes Peak, the place that inspired Katharine Lee Bates to write America the Beautiful. We then explore GARDEN OF THE GODS, featuring 300-foot towering sandstone rock formations against a backdrop of snowcapped Pikes Peak and brilliant blue skies. This afternoon, head north through Denver, and then it’s on to the beautiful Colorado mountains for your overnight in Black Hawk. You are free to explore the many available casinos located in this National Historic District, truly a one-of-a-kind historic mining settlement. (Breakfast)

Day 3 – October 3 (Tues) – Black Hawk – Georgetown Loop Railroad – Glenwood Springs
This morning, stop at the MOTHER CABRINI SHRINE. The Mother Cabrini Shrine is a shrine in honor of the Sacred Heart of Jesus and St. Frances Xavier Cabrini. Originally a summer camp for the girls from the Queen of Heaven Orphanage, the property became a place of prayer, pilgrimage and devotion after the canonization of St. Cabrini in 1946. Have time to walk the The Gardens, explore the Museum, climb the 373 steps leading to the Sacred Heart of Jesus statue, and even purchase mementos of your visit to the Shrine in the gift shop. Next, board the historic GEORGETOWN LOOP RAILROAD, sit back and relax as you enjoy the beauty of the rugged Rocky Mountains plus views of Clear Creek Canyon. Arrive in Glenwood Springs for the evening. Unpack your swimsuit and head down to the HOT SPRINGS for a relaxing soak. These are the world’s largest and have been welcoming visitors for over 125 years. (Breakfast)

Day 4 – October 4 (Wed) – Glenwood Springs – Silverton – Rail Journey to Durango
Head south today through some of Colorado’s most spectacular scenery. Arrive in Silverton, once a major mining town that owes its name to the bragging statement by an early miner: “We have no gold, but silver by the ton!” Board the DURANGO & SILVERTON NARROW-GAUGE RAILROAD for a scenic ride through San Juan National Forest. The legendary steam train hugs steep canyon walls as it winds its way through Rio de las Animas Canyon with vistas of snowcapped peaks. Arrive in Durango, a town born in the Gold Rush and silver-mining era. (Breakfast)

Day 5 – October 5 (Thurs) – Durango – Mesa Verde National Park – Santa Fe, New Mexico
This morning, visit MESA VERDE NATIONAL PARK, a UNESCO World Heritage Site. See Spruce Tree House, one of the best-preserved cliff dwellings. Also visit the museum that depicts the story of the people who once thrived on this 8,000-foot plateau, and stop at a great vantage point for pictures of Cliff Palace (one of the largest of the 700-year-old Anasazi dwellings). Return to Santa Fe for the end of your tour. (Breakfast)

To reserve your spot, please contact Mercy at (505) 986-1416 or Corrine at (505) 986-1780. A 10% cancellation fee will apply.
COMMUNITY NEEDS

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

Make a Difference in a Child’s Life – Become a Gerard’s House Volunteer

Gerard’s House will train volunteers to facilitate grief support groups for children and teens, working as part of a team with staff and other volunteers. There will be an orientation for those willing to donate their time and talents. Refreshments will be provided and attendance is mandatory on all three of the following days:

- **Friday, August 11 from 6-9 p.m.**
- **Saturday, August 12, 10 a.m. – 6 p.m.**
- **Sunday, August 13, 10 a.m. – 6 p.m.**

Please call Triston at 955-4760 to join the Retired Senior Volunteer Program and get started with this opportunity.

Feeding Santa Fe

needs volunteers to fill food bags & distribute to hungry families, individuals & seniors from the drive-thru food pantry at the front building at 1222 Siler Road. The following shifts are available:

- **Tuesday afternoons from 2-3:30 p.m.**
- **Early bird specials: Wednesday mornings 5:45-7 a.m. or Thursdays any part of time from 5:45-9 a.m. (Come at 5:45, leave at 7 or come at 7, stay until 9).**

Please contact Triston if you are interested in this opportunity and to enroll in the Retired Senior Volunteer Program.

Volunteers born in JULY!

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<tr>
<th>RSVP Volunteers</th>
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<tbody>
<tr>
<td>Barbara Wenes</td>
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<tr>
<td>Alice Vargas</td>
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<td>Thomas K. Pedersen</td>
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<td>David Reffert</td>
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<td>Lorraine Graham</td>
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<td>Marvin Lachman</td>
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<td>Donna Sellers</td>
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<td>Sue Ann Spoonhoward</td>
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<td>Michaela Gallagher-Gonzales</td>
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<td>Maria E. Naranjo</td>
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<tr>
<td>Rod Hasson</td>
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<td>Nancy R. Nofield</td>
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<td>Judith Bronson</td>
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<td>Sue Ann Spoonhoward</td>
<td>7/07</td>
</tr>
<tr>
<td>Carmen Montoya</td>
<td>7/16</td>
</tr>
<tr>
<td>Geniva Lopez</td>
<td>7/17</td>
</tr>
<tr>
<td>Isidra Pacheco</td>
<td>7/21</td>
</tr>
<tr>
<td>Rosina Tapia</td>
<td>7/24</td>
</tr>
<tr>
<td>Catalina Ortiz</td>
<td>7/24</td>
</tr>
</tbody>
</table>

Please note that the above birthdays are people who are enrolled in the Senior volunteer program and turn in their hours quarterly.
**ONGOING ACTIVITIES**

**JULY - 2017**

All activities are open to registered seniors. 
Schedule is subject to change. Activity Coordinators’ contact information on page 2.

### Villa Consuelo Senior Center – 1200 Camino Consuelo

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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</thead>
<tbody>
<tr>
<td>9:30 am:</td>
<td>11 am – 2 pm:</td>
<td>9:30 am:</td>
<td>10 am:</td>
<td>9:30 am:</td>
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<tr>
<td>Ceramics</td>
<td>Bingo</td>
<td>Ceramics</td>
<td>Walking class</td>
<td>Walking class</td>
</tr>
</tbody>
</table>

*NOTE: Please print your name on our activity sheets every time you participate.*
UPCOMING ACTIVITIES
JULY - 2017

Frito Pie Sale at Villa Consuelo Center
Come and enjoy a Frito pie, with delicious homemade red chile, fresh beans and garnish. Frito pies will be available to purchase Thursday, July 6 from 11 a.m. – noon at the Villa Consuelo Senior Center (1200 Camino Consuelo). Proceeds will go to support the Villa Consuelo Senior Center.

Root Beer Floats at Luisa Center July 7
Cool off with a root beer float! Visit the Luisa Senior Center on Friday, July 7 from 11:30 a.m. to 12:30 p.m. The cost will be $1 per float and all proceeds will go to benefit the Luisa Senior Center.

Weekend Bingo at Luisa Center July 9
The Luisa Senior Center is hosting a Bingo on Sunday, July 9 from 1–4 p.m. It is $12 for a package and there will be four specials at $1 each. $100 Jackpot guarantee. No food will be served, but candy and sodas will be for sale; please bring small bills. Everyone is welcome, so don’t miss out on this Bingo game!

Banana Splits at Villa Consuelo Center
Summer is here, which means it is time to enjoy a cool treat! Join us at the Villa Consuelo Senior Center on Tuesday, July 18 from 11:30 a.m. to 12:30 p.m. for a banana split; the cost is $2 and all proceeds will benefit the center.

Summer Dance on July 13
Join us for an afternoon of summer fun on Thursday, July 13 from 1–4 p.m. at the Fraternal Order of Eagles (833 Early Street). Dance to the live music of Camino Oscuro! Light refreshments will be served and there will be a $2 entrance fee. This dance is sponsored by the Pasatiempo Senior Center. See you there!

Spanish Classes for Beginners
Do you want an introduction on conversational Spanish? Sister Jo will be teaching a class from 9:30 – 10:30 a.m. on Wednesdays at Ventana de Vida Senior Center. Join her!

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

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

The fee to cover materials is $20, but if you are an AARP member the cost is $15; your AARP card and driver’s license must be presented the day of the class. Also, please dress in layers as temperatures fluctuate in the MEG dining room. The number of participants for each class is limited to 30 individuals. To register for an upcoming class please call the AARP information center (located in Albuquerque) at (505) 830-3096. Let them know that you are registering for the Santa Fe Smart Driver course and the date you would like. Leave a message if you reach a recording.

Upcoming dates are:
• July 11
• August 8

Let’s Celebrate Your Birthday
Humana will be supplying cake to celebrate all seniors who have a birthday this month! Birthday celebrations will take place on the following dates:
• Thursday, July 6 at MEG
• Wednesday, July 12 at Pasatiempo
• Wednesday, July 19 at Ventana de Vida
Monthly Division of Senior Services Committee Meetings

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

Transportation/Nutrition:  
  Tuesday, July 11 at 9 a.m.
Senior Olympics:  Wed., July 12 at 9:30 a.m.
Advisory Board:  Wed., July 19 at 9:30 a.m.
Travel Comm:  Thurs., July 20 at 8:45 a.m.
SAC Board:  Thurs., July 20 at 10 a.m.

Monthly Senior Center Meetings

The following meetings are open to all seniors. Please come and give us your input about activities in your favorite senior center. Senior center addresses are listed on the Ongoing Activities page.

Ventana De Vida:  Wed., July 5 at 9:30 a.m.
Villa Consuelo:  Monday, July 3 at 2 p.m.
Pasatiempo:  Monday, July 3 at 10 a.m.
Luisa Center:  Tuesday, July 11 at 9 a.m.

Movie Day at the MEG Senior Center

Tuesday, July 25, 2017 at 1 p.m.
“Hidden Figures”
(2016 • PG • 2h 7m)

Three brilliant African-American women at NASA – Katherine Johnson (Taraji P. Henson), Dorothy Vaughan (Octavia Spencer) and Mary Jackson (Janelle Monáe) – serve as the brains behind one of the greatest operations in history: the launch of astronaut John Glenn (Glen Powell) into orbit, a stunning achievement that restored the nation’s confidence, turned around the Space Race and galvanized the world.

Movie Day at Ventana De Vida Center

Wednesday July 26, 2017 at 1 p.m.
“The Russians Are Coming, The Russians Are Coming”
(1966 • NR • 2h 6m)

During the Cold War of the1960’s, a Russian submarine accidentally runs aground near a small New England town. In order to avoid an international confrontation, a young lieutenant is ordered to go ashore and attempt to steal a tugboat. This classic comedy won two Golden Globe awards and was nominated for three Oscars. Starring Alan Arkin, Eva Marie Saint, Jonathan Winters, and Carl Reiner.

Movie Day at Luisa Senior Center

Monday, July 10, 2017 at 1 p.m.
“The Shack”
(2017 • PG-13 • 2h 13m)

After suffering a family tragedy, Mack Phillips spirals into a deep depression causing him to question his innermost beliefs. Facing a crisis of faith, he receives a mysterious letter urging him to an abandoned shack deep in the Oregon wilderness. Despite his doubts, Mack journeys to the shack and encounters an enigmatic trio of strangers led by a woman named Papa. Through this meeting, Mack finds important truths that will transform his understanding of his tragedy and change his life forever. Based on the novel “The Shack” written by William Paul Young.

Movie Day at the MEG Senior Center

Tuesday, July 25, 2017 at 1 p.m.
“Hidden Figures”
(2016 • PG • 2h 7m)

Three brilliant African-American women at NASA – Katherine Johnson (Taraji P. Henson), Dorothy Vaughan (Octavia Spencer) and Mary Jackson (Janelle Monáe) – serve as the brains behind one of the greatest operations in history: the launch of astronaut John Glenn (Glen Powell) into orbit, a stunning achievement that restored the nation’s confidence, turned around the Space Race and galvanized the world.

Movie Day at Ventana De Vida Center

Wednesday July 26, 2017 at 1 p.m.
“The Russians Are Coming, The Russians Are Coming”
(1966 • NR • 2h 6m)

During the Cold War of the1960’s, a Russian submarine accidentally runs aground near a small New England town. In order to avoid an international confrontation, a young lieutenant is ordered to go ashore and attempt to steal a tugboat. This classic comedy won two Golden Globe awards and was nominated for three Oscars. Starring Alan Arkin, Eva Marie Saint, Jonathan Winters, and Carl Reiner.

Ken from Home Instead Sings at MEG

Join us for lunch at the MEG Center on Monday, July 31 and enjoy songs performed by Ken Hendricks from Home Instead Senior Care. Come sing along or just listen to some old time favorites! Home Instead provides professional caregivers to help aging loved ones remain in their homes and can be reached at 505-471-2777.
MEG Exercise Room
Do you have questions about the exercise equipment in the MEG fitness room, or not sure if you're using a machine correctly? If so, please ask volunteer trainer Gitte Mainland when she returns to provide help. She will be available in the fitness room on Thursdays from 10 a.m. to noon for the month of July and August. Please join her if you want assistance!

Yoga Class at the MEG Center
Volunteer yoga instructor Ann Hamer will be leading a yoga class at the MEG Senior Center on Tuesdays from 9:30 to 10:30 a.m. in the dining area. Please bring your own yoga mat and join her!

Nia Technique on 1st & 3rd Tuesdays
The Tuesday Nia Technique class at the MEG center is as follows at 1:30 p.m.:
- July 4 -- CANCELLED DUE TO HOLIDAY
- July 18

Are you 60 plus? Hike with us!
Are you interested in exploring the Santa Fe area through a group hike? Sign up for this month’s hike to Borrego/Bear Wallow Trail. It is 4.3 miles roundtrip with a 760 foot elevation gain and two stream crossings. Rated as easy, this hike should take two hours with a slow but steady pace. The trail is a short loop along good trails, partly stream-side and through pleasant woods full of seasonal flowers. The hike will be led by a volunteer on Friday, July 21. Check-in will be at 8:30 a.m. in the lobby at the Mary Esther Gonzales Senior Center (1121 Alto Street); the van will depart at 9 a.m. There is a suggested donation of 50 cents one-way. Be sure to wear sturdy, comfortable hiking/walking shoes, bring water and a snack or sack lunch, and it’s recommended that you wear a hat, sunglasses and sun block. The maximum number of participants for this date is 13, so sign up now! Call Albert at (505) 955-4715 to reserve a spot.

ICAN Nutrition Classes Available at Senior Centers
ICAN is a program of the New Mexico State University Cooperative Extension Service and is available free-of-charge to limited resource individuals, families, organizations and schools. ICAN offers classes that 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
Attend an ICAN class at either the Mary Esther Gonzales (MEG) or Ventana de Vida Senior Center! The dates/times are as follows at 11:30 a.m.:
- Ventana: Friday, July 7
- MEG: Friday, July 14
- MEG: Wednesday, July 26
For more information please contact Renee at (505) 471-4711.

Free Hair Cuts at MEG & Pasatiempo
Our volunteer Fabiola, a licensed beautician, will provide free senior haircuts (on a first come, first serve basis – 20 haircuts per day). The haircut days are Wednesdays at 10 a.m.:
- July 5   MEG
- July 26      Pasatiempo
The haircut sign-in sheet at MEG will be available in the Program Coordinator’s office door starting at 9 a.m.

Blood Pressure, Blood Sugar & Oxygen Level Tests Dates
All tests are free and open to anyone age 60 or older. Following the tests is a brief, free medical consultation based on test results. Tests are conducted by Lupe Gonzales, LPN on the following dates in July.
Luisa – Wednesday, July 5 from 11 – noon
Pasa – Wed., July 12 from 10:30 a.m. – noon
MEG – Wed., July 19 from 10:30 a.m. – noon
Ventana – Thursday, July 27 from 11 – noon
Villa Consuelo – Tues., July 25 from 10–11 a.m.
UPCOMING ACTIVITIES
JULY - 2017

Coffee with a Cop
Do you have concerns or questions about our community? Something you’d like to share with our Police Department? Stop by the Mary Esther Gonzales Senior Center on Wednesday, July 12 from 11 a.m. to 1 p.m. to meet with a Santa Fe Police Officer. Share your thoughts or just mingle and have some coffee! Hope to see you there!

Protect your Skin from the Inside Out: Why sunscreen is not enough
Join Shane from Natural Grocers on Wednesday, July 12 at noon in the MEG boardroom. Who doesn’t like spending time in the sun? It makes us happy and gives us Vitamin D. But no one wants sun spots, wrinkles, or damaged skin. It’s never too late. You can have it all: fun in the sun and healthy skin! All it takes is good food, a bit of nutrition savvy, a cloudless day and away you go.

Day Trip to Taos Pow-Wow
Attend the Taos Pow-Wow on Saturday, July 8. Cost is $25/person; departing from the MEG center at 8:30 a.m. For additional information please call Don Bell at (505) 982-2707 between 5:30 and 7:30 p.m. Please note the date and price is subject to change.

Day Trip to Sandia Peak Tramway
Enjoy the beautiful countryside and open views from Sandia Peak via a ride on the Sandia Peak Tramway in Albuquerque. The trip will be Thursday, July 20, with a 9:30 a.m. departure from the Mary Esther Gonzales Senior Center, and an estimated return at 3:30 p.m. The cost will be $25 per senior; the Senior Center will provide transportation, tram tickets, water, and a sack lunch. Contact Albert at (505) 955-4715 by July 14 to reserve your seat.

Day Trip to the Zoo
Join us for a day trip to the zoo on Tuesday, August 8. The cost will be $9 for ages 60-64 and $4.50 for 65+; transportation is $5. Bring spending money and walking shoes. The van departs at 9 a.m. from the MEG Senior Center. Call Albert at (505) 955-4715 if you are interested.

Annual Senior Center Barbecues
Ventana de Vida – Friday, July 21
The Ventana de Vida Senior Center will host its annual barbecue on Friday, July 21 from 11 a.m. to 12:30 p.m. The menu includes: hamburger with cheese and green chile, pork and beans, watermelon and a drink; there is a suggested donation of $1.50. Lorain Varela from Rowe, NM will be entertaining the crowd; stop by and enjoy some music and great food!

Pasatiempo – Friday, July 28
The Pasatiempo Senior Center will be hosting its annual barbecue event on Friday, July 28 from 11 a.m. to 12:30 p.m. The menu includes: hamburger with cheese and green chile, pork and beans, watermelon and a drink; there is a suggested donation of $1.50 for seniors age 60+. Stop by and enjoy delicious food and music by Josie Lopez and Frank Vigil!

The Baca Family Historical Project – Are you related?
Join this event to help construct a complete genealogy of the descendants of Cristobal Baca and his wife Ana Maria Pacheco Ortiz, two of New Mexico’s earliest settlers. The goal is to find living descendants to connect and celebrate our heritage through community and to create an extended family album. Learn to trace your roots at this class. The following names are families who can trace their ancestry back to Cristobal Baca: Alarid, Apodaca, Aragon, Baca, C de Baca, Campos, Chacon, Chavez, De Baca, Espinoza, Garcia, Gonzales, Gurule, Lopez, Lucero, Luna, Martinez, Montoya, Ortiz, Pino, Quintana, Rivera, Romero, Saiz/Sais, Sanchez, Silva, Vigil.

To find out more about your genealogy and the Baca family in NM attend this event at the Mary Esther Gonzales Senior Center on Thursday, July 27 from 10-11 a.m.
Healthy Aging
By Comfort Keepers® / Owner Leslie Van Pelt

Our bodies naturally undergo changes due to the normal aging process. We tend to view these changes in terms of physical abilities and general physical health but to achieve overall health we must look beyond just the physical to the mental and emotional aspects as well.

Each of the main facets of health intertwines to affect one another in the process of healthy aging. A happy emotional outlook and sharp mental state are critical building blocks for overall good health. Physical health pales when a person suffers emotional distress and isolation, making them unable to enjoy life. In fact, emotional health and a sharp mind are critical as we age when physical limitations prevail.

The three sides to healthy aging

Physical health can be maintained by exercising within your individual abilities, with your doctor’s consent. Exercise helps preserve muscle tone and bone density and can aid in balance and coordination. Daily exercise can be as simple as walking around the block or participating in a group exercise class at the local gym. Consuming a well-balanced diet of fresh fruits and vegetables, fiber, and protein provides nutrients your body needs to function properly.

Mental health is facilitated by challenging yourself every day. Challenges can include participating in new activities, playing games you never have before or merely extending your knowledge in one subject. Learn a foreign language, play Scrabble, or take lessons in tennis or golf. Attend a painting or pottery making class. Creativity is key in keeping your brain sharp and your senses focused.

Emotional health depends largely on happiness, which is influenced by increased socialization and less isolation. Daily activities give a sense of purpose, a feeling of value and create happier states of mind—which is key in potentially avoiding the effects of stress, anxiety and depression.

Emotional health becomes endangered when facing the loss of a spouse and other loved ones. Isolation can become prevalent due to physical limitations or the lack of desire to socialize. Anxiety and depression can be the result of worrying about money matters, having minimal contact with others, or for those who suffer serious medical conditions. Staying social is one of the best ways of being resilient, especially after any kind of loss or setback.

While the above changes are not all-inclusive, they are some of the common conditions in aging. Prevention of these changes may not be realistic, however, sustaining good health in every aspect may deter some ailments, or slow the progression of others, and hopefully keep you healthy enough to stay safely in your own home. After all, most of us intend to remain at home no matter what our age!
On behalf of the Senior Olympics Committee we honored two young ladies who are still competing in local games at the age of 96. They are an inspiration to all of us!

**Ethel Trimmer**

Ethel is 96 years young and still competing in Senior Olympics. She has been competing since 2002 and swims the 50yd free. She swims every lap at the same pace – three minutes per lap. Ethel was born in Brooklyn, New York and has been married to her wonderful husband Maurice Trimmer for 56 years. They have one son and two grandsons. She grew up in an orphanage with her brother and they both went to camp every summer where she learned how to swim in the creek. After high school she moved back with her biological mom. At the age of 56 she served as a Draftsman at the National Park Service; she served 18 years and retired at the age of 74. Age is just a number – this ambitious lady doesn’t look over the age of 70!

**Alice Ladas**

Alice is also 96 years young and was born in Brooklyn, New York. Alice has been a senior athlete for over 20 years. She competes in Tennis, Race-walk, and plays the piano. She began playing the piano at age four and played tennis in high school. When she plays her piano pieces, it is all from memory! Alice’s husband died in 1989 and she moved to Santa Fe in 1992. She has two daughters and three grandchildren. Alice is a licensed practitioner in Psychology, and wrote a book for a research project which became a best seller. With all her talents, she is an inspiring young woman to her fellow peers.

Congratulations to all athletes who competed in the 2017 local games. I hope you all participate in the State games in Albuquerque July 19-22. I will be there cheering you on!
I wanted to give you some updated information on funerals and their costs. So often, when a loved one passes, especially if this is an unexpected event, the spouse or family is very distraught. This is not the time to start getting information on how to proceed and where to start. And let us not forget, there is an issue of time – decisions must be made quickly.

I did some research in the community and would like to share with you the following price quotes and other information regarding our local funeral homes:

**Avista Cremation and Burial** – 505-438-2959. I toured this company and was impressed with their clear prices for everything, whether cremation or a traditional funeral, all urns and caskets were on display with the prices clearly stated. A simple direct cremation was quoted for $795 or an elaborate casket and reception at their place of business or at a place of worship was available. I have friends who have recently used Avista and they shared appreciation for not being upsold (encouraged to spend more than planned). They felt gratification by the experience.

**Berardinelli Family Funeral Services** – 505-984-8600. A simple direct cremation is $1995 and they have a large choice of caskets, urns, and offer several services. A simple burial will generally cost $6,000 - $7,000.

**Direct Cremation and Funeral Services** – 505-820-6100. A simple cremation cost is $1,500 and a traditional funeral cost $6,000.

**Rivera Family Crematory and Funeral Services** – 505-989-7032. A simple cremation cost is $2,500 and a simple burial is $4,000.

**Riverside Funeral Home, Albuquerque and Santa Fe** – 505-395-9150. A simple cremation is $745, and simple traditional burial is $2995.

**Rio Grande Crematory** – 800-443-4854. A simple cremation cost is $695 and a simple traditional funeral cost is $2,795.

If choosing a cremation, a crematory permit fee to the state in the amount of $204 is mandatory; in addition, all services have added sales tax. There are different price structures depending on your wishes, but this will give you a basic idea of your cost when planning a funeral. Most funeral homes also offer pre-planned programs – the advantage of this is that you can pick what you want for your funeral, so when that time comes loved ones will not have to wonder what your wishes were – and it would already be paid.

You can also do an Anatomical Body Donation to the UNM School of Medicine – 505-272-5555. Paperwork with your notarized signature is needed if you choose to do this. There is no cost and the body will be picked up within 60 miles. Once a year they have a wonderful memorial service for all family members of their body donors and you can choose to have the ashes returned to your family or have it placed in the UNM Medical School memorial garden with a plaque of the donor’s name. In New Mexico, if you own a plot of land, you can designate a corner as a cemetery and family members can be buried there.

My hope is that this information is helpful to all of our seniors. This outline should assist with the planning of your own or a family member’s funeral.
PUZZLE
JULY - 2017

ACROSS
1. On the ocean
6. Tow
65. Toward shelter
66. Tow
67. Obeys
68. Gives silent assent
69. Try to find
21. Endure
22. "___ the Toiler"
25. Stage whisper
26. Scatter
28. Kansas river
29. 54. to Caesar
31. Singer
32. Century plants
33. Surfaces a road
34. Tasting like vinegar
35. Overacted
37. Looking at amorously
40. Opposite of SSW
41. Dirigibles
46. Maroon
48. Required
51. Earthenware jars
53. Ascends
54. "___ No Angels"
55. Curved molding
56. Mideastern country
57. ___ contendere
58. Factual
59. New Haven school
60. Cheerleader’s shout
63. Wapiti

19

DOWN
1. At the stern
2. Dross
3. James Jones
4. Unbeliever
5. Rescuer
6. In high spirits
7. Muslim nobleman
9. Take care of
10. Bedding
11. Fragrance
12. Hardens
14. Phileas Fogg, e.g.
17. Actress Lupino
18. Ping’s partner
19. Typewriter types
30. Fight
34. Wish
36. Storage building
38. Chicken ___ king
39. Actress Susan and family
42. Actress
43. High-school student
44. Showy flower
45. Shoe tip
46. Fish-eating birds
47. "Around the ___ Days"
49. Kingly
50. Staffs
51. "Dies ___"
52. Sphere of action
Bela Lugosi is famed as the screen personification of Count Dracula, having played the part for the first time in 1931's "Dracula," and for having appeared in many horror films. But his repertoire includes movies of many genres, such as 1931's "The Black Camel," a Charlie Chan mystery in which he portrays a psychic named Tarneverro! Below are titles of Lugosi films of the '30s.

- "BEST MAN WINS, The"
- "INVISIBLE RAY, The"
- "MYSTERIOUS MR. WONG, The"
- "OH, FOR A MAN!"
- "PHANTOM CREBPS, The"
- "ISLAND of LOST SOULS"
- "INTERNATIONAL HOUSE"
- "MARK of the VAMPIRE"
- "POSTAL INSPECTOR"
- "RETURN of CHANDU, The"
- "SON of FRANKENSTEIN"
- "SUCH MEN Are DANGEROUS"
- "VIENNESE NIGHTS"
- "WHISPERING SHADOW, The"
- "WHITE ZOMBIE"
- "WILD COMPANY"
Breakfast is served Monday – Friday from 7:30-8:30 a.m. at MEG, Luisa, Pasatiempo, and Ventana de Vida Senior Centers. There is a suggested donation of $1 for seniors 60 and over and a fee of $9.34 for non-seniors (59 and younger). *Milk is served with each meal. Menu is subject to change.*

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

**MyPlate, MyWins Tips: Meal Planning Made Easy**
Planning healthy meals ahead of time can help you stick to a healthy eating style. If you’re new to meal planning, start small and work up to more. Here are five tips to help you get started.

1) **Map out your meals**
Outline meals you plan to eat for the week and use it as a guide. Be sure to list beverages and snacks too!

2) **Find balance**
If you have veggies, dairy, and protein at one meal, include fruit and grains in the next to cover all 5 food groups.

3) **Vary protein foods**
Choose a variety of protein foods throughout the week. If you have chicken one day, try seafood, beans, lean meat, or eggs other days.

4) **Make a grocery list**
Start by listing ingredients for meals you plan to make. Cross off items you already have on hand.

5) **Love your leftovers**
Prepare enough of a dish to eat multiple times during the week. Making leftovers part of your plan can save money and time.
# SENIOR CENTER LUNCH MENU
## JULY 2017

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<th>WEDNESDAY</th>
<th>THURSDAY</th>
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<tbody>
<tr>
<td>3 Red Chile Pork Tamale</td>
<td>4 All Senior Centers are closed in observance of Independence Day</td>
<td>5 Chicken Breast Mushroom Sauce Rice Pilaf French Style Green Beans Apricots Whole Wheat Roll</td>
<td>6 Pepper Beef Steak Brown Gravy Scalloped Potatoes California Veggies Whole Wheat Roll Cherry Cobbler</td>
<td>7 Turkey Sandwich Garnish Potato Chips Pickle Spear Coleslaw Fresh Fruit</td>
</tr>
<tr>
<td>Refried Beans Mixed Veggies Tortilla Mandarin Oranges</td>
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| 10 Pork Carne Adovada Spanish Rice Country Blend Veg Tortilla Fresh Apple | 11 Beef Frito Pie with Pinto Beans and Red Chile Sauce Tossed Salad Corn Cookie | 12 Chicken Fettuccini with Alfredo Sauce Buttered Carrots and Peppers Garlic Bread Strawberries | 13 Baked Fish Fillet with Tartar Sauce Parsley Potatoes Creamy Coleslaw Whole Wheat Roll Chocolate Pudding | 14 Beef Tips Over White Rice Buttered Broccoli Tossed Salad Whole Wheat Roll Banana |

|  |  |  |  | *BBQ at Ventana |

|  |  |  |  | *BBQ at Pasatiempo |

| 31 Green Chile Cheese Burger with Garnish Ranch Beans Onion Rings Ice Cream |  |  |  |  |

Please note that Senior Center Barbecues will feature the following menu: hamburger with cheese and green chile, pork and beans, watermelon and a drink.

Senior Meal Suggested Donation: Breakfast $1.00 --- Lunch $1.50
Non-Senior (59 years or younger) Mandatory Meal Fee: Breakfast $9.34 --- Lunch $9.34

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

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

Menu is subject to change.