

THE SENIOR SCENE



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

**JANUARY
2018**



CITY OF SANTA FE, DIVISION OF SENIOR SERVICES

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

JANUARY- 2018

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."

Front Desk Reception

Toll-Free Administration Line

Gino Rinaldi, DSS Director

(505) 955-4721

(866) 824-8714

955-4710

Administration

Cristy Montoya, Administrative Secretary

955-4721

Sadie Marquez, Receptionist

955-4741

FAX Machine - Administration

955-4797

Senior Services Registration

Brenda Ortiz, Database Specialist

955-4722

Transportation Ride Reservations (page 3) 955-4700

Vacant, Project Manager/ Dispatch

955-4702

Vacant, Project/Fleet Manager

955-4702

Linda Quesada-Ortiz, Administrative Assistant

955-4756

Nutrition

Yvette Sweeney, Program Administrator

955-4739

Enrique DeLora, Inventory Supervisor

955-4750

Tebrina Roibal, Administrative Assistant

955-4749

FAX Machine - Nutrition

955-4794

Meals On Wheels (for homebound individuals)

Carlos Sandoval, Program Supervisor

955-4748

Robert Duran, MOW Assessments

955-4747

Senior Center Programming (Activities)

Lugi Gonzales, Center Program Manager

955-4711

Albert Chavez, Program Coordinator

955-4715

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

Cristina Villa, Program Coordinator

955-4725

Luisa, Pasatiempo, Villa Consuelo

In Home Support Services: Respite Care, Homemaker

Theresa Trujillo, Program Supervisor

955-4745

Katie Ortiz, Clerk Typist

955-4746

Foster Grandparent/Senior Companion Program

Melanie Montoya, Volunteer Prog. Admin.

955-4761

Romella Glorioso-Moss, Special Projects Admin.

955-4744

Retired Senior Volunteer Program (RSVP)

Triston Lovato-Armstrong, RSVP Administrator

955-4760

Marisa Romero, Program Coordinator

955-4743

50+ Senior Olympics

Cristina Villa, Program Coordinator

795-3817

Miscellaneous

Craft Room

955-4736

Pool (Billiard) Room

955-4737

Other Important Numbers

Santa Fe Civic Housing Authority

988-2859

Santa Fe County Information

992-3069

Santa Fe County Mobile Health Van

231-2382

Newsletter Production

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SENIOR SERVICES PROGRAM INFORMATION

JANUARY- 2018

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. No rides on Monday, January 1st or Friday, January 15th 2018. - closed for holidays.**
*** Temporary Notice: Rides for medical appointments must be requested at least five business days in advance of service, due to high-demand. Thank you for your patience.**
- 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.

JANUARY- 2018

By Gino

A message from the Division Director



Well it's the start of a new year, 2018. I would like to wish each and every one of you a Happy New Year! I have really enjoyed getting to know you and look forward to the opportunity to continue meeting more Santa Feans.

I want to take the opportunity to speak on a couple of items. The first is regarding the donations folks have given for the last six months. Whether it's for meals or transportation services, it is very much appreciated. The donations go directly back to the programs. For example, the funds donated for meals are used to buy cooking equipment or go into the food budget and the donations given for transportation can be used for fuel or maintenance costs. No matter the item your donation is appreciated! We are short in reaching our goal, so if you can donate please do. After all, it is going for a great cause – serving you!

The other issue is the Division of Senior Services Code of Conduct. There is a lot going on every day, whether it is transporting folks to the doctor, pharmacy, or grocery store, or enjoying a meal and a game of bingo at the senior center. The one thing in common is that we all have to interact with each other. And just as you, the participant, should be treated with respect by staff, the staff should also be treated with respect. In addition, please respect each other! I know sometimes folks can get on each other's nerves, but respecting everyone is the most important principle and it makes our environment pleasant and allows services to operate smoothly. Everyone that registers with the Division of Senior Services and goes through the assessment and reassessment process must review and sign the Code of Conduct. So, if you haven't done so yet, please take time to read it.



DIRECTOR'S REPORT

JANUARY- 2018

City of Santa Fe Division of Senior Services Code of Conduct

- A. The following is the Code of Conduct, which shall be adhered to by all senior center members, staff, volunteers and visitors in all City of Santa Fe senior centers.
- B. All incidents shall be reported to Division of Senior Services (DSS) staff immediately. Staff shall address such reported incidents in a timely manner and on a case-by-case basis. Each incident shall be documented and written statements will be taken from those involved and from eye witnesses.
- C. The Code of Conduct includes, but is not limited to the following:
1. Rules, policies and procedures will be followed, i.e. Bingo rules, Pool Room rules, etc.
 2. Physical encounters will not be tolerated among participants, guests or staff.
 3. Verbally abusive exchanges, racial slurs, and abusive language will not be tolerated.
 4. Harassment and/or intimidation in any form (physical, verbal, sexual, etc.) will not be tolerated.
 5. Personal hygiene/cleanliness is expected and staff may discuss this matter with members.
 6. Cheating, theft or destruction of DSS property or property of other members or visitors will be reported to the proper authorities as deemed necessary.
 7. Alcohol and/or illegal drugs will not be permitted on the premises of any senior center and are not allowed at any center event.
 8. Smoking is not allowed within 15 feet of any senior center building or DSS-sponsored event regardless of location.
 9. Weapons, such as guns, knives, blackjacks, mace and/or tear gas are not allowed in any center. Should staff become aware that a participant and/or guest has a weapon in his/her possession, they will be asked to leave and the authorities will be called.

If you have questions, please see the Center's Program Coordinator or the Manager at the Mary Esther Gonzales Senior Center Administration office.

- D. If resistance is met while addressing the situation, under no circumstances should staff attempt to remove the participant or guest, but rather call for a police escort.
- E. As needed based on the severity of the violation, staff or members may present the incident to the Senior Advisory Board of Directors for final action.
- F. In accordance with the Older American's Act, counseling will be recommended to those who violate the Code of Conduct.
- G. Disregard of the Code of Conduct is subject to the following:
- | | |
|----------------------|--|
| 1. Verbal Warning | 4. Suspension |
| 2. Registered Letter | 5. Banning |
| 3. Mediation | 6. Other (as deemed necessary/appropriate) |

Signature: _____

Date: _____

NEWS & VIEWS

JANUARY- 2018

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.santafecounty.org or call (505) 231-2382. All services are free.

Dates for January:

01 – Van not out – New Year's Day

02 – Van not out

03 – Eldorado Senior Center 10 am – 2 pm

04 – Chimayo Senior Center 10 am – 2 pm

05 – Camino Alegria 1 – 3 pm

06 – Van not out

07 – Santa Fe Recovery Center 9 am – 1 pm

08 – Casa Rufina Apartments 9 am – 1 pm

09 – St. John's United Methodist Church 9 am – noon

10 – El Rancho Senior Center 10 am – 2 pm

11 – Santa Cruz Senior Center 10 am – 2 pm

12 – Mary Esther Gonzales Senior Center 10 am – 2 pm

13 – Van not out

14 – Santa Fe Recovery Center 9 am – 1 pm

15 – Van not out – MLK Day Holiday

16 – Van not out

17 – Edgewood Senior Center 10 am – 2 pm

18 – Encino Villa 10 am – 2 pm

19 – Casa Villita 10 am – 2 pm

20 – Van not out

21 – St. Elizabeth Shelter 9 am – 1 pm

22 – Pasatiempo Senior Center 9 am – 1 pm

23 – Luisa Senior Center 9 am – 1 pm

24 – Pojoaque Senior Center 10 am – 1 pm

25 – Genoveva Chavez Community Center 10 am – 2 pm

26 – Mary Esther Gonzales Senior Center 10 am – 2 pm

27 – Van not out

28 – Santa Fe Recovery Center 9 am – 1 pm

29 – Villa Consuelo Senior Center 9 am – 1 pm

30 – Ventana de Vida Senior Center 10 am – 2 pm

31 – Villa Alegre 10 am – 2 pm

Senior Center Closures

Monday, January 1 – All City of Santa Fe Senior Centers will be closed in observance of New Year's Day; centers will reopen on Tuesday, January 2.

Monday, January 15 – All City of Santa Fe Senior Centers will be closed in observance of MLK Day; centers will reopen on Tuesday, January 16.

Now Recruiting for 2018

Are you ready to get out of the house and make a difference? The Foster Grandparent and Senior Companion Programs are now recruiting senior volunteers for the New Year. Along with receiving the satisfaction of helping others, you may be eligible to receive a modest tax-free stipend, mileage reimbursement, training and other program benefits. If you are interested, contact Melanie at (505) 955-4761.

Tax Help Santa Fe Has Moved

After many years at the Santa Fe Community College, Tax Help Santa Fe has moved to the Santa Fe Place Mall on Cerrillos Road. To find their new location, enter between Forever 21 and Sketchers at the west end; they are open Monday – Saturday from 8:30 a.m. to 5 p.m. beginning in late January. For more information call (505) 990-7431 or visit www.taxhelpsantafe.com.

Free Stroke Support Group

This group is for stroke survivors and their significant others. The group meets on the first Wednesday of every month from 11 a.m. to noon in the Atrium Conference Room at Christus St. Vincent (first floor across from the elevators). For more information or if you have questions please call Anna at (505) 988-2583.

Heart and Hope Grief Support Group

Heritage Home Healthcare and Hospice will be hosting a grief support group every Wednesday beginning January 17, 2018 through February 21, 2018. The six-week grief support group will meet from 1–2 p.m. at the Pacifica Senior Living Santa Fe Community Room (2961 Galisteo Road) and will feature guest speaker, Chaplain Deacon Jerry Reynolds. If you'd like to attend this group please register by Friday, January 5; call (505) 695-2901.



NEWS & VIEWS

JANUARY- 2018

2018 Events at the Roundhouse

The New Mexico State Legislature will gather for the 2018 30-day session which begins on Tuesday, January 16 at noon. Dates of interest:

Alzheimer's Advocacy Day at the Roundhouse

According to the Alzheimer's Association, 38,000 New Mexicans are living with Alzheimer's disease and 106,000 are unpaid family caregivers caring for loved ones with the disease. The Association invites the public to attend and speak out about Alzheimer's disease on Thursday, January 18 at the Roundhouse in Santa Fe. Events begin at 9 a.m. and there will be a press conference at 11 a.m. Please call 1-800-272-3900 for more information.

City of Santa Fe Day at the Roundhouse

Visit the Roundhouse on Monday, January 22 for City of Santa Fe Day. Learn about the many wonderful services the city has to offer!

Senior Day at the Roundhouse

Drop by the Roundhouse on Wednesday, January 24 for Senior Day. There will be many informational booths regarding aging and senior services offered throughout the state and this is also an opportunity to speak to your legislators about the issues important to you. The City of Santa Fe Division of Senior Services will be on site, so stop by our booth!

Parkinson's Day at the Roundhouse

Everyone with Parkinson's is invited to participate in the first ever Parkinson's Day at the Roundhouse in Santa Fe on Tuesday, January 30 beginning at 9 a.m. Organized by the NM Parkinson's Disease Coalition, they encourage care partners, family, friends and neighbors to attend so the Legislature can see how many people are impacted by Parkinson's right here in New Mexico. The Coalition will also be meeting with Legislators, attending the Senate and House sessions when a Parkinson's Memorial is introduced, and they want anyone impacted by Parkinson's to also attend and help let Legislators know about the need for better health care for Parkinson's in New Mexico. For more information please contact Karen St. Clair at (505) 780-5864 or kastclair@gmail.com

End Hunger in NM Day

Stop by the Roundhouse on Tuesday, February 6 for the first "End Hunger in NM Day." Beginning at 9 a.m. there will be a procession of children and seniors bringing awareness to the hunger issues in New Mexico, and then at 10 a.m. several speakers will be in the rotunda to talk about this issue. You can also visit the various informational booths that will be present and learn about resources and help that is available to address hunger.

Comfort Keepers Sponsors Support Groups

This may be the most demanding period of your life—physically, mentally, and emotionally. Having a place to talk about the frustration, isolation, and depression can make a big difference in how you go through each day. The purpose of the groups is to learn and share:

- About the illness
- Community resources
- Daily experiences – thoughts, feelings, complaints, and delights
- Helpful hints for caring for yourself
- Effective communications with family, friends, and health team

Sometimes just being safe to say what you are thinking and feeling without being judged or given unwanted advice is the best medicine. Listening to someone else can be a welcome break from your own situation and offer a new perspective. Through participation you will be better equipped to care for yourself, feel less isolated and afraid, and better able to communicate with your family, friends, and health team. As part of Comfort Keepers Community Outreach, the group is free and is facilitated by Eileen Joyce, Certified Coach/Grief Recovery Specialist.

The support group for people living with chronic illness such as: Cancer, autoimmune diseases, MS, and Parkinson's meet on the 2nd and 4th Tuesdays from 2 – 3 p.m.

The family caregivers support group meets every 2nd and 4th Wednesdays from 2 – 3 p.m.

Please contact Eileen at (505) 428-0670, or ej@eileenjoyce.com, to reserve your spot.

NEWS & VIEWS

JANUARY- 2018



Free Food for Seniors 60+

If you are age 60 or older you may qualify for the ECHO Commodity Supplemental Food Program. Food packages are given once a month and may include non-perishable (canned or packaged) items such as: vegetables, fruit, meat, pasta/rice, peanut butter/beans, cereal, juice, milk, or cheese. The Santa Fe distribution is the third Tuesday each month at the Santa Fe County Extension Building (3229 Rodeo Road) from 9:30 a.m. – 1:30 p.m. To register and begin receiving this food package, please bring the following documents to the next distribution and they will assess/register you on-site.

- Driver's license/photo ID
- Proof of NM residency (bill showing physical address)
- Current year proof(s) of income (for entire household if someone lives with you)
- Proof of date of birth (for you and entire household)

Max Income for Seniors 60 and Up - CSFP

# in household	Monthly Gross	Annual Gross
1	\$1,307	\$15,678
2	\$1,760	\$21,112
3	\$2,213	\$26,546
4	\$2,665	\$31,980
Each Additional	+\$453	+\$5,434

The table above shows the current income levels to qualify for this program; please note that these amounts are updated each year so look out for any changes in 2018 in the next couple of months.

If you have any questions please call the ECHO office headquarters, located in Albuquerque, at (505) 242-6777.

Happy New Year!

I wish you a Happy New Year and thank you for your loyal support of our students.

Also, we have an election coming up on February 6th for voters to cast their ballots to renew the SB9 Mill Levy for Santa Fe Public Schools. This important levy is the part of your property taxes that pays for repair and maintenance of our school buildings.

Just like your car or your house, our schools need upkeep and our kids deserve it!

Show them how it's done, seniors! Head to the polls on February 6th, or look for early voting locations throughout the month of January. For more information, go to www.sfps.info.

Thank you! Dr. Veronica C. Garcia

section spotlight



IN-HOME SUPPORT

Homemaker Services such as minor housekeeping and light chores, are provided to seniors in their own home; may include mopping, sweeping, dusting, dishes, laundry, ironing, etc. Assistance with grocery shopping, getting to medical appointments and doing other errands may also be provided. To be eligible for this service, you must be 60 or older and unable to do daily activities.



Respite Care Program provides relief to primary caregivers of individuals diagnosed with Alzheimer's disease or dementia-related disorders. It enables the caregiver to take a break and provides the individual with companionship, minor meal preparation, and memory exercises while maintaining a clean and safe environment. To be eligible for this service, the client (not the caregiver) must be 60 or older.

Supplemental Assistance and Equipment provided on a limited basis to qualifying participants, including: wheelchairs, walkers, grab bars, shower/tub chairs, and canes.

Please note that a home assessment must be done to determine eligibility for services and there is currently a waiting list to receive services.

Contact: For more information or to schedule an assessment for services, please contact Program Supervisor Theresa Trujillo at 505-955-4745 or ttrujillo@santafenm.gov.

FREQUENTLY ASKED QUESTIONS

Q: What are your hours of operation?

A: All services provided by the Division of Senior Services are available between 8 a.m. and 5 p.m., Monday through Friday, with the exception of city-recognized holidays.

Q: Do you accept equipment donations?

A: Yes, equipment (walkers, canes, wheelchairs, etc.) donations are accepted. You can drop them off at the Mary Esther Gonzales Senior Center, located at 1121 Alto Street.

Q: What if a senior lives outside the city limits but needs assistance?

A: In-home support is provided to eligible seniors who live within Santa Fe County.

Q: How often does a client receive an in-home visit?

A: In-home visits and support can vary. It depends on the client's risk level, which is determined through the assessment process.

Q: What does the assessment process include?

A: An assessment to determine eligibility for in-home support services is required, which includes a home visit by a staff member and a brief interview with the client and/or caregiver. Basic personal information such as name, contact information, gender, marital status, an emergency contact, and the last four digits of the client's social security number are required. The assessment includes questions about the client's nutritional health and activities of daily living, including questions about personal care and home chores and the client's ability or level of dependence in completing these tasks. Each question can be answered with a low, moderate, high or highest risk rating, which is then added up to get a total assessment score. Please note that high-risk clients are first priority and there is typically a waiting list to receive services.

section spotlight

MEET THE STAFF

It is our pleasure to introduce the Division of Senior Services In-Home Support Services Staff. These hard-working individuals assist frail, homebound seniors, allowing them to remain living as independently as possible within their own home.



Theresa Trujillo
Program Supervisor



Katie Ortiz
Program Clerk Typist



Darlene George
Care Attendant



Delilah C de Vaca
Care Attendant



Dianne Dean
Care Attendant



Lisa Maestas
Care Attendant



Sophia Barefoot
Care Attendant



Tammy Anderson
Respite Care Provider



Valerie Trujillo
Care Attendant



Mark Sanchez
Respite Care Provider



Debbie Griego-Cardiel
Respite Care Provider



Cathy Anaya
Respite Care Provider



Chris Lucero
Respite Care Provider

RSVP (RETIRED SENIOR VOLUNTEER PROGRAM)

JANUARY- 2018

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.**

Solace Crisis Treatment Center Volunteer Advocate Needed

Volunteer advocates are needed to staff the Treatment Center's 24-hour hotline, and you can do it from your home! The overall role of this position is to provide information and resources, contain callers in crisis, and be an unbiased emotional support for callers, survivors and their families. In addition, advocates provide services at the Sexual Assault Nurse Examiner's Unit, Christus St. Vincent hospital, the different local law enforcement departments and in the courts to assist survivors. Must pass a background check, be 18+, be a resident of Santa Fe County, have a working car, ability to respond in person at the hospital, have a phone, have no personal upheavals, and be willing to participate in medical or legal advocacy. Training will be provided. Call Triston at (505) 955-4760 to get started today.

MLK Day of Service Project



The Santa Fe Senior Corps Volunteer Programs will be sponsoring a community clean-up and needs your help! Any able and willing volunteers are needed on Friday, January 12, 2018 beginning at 10 a.m. to pick up trash that gathers around the Mary Esther Gonzales Senior Center building and property, located at 1121 Alto Street. Supplies and refreshments will be provided. Please help keep Santa Fe beautiful!

This service project is meant as a way to honor the legacy of Dr. Martin Luther King Jr. through community action, support and service. If you have questions please contact Triston at (505) 955-4760 or trlovato@santafenm.gov.

Become a Literacy Volunteer Today

Do you want to join a dedicated group of people who work to improve literacy in the Santa Fe area? Join the Literacy Volunteers of Santa Fe as a Basic Literacy tutor or English as a Second Language (ESL) tutor!

- Basic Literacy (BL) program, tutors are needed to teach adults the fundamentals of reading, writing, or basic math. You may choose to tutor one, two, or all three subjects.
- English as a Second Language (ESL) program, tutors are needed to teach English language skills to students whose primary language is not English. It is not required for you to have proficiency in any language other than English in order to teach these students.

Basic Literacy Tutor Training

- BL Orientation: Thurs., February 1, 4–6 pm
- BL Training Day: Saturday, February 3, 9 am – 5 pm
- BL Follow Up Training: to be determined

ESL Tutor Training

- ESL Orientation: Thurs., February 1, 4–6 pm
- ESL Training Day 1: Friday, February 2, 9 am – 5 pm
- ESL Follow Up Training: to be determined

Citizenship Tutor Training

October, 2017 – date to be determined. To become a citizenship tutor, you must first attend the ESL training, and then a two hour citizenship tutor training.

Please note that a background check is required and there is a \$40 book and materials fee for the tutor training. Volunteers who enroll in RSVP and begin reporting hours to the program can get reimbursement for these costs. Call Triston at (505) 955-4760 to get started!



Like us on
Facebook

www.facebook.com/rsvpsantafe

RSVP (RETIRED SENIOR VOLUNTEER PROGRAM)

JANUARY- 2018

Childcare Volunteers Needed

Gerard's House offers peer-support groups and serves as a safe place for grieving children, teens and families, and they need your help! Childcare volunteers are needed to watch the children of those who may attend an evening support group.

Two opportunities are available:

- Spanish Grief and Loss Support Group, Mondays 6–7:15 pm. This group typically includes children ages 5–13 years old. Volunteers can put a movie on, play with the children, read with them or just provide supervision to ensure no one gets hurt.
- Teen Parents Support Group, Wednesdays 6:30–7:30 pm. This group includes babies who are ages 3 months – 3 years old. Volunteers are needed to feed them bottles, hold them, and change diapers (optional).

Both groups will have more than one person assigned to it so no one is ever alone with the children/babies; there will be either a longtime volunteer or staff member present for support. For the teen parents support group, a 1:1 ratio is usually the goal. You must pass a background check, which is free when you enroll with RSVP; please call Triston at (505) 955-4760 to get started!

HAPPY BIRTHDAY

feliz Cumpleaños

Voluntarios

Que Nacieron en Enero

RSVP Voluntarios

Mela Vigil	1/01
Al Hill	1/03
Lucy E. Romero	1/03
Grace E. Gutierrez	1/04
Audrey Martinez-Coburn	1/04
Reyes P. Garcia	1/06
Leonard Garcia	1/10
Alan Karp	1/11
Dolores Vigil	1/14
Caroline J. Montoya	1/16
Dian Wahl	1/16
George Auchampaugh	1/19
Teresa Martinez	1/19
Susan M. Sheldon	1/21
Virginia Lierz	1/26
Michael Mier	1/26
Pauline Orosco	1/26
Donna L. Herbst	1/28
Dottie Hill	1/28
Caro Wateman	1/28
Deluvine R. Baca	1/29

FGP/SCP Voluntarios

Antonia Salazar	1/17
Maria Carta	1/26
Perfilia Martinez	1/28

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



Foster Grandparent and Senior Companion Volunteers celebrate the Holidays!

ONGOING ACTIVITIES

JANUARY- 2018

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
	11:45 am: Sing along			1-3 pm: Bingo
8 am – 1:30 pm: Fitness room				

Mary Esther Gonzales (MEG) Senior Center – 1121 Alto Street

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:15 am: Tai Chi 9-11 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 9:30 am: Yoga 1:30 pm: Oil painting 1/2 and 1/16 1:30 pm: Nia Technique (1 st & 3 rd Tuesday)	8:15 am: Tai Chi 9:30 am: Enhance Fitness 9:30 am: Ceramics 10:30 am: DanceAbility 1-3 pm: Bingo	8:15 am: Tai Chi 9:30 am: Wood carving 10-11 am: Chi Gung (gentle exercise)	9:30 am: Enhance Fitness 9:30 am: Ceramics 2 pm: Knitting
7 am-4:30 pm: Pool/cards/billiard room AND Fitness room 8 am-4:30 pm: Computer room hours (open use)				

Pasatiempo Senior Center – 664 Alta Vista Street

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 am: Yoga (class currently full) 12:30 pm: Bridge	8:30 am: Zumba 9:30-11:30 am: Guitar class 1 pm: Line dance (Advanced)	8:30 am: Yoga (one spot available) Noon: Sing along	9 am: Tai Chi 10 am: Zumba 10 am: Ceramics	1 pm: Line dance (Beginner/Low intermediate)
8 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 1:30-3:30 pm: Ceramics	1-3 pm: Bingo	

Villa Consuelo Senior Center – 1200 Camino Consuelo

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30 am: Ceramics	11 am – 2 pm: Bingo	9:30 am: Ceramics		

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

UPCOMING ACTIVITIES

JANUARY- 2018

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:

- January 9
- February 13

Monthly Senior Services Committee Meetings

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

Transportation/Nutrition: No meeting this month
Advisory Board: Wed., Jan. 17, 9:30 a.m.
Senior Olympics: Thursday, Jan. 18, 1 p.m.

Monthly DSS 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: Monday, Jan. 8 at 9:30 a.m.
- Villa Consuelo: Monday, January 8 at 10 a.m.
- Pasatiempo: Monday, January 8 at 1 p.m.
- Luisa: Tuesday, January 9 at 9 a.m.

New Year's Dance

The New Year's dance will be hosted by the Mary Esther Gonzales Senior



Center on Thursday, January 4 from 1-4 p.m. The dance will be held at the Fraternal Order of Eagles Club (833 Early Street) and music will be by Peter Vigil Y Los Hermanos. Admission is \$2 and light refreshments will be served.

Free Hair Cuts at MEG & Pasatiempo

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

- January 3 & 10 MEG
- January 17 & 24 Pasatiempo

The haircut sign-in sheet at MEG will be available in the Program Coordinator's office door starting at 9 a.m.

Spanish Classes for Beginners



Do you want an introduction to conversational Spanish? Sister Jo teaches a class from 9:30 – 10:30 a.m. on Wednesdays at Ventana de Vida Senior Center. Join her!

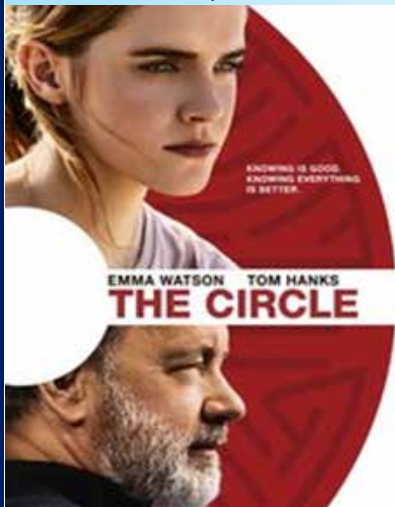
UPCOMING ACTIVITIES

JANUARY- 2018

Movie Day at Ventana De Vida Senior Center Wednesday January 24, 2018 at 1 p.m.

"The Circle"

(2017 • PG-13 • 1h 50m)



A young American woman can't believe her luck when the most powerful tech company in the world, which is called The Circle, hires her. But she begins to have reservations when she learns of the company's true objectives. Starring Emma Watson and Tom Hanks.

Luisa Movie Day Thursday, January 25, 2018 at 1 p.m.

"Kidnap"

(2017 • R • 1h 34m)



A typical afternoon in the park turns into a nightmare for single mother Karla Dyson when kidnappers snatch her young son Frankie. With no cellphone and no time to wait for police, Dyson jumps into her car to follow the vehicle that holds Frankie. As the pursuit turns into a frantic, high-speed chase, Karla must risk everything and push herself to

the limit to save her beloved child.

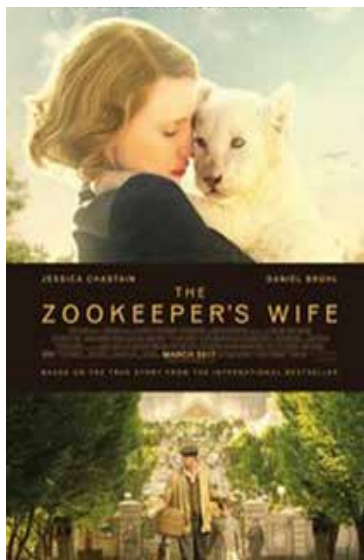
Weekend Bingo at Luisa \$100 Guarantee

The Luisa Senior Center (1500 Luisa Street) will host bingo on Sunday, January 7 from 1-4 p.m. The cost is \$12 for a package and four specials at \$1 each. The blackout game is \$2. The jackpot winner goes home with \$100! Please bring small bills. NO food will be served, only sodas and candy!

Movie Day at the MEG Senior Center Tuesday, January 30, 2018 at 1 p.m.

"The Zoo Keeper's Wife"

(2017 • PG-13 • 2h 7m)



The time is 1939 and the place is Poland, homeland of Antonina Zabinski and her husband, Dr. Jan Zabinski. The Warsaw Zoo flourishes under Jan's stewardship and Antonina's care. When their country is invaded by the Nazis, Jan and Antonina are forced to report to the Reich's newly appointed chief zoologist, Lutz Heck. The Zabinskis covertly begin working with the

Resistance and put into action plans to save the lives of hundreds from what has become the Warsaw Ghetto.

Ken from Home Instead Sings at MEG

Join us for lunch at the MEG Center on Monday, January 29 and have a fun time enjoying songs performed by Ken Hendricks from Home Instead Senior Care. Come sing along or just enjoy listening to some old time favorites! Home Instead Senior Care provides professional caregivers to help aging loved ones remain in their homes. Home Instead can be reached at 505-471-2777.

Let's Celebrate Your Birthday

Each Senior Center will be supplying cake to celebrate all seniors who have a birthday this month! Birthday celebrations take place on the following dates during the lunch hour:

- Luisa: Friday, January 5
- MEG: Wednesday, January 3
- Pasatiempo: Wednesday, January 10
- Ventana de Vida: Wednesday, January 17
- Villa Consuelo: Tuesday, January 2

MEG Exercise Room

Please join volunteer trainer Gitta Mainland for assistance in the MEG exercise room. She will be available on Thursdays January 11, 18, & 25 from 10 a.m. to noon. If you would like assistance please join her.

UPCOMING ACTIVITIES

JANUARY- 2018

Nia Technique on 1st & 3rd Tuesdays

The Tuesday Nia Technique class at the MEG center is as follows at 1:30 p.m.:

- January 2
- January 16

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 the Mary Esther Gonzales (MEG) Senior Center! Classes will be on Wednesdays, January 10 and 24 at 10:30 a.m. in the boardroom. For more information please contact Renee at (505) 471-4711.

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 January.

Pasatiempo: Wed., Jan. 3 10:30 a.m. – noon
Luisa: Wed., Jan. 10 11 a.m. – noon
MEG: Wed., Jan. 17 10:30 a.m. – noon
Ventana de Vida: Wed., Jan. 24 11 a.m. – noon
Villa Consuelo: Tues., Jan. 30 10 – 11 a.m.

REMINDER: No hike in January 2018. Hiking activity will return on February 15; look out for the information in the February Senior Scene.

Veterans Oral History Project Expanded

The Veterans Oral History Project has been expanded to include non-Veteran Senior Citizens or those who might be interested. For Senior Oral Histories, a copy of the film/DVD will be sent to the state of NM Archives and one copy to the individual. The distribution for Veteran film/DVD will still be the Library of Congress, the University of Texas, one to the NM Military Museum and one for you or your family. To set up an appointment for an interview please call Albert at (505) 955-4715 and leave your name and contact information.

Celebrating our lives and making peace with our deaths before it's too late!

Join this group discussion on Tuesday, January 16, 2018 from 1–3 p.m. at the Mary Esther Gonzales Senior Center (1121 Alto Street). Gillian Corcoran, Manager of the Christus St. Vincent Hospital Spiritual Care Department, will be available to answer questions concerning end-of-life care. For more information about this event please contact Robert Francis Johnson m/s initiated elder/sage at (505) 954-4495.

Senior Olympic Spotlight

Registration for local games kicks off on Monday, January 8, 2018 and takes place at the Mary Esther Gonzales Senior Center from 9 a.m. – noon. More information follows:

- Regular registration is Monday, January 8 – Friday, February 16; registration fee is \$20.
- Late Registration is Monday, February 19 – Friday, February 23 and the cost is \$30.
- Cash or checks only; please make checks payable to: City of Santa Fe.

GCCC Registration Dates:

- Wednesday, January 10 from 8 a.m. – noon
- Tuesday, January 23 from 8 a.m. – noon
- Friday, February 2 from 8 a.m. – noon
- Wednesday, February 7 from 8 a.m. – noon

We are also seeking members for the Senior Olympics Committee, which meets once a month. If you are interested in joining or have questions please contact Cristina at (505) 795-3817.

How to Build a Healthy Meal

By using foundational nutrition principles and the *Healthy Meal Wheel* on the other side of this sheet, you will find that building a balanced, healthy *and* delicious meal can be easy!



Vegetables and Fruit: Focus on filling half of your plate with vegetables-- nutrient dense sources of complex carbohydrates. Non-starchy vegetables are a source of energy that will help to stabilize blood sugar and insulin levels, and they contain many vitamins, minerals and phytonutrients to support health. Starchy vegetables such as sweet potatoes, winter squash and potatoes are nutrient-dense, high-carbohydrate vegetables that can effectively meet energy needs. Choose a variety to maximize the variety of nutrients you take in. Fruits should be consumed in moderation as they have the potential to raise blood sugar and insulin.



Quality Protein: Consuming quality protein (about the size of the palm of your hand) with every meal is one of the keys to optimal health at any age. Complete proteins include eggs, meat, fish, seafood, and poultry. In addition to being a complete protein, a *quality* protein is organic, naturally-raised or wild-caught as these do not contain unhealthy hormones, pesticides or preservatives. Vegetarian complete protein sources including potatoes, quinoa, dairy and soy should be consumed with caution due to their high carbohydrate content.



Healthy Fats: Fat is *essential* for optimal health and wellness because it helps build healthy cells and is a major energy source for the body. Often, healthy fats are a component of the quality protein you already have on your plate. Foods like organic whole eggs, grass-fed meats and wild, coldwater fish are all excellent sources of healthy fats. In addition to eating these foods, you can prepare or garnish food with extra virgin olive oil, coconut oil, organic butter and ghee to get the healthy fats you need. You may also want to incorporate foods like avocados and organic nuts and seeds into your diet, as these foods are naturally high in healthy fats and make great snacks throughout the day.



Optional Additional Carbohydrates: Athletes or people who exercise regularly may want to add additional carbohydrates to meet their energy needs. You might want to start with adding more nutrient dense starchy vegetables and fruit. Eating grains is not recommended because they contain anti-nutrients that are harmful to the body. Additionally, proteins in the gluten-containing grains cause an immune response in one out of every three people and the starch found in these grains elevates blood sugar rapidly, contributing to blood sugar highs and lows. Quinoa, wild rice, teff, buckwheat and legumes are less problematic than true grains. They also contain anti-nutrients and should be soaked and/or fermented before they are eaten.



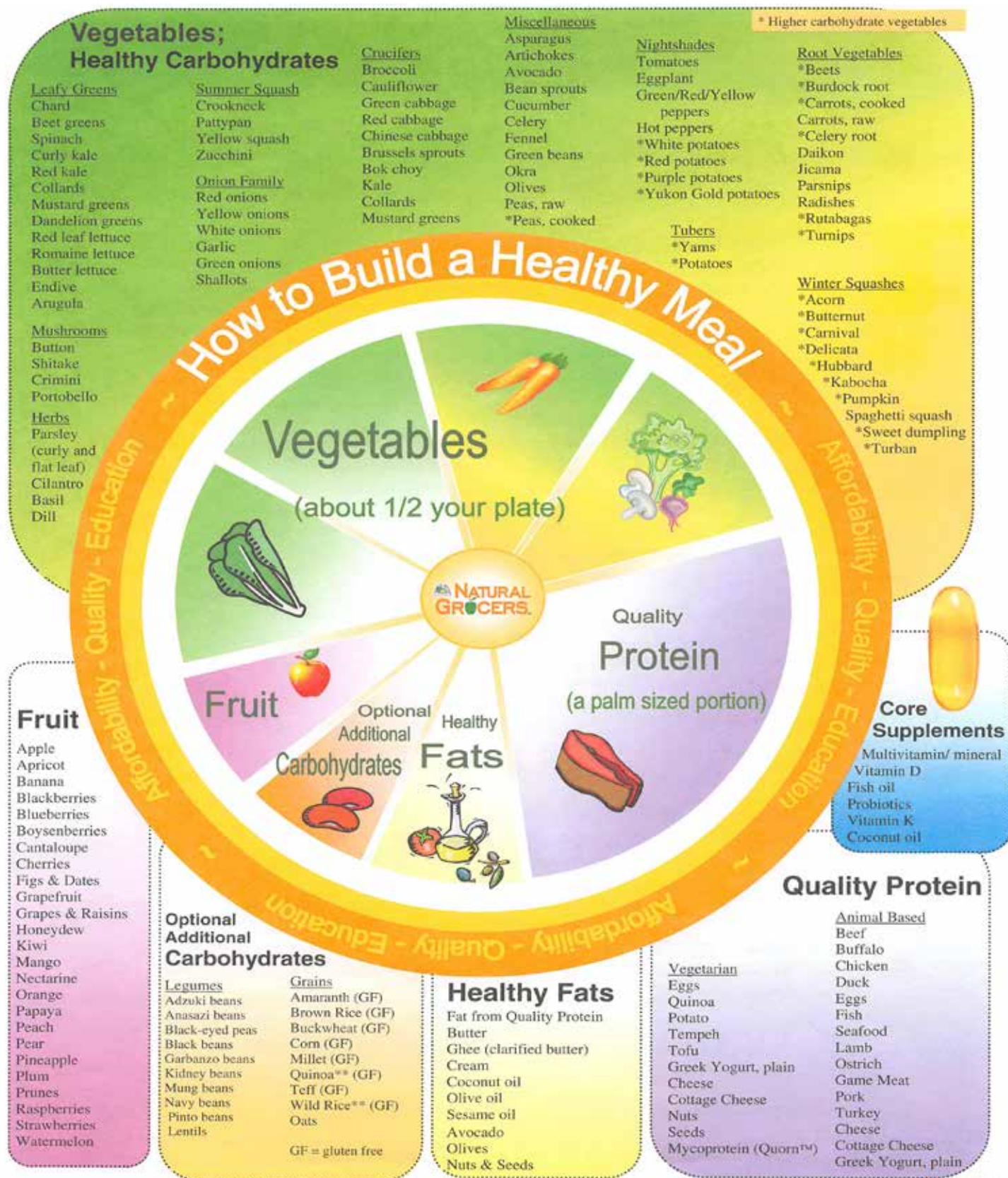
Healthy (and Delicious!) Balanced Meal

Find the right balance for you by combining the above in portions and ratios that work best for you and your lifestyle.

It's that easy! Now you are ready to roll.

HEALTH & SAFETY

JANUARY- 2018



PUZZLE

JANUARY-2018

PUZZLE 65

ACROSS

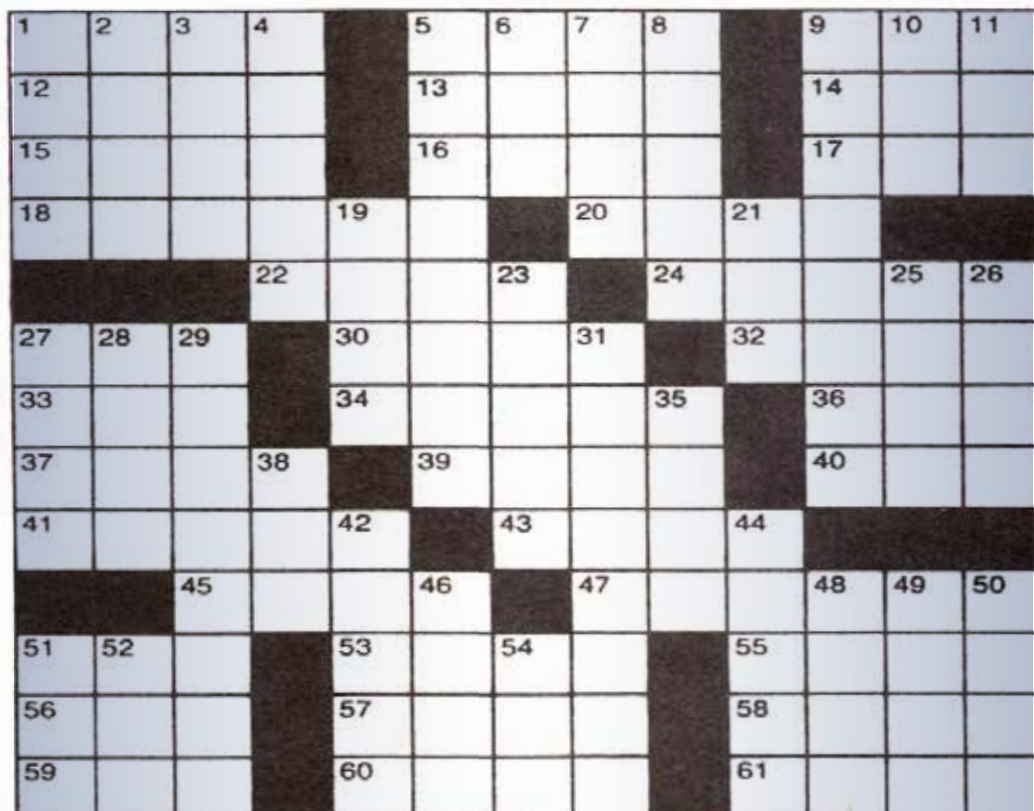
1. False god
5. Price
9. Jester
12. — mater
13. Off
14. Hasten
15. Strong
smell
16. Harvest
17. Indignation
18. Sahara or
Mojave
20. Remainder
22. Grime
24. Scenes
27. Vital fluid
30. Sentence
component
32. Petition
33. Zero
34. Horse laugh
36. Part of
BPOE
37. Notion
39. Cookbook
direction
40. Ship's dir.
41. Concord
43. — and
polish
45. Leading
actor
47. Hammers
51. — shooter
53. Half: prefix
55. Agitate
56. Sprinted
57. Paradise

58. Goya
subject
59. Scrap of
food
60. Ballad
61. Singer
Phoebe

DOWN

1. Shakespeare
2. Opposite of
aweather
3. Nancy or Ed
4. Huron and
Superior
5. Saturday
morning TV
fare
6. Be indebted

7. German coal
region
8. Classes
9. Carves
10. Atmosphere
11. — whiz!
19. Disturb-
ances
21. Taste
23. Jogs
25. Elvers
26. For Pete's
—!
27. Clip
28. Nurse's
helper
29. Cheerful
31. Leaking
35. Threesome
38. Behave
42. Comforts
44. Diverts
46. Decorate
again
48. Part of
speech
49. Prank
50. Seattle —
51. For
52. Corn piece
54. Chaps



PUZZLE

JANUARY- 2018

Grade A

18

Though Henry Ford's Model T (nicknamed Tin Lizzie) was touted as the car that put the world on wheels, its successor was the car that made a lady out of the Lizzie! The Model A Ford was well-built and attractive, and counted four-wheel brakes (instead of only rear brakes) among its new features. Here's a list about the Model A Ford, produced from 1927 to 1932.

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

- ☐ ATTRACTIVE
- ☐ AUTOMATIC windshield wipers
- ☐ BUMPERS
- ☐ BUSINESS coupe
- ☐ CABRIOLET
- ☐ CHASSIS
- ☐ CHIC
- ☐ COLORS
- ☐ CONVERTIBLE sedan
- ☐ COUPE
- ☐ DOORS
- ☐ FOUR-CYLINDER engine
- ☐ FOUR-WHEEL brakes
- ☐ GAS gauge
- ☐ HYDRAULIC shock absorbers
- ☐ MODELS
- ☐ PHAETON
- ☐ ROADSTER
- ☐ SAFETY glass
- ☐ SPEEDOMETER
- ☐ SPORT coupe
- ☐ STATION wagon
- ☐ STYLISH
- ☐ TAXICAB
- ☐ THREE-SPEED
- ☐ TOWN car
- ☐ TRUCK
- ☐ TUDOR
- ☐ UPHOLSTERY
- ☐ VICTORIA



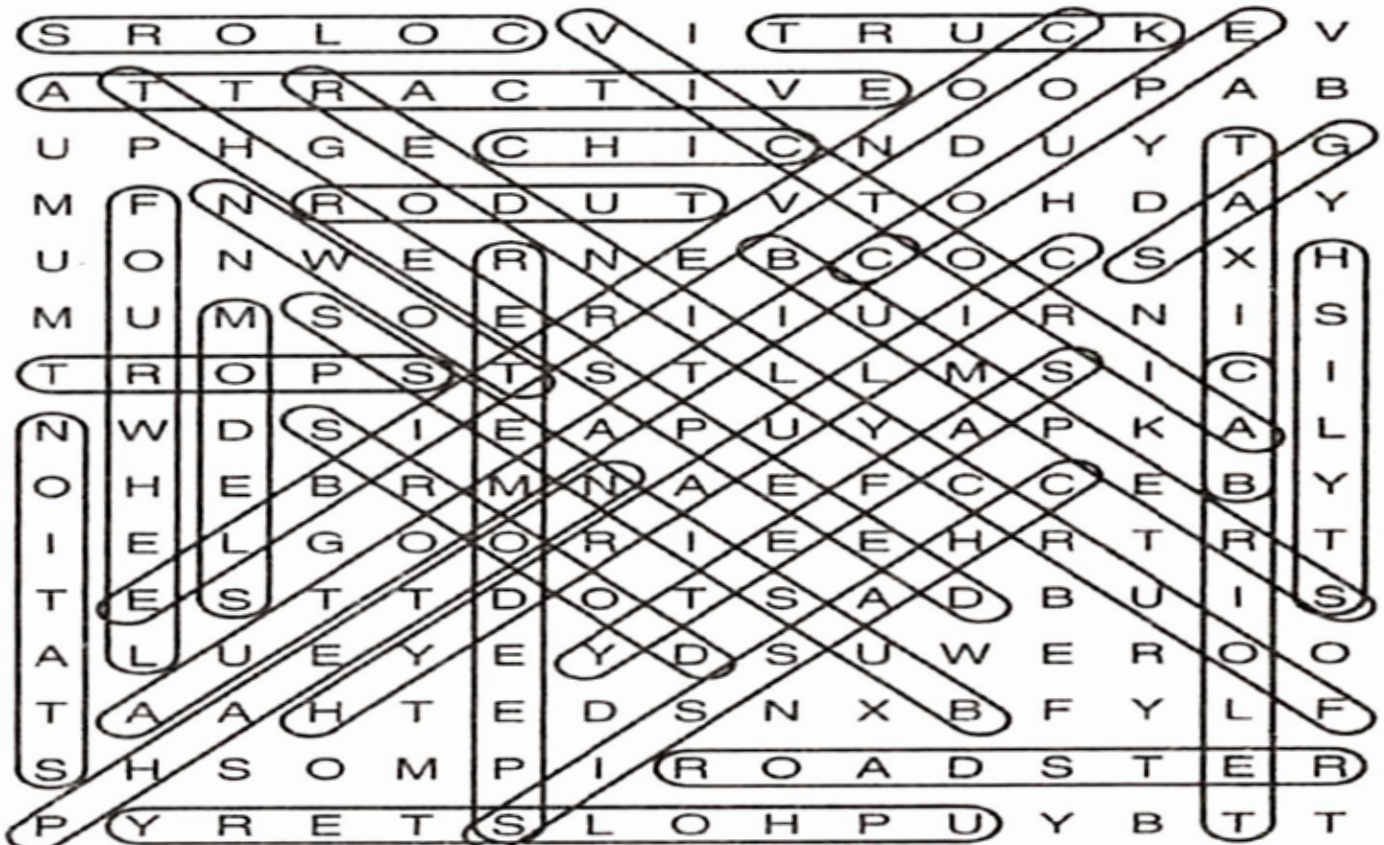
PUZZLE ANSWERS

JANUARY- 2018

PUZZLE 65



18



BREAKFAST MENU

JANUARY- 2018

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.

Monday	Tuesday	Wednesday	Thursday	Friday
1 All Senior Centers Closed in observance of New Year's Day	2 Cereal bowl Toast Jelly Fruit juice	3 Sausage, cheese Red chile Small roll Jelly	4 Ham & cheese biscuit Salsa Jelly	5 French toast w/maple syrup Sausage Tomato juice
8 Grilled ham Cheese, red chile Small roll Jelly	9 Breakfast burrito w/scrambled egg, cheese, bacon Salsa	10 Oatmeal Toast Jelly Fruit juice	11 Huevos rancheros w/egg, cheese, corn tortilla, beans Salsa	12 Scrambled egg Cheese, red chile Potatoes Margarine
15 All Senior Centers Closed in observance of MLK Day	16 Cereal bowl Toast Jelly Fruit juice	17 Sausage Cheese, red chile Small roll Jelly	18 Ham & cheese biscuit Salsa, jelly	19 French toast w/maple syrup Sausage Tomato juice
22 Grilled ham Cheese, red chile Small roll Jelly	23 Breakfast burrito w/scrambled egg, cheese, bacon Salsa	24 Oatmeal Toast Jelly Fruit juice	25 Huevos rancheros w/egg, cheese, corn tortilla, beans Salsa	26 Scrambled egg Cheese, red chile Potatoes Margarine
29 Scrambled egg Grilled peppers Cheese, Bacon Hash browns, toast	30 Cereal bowl Toast Jelly Fruit juice	31 Sausage, cheese Red chile Small roll, jelly	Feb. 1 Ham & cheese biscuit Salsa, jelly	Feb. 2 French Toast w/maple syrup Sausage Tomato juice

Cooking for One or Two

(Source: NDSU Extension Service, August 2016)

Shop for Good Nutrition and Value



Most grocery stores carry thousands of items. While at the grocery store, try these tips to reduce time and choose nutritious items.

- Shop during off-hours. Try not to shop while you're hungry because you might be encouraged to add extra items to your cart.
- Consider buying items in bulk if you can, repackage and store the items. Items such as fruit may spoil before you can eat it all.

- Compare Nutrition Facts labels to get the most nutrition for your money.
- Compare "unit prices" on foods. Sometimes the item that has the lower unit price isn't the "best deal" if you tire of the food before you use it all. You also may want to bring a calculator to help compare prices.

Choose Healthy Cooking Methods

Baking, broiling, steaming and stir-frying are examples of heart-healthy cooking. Try using cooking spray instead of shortening to grease pans. Make a one-pot meal by adding vegetables to cooking meat and pasta. Save time by cooking items in a microwave or by steaming.

SENIOR CENTER LUNCH MENU

JANUARY 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 All Senior Centers Closed for New Year's Day 	2 Baked Ham Baked Yams Steamed Broccoli with Butter Whole Wheat Roll with Butter Applesauce	3 Chicken Provencal with veggies & sauce Steamed Rice Buttered Spinach Whole Wheat Roll with Butter Tropical Fruit	4 Polish Sausage Sauerkraut Buttered Carrots Parsley Potatoes Apple Strudel Whole Wheat Roll	5 Hot Turkey Sandwich with Turkey Gravy Sweet Potato Fries Green Beans Cranberry Sauce Pumpkin Pie
8 Baked Fish Fillet with Tartar Sauce Parsley Potatoes Creamy Coleslaw Whole Wheat Roll Chocolate Pudding	9 Beef & Potato Stew Mixed Veggies Spinach Salad Cornbread Jello	10 Chicken Cordon Bleu White Cheese Sauce Broccoli Rice Pilaf Peanut Butter Cookie	11 Red Chile Beef Enchiladas Salsa Corn Tossed Salad with Dressing Apple Cobbler	12 Chicken & Rice Casserole Peas & Carrots Cucumber & Tomato Salad Brownie Whole Wheat Roll
15 All Senior Centers Closed in Observance of Martin Luther King Jr. Day	16 Baked Chicken Breast Wild Rice Asparagus Carrot Raisin Salad Biscuit with Butter Pears	17 Beef Brisket Pork & Beans Sliced Carrots Macaroni Salad Cornbread Chocolate Chip Cookie	18 Pork Stir Fry Stir Fry Veggies Egg Rolls Fortune Cookies Pineapple	19 Beef Steak with Veggie Topping Steamed Spinach Potatoes O'Brien Whole Wheat Roll with Butter Vanilla Pudding
22 Spaghetti with Meatballs Buttered Green Beans Green Salad/Dressing Garlic Bread Mandarin Oranges	23 Red Chile Pork Tamale Pinto Beans Vegetable Salad Tortilla Jello with Fruit	24 Beef Stroganoff with Egg Noodles California Veggies Cottage Cheese with Peaches Whole Wheat Roll	25 Pork Roast Mashed Potatoes with Brown Gravy Asparagus Tips Whole Wheat Roll with Butter Baked Apples	26 Chicken Fajitas Garnish & Salsa Flour Tortilla Chile Beans with Cheese Cake
29 Baked Pork Chop Rice Pilaf Peas & Carrots Whole Wheat Roll Fresh Fruit	30 Chicken Fried Steak Mashed Potatoes with Cream Gravy Green Beans Cherry Crisp Whole Wheat Roll	31 Green Chile Chicken Enchiladas Refried Beans Spanish Rice Jello with Mixed Fruit	01-Feb Ham & Cheese Sandwich with Garnish Tater Tots Pickle Spear Coleslaw Plums	02-Feb Teriyaki Chicken Fried Rice Oriental Veggies Sweet Roll Mandarin Oranges Fortune Cookie

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.



Senior Center Locations

JANUARY - 2018

Legend

- City Senior Center Location
- Down Town
- City Limits

Mary Esther Gonzales (MEG)
 (505) 955-4721
 1121 Alto Street

Pasatiempo
 (505) 955-6433
 664 Alta Vista Street

Ventana de Vida
 (505) 955-6731
 1500 Pacheco Street

Luisa
 (505) 955-4717
 1500 Luisa Street
 (entrance on Columbia St)

Villa Consuelo
 (505) 474-5431
 1200 Camino Consuelo

Genoveva Chavez Community Center

