

# THE SENIOR SCENE



*July  
in  
Santa Fe*



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

[www.santafenm.gov/senior\\_scene\\_newsletter](http://www.santafenm.gov/senior_scene_newsletter)

**JULY  
2018**



# CITY OF SANTA FE, DIVISION OF SENIOR SERVICES

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

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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](http://www.santafenm.gov), simply type "Senior Scene" in the keyword search box at the top then click the purple underlined words "Senior Scene Newsletter."

<b>Front Desk Reception</b>	<b>(505) 955-4721</b>	<b>In Home Support Services: Respite Care,</b>	
Toll-Free Administration Line	(866) 824-8714	<b>Homemaker</b>	
<b>Gino Rinaldi, DSS Director</b>	955-4710	Theresa Trujillo, Program Supervisor	955-4745
<b>Administration</b>		Katie Ortiz, Clerk Typist	955-4746
Cristy Montoya, Administrative Secretary	955-4721	<b>Foster Grandparent/Senior Companion Program</b>	
Sadie Marquez, Receptionist	955-4741	Melanie Montoya, Volunteer Prog. Admin.	955-4761
FAX Machine - Administration	955-4797	Romella Glorioso-Moss, Special Projects Admin.	955-4744
<b>Senior Services Registration</b>		<b>Retired Senior Volunteer Program (RSVP)</b>	
Brenda Ortiz, Database Specialist	955-4722	Triston Lovato-Armstrong, RSVP Administrator	955-4760
<b>Transportation Ride Reservations (page 3)</b>	<b>955-4700</b>	Marisa Romero, Program Coordinator	955-4743
Linda Quesada-Ortiz, Acting Project Manager/ Dispatch	955-4702	<b>50+ Senior Olympics</b>	
Linda Quesada-Ortiz, Administrative Assistant	955-4700	Cristina Villa, Program Coordinator	795-3817
<b>Nutrition</b>		<b>Miscellaneous</b>	
Yvette Sweeney, Program Administrator	955-4739	Craft Room	955-4736
Enrique DeLora, Inventory Supervisor	955-4750	Pool (Billiard) Room	955-4737
Tebrina Roibal, Administrative Assistant	955-4749	<b>Other Important Numbers</b>	
FAX Machine - Nutrition	955-4794	Santa Fe Civic Housing Authority	988-2859
<b>Meals On Wheels (for homebound individuals)</b>		Santa Fe County Information	992-3069
Carlos Sandoval, Program Supervisor	955-4748	Santa Fe County Mobile Health Van	231-2382
Robert Duran, MOW Assessments	955-4747	<b>Newsletter Production</b>	
<b>Senior Center Programming (Activities)</b>		Triston Lovato-Armstrong, Editor/Distribution	955-4760
Lugi Gonzales, Center Program Manager	955-4711	<a href="mailto:trlovato@santafenm.gov">trlovato@santafenm.gov</a>	
Albert Chavez, Program Coordinator	955-4715	Gil Martinez, Graphic Artist	
Mary Esther Gonzales (M.E.G.), Ventana de Vida		Mela Sanchez, Mailing Distribution	
Cristina Villa, Program Coordinator	955-4725	Christella Vigil, Mailing Distribution	
Luisa, Pasatiempo, Villa Consuelo			

# SENIOR SERVICES PROGRAM INFORMATION

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## **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](mailto:bmortiz@santafenm.gov).

## **SENIOR TRANSPORTATION INFORMATION**

- To Reserve:** Call (505) 955-4700 before 4:00 pm to reserve a ride.  
**Rides must be requested at least 24 hours in advance** of service. Please specify if you require a wheelchair lift van. To avoid delays in service, call immediately if you need to cancel a scheduled ride.
- Senior Cost:** **Suggested donation of 50¢ a ride (one-way trip) for seniors 60 & over.** You may purchase a 25-ride ticket for \$10.00 from the Transportation Office or drivers.
- Schedule:** **Rides are available 8:15 am to 4:15 pm Monday through Friday.**  
Please Note: Reduced hours on the first Tuesday of every month due to required staff training; last call for pick-up is 2:45 pm on these days.  
Vans leave from the MEG Center at noon, 1:00, 2:00 and 3:00 pm every day (Please be seated in the lobby or outside patio benches).  
Rides to medical appointments are given priority over all other rides.
- Notes:** **Wednesday, July 4th - No Service.**
- SF County:** For rides outside city limits but within Santa Fe County, call (505) 992-3069.
- SF Ride:** For weekend and evening transportation, call (505) 473-4444.

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# By Gino

*A message from the Division Director*



Happy 4th of July – I am hoping everyone enjoys our nation’s Independence Day. For me, it seems to create an opportunity to reflect on two special events. First, it is the birthday of my grandmother Ofelia Trujillo of Taos, who had an incredible impact on shaping who I am today. I would say my relationship with my grandparents greatly influenced my decision to work with the senior population. Second, this day is the meaning of who we are as a country and why I served 33 years in the US military protecting our inalienable rights to live in a country where “liberty and justice for all” is practiced. As one can imagine, serving during six different presidential administrations, each with differing interpretations of the above statement, was an adventure. While the statement is absolute, it continues to be a great challenge, which warrants continued reflection and evaluation by everyone. On this incredible day please help me in remembering all of the men and women who gave so much, so we can enjoy the freedoms we have and remember to continue to cultivate “Liberty and Justice for All.”

I continue to keep the issue of financial donations upfront because we rely on them to help run our programs. The donations go directly back to the program, so for example meals donations can be used to buy cooking equipment or go directly into the food budget. For transportation, the donations can be used for fuel or maintenance. Regardless of what item or program you’re donating to, your financial contribution is appreciated.

We are currently short in reaching our goal, so if you can donate please do – after all it is going toward a great cause, serving you! Thank you to those who have donated and to those who plan to do so. In fact, it was brought to my attention that folks are asking where they can send the donations and who to make a check out to. You can write a check to: City of Santa Fe Senior Program.

Drop off options:

- You can drop the funds off in the lock boxes that are at each meal-site;
- Give funds to the transportation drivers to put into the lock boxes on the vans;
- Bring in to the Mary Esther Gonzales Senior Center (1121 Alto Street); or
- Mail to:

City of Santa Fe Division of Senior Services  
Attn: Gino Rinaldi, Director  
PO Box 909  
Santa Fe, NM 87504



# NEWS & VIEWS

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## Santa Fe County Mobile Health Van

The mobile health van will not be out until further notice. Some nurse screenings may be provided on occasional days in July. For further information, call Patricia Boies, Health Services Division Director, at 505-995-9538.

## All Senior Centers Closed on July 4th

City of Santa Fe Senior Centers will be closed on Wednesday, July 4 for the Independence Day holiday. Facilities will open and services will resume on Thursday, July 5.

## City of Santa Fe Southside Summer

- **Independence Day Celebration**  
Wednesday, July 4, 7:30–9:30 pm  
Fireworks and food trucks at the Santa Fe Place Mall (cohosted by the Kiwanis Club)
- **Ride in Movie Night**  
Friday, July 6, 6:00–10:00 pm at SWAN Park  
Ride your bike to the park for a FREE outdoor movie; give your bike a festive look and enter into the bicycle decorating contest
- **Community in Action Day & Movie Night**  
Friday, July 20, 5:00–10:00 pm  
The Center for Contemporary Arts (CCA) and the Santa Fe Boys & Girls Club will provide an educational arts programming community celebration at the SF Boys & Girls Club. Join them for an evening of art, music, and more!
- **Community Choice Movie Night**  
Friday, August 3, time TBD at SWAN Park
- **Back to School Bash**  
Saturday, August 25: at the Santa Fe Place Mall; fun and activities to celebrate back to school, visit the 6th annual Zozofest Art Show, face painting, kids activities and performances. There will be back to school specials and a drive in movie once the sun goes down.

## Jewish Care Program Support Group

The Jewish Care Program in Santa Fe currently offers a FREE grief and loss support group on Thursdays from 1:00–2:00 pm. Open to anyone in Santa Fe 18+ who has lost a loved one, pre-registration is required; call 505-303-3552. Once you preregister, you can show up as desired. Since this is an ongoing group, there is no time commitment required. Call for location and more information.

## Santa Fe County Fair

### Free Entries: Show off your creations!

Bring all items at designated times to Fairgrounds on Rodeo Road.

- Monday, July 23: Indoor Entries (Non-perishable) noon–7:00 pm, check-in Adult entries; 3:00–7:00 pm, check-in Youth entries
- Saturday, July 28: Baked Goods 9:00 am–noon, check-in all Baked Goods entries
- Monday, July 30: Quilts 3:00–7:00 pm, check-in all Adult Quilt entries
- Tuesday, July 31: Agricultural & Floricultural noon–2:00 pm, check-in Agricultural products and Floricultural entries

### Free Fair Events

- Sunday, July 29: Horse Show 9:00 am, Horse Show (Rodeo de Santa Fe Arena)
- Wednesday, August 1: Livestock Shows 8:00 am, Rabbit Show; 10:00 am, Goat Show; 1:00 pm Lamb Show; 10:00 am–5:00 pm, Indoor exhibits open to the public
- Thursday, August 2: Livestock Shows 8:00 am, Poultry Show; 10:00 am, Swine Show; 2:00 pm, Cattle Show; 10:00 am–5:00 pm, Indoor exhibits open to the public
- Friday, August 3: Livestock Auction 9:00 am, Round Robin Showmanship; 10:00 am, Herding Dogs; 2:30 pm, Livestock Buyers Reception; 4:00 pm, Livestock Auction; 10:00 am–5:00 pm, Indoor exhibits open to the public
- Saturday, August 4: Family Day at the Fair 8:00 am, Dairy Goat Show; 9:00 am, Meet a Mule; 1:00 pm Barnyard Olympics; 9:00 am–5:00 pm, Indoor exhibits open to the public

## Participate in Santa Fe Oral History Project

Santa Fe City Historian, Dr. Andrew Lovato will be visiting Santa Fe Senior Centers this summer recording/compiling interviews with voluntary participants who would like to share their memories of Santa Fe's people, places and events that have made our city unique. He is interested in capturing what made Santa Fe special in years gone by. Please feel free to share your stories and memories with him when he is visiting the Centers; he will set up a sign to inform participants when he is conducting interviews. He looks forward to talking to you and sharing your recollections in the Santa Fe City Archives and as part of a radio program.

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## Support for Living with Chronic Illness

The purpose of this group is to learn and share: about your illness, community resources, daily experiences—thoughts, feelings, complaints, and delights, and helpful hints for caring for yourself and creating resilience. The group is sponsored by Berardinelli Support for Living Programs, and is free. The group meets every 2nd and 4th Tuesday from 2:00–3:00 pm. The next dates are July 10 and 24 at the Berardinelli-McGee Life Event Center (wheelchair accessible), 1320 Luisa St.

## Family Caregivers Support Group

Sometimes the best medicine is just being safe to say what you are thinking and feeling without being judged or given unwanted advice. Listening to someone else can be a welcome break from your own situation and can offer a new perspective. As part of Comfort Keepers Community Outreach, this support group is free and meets every 2nd and 4th Wednesdays from 2:00–3:00 pm. The next dates are July 11 and 25.

## Support for Living after Losses

Daily life after a divorce, death, or any of the more than 40 losses that can occur in life can be devastating.

Over the six weeks we will cover:

- Losses and how we deal with them
- Myths about recovering from loss
- Helping yourself when you are in pain
- How to create resilience
- Creating a weekly plan of actions to move through challenging times

The program is sponsored by Berardinelli Support for Living Series, and is free. There will be handouts to help you express your thoughts and feelings, and structure your time and energy. This will support you in feeling less out of control. Attending all six weeks is recommended, but not required.

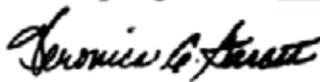
**Six Saturdays 11:00 am – noon**  
**July 14, 21, 28; August 4, 11, 18**  
**Berardinelli-McGee Life Event Center**  
**1320 Luisa St., Santa Fe, NM 87505**

**Please contact Eileen Joyce, Certified Coach/Grief Recovery Specialist, at (505) 428-0670, or [ej@eileenjoyce.com](mailto:ej@eileenjoyce.com) to reserve your place for any of the listed above.**

## Keeping our schools safe, sound and squeaky clean!

Santa Fe Public Schools (SFPS) is looking ahead to the start of school on August 14th! Principals and teachers are reflecting on their work and refining their skills. Summer professional development offerings range from better understanding children's social and emotional needs to strengthening leadership capacity. Staffing vacant positions across SFPS is keeping our human resources department busy as we seek to draw the most talented educators to our city. I invite you to share the good news about SFPS and employment opportunities with people you know. We are also utilizing Mill Levy funding to repair our buildings in preparation for the upcoming school year and we are utilizing General Obligation Bond funding to make the new Milagro Middle School building on Llano Street become a reality. We thank you for the community support which made this a reality. You can see the construction in progress at [www.sfps.info](http://www.sfps.info).

Have a happy summer!



# NEWS & VIEWS

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## 40th Annual New Mexico Conference on Aging

The 40th annual NM Conference on Aging will be held on August 21–22 at the Isleta Resort & Casino Conference Center in Albuquerque. The event, sponsored by the NM Aging and

Long-Term Services Department, 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. Approximately 1,500 individuals are expected to attend the Conference, which will feature workshops, interactive exhibits, a health & enrichment fair and a variety of entertainment reflecting New Mexico's cultural diversity.

The conference will feature two general sessions with guest speakers, including:

**Tuesday, August 21**, Yanira Cruz, MPH, DPh, the President & CEO of the National Hispanic Council on Aging, whose focus is to provide a Hispanic perspective on public health, older adult and caregiver issues, to increase policy-maker and public understanding of issues affecting vulnerable sectors of our society, and to encourage the adoption of programs and policies that equitably serve everyone.

**Wednesday, August 22**, Hazel Tull-Leach, City of Albuquerque's Executive Director for the 2019 National Senior Games, who will speak about the importance of staying active as we age and how the 2019 National Senior Games is a perfect opportunity to do just that.

The cost of the two-day conference is:

	Pre-Register Both Days	Pre-Register One Day	On-Site Both Days	On-Site One Day
Standard	\$105	\$60	\$115	\$70
55+	\$45	\$30	\$55	\$40
Student	\$45	\$30	\$55	\$40

More information can be found online at [www.nmaging.state.nm.us](http://www.nmaging.state.nm.us), or by calling 866-842-9230 or 505-383-3900.



### Flora's Corner

"Do not let the behavior of others destroy your inner peace."

– Dalai Lama

## 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 11:00 am 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.

## Let's Grow! Historic Garden Restoration Friday, July 27 5:00–7:00 pm El Zagan Garden (545 Canyon Road)

Tour the garden with Janet Hirons, Lissa Johnson, and Nyla Rasmussen during the 4th Friday Art Walk on Canyon Road. Learn how Master Gardeners are restoring this garden and maintaining its historic layout and ambiance with plants appropriate for our current climate.

## 5th Annual End Hunger Summit

Did you know that every week, nearly 70,000 New Mexicans seek food assistance? Or that out of this number, 21% are senior citizens? Do you want to know how to get more information about food resources or how you can get involved in addressing hunger in New Mexico?



Attend the fifth annual End New Mexico Hunger Summit, which will be held on Tuesday, September 25, at Embassy Suites in Albuquerque. The event, sponsored by New Mexico Cares Foundation, will continue to address challenges and solutions to ending hunger in the State of New Mexico. Morning keynote speakers will include experts on the subject of hunger and the afternoon session will be a continuation of working groups with the FY17-21 New Mexico Action Plan to End Hunger; there will also be door prizes, exhibits and a community sponsors fair.

To attend and participate in the summit you must register by Friday, September 21 or register on site for a higher fee. The price for seniors (60+) is \$25 and for non-seniors (59 and under) it is \$35; add \$10 if registering on site. Registration forms are available at the Mary Esther Gonzales Senior Center (1121 Alto Street); please ask for Triston Lovato-Armstrong.

# AT - A - GLANCE

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2018 Baby Shower at Santa Fe Woman's Club. Members of the MEG Senior Center Knitting Group donate handmade items to this annual event; those items are then given to new mothers and babies through La Familia Medical Center. Pictured: (Standing left to right) Bella Lucero, Rose Sweeney, Toni Sylvia, Linda Garcia, Evelyn Alvarado, Xochitl Romero; (Sitting) Nancy Brace, Maria Perez, Mary Lee Ortiz, Lucy Romero

Pictured Below:  
Marie Newsom



# RSVP (RETIRED SENIOR VOLUNTEER PROGRAM)

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## 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](mailto:trlovato@santafenm.gov).**

## Hospice & Non-Medical Volunteers Needed

You can make a difference in someone's life by becoming a volunteer with Hospice Compassus. Opportunities include: office/admin tasks, companionship/visits, patient caregiver relief, assist with grief support groups or help with health fairs/community education. Call Triston to get started!

## Volunteers Needed at Youth Shelters and Family Services

Youth Shelters and Family Services is a Santa Fe-based non-profit dedicated to helping at-risk and homeless youth and they need some volunteers. Opportunities include:

- Facilities Maintenance Volunteer
- Donation Room Organizers
- Moving Volunteers
- Landscape Volunteers

For more detailed information on each opportunity and to begin today, contact Triston.

## Farmers Market Info Booth Needs Volunteers

The Farmers Market at the Railyard is looking for one to two dedicated volunteers who can provide assistance at the Mercado del Sur information booth this summer. The position requires: customer service skills, attention to detail, handling tokens (which are equal to cash), and the ability to explain the programs to new customers and answer general questions (bilingual volunteers preferred but not required). The shift is on Tuesdays from 3:00–6:00 pm from July 3 to September 25. A market employee also staffs the booth so the volunteer will never be alone. Please call Triston to get started!

# HAPPY BIRTHDAY

## Feliz Cumpleaños Voluntarios Que Nacieron en Julio

### RSVP Voluntarios

Marsha Gonzales	7/01
Barbara Wenes	7/01
Alice Vargas	7/02
Thomas Pedersen	7/03
Roberta Carter	7/04
David Reffert	7/05
Lorraine Graham	7/06
Marvin Lachman	7/06
Donna Sellers	7/06
Sue Ann Spoonhoward	7/07
Michaela Gallagher-Gonzales	7/08
Roger Greer	7/09
Maria E. Naranjo	7/09
Rod Hasson	7/10
Nancy R. Nofield	7/10
Yvonne Prior	7/10
Sherry Garcia	7/11
Judith Bronson	7/13
Eleanor Riser	7/13
Tessie Horne	7/14
Patti Blair	7/16
Geniva Lopez	7/17
Frank Sena	7/18
Vivian Heye	7/20
Willie J Horne	7/20
Christine Evertsz	7/21
Barbara Mellers	7/22
Rudolf Hunziker	7/24
Abdi Iyow	7/24
Ann Aceves	7/25
Doris Patton	7/25
Marjorie Berkowitz	7/26
Patricia Collins	7/26
Pauline Candee	7/27
David L. Raab	7/28
Medardo Roybal	7/28
Michaela Shelley Valencia	7/29
Consuelo Garcia	7/30

### FGP/SCP Voluntarios

Celia Roman	7/02
Sue Ann Spoonhoward	7/07
Carmen Montoya	7/16
Geniva Lopez	7/17
Isidra Pacheco	7/21
Catalina Ortiz	7/24

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

# ONGOING ACTIVITIES

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**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 7/3, 7/17, 7/31 1:30 pm: Nia Technique (1 <sup>st</sup> Tuesday)	8:15 am: Tai Chi 9:30 am: Enhance Fitness 9:30 am: Ceramics 1-3 pm: Bingo 1-3 pm: Quilting (1 <sup>st</sup> & 3 <sup>rd</sup> Wednesday)	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 <b>AND</b> Fitness room				
8 am-4:30 pm: Computer lab hours ( <u>Wednesdays</u> , 10 am-noon, General Computer Instruction; <u>Fridays</u> , 10 am-noon, Online job/application assistance)				

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 11 am: Line dance (Beginner) 1 pm: Line dance (High intermediate)	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	10 am: DanceAbility 1-3 pm: Bingo	

Villa Consuelo Senior Center – 1200 Camino Consuelo – CLOSED for Renovations <i>Minimal Activities will be done in Unit 20; contact Amy at (505) 471-0565 for info.</i>				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30 am: Ceramics		9:30 am: Ceramics		

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

# UPCOMING ACTIVITIES

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## 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. Leave a message if you reach a recording. Let them know that you are registering for the Santa Fe Smart Driver course and the date you would like.

Upcoming dates are:

- July 10
- August 14

## Monthly Senior Services Committee Meetings

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

Senior Olympics: TBD

Advisory Board: Thursday, July 19 at 9:30 am

## 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!

## 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 can be found on the Ongoing Activities page.

- Luisa: Tuesday, July 3 at 9:00 am
- Pasatiempo: Monday, July 2 at 1:00 pm
- Ventana de Vida: Tues., July 10 at 9:15 am
- Villa Consuelo: Monday, July 2 at 10:00 am

## 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, July 6
- MEG: Thursday, July 5
- Pasatiempo: Wednesday, July 11
- Ventana de Vida: Wednesday, July 18

## 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:

Luisa: Thursday, July 5, 11:00 am – noon

MEG: Wednesday, July 18, 10:30 am – noon

Pasatiempo: Wed., July 11, 10:30 am – noon

Ventana: Wednesday July 25 11:00 am – noon

## Free Hair Cuts at MEG

Our volunteer Fabiola, a licensed beautician will provide free senior haircuts (on a first come, first serve basis – 20 haircuts per day). Haircuts will be available at the Mary Esther Gonzales Senior Center on Wednesday, July 25 at 10:00 am.

## Free Hair Cuts at Ventana de Vida

Senior Center volunteer Nancy Quintana, a licensed beautician, will provide free haircuts to seniors (on a first come first serve basis 20 seniors per day) on the 1st and 3rd Tuesday each month starting at 10:00 am. The haircut sign-in sheet will be at the lunch check in table, at Ventana starting at 9:00 am.

# UPCOMING ACTIVITIES

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## Ice Cream Cones at Luisa Center July 13th

Come cool off with an ice cream cone! Join us on Friday, July 13 from 11:30 am to 12:30 pm. The cost is \$1.00 per cone and proceeds will go to the Luisa Senior Center.

## Weekend Bingo at Luisa July 8th

The Luisa Senior Center (enter on Columbia St) is hosting a Bingo on Sunday, July 8 from 1:00–4:00 pm. It will be \$12.00 for a package, there will be four specials at \$1.00 each, and there is a \$100.00 jackpot guarantee! Frito Pies and a drink will be sold for \$5.00; please bring small bills. Everyone is welcome, so don't miss out on a chance of winning!

## Luisa Bingo \$100.00 Guarantee

Join us on Friday, July 20 at 1:00 pm at Luisa Senior Center for a \$100.00 jackpot guarantee! Don't miss out on a chance of winning.

## Movie Day at Luisa Senior Center Thursday, July 19, 2018 at 1:00 pm "Midnight Sun"

(2018 • PG-13 • 1h 49m)



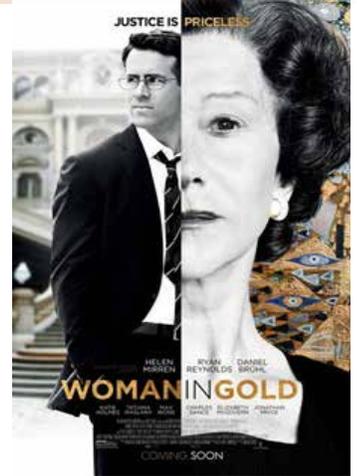
Midnight Sun is a romantic tearjerker about 17-year-old Katie Price (Bella Thorne), sheltered at home since childhood with a rare genetic condition, a life-threatening sensitivity to sunlight. Having only her father Jack (Rob Riggle) for company, Katie's world opens up after dark when she ventures outside

to play her guitar. One night, her dreams come true when she's noticed and asked out by her longtime crush Charlie (Patrick Schwarzenegger), whom she's secretly watched from her bedroom window for years. As they embark on nightly summer excursions, Katie's risk to sunlight grows and she's presented with the gut-wrenching dilemma of whether she can live a normal life with her newfound soul mate.

## Movie Day at Ventana De Vida Senior Center Wednesday, July 25, 2018 at 1:00 pm "Woman in Gold"

(2015 • PG-13 • 1h 45m)

Sixty years after World War II, eighty-year-old Maria Altman begins a quest to reclaim the artwork confiscated from her family by the Nazis, including the famed portrait of her aunt by renowned painter Gustav Klimt entitled "Woman in Gold." A fascinating, true story and partially filmed in Vienna, Austria, the film stars the incredibly talented Helen Mirren and Ryan Reynolds.



Helen Mirren and Ryan Reynolds.

## Movie Day at the MEG Senior Center Tuesday, July 31, 2018 at 1:00 pm "Facing the Giants"

(PG • 2006 • 1h 52m)

Grant Taylor, a Christian high-school football coach (Alex Kendrick), gets some very bad news. Besides his and his wife's (Shannen Fields) infertility problems, he faces the attempt of local parents to force the school to replace him. His team, the Shiloh Eagles, has never had a winning season in the six years that



he has coached the boys. Following a visitor's message, Grant tries to inspire his team to use faith to conquer fear and opposing teams.

## MEG Exercise Room

If you have questions about the equipment in the exercise room, please join volunteer trainer Gitta Mainland. She will be available for the month of July on Thursdays (July 5, 12, 19) from 10:00 am to noon. Please join her if you would like the assistance!

# UPCOMING ACTIVITIES

JULY - 2018

## Summer dance on July 12th

Join us for an afternoon of summer fun on Thursday, July 12 at the Fraternal Order of Eagles (833 Early St). Dance to live music by Bandalegre. Light refreshments will be served and there will be a \$2.00 entrance fee. This dance is sponsored by Pasatiempo Senior Center. See you there!



## Annual Barbecue at Ventana De Vida

The Ventana de Vida Senior Center will host its annual barbecue on Friday, July 20 from 11:00 am to 12:30 pm. The menu will include: 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!

## FREE Popsicles at Luisa

Join us on Friday, July 27 at Luisa Senior Center during lunch and cool off with a free Popsicle. They will be available from 11:30 am – 12:30 pm.

## Nia Technique on 1st Tuesday

The Tuesday Nia Technique class at the MEG center, will be July 3rd at 1:30 pm.

## 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) or Ventana de Vida Senior Center!

- MEG: Wednesday, July 11 & 25 at 10:30 am
- Ventana de Vida: Monday, July 16 at 1:30 pm

For more information please contact Renee at (505) 471-4711.

## Ice Cream Social at Ventana de Vida

Please join us for an ice cream social to celebrate the beginning of a beautiful summer! Presented by Slate Financial, a leader in Medicare insurance, this social event will include cake and ice cream and will be in the dining room at the Ventana de Vida Senior Center (1500 Pacheco Street) on Friday, July 6 at 1:00 pm. Please bring any and all of your Medicare questions for our representatives to answer. This social is available to everyone and at no cost to you!

## Ken from Home Instead Sings at MEG

Join us for lunch at the MEG Center on Monday, July 30 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.

## Southwest History Book Reading Club

The Southwest History Book Reading Club meets for two hours on the second and fourth Wednesday each month in the Mary Esther Gonzales Senior Center boardroom from 10:00 am to noon. For the first hour members view two 20-minute lectures on the "Maya to Aztecs;" a lecture series on the "Opening of the West" is scheduled for the near future. The second hour is devoted to discussing the book chosen, which is currently "Lamy of Santa Fe" by Paul Horgan. The first book read by the group was Paul Horgan's "The Centuries of Santa Fe" and the next will be "Death Comes to Archbishop." There are also group trips and guest speakers planned. In May, the group attended the DaVinci traveling exhibit at the New Mexico Museum of Natural History and Science. In June, the members had one of two meetings at the Historic Los Luceros in Northern NM, and other trips are planned for July, August and September. Beginning in October, the book club will host a guest history speaker once a month through May 2019.

## UPCOMING ACTIVITIES

JULY - 2018

### Are you 60 plus? Hike with us!



Have you been thinking about hiking this summer? Well read on for a good hike that fits your needs.

Moderate hike – Thursday, July 5 – Sun and Moon Saddle Trail

Located near St. John's College in Santa Fe, this is a short, easily accessible trail to the saddle between Sun and Moon Mountains, through both open and shady areas, providing excellent views to the south as well as nice views of the Sangres to the north. This hike is 2.2 miles round-trip with an elevation gain of 350 feet and is rated as easy; the bonus add-on is an extra half-mile steep climb to the peak, which can be voted on during the hike. It can get hot on the trail so bring PLENTY of water, sunscreen, a hat and snacks. Please note there will only be one hike until further notice; the more strenuous hikes are cancelled due to forest closures.

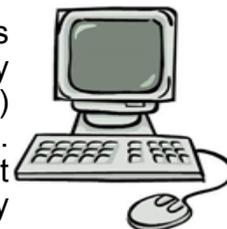
The hike will be led by a volunteer with the van departing at 9:00 am from the Mary Esther Gonzales Senior Center (1121 Alto Street); there is a suggested donation of 50 cents one-way. Be sure to wear sturdy, comfortable hiking/walking shoes, bring water and a snack or sack lunch, and it's recommended that you dress in layers. The maximum number of participants for these hikes is 13, so sign up now! Call Albert at (505) 955-4715 to reserve a spot. For cancellations, please call at least 24 hours in advance.

### Volunteer Benefits Counselor Available

Do you have questions about your healthcare coverage, choices you need to make about your Medicare or Medicaid coverage, the rising costs of dental care, hearing aids or eye care? Or do you have issues regarding housing or need assistance with utility expenses? If so, a volunteer from the NM Aging and Disability Resource Center (NM ADRC) is available to offer advice every Wednesday afternoon at the Mary Esther Gonzales Senior Center (1121 Alto Street). To reserve a free, individual 30-minute session please call (505) 955-4721. If you are unable to make an appointment or need more immediate assistance, call the NM ADRC at (505) 476-4846 or toll free at 1-800-432-2080.

### Computer Instruction Available

Do you need help using computers and the Internet? If so, stop by the Mary Esther Gonzales (MEG) Senior Center for assistance. Please note that assistance at Luisa Senior Center is currently unavailable due to Internet issues.



- **Wednesdays, 10:00 am–noon**

Get assistance with basic browsing, email, Microsoft programs and other general computer questions. The volunteer instructor will be available during this time block; walk-ins are welcome!

- **Fridays, 10:00 am–noon**

Get assistance with job searches, online applications, email, research and other general computer instruction. The volunteer instructor is available during this time block; walk-ins are welcome!

### Day trip to Nature Center and Bradbury Museum in Los Alamos

Join us for a day trip to Los Alamos to visit the Nature Center and Bradbury Museum on Tuesday, July 24. Entrance fee is \$4.00 and transportation is an extra \$5.00. Please bring a sack lunch and we will picnic at the Nature Center; also make sure you wear comfortable walking shoes! The bus will depart from the Mary Esther Gonzales Senior Center (1121 Alto Street) at 9:00 am, so please arrive at 8:30 am for check in. Contact Albert at (505) 955-4715 to reserve a seat.

The Nature Center is equipped with a full-dome planetarium, wildlife observation room, indoor and outdoor play areas, and interactive indoor and outdoor exhibits, the Los Alamos Nature Center is a great place to orient to the region and enjoy the breathtaking views of canyons, mesas, mountains, and skies. The Bradbury Museum has approximately 60 interactive exhibits that trace the history of the WWII Manhattan Project, highlight the Laboratory's current and historic research projects related to defense and technology, and focus on Laboratory research related to national and international economic, environmental, political, and social concerns.

# HEALTH & SAFETY

JULY - 2018

## Grilling Safety

There's nothing like outdoor grilling. It's one of the most popular ways to cook food. But, a grill placed too close to anything that can burn is a fire hazard. They can be very hot, causing burn injuries. Follow these simple tips and you will be on the way to safe grilling.

### SAFETY TIPS

- » Propane and charcoal BBQ grills should only be used outdoors.
- » The grill should be placed well away from the home, deck railings and out from under eaves and overhanging branches.
- » Keep children and pets at least three feet away from the grill area.
- » Keep your grill clean by removing grease or fat buildup from the grills and in trays below the grill.
- » Never leave your grill unattended.
- » Always make sure your gas grill lid is open before lighting it.

### CHARCOAL GRILLS

- » There are several ways to get the charcoal ready to use. Charcoal chimney starters allow you to start the charcoal using newspaper as a fuel.
- » If you use a starter fluid, use only charcoal starter fluid. Never add charcoal fluid or any other flammable liquids to the fire.
- » Keep charcoal fluid out of the reach of children and away from heat sources.
- » There are also electric charcoal starters, which do not use fire. Be sure to use an extension cord for outdoor use.
- » When you are finished grilling, let the coals completely cool before disposing in a metal container.



Your Source for SAFETY Information  
NFPA Public Education Division • 1 Batterymarch Park, Quincy, MA 02169

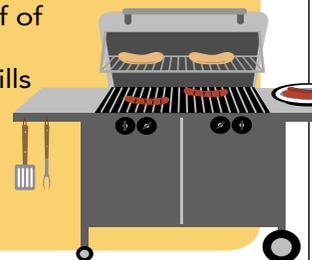
### PROPANE Grills

Check the gas tank hose for leaks before using it for the first time each year. Apply a light soap and water solution to the hose. A propane leak will release bubbles. If your grill has a gas leak, by smell or the soapy bubble test, and there is no flame, turn off both the gas tank and the grill. If the leak stops, get the grill serviced by a professional before using it again. If the leak does not stop, call the fire department. **If you smell gas while cooking, immediately get away from the grill and call the fire department.** Do not move the grill.

If the flame **goes out**, turn the grill and gas off and wait at least **5 minutes** before re-lighting it.

### FACTS

- ! July is the peak month for grill fires.
- ! Roughly half of the injuries involving grills are thermal burns.



City of Santa Fe Fire Department

911 or Non-emergency 428-3730

# CONSUMER & LEGAL

JULY - 2018

## Three Scams That Are Driving Everyone Crazy

You don't have to be a victim  
by Shelley Emling, AARP, May 2018

Have you or someone you know been a victim of fraud? Want to know how best to spot a scam online? Unfortunately, fraudulent activity happens every day to people like you, but AARP is here to help.

AARP recently offered online advice from Amy Nofziger, who manages the AARP Fraud Helpline and is AARP's expert on fraud and scams, on how to protect yourself and your family members from scam artists. A stream of questions poured in from people sharing their experiences and asking about various cons. It's clear that these scams are among the most pernicious.



**1. "I received a call from 360-203-0375 claiming to be from the IRS and telling me I owed back taxes. It was a recorded message. Knowing I did not owe back taxes, I hung up!!!"**

Nofziger replied: "That's the perfect response! HANG UP! Great job staying safe." If the phone rings and you pick up and no one responds, "sometimes this can be a phone call coming from a call center that uses technology called predictive dialing. It autodials hundreds of people at the same time, and whoever picks the phone up first gets the operator and all the other calls drop off. Could be confirmation of a real number ... but this is possible as well. My best advice, unless people know who is calling, don't pick up the phone. I have an app on my phone that warns me when a call comes in, to the legitimacy of the call. These calls all alert me with a 'scam or fraud' warning, so I didn't answer. They did leave a robocall message threatening my arrest. The IRS does not operate this way. There are many apps in the App Store. Some are free and some cost. A few of the products are Hiya, Truecaller, PrivacyStar and many others. Find the one that looks best for you by reading through the reviews and knowing which features you want. Also, on your landline, there is a service called Nomorobo that operates similar blocking services on traditional landlines."

**2. "A computer company called to say I had a virus on my computer."**

Nofziger replied: "Computer companies don't proactively reach out to consumers to let them know about a potential virus on consumers' computers. If anyone calls asking to remote access into your computer, hang up. If you receive a pop-up on your screen telling you that there is a virus and you need to call a phone number, click out of the box. Or you may even have to 'hard shutdown' your system to get it to go away. But don't call the number or click on any links. Never give personal or financial information to anyone who calls you, nor pay for any services like this, in prepaid gift cards."

**3. "I constantly receive calls claiming to be a clearinghouse stating I have won millions of dollars and I have only a few hours to go to a Western Union to pay my fees and taxes, which always mounts to over \$1,000 to have my prize delivered. When I ask how come that isn't taken out of the prize money, they always have a reason. I would then ask for a number to verify. They give an 800 number, but I never call. I can tell it is a scam because I should not have to pay money up front for a winning. Is this correct?"**

Nofziger replied: "Yes, those are 100 percent scams. They will come up with any excuse to get you to pay them. I've worked with victims who have lost hundreds of thousands of dollars in these scams. Next time they call, if you know it's them, do not answer your phone. If you pick up and they try to talk, tell them you know it's a scam and hang up the phone. Do not engage, and make sure to not give them any personal or financial information."

# NUTRITION EDUCATION

JULY - 2018



United States Department of Agriculture

**10  
tips**  
Nutrition  
Education Series



**MyPlate**  
**MyWins**

Based on the  
**Dietary  
Guidelines  
for Americans**

## Liven up your meals with vegetables and fruits

**Discover the many benefits of adding vegetables and fruits to your meals.** Vegetables and fruits don't just add fiber and key nutrients to meals. They also add color, flavor, and texture. Explore these creative ways to bring healthy foods to your table.

### 1 Fire up the grill

Use the grill to cook vegetables and fruits. Try grilling mushrooms, onions, peppers, or zucchini on a kabob skewer. Brush with oil to keep them from drying out. Grilled fruits like peaches, pineapple, or mangos add variety to a cookout.

### 2 Take your casserole to the next level

Mix vegetables such as sauteed onions, peas, pinto beans, or tomatoes into your favorite dish for that extra flavor.

### 3 Planning something Italian?

Add extra vegetables to your pasta dish. Slip some herbs, peppers, spinach, red beans, onions, or cherry tomatoes into your tomato sauce. Vegetables provide texture that satisfies.



### 4 Get creative with your salad

Toss in shredded carrots, peas, orange segments, strawberries, or other seasonal items for a flavorful, fun salad.

### 5 Salad bars aren't just for vegetables

In addition to vegetables, add fruit, egg, cottage cheese, beans, or seeds from the salad bar for a variety of toppings from all the food groups.

### 6 Get in on the stir-frying fun

Try something new! Stir-fry fresh or frozen veggies—like broccoli, carrots, cauliflower, or green beans—for a quick-and-easy addition to any meal.

### 7 Add them to your sandwiches

Whether it is a sandwich or wrap, vegetables make great additions to both. Try hummus, cucumber, or avocado on your usual sandwich or wrap for extra flavor.



### 8 Be creative with your breakfast

Add apples, bananas, blueberries, or pears to your oatmeal, yogurt, or pancakes for a special start to your day.

### 9 Make a tasty fruit smoothie

Blend fresh or frozen berries and bananas with 100% fruit juice for a delicious frozen fruit smoothie.



### 10 Liven up an omelet

Boost the color and texture of your morning omelet with vegetables. Simply chop, saute, and add them to the egg as it cooks. Try combining different vegetables, such as mushrooms, spinach, green onions, or bell peppers.

# SENIOR OLYMPICS

JULY - 2018

## SENIOR OLYMPICS SPOTLIGHT

Let the state games begin! I am so excited for those of you who have signed up for state games, which are July 18-22. We plan to take the Senior Services bus to Albuquerque on Wednesday, July 18 for the opening ceremonies. For those interested in going on the bus please note that it will leave Santa Fe at approximately 2:00 pm. Upon arrival we can take you to check in at the Elegante Hotel and then head to Balloon Fiesta Park, visit the health fair exhibitors, then at 4:30 pm we will go out to dinner before finally arriving back at the park at 6:15 pm for the opening ceremonies which begin at 7:00 pm. The bus will head back to Santa Fe as soon as the ceremonies are complete.

Please RSVP if you are interested in getting a ride on the beautiful 54 passenger bus. Space is limited so please contact me as soon as possible if you are interested.

Let's show the other New Mexico Counties that Santa Fe is #1 – let's win the Parade of Athletes! Go Santa Fe!

Good Luck athletes!

-Cristina Villa-  
(505)795-3817



## STATE SUMMER Games

July 18-22, 2018

- 24-sport, annual competition for men and women 50 and over, the largest multi-sport competition in the state for active seniors.
- Registration open February 1 - June 8
- Online registration at [www.nmseniorolympics.org](http://www.nmseniorolympics.org)
- New sports for 2018 - Hammer Throw, Powerwalk and Triathlon
- 18 sports open to Out of State Athletes
- State qualifying for 2019 National Senior Games presented by Humana

# PUZZLE

JULY - 2018

## PUZZLE 71

### ACROSS

1. Cloth belt
5. Informed
10. Chief
14. Bread spread
15. Scamp
16. Gymnast Korbust
17. Rich soil
18. Baseball coup: 2 wds.
20. Go before
22. Equipment
23. Hansen and Kittle
24. Ship
26. Sudden
29. Game snacks: 2 wds.
32. Jet
33. Desires
34. Danger color
36. Ages and ages
37. Carved gem
38. Borge, e.g.
39. Canine
40. Recoils
41. Uptight
42. Game snacks
44. Examiner
45. Society girls
46. Harvest
47. Hindu god
49. Ballfield
52. Baseball coups
55. Guided trip
57. Yes votes
58. Hindu queen
59. Not busy

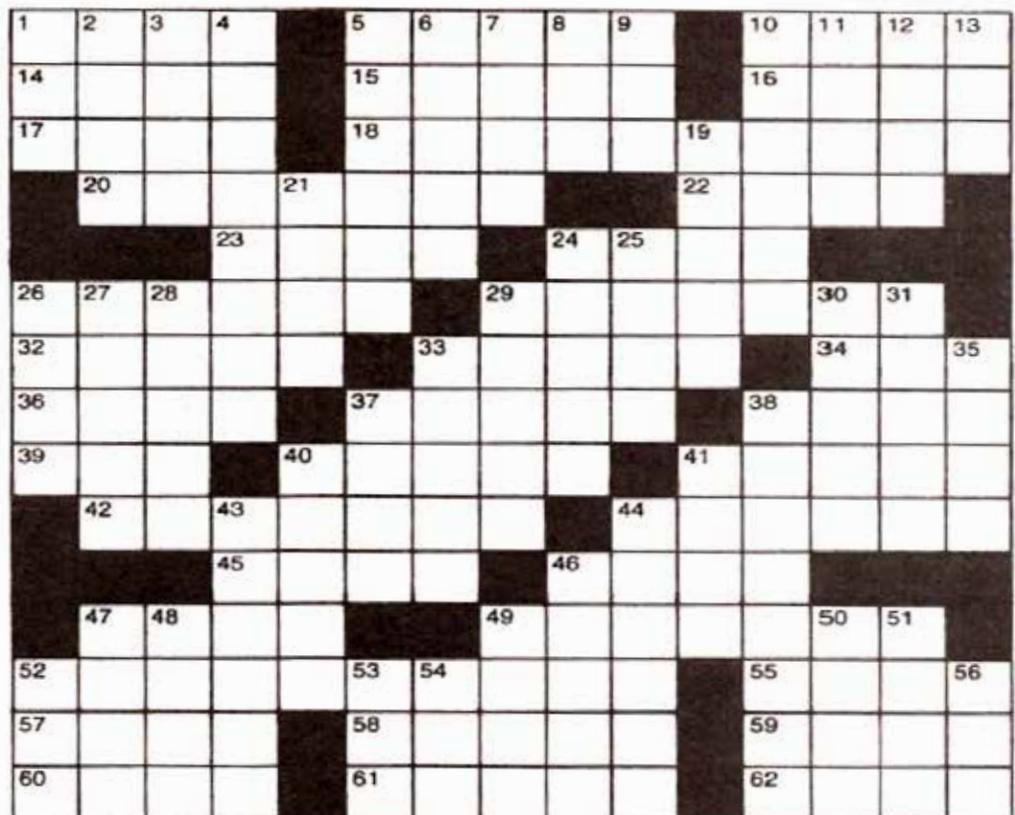
60. Ancient Asian

61. Frock
62. Small room

### DOWN

1. Sun
2. Tilted
3. Scorch
4. Baseball coups: 2 wds.
5. Fierce
6. Timbers
7. Chills and fever
8. Massage
9. Moray
10. Aspire: 2 wds.
11. "\_\_\_ Cinders"
12. Culture medium
13. Time of light
19. Mild oaths
21. Manage
24. Skeleton parts
25. \_\_\_ von Bismarck
26. Copied
27. Hit weakly
28. Stove
29. Harness parts
30. Bestow
31. Feel
33. Bides time
35. Stag

37. Whitefish
38. Tyrannical
40. Slink
41. Ball club
43. Counsel
44. Twits
46. Ceremonies
47. Eye problem
48. Angered
49. Sand hill
50. Knot
51. Tedious
52. Sleuth Spade
53. \_\_\_ shrew
54. Paddle
56. Elec. unit



# PUZZLE

JULY - 2018

## Iron Horse

78

Lou Gehrig's career on the diamond soared in the early 1930s as a power hitter for the New York Yankees. On June 3, 1932, he became the first American League player to hit four home runs in a single game. Gehrig was immortalized on-screen in the 1942 film "The Pride of the Yankees" and now in this puzzle.

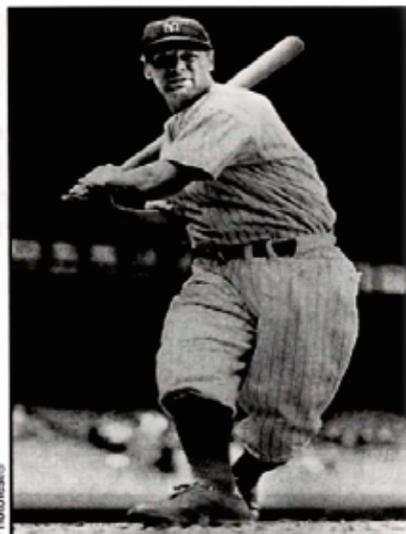


Photo: ©

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

- |  |  |   |
|--|--|---|
| <input type="checkbox"/> ACCOMPLISHMENTS | <input type="checkbox"/> COLUMBIA University | <input type="checkbox"/> GREAT                          |
| <input type="checkbox"/> ALL-STAR        | <input type="checkbox"/> FAMOUS              | <input type="checkbox"/> HERO                           |
| <input type="checkbox"/> AMERICAN League | <input type="checkbox"/> FANS                | <input type="checkbox"/> HITTER                         |
| <input type="checkbox"/> ATHLETE         | <input type="checkbox"/> FIRST baseman       | <input type="checkbox"/> HOME RUNS                      |
| <input type="checkbox"/> BASEBALL        | <input type="checkbox"/> GAMES               | <input type="checkbox"/> "IRON HORSE" (nickname)        |
| <input type="checkbox"/> BATTING average | <input type="checkbox"/> GRAND slams         | <input type="checkbox"/> LEGEND                         |
| <input type="checkbox"/> CAREER          |  | <input type="checkbox"/> MVP AWARD                      |
|  |  | <input type="checkbox"/> NATIONAL Baseball Hall of Fame |
|  |  | <input type="checkbox"/> NEW YORK, (N.Y.) (birthplace)  |
|  |  | <input type="checkbox"/> RECORDS                        |
|  |  | <input type="checkbox"/> SEASONS                        |
|  |  | <input type="checkbox"/> SLUGGER                        |
|  |  | <input type="checkbox"/> SUCCESSFUL                     |
|  |  | <input type="checkbox"/> TALENTED                       |
|  |  | <input type="checkbox"/> TEAM                           |
|  |  | <input type="checkbox"/> TRIPLE Crown                   |
|  |  | <input type="checkbox"/> UNIFORM                        |
|  |  | <input type="checkbox"/> WORLD SERIES                   |
|  |  | <input type="checkbox"/> YANKEES                        |

# PUZZLE ANSWERS

JULY - 2018

## PUZZLE 71

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

## 78

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

# BREAKFAST MENU

JULY - 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 \$1.00 for seniors 60 and over and a fee of \$7.00 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
<b>2</b> Malt-O-Meal Scrambled Eggs Cheese & Green Chile Sausage Patty English Muffin Pineapple	<b>3</b> Pancakes with Syrup & Margarine Potatoes w/ Peppers Tomato Juice Apple	<b>4</b> <b>All Senior Centers CLOSED for Independence Day</b>	<b>5</b> Malt-O-Meal Yogurt w/ Granola Orange English Muffin Margarine	<b>6</b> Biscuit w/ Country Gravy Sausage Patty Banana
<b>9</b> Bran Flakes Breakfast Burrito Green Chile Salsa Applesauce	<b>10</b> Oatmeal Scrambled Eggs Potatoes Canadian Bacon Orange Juice	<b>11</b> Corn Flakes Banana Mini Muffin Tomato Juice	<b>12</b> Ham, Egg and Cheese Croissant Melon	<b>13</b> Cinnamon Oatmeal Raisins Toast w/ Margarine
<b>16</b> Scrambled Eggs w/ Cheese Sausage & Potatoes Red Chile Sauce Toast, Applesauce	<b>17</b> Bran Flakes Tropical Fruit Bowl Turkey Bacon Toast Margarine	<b>18</b> Cottage Cheese w/ Pineapple Tomato Juice Toast w/Margarine	<b>19</b> Bran Flakes Ham & Cheese Biscuit Mandarin Oranges	<b>20</b> Scrambled Eggs w/ Cheese Bacon & Hash Browns, Green Chile Toast, Orange Juice
<b>23</b> Cheerios French Toast w/ Syrup Bacon Sliced Apples	<b>24</b> Corn Flakes Apple Juice Toast Peanut Butter & Jelly	<b>25</b> Bran Flakes Waffle w/ Syrup Grilled Ham Chilled Peaches	<b>26</b> Malt-O-Meal English Muffin w/ Egg, Cheese & Sausage Green Chile Mixed Fruit	<b>27</b> Scrambled Eggs w/ Sausage Links Toast w/ Margarine Apple Juice Plums
<b>30</b> Bran Flakes Breakfast Burrito Green Chile Salsa Strawberries	<b>31</b> Cheerios Huevos Rancheros With Red Chile Fruit Cocktail			

## Hacking your snacks

Planning for healthy snacks can help satisfy hunger in between meals and keep you moving towards your food group goals. (Source: *ChooseMyPlate.gov*)

- 1) Build your own:** Make your own trail mix with unsalted nuts and add-ins such as seeds, dried fruit, popcorn, or a sprinkle of chocolate chips.
- 2) Prep ahead:** Portion snack foods into baggies or containers when you get home from the store so they're ready to grab-n-go when you need them.
- 3) Make it a combo:** Combine food groups for a satisfying snack—yogurt and berries, apple with peanut butter, whole-grain crackers with turkey and avocado.
- 4) Eat vibrant veggies:** Spice up raw vegetables with dips. Try dipping bell peppers, carrots, or cucumbers in hummus, tzatziki, guacamole, or baba ganoush.
- 5) Snack on the go:** Bring ready-to-eat snacks when you're out. A banana, yogurt (in a cooler), or baby carrots are easy to bring along and healthy options.

# SENIOR CENTER LUNCH MENU

## JULY 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> <b>Chicken Fettuccini</b> Alfredo Sauce Broccoli & Cauliflower Garlic Bread Pears	<b>3</b> <b>Salisbury Steak</b> Mashed Potatoes w/ Mushroom Gravy Sweet Peas Roll w/ Margarine Strawberries w/ Whip Topping	<b>4</b> <b>All Senior Centers CLOSED for Independence Day</b>	<b>5</b> <b>Red Chile Chicken Enchiladas</b> Refried Beans Fresh Spinach Salad Cinnamon Vanilla Pudding	<b>6</b> <b>Meatball Sub</b> w/ Marinara Sauce Mozzarella Cheese Tossed Salad Fresh Apple
<b>9</b> <b>Green Chile Cheeseburger</b> w/ Garnish Ranch Beans Onion Rings Watermelon	<b>10</b> <b>Pork Stir Fry</b> Stir Fry Veggies Fried Rice Cucumber & Tomato Salad Roll w/ Margarine Mandarin Oranges	<b>11</b> <b>Turkey Roast</b> w/ Turkey Gravy Bread Stuffing Asparagus Cranberry Salad Roll w/ Margarine Pumpkin Pie	<b>12</b> <b>Pork Posole</b> w/ Red Chile Spanish Rice Mixed Veggies Cherries in Cobbler	<b>13</b> <b>Buffalo Chicken Tenders</b> Buffalo Sauce French Fries Celery Sticks Coleslaw Fresh Cantaloupe
<b>16</b> <b>Chicken Sandwich</b> Carrot Sticks Tater Tots Peaches in Cottage Cheese	<b>17</b> <b>Chile Relleno</b> w/ Beefy Green Chile Sauce Pinto Beans Spinach Roll with Margarine Honeydew	<b>18</b> <b>Meatloaf</b> Scalloped Potatoes Carrot Raisin Salad Roll with Margarine Apples in Cobbler	<b>19</b> <b>Tuna Salad</b> Tossed Salad Potato Chips Croissant Fresh Orange	<b>20</b> <b>Corned Beef</b> Steamed Cabbage Buttered Carrots Roll with Margarine Banana
<b>23</b> <b>Beef Brisket</b> Pork & Beans Carrots Coleslaw Garlic Toast Fresh Grapes	<b>24</b> <b>Carne Adovada Burrito</b> w/ Cheese & Garnish Refried Beans Chuck wagon Corn Chilled Apricots	<b>25</b> <b>Chef Salad</b> w/ Diced Ham & Turkey Bread Sticks Brownie	<b>26</b> <b>Orange Chicken</b> over White Sticky Rice Oriental Veggies Egg Roll Rainbow Sherbet	<b>27</b> <b>Ham &amp; Cheese Sandwich</b> Potato Salad Cold Peas Pineapple
<b>30</b> <b>Soft Fish Taco</b> Tartar Sauce Pico De Gallo Mexican Slaw Black Beans Fresh Orange	<b>31</b> <b>Spaghetti w/ Meat Sauce</b> Green Beans Tossed Salad Garlic Bread Jello w/ Pears			

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

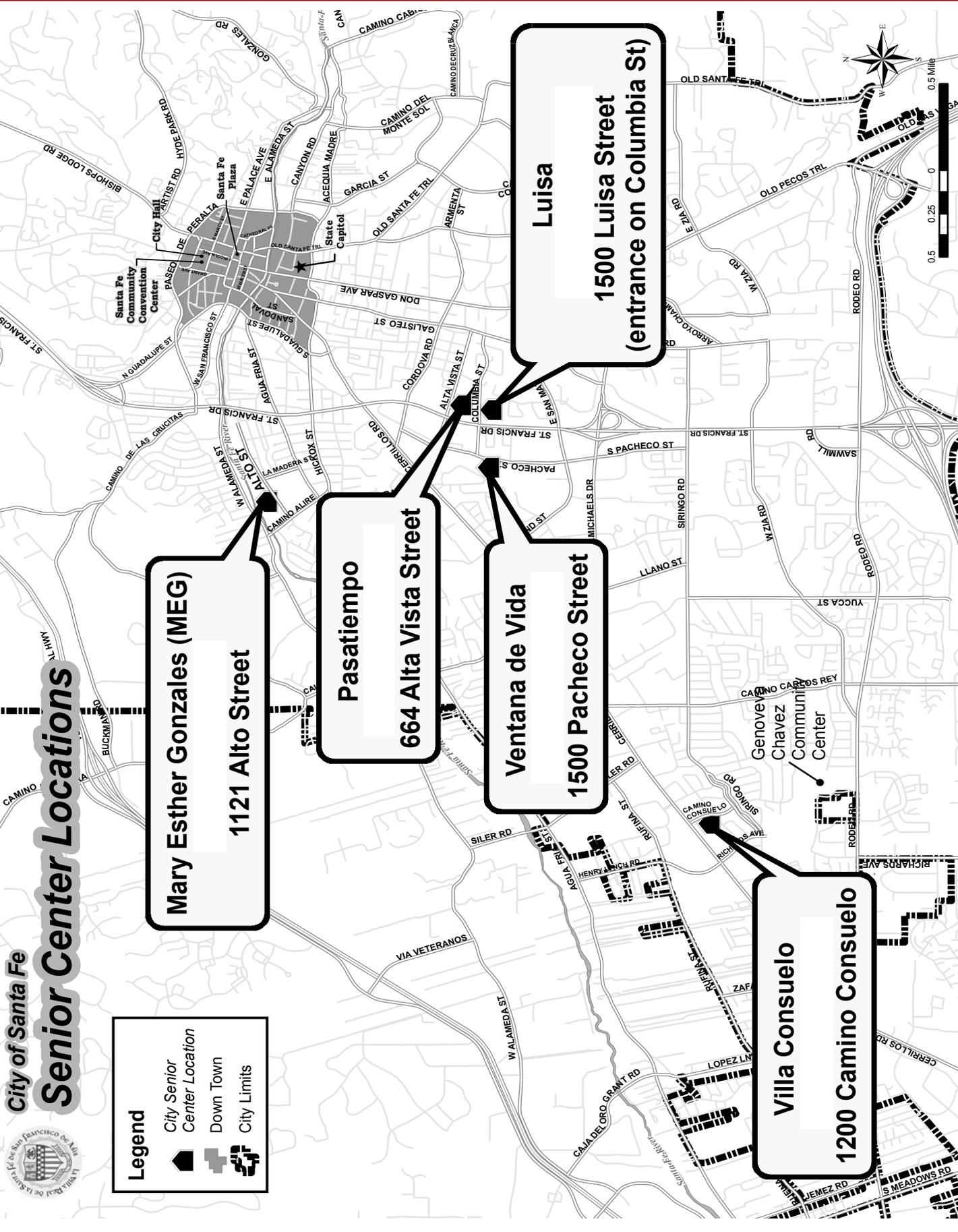
**Non-Senior (59 years or younger) Mandatory Meal Fee: Breakfast \$7.00 --- Lunch \$7.00**

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

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

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

# Senior Center Locations



**Legend**

- City Senior Center Location
- Down Town
- City Limits

**Mary Esther Gonzales (MEG)**  
1121 Alto Street

**Pasatiempo**  
664 Alta Vista Street

**Ventana de Vida**  
1500 Pacheco Street

**Luisa**  
1500 Luisa Street  
(entrance on Columbia St)

**Villa Consuelo**  
1200 Camino Consuelo

Genoveva Chavez Community Center

