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** | **(505) 955-4721**
---|---
Toll-Free Administration Line | **(866) 824-8714**
**Gino Rinaldi, DSS Director** | **955-4710**

**Administration**

- Cristy Montoya, Administrative Secretary | **955-4721**
- Cara Alunno, Receptionist | **955-4741**
- FAX Machine - Administration | **955-4797**

**Senior Services Registration**

- Brenda Ortiz, Database Specialist | **955-4722**

**Transportation Ride Reservations** | **955-4700**
---|---
- Linda Quesada-Ortiz, Project Manager/ Dispatch | **955-4700**
- Erika Cuellar, Administrative Assistant | **955-4702**

**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 | **955-4715**
- Cristina Villa, Program Coordinator | **955-4725**
- Luisa, Pasatiempo, Villa Consuelo | **955-4725**

**In Home Support Services: Respite Care, Homemaker**

- Theresa Trujillo, Program Supervisor | **955-4745**
- Saul Carta, Program Coordinator | **955-4735**
- 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**

**Newsletter Production**

- Triston Lovato-Armstrong, Editor/Distribution | **955-4760**
- trlovato@santafenm.gov
- Gil Martinez, Graphic Artist
- Mela Sanchez, Mailing Distribution
- Christella Vigil, Mailing Distribution
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. For more information please contact Brenda Ortiz at (505) 955-4722 or 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.

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.
Can you believe I have the heater on in my office as I write this month’s report? I don’t know what’s wrong with this weather, but at least it’s been good for the construction crew working on the addition at MEG. That project is going well, other than the first few days of loud noise. We will be starting another project this month in the back loading area. These are projects we have been working on for the last year, so it sure is nice to finally get started.

Speaking of construction I’m glad to see that Pasatiempo is complete! There have also been some inquiries on Villa Consuelo. We have had some delays, but the construction there is almost complete; we are working with Civic Housing to complete the project by this summer. Those of you who live there know there is also a major renovation on the apartment units, scheduled to begin in the next year, so hang in there it will be worth it.

Folks at the MEG are doing well with the composting project but, we can still use several volunteers to help us; please contact Triston or Marisa with the RSVP program to sign up.

On another note, it’s been brought to my attention that some folks are taking food from the lunch room. The state is very clear on the rules regarding this and it’s a big no-no! So please work with us on this and only consume meals in the senior center dining areas.

Finally, we will be having our yearly public hearing, on Thursday, June 13, 2019 from 9:00–10:00 am at the Mary Esther Gonzales Center (1121 Alto Street). This is an opportunity for us to get feedback from you on areas of concentration and services we provide, so please share your input.

To provide some background on how we came to offer services to seniors we must take a look back to 1965, which is when the Older Americans Act (OAA) was authorized by Congress to ensure the provision of social services to America’s elderly population. The OAA was meant as a way to promote the dignity of older adults by providing services that enable them to remain independent and healthy, such as establishing senior centers and providing access to meals, caregiver support, transportation, health promotion, and more.

Locally, the Division of Senior Services administers these essential programs, providing a wide-ranging social service delivery system for older adults in our community. The following programs are critical to the Division’s planning and implementation process of services:

- Meals (congregate and home delivered)
- Assisted Transportation
- Home Management (housekeeping, laundry, escort) and Durable Medical Equipment
- Respite (Alzheimer’s) Care (relief, companionship, caregiver support)
- Grandparents Raising Grandchildren
- Volunteer Programs (FGP, RSVP, SCP)
- Health Promotion (Senior Olympics, fitness/exercise classes, resource fairs)

Public input and feedback on these matters is critical. We look forward to seeing you. Written comments are encouraged and should be forwarded to:

City of Santa Fe Division of Senior Services
ATTN: Gino Rinaldi, Director
PO Box 909, Santa Fe, NM 87504-0909
Respite Caregivers Available for your Loved One Age 60+

Are you a caregiver of an individual diagnosed with Alzheimer’s disease or a dementia-related disorder? Could you use some respite relief?

The City of Santa Fe Division of Senior Services provides in-home respite care for individuals 60+.

The intent of this program is to provide relief to primary caregivers that care for someone with Alzheimer’s disease or dementia related disorders. Respite Care providers offer companionship, socialization, light meal preparation, minor non-medical personal care as needed, while also maintaining a clean environment. The providers are scheduled to work with each client on a weekly basis for three and half hour visits. For more information please call Theresa Trujillo, In-Home Support Services Program Supervisor, at (505) 955-4745.

Grandparents Raising Grandchildren

The City of Santa Fe, Division of Senior Services currently has funds available to assist grandparents providing out-of-pocket expenses such as medical related expenses, food, clothing, etc., for their grandchildren. Eligible senior citizens (55 year of age or older) who live in the city/county of Santa Fe, and who show proof of actively raising/providing financial assistance for their grandchild/grandchildren, may receive up to $200.00 annually per grandparent/household for reimbursable expenses. For more information please contact Melanie Montoya at (505) 955-4761.

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.

Senior Services Reassessments

Just a reminder to please take a look at your senior services membership card and make sure it is not expired. If the date on the card has passed, please visit the front office at the Mary Esther Gonzales Senior Center (1121 Alto Street) to update your membership. It is an ongoing process, so thank you for being patient with us. If you’re not sure whether you need to come in or not it is always best to ask, so you can call our office at (505) 955-4721 to check your status. It is very important that everyone is up-to-date in our system because having a current assessment and information for each person is how we get reimbursed for the services you receive, which then allows us to continue providing those services. Thank you again!

Free Shredding Day

AARP New Mexico is having a free shredding day on June 8, 2019 with trucks on-site to provide free document shredding; this event is open to the public. There is a limit of two (2) Xerox size boxes per household. If you have any questions, please call 505-946-3601. Details are as follows:

When: Saturday, June 8, 2019
10:00 am – noon

Where: Santa Fe Place Mall (4250 Cerrillos Rd)

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.

Flora’s Corner

“Start by doing what’s necessary; then do what’s possible; and suddenly you are doing the impossible.” – Francis of Assisi
**Let's Grow Education Series for the Home Gardener**

**Event 1: Basic Composting (Hands on)**  
**When:** Saturday, June 15, 9:00–11:00 am  
**Where:** County Fairgrounds Compost Area  
Participate in a hands on compost demonstration, and learn how to start a new compost pile and to maintain it as it develops. Worm and straw bale composting basics will be covered. Taught by Vicki Jacobson and Madeline Pryor.

**Event 2: Selecting Native Plants for Your Landscape**  
**When:** Saturday, June 22, 10:00–noon  
**Where:** Randall Davey Audubon Center  
Taught by Helena Van Heinegen, Joy Mandelbaum and Susie Songlieth, this will include a tour of native plants in the Audubon Gardens.

**Peace Choir Performance**  
The New Mexico Peace Choir ensemble will be performing their positive, uplifting music on Saturday, June 1 at 4:00 PM at Unitarian Universalist Congregation, 107 W. Barcelona, Santa Fe. There will be a reception and silent auction following the concert. The Peace Choir offers music dealing with social justice, the human spirit and search for peace. Come listen and connect with music that stirs the heart and fills the soul with hope and inspiration. Music makes a difference in how we respond to the world. Tickets: $15.00 and are sold at NMPeaceChoir.org or at the door. Children ages 0-10 are free.

**SF Fire Department Training for Emergency Safety in your Home**  
Andres Mercado, Mobile Integrated Health Officer for the Santa Fe Fire Department will present information on how to communicate instructions in case of an emergency. Important information such as medical conditions, allergies, medications, emergency contact information and much more can be written out and left in an accessible place to ensure that you receive the best of care in case you cannot communicate for yourself. Attend this FREE event on Tuesday, June 11 from 9:30–10:30 am at Ventana De Vida Senior Center. Contact Albert Chavez at (505) 955-4715 to reserve your spot and so there are enough materials for everyone.
2019 New Mexico Conference on Aging

The 41st annual NM Conference on Aging will be held on August 13–14 at the Sandia Resort & Casino Conference Center. 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, key note speakers, and a variety of entertainment reflecting New Mexico’s cultural diversity. Everyone attending the conference must register; the cost of the two-day conference is:

<table>
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<tr>
<th>Category</th>
<th>Cost</th>
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<tbody>
<tr>
<td>Full Conference (pre-registration)</td>
<td>$80</td>
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<tr>
<td>Standard</td>
<td>$60</td>
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<tr>
<td>55+</td>
<td>$60</td>
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<tr>
<td>Student</td>
<td>$60</td>
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</table>

Add $10 if registering after August 5.

More information can be found online at [http://www.nmaging.state.nm.us/conference-on-aging](http://www.nmaging.state.nm.us/conference-on-aging) or by calling (505) 469-4520.

Noticias from Southwest History Book Club

As far as they can tell, the Southwest History (SWH) Book Club is the only history book club in the state of New Mexico. The SWH Book Club has now been meeting for well over a year on the second and fourth Wednesday each month. One of those Wednesdays is dedicated to going on a field trip; on May 5 the group visited “Christ of the Desert Monastery” in Abiquiu, and stopped for lunch at Angelina’s in Espanola. This month (June 12) the book club is scheduled to visit the Bradbury Museum in Los Alamos, and if time allows they will also visit the “Bond House Museum” in Espanola. During the meeting on June 19 club members will decide what books the group will read in the next six months and will also choose field trip destinations. If you have any questions about membership please contact Andres Romero at (505) 690-2763.
RISE TO THE OCCASION
VOLUNTEER TODAY!

June 14-25, 2019

Albuquerque is the host city for the 2019 National Senior Games presented by Humana. Over 10,000 athletes, 50 years and older, from around the globe will be joined by over 20,000 visitors.

These athletes will participate in 20 sports as they compete for the GOLD!

Join the team of 3,500 volunteers for the world’s largest sporting event for athletes ages 50 and over!

Sign up to volunteer at NSGA.com/volunteer

VOLUNTEER OPPORTUNITIES:
• Hospitality & Welcoming Athletes
• Scorekeeping
• Venue Coordination
• Awards Ceremonies

COMMITMENT:
• Energetic & dedicated
• Minimum of 4 hours
• Bright Smile
• Pick your day, time and area of interest

BENEFITS:
• Training & Handbook
• Commemorative t-shirt
• VIP admittance to Volunteer Hospitality area
• Build resume & network
• Give back to community
• Share pride for our community

SIGN UP TODAY:
• Pick your shift & area of interest at NSGA.com/volunteer

QUESTIONS:
• Call: (505) 210-1930
• Email: Volunteer@NSGA.com
## Corporate & Organization Group Volunteer Opportunities Available

- Bring your employees & their families together
- Give back to the community
- Employee bonding & team building
- Highlight your company or organization to the community
- Network with other community leaders
- Special opportunities for recognition of organizations & groups
- Make Albuquerque & New Mexico shine to the rest of the world

Contact Brian Morris at (575) 425-0887 or bmorris@nmseniorympics.org to involve your company or organization

### Sign up to volunteer at NSGA.com/volunteer

<table>
<thead>
<tr>
<th>SPORT</th>
<th>DATES</th>
<th>VENUE</th>
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<tbody>
<tr>
<td>Badminton</td>
<td>June 14-20</td>
<td>ABQ Convention Center</td>
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<tr>
<td>Shuffleboard</td>
<td>June 16-24</td>
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<tr>
<td>Table Tennis</td>
<td>June 18-24</td>
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<tr>
<td>Volleyball</td>
<td>June 14-20</td>
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<tr>
<td>Archery</td>
<td>June 14-22</td>
<td>Balloon Fiesta Park</td>
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<tr>
<td>Basketball</td>
<td>June 14-24</td>
<td>Dreamstyle Arena “The Pit”, University of New Mexico (6 courts)</td>
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<tr>
<td>Bowling</td>
<td>June 14-21</td>
<td>Starlight Bowling Center, Santa Ana Pueblo</td>
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<tr>
<td>Cycling Time Trial</td>
<td>June 15 (5K)</td>
<td>Atrisco Vista Boulevard, Albuquerque</td>
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<tr>
<td>Cycling Road Race</td>
<td>June 18 (20K)</td>
<td>Las Campanas, Santa Fe</td>
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<tr>
<td>Cycling Road Race</td>
<td>June 19 (40K)</td>
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<tr>
<td>Golf</td>
<td>June 16-20</td>
<td>Sandia Pueblo Golf Club</td>
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<tr>
<td>Horseshoes</td>
<td>June 19-24</td>
<td>Los Altos Park</td>
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<tr>
<td>Pickleball</td>
<td>June 14-25</td>
<td>Manzano Mesa Multigenerational Center</td>
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<tr>
<td>Race Walk</td>
<td>June 15 (1500M)</td>
<td>Track &amp; Field (UNM)</td>
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<tr>
<td>Power Walk</td>
<td>June 17 (5K)</td>
<td>Balloon Fiesta Park</td>
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<tr>
<td>Racquetball</td>
<td>June 14-19</td>
<td>Sports &amp; Wellness: Midtown (6 courts), Downtown (3 courts)</td>
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<tr>
<td>Road Race</td>
<td>June 21 (5K)</td>
<td>Balloon Fiesta Park</td>
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<td>June 23 (10K)</td>
<td>NHGCC Bosque Trail</td>
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<tr>
<td>Softball</td>
<td>June 14-25</td>
<td>Albuquerque Regional Sports Complex (5 fields)</td>
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<tr>
<td>Swimming</td>
<td>June 15-19</td>
<td>West Mesa Aquatic Center</td>
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<tr>
<td>Tennis</td>
<td>June 14-23</td>
<td>Jerry Cline Tennis Complex (18 courts)</td>
</tr>
<tr>
<td>Track &amp; Field</td>
<td>June 15-20</td>
<td>Track &amp; Field (UNM)</td>
</tr>
<tr>
<td>Triathlon</td>
<td>June 22</td>
<td>Cochiti Lake</td>
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</tbody>
</table>
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.

Kitchen Angels Volunteers Needed to Deliver Meals to Homebound Santa Feans!

Two hours once a week is all it takes – just pick a day that works for you. Delivery is between 4:30 and 6:30 pm. Families, you can teach your kids and grandkids the value of giving back to the community. Contact Lauren at (505) 471-7780 x 2. Kitchen Angels is a community supported, volunteer-driven nonprofit whose mission is to provide free, nutritious meals to our homebound neighbors facing life-challenging conditions.

Make sure you also join RSVP to receive perks throughout your volunteer experience, including excess auto insurance, mileage reimbursement, and access to trainings and other social events. Call Triston at (505) 955-4760 to enroll today!

PMS Head Start Needs Volunteers

Do you enjoy working with young children and/or babies? If so, PMS Head start needs your help! They are looking for volunteers to serve in multiple head start locations to do the following activities: rocking (babies), reading, assist with feeding, serve as meal companion/guide, help with snack set-up, play/supervise on the playground, talk to children, assist with/encourage talking, identify objects, counting, and assisting the teacher.

Special opportunities are available to anyone with a musical background who would be willing to play music or lead a sing-along for the children. Volunteer hours are flexible; prefer that interested volunteers serve three-hour shifts, two days a week. A background check is required and will be conducted upon enrollment into RSVP. Call Triston at (505) 955-4760 to get started!
# ONGOING ACTIVITIES

**JUNE 2019**

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)

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td></td>
<td>11:45 am: Grupo Cielo Azul (live music every other Tuesday)</td>
<td>9-11 am: Computer assistance</td>
<td>1-3 pm: Bingo</td>
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</tr>
</tbody>
</table>

8 am – 1:30 pm: Fitness room

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

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td>8:15 am: Tai Chi</td>
<td>8:15 am: Tai Chi</td>
<td>8:15 am: Tai Chi</td>
<td>8:15 am: Tai Chi</td>
<td>8:15 am: Tai Chi</td>
</tr>
<tr>
<td>9-11 am: Guitar class</td>
<td>9 am: Jewelry class</td>
<td>9:30 am: Enhance Fitness</td>
<td>9:30 am: Wood carving</td>
<td>9:30 am: Enhance Fitness</td>
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<tr>
<td>9:30 am: Enhance Fitness</td>
<td>1:30 pm: Oil painting (every other Tuesday)</td>
<td>9:30 am: Ceramics</td>
<td>10-11 am: Chi Gung (gentle exercise)</td>
<td>9:30 am: Ceramics</td>
</tr>
<tr>
<td>1 pm: Hospice Crafts</td>
<td>1:30 pm: Nia Technique (1st &amp; 3rd Tuesday)</td>
<td>1-3 pm: Bingo</td>
<td>2 pm: Knitting</td>
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<tr>
<td>1-3 pm: Bingo</td>
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7 am – 4:30 pm: Pool/cards/billiard room AND Fitness room (Personal trainer: Wednesdays, 10–11am)
8 am – 4:30 pm: General computer lab hours (Computer Classes: Tuesdays & Wednesdays, 10 am–noon)

## Pasatiempo Senior Center – 664 Alta Vista Street

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30 am: Yoga (class currently full)</td>
<td>8:30 am: Zumba</td>
<td>8:30 am: Yoga (class currently full)</td>
<td>9 am: Tai Chi</td>
<td></td>
</tr>
<tr>
<td>8:30-11:30 am: Guitar class</td>
<td>Noon: Grupo Cielo Azul (live music)</td>
<td>Noon: Grupo Cielo Azul (live music)</td>
<td>10 am: Zumba</td>
<td>10 am: Zumba</td>
</tr>
<tr>
<td>11 am: Line dance (Beginner)</td>
<td>noon: Line dance (High intermediate)</td>
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</table>

8 am – 1:30 pm: Fitness room

## Ventana de Vida Senior Center – 1500 Pacheco Street

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<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
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<tbody>
<tr>
<td>1:30-3:30 pm: Ceramics</td>
<td>1 pm: Art class</td>
<td>9:30-10:30 am: Spanish class</td>
<td>10 am: DanceAbility</td>
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<tr>
<td>1:30-3:30 pm: Ceramics</td>
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</tbody>
</table>

## Villa Consuelo Senior Center – 1200 Camino Consuelo – CLOSED for Renovations

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
</table>

*NOTE: Please print your name on our activity sheets every time you participate.*
UPCOMING ACTIVITIES
JUNE 2019

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 1:00–5:00 pm but please arrive at 12:30 pm 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. Please note that only cash and checks are accepted for payment. We also advise that you 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:
• June 11
• July 9

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:
• MEG: Wednesday, June 5
• Ventana de Vida: Wednesday, June 19

Advisory Board Meeting

The Division of Senior Services Advisory Board meeting will be held at the MEG Senior Center on Wednesday, June 26 at 9:30 am. Posted pursuant to the Open Meetings Act

Monthly DSS Senior Center Meetings

These meetings are open to all seniors. Please come and provide your input about activities. Ongoing activities are listed on the Activities section of the newsletter.

Ventana De Vida: Monday, June 3 at 9:30 am
Luisa Center: Tuesday, June 4 9:00 am

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 June.

Luisa: No testing in June
MEG: Friday, June 14 (noon hour)
Pasatiempo: Friday, June 28 (noon hour)
Ventana: Friday, June 21 (noon hour)

Nia Technique on 1st & 3rd Tuesdays

The Tuesday Nia Technique class at the MEG Senior Center will take place on Tuesdays, June 4 & 18 from 1:30–2:30 pm. Please join them for this enjoyable class.

MEG Exercise Room

The MEG Senior Center has a volunteer personal trainer, Mauro Jaramillo who will assist you in the exercise room.

When: Wednesdays only, from 10:00–11:00 am
Where: Mary Esther Gonzales Senior Center Exercise Room

Free Oil Painting Class

Join this class twice a month at the Mary Esther Gonzales Senior Center to learn how to paint from local artist, Judy Ortiz. Classes begin at 1:30 pm on Tuesday, June 11 and 25.
UPCOMING ACTIVITIES
JUNE 2019

Computer Instruction Available
Do you need help using computers and the Internet? If so, stop by the Mary Esther Gonzales Senior Center (MEG) for assistance. Get help with basic browsing, email, Microsoft programs and other general computer questions. The volunteer instructors will be available during this time block; walk-ins are welcome!

- **Tuesdays:** 10:00 am–noon
  The volunteer instructor is available to assist with Android phones, Android tablets, Kindle tablets, and computers.
- **Wednesdays:** 10:00 am–noon

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 June haircuts are scheduled for the following days at 10:00 am.

- Thursday, June 6 at MEG
- Thursday, June 13 at MEG
- Wednesday, June 19 at Pasatiempo
- Wednesday, June 26 at Pasatiempo

The sign-in sheet for haircuts at the MEG senior center will be available at 9:00 am in the Program Coordinator’s office door.

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 haircuts per day). She will be available on the first and third Tuesday each month starting at 10:00 am. The haircut sign-in sheet will be at the lunch check in table starting at 9:00 am. This month’s dates are Tuesday, June 4 and Tuesday, June 18.

Blue Lotus Art Outreach
Artist and Folk Art Museum docent Diana Mamalaki will lead a monthly book-making and fabric collage project art class at Luisa Senior Center. Classes will be:

- Monday, June 10, 1:30–3:30 pm
- Monday, June 24, 1:30–3:30 pm

Earl, a broke man in his 80s, is offered a job that simply requires him to drive. But unbeknownst to Earl, he’s just signed on as a drug courier for a Mexican cartel. He does well—so well, in fact, that his cargo increases exponentially and Earl is assigned a handler. But he isn’t the only one keeping tabs on Earl; the mysterious new drug mule has also hit the radar of hard-charging DEA agent Colin Bates. And even as his money problems become a thing of the past, Earl’s past mistakes start to weigh heavily on him, and it’s uncertain if he’ll have time to right those wrongs before law enforcement, or the cartel’s enforcers, catch up to him. Starring Clint Eastwood, Bradley Cooper, Laurence Fishburne, Michael Pena, Dianne Wiest, Andy Garcia, Alison Eastwood, Taissa Farmiga, Ignacio Serricchio, Loren Dean, Victor Rasuk, and Manny Montana.

As a puppy, Bella finds her way into the arms of Lucas, a young man who gives her a good home. When Bella becomes separated from Lucas, she soon finds herself on an epic 400-mile journey to reunite with her beloved owner. Along the way, the lost but spirited dog meets a series of new friends and manages to bring a little bit of comfort and joy to their lives.
When 15-year-old surfing phenomenon Jay Moriarty (Jonny Weston) discovers that the mythic Mavericks surf break, one of the biggest waves on Earth, actually exists near his California home, he becomes determined to conquer it. Jay enlists the aid of local surfing legend Frosty Hesson (Gerard Butler) to train him to ride the Mavericks and live to tell about it. As Jay and Frosty carry on their quest to achieve the impossible, they develop a unique friendship that transforms both their lives.

**Day Trip to the ABQ BioPark Zoo**

Join us for a day trip to the ABQ BioPark Zoo, scheduled for Thursday, June 27. The zoo entrance fee is $10 for those who are in the age group of 60–64 and $5.50 for folks who are 65+. The transportation is an extra $5.00 suggested donation. Please bring water and money for lunch (or a sack lunch) and good walking shoes. You may also consider bringing a hat to protect you from the sun. The bus leaves from the Mary Esther Gonzales Senior Center (1121 Alto Street) at 9:00 am. Call Albert at (505) 955-4715 to reserve a seat on the bus.

**Root Beer Floats at Luisa Center June 7th**

Come cool off with a root beer float! Join us on Friday, June 7th from 11:30 a.m. until 12:30 pm. Cost is $1.00 per float. Proceeds go to the Luisa Senior Center.

**Quilting Instructor for MEG Center**

The Mary Esther Gonzales Senior Center is looking for a volunteer quilting instructor. The class will be scheduled from 1:00–3:00 pm on the 1st and 3rd Wednesday of each month. If this volunteer position interests you, please contact Albert Chavez at (505) 955-4715 or stop by his office at the MEG Senior Center.

**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

ICAN classes are held as follows:

- **Luisa Senior Center**
  - Monday, June 10 at 10:00 am
- **Mary Esther Gonzales Senior Center**
  - Wednesdays (June 5 & June 26) at 10:30 am
- **Ventana De Vida Senior Center**
  - Monday, June 3 at 1:30 pm
- **Villa Consuelo Senior Center**
  - Thursday, June 27 at 10:00 am

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

**Luisa Weekend Bingo (June 2 - $100 Jackpot)**

The Luisa Senior Center at 1500 Luisa St. (enter on Columbia street) will be hosting a weekend bingo on Sunday, June 2 from 1:00–4:00 pm.

**Cost:**
- Package $12.00
- Four specials at $1.00 each
- Black out is $2.00

**Serving:** Frito Pie and a drink for $5.00. Everyone is welcome and please bring small bills.

**Luisa Bingo – June 14, $100 Guarantee**

Join us on Friday, June 14 for Bingo at the Luisa Senior Center located at 1500 Luisa St. (off Columbia). Don’t miss out on the chance of winning the $100 Jackpot!

**Father’s Day Celebration at Luisa**

All fathers are invited to come to the Luisa Senior Center on Friday, June 14 during the lunch hour to receive a candy bar. Don’t miss out!
Protecting Seniors from Health Care Fraud in Community Settings
Tips for Senior Center & Senior Housing Staff

The Medicare program and Medicare beneficiaries lose an estimated $60 to $90 billion each year to health care fraud as older adults are increasingly targeted by scam artists. This fact sheet provides basic information and tips you can use to help prevent health care fraud in your facility.

Senior center and senior housing staff are in a unique position to help protect their clients from unscrupulous practices that take money away from much-needed programs and from older adults.

Your clients trust you and often believe that any product, service or activity that your organization directly or indirectly promotes has been properly checked out.

You should know about fraud schemes targeting your community and have practices in place to safeguard your clients. Your local SMP can educate you about local fraud and scams.

Common Health Care Scams that Affect Beneficiaries

- **Services Not Provided** – beneficiaries are billed for services never received or health care providers change billing codes or submit fake claims.

- **Medical Equipment Fraud** – equipment manufacturers may offer “free” products or waive required copayments or deductibles in exchange for a Medicare number.

- **Free Health Screenings** – a vendor offers to provide “free” health care screenings, lab tests or other services but asks for a person’s Medicare number.

- **Insurance Bait & Switch or Cross-selling** – licensed agents present information about a Medicare Advantage plan, describing benefits and services that the plan doesn’t actually offer, and then sign people up for a plan that isn’t right for them.

- **Counterfeit Prescription Drugs** – beneficiaries purchase medication over the Internet to save money, but the drugs they receive are not the right medication or the right dosage.

- **Medical Identity Theft** – this can happen when someone uses a person’s Social Security number or Medicare number, date of birth, credit card number or other personal information. This information can be obtained by asking for it at an event or over the phone, or stealing information from a wallet or the trash.

Protect, Detect, Report
Tips for Protecting Your Clients & Your Organization

- Do not allow presenters to get names and telephone number from participants.
- Screen any group that wants to provide information or services to your community – see if they are an approved agency or licensed business. Check with your local SMP, Better Business Bureau or state department of insurance, as appropriate, for complaints.
- Review all materials that are distributed or promoted in your organization.
- For any agencies, organizations or individuals who want to offer services through your organization, create written agreements that clarify roles and responsibilities.
- Know Medicare marketing guidelines—e.g., Medicare does not call to ask for sensitive personal information and forbids unsolicited telemarketing, e-mail marketing and sales of Medicare-related products and services.
- Be wary of any entity that offers FREE prizes, meals, groceries, low-cost health care products, nutritional supplements or inexpensive vacations, or says that Medicare will pay for it. Watch for high-pressure sales tactics.
- Consider making fraud awareness training an ongoing priority for your staff.

Guide for Inviting Outside Speakers to Your Organization

- Do not allow speakers to collect Medicare numbers from attendees.
- Request a biography from the speaker in writing before the presentation.
- Check references for agencies or organizations; ask about them in your senior network; and check out potential speakers.
- Do not allow a “sales pitch.”

How Your Senior Medicare Patrol (SMP) Can Help

The local SMPs are ready to provide Medicare beneficiaries with the information they need to PROTECT seniors from Medicare errors, fraud and abuse; DETECT potential errors, fraud and abuse; and REPORT their concerns. SMPs use trained senior volunteers to help educate and empower older adults in the fight against health care fraud. The local SMP can help beneficiaries with questions, concerns or complaints about potential fraud and abuse issues. It also provides information and speakers for your facility.

For assistance, call your local SMP program 1-800-432-2080

For more information or to locate your state SMP, visit www.smpresource.org

Supported by grant number 90NP0001/01 from the U.S. Administration on Aging (AoA), Department of Health and Human Services

New Mexico

Protect, Detect, Report
Senior Olympic Spotlight

Congratulations to all the athletes who competed in the 2019 local games. The games were a great success and I really enjoyed seeing everyone compete. In recognition of your participation you will be issued a 15-punch pass in mid-June, which is good for any of the three recreation centers (GCCC, Fort Marcy or Salvador Perez). Athletes must have competed in one or more event(s) to be entitled to this incentive.

I also want to say good luck to all the athletes who will be attending National Games this month. Please let me know when you’ll be competing so I can cheer you on! Let’s go Santa Fe athletes!

Cristina Villa
cavilla@santafenm.gov
(505)795-3817
SENIOR OLYMPICS
JUNE 2019
PUZZLE 101

THE NAME'S THE SAME

ACROSS
1. Dated
6. River to the Elbe
10. Anthony et al.
15. Nutmeg spice
19. "Speechify
20. Stir up
21. African waterway
22. Sheba's follower
23. SMITHS
27. Slender vessel
28. Or _____!
29. Window sections
30. Producer Michaels
31. Consume
33. Was pert
35. Accen____
36. Japanese statesman
39. Tie fabric
42. "O Sole_____"
43. JONESES
53. Lyre carrier
54. Uncles of ninos
55. Bowling alley
56. Shortcoming

57. Dispatched
58. Cooka' simifiers
59. Alight
60. Frivy to
61. Nevada attraction
62. River island
63. "Remington _____"
65. JACKSONS
73. Parka
74. Fuss
75. Lock
76. That, to Pierre
77. Gala
79. Split
81. Faucets
85. Geology spans
86. Bombeck
87. Reel
88. South Pacific island group
89. ADAMSESE
94. Galoot
95. Russian commune
96. School gp.
97. Aves.

98. December sidewalk sights
102. Mountain ridges
105. Turner
107. Approximately
108. Be stingly
109. Pianist Templeton
112. California valley
116. JOHNSONS
120. This, in Cadi
121. Slack
122. Mature
123. On a slant
124. "The ______ Hunter"
125. Gushed
126. Vigoda and Beame
127. Sits

DOWN
1. Skin opening
2. Lined up
3. Pundit
4. Metric measure
5. Always, to Beethke
6. City south of Moscow
7. "Bonanza" son
8. Gets up
9. Whitney
10. Collectively
11. Sawyer
12. Prodded
13. Abr. for photographers
14. ___ Lanka
15. Hoople
16. Worship
17. Songwriter Sammy et al.
18. White-tailed eagles
24. Kind of nut
25. _____ Downs
26. Singer John
32. Guthrie
34. Gather
35. ____ qua non
36. Residents: suffix
37. Ripped
38. Muscat's land
40. Sheen
42. Darn
44. Env. notation
45. RMN
46. Falooka
47. Laths
48. Murray
49. Like Yale's walls
50. More hair-splitting
51. Garcon's school
52. Subscribe again
55. Gentle
59. Golf position
61. Estuary
62. Garlic, in Malaga
63. Rational
64. Explosive
65. Competed
66. Winter month in Barcelona
67. _____ Heights
68. Yard growth
69. Brazilian port
70. Dutch commune
71. Bee gathering
72. Deerstalker feature
77. '60s dance
78. Scottish uncle
79. Cathedral feature
80. Tings
81. Mahal
82. ____ Alonzo Stagg
83. Versifier
84. Contends
85. Australian ratites
86. Pierre's st.
89. Winged
91. Corrected
92. Offspring of Hi and Lois
93. New York city
98. Used a cutting tool
99. Defame
100. Actor Nick_____!
101. Indoctrinate privately
102. "Here's looking _____, kid"
103. Shower
104. Indian honorific
106. Put an _____
108. Swill
110. France
111. Mas that maa
113. Ras____
114. Untanned
115. "B.C." creatures
117. Literary units
118. FDR project
119. Music category
On a Break

Though break dancing’s modern style was attributed to the Bronx and Brooklyn, New York, its origins are believed to be in the acrobatic dancing performed in areas of West Africa. Break dancing soared to popularity in the early 1980s thanks to street performances, movies such as 1984’s “Breakin’,” and instructional videos.

□ ACROBATIC □ DANCE □ HEADSPINS
□ ARMS □ ELABORATE movements □ IMPROVISED movements
□ BRONX, (N.Y.) □ “FLARE” □ INTRICATE footwork
□ BROOKLYN, (N.Y.) □ FLEXIBILITY □ “JACKHAMMER”
□ CHOREOGRAPHY □ FLOOR □ LEGS
□ COMPETITIONS □ HANDS □ “MOONWALK”
□ MOVES RAP MUSIC
□ NYLON jumpsuit Routines
□ PERFORM SKILL
□ SNEAKERS STREET
□ TEENAGERS "THE WORM"
□ "TOPROCK" "UPROCK"
□ "WINDMILL"
PUZZLE ANSWERS
JUNE 2019

PUZZLE 101

29
JUNE 2019

JUNE BREAKFAST MENU

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.

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
<tbody>
<tr>
<td>3 Bran Flakes Waffle w/ Syrup Grilled Ham Chilled Peaches</td>
<td>4 Malt-O-Meal English Muffin w/ Egg, Cheese, Sausage Green Chile Mixed Fruit</td>
<td>5 Oatmeal Scrambled Eggs Potatoes Canadian Bacon Orange Juice</td>
<td>6 Pancakes w/ Syrup &amp; Margarine Potatoes w/ Peppers Apple Juice Apple</td>
<td>7 Biscuit w/ Country Gravy Sausage Patty Orange</td>
</tr>
<tr>
<td>10 Corn Flakes Apple Mini Muffin Tomato Juice</td>
<td>11 Malt-O-Meal Ham, Egg &amp; Cheese Croissant Apple</td>
<td>12 Cinnamon Oatmeal Raisins Toast w/ Margarine Orange</td>
<td>13 Tropical Fruit Bowl Turkey Bacon Toast w/ Margarine Orange</td>
<td>14 Cheerios French Toast w/ Syrup, Bacon Sliced Pears</td>
</tr>
<tr>
<td>17 Bran Flakes Waffle w/ Syrup Grilled Ham Chilled Peaches</td>
<td>18 Malt-O-Meal English Muffin w/ Egg, Cheese, &amp; Sausage Green Chile Mixed Fruit</td>
<td>19 Oatmeal Scrambled Eggs Potatoes Canadian Bacon Orange Juice</td>
<td>20 Pancakes w/ Syrup &amp; Margarine Potatoes w/ Peppers Apple Juice Apple</td>
<td>21 Biscuit w/ Country Gravy Sausage Patty Orange</td>
</tr>
<tr>
<td>24 Corn Flakes Apple Mini Muffin Tomato Juice</td>
<td>25 Malt-O-Meal Ham, Egg &amp; Cheese Croissant Apple</td>
<td>26 Cinnamon Oatmeal Raisins Toast w/ Margarine Orange</td>
<td>27 Tropical Fruit Bowl Turkey Bacon Toast w/ Margarine Orange</td>
<td>28 Cheerios French Toast w/ Syrup, Bacon Sliced Pears</td>
</tr>
</tbody>
</table>

Nutrition Education USDA ChooseMyPlate.gov

What foods are in the Grains Group?
Any food made from wheat, rice, oats, cornmeal, barley or another cereal grain is a grain product. Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples of grain products.

Grains are divided into two subgroups, Whole Grains and Refined Grains. Whole grains contain the entire grain kernel — the bran, germ, and endosperm. Examples of whole grains include whole-wheat flour, bulgur (cracked wheat), oatmeal, whole cornmeal, and brown rice. Refined grains have been milled, a process that removes the bran and germ. This is done to give grains a finer texture and improve their shelf life, but it also removes dietary fiber, iron, and many B vitamins. Some examples of refined grain products are white flour, de-germed cornmeal, white bread, and white rice.

Most refined grains are enriched. This means certain B vitamins (thiamin, riboflavin, niacin, folic acid) and iron are added back after processing. Fiber is not added back to enriched grains. Check the ingredient list on refined grain products to make sure that the word “enriched” is included in the grain name. Some food products are made from mixtures of whole grains and refined grains.

How many grain foods are needed daily? The amount of grains you need to eat depends on your age, sex, and level of physical activity. Most Americans consume enough grains, but few are whole grains. At least half of all the grains eaten should be whole grains.

In general, 1 slice of bread, 1 cup of ready-to-eat cereal, or ½ cup of cooked rice, cooked pasta, or cooked cereal can be considered as 1 ounce-equivalent from the Grains Group.
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td>3</td>
<td>Chicken Tenders</td>
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<td>6</td>
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<tr>
<td></td>
<td>Country Gravy</td>
<td>Cheesy Baked Ziti w/ Meaty Marinara Sauce</td>
<td>Red Chile Beef Enchiladas Salsa Corn</td>
<td>BBQ Pork Rib Sandwich</td>
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<tr>
<td></td>
<td>French Fries</td>
<td>Italian Veggies Tossed Salad</td>
<td>Tossed Salad</td>
<td>Baked Beans Steamed Corn Cole Slaw</td>
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<tr>
<td></td>
<td>Coleslaw</td>
<td>Bread Stick w/ Margarine</td>
<td>Apples in Cobbler</td>
<td>Chilled Pears</td>
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<td></td>
<td>Biscuit w/ Margarine</td>
<td>Pineapple in Jell-O</td>
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<td></td>
<td>Plums</td>
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<tr>
<td>10</td>
<td>Swedish Meatballs over Egg Noodles</td>
<td>11 Hawaiian Chicken</td>
<td>12 Pork Roast</td>
<td>13 Frito Pie w/ Garnish</td>
</tr>
<tr>
<td></td>
<td>Buttered Peas</td>
<td>Steamed Rice</td>
<td>Mashed Potatoes</td>
<td>Pinto Beans</td>
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<tr>
<td></td>
<td>Spinach Salad</td>
<td>Green Beans</td>
<td>Brown Gravy</td>
<td>Mexican</td>
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<td></td>
<td>Garlic Bread</td>
<td>Garden Salad</td>
<td>Asparagus with Onions</td>
<td>Cole Slaw</td>
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<td></td>
<td>Yogurt</td>
<td>Hawaiian Roll</td>
<td>Whole Wheat Roll w/ Margarine</td>
<td>Mandarin Oranges</td>
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<td>Tropical Fruit</td>
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<td>17</td>
<td>Chicken Provencal</td>
<td>18 Grilled Ham &amp; Cheese</td>
<td>19 Beef Roast</td>
<td>20 Carne Adovada</td>
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<td></td>
<td>Veggie Sauce</td>
<td>Vegetable Soup</td>
<td>Mashed Potatoes</td>
<td>Refried Beans</td>
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<td></td>
<td>Steamed Rice</td>
<td>Potato Chips</td>
<td>w/ Mushroom Gravy</td>
<td>Chuck wagon Corn</td>
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<tr>
<td></td>
<td>Spinach</td>
<td>Pickle Spear</td>
<td>California Veggies</td>
<td>Tortilla</td>
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<tr>
<td></td>
<td>Whole Wheat Roll w/ Margarine</td>
<td>Strawberry Ice Cream</td>
<td>Whole Wheat Roll w/ Margarine</td>
<td>Mixed Fruit in Jell-O</td>
</tr>
<tr>
<td></td>
<td>Fruit Cocktail</td>
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<tr>
<td>24</td>
<td>Polish Sausage Sauerkraut</td>
<td>25 Baked Fried Chicken</td>
<td>26 Beef Fajita</td>
<td>27 Chicken Cordon Bleu</td>
</tr>
<tr>
<td></td>
<td>Buttered Carrots</td>
<td>Sweet Potato Fries</td>
<td>Fajita Veggies</td>
<td>White Cheese</td>
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<tr>
<td></td>
<td>Parsley Potatoes</td>
<td>Three-Bean Salad</td>
<td>Salsa</td>
<td>Sauce</td>
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<tr>
<td></td>
<td>Whole Wheat Roll w/ Margarine</td>
<td>Whole Wheat Roll</td>
<td>Chile Beans</td>
<td>Broccoli &amp; Cauliflower</td>
</tr>
<tr>
<td></td>
<td>Margarine</td>
<td>with Margarine</td>
<td>Chilled Peaches</td>
<td>Rice Pilaf</td>
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<tr>
<td></td>
<td>Cinnamon Spiced Apples</td>
<td>Oatmeal Cookie</td>
<td></td>
<td>Chilled Apricots</td>
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<tr>
<td>25</td>
<td>Baked Fried Chicken</td>
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<td>26</td>
<td>Beef Fajita</td>
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<td>Chicken Cordon Bleu</td>
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<td>28</td>
<td>Baked Cod</td>
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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.*