

THE SENIOR SCENE



Enhance Fitness Class at MEG Senior Center

**OLDER
AMERICANS
MONTH**



ENGAGE AT EVERY AGE: MAY 2018



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

www.santafenm.gov/senior_scene_newsletter



**MAY
2018**



CITY OF SANTA FE, DIVISION OF SENIOR SERVICES

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

MAY - 2018

The City of Santa Fe Division of Senior Services offers a variety of programs and services at five senior centers throughout Santa Fe. If you are age 60 or over, we invite you to utilize our facilities and participate in the various programs and activities that are available, most of which are free (some do request a small donation). Read through the activities section for more information about ongoing and current activities. These facilities and services are here for you – we encourage you to stop by and use them, and we look forward to meeting you!

The Senior Scene newsletter is a free monthly publication designed to help you navigate our services and learn about upcoming events. You will find sections on community news, senior center activities and menus, volunteer programs, 50+ Senior Olympics, health, safety, legal and consumer issues, as well as word puzzles to sharpen the mind.

The newsletter is available at all City of Santa Fe senior centers, fitness facilities, and public libraries, as well as various senior living communities and healthcare agencies. It is also available online at www.santafenm.gov, simply type "Senior Scene" in the keyword search box at the top then click the purple underlined words "Senior Scene Newsletter."

Front Desk Reception	(505) 955-4721	In Home Support Services: Respite Care,	
Toll-Free Administration Line	(866) 824-8714	Homemaker	
Gino Rinaldi, DSS Director	955-4710	Theresa Trujillo, Program Supervisor	955-4745
Administration		Katie Ortiz, Clerk Typist	955-4746
Cristy Montoya, Administrative Secretary	955-4721	Foster Grandparent/Senior Companion Program	
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
Senior Services Registration		Retired Senior Volunteer Program (RSVP)	
Brenda Ortiz, Database Specialist	955-4722	Triston Lovato-Armstrong, RSVP Administrator	955-4760
Transportation Ride Reservations (page 3)	955-4700	Marisa Romero, Program Coordinator	955-4743
Linda Quesada-Ortiz, Acting Project Manager/ Dispatch	955-4702	50+ Senior Olympics	
Linda Quesada-Ortiz, Administrative Assistant	955-4700	Cristina Villa, Program Coordinator	795-3817
Nutrition		Miscellaneous	
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	Other Important Numbers	
FAX Machine - Nutrition	955-4794	Santa Fe Civic Housing Authority	988-2859
Meals On Wheels (for homebound individuals)		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	Newsletter Production	
Senior Center Programming (Activities)		Triston Lovato-Armstrong, Editor/Distribution	955-4760
Lugi Gonzales, Center Program Manager	955-4711	trlovato@santafenm.gov	
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

MAY - 2018

SENIOR SERVICES REGISTRATION

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

Eligibility for Senior Services Registration

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

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

SENIOR TRANSPORTATION INFORMATION

- To Reserve:** Call (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:** **Monday May 28th closed for Memorial Day We appreciate and thank you for your patience; it really helps.**
- 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.

By Gino

A message from the Division Director



The month of May is National Older Americans Month. On behalf of the City of Santa Fe and all the staff with the Division of Senior Services, I want to say thank you for all that you do and for your many contributions to our great city. Please read the Mayor's Proclamation celebrating our older adult community!

I would like to share some updates on two of our senior centers. After longer than expected, we finally have a new stove at Ventana de Vida and are back to full operation. I want to thank everyone for their patience and understanding while we got this situated. I recently met with a group from Ventana and very much enjoyed meeting you folks.

We are also currently partnering with the Santa Fe Civic Housing Authority to begin construction on the renovations at Villa Consuelo. This means the facility will be closed for several months, starting in May. I will continue to keep you updated on the progress. Please remember you can call our transportation section at (505) 955-4700 to schedule a ride to any of the other centers for lunch or activities. Take advantage of this opportunity to visit the other sites and utilize our programs.

On another note, I hate to keep harping on donations, but we rely on them to assist with running our programs. The funds go directly back to the program; for example, donations for meals could be used to buy cooking equipment or go into the food budget, and transportation donations could be used for fuel or vehicle maintenance. No matter the item, your donation is greatly appreciated. We are currently short in reaching our goal, so if you can donate please do so. After all it is going for a great cause – serving you!

We are also hosting our annual public hearing about the services and programs provided to the community via authorization by the Older Americans Act. The open meeting will be held Wednesday, May 16, 2018 from 9:00–11:00 am at the Mary Esther Gonzales Senior Center (1121 Alto Street) and public input is encouraged.

In 1965, the Older Americans Act was authorized by Congress to ensure the provision of social services to America's elderly population. It 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, etc.) and Durable Medical Equipment
- Respite (Alzheimer's) Care (relief, companionship, caregiver support, etc.)
- Grandparents Raising Grandchildren
- Volunteer Programs – Foster Grandparent Program (FGP), Retired Senior Volunteer Program (RSVP), Senior Companion Program (SCP)
- Health Promotion (Senior Olympics, fitness/exercise classes, resource fairs)

Public input and feedback on these matters is critical. 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. 😊

Office of the Mayor
Official Proclamation of the City of Santa Fe
Bando Oficial de la Villa Real de Santa Fé de San Francisco de Asís Nuevo México

WHEREAS, the City of Santa Fe includes countless older Americans who enrich and strengthen our community; and

WHEREAS, the City of Santa Fe is committed to developing and promoting an age-friendly community that supports healthy aging and quality of life for residents and visitors; and

WHEREAS, the City of Santa Fe Division of Senior Services is dedicated to engaging and supporting older adults, their families, and caregivers by providing services, resources, and opportunities that enable senior citizens to remain active, social, and living independently within their community; and

WHEREAS, we acknowledge the importance of taking part in activities that promote physical, mental, and emotional well-being—no matter your age; and

WHEREAS, the City of Santa Fe works to enrich the lives of individuals of every age by involving older adults in community planning and events by providing opportunities for older adults to work, volunteer, learn, lead, and mentor; and

WHEREAS, this month presents an opportunity to acknowledge and thank older adults, and those who support them, for their significant contributions to our community.

NOW, THEREFORE, I, ALAN M. WEBBER, MAYOR OF THE CITY OF SANTA FE, NEW MEXICO, DO
HEREBY PROCLAIM MAY 2018 AS

“OLDER AMERICANS MONTH”

Promulgade en el ayuntamiento, el
Dia Veintiseis de Abril, del año 2018
Done at City Hall, this 26th day of April, 2018

Witness my hand: _____
Alcalde/Mayor

NEWS & VIEWS

MAY - 2018

Santa Fe County Mobile Health Van

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

Dates for May:

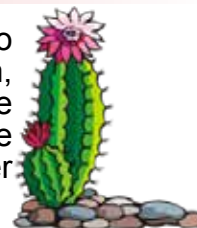
* = Nurse will be inside.

01 – Eldorado Senior Center	9 am – 1 pm
02 – SF Community College Free Mental Health Screenings & Psychologist Consultation	10 am – 2 pm
03 – Chimayo Senior Center	10 am – 2 pm
04 – Van not out	
05 – Van not out	
06 – Santa Fe Recovery Center*	9 am – 1 pm
07 – Fort Marcy	9 am – 1 pm
08 – St. John's United Methodist Church	9 am – 1 pm
09 – El Rancho Senior Center	9 am – 1 pm
10 – Santa Cruz Senior Center	10 am – 2 pm
11 – Mary Esther Gonzales Senior Center	10 am – 2 pm
12 – Van not out	
13 – St. Elizabeth Shelter*	9 am – 1 pm
14 – Luisa Senior Center	9 am – 1 pm
15 – Village of Cerrillos State Park Visitor Center	9 am – 1 pm
16 – Pojoaque Grocery Store	9 am – 1 pm
17 – Edgewood Senior Center	10 am – 2 pm
18 – Mary Esther Gonzales Senior Center Opiate Overdose Prevention Presentation & Narcan Distribution	9:30 – 11:30 am
19 – Van not out	
20 – Santa Fe Recovery Center*	9 am – 1 pm
21 – Encino Villa Apartments	9 am – 2 pm
22 – Pasatiempo Senior Center	9 am – 1 pm
23 – Genoveva Chavez Center Free Mental Health Screenings & Psychologist Consultation	10 am – 2 pm
24 – Solana Center	10 am – 2 pm
25 – Villa Alegre	8 – 10 am
26 – Van not out	
27 – Van not out – Memorial Day Holiday	
28 – Van not out – Memorial Day Holiday	
29 – Villa Consuelo Senior Center	10 am – 2 pm
30 – Casa Villita	10 am – 2 pm
31 – Ventana de Vida Senior Center	10 am – 2 pm



Let's Grow! Cactus Propagation Saturday, May 12, 9:00 – 11:00 am County Fairgrounds Compost Area

Learn to divide cactus and how to grow more. Tips on soil preparation, planting and maintenance will be provided. Drop-in demos will be every half hour; taught by Jill Foster and Cullen Hallmark.



Sign-up for Yardwork Assistance Now

Do you need help cleaning your yard? Youth volunteers with the Student Life Mission Project will be available again this July to assist with your needs! The group can also help with minor painting projects (you must supply the paint/supplies but they will provide the labor). Assistance is only available in the City of Santa Fe area on a first come first served basis. Dates include: July 7–9, July 11–13, and July 16–18. **Reserve your spot by Friday, May 25. Call (505) 955-4760 or (505) 955-4743.**

Living a Good Life – Wellness Event

Attend the Living a Good Life Wellness Event sponsored by Berardinelli Family Funeral Services "Caring for the Living" series. It will be on Saturday, May 5 from 10:00 am – noon at the Berardinelli-McGee Life Event Center (1320 Luisa Street). At this special wellness event you will learn how nutrition, physical activity, and essential oils can help you live a better life. You will also go home with a small gift! Space is limited and light refreshments will be served. There is no charge, but donations will be accepted to benefit Gerard's House. Please RSVP to Veronica at (505) 984-8600.

Identity Theft – Protecting Yourself

This interactive talk will be presented by Dotti Graviet, Financial Advisor, who will give straight forward education and tips on what to look for and how to protect yourself against identity thieves. It will take place on Thursday, May 3 at 2:30 pm at the Montecito (500 Rodeo Road). Light refreshments will be served. The talk is sponsored by Berardinelli Family Funeral Services "Caring for the Living" series. RSVP to Veronica at (505) 984-8600 to reserve your spot

**ALL SENIOR CENTERS CLOSED FOR
MEMORIAL DAY ON MONDAY, MAY 28.**

NEWS & VIEWS

MAY - 2018

Support Groups Available in Santa Fe

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.

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
- Helpful hints for caring for yourself and creating resilience

The group is sponsored by Berardinelli Support for Living Programs, and is free and facilitated by Eileen Joyce, Certified Coach/Grief Recovery Specialist. The group meets every 2nd and 4th Tuesday from 2:00–3:00 pm. The next dates are May 8 and 22 at the Berardinelli-McGee Life Event Center (wheelchair accessible) 1320 Luisa St. Please contact Eileen at (505) 428-0670 or ej@eileenjoyce.com to reserve your place.

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 facilitated by Eileen Joyce, Certified Coach/Grief Recovery Specialist. The group meets every 2nd and 4th Wednesdays from 2:00–3:00 pm. The next dates are May 9 and 23. Please contact Eileen at (505) 428-0670, or ej@eileenjoyce.com to reserve your place and get directions to the convenient location in Santa Fe.

Part-time Employment Opportunity for Low-Income Seniors

The Division of Senior Services Nutrition section is looking for a PT Aide to join our team. Must be 55+, a Santa Fe resident, meet low-income eligibility, obtain valid NM driver's license, and have some experience with food handling and/or office work. Call Yvette Sweeney at (505) 955-4739 for more info.

Support for Life Transitions...making effective changes

Whether you are retiring; or in a new relationship, health condition, or career; making needed changes can be difficult even for highly motivated people. Support for Life Transitions is a six-week program to help you restructure your daily life and make needed changes. It is a program of learning, sharing, and doing actions to transition from the past and create your life based on what is true for you now. The program, sponsored by Berardinelli Life Services is free of charge, and is facilitated by Eileen Joyce, Certified Coach/Grief Recovery Specialist®. Over the six weeks we will cover: the change process, identifying what's important, digging deeper into what you need and want, choosing what to keep and what to leave behind and reviewing and reflecting on results. There will be handouts to help you reflect and review, and to structure your time and energy. This will support you in creating your one-step-at-a-time plan and putting you in charge of your new life. Attending all six weeks is recommended. Please contact Eileen at 505-428-0670 or ej@eileenjoyce.com to reserve your space.

Six Saturdays 11:00 am – noon
May 12, 19, 26, June 2, 9, 16
at the Berardinelli-McGee Life Center
1320 Luisa St., Santa Fe, NM 87505

Rio Metro's Seniors Ride Free Program

For the third year in a row, seniors are invited to explore Central New Mexico by rail for free! From February through September, seniors age 62+ can ride any NM Rail Runner Express train at no cost on Wednesdays. This special program will give residents and visitors the opportunity to explore locations in Santa Fe and Albuquerque using public transportation.

How it Works Every Wednesday through September 26th, seniors age 62+ can ride any north or southbound train for free. Just show the onboard ticket agent your valid photo ID (must contain your birth date). Those planning on making a connection to an ABQ RIDE, Santa Fe Trails or Rio Metro bus, must ask the ticket agent to print out a free bus transfer slip. Many New Mexico museums are free to seniors ages 60+ on Wednesdays. Visit www.riometro.org to learn more about activities in ABQ and Santa Fe.

Thank You for Your Support! It's been a Great Year!

Spring has come to Santa Fe and the last month of school is here! I thank you again for helping pass the SB-9 Mil Levy in February. Our Mil Levy and General Obligation Bond funds have led to valuable investments. Because of your support, the construction of Milagro Middle School is currently under way, and we are able to fund much needed repairs and maintenance of our school buildings, playgrounds, playing fields, school landscaping and technology infrastructure. Your support allows us to provide our students top notch facilities and an opportunity for a world-class education. This can be seen in the numerous awards our students have recently earned. Our Santa Fe High JROTC and Capital High AVID programs earned national recognition this year. Our Early College Opportunity students recently took first, second and third place wins at the Skills USA competition, and the Santa Fe High choirs traveled to Los Angeles in March to compete in the Music in the Parks competition where the students earned a number of awards. These are just a few of the many accomplishments of our students and staff this year. It's truly been a great year! To find out more about many of the fantastic things happening in our schools, go to www.sfps.info. I hope you have a wonderful summer!



Are you 60 plus? Hike with us!



Beginning this month, the regular hike which has been held on the third Thursday each month will change to the first Thursday of the month. The second hike will usually be an extension of the regular hike and will be on the third Thursday. This way, you can go on the regular hike and get a feel for the difficulty and then decide if you want to try the more strenuous hike.

Both hikes 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.

Regular hike – Thursday, May 3 – Chamisa Trail Loop This hike is 2.7 miles round-trip with a gentle elevation gain of less than 500 feet,



starting at 7,938 feet. It is mostly shaded from the sun on an established trail. The group will pause to rest as needed and have a rest and snack break after 1.5 miles. During the break, the hike leader will give a talk on hiking equipment and safety tips.

Strenuous hike – Thursday, May 17 – Chamisa Trail Extension This hike adds 1.8 miles to the Chamisa Trail Loop for a total 4.5 miles round-trip. The trail is of the same difficulty level as the Chamisa Loop, but a walking pace with fewer rest pauses will be maintained. There will be a snack rest in a beautiful meadow surrounded by tall trees by the side of Tesuque Creek.

RSVP (RETIRED SENIOR VOLUNTEER PROGRAM)

MAY - 2018

COMMUNITY NEEDS



Are you interested in donating some of your time to make a difference in the community? If so, you can become an RSVP volunteer today!

Listed below are some current volunteer opportunities. **If you are interested, want to learn more and enroll in RSVP, please contact Triston Lovato-Armstrong at (505) 955-4760 or trlovato@santafenm.gov.**

Seniors Wanted for Fun Intergenerational Project at the Santa Fe Botanical Garden



This summer the Santa Fe Botanical Garden will initiate a collaborative project between four to six year old children from the federal Head Start program and the senior community. The

eight-week project will take place during June, July, and August.

Once per week, each senior will have a one-on-one opportunity to discuss plants, gardens, and gardening with a child from 10:00–11:00 am. Seniors will arrive at 9:30 for instructions from Botanical Garden staff about the topic of the day, such as uses of plants (medicine, clothing, weaving, food), identification of local plants and flowers, how to grow a garden, ecology, global warming, etc. Seniors and children will have an opportunity to play games together, such as a scavenger hunt. The children will be accompanied by their parents or guardian.

The project needs 18-20 seniors. Volunteers provide their own transportation or can request assistance from the Division of Senior Services transportation if necessary. Please contact Triston Lovato-Armstrong (505-955-4760) or Marisa Romero (505-955-4743) to register as a volunteer with the Retired Senior Volunteer Program (RVSP) and contact Shawna Jones, Botanical Garden Volunteer and Education Coordinator (505-471-9106), for more details about the project. RSVP volunteers are covered by liability insurance and receive various other perks and benefits.

Become a Gerard's House Volunteer

You can make a difference in a child's life! Gerard's House will train you to facilitate grief support groups for children and teenagers, working as part of a team with staff and other volunteers. An upcoming training will take place over two weekends; attendance on all four days is mandatory and refreshments will be provided.

First weekend

- Saturday, June 9 from 10:00 am – 5:00 pm
- Sunday, June 10 from noon – 6:00 pm
- Focus will be on personal grief and grieving children.

Second weekend

- Saturday, June 23 from 10:00 am – 5:00 pm
- Sunday, June 24 from noon – 6:00 pm
- Focus will be on the skills used as part of the Gerard's House model and philosophy.

To sign up with RSVP and learn more about this opportunity, please contact Triston at 505-955-4760.

Volunteer with Audubon NM

Want to be part of a volunteer team working in one of the most beautiful spots in Santa Fe? Audubon New Mexico is looking for guest service volunteers to help in the visitor center at the Randall Davey Audubon Center & Sanctuary on Upper Canyon Road. Meet and greet people from all over the world who are avid conservationists and birders. Volunteers also needed for conservation, education, events, and trails and grounds maintenance. If you love the natural world and want to help in environmental efforts for our beautiful state, this is for you! To sign up with RSVP and begin a new opportunity, please contact Triston at 505-955-4760.



ONGOING ACTIVITIES

MAY - 2018

All activities are open to registered seniors.

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

Luisa Senior Center – 1500 Luisa Street (entrance on Columbia Street)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	11:45 am: Sing along		10-12 pm: Computer	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 5/8 and 5/22 1:30 pm: Nia Technique (1 st & 3 rd Tuesday)	8:15 am: Tai Chi 9:30 am: Enhance Fitness 9:30 am: Ceramics 1-3 pm: Bingo 1-3 pm: Quilting (1 st & 3 rd 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 AND Fitness room				
8 am-4:30 pm: Computer lab hours (Wednesdays, 10 am-noon, General Computer Instruction; Fridays, 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

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

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

UPCOMING ACTIVITIES

MAY - 2018

AARP "Smart Driver" Course

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

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

The fee to cover materials is \$20, but if you are an AARP member the cost is \$15; your AARP card and driver's license must be presented the day of the class. Also, please dress in layers as temperatures fluctuate in the MEG dining room. The number of participants for each class is limited to 30 individuals. To register for an upcoming class please call the AARP information center (located in Albuquerque) at (505) 830-3096. 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:

- May 8
- June 12

Monthly DSS Senior Center Meetings

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

- Luisa Center: Tuesday, May 8 at 9:00 am
- Pasatiempo: Monday, May 7 at 1:00 pm
- Ventana De Vida: Monday, May 7 at 9:30 am
- Villa Consuelo: Monday, May 7 at 10:00 am

Free Hair Cuts at MEG & Pasatiempo

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

- May 9 MEG
- May 23 MEG
- May 30 Pasatiempo



The haircut sign-in sheet at MEG will be available in the Program Coordinator's office door starting at 9:00 am – NO EARLIER.

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 per day). She will be available on the 1st and 3rd Tuesday each month starting May 1 at 10:00 am. The haircut sign-in sheet will be at the lunch check in table starting at 9:00 am.

Monthly Senior Services Committee Meetings

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

Senior Olympics: No meetings

Advisory Board: Wednesday, May 16 at 9:30 am

Blood Pressure, Blood Sugar & Oxygen Level Test 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: Wed., May 9, 11:00 am – noon

MEG: Wed., May 16, 10:30 am – noon

Pasatiempo: Wed., May 2, 10:30 am – noon

Ventana De Vida: Wed., May 23, 11:00 am – noon

Villa Consuelo: Tues., May 29, 10:00–11:00 am

Nia Technique on 1st & 3rd Tuesdays

The Tuesday Nia Technique class at the MEG center is as follows at 1:30 pm:

- May 1
- May 15

UPCOMING ACTIVITIES

MAY - 2018

Movie Day at Ventana De Vida Senior Center Wednesday May 23, 2018 at 1:00 pm

"Dolores"
(2017 • PG-13 • 1h 36m)



Dolores Huerta is among the most important, yet least known, activists in American history. An equal partner in founding the National Farm Workers Association in 1962 with Cesar Chavez, her enormous contributions have gone largely unrecognized.

When she was at last awarded the Presidential Medal of Freedom by President Obama in 2012, he lovingly acknowledged "borrowing" the slogan she originated, "Si, se puede!" (Yes, we can!). Born in 1930 in Dawson, New Mexico, a coal mining town (now a ghost town), located 17 miles NE of Cimarron, NM, Dolores Huerta is still active at eighty-eight years old. This true, exhilarating and inspiring film tells her story.

Movie Day at the MEG Senior Center Tuesday, May 29, 2018 at 1:00 pm

"The Day After Tomorrow"
(2004 • PG-13 • 2h 4m)



After climatologist Jack Hall (Dennis Quaid) is largely ignored by U.N. officials when presenting his environmental concerns, his research proves true when an enormous "superstorm" develops, setting off catastrophic natural disasters throughout the world. Trying to get to his son, Sam (Jake Gyllenhaal), who is trapped in New

York with his friend Laura (Emmy Rossum) and others, Jack and his crew must travel by foot from Philadelphia, braving the elements, to get to Sam before it's too late.

Ken from Home Instead Sings at MEG

Join us for lunch at the MEG Center on Monday, May 21 and have a fun time enjoying songs performed by Ken Hendricks from Home Instead Senior Care. Come sing along or just enjoy listening to some old time favorites! Home Instead Senior Care provides professional caregivers to help aging loved ones remain in their homes. Home Instead can be reached at 505-471-2777.

Let's Celebrate Your Birthday

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

- MEG: Wednesday, May 2
- Ventana de Vida: Wednesday, May 16

MEG Exercise Room

Please join volunteer trainer Gitta Mainland in the MEG exercise room. She will be available to provide assistance with equipment during the month of May on Thursdays from 10:00 am to noon. Please join her if you have questions!

Weekend Bingo at Luisa

The Luisa Senior Center (1500 Luisa St) is hosting a Bingo on Sunday, May 6, 2018 from 1:00 - 4:00 pm. It is \$12



for a package and there will be four specials at \$1 each. \$100 jackpot guarantee! NO food will be served, but cokes and candy will be for sale. Please bring small bills. Everyone is welcome, so don't miss out on a chance to win!

\$100 Jackpot Guarantee Bingo

Join us on Friday, May 18 at the Luisa Senior Center for a \$100 jackpot guarantee. Bingo begins at 1:00 pm. Don't miss out on a chance to win!

UPCOMING ACTIVITIES

MAY - 2018

Mother's Day Celebration at Luisa



All mothers are invited to come to the Luisa Senior Center on Friday, May 11 to receive a rose. They will be given out during the lunch hour.

NDI Performance – “Got Jazz”

Join us for a free dress rehearsal at NDI New Mexico, located at 1140 Alto Street, on Wednesday, May 9 or Wednesday, May 16 at 12:45 pm. Space is limited to 20 seniors each day. We will meet at the Mary Esther Gonzales Senior Center and walk together as a group to the performance. Please contact Albert Chavez at (505) 955-4715 if you are interested in attending.

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, May 9 and May 23 at 10:30 am
- **Ventana de Vida:** Thursday, May 24 at 10:30 am.

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

Spanish Classes for Beginners

Do you want an introduction on conversational Spanish? Join the weekly class led by Sister Jo a Ventana de Vida Senior Center. They meet on Wednesdays from 9:30–10:30 am.

Older Americans Dance

The Mary Esther Gonzales Senior Center will be sponsoring our Older Americans Dance at the Fraternal Order of Eagles Club (833 Early St.) on Tuesday, May 15 from 1:00–4:00 pm. Music will be by Peter Vigil Y Los Hermanos, FREE, and light refreshments will be served (donated by Kingston Healthcare Company). Free for Older Americans month.

Voter Registration (or Change of Address)

Anyone wishing to register to vote, or to change their address (you must fill out a new voter registration form if you have moved since the last time you voted) can contact either Mary Fell, at (505) 303-3037, or Elaine Giovando, at (505) 920-6631. They are both certified voter registrars, and can assist you at your senior center, or at your home. Please call Mary or Elaine with any questions you may have, and/or to set up an appointment to register. Please leave a message with your name, number and date of birth.



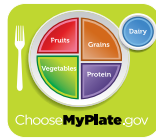
Sixth Annual Tarde de Oro Production

Tarde de Oro is a fresh and exciting musical production that celebrates the rich, ever-evolving and unique history of New Mexico. This FREE event will take place Thursday, May 17 at 1:00 pm at the KIMO Theatre in Albuquerque. If you'd like to attend, please contact Albert Chavez at (505) 955-4715 to sign up. Please leave a message with your name, number and date of birth. The bus will leave from the Mary Esther Gonzales Senior Center (1121 Alto St., Santa Fe) at 11:00 am and can take 50 passengers. There will be a \$5.00 suggested donation for the bus but no charge for admission. The production is sponsored by the City of Albuquerque Dept. of Senior Affairs, the Dept. of Cultural Affairs and De Oro Productions. It will feature: Ballet en Fuego, VanAnn Moore Nyberg, Freddie Chavez and Sal Garcia, Mike Anaya, Las Bailarinas de Oro, Lone Pinon, Shelley Morningsong & Fabian Fontenelle.



United States Department of Agriculture

10
tips
Nutrition
Education Series



MyPlate
MyWins

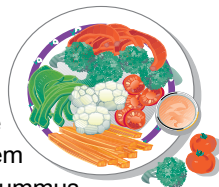
Based on the
Dietary
Guidelines
for Americans

Add more vegetables to your day

It's easy to eat more vegetables! Eating vegetables is important because they provide vitamins and minerals and most are low in calories. To fit more vegetables in your day, try them as snacks and add them to your meals.

1 Discover fast ways to cook
Cook fresh or frozen vegetables in the microwave for a quick-and-easy dish to add to any meal. Steam green beans, carrots, or bok choy in a bowl with a small amount of water in the microwave for a quick side dish.

2 Be ahead of the game
Cut up a batch of bell peppers, cauliflower, or broccoli. Pre-package them to use when time is limited. Enjoy them in a casserole, stir-fry, or as a snack with hummus.



3 Choose vegetables rich in color
Brighten your plate with vegetables that are red, orange, or dark green. They are full of vitamins and minerals. Try acorn squash, cherry tomatoes, sweet potatoes, or collard greens. They not only taste great but are good for you, too.

4 Check the freezer aisle
Frozen vegetables are quick and easy to use and are just as nutritious as fresh veggies. Try adding frozen vegetables, such as corn, peas, edamame, or spinach, to your favorite dish. Look for frozen vegetables without added sauces, gravies, butter, or cream.



5 Stock up on veggies
Canned vegetables are a great addition to any meal, so keep on hand canned tomatoes, kidney beans, garbanzo beans, mushrooms, and beets. Select those labeled as "reduced sodium," "low sodium," or "no salt added."

6 Make your garden salad glow with color
Brighten your salad by using colorful vegetables such as black beans or avocados, sliced red bell peppers or onions, shredded radishes or carrots, and chopped red cabbage or watercress. Your salad will not only look good but taste good, too.

7 Sip on some vegetable soup
Heat it and eat it. Try tomato, butternut squash, or garden vegetable soup. Look for reduced- or low-sodium soups. Make your own soups with a low-sodium broth and your favorite vegetables.

8 While you're out
If dinner is away from home, no need to worry. When ordering, ask for an extra side of vegetables or a side salad instead of the typical fried side dish. Ask for toppings and dressings on the side.

9 Savor the flavor of seasonal vegetables
Buy vegetables that are in season for maximum flavor at a lower cost. Check your local supermarket specials for the best in-season buys. Or visit your local farmers market.



10 Vary your veggies
Choose a new vegetable that you've never tried before. Find recipes online at WhatsCooking.fns.usda.gov.

HEALTH & SAFETY

MAY - 2018

Bone Health Basics: Get the Facts

Source: National Osteoporosis Foundation

When you think about staying healthy, you probably consider lifestyle changes to prevent conditions like cancer and heart disease. Keeping your bones healthy to prevent osteoporosis may not be at the top of your wellness list. But it should.

Bone Basics

Some people think of bones as hard and lifeless, but they are actually living, growing tissue. Your bones are made up of three major components that make them flexible and strong.

Are you at Risk?

There are a variety of factors that put you at risk for developing osteoporosis. Talk with your healthcare provider about your risk factors for osteoporosis and work together to develop a plan to protect your bones.

Prevention and Healthy Living

Osteoporosis and the broken bones it can cause are not part of normal aging. There is a lot you can do to protect your bones throughout your life. You're never too young or too old to improve the health of your bones. Osteoporosis prevention should begin in childhood. But it shouldn't stop there. Whatever your age, the habits you adopt now can affect your bone health for the rest of your life. Now is the time to take action.

What can you do to protect your bones?

- Get enough calcium and vitamin D and eat a well-balanced diet.
- Engage in regular exercise.
- Eat foods that are good for bone health, such as fruits and vegetables.
- Avoid smoking and limit alcohol to 2-3 drinks per day.

Calcium and Vitamin D: What You Need to Know

Getting enough calcium and vitamin D is essential to building strong, dense bones when you're young and to keeping them strong and healthy as you age. Find out what you need to know about the two most important nutrients for bone health.

Diet and Bones

The food that you eat can affect your bones. Learning about the foods that are rich in calcium, vitamin D and other nutrients that are important for your bone health and overall health will help you make healthier food choices every day.

Exercise for Strong Bones

There are two types of exercises that are important for building and maintaining bone density: weight-bearing and muscle-strengthening exercises. Learn about each type of exercise and how you can incorporate both into your exercise routine.

Detecting Osteoporosis

Doctors evaluate bone health via Bone Density Tests, x-Rays and other diagnostic tools. A medical evaluation to diagnose osteoporosis and estimate your risk of breaking a bone may involve one or more steps.



BREAK FREE
from **OSTEOPOROSIS**



NATIONAL
OSTEOPOROSIS
MAY
MONTH 2018

VISIT WWW.NOFO.ORG

HEALTH & SAFETY

MAY - 2018

Low Bone Density

Low bone density is when your bone density is lower than normal, but not low enough to be considered osteoporosis. People with low bone density are more likely to break a bone and may have a greater chance of getting osteoporosis because they have less bone to lose.

Did you know...

Throughout your life, you constantly lose old bone while you make new bone? Children and teenagers form bone faster than they lose bone. Even after children and teens stop growing, they continue to make more bone than they lose. This means their bones continue getting denser until they reach what experts call peak bone mass, the point when you have the greatest amount of bone you will ever have. Peak bone mass usually happens between the ages of 18 and 25. The more bone you have at the time of peak bone mass, the less likely you are to break a bone or get osteoporosis later in life.

As you age, you can lose more bone than you form. After you reach peak bone mass, the balance between bone formation and bone loss might start to change. You may start to slowly lose more bone than you form. In midlife, bone loss usually speeds up in both men and women. For most women, bone loss increases after menopause, when estrogen levels drop sharply. In fact, in the five to seven years after menopause, women can lose up to 20 percent or more of their bone density.

It's never too late at any age to take steps to protect your bones.

Debunking the Myths

Myth #1: Most people don't need to worry about osteoporosis.

Millions of Americans – 54 million to be exact – have low bone density or osteoporosis. In fact, about one in two women and up to one in four men over the age of 50 will break a bone due to osteoporosis. The disease causes an estimated two million broken bones every year.

Myth #2: Osteoporosis is only a problem for older Caucasian women.

While osteoporosis is common among white women, men and women of all races can have the disease. Also, while the disease is more common in older people, it can strike at any age.

Myth #3: You don't need to worry about osteoporosis if you break a bone from a serious fall or accident.

Broken bones in people over the age of 50 can be the first sign of low bone density or osteoporosis. Broken bones from serious falls or accidents are often related to osteoporosis.

Myth #4: People with osteoporosis can feel their bones getting weaker.

Osteoporosis is commonly called a "silent disease." Often, breaking a bone is the first clue you have osteoporosis. Some people learn that they have osteoporosis after they lose height from one or more broken bones in the spine. These broken bones can even occur without any noticeable pain.

Myth #5: An osteoporosis test is painful and exposes you to a lot of radiation.

Experts recommend a bone mineral density test using a central DXA (dual energy x-ray absorptiometry) machine. It is simple, painless, takes 5-10 minutes and uses very little radiation. You are exposed to 10-15 times more radiation from flying in a plane roundtrip between New York and San Francisco.

Myth #6: If you drink a lot of milk and exercise, you are not at risk for osteoporosis.

Even if you drink plenty of milk and exercise, you still may be at risk for osteoporosis. There are many risk factors for osteoporosis – some you can control and some you can't.

SENIOR OLYMPICS

MAY - 2018

SENIOR OLYMPICS SPOTLIGHT

The first Olympic event, pickle ball, took place March 14 and 16 at the Genoveva Chavez Community Center (GCCC). There were 39 athletes who participated. It was great to see several athletes keep score for games and also line judge – great teamwork! This sport has grown tremendously and it was nice to see new faces. A big round of applause to the oldest athletes Barb Hutchison, age 81, and Dave Delaney, age 80, for playing numerous matches. There was nothing stopping the love of the sport for these two young athletes! Event Manager, Liz Armijo did an amazing job coordinating this event, spending countless hours getting in contact with athletes, pairing them up, and handling the set-up and break-down of the event.

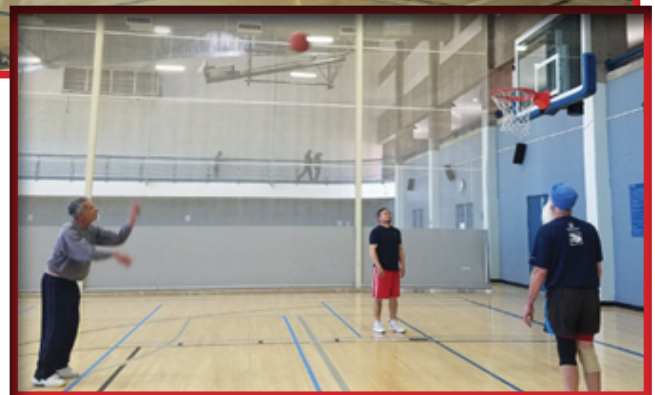
On Thursday, March 15th basketball free-throw took place at the GCCC; 26 participants competed for gold, silver and bronze. The highest women's scorer was Brenda Mallary (age group 55-59) who made 8 shots out of 15. The top men's shooter was Gilbert Sanchez (age group 80-84) who made 15 out of 15 shots. Following the free-throw competition was the three-point shot contest. The top scorer was Harry Montoya, who shot five out of six. A big shout out goes to our oldest competitor Gilbert Sanchez, 83, who made 15 out of 15 baskets – this gentleman has an unstoppable shot! The event ran smoothly thanks to event manager George Baros, who did a terrific job with help from his assistants Karl Cardenas, Liz Armijo and Nancy Baros. Thanks to everyone who assisted with the March events!

May Olympic events are as follows:

- May 4: Fun Events at Alto Park
- May 10: Eight ball pool at MEG Center
- May 11-12: Tennis at Alto Park
- May 12: Cycling at Pojoaque
- May 17: Archery at Archery Range
- May 18: Talent Show at the Eagles
- May 23: Golf at Marty Sanchez Golf Course
- May 24: Horseshoes singles at Alto Park
- May 25: Horseshoes doubles at Alto Park
- May 29: 5K & 10K Race
- May 30: Race walk at SFHS
- May 30: Field Events at SFHS
- May 31: Track at SFHS



If you have any questions regarding scheduled events please don't hesitate to call me at (505) 795-3817 or you may also email me at cavilla@santafenm.gov. Good luck Olympians! - *Cristina Villa*



PUZZLE

MAY - 2018

PUZZLE 68

ACROSS

1. Chef's garb
6. Hit a fly
10. Pitfall
14. Dried plum
15. Pallid
16. Golf goal
17. Tendon
18. Uncomfortable: 3 wds.
20. Omelet item
21. Tug
23. Enthusiasm
24. Shoe bottom
25. Model
27. Globe
30. Resign
31. Spider's trap
34. Earthenware pot

35. Intimidate
36. Gershwin
37. Drive out
38. Dagwood's dog
39. Mountain top
40. Curved letter
41. "Magnum _____"
42. Quiz answer
43. Tiny
44. Watch
45. Margin
46. Farm building
47. Unadulterated
48. Small stream

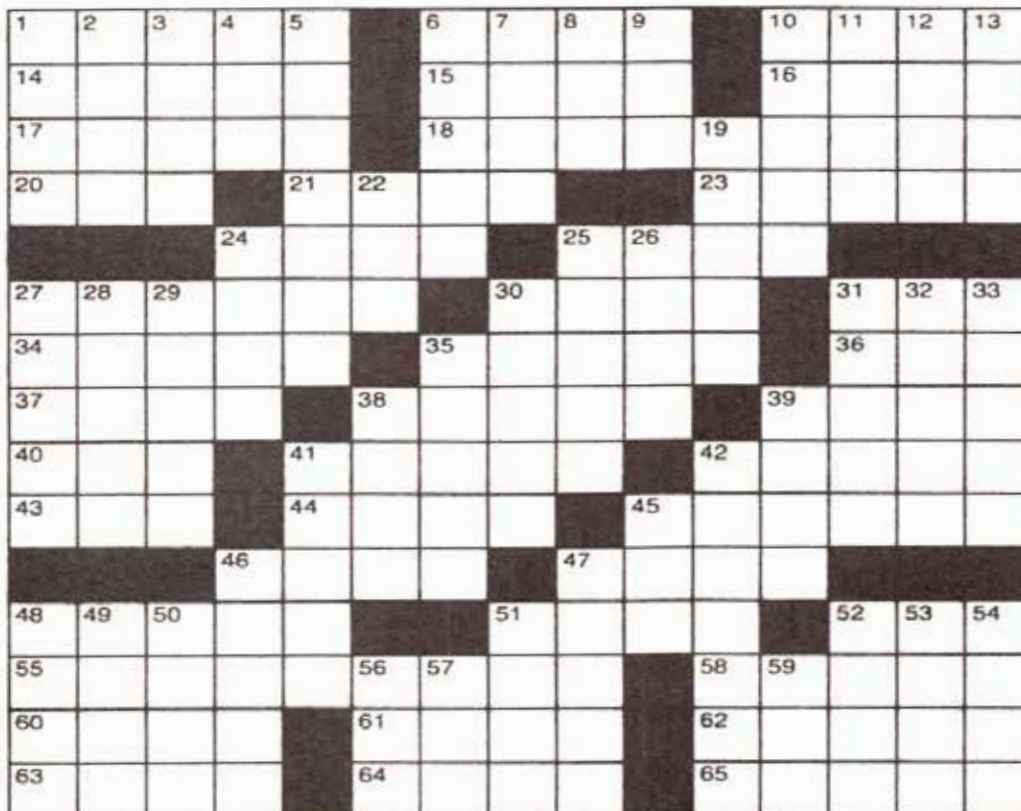
51. Male singer
52. A Reiner
55. Cause trouble: 2 wds.
58. Custom
60. Land measure
61. Competent
62. Firearm
63. Sugar vegetable
64. Famous archer
65. Sign up

7. Saunter
8. Entirely
9. Orange pekoe
10. At that place
11. Highway
12. Too
13. Equal
19. Flavorful
22. Foamy brew
24. Denomination
25. Throb
26. Greasy
27. Threaded nail

DOWN

1. Church part
2. Smug person
3. Ladder step
4. United State: 2 wds.
6. Backbone

28. Not verse
29. Residence
30. Rapid
31. Exercise, as power
32. Rub out
33. Bread maker
35. Nobleman
38. Portal
39. Remove rind
41. Chip
42. Certainly: 2 wds.
45. Motor coach
46. Attack from all sides
47. Dashboard
48. Grouchy person
49. Regatta
50. Irish Republic
51. Invoice
52. Huck's float
53. Make eyes at
54. Brewery product
56. Mouser
57. Honest _____
59. Err



From its debut in November 1967, "Rolling Stone" magazine has served as a barometer of what and who are hot in the music industry. Enjoy a sonic flashback with this list of musical artists who appeared on "Rolling Stone" magazine covers in the 1960s. Included is Woodstock sensation Jimi Hendrix, who graced the cover on February 1, 1969.

- | | | |
|----------------------------------|------------------------------------|---------------------------------|
| <input type="checkbox"/> CHUCK | <input type="checkbox"/> JONI | <input type="checkbox"/> TINA |
| <input type="checkbox"/> BERRY | <input type="checkbox"/> MITCHELL | <input type="checkbox"/> TURNER |
| <input type="checkbox"/> ERIC | <input type="checkbox"/> ELVIS | <input type="checkbox"/> ROB |
| <input type="checkbox"/> CLAPTON | <input type="checkbox"/> PRESLEY | <input type="checkbox"/> TYNER |
| <input type="checkbox"/> JOE | <input type="checkbox"/> PETE | <input type="checkbox"/> FRANK |
| <input type="checkbox"/> COCKER | <input type="checkbox"/> TOWNSHEND | <input type="checkbox"/> ZAPPA |
| <input type="checkbox"/> DAVID | | |
| <input type="checkbox"/> CROSBY | S C E P S Y D N E G N H C U J | |
| | B V H H A R E L R A K H B G C | |
| <input type="checkbox"/> MILES | A E Z Y D R L L I R U N O B Y | |
| <input type="checkbox"/> DAVIS | N W R A F E M E C C B O A J S | |
| <input type="checkbox"/> BOB | K P V R H J I N K I W T S R N | |
| <input type="checkbox"/> DYLAN | V I T C Y L L N N A R P R F F | |
| <input type="checkbox"/> JERRY | D G T B O B E O J R J A N I S | |
| <input type="checkbox"/> GARCIA | J I D N E H S N W O T L C I A | |
| <input type="checkbox"/> JIMI | M O B A O X E O A B P C V G T | |
| <input type="checkbox"/> HENDRIX | R E N R U T I P R E S L E Y C | |
| <input type="checkbox"/> JANIS | J I M I G N P R T C E S I O B | |
| <input type="checkbox"/> JOPLIN | T I S I V A D E D M T A C N V | |
| <input type="checkbox"/> JOHN | O V V J Z L C N M N N K X G M | |
| <input type="checkbox"/> LENNON | C K L W K Y M Y I J E J S N B | |
| | I C W A C D I T Y R M H H U J | |

PUZZLE ANSWERS

MAY - 2018

PUZZLE 68

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

SUDOKU PUZZLE ON PAGE 22

8	4	6	9	3	7	1	5	2
3	1	9	6	2	5	8	4	7
7	5	2	1	8	4	9	6	3
2	8	5	7	1	3	6	9	4
4	6	3	8	5	9	2	7	1
9	7	1	2	4	6	3	8	5
1	2	7	5	9	8	4	3	6
6	3	8	4	7	1	5	2	9
5	9	4	3	6	2	7	1	8

77

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

BREAKFAST MENU

MAY - 2018

Breakfast is served Monday – Friday from 7:30-8:30 a.m. at MEG, Luisa, Pasatiempo, and Ventana de Vida Senior Centers. There is a suggested donation of \$1 for seniors 60 and over and a fee of \$9.34 for non-seniors (59 and younger). **Milk is served with each meal. Menu is subject to change.**

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

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Cheerios French Toast w/Syrup Grilled Ham Fresh Apple	2 Scrambled Eggs Sausage Link Toast w/Jelly Margarine Apple Juice	3 Cheerios Waffles w/Syrup Margarine Fruit Cocktail Tomato Juice	4 Breakfast Burrito w/Egg, Cheese, Bacon, Hash Browns Salsa Applesauce
7 Malt-O-Meal Scrambled Egg Sausage, Cheese Green Chile English Muffin Pineapple	8 Pancakes w/Syrup Bacon Potatoes & Peppers Apple Tomato juice	9 Cheerios Huevos Rancheros w/Red Chile Fruit cocktail	10 Malt-O-Meal Yogurt w/Granola Fresh Orange English Muffin Margarine	11 Biscuit White Gravy Sausage Patty Banana
14 Malt-O-Meal Scrambled Egg Sausage, Cheese Green Chile English Muffin Apple Juice	15 Oatmeal Scrambled Eggs Potatoes Canadian Bacon Orange Juice	16 Corn Flakes Banana Mini Muffin Tomato Juice	17 Ham, Egg & Cheese Croissant Melon	18 Cinnamon Oatmeal Raisins Toast Margarine Apple
21 Scrambled Eggs Cheese, Potatoes Toast, Sausage Red Chile Applesauce	22 Tropical Fruit Bowl Turkey Bacon Toast Margarine	23 Cottage Cheese Tomato Juice Oatmeal, Toast Margarine Banana	24 Ham & Cheese Biscuit Mandarin Oranges	25 Scrambled Eggs Bacon, Cheese Hash Browns Green Chile Toast, Apple
28 All Senior Centers CLOSED for Memorial Day Holiday	29 Corn Flakes Apple Juice Toast w/Jelly & Peanut Butter	30 Waffles w/Syrup Grilled Ham Fresh Apple	31 Malt-O-Meal Sausage Patty English Muffin Strawberries	

SUDOKU PUZZLE

Each puzzle consists of a 9x9 Sudoku grid containing areas surrounded by gray or dotted lines. The object is to fill all empty squares so that the numbers 1 to 9 appear exactly once in each row, column and 3x3 box.

8			9	3				2
		9						4
7		2	1				9	6
2								9
	6							7
	7				6			5
	2	7			8		4	6
	3						5	
5				6	2			8

SENIOR CENTER LUNCH MENU

MAY 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Hot Roast Beef Sandwich w/Swiss Cheese Tossed Salad 3 Bean Salad Banana	2 Meatloaf Scalloped Potatoes Carrot Raisin Salad Whole Wheat Roll Margarine Apple Cobbler	3 Soft Fish Taco w/Garnish Tartar Sauce Pico de Gallo Mexican Slaw Black Beans Vanilla Pudding w/Cinnamon	4 Chile Dog w/Red Chile Meat Sauce, Garnish Onion Rings Mixed Veggies Fresh Orange
7 Sloppy Joe Tater Tots Peas & Carrots Chilled Peaches	8 Chicken & Potato Burrito w/Garnish Green Chile Sauce Tossed Salad Jello w/Fruit Cocktail	9 Cobb Salad w/Grilled Chicken Pickle Spear Bread Stick Brownie	10 Baked Pork Chop Rice Pilaf Broccoli & Cauliflower Whole Wheat Roll w/Margarine Strawberry Yogurt	11 Salmon Patty Tomato Macaroni Asparagus Lemon Bar
14 Salisbury Steak Mashed Potatoes Mushroom Gravy Sliced Carrots Whole Wheat Roll w/Margarine Tropical Fruit	15 Baked Chicken w/Chicken Gravy Wild Rice Asparagus & Onions Biscuit Apricots	16 Pork Stir Fry w/Fried Rice Stir Fry Veggies Cucumber & Tomato Salad Whole Wheat Roll w/Margarine Mandarin Oranges	17 Green Chile Chicken Enchiladas Pinto Beans Spanish Rice Tossed Salad Fresh Apple	18 Spaghetti w/Meat Sauce Green Beans Tossed Salad Garlic Bread Pineapple
21 Pork Tamale w/Red Chile Refried Beans Calabacitas Sliced Pears	22 Liver & Onion Mashed Potatoes w/Brown Gravy Mixed Veggies Whole Wheat Roll Cherry Cobbler	23 Chicken Fajitas Fajita Veggies Salsa Chile Beans Peaches w/Cottage Cheese	24 Baked Tilapia Seasoned Rice Broccoli & Cauliflower Whole Wheat Roll Jello w/Whip Topping	25 Pepper Steak Mushroom Gravy Potatoes Au Gratin Spinach Vanilla Ice Cream
28 All Senior Centers CLOSED for Memorial Day Holiday	29 Egg Salad Sandwich on Croissant Brussel Sprouts Mixed Veggies Strawberry Shortcake	30 Corned Beef Potatoes O'Brien California Veggies Whole Wheat Roll Pineapple	31 Country Style Ribs Baked Beans Spinach Salad Peas & Carrots Cornbread Apple	

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

Non-Senior (59 years or younger) Mandatory Meal Fee: Breakfast \$9.34 --- Lunch \$9.34

Lunch is served at: MEG, Luisa, Pasatiempo, Ventana de Vida and Villa Consuelo Senior Centers
 11:00 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.

City of Santa Fe

Senior Center Locations



Legend

- City Senior Center Location
- Down Town
- City Limits

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

Pasatiempo
(505) 955-6433
664 Alta Vista Street

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

Luisa
(505) 955-6898
1500 Luisa Street
(entrance on Columbia St)

Villa Consuelo
(505) 474-5431
1200 Camino Consuelo

