THE SENIOR SCENE

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

City of Santa Fe Community Services Senior Services

http://www.santafenm.gov/senior_scene_newsletter

NOVEMBER 2017

CITY OF SANTA FE, DIVISION OF SENIOR SERVICES

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

NOVEMBER - 2017

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

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

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

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FAX Machine - Administration 955-4797

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Enrique DeLora, Inventory Supervisor 955-4750
Tebrina Roibal, Administrative Assistant 955-4749
FAX Machine - Nutrition 955-4794

Meals On Wheels (for homebound individuals)
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Robert Duran, MOW Assessments 955-4747

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

Cristina Villa, Program Coordinator 955-4725
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Katie Ortiz, Clerk Typist 955-4746

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Melanie Montoya, Volunteer Prog. Admin. 955-4761
Romella Glorioso-Moss, Special Projects Admin. 955-4744

Retired Senior Volunteer Program (RSVP)
Triston Lovato-Armstrong, RSVP Administrator 955-4760
Marisa Romero, Program Coordinator 955-4743

50+ Senior Olympics
Cristina Villa, Program Coordinator 795-3817

Miscellaneous
Craft Room 955-4736
Pool (Billiard) Room 955-4737

Other Important Numbers
Santa Fe Civic Housing Authority 988-2859
Santa Fe County Information 992-3069
Santa Fe County Mobile Health Van 231-2382

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SENIOR SERVICES PROGRAM INFORMATION

NOVEMBER - 2017

SENIOR SERVICES REGISTRATION

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

Eligibility for Senior Services Registration

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

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

SENIOR TRANSPORTATION INFORMATION

To Reserve:	**Call 955-4700 at least 24 hours in advance, before 4:00 p.m.** Ride reservations can be made up to five business days in advance. Please specify if you require a wheelchair lift van. To avoid delays in service, call immediately if you need to cancel a scheduled ride.
Senior Cost:	Seniors 60 and over, a suggested donation of .50¢ per ride (one way trip).You may purchase a 25-ride ticket for $10.00 from the Transportation Office or drivers.
Schedule:	**Rides are available 8:15 a.m. to 4:15 p.m. Monday through Friday. On the first Tuesday of every month, last call for pick up will be 2:45 p.m.** Rides to medical appointments are given priority over all other rides. Vans leave from the MEG Center at 12:00, 1:00, 2:00 and 3:00 p.m. (Be seated in lobby or patio chairs.)
Notes:	**Demand has increased and so has the wait time. We appreciate your patience. No rides on Friday Nov. 10th, Thursday and Friday Nov. 23rd & 24th 2017. - closed for holiday.** *** Temporary Notice:** ***Rides for medical appointments must be requested at least five business days in advance of service, due to high-demand. Thank you for your patience.***
SF County:	For rides outside city limits but within Santa Fe County, call 992-3069.
SF Ride:	For weekend and evening transportation, call 473-4444.

By Gino

A message from the Division Director

By now many of you folks may have heard that on Wednesday, October 18, 2017 I lost my mother to Pneumonia. She was 84, and I will miss her dearly. Her name was Ophelia (Sandoval) Rinaldi. That being said, this is not the message I want to convey. I want to share my personal gratitude to the many men and women who provide the multitude of services to our seniors. My mother received from the Sandoval County Senior Program: Meals on Wheels, Homemakers, Transportation, and Case Management services. I am a true witness to the significance of the help these folks and services played in keeping my mother at home, where she wanted to be. It was more than just services, but the caring, kindness and love she received, were the most appreciated. It is not a required part of a job description, but is indeed a most appreciated benefit to the thousands of seniors and their family members. So from the bottom of my heart I want to send a resounding thank you! And in the spirit of the month of Thanksgiving, I encourage everyone to give thanks to those that help you in any way each day.

I would also like to announce that beginning in November we will be rotating our senior center cooks. As part of our required contingency planning, our cooks will have the opportunity to share their talents across the city. I don't often get the opportunity to see all the cooks in action, but I hear a lot of positive feedback about the meals served, and now I will have the chance to try a variety of cooking first hand.

I also want to wish all our veterans a happy and blessed Veterans Day and thank you for your service. I hope everyone has a safe and happy holiday season!

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. ***No health screenings at flu shot locations.***

Dates for November:

01 – Eldorado Senior Center Free flu shots (nurse inside)	10 am – 2 pm
02 – Corrections Department	9 – 11:30 am
Sheriff's Department Free flu shots	noon – 2 pm
03 – Edgewood Senior Center Free flu shots	11:30 am – 2 pm
04 – Turquoise Trail Fire Station Free flu shots (nurse inside)	10 am – 2 pm
05 – Santa Fe Recovery Center (Nurse inside – no van at site)	9 am – 1 pm
06 – Fort Marcy Free flu shots	9 am – 1 pm
07 – Santa Fe Community College	10 am – 2 pm
08 – El Rancho Senior Center Free flu shots (nurse inside)	10 am – 2 pm
09 – Chimayo Senior Center Free flu shots (nurse inside)	10 am – 2 pm
10 – 11 Veteran's Day Holiday – No van out	
12 – Santa Fe Recovery Center (Nurse inside – no van at site)	9 am – 1 pm
13 – Casa Rufina Apartments Free flu shots	9 am – 1 pm
14 – St. John's United Methodist Church Free flu shots	9 am – 1 pm
15 – Edgewood Senior Center	10 – 11:15 am
Stanley Cyclone Center Free flu shots	noon – 2 pm
16 – Santa Cruz Senior Center Free flu shots (nurse inside)	10 am – 2 pm
17 – Mary Esther Gonzales Senior Center Free flu shots (nurse inside)	10 am – 2 pm
18 – No van out	
19 – St. Elizabeth Shelter (Nurse inside – no van at site)	9 am – 1 pm
20 – Pasatiempo Senior Center Free flu shots (nurse inside)	9 am – 1 pm
21 – Luisa Senior Center Free flu shots	9 am – 1 pm
22 – Casa Villita Free flu shots	10 am – 2 pm
23 – 25 Thanksgiving Holiday – no van out	
26 – Santa Fe Recovery Center (Nurse inside – no van onsite)	9 am – 1 pm
27 – Villa Consuelo Senior Center Free flu shots	9 am – 1 pm
28 – Ventana de Vida Senior Center Free flu shots	10 am – 2 pm
29 – Solana Shopping Center Free flu shots	10 am – 2 pm
30 – Genoveva Chavez Center Free flu shots	10 am – 2 pm

Senior Center Closures

Friday, November 10 – All City of Santa Fe Senior Centers will be closed in observance of Veterans Day; centers will reopen on Monday, November 13.

Thursday, Nov. 23 & Friday, Nov. 24 – All City of Santa Fe Senior Centers will be closed in observance of the Thanksgiving Holiday; centers will reopen on Monday, Nov. 27.

November Caregiver Support Group Meeting

November is National Family Caregiver's Month and National Alzheimer's disease Awareness Month. Please join the Division of Senior Services for a Caregiver Support Group meeting about "Communications and Behaviors" & "Caregiver Self Care." Presented by David Davis, Alzheimer's Association Northeast Regional Manager on Wednesday, November 15 from 1:30 to 4 p.m. at Luisa Senior Center (1500 Luisa Street, entrance on Columbia Street).

AARP Presentation on Scams

Have you or someone you know been a victim of a scam? Or maybe you've wondered how to spot the signs of a scam. Join AARP NM as they present valuable information on how to spot fraud and identity theft and how you can protect yourself and your loved ones from being victims. There will be a 15-minute DVD presentation that also explores the psychology of a scam. There will be two presentation dates and locations.

- Ventana de Vida Senior Center:
Thursday, November 9 from 9:30–11 a.m.
- Mary Esther Gonzales Senior Center:
Tuesday, November 14 from 10 a.m. – noon

A Call for Help: Engaging the NM Crisis and Access Line

Please join the Foster Grandparent and Senior Companion Volunteer Programs as they attend their monthly in-service training on Thursday, November 2 at 9 a.m. Volunteers and all others interested will gather in the Mary Esther Gonzales dining room to hear a presentation by Wendy Linebrink-Allisson, Program Manager for the New Mexico Crisis Access Line. We will examine why people do and do not reach out during a concern, how calls are handled, and what makes NM Crisis and Access Line a key partner to support you in building healthier communities.

Comfort Keepers Sponsors Support Groups for People Living with Chronic Illness and Family Caregivers

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

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

Sometimes just being safe to say what you are thinking and feeling without being judged or given unwanted advice is the best medicine. Listening to someone else can be a welcome break from your own situation and offer a new perspective.

Through participation you will be better equipped to care for yourself, feel less isolated and afraid, and better able to communicate with your family, friends, and health team. As part of Comfort Keepers Community Outreach, the group is free and is facilitated by Eileen Joyce, Certified Coach/Grief Recovery Specialist.

People Living with Chronic Illness

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

Family Caregivers

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

Please contact Eileen at (505) 428-0670, or *ej@eileenjoyce.com*, to reserve your place and get directions to the Santa Fe location.

Veterans Day Parade

The City of Santa Fe Veterans Day Parade will kick off from downtown Santa Fe on Saturday, November 11 at 10 a.m. A ceremony will follow at the Bataan Memorial. For more information contact Parks and Recreation at 955-2146.

La Familia Dental Screening

Don't miss this FREE dental screening event for the entire family! It will be on Saturday, November 18 from 10 a.m. to 2 p.m. at 6401 Richards Ave in Santa Fe (SF Community College Campus). Dental screenings are visual exams of the mouth without x-rays and will include looking for cavities, oral cancer and free sealants for children. No appointment is necessary and children under 18 must be accompanied by a parent or legal guardian. Urgent identified dental needs will be referred to the on-site dentist and may require payment. Kids dress in your favorite superhero outfit! For more information about this event please contact (505) 984-5048 or visit www.lafamiliasf.org.

Be a Santa to a Senior

Each year Home Instead Senior Care offices throughout North America spread holiday cheer to lonely or financially-challenged seniors through the "Be a Santa to a Senior" program. The program has attracted thousands of volunteers over the years distributing gifts to deserving seniors. Since introducing the program, Home Instead Senior Care has helped provide 1.2 million gifts to more than 700,000 seniors around the country. Home Instead Senior Care will partner with the Division of Senior Services in Santa Fe and Santa Fe Care Center to identify seniors who might not otherwise receive gifts this holiday season. The company will then work to help facilitate the purchase and distribution of gifts by placing trees and ornaments at: Christus St. Vincent Regional Medical Center (near the gift shop), both Santa Fe Wal-Mart locations and the Santa Fe Place Mall. Each senior's gift requests are written on a "Be a Santa to a Senior" tree ornament which people then find and purchase. Volunteers collect, wrap, and deliver the gifts to the seniors. Trees will be up from November 12 through December 17, 2017. If you have any questions or are interested in attending our annual Gift Wrapping Party on December 21, please contact Ken Hendricks at Home Instead, (505) 471-2777.

FREE Diabetes Cooking Classes with Kitchen Creations

Do you want to learn how to plan and prepare meals that help manage diabetes? Don't miss out on this FREE series of two cooking classes offered by Kitchen Creations, a cooking school for people with diabetes, sponsored by the NM Department of Health and NM State University. Attend the two cooking classes on Thursday, November 30 and Thursday, December 7 from 9 a.m. to 1:30 p.m. at the Santa Fe County Extension office (3229 Rodeo Road). You will learn about meal planning, healthy cooking and you will receive a free manual and cookbooks. This is a hands-on class which will also include tastings. Pre-registration is required and you must be 18 or over. Please call (505) 471-4711 to register.

Flora's Corner

"To give without any reward, or any notice, has a special quality of its own."

– Anne Morrow Lindbergh, American pilot and writer

In Remembrance

Adelina Ortiz, 101, of Santa Fe, passed away October 17. Born April 2, 1916, in Chili, NM, to Eliseo and Dolores Maestas, she is preceded in death by her husband Tony of 57 years, son Michael, grandson Richard, son-in-law Henry Padilla, siblings: Abel and Charlie Maestas, Carolina Urban (Ramon), and Delia Romero (Manuel). She is survived by her daughter Bernadette Padilla and grandchildren: Loretta (Albert), Phillip (Mary), Irene (Paul), Anthony (Patricia), Paul (Susie), Henry Jr., and Rachel (Adam). Great-grandchildren: Michelle (James), Edward, Albert III (Gabby), Anita (Anthony), Angelica (Andrew), Andrea, Annette (Randy), Cindy (Matt), Andrew, Kyle and Bella. Nine great-great-grandchildren, sister-in-law Emelia and many relatives and friends. Adelina regularly attended the Bingo at Mary Esther Gonzales Senior Center and will be missed by her friends there.

World Class City! World Class Schools!

On September 23rd, Santa Fe Public Schools brought together families, educators, schools, businesses, and organizations as we celebrated our schools and our partnership with the community at the Back to School Bash. This year we estimated over *3,000 people* attended the event at Franklin Miles Park! Highlights included school choirs, flamenco dancers, cheer-leading, free hotdogs, drinks, carnival games and giveaways from our schools as well as many organizations throughout the community. It was heartwarming to see all of the happy faces. We have a strong partnership with our community and that was never more evident than at the Back to School Bash!

Another fun and informative event is on the horizon, and you are invited! Please accept my personal invitation and join us at the SFPS "State of the Schools Event" on November 30 at 5:00pm at the Santa Fe Convention Center. This will be a special evening featuring student performances, appetizers, and desserts, where you can learn more about the great work that is happening in our schools! Call 467-2024 for more information.

Veronica C. Garcia

AT - A - GLANCE

NOVEMBER - 2017

Honoring our veterans: We salute and thank all veterans for your sacrifice and service to our country.

Juan Romero,
U.S. Marine Corps, Korea

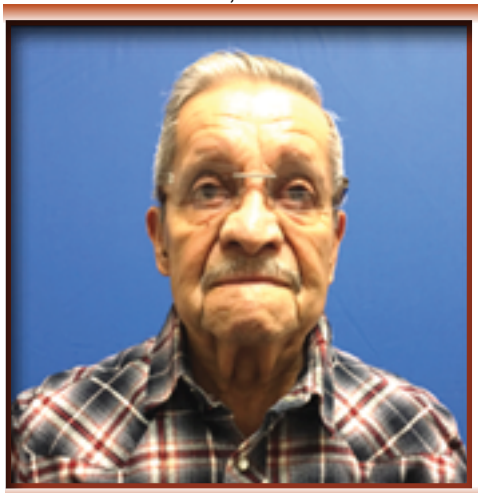
Bernard Nuanez,
World War II

Arcy Peña,
U.S. Navy Seabees

Andres Romero,
Air Force, 1954-58

Dennis Gonzales, U.S. Army Military Police,
Germany 1956-60

Steve Rodriguez, U.S. Navy,
Vietnam 1964-65



Valentin Medrano, U.S. Air Force
during Korea & Vietnam

Joseph Martinez,
U.S. Navy

Bernardo C de Baca,
U.S. Army, 1969-71

COMMUNITY NEEDS

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

Solace Crisis Treatment Center Volunteer Advocate Needed

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

9/11 to 11/11 Hurricane Relief Donation Drive

The City of Santa Fe Senior Corps Volunteer Programs (FGP, RSVP, SCP) are collecting personal care items for individuals affected by the hurricane disasters. It kicked off on September 11th in honor of the 9/11 National Day of Service and Remembrance and will run until November 11th in honor of Veteran's Day. All donations will go to help families affected by the recent hurricane devastation; donations will go through the Food Depot to be delivered to its sister food banks in the appropriate state. If you are interested in contributing please donate NEW items only, including: packaged toothbrushes, toothpaste, deodorant and feminine products. You can drop donations off at the Mary Esther Gonzales Senior Center (1121 Alto St).

Join the Girls Inc. Bold Futures Mentoring Program

You can help mentor 9–12 year old girls and inspire them to grow up healthy, educated and independent. Mentors will be needed afterschool on Fridays from 2–4 p.m. starting November 10 through May 11, 2018. A kick-off party is planned for Friday, November 3 from 5–8 p.m. Food will be provided. Call Triston to get started.

Feliz Cumpleaños Voluntarios Que Nacieron en Noviembre

RSVP *Voluntarios*

Alvino Castillo	11/02
Elmer N. Leslie	11/02
Victor Teng	11/02
Will Gethin-Jones	11/04
Connie C. Duran	11/06
David R. Schell	11/06
Karon Hanrahan	11/07
Lucy R. Padilla	11/08
Anne Mary Karshis	11/09
Cecilia Lopez	11/09
Randy Murray	11/09
Carmen L. Ortiz	11/09
Patricia Kuhlhoff	11/10
Elvira Apodaca	11/11
Bernard A. Brock	11/11
Amaila Dofflemyer	11/13
Joseph Martinez	11/15
Mary Noonan	11/16
Bernadette Sandoval	11/16
Adelaida "Liddy" Padilla	11/17
Johnny R. Roybal	11/18
Anna Mae Gallegos	11/19
Joyce A. Roberts	11/19
Robert Shelley	11/20
Barbara Welsh	11/22
Jacqueline S. Abell	11/26
Rochelle Byars	11/26
Israel Cruz	11/27
Juan Romero	11/28
Rudy F. Gonzales	11/29

FGP/SCP *Voluntarios*

Mary Sandoval	11/15
Bernadette Sandoval	11/16

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

Like us on Facebook
www.facebook.com/rsvpsantafe
RSVP Santa Fe is now on Facebook! Give us a like to keep up with current program news, events and the latest opportunities with our community partners.

ONGOING ACTIVITIES

NOVEMBER - 2017

All activities are open to registered seniors.

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

Luisa Senior Center – 1500 Luisa Street (entrance on Columbia Street)				
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
	11:45 am: Sing along			**1-3 pm:** Bingo
8 am – 1:30 pm: Fitness room				

Mary Esther Gonzales (MEG) Senior Center – 1121 Alto Street				
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
8:15 am: Tai Chi **9-11 am:** Guitar class **9:30 am:** Enhance Fitness **1 pm:** Hospice Crafts **1-3 pm:** Bingo	**8:15 am:** Tai Chi **9 am:** Jewelry class **9:30 am:** Yoga **1:30 pm:** Oil painting 11/07 and 11/21 **1:30 pm:** Nia Technique (3rd Tuesday)	**8:15 am:** Tai Chi **9:30 am:** Enhance Fitness **9:30 am:** Ceramics **10:30 am:** DanceAbility **1-3 pm:** Bingo	**8:15 am:** Tai Chi **9:30 am:** Wood carving **10-11 am:** Chi Gung (gentle exercise)	**9:30 am:** Enhance Fitness **9:30 am:** Ceramics **2 pm:** Knitting
7 am-4:30 pm: Pool/cards/billiard room **AND** Fitness room **8 am-4:30 pm:** Computer room hours (open use when classes not in session) ****Computer class schedule:*** **Beginner** – Wednesdays 9-10:30 am; **Intermediate** – Fridays 9-10:30 am				

Pasatiempo Senior Center – 664 Alta Vista Street				
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
8:30 am: Yoga (class currently full) **12:30 pm:** Bridge	**8:30 am:** Zumba **9:30-11:30 am:** Guitar class **1 pm:** Line dance (Advanced)	**8:30 am:** Yoga (one spot available) **Noon:** Sing along	**9 am:** Tai Chi **10 am**: Zumba **10 am:** Ceramics **1 pm:** Line dance (Intermediate)	**1 pm:** Line dance (Beginner/Low intermediate)
8 am – 1:30 pm: Fitness room				

Ventana de Vida Senior Center – 1500 Pacheco Street				
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
1:30-3:30 pm: Ceramics	**1 pm:** Art class	**9:30-10:30 am:** Spanish class **1:30-3:30 pm:** Ceramics	**1-3 pm:** Bingo	

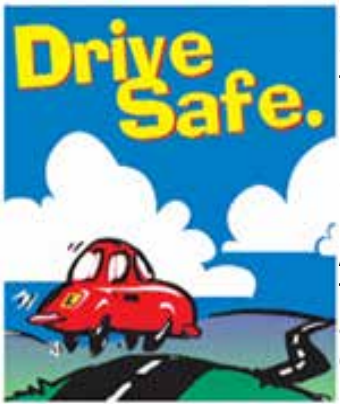
Villa Consuelo Senior Center – 1200 Camino Consuelo				
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
9:30 am: Ceramics	**11 am – 2 pm:** Bingo	**9:30 am:** Ceramics		

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

UPCOMING ACTIVITIES

NOVEMBER - 2017

AARP "Smart Driver" Course



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

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

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

Upcoming dates are:

- November 14
- December 12

Spanish Classes for Beginners

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

Monthly Senior Services Committee Meetings

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

Advisory Board: Wed., Nov. 15 at 9:30 a.m.
Senior Olympics: Thursday, Nov. 16 at 1 p.m.
Transportation/Nutrition: No meeting this month
Travel Committee: Thursday, Nov. 16, 8:45 a.m.
SAC Board: Thursday, Nov. 16 at 10 a.m.

Monthly DSS Senior Center Meetings

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

- Ventana De Vida: Monday, Nov. 6 at 9:30 a.m.
- Villa Consuelo: Monday, Nov. 6 at 10 a.m.
- Pasatiempo: Monday, Nov. 6 at 1 p.m.
- Luisa Center: Tuesday, Nov. 7 at 9 a.m.

Weekend Bingo at Luisa $100 Guarantee

The Luisa Senior Center (1500 Luisa Street, enter on Columbia) will host a Bingo on Sunday, November 5 from 1–4 p.m. The cost is $12 for a package and four specials at $1 each. The blackout game is $2 and the jackpot winner goes home with $100! Please bring small bills. We will be serving Frito pies and a drink for $5. Bring your friends and family – everyone is welcome!

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 November are as follows on Wednesdays at 10 a.m.:

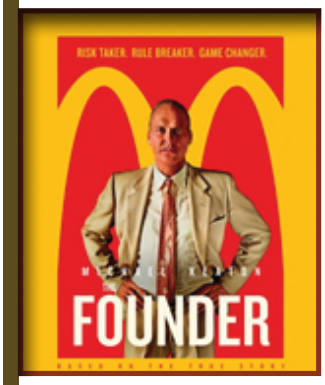
- November 8 MEG
- November 15 MEG
- November 29 Pasatiempo

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

UPCOMING ACTIVITIES

NOVEMBER - 2017

Movie Day at Ventana De Vida Senior Center
Wednesday, November 22, 2017 at 1 p.m.
"The Founder"
(2016 • PG-13 • 1h 55m)



This movie tells the true story of Ray Kroc, an American salesman who turned the two McDonald brothers' innovative hamburger stand into the biggest restaurant business in the world, using a combination of ambition, persistence and ruthlessness! Starring Michael Keaton.

Movie Day at the MEG Senior Center
Tuesday, November 28, 2017 at 1 p.m.
"Courage of Lassie"
(1946 • G • 1h 32m)

Teen Kathie Eleanor Merrick (Elizabeth Taylor) finds a dog in the woods, takes him home and dubs him "Bill." But after Bill is injured and goes missing, the dog is shipped from hospital to military training center to Europe, where he aids the Americans during World War II. He and Kathie meet again, but Bill, hardened by the war, is quick to turn on strangers. Hoping to keep him out of trouble, Kathie gets help from volunteer lawyer Harry MacBain (Frank Morgan).

Let's Celebrate Your Birthday

Each senior center will be supplying cake to celebrate those who have a birthday this month! Birthday celebrations take place on the following dates during the lunch hour:

- Luisa: Friday, November 3
- MEG: Wednesday, November 1
- Pasatiempo: Wednesday, November 8
- Ventana de Vida: Wednesday, November 15
- Villa Consuelo: Tuesday, November 7

Movie Day at Luisa Senior Center
Thursday, November 30, 2017 at 1 p.m.
"Megan Leavey"
(2017 • PG-13 • 1h 55m)

The true life story of Megan Leavey, a young Marine corporal whose unique discipline and bond with a military combat dog saved many lives during her deployment in Iraq. Assigned to clean up the K-9 unit after a disciplinary hearing, Leavey starts to identify with Rex, a particularly aggressive dog that she trains. Over the course of their service, Megan and Rex complete more than 100 missions until an improvised explosive device injures both, putting their fates in jeopardy.

Ken from Home Instead Sings at MEG

Join us for lunch at the MEG Center on Monday, November 27 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.

Property Tax Payments Accepted at MEG

The Santa Fe County Treasurer's Office will be accepting Property Tax Payments at the Mary Esther Gonzales Senior Center (1121 Alto Street) on the following days:

- Thursday, November 9, 10:30 a.m. – 1 p.m.
- Friday, November 17, 10:30 a.m. – 1 p.m.
- Friday, December 1, 10:30 a.m. – 1 p.m.

The treasurer's office will only accept: check, money order, credit card or cashier's check; ***cash will not be accepted.*** For more information please call (505) 986-6245.

MEG Exercise Room

Volunteer trainer Gitte Mainland is available to assist seniors in the MEG exercise room on Thursdays from 10 a.m. to noon (except 11/23, Thanksgiving). If you would like assistance please join her!

Nia Technique on 1st & 3rd Tuesdays

The Nia Technique is a mind/body physical conditioning program that combines martial arts, modern dance arts and yoga in a workout set to music. Attend the Tuesday Nia Technique class at the MEG Senior Center and see how much fun it is! Classes are the first and third Tuesdays each month at 1:30 p.m., but there will only be one class in November.

- November 7 ***Canceled***
- November 21

Chi Gung Now Offered at MEG Senior Center

Are you interested in attending this class, but aren't quite sure what Chi Gung is? According to WebMD, it is an ancient Chinese practice similar to Tai Chi that combines slow, deliberate movements, meditation and breathing exercises to help your circulation, balance and alignment. The low-impact exercise is said to put minimal stress on the joints and muscles making it an "excellent fitness activity for beginners and people with health conditions," according to WebMD. Although the gentle movements are easy on the joints, it's always best to check with your doctor if you have any health conditions or injuries to make sure this exercise is right for you. Still interested? Please join volunteer instructor, Rezi for "Chi Gung – energy medicine slow motion for health and harmony" at the Mary Esther Gonzales Senior Center dining room on Thursdays from 10–11 a.m.

Are you 60 plus? Hike with us!

Are you interested in exploring the Santa Fe area through a group hike? Sign up for this month's hike to the Waterfall Trail in Hyde Memorial State Park. This .5-mile roundtrip hike will begin near Group Shelter #2 in the state park. The rocky trail follows a trickling creek through a narrow canyon to a wall of bedrock with water cascading over the sheer rock; it is considered easy but challenging in spots.

The hike will be led by a volunteer on Thursday, November 16. Check-in will be at 8:30 a.m. at the Mary Esther Gonzales Senior Center (1121 Alto Street); the van will depart at 9 a.m. There is a suggested donation of 50 cents one-way. Be sure to wear sturdy, comfortable hiking/walking shoes, bring water and a snack or sack lunch, and it's recommended that you wear a hat, sunglasses, sun block, and dress in layers for this time of year. The maximum number of participants for this date 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.

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 November.

Pasatiempo: Wed., Nov.1	10:30 am – noon
Luisa: Thursday, Nov. 2	11 am – noon
Ventana: Thursday, Nov. 9	11 am – noon
MEG: Wednesday, Nov. 15	10:30 am – noon
Villa Consuelo: Tuesday, Nov. 21	10 – 11 am

Free Flu Shots

The Santa Fe County Mobile Health Van nurse will be at the Mary Esther Gonzales Senior Center on Friday, November 17 from 10 a.m. to 2 p.m. in the front lobby providing free flu shots to adults and children over six months.

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

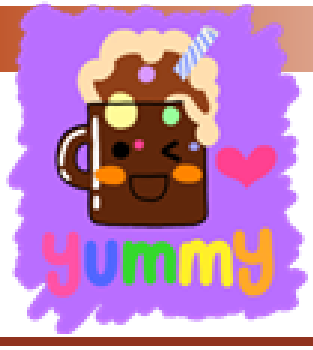
Attend a series of ICAN classes at the Mary Esther Gonzales Senior Center (MEG) the dates/times are as follows in Boardroom.

- MEG: Wednesday, Nov. 1 at 11:30 a.m.
- MEG: Wednesday, Nov. 8 at 10:30 a.m.
- MEG: Wednesday, Nov. 29 at 10:30 a.m.

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

Veterans Oral History Project Expanded

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



Root Beer Floats at Luisa Center

Do you like root beer floats? Visit Luisa on Friday, November 17 from 11:30 a.m. to 12:30 p.m. and enjoy a root beer float for $1.

Medicare Open Enrollment

The Aging and Disability Resource Center (ADRC)/ State Health Insurance Assistance Program (SHIP) has scheduled a series of enrollment dates throughout the state to assist individuals who may want to switch their plan or newly enroll into a Medicare prescription drug plan or Medicare Health Plan. Screening for Extra Help to assist with paying for prescription drug costs will also be provided. Each event is free and open to the public. Please bring your prescriptions, or a list of all medications you take, including the full name of the drug, the strength, and the dosage. There are events scheduled at the following senior centers:

Mary Esther Gonzales (MEG) Senior Center (1121 Alto St)

BY APPOINTMENT ONLY on the following Wednesdays at MEG; call (505) 955-4721 to schedule an appointment.

- November 1, 2017
- November 8, 2017
- November 15, 2017
- November 22, 2017
- November 29, 2017
- December 6, 2017

Luisa Senior Center (1500 Luisa)

Thursday, November 9 from 9 a.m. to 3 p.m.

Pasatiempo Senior Center (664 Alta Vista)

Monday, November 13 from 9 a.m. to 3 p.m.

If you cannot attend one of the enrollment events please contact the ADRC at 1-800-432-2080 for assistance.

Radio Station Broadcasting Live at MEG

There will be a live radio broadcast by Que Suave 99.9 at the Mary Esther Gonzales Senior Center on Wednesday, November 1 from 10–11 a.m. in the boardroom. There will be discussion on Medicare Open Enrollment and you're invited to join in! Also stop by and chat with a constituent services representative from Congressman Lujan's office.

MyPlate Holiday makeover

visit **choosemyplate.gov** for healthier options during the holidays

tweak the sweets

VS

fruits make delicious desserts

cheers to good health

VS

SODA

drink water to manage calories

bake healthier

UNSWEETENED APPLE SAUCE

VS

BUTTER

use recipes with pureed fruits instead of butter or oil

spice it up

SAGE

CINNAMON

VS

use spices and herbs instead of sugar and salt

brighten your meal

VS

fill half your plate with fruits and vegetables

skim the fat

EVAPORATED SKIM MILK

VS

HEAVY CREAM

try skim evaporated milk instead of heavy cream

swap the grains

VS

choose whole wheat flour instead of white flour

go easy on the gravy

VS

a little bit of gravy goes a long way

USDA is an equal opportunity provider and employer.

Helpful Tips: Uses for Vinegar and Coffee Filters

Submitted by Anke Mihalas, RSVP Volunteer

Household Uses for Vinegar
(Plain white distilled vinegar, 5% acidity)

1. Erase ball-point marks – dab white vinegar on the marks with cloth or sponge, repeat until stain is gone.
2. Clean window blinds – put on white cotton glove dipped in a solution of equal parts of vinegar and hot water. Slide across both sides of each slat. Wash off glove periodically
3. Get rid of water stains on furniture – mix equal parts vinegar and olive oil, apply with soft cloth wiping with the wood grain, then polish with a clean soft cloth.
4. Restore your rugs and revitalize the colors – brush with push broom or big brush dipped in a solution of 1 cup vinegar in 1 gallon water.
5. Prevent mildew on bottom of rugs – mist backs with full-strength vinegar from a spray bottle.
6. Remove carpet stains – rub light stains with a mix of 2 tablespoons salt dissolved in ½ cup white vinegar, let dry, then vacuum. For larger or darker stains, add 2 tablespoons borax to the above mix and use the same way. For tough, ground-in dirt and other stains, make a paste of 1 tablespoon vinegar with 1 tablespoon cornstarch and rub into the stain using a dry cloth. Let it set for two days, then vacuum. To make spray-on spot and stain remover, fill a spray bottle with 5 parts water and 1 part vinegar. Fill a second spray bottle with 1 part nonsudsy ammonia and 5 parts water. Saturate stain with the vinegar solution. Let it sit for a few minutes, then blot well with a dry cloth. Then spray and blot using the ammonia solution. Repeat until stain is gone.
7. Remove candle wax from wood furniture – remove as much as possible by heating the wax with a blow-dryer and blot up with paper towels. Then use a soft cloth dipped in a solution of equal parts vinegar and water. Wipe clean with a soft, absorbent cloth.
8. Unclog and deodorize drains – with a funnel pour ½ cup baking soda followed by 1 cup vinegar into the drain. When foaming stops, flush with hot tap water and wait five minutes, then flush again with cold water. This clears blockages and washes away odor-causing bacteria.
9. Odor eliminator – mix equal parts of vinegar and water in spray bottle and spray around smoke, after cooking fish or garlic or onion. It will smell like vinegar but within a few minutes all odors are gone. (This is my favorite room deodorizer, handy, inexpensive, chemical-free, and non-harmful!)
10. Clean chrome and stainless steel around the house – spray undiluted vinegar from a spray bottle, buff with a soft cloth to make it shine.
11. Deodorize lunch boxes or garbage pails – leave a vinegar-soaked paper towel overnight and smell is gone next morning.
12. Clean microwave – place a glass bowl with ¼ cup vinegar and 1 cup water inside and let boil a few minutes. When cooled off, dip cloth or sponge into the liquid and wipe away stains on the interior. This also removes any funky odors.
13. Refresh refrigerator – wash interior and exterior with equal parts vinegar and water, don't forget the gaskets. Wash the interior of the bins with full-strength vinegar to prevent mildew, then finish off by wiping the top of the refrigerator to clean off dust and grime.
14. Disinfect cutting boards – wipe with vinegar after each use to clean. If wooden surface needs deodorizing and disinfecting, sprinkle some baking soda over it and then spray with vinegar. Let it foam and bubble for 5-10 minutes, then

rinse with a clean cold water- dipped cloth.

15. Clean silverware and silver jewelry – soak in a mix of ½ cup vinegar and 2 tablespoons baking soda for two to three hours, then rinse under cold water and dry with a soft cloth. Only use on sterling silver jewelry!
16. Clean coffeemaker – fill the decanter with 2 cups vinegar and 1 cup water, place a filter in the machine and pour the solution into the coffeemaker's chamber. Turn on and let it run through a full brew cycle. Replace filter with a new one and run clean water through the machine for two full cycles, replacing filter again for second brew cycle. If you have hard water, do this after about every 40 cycles to keep it clean.
17. Refresh ice trays – to remove hard water stains let them soak in undiluted vinegar for a few hours, then rinse well under cold water and let dry.
18. Clean a teakettle or hot water pot – to eliminate lime and mineral deposits bring three cups vinegar to a full boil for five minutes and leave vinegar in the kettle overnight. Rinse with cold water next morning and it will be like new on the inside!
19. Ants in the house – they hate vinegar! Spray around where they come in and they should quickly run away, you can repeat this with full- strength vinegar of half vinegar, half water. This is another one of my favorites!

Things You Can Do With Coffee Filters
(Aside from making coffee)

You can buy hundreds of coffee filters at a discount store for very little money and there is so much you can do with them:

1. Holds dry ingredients when baking or holds cut pieces of fruit or vegetables
2. Use as spoon rest when cooking or clean up spills
3. Use to prevent spills when adding fluids to your car
4. Tie fresh herbs in for soups and stews
5. Put some baking soda into coffee filter and insert into shoes to absorb odors
6. When embroidering or appliqueing fabrics as tear-away backing
7. In the bathroom as razor-nick repairs
8. On a plate put fried chicken, bacon, French fries on coffee filters to soak up grease
9. Poke a hole in coffee filter to catch popsicle drips
10. Line flower pot with 1 or 2 filters to catch dirt from washing out at bottom
11. Perfect for holding tacos or as wrapper for messy foods
12. When weighing loose or chopped ingredients on kitchen scale place on filter
13. If straining oil or broth place filter in strainer
14. Ball up filter to apply shoe polish
15. If cork crumbles when opening wine, filter it through coffee filter
16. Protect China by placing filter in between each plate
17. Place filter in cast iron skillet to absorb moisture and prevent rust
18. Coffee filters are lint-free and work well to clean mirrors, windows, chrome
19. When cooking in the microwave, cover bowl or dish with filter
20. Wrap Christmas ornaments for storage
21. Take off nail polish
22. Moisten filter and place seeds to be sprouted inside and put in plastic bag
23. Use as a disposable container for chips, popcorn, etc.
24. When pressing flowers, put between filters and weigh down to press

SENIOR OLYMPICS SPOTLIGHT

NOVEMBER - 2017

Senior Olympic Spotlight

Congratulations to all the athletes who participated at the State Games in Albuquerque from July 19–22. We had a total of 95 athletes represent Santa Fe and these amazing athletes brought home a total of 249 medals, including: 101 gold, 75 silver, 30 bronze, 17 placed 4th, 11 placed 5th, and 16 placed 6th.

Elaine Abhold	Wendell Egelhoff	Ruben Jaramillo	Innette Mirabal	Bernadette Quintana	Jack Scott
Ann Aceves	Gerald Elliott	Judith Jenkins	Margaret Murray	David Raymer	Kerri Segell
Elizabeth Armijo	Albert Esparsen	Robert JenkinsJr.	Jerry Nabb	Jon Redman	Brian Shields
Charles Beach	Ellen Fuller	G.T.S. Khalsa	Robert Napier	Margaret Rigatti	Thomas Simek
Eva Borins	Robert Funkhouser	James Koch	Randy Neumann	Richard Rivera	Sylvia Smithberger
Michael Budnik	Dale Goering	Tom Kulesa	Marta Nystrom	Carolyn Robinson	Craig Stamm
Ernest Buenafe	Frieda Gonzales	Flora Leyba	Cristella Ortiz	James Rogers	Monica Steidele
Larry Burke	BarbaraGullingsrud	Wayne Lloyd	Josina Ortiz	Karen Rogers	Robert Thornburg
Joseph Calabaza	Vivian Gundzik	Brenda Mallary	Julie Ortiz	Royann Romero	Byron Treaster
Karl Cardenas	Marianna Hatten	Adelaido Martinez	Alfred Padilla	Dorothy Roybal	Ethel Trimmer
Randall Chitto	Linda Hedrick	Isabel Martinez	Barbara Padilla	Emma Roybal	Maureen Trujillo
Anita Cisneros	Stephen Hill	Paul Martinez	Deborah Pearson	Joe Roybal	Samuel Tuma
Melissa Clayton	Michelle Holland	Melanie Martino	Fred Pearson	Johnny Roybal	James Voigt
Beth Davenpot	Michael Hurlocker	John Miles	Shirley Pearson	Ricardo Roybal	Irene Vold
Sarah Degive	Barbara Hutchison	John Miller	Henry Pick	Lydia Sanchez	Andrea Weiss
Richard Dew	Maggie Jaramillo	Linda Miller	Gayle Price	Earl Santillanes	

Upcoming events:

State Basketball 3-on-3 Tournament
Genoveva Chavez Community Center
November 3 – 5 (Friday – Sunday)

All of you athletes are such an inspiration to me – so much talent!
- Cristina Villa

Senior Services Says Goodbye and Congratulations to Long-time Program Manager

The Division of Senior Services says goodbye to another long-time and dedicated employee. After nearly 20 years with the City of Santa Fe, all in Senior Services, Fran Rodriguez retired as a Transportation Project Manager and Dispatcher at the end of October.

Fran began working for the City in 1998 as an emergency hire van driver in Senior Services and remained as a driver for three years. She was then placed in the office and put to work as the transportation dispatcher, a position she held until her retirement. Prior to joining the City workforce, Fran spent 13 years in various Santa Fe hotels in many roles: at La Fonda as a Reservations Manager and Front Desk Supervisor, Garrett's Desert Inn as a Front Desk Hostess, Bartender and Dining Room Manager, as a Hilton bartender, and a waitress at the Sheraton and Inn at Loretto. Fran also worked as a substitute teacher for two years in Santa Fe when her children were younger.

She says it's funny she ended up in senior services, a career path she never expected but grew to really enjoy, and she will walk away with many memories.

"My favorite thing has been getting to know the seniors on a personal basis – hearing about their life stories and families," Fran says. "My co-workers have always been good too and I've had some excellent teamwork. I will miss everyone."

So what's next for Fran? She says she is going to visit with her four children and nine grandchildren, but also… "You might see me around the senior center for a meal now and then and I'll be back to volunteer."

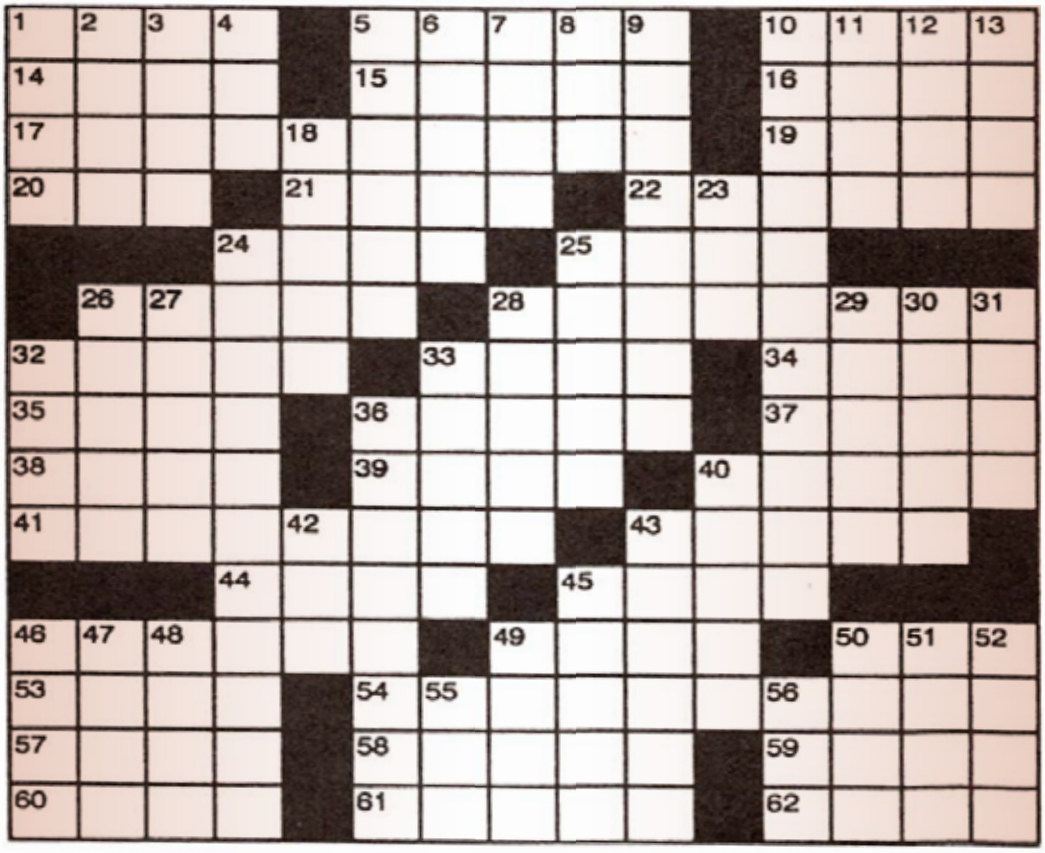
PUZZLE 30

ACROSS

1. Support
5. French river
10. Towel word
14. Beak membrane
15. Quebec city
16. Wild ox
17. Acrobatic feat
19. Unwilling, old style
20. Summer, abroad
21. Red planet
22. ____ tennis
24. Sink a putt
25. Cheongsam feature
26. Quench
28. Skeletal
32. Expiate
33. Relatives
34. Deep mud
35. New York college
36. Curt
37. Sioux tribesman
38. Type of cherry
39. Melody
40. Rotates
41. Sap
43. Quotes
44. One, in Bonn
45. British spa
46. North African fox
49. Emanation
50. ____ Tse-tung
53. District
54. How lovers walk
57. Expired
58. Oration
59. Toward shelter
60. Withered
61. Wines and ____
62. Emulates Dorcas

DOWN

1. Throb
2. Cadence
3. Sea eagle
4. Newscaster Koppel
5. Pierce
6. European industrial region, to Pierre
7. Shield
8. Nancy's mate
9. Aubergine
10. Precarious
11. Oklahoma town
12. Rock's companion
13. Store event
18. Chimney output
23. Isle
24. Combat weapon
25. Small drum
26. Discoloration
27. Actor Greene
28. Solitary
29. Bishop's wear
30. Actor Jeremy ____
31. Average grades
32. French clergyman
33. Flume
36. Stopped the bleeding
40. Cronus, for one
42. Compete
43. Dentists' concern
45. Tennis great Don ____
46. Fancies
47. Cleveland's waterfront
48. ____ -do-well
49. Soon
50. "The ____ Animal"
51. Again
52. Lyric poems
55. Clay today
56. Possesses



75 Pop Females

While actresses Elizabeth Taylor, Julie Christie, and Donna Reed were catching the public's eye, their first names were making the list of popular female names of the 1960s, some of which are featured below. Solution on page 143

- ☐ ANGELA
- ☐ BARBARA
- ☐ BRENDA
- ☐ CAROL
- ☐ CHERYL
- ☐ CHRISTINE
- ☐ CYNTHIA
- ☐ DAWN
- ☐ DEBORAH
- ☐ DENISE
- ☐ DIANE
- ☐ DONNA
- ☐ ELIZABETH
- ☐ JENNIFER
- ☐ JULIE
- ☐ KAREN
- ☐ KATHLEEN
- ☐ KELLY
- ☐ KIMBERLY
- ☐ LAURA
- ☐ LINDA
- ☐ LISA
- ☐ LORI
- ☐ MARIA
- ☐ MARY
- ☐ MELISSA
- ☐ MICHELLE
- ☐ NANCY
- ☐ PAMELA
- ☐ PATRICIA
- ☐ ROBIN
- ☐ SANDRA
- ☐ SHARON
- ☐ SUSAN
- ☐ TAMMY
- ☐ TINA

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

PUZZLE ANSWERS

NOVEMBER - 2017

PUZZLE 30

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

75

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

BREAKFAST MENU

NOVEMBER - 2017

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
City of Santa Fe Division of Senior Services Meal Take Out Policy **No meals shall be carried out for consumption outside the meal site by any individual other than trained staff or volunteer meal delivery personnel.**		**1** Sausage Cheese, red chile Small roll Jelly	**2** Ham & cheese biscuit Salsa, jelly	**3** French toast w/maple syrup Sausage Tomato juice
6 Grilled ham Cheese, red chile Small roll Jelly	**7** Breakfast burrito w/scrambled egg, cheese, bacon Salsa	**8** Pancakes w/maple syrup Sausage Tomato juice	**9** Huevos rancheros w/egg, cheese, corn tortilla, beans Salsa	**10** **All Senior Centers CLOSED in observance of Veterans Day**
13 Scrambled egg Cheese, bacon Grilled peppers Hash browns, toast	**14** Boiled eggs Small roll, salsa Potatoes, toast Margarine	**15** Sausage Cheese, red chile Small roll Jelly	**16** Ham & cheese biscuit Salsa, jelly	**17** French toast w/maple syrup Sausage Tomato juice
20 Grilled ham Cheese, red chile Small roll Jelly	**21** Breakfast burrito w/scrambled egg, cheese, bacon Salsa	**22** Pancakes w/maple syrup Sausage Tomato juice	**23** **All Senior Centers CLOSED in observance of Thanksgiving**	**24**
27 Scrambled egg Cheese, bacon Grilled peppers Hash browns, toast	**28** Boiled eggs Small roll, salsa Potatoes, toast Margarine	**29** Sausage, cheese Red chile Small roll, jelly	**30** Ham & cheese biscuit Salsa, jelly	

Seasonal Sweet Treat: Pumpkin Pudding
Source: Oregon State University Cooperative Extension Service via ChooseMyPlate.gov

Makes: 6 servings
**Total Cost: $**$$$

No cooking required for this tasty pumpkin pudding. Kids can help prepare with supervision.

Ingredients

1 can pumpkin (15 ounces, or 2 cups cooked mashed squash such as Hubbard)
2 teaspoons pumpkin pie spice (or 1 teaspoon cinnamon, 1/2 teaspoon ginger, 1/4 teaspoon nutmeg and 1/4 teaspoon cloves)
1/8 teaspoon salt
1 1/2 cups milk (1% low-fat)
1 vanilla pudding (instant, 3.5 oz (small box))

Directions

1. Remember to start by washing your hands. In a large bowl mix pumpkin, salt and pumpkin spice together.

2. Slowly stir in milk and mix well. Add instant pudding mix and stir for 2 minutes until it thickens. Refrigerate until serving time.

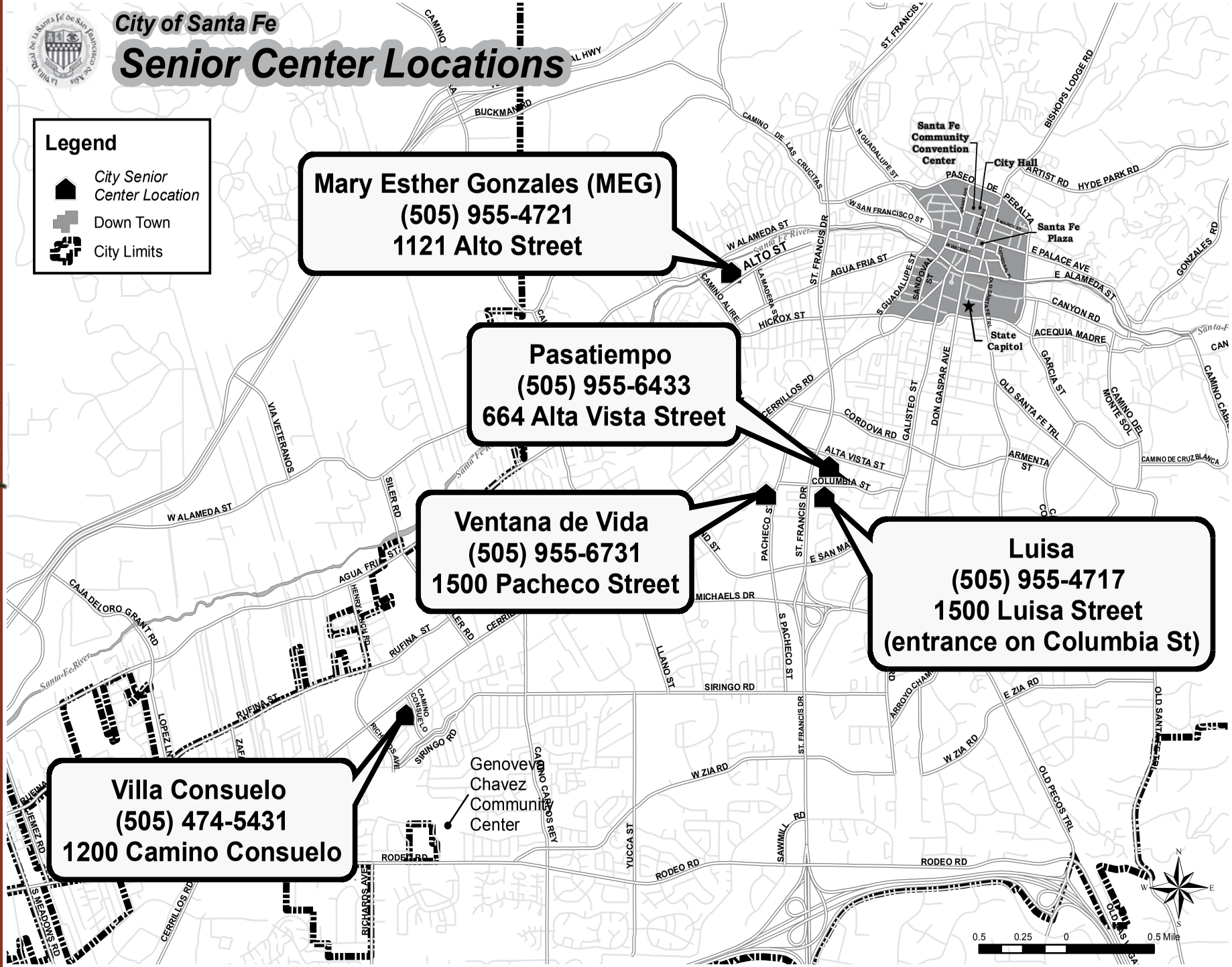
SENIOR CENTER LUNCH MENU
NOVEMBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
REMINDER: City of Santa Fe Division of Senior Services Meal Take Out Policy **No meals shall be carried out for consumption outside the meal site by any individual other than trained staff or volunteer meal delivery personnel.**		***1*** **Chicken Breast** Cream Sauce Egg Noodles Carrots Roll Cherry Cobbler	***2*** **Baked Ham** Baked Yams French Style Green Beans Roll Jell-O	***3*** **Pork Tamale** Red Chile Sauce Refried Beans Corn Spinach Salad Baked Spiced Apples
6 **Baked Cod** Tartar Sauce Coleslaw Mixed Veggies Hushpuppies Mandarin Oranges	***7*** **BBQ Chicken Breast** Potato Salad Pork n Beans Sliced Carrots Biscuit Pineapple	***8*** **Red Chile Beef Enchiladas** Spanish Rice Calabacitas Apricots	***9*** **Pepper Steak** Mashed Potatoes Cream Gravy Broccoli Cake with Icing Roll	***10*** **All Senior Centers are CLOSED in observance of the Veterans Day Holiday**
13 **Carne Adovada** Refried Beans Mexi Corn Tortilla Mixed Fruit	***14*** **Beef Tips** Over Rice Mixed Veggies Cottage Cheese with Peaches Roll	***15*** **Thanksgiving Dinner** **Turkey Roast w/Gravy** Stuffing / Asparagus Cranberry Sauce Tossed Salad Dinner Roll Pumpkin Pie	***16*** **Pork Chop** Rice Pilaf Brown Gravy Green Beans Roll Applesauce	***17*** **Green Chile Chicken Enchiladas** Pinto Beans Tossed Salad Jell-O
20 **Spaghetti with Meatballs** Italian Veggies Garlic Bread Vanilla Pudding	***21*** **Chicken Cordon Bleu** White Cheese Sauce Broccoli Rice Pilaf Cookie	***22*** **Tuna Salad** Cold Peas Potato Chips Crackers Peaches	***23*** **All Senior Centers are CLOSED in observance of Thanksgiving** 	***24***
27 **Salisbury Steak** White Rice Brown Gravy Peas and Carrots Tropical Fruit Roll	***28*** **Sweet n Sour Chicken** Stir Fry Veggies Egg Roll Fortune Cookie	***29*** **Beef & Bean Burrito** Chile Sauce Garnish California Veggies Tapioca Pudding	***30*** **Baked Fish Fillet** Parsley Potatoes Broccoli with Cheese Lemon Bars Roll	

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

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

Please print your name clearly on our meal sheets when eating at any of the centers.
Menu is subject to change.

City of Santa Fe

Senior Center Locations