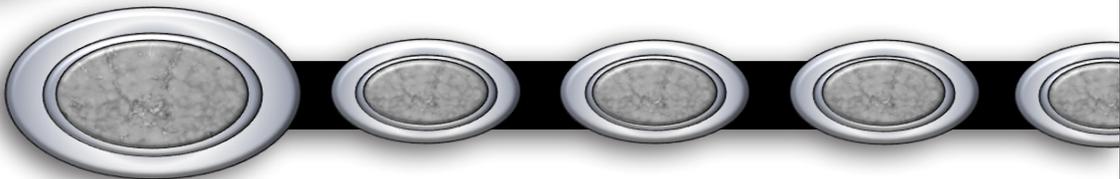


# The Senior Scene

AUGUST 2014



Programs and Activities  
for Older Adults  
Programas y Actividades  
para Adultos Mayores

offered by:

Division of Senior Services





# CITY OF SANTA FE, DIVISION OF SENIOR SERVICES

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

08/2014

Welcome,

The City of Santa Fe's Division of Senior Services offers a variety of programs and services at five senior centers throughout the City of Santa Fe. If you are age sixty or over, we invite you to make use of our services and facilities and participate in our programs. Most activities are free and only a few request a suggested donation. These are your services 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, City-run fitness facilities and public libraries, and senior living communities. It is also available online at [www.santafenm.gov](http://www.santafenm.gov). Enter "Senior Scene" in the keyword search box at the top. Then click the purple underlined words "Senior Scene Newsletter". Or, you may find it on the Retired Senior Volunteer Program's website at [www.rsvpsantafe.org](http://www.rsvpsantafe.org).

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## **Front Desk Reception** (505) 955-4721

Toll-Free Administration Line (866) 824-8714

**Ron Vialpando, DSS Director** 955-4710

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## **Administration**

Cristy Montoya, Administrative Secretary 955-4721

Sadie Marquez, Receptionist 955-4741

FAX Machine - Administration 955-4797

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## **Senior Services Registration**

Brenda Ortiz, Database Specialist 955-4722

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## **Transportation Ride Reservations** 955-4700

Fran Rodriguez, Project Manager/ Dispatch 955-4702

Robert Chavez, Project/Fleet Manager 955-4703

Linda Quesada-Ortiz, Transportation Admin. Assistant 955-4756

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## **Nutrition**

Thomas Vigil, Program Administrator 955-4740

Enrique DeLora, Inventory Supervisor 955-4750

FAX Machine - Nutrition 955-4794

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## **Meals On Wheels (for homebound individuals)**

Carlos Sandoval, Program Supervisor 955-4748

Yvette Sweeney, Administrative Assistant 955-4739

Robert Duran, MOW Assessments 955-4747

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## **Senior Center Programming (Activities)**

Lugi Gonzales, Center Program Manager 955-4711

Cindy Sena, Program Coordinator 955-4715

M.E.G. Center, Ventana de Vida Center

Cristina Villa, Program Coordinator 955-4725

Luisa, Pasatiempo, Villa Consuelo

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

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## **Homemaker, Non-Medical Personal Care**

Theresa Trujillo, Program Supervisor 955-4745

Katie Ortiz, Clerk Typist 955-4746

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## **Foster Grandparent/Senior Companion Program**

Melanie Montoya, Volunteer Prog. Admin. 955-4761

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## **Retired Senior Volunteer Program (RSVP)**

Vacant, RSVP Coordinator 955-4760

Marisa Romero, Administrative Secretary 955-4743

FAX Machine - RSVP Office 955-4765

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## **50+ Senior Olympics**

Cristina Villa, Program Coordinator 955-4725

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## **Miscellaneous**

Lobby Area 955-4735

Craft Room 955-4736

Pool Room 955-4737

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## **Santa Fe County Information** 992-3094

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## **Newsletter Production**

Kristin Slater-Huff, Editor/Distribution 955-4760

Gil Martinez, Graphic Artist

Maggie Coffey, Veet Deha, Jeannie Rae, Copy Editors

# MAYOR'S REPORT

08/2014

Dear Community Members,

It is with great pleasure as Mayor of Santa Fe that I write to inform you of the many programs that are offered from the City of Santa Fe Division of Senior Services, to people 60 years of age and older. As many of you are aware, the Division of Senior Services provides a consolidated comprehensive array of services from five senior centers strategically located in Santa Fe.

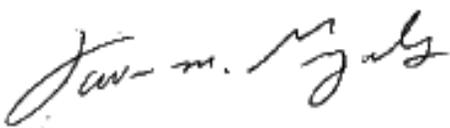
Services offered include, but are not limited to, congregate meals, meals on wheels, door to door transportation, in-home support (respite and homemaker), volunteer opportunities (Foster Grandparent Program, Senior Companion Program and Retired Senior Volunteer Program). We also offer a variety of stimulating center activities that have been designed to attract and challenge your individual skills and interest. Our center programs promote educational skills, health/wellness, arts and crafts, socialization and most of all fun.

The City of Santa Fe has developed an efficient and effective infrastructure that also employs experienced, trained and knowledgeable staff enabling the city to provide quality services while complying with all applicable Federal/State/City rules, regulations and policies. Our efforts focus on maintaining and enhancing basic long-term services that enable older adults to remain active within the community and allow individuals to continue living in their own homes comfortably and as independently as possible. In offering these services, the City's contribution is supplemented by grants from Federal and State agencies. We have a strong partnership and collaboration with the Federal and State agencies that share our mission.

In closing, we look forward to continuing to provide these essential and comprehensive services to our community. Our initiatives for the future are to continue to provide a wide range of direct service assistance to improve your quality of life. We will continue to evaluate and address our community's priorities as identified via our senior program public hearings, surveys, daily communication from you and city staff. For more information, resources and opportunities please refer to our newsletter or you can log onto the City of Santa Fe's official website at [www.santafenm.gov](http://www.santafenm.gov) to view all that the City has to offer for our elders and the general public.

I look forward to seeing you at your senior centers and have a safe month.

Sincerely,



Javier M. Gonzales, Mayor  
City of Santa Fe



Javier M. Gonzales  
Mayor



# DIRECTOR'S REPORT

08/2014

Dear Patrons,

This fall you can expect to see facility improvements/construction at the following senior centers:

**Mary Esther Gonzales (MEG) Center**

New Warehouse and Computer Lab \$434,880

Parking lot improvements \$154,000

**Luisa Center - Facility Improvements/Computer Lab** \$332,630

**Villa Consuelo Center - Facility Improvements** \$110,890

**Pasatiempo Center - Kitchen Improvements** \$ 8,500

The aforementioned projects plans/designs have been completed and we are now ready for construction which we anticipate beginning next month. Available funding for these projects was identified, presented and approved during the 2012 and 2013 New Mexico State Legislative Sessions. Through these efforts we can now address the needs of our facilities to accommodate the desires of the growing senior population who reside within our community.

The New Mexico State Legislative Capital Outlay process supports programs such as ours to maintain and improve our facilities to include code compliance, new additions, structural improvements, replacement of program vehicles and kitchen equipment. We continue to evaluate and specifically identify capital improvements that will enable us to enhance our program and provide to you with the highest quality services possible, which is the City of Santa Fe's goal.

As always we are truly grateful to our elected State Officials (Santa Fe Legislative Local Delegation) who are the true champions and continue to support our senior programs here in Santa Fe as well as the State of New Mexico. Please note, when we receive confirmed facility project start dates we will post this information at each senior center for your knowledge.

On another note, there are times when we get so wrapped up in the day-to day-tasks that we forget to welcome new members at our senior centers. Therefore, I would like to formally welcome all new participants and thank those who have availed themselves to the many services we provide daily. I am confident that newcomers will find our services extremely enjoyable and our staff helpful to the point that you too will join our regular participants in accessing our many services. Also, I would like to extend a sincere thank you to those who have utilized our programs over the years. Without you, our mission and purpose would not exist!

Thank you for your patronage and we look forward to continuing to provide you the best quality services.

Sincerely,



Ron J. Vialpando, Director



# SENIOR SERVICES PROGRAM INFORMATION

08/2014

## **SENIOR SERVICES REGISTRATION**

Anyone age 60 or over who participates at any of our centers or utilizes the Division of Senior Services curriculum is asked to register with our program. We can secure program funding each time a registered senior prints his or her name on our various sign-in sheets e.g. meals, health screenings, fitness activities, transportation, in-home assistance, etc.

Registration is held at the Mary Esther Gonzales Senior Center (MEG) located at 1121 Alto Street, Monday to Friday from 8:30 am to 4:30 pm. 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 photo membership card for \$2. We will notify you when you should come in to renew/update your registration. Please note that cards are not official identification.

### ***Eligibility for Senior Services Registration***

Participants must meet the following criteria, per the Older Americans Act:  
Be sixty (60) years of age; or Be the legal spouse of a member age 60 or over, residing at the same address; or For meals only, be disabled and living at Luisa, Pasatiempo, or Villa Consuelo (senior housing).

For more information, contact Brenda Ortiz at 955-4722.  
Email [bmortiz@santafenm.gov](mailto: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.  
When scheduling a ride, 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.
- Schedule: **Rides are available 8:15 a.m. to 4:15 p.m. Monday through Friday.**  
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.
- Notes: **Drivers may arrive up to 15 minutes before or after scheduled pick-up time.**  
**No more than four one-way trips per person, per day.**
- Closures: ***Senior Centers will be closed on September 1st. Last call for pick-up on September 5th is 11:00 a.m.***  
**On the first Tuesday of every month, last call for pick up will be 3:15 p.m.**
- County: For rides outside city limits but within Santa Fe County, call 992-3069.
- SF Ride: For weekend and evening transportation, call 473-4444.

## Southwest Regional Veteran's Conference

Save the date for the Southwest Regional Veteran's Conference at Isleta Conference Center. The Veteran's Conference is provided in partnership between the Southwest Native American Veterans Association and the Pueblo of Isleta Veteran's association on Monday, September 22nd. There will be a gourd dance and Pow Wow as well as conference sessions and vendors. For more information, call Boye Ladd at (505) 366-4314.

## Need Help Accessing Benefits?

The New Mexico Area Agency on Aging (AAA) can assist you with:



- Paying your medical expenses
- Paying for your Medicare hospital insurance or medical insurance
- Affording the food you need
- Paying for your utilities

Let the AAA help determine if you qualify for benefits such as these through the N.M. Human Services Department.

For assistance, call Jessica Martinez with the Non-Metro Area Agency on Aging at (888) 676-8192.

Si Necesita Información acerca de cuáles programas comunitarios le pueden ayudar:

- ¿Con sus costos médicos?
- ¿Para pagar el deducible de Medicare Parte A o Medicare Parte B?
- ¿Le falta dinero mensualmente para tener suficientes alimentos?
- ¿Le falta dinero para pagar los servicios de gas, luz, calefacción en su hogar?

La Agencia de Nuevo México Area Agency on Aging (AAA) le puede ayudar a confirmar si llena los requisitos necesarios de los programas del Departamento de Servicios Humanos (HSD).

Llame a su Centro de Adultos local o llámeme a Jessica Martinez al 575 461-7817.



## Summer's End

(Written by Brooklyn senior Lillian Opass)

Seems like only yesterday,  
people were planning their getaway;  
School was out and that brought great joy  
to every girl and every boy!  
Now falling leaves signal summer's end  
and we know winter is around the bend.  
Labor Day comes early this year,  
And the High Holidays are growing near.  
I wish you good health, happiness and peace,  
And pray that hatred, terrorism and all wars will cease.  
But please tell me now, 'cause I want to know  
Where the heck did summer go?

**alzheimer's association**  
the compassion to care, the leadership to conquer

## Alzheimer's Fund-raiser

You are invited to the Kingston Residence Enchilada Dinner with live music and a silent auction. This is a fund-raiser to raise awareness and funds for Alzheimer's disease care, support and research.

Join them on Thursday, August 14th at 5:30 p.m. The cost is \$10.00 at the door or in advance. The event is at Kingston Residence, 2400 Legacy Court (behind Sam's Club). For details, call Doralei Davis at Kingston Residence, at 471-2400, or Annabelle Montoya at the Alzheimer's Association at 473-1297.

## Planning a Xeric Landscape

"Let's Grow!" a monthly education series for the home gardener is offered by the Santa Fe Master Gardener Association and is a free and public event requiring no registration. On Saturday, August 9th, 10 am - 12 noon at the SF County Fairgrounds, participants will learn to make a wish list, a site inventory and a how-to plan to install and maintain a xeric garden...with take home resources! This fourth of the five part series, concurs with the SF County Fair.



For review of full schedule, please visit [sfmga.org](http://sfmga.org).

Next month: 'Harvesting and Propagating Herbs' - at the SF County Fairgrounds Herb Garden - Saturday September 20, 9-11 am.

## N.M. Conference on Aging Aug. 19 & 20

The 36th annual New Mexico Conference on Aging will be held August 19th and 20th at the Isleta Conference Center.

The conference features over 50 workshops on a huge variety of topics related to aging, health, finances, consumer issues, law, and humor. There will be 60 interactive exhibits as well as a Health & Enrichment Fair. A variety of entertainment reflecting New Mexico's cultural diversity will be offered throughout the two days.

There will be two keynote speakers: On Tuesday, August 19th at 8:30 a.m., Barry Ramo MD, Cardiologist at the NM Heart Institute, UNM School of Medicine, Medical Editor at KOAT TV, and Mark Riker, CEO of the National Senior Games Association will present "Personal Best: Your Journey for a Longer, Better, Quality of Life". On Wednesday, August 20th at 8:30 a.m.,

Cindy S. Brown, LBS, CDP Training and Resource Manager and Social Worker with Home Instead Network will present "Thinking Again: Exploring Your Own Aging"

On Tuesday evening, there will be a reception and dance with Gilbert Lechuga and the Shysterzz as well as easy listening with Steve Fadden and Robin Easton on guitar and flute.

To receive a registration packet, or for additional information about the Conference, call the NM Aging & Long-Term Services Department toll free at 1-866-842-9230, or email [andrea.allen@state.nm.us](mailto:andrea.allen@state.nm.us). Visit the N.M. Aging and Long-Term Services Department's website at [www.nmaging.state.nm.us](http://www.nmaging.state.nm.us) for more information about the Conference.

### Dates to Note in Early September:

Labor Day is Monday, September 1st. All senior centers will be closed.

"Fiestas Friday" September 5th is an observed holiday and senior centers will be closed at noon. There will be no meals (except Meals on Wheels delivery). Last call for rides will be 11:15 a.m.



## The Alternatives to Violence Project

The Alternatives to Violence Project of Northern New Mexico will hold a community event in August at the Santa Fe Community Foundation.

The national Alternatives to Violence Project (AVP) was founded in and developed from the experiences of prisoners and others, and building on a spiritual base, AVP encourages every person's innate power to positively transform themselves and the world.

AVP/USA is an association of community and prison-based groups offering experiential workshops in personal growth and creative conflict management. The AVP workshops rely on a team comprising a mix of community and inmate facilitators. Inmate facilitators are indispensable; not only for their own growth, but especially for the credibility and personal experiences they bring to the inmate participants of a workshop. Though founded by Quakers based on their belief in an inborn power for peace in everyone, it draws its participants and its trainers from all religions, races and walks of life.

The Santa Fe AVP chapter seeks community volunteers interested in working with this program that helps inmates learn new skills and attitudes that lead to fulfilling and crime-free lives.

Please join us to learn more about the Alternatives to Violence Project and the local volunteer opportunities it brings. They will host a Community Event on Thursday, August 14th, 5:30 to 7:00pm at the Santa Fe Community Foundation, 501 Halona Street. For more information/registration: Please email to [annmariemcl@gmail.com](mailto:annmariemcl@gmail.com).

**Note:** The Mind/Body/Spirit classes at Villa Alegre have been cancelled.

### Flora's Corner

Inspiration collected by senior Flora Leyba

*"If you don't go after what you want,  
you'll never have it.*

*If you don't ask,  
the answer will always be no.*

*If you do not step forward,  
you're always in the same place."*

*-Nora Roberts*

## BACK TO WORK 50+ for Women

Northern New Mexico women age 50+ seeking help to get back on their feet in the workforce have a new option to support that goal through the Santa Fe Community College (SFCC). The program will provide eligible women with scholarships, job coaching, academic training and career retooling so they can land a good job.

The BACK TO WORK 50+ initiative is dedicated to moving low income or unemployed women age 50+ from instability to stability by increasing their income through employment. It focuses on improving economic opportunity by providing education, training and employment services that facilitate entry into good jobs (such as medical assisting, elementary and secondary teaching, and accounting) in our community. The college's Center for Academic Transitions manages the initiative.

Students in the program will learn how to update their personal marketing tools and networking strategies, target their job search on in-demand jobs, get job leads, and find resources for support while they're looking for their next job.

Attendance at an information session is required for participation; register by calling AARP Foundation at 855-850-2525. Additional information sessions dates for 2014 are August 8, September 5, October 3 and November 7.

## Puns for Fun

(Submitted by pianist and senior Tom Pedersen)

- Two antennas met on a roof, fell in love and got married. The ceremony wasn't much, but the reception was excellent.
- I went to buy some camouflage trousers the other day, but I couldn't find any.
- Two cannibals are eating a clown. One says to the other "Does this taste funny to you?"
- "Doc, I can't stop singing *The Green, Green Grass of Home*"  
"That sound like Tom Jones Syndrome"  
"Is it common?"  
"Well, It's Not Unusual"

## Gratitude for Judith Beare

The Pasatiempo line dancers would like to recognize line dance instructor, Judi Beare, for her tireless and selfless dedication to her dancers every week. Judi has taught line dance in Santa Fe and Albuquerque for a total of thirty years. Although she is busy with many personal obligations, she always shows up to lead her classes. Her students agree that Judi's loyalty to her classes and her patience with her students are undeniable.



Thank you, Judi, for your time and effort.

-Lynn, Carol, Virginia, Ethel, Jean, Linda, Susan, Margaret, Vangie, Goldie, Janet, Elsie, Anna, Bea and Mary

## Red Cross Wildfire Preparedness

Droughts and dry conditions increase the risk for wildfires.

How to Prepare for a Wildfire:

- Post emergency phone numbers by every phone in your home.
- Make sure driveway entrances and your house number or address are clearly marked.
- Identify and maintain an adequate water source outside your home, such as a small pond, cistern, well or swimming pool.
- Set aside household items that can be used as fire tools: a rake, ax, hand saw or chain saw, bucket and shovel.
- Regularly clean roofs and gutters.
- Plan ahead and stay as safe as possible during a wildfire.
- Plan and practice two ways out of your neighborhood.
- Select a place for family members to meet outside your neighborhood in case you cannot get home or you need to evacuate.
- Identify someone who is out of the area to contact if local phone lines are not working.

# NEWS & VIEWS

08/2014

## Ginger Rogers 1911-1995

Article by Santa Fe senior Hank Fuller  
Published in InStep magazine 9/95

We sadly marked the April, 1995 passing of Ginger Rogers, the queen of ballroom dancing in America. And such a distinguished life she led. Her ten dancing films with Fred Astaire are classics and mark the zenith of ballroom dancing in America during that era.

She started out by winning a Charleston contest at 14. From there, she went directly on the vaudeville circuit doing song and dance numbers under the guidance and constant companionship of her mother, Lela. At 18 she achieved stardom on Broadway and in Hollywood shortly thereafter. She did 73 films! In 1941, she won the coveted Oscar for Best Actress for her serious role in *Kitty Foyle*.

I don't know what to say for this article other than to tell the story I treasure most: The Feather Dress.

In May 1984, a friend of Ginger's donated a rather old blue dress to the Smithsonian Institution in Washington, D.C. It was put on display, this old dress, "weather-beaten from rehearsals and perspiration" as Ginger recalled it. The dust of decades from lack of dusting in RKO's costume department had worked itself into the fabric. Where did that dress come from? And why did the Smithsonian want it?

In 1935, Fred Astaire and Ginger Rogers were about to start filming their fourth movie together. It was to be called *Top Hat*. Ginger was tired; it had only been six days since she completed her last film. Fred was presently upset; he didn't care at all for the original script.

As was the agreement with RKO, Ginger picked out her own dress and designs. The dress designer, Bernard Newman, was open to Ginger's suggestions. "I want a blue dress-- like the blue you see in the paintings of Monet -- to be made of satin with a myriad of ostrich feathers; low in the back, high in the front."

The scene where the dress was to be used was a Venetian Canal complete with gondolas. It took two sound stages hooked together to fit in all that! The song for the scene was Irving Berlin's *Cheek to Cheek*.

The day of shooting started; Ginger's wardrobe assistant, Clarkie, brought the finished dress onto the set. Everyone gasped! Most of all, Fred was against it at first sight. All kinds of pressure was aimed right at Ginger. "Use the dress from *The Gay Divorcee*." Ginger said "No". Front office executives came onto the set to plead. Ginger said "No!" Finally, Ginger's ever-present and totally supportive mother made the "final" decision. "Why don't you just get another girl?" she shouted out. She then took Ginger by the hand and started to walk out the stage door.

That did it. Ginger was stopped from leaving, of course. The blue dress, with almost \$1,500 worth of ostrich feathers (which took the hiring of a specialist to equally align the feathers) prevailed for the movie.



Then Fred and Ginger started the dress rehearsals and the dancing. As history carefully notes, Fred was upset all throughout the takes. He muttered and got feathers on his coattails. There were feathers on the floor, too. Ginger recalled humorously the song should have been called *Horns to Horns of Cheek to Cheek*.

However, in spite of it all, four days later, a small, white box was delivered to Ginger's dressing room. There was a note inside "Dear Feathers, I love ya! -- Fred" and a small feather made of gold for her charm bracelet.

The rest is history: *Cheek to Cheek* became a classic song. The movie was a box office hit and nominated for four Oscars. Historians of dance in cinema agree this scene was Fred and Ginger's best dance performance. The Smithsonian certainly has a treasure in the form of that blue dress-with all the feathers.

Ginger, we love you. I love you. Someday I hope to meet you; somewhere in eternity, in dancing heaven.



**MAYOR'S BIRTHDAY BASH**

*Happy Birthday!*



**Mayor's Birthday Bash**

**August 7, 2014**

**Birthday Dance**

**1 - 4 p.m.**

**Mary Ester Gonzales Senior Center**

**1121 Alto Street**

**Music by: Camino Oscuro**

**Refreshments... Birthday Cake**



**The FGP/SCP and RSVP volunteer programs invite you to plan to participate in the SFPD's free "Silver Alert" program M.E.G. Senior Center on September 11th 8:00 a.m. – 2:00 p.m.**

**What is a Silver Alert?**

Silver Alert is a public notification system to broadcast information about missing persons (usually over the age of 65) – especially seniors with Alzheimer's disease, dementia or other mental disabilities – in order to aid in their return.

**How does SFPD's Silver Alert System Help?**

Public information released in a Silver Alert usually consists of the name and description of the missing person and a description of their vehicle and license plate number, but SFPD's system ensures further necessary information is stored in one easily accessible place so it can be released efficiently.

The system documents FBI quality fingerprints, high definition photos of the missing individual, and a video of them interacting and answering a few questions asked by the officer. It will also document the individual's pertinent information including height/weight/eye color/hair color/birthmarks/age and possible medications.

**INFORMATION IS PRINTED ONTO A DISK AND  
GIVEN TO A CAREGIVER OR GUARDIAN  
NO INFORMATION IS KEPT ON RECORD BY THE POLICE DEPARTMENT**

If an individual goes missing, the caregiver simply provides the disk to an officer, and the missing person's vital facts can be quickly disseminated to the proper authorities.

The system works in the same manner for missing children hence "EZ Child ID" and "Silver Alert". The first moments are the most crucial in finding a missing loved one. Utilizing our new system ensures those vital moments are not wasted in gathering information which, with a little planning and help from Santa Fe Police, can be conveniently and safely stored in an electronic format.

To learn more please call Melanie Montoya at 955-4761.

# RSVP THE RETIRED SENIOR VOLUNTEER PROGRAM

08/2014

## Community Needs



The following are volunteer positions, and each comes with training from the volunteer "station" and support from the Retired Senior Volunteer Program.

If you are interested in any of these exciting opportunities, please call Marisa Romero in the RSVP office, at 955-4743 or email [mvromero@santafenm.gov](mailto:mvromero@santafenm.gov)

RSVP staff will enroll you in our program, provide you with free volunteer insurance, and give you volunteer support through parties, events, gifts, birthday recognition, optional workshops and classes, and more, after we set you up in the volunteer job(s) of your choice.

### Delivery Drivers Sought

The RSVP program could use more drivers to deliver commodities to homebound seniors. Volunteers must pass a criminal background check and the City's Defensive Driving class (both free). You will work with another volunteer, delivering about 25 bags of food each month on a set route, driving a City van, once a month.

Clients are grateful and this is a rewarding job. Please call Marisa at 955-4743 for details.

### Thank you, Proofreaders

Jeannie Rae, Maggie Coffey and Veet Deha have been amazing proofreaders of this newsletter for years. We thank them for their careful corrections.

### Contact Marisa Romero

Starting this month, if you have questions about the RSVP Program, a volunteer handyman or driver, or anything to do with volunteerism, please contact Marisa Romero, RSVP Administrative Secretary. Her phone number is 955-4743 and email is [mvromero@santafenm.gov](mailto:mvromero@santafenm.gov)



## RSVP volunteers born in AUGUST!

Agnes "Aggie" Cardenas	8/01	Beverly A. Ireland	8/14
Joyce M. Martinez	8/02	Jerre Fox	8/15
Patricia T. Penn	8/03	Evelyn Jimenez-Iyow	8/15
Judy Maes	8/04	Richard Pierson	8/15
Justo Quintana	8/04	Ingrid Chronis	8/16
Mike Amparan	8/05	Lucille Martinez	8/16
Donald E. Bell	8/05	Louise J. Jackson	8/18
Carolyn Minton	8/05	Jackie Cooper	8/19
Carlos J. Ortiz	8/05	Gail Takeshita	8/19
Barak Wolff	8/06	Corinne P. Willison	8/19
Roxanne Gonzalez	8/06	Bill Caperton	8/20
Rose Marie Lenahan	8/06	Ralph Nava	8/20
Ena Berglund	8/07	Pedro Garcia	8/22
Annie L. Valdez	8/08	Frank Lucero	8/22
Ramona Griego	8/09	William Buchanan	8/23
Lee Leven	8/09	Dolores M. Brock	8/24
Dori Lynn	8/09	Ernestine B. Hagman	8/27
Edward L. Gonzales	8/10	Cecilia Romero	8/27
Rose Ortega	8/10	Beverly Hollander	8/30
Tonie Ann Gallegos	8/11	Thomas Van Kampen	8/30
Raymond L. Nichols Jr.	8/12	Lesley E. Carlson	8/31
Louie Bryant	8/13	Ben G. Martinez	8/31
Arthur M. Gabaldon	8/13		

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

**Now recruiting for the new school year...**

# Foster Grandparent Program



**Share Today. Shape Tomorrow.**

## **Who are Foster Grandparents?**

Foster Grandparents are healthy, older adults who work with children who are at-risk or have special and/or exceptional needs.

## **What do Foster Grandparents do?**

Foster Grandparents have an opportunity to serve as mentors and tutors for at-risk children with special and/or exceptional needs. Volunteers are placed in schools, Head Starts and day care centers.

As a Foster Grandparent, you will help your assigned "grandchildren" with developmental and learning tasks, like reading, arithmetic and other school skills. Our hope is that the personal attention each child receives from our volunteers assists with the self-confidence and self-value needed in order for the child to eventually become a productive citizen of society.

## **Can you be a Foster Grandparent?**

Foster Grandparents

- Are 55 and older with limited income
- Can volunteer 15 to 30 hours a week
- Pass a background check
- Work with assigned children with special and/or exceptional needs

## **What benefits do Foster Grandparents receive?**

- A small, tax-free stipend (for seniors who qualify)
- Mileage reimbursement or daily, scheduled transportation
- On-going training
- Recognition benefits
- The joy of helping children succeed

For more information, call or stop by the  
Mary Esther Gonzales Senior Center.  
We would love to hear from you!  
(505) 955-4761

# ACTIVITY

08/2014

**All activities are open to registered seniors.**  
*Schedule is subject to change.*

## **Luisa Senior Center 955-4725**

Pool Table	Mon.-Fri.	8 am-1:30 pm
Fitness Room	Mon.-Fri.	8 am-1:30 pm
Sing Along (Spanish)	Tuesday	11:45 am
Guitar Lessons	Wednesday	9:00 am
Bingo	Friday	1:00 pm

## **Mary Esther Gonzales (MEG) Senior Center 955-4715**

Pool - Cards - Billiards	Mon.-Fri.	7 am-4:30pm
Fitness Room	Mon.-Fri.	7 am-4:30pm
Computer-Open Use	Mon.-Fri.	1 pm-4:30pm
Computer Classes	Call for info.	955-4711
Guitar Class	Monday	9:00 am
Tai Chi class (advanced)	Monday	9:15 am
Hospice Crafts	Monday	1:00 pm
Tai Chi class (beginner)	Mon.-Thurs.	8:15 am
Bingo	Mon. & Wed.	1:00 pm
Jewelry Making Class	Tuesday	9:00 am
Nia Technique	1st & 3rd Tues.	1:30 pm
Ceramics	Wed. & Fri.	9:30 am
Wood/Straw Applique	Thursday	9:30 am
Mind/Body Movement	Thursday	9:30 am
Sewing	Thursday	12:30 pm

## **Chair Yoga Resumes Oct. 2nd.**

Zumba Gold	Friday	9:30 am
Sing Along (Spanish)	2nd & 4th Fri.	11:30 am
Knitting	Friday	2:00 pm

## **Pasatiempo Senior Center 955-4725**

Fitness Room	Mon.-Fri.	8 am-1:30 pm
Yoga Practice	Mon. & Wed.	8:30 am
Ceramics	Mon.-Fri.	9:00 am
Bridge	Monday	12:30 pm
Zumba Dance	Tuesday	8:30 am
Computer	Tuesday	9:00 am
Line Dance (Advanced)	Tuesday	1:00 pm
Wood/Straw Applique	Wednesday	9:30 am
Sing Along	Wednesday	12:00 pm
Tai Chi	Thursday	9:00 am
Zumba Dance	Thursday	10:00 am
Line Dance	Thursday	1:00 pm
Zumba Dance	Friday	1:00 pm

## **Ventana de Vida Senior Center 955-4715**

Exercise Class	M/W/F	9:00 am
Art Class	Tuesday	1:00 pm
Game & Puzzle Day	Wednesday	2 pm-4 pm

## **Villa Consuelo Senior Center 955-4725**

Ceramics	Mon. & Wed.	9:30 am
Bingo	Tues. & Thurs.	11:00 am
Wood/Straw	Wednesday	12:30 pm

## **ART**

Ventana-Class	Tuesday	1:00 pm
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## **BINGO**

MEG Center	Mon. & Wed.	1:00 pm
Villa Consuelo	Tues. & Thurs.	11:00 am
Luisa Center	Friday	1:00 pm

## **BRIDGE GAMES & PUZZLES**

Pasatiempo - Bridge	Monday	12:30 pm
Ventana Games - Puzzles	Wednesdays	2 pm - 4 pm

## **CERAMICS**

Pasatiempo	Mon. - Fri.	9:00 am
Villa Consuelo	Mon. & Wed.	9:30 am
MEG Center	Wed. & Fri.	9:30 am

## **COMPUTER**

MEG	Mon. - Fri.	1 pm - 4:30 pm
Pasatiempo	Tuesday	9 am - 11 am

## **FITNESS EQUIPMENT**

MEG Open Use	Mon. - Fri.	7 am - 4:30pm
Pasatiempo Open Use	Mon. - Fri.	8 am - 1:30 pm
Luisa Open Use	Mon. - Fri.	7 am - 1:30 pm

## **EXERCISE & MOVEMENT CLASSES**

Pasatiempo Zumba	Tuesday	8:30 am
Pasatiempo Zumba	Thursday	10:00 am
Pasatiempo Zumba	Friday	1:00 pm
Pasatiempo Line Dance	Tues. & Thurs.	1:00 pm
MEG Zumba Gold	Friday	9:30 am
Pasatiempo Yoga Practice	Mon. & Wed.	8:30 am
MEG Nia Technique	1st & 3rd Tues.	1:30 pm
MEG Mind/Body Movement	Thursday	9:30 am

## **MEG Chair Yoga Resumes Oct. 2nd.**

Ventana Class	M/W/F	9:00 am
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## **TAI-CHI**

MEG (beginner)	Mon. - Thurs.	8:15 am
MEG (advanced)	Monday	9:15 am
Pasatiempo	Thursday	9:00 am

## **GUITAR CLASS (Beginner)**

MEG Center	Monday	9:00 am
Luisa	Wednesday	9:00 am

## **JEWELRY MAKING**

MEG Center	Tuesday	9:00 am
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## **SEWING/KNITTING**

MEG-Knitting	Friday	2:00 pm
MEG-Sewing	Thursday	12:30 pm

## **SING-ALONG**

Luisa - Spanish	Tuesday	11:45 pm
MEG - Spanish	2nd & 4th Fri.	11:30 am
Pasatiempo	Wednesday	12:00 pm

## **WOOD/STRAW APPLIQUÉ**

Pasatiempo	Wednesday	9:00 am
Villa Consuelo	Wednesday	12:30 pm
MEG Center	Thursday	9:30 am



# ACTIVITY

08/2014

## State Fair Time Again!

It is time to plan our annual trip to the New Mexico State Fair. We will go on Wednesday, September 10th and Monday, September 15th. The bus will depart MEG Center at 9:00 a.m. and return at 3:30 p.m.

The suggested donation for the bus is \$5.00 and admission to the Fair is \$7.00. Please call Cindy Sena at 955-4715 to reserve your spot.

## MEG Movie Day "Sister Act"

Tuesday, August 26, 1:00 p.m.

"Outrageous Fun" Relive all the fun, laughter and irresistible music of Sister Act- the inspired comedy hit that packed pews everywhere! Whoopi Goldberg stars as a sassy, low-rent lounge singer forced to hide out from the mob in the last place anyone would ever look for her- a convent. While she's there, her irreverent behavior attracts a flock of faithful followers and turns the nuns' tone deaf choir into a soulful chorus of swingin' singin' sisters. But when the group earns rave reviews, her sudden celebrity jeopardize her hidden identity. Harvey Keitel and Kathy Najimy join a heavenly cast in this habit-forming comedy bursting with '60s Motown hits.



## Monthly Senior Services Committee Meetings

Posted pursuant to the Open Meetings Act.

All meetings held at the MEG Senior Center

- Transportation/Nutrition: No August meeting
- Senior Olympics: No meeting in August
- Advisory Board: August 20th 9:30 am
- Travel Committee: August 21th 8:45 am
- Senior Activity Corp: August 21th 10:00 am
- RSVP: September 23rd 10:30 am

## Acupuncture Clinic for Veterans

Licensed acupuncturist Carolyn Bleakley will continue to offer free acupuncture clinics for veterans and their families at the MEG Center from 2:00 to 4:00p.m. on the following Thursdays:

August 7, 14, 21 and 28



## You Scream, I Scream...

The Luisa Senior Center at 1200 Camino Consuelo will sell ice cream sundaes as a center fund-raiser on Tuesday, August 12th starting at 11:30 a.m.

Come enjoy and celebrate warm weather with a delicious treat, for just \$2.00 per person.



## Free Hair Cuts at MEG & Pasatiempo

Our volunteer Fabiola (a licensed beautician) will provide free haircuts for seniors, on a first come, first served basis, on the following days, starting at 10:00 a.m.

Note: She will give only 20 haircuts each day. At the MEG Center, haircut sign-in begins at 9:00 a.m. in the Program Coordinator's office.



Check flyers at MEG Center and at Pasatiempo Center for August dates.

## Let's Celebrate Your Birthday



Humana will be serving cake and ice cream at senior centers in honor of monthly birthdays. They will be at the Mary Esther Gonzales Senior Center on Wednesday August 6th and the Ventana de Vida Center on Wednesday August 20th. So come out and celebrate with us.



# ACTIVITY

08/2014



## Barbecue at M.E.G / Fiesta Court

Come out to the Mary Esther Gonzales Senior Center 1121 Alto St. on Wednesday, August 27th. Our wonderful Cooks Fidel Cordova and Raymond Dominguez will serve you delicious hamburgers, chips, pork and beans, watermelon and a drink, from 11:00 a.m. to 12:30 p.m. for a suggested donation of \$1.50 for seniors age 60+. Non-Seniors (59 and under) \$4.50

**We will be having the Fiesta Court Don Diego y la Reina visiting at 12:30 p.m.- 1:00 p.m.**

## AARP "Smart Driver" Course

Sign up for the new, completely revamped AARP course now called "Smart Driver". Classes are held monthly in the dining room at the MEG Senior Center, located at 1121 Alto Street. The mini course is from 12:30 (check-in) to 5:00 p.m. The instructor, who is a trained volunteer, will go over safety tips for seniors on the road.



New Mexico insurance companies give discounts to seniors with a completion certificate. You must complete the entire four-hour course and be age 55 or over in order to obtain a certificate and you must renew it every three years to keep the discount.

Classes are held on the second Tuesday of each month. You must also have your driver's license or driver's license number with you. The fee to cover materials is \$20.00. If you are an AARP member the cost is only \$15.00, although your AARP card or membership number must be presented the day of the class.

Be prepared: temperatures fluctuate in the dining room, **so please dress in layers.**

The number of participants for each class will be limited to 30.

To register for an upcoming AARP class, please call the instructor for the date you would like. Upcoming classes are on:

**August 12th      Stewart Farley 603-4543**  
**September 9th      Stewart Farley 603-4543**

## Oil Painting and Acrylics Class

Anyone interested in learning how to work with oil and acrylic? Anita West will be starting a painting and acrylics class on Fridays at Ventana de Vida Senior Center. If you have painting supplies that you're not using, we would really appreciate the donation. For additional information please call Anita at (505) 577-0113.

## Ventana de Vida Games

Come out to Ventana de Vida and play some games on Wednesday afternoon from 1:00-3:00 Cribbage, Chess and many other games. We are also looking for a game set called Mahjong if anyone has that game and would like to donate it, we will take it.

## Weekend Bingo at Luisa

The Luisa Senior Center at 1500 Luisa St. (enter on Columbia) will host a Bingo on Sunday, August 3rd from 1:00 p.m.-4:00 p.m.

The cost is \$12.00 for the package and four specials at \$1 each. The blackout game is \$2.00. The jackpot winner goes home with \$100.00! Please bring small bills.

<b>B I N G O</b>				
14	26	37	53	63
3	21	39	57	74
6	16	★	48	72
8	22	38	54	70
9	29	42	50	69

Everyone is welcome - join us!

## Free Computer Workshops

Join us at Pasatiempo Senior Center located at 664 Alta Vista for a computer workshop every Tuesday from 9:00 a.m. to 11:00 a.m. Volunteer Wes Sandal will be instructing classes.



# ACTIVITY

08/2014

## Summer Barbecues

Make plans to enjoy all our senior center barbecues this summer. They will be held during regular lunch times for the suggested donation of \$1.50 for seniors age 60 or over.

**MEG Center** August 27th  
**Villa Consuelo** August 15th

**Luisa Movie Day "Heaven is for Real"**  
Wednesday, August 20th 1:00 p.m.



Todd Burpo is a small-town businessman, volunteer firefighter and pastor struggling to make ends meet in a tough year for his family. After his bright young son Colton is rushed to the hospital for emergency surgery, Todd and his wife Sonja are overjoyed by his miraculous survival. But they are wholly unprepared for what happens next. Colton recounts the details of his amazing journey with childlike innocence and speaks matter-of-factly about things that happened before his birth...things he couldn't possibly know. Todd and his family are then challenged to examine the meaning from this remarkable event. Based on a true story.

## Fiesta Dance



**Que viva la Fiesta!** Join us at the annual Fiesta Dance on Thursday, September 4th at the Fraternal Order of Eagles, 833 Early Street. The dance will be from 1:00 p.m. to 4:00 p.m. Fiesta de Santa Fe Royalty and Mariachi will join us at 1:05 p.m.

The admission is \$2.00 and there will be live music by Camino Oscuro. This dance is sponsored by the Luisa Senior Center.

## Trip to Sandia Tram

Join us on Monday, August 25th to Sandia Tram. The entrance fee is \$14.75 and the transportation suggested donation is \$5.00.



Lunch will be at the Golden Corral (everyone pay for themselves.). Please bring your walking shoes, light jacket and spending money.

The bus will depart at 9:00 a.m. Please arrive at the Mary Esther Gonzales Senior Center at 8:30 a.m.

Please contact Cindy Sena at 955-4715 to reserve your seat.

## Fiestacita at Pasatiempo!



Join the Santa Fe Fiesta celebration at the Pasatiempo Senior Center (664 Alta Vista St) on Thursday, August 28th.

Enjoy live music by Mariachi Mestizo from 11:00 a.m. to 2:00 p.m. and a visit with Don Diego de Vargas and his Cuadrilla, and la Reina and her Princesas between 11:15 a.m. and 12:00 p.m.

Refreshments will be served and, as always, this is a free event. See you there!

## Mariachi Concert

Join us on Wednesday, September 3rd to see the Mariachi concert at the Lensic. Concert begins at 10:00 a.m. We will depart the Mary Esther Gonzales Senior Center at 9:00 a.m. Tickets are \$5.00. The price is subject to change.



Please contact Cindy Sena at 955-4715. Don't miss out on great music!

# ACTIVITY

08/2014

## Villa Consuelo Annual BBQ/Music

Join us in our annual BBQ at the Villa Consuelo Senior Center located at 1200 Camino Consuelo on Friday, August 15th from 11:00 a.m. – 12:30 p.m.

Juan Apodaca will grill up some hamburgers, chips, pork and beans, watermelon and a drink, for a suggested donation of \$1.50 for seniors age 60+. Non-Seniors (59 and under) \$4.50

Great music by Chris Abeyta!

## Luisa August Dance

Join Luisa in an afternoon of dancing on Thursday, August 21st 12:30 p.m. to 3:30 pm at Luisa Senior Center (1500 Luisa St.).

Admission is \$2.00 with live music by Banda Cielo Azul. Light refreshments will be served.



## Monthly DSS Senior Center Meetings

The following meetings are open to all seniors. Come give us your input about activities at your favorite senior center. Senior center addresses are on the back cover.

Ventana de Vida:	Monday, August 4 at 9:40 a.m.
Villa Consuelo:	Monday, August 4 at 10:00 a.m.
Pasatiempo:	Monday, August 4 at 11:00 a.m.
Luisa Center:	Tuesday, August 5 at 9:00 a.m.



## Yard Sale at Villa Consuelo

The residents of the Villa Consuelo Senior Center invite you to check out their tables at a yard sale on Saturday, September 6th from 9:00a.m. to 1:00p.m.

The Center is at 1200 Camino Consuelo, across Cerrillos from the old Wal Mart.

We hope to see you there!



## Senior Activity Corporation Trip To Florida, including: Amelia Island, St. Augustine & Jacksonville September 26- October 6, 2014

Join other seniors on this exciting adventure for ten nights and eleven days! The trip fee includes:

- Motorcoach transportation
- Ten nights' lodging, including four consecutive nights in Florida
- Eight dinners and ten breakfasts
- A visit to the Fountain of Youth
- A visit to the historic Kingsley Plantation
- A narrated cruise on the St. John's River
- Guided tours of Amelia Island, St. Augustine and Jacksonville
- An exclusive Diamond Tours dinner party with entertainment
- Driver gratuity and travel insurance
- And much more

Single Rooms: \$1350.00 per person  
Double Rooms: \$1025.00 per person

**Note:** There is a 10% cancellation fee.

Call Cecilia at 204-9527 or Alice at 473-1716



# PUZZLE

08/2014

## 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
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

### DOWN

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

1	2	3	4	5		6	7	8	9		10	11	12	13
14						15					16			
17						18					19			
20				21	22					23				
			24					25	26					
27	28	29					30					31	32	33
34						35						36		
37						38						39		
40				41							42			
43				44						45				
			46					47						
48	49	50						51				52	53	54
55						56	57				58	59		
60						61					62			
63						64					65			

# PUZZLE

08/2014

ACCOUNT

PURCHASE

RETAIL

SPECIAL

BARGAIN

RECEIPT

RETURN

STAND

BOXES

REFUND

SELECTION

STORE

BRAND

REGISTER

SHELF

WARES

BUYER

CASHIER

CHARGE

CHECKOUT

CLEARANCE

CREDIT  
CARD

DISCOUNT

DISPLAY

EXCHANGE

GOODS

HANGER

LABEL

MANAGER

MARKDOWN

MERCHANDISE

MONEY

PRICE

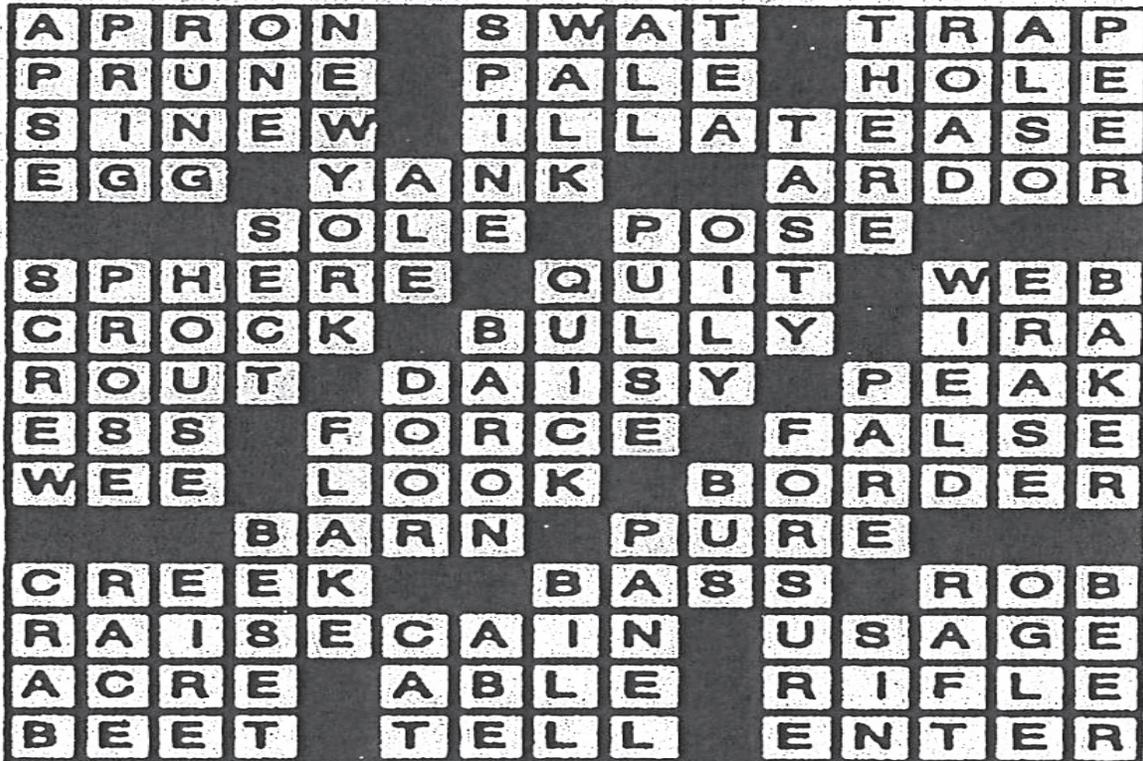
PRODUCT



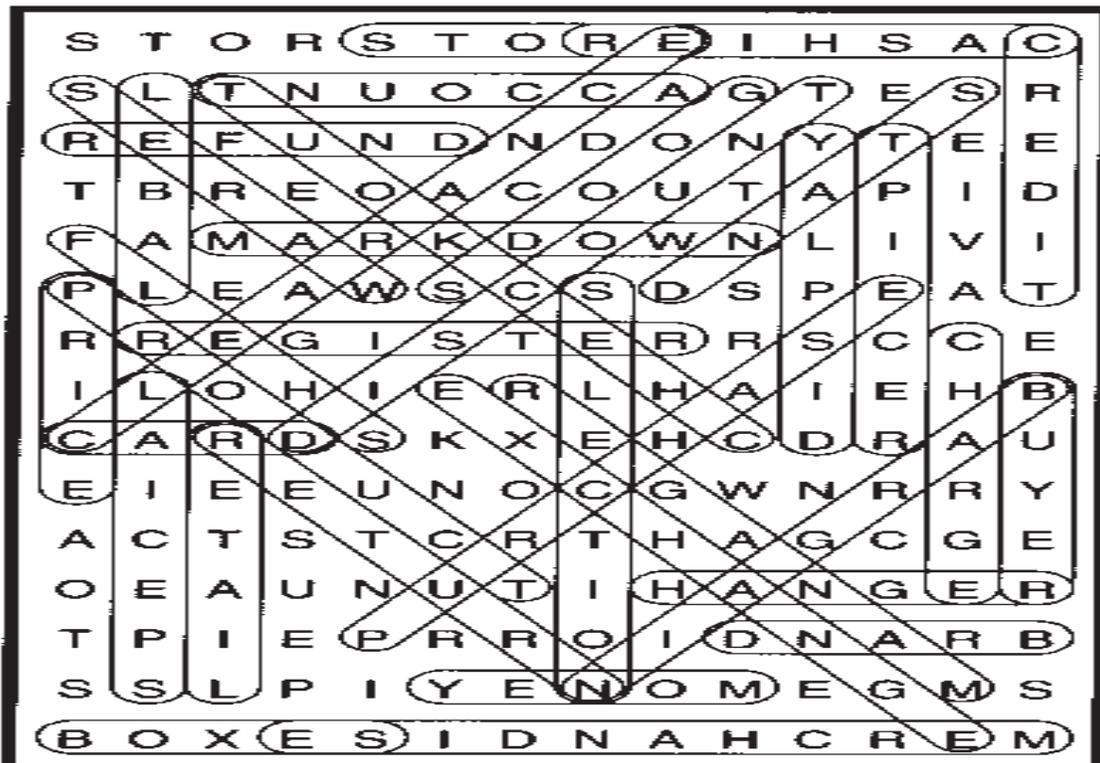
# PUZZLE ANSWERS

08/2014

## PUZZLE 68



## WORD SEARCH SOLUTION



*Store detectives are known as counterspies.*

# BREAKFAST MENU

08/2014

## Senior Center Breakfast Menu for August 2014

Breakfast is served Monday – Friday, 7:30-8:30a.m., at MEG, Luisa and Pasatiempo Senior Centers for a suggested donation of \$1 for seniors 60 and over and a \$4.20 fee for non-seniors (59 years of age or younger).

1st	Peanut butter, jelly, small roll, tomato juice, milk
4th	Hot oatmeal, boiled eggs, margarine, tomato juice, milk
5th	Breakfast burrito: sausage, egg, cheese, green chile, margarine on a tortilla, milk
6th	Peanut butter and jelly on a small roll, tomato juice, milk
7th	French toast with maple syrup, scrambled eggs, tomato juice, milk
8th	Cold cereal, cottage cheese, jelly, tomato juice, milk
11th	Scrambled egg, cheese, small roll, salsa, bacon, milk
12th	Pancakes, margarine, maple syrup, sausage, tomato juice, milk
13th	Waffles, maple syrup, scrambled eggs, tomato juice, milk
14th	Breakfast biscuit, sausage, cheese, salsa, margarine, milk
15th	Grilled ham, grilled peppers, small roll, margarine, milk
18th	Diced ham, salsa, potatoes, jelly, milk
19th	Sausage patty, cheese, green chile, hash browns, roll, margarine, milk
20th	Breakfast burrito: bacon, egg, cheese, red chile on a tortilla, milk
21st	Hash brown, salsa, roll, margarine, milk
22nd	Breakfast biscuit, sausage, cheese, salsa, margarine, milk
25th	Scrambled egg, cheese, grilled peppers, potatoes, margarine, milk
26th	Grilled Ham, green chile, small roll, margarine, milk
27th	Scrambled eggs, bacon, cheese, tortilla, salsa, milk
28th	Hot oatmeal, margarine, sausage patty, tomato juice, milk
29th	Breakfast burrito: scrambled egg, bacon, salsa on a tortilla, milk

### **Nutrition Education: Fight Bac! Like a Produce Pro**

(From the partnership for Food Safety Education)

- Check fresh produce for signs of bruising or cuts, where harmful bacteria can enter.
- When choosing pre-cut fruits and vegetables like packaged salads and sliced melons, check that the product is refrigerated or on ice.
- Rinse fresh fruits and vegetables just before eating, including those with skins or rinds that are not eaten.
- Firm-skinned fruits and vegetables should be rubbed by hand or scrubbed with a clean brush while rinsing under running tap water.
- Packaged fruits and vegetables labeled “ready-to-eat,” “washed” or “triple washed” should not be washed.
- Dry fruits and vegetables with a clean cloth or paper towel.
- Do not use soap or bleach to wash fresh fruits or vegetables. These products are not intended for consumption.



# AUGUST SENIOR LUNCH MENU

082014

**MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY**

 <p>WHERE NATIVE ARTS MEET THE WORLD <b>AUGUST 23 AND 24 2014</b></p>	<p><b>Menu is Subject to Change</b></p>	<p>1 Beef Stroganoff w/ Egg Noodles Steamed Spinach Cauliflower w/ Cheese Cottage Cheese w/ Chilled Pears Milk</p>
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4	5	6	7	8
Green Chile Hamburger Stew Tossed Salad w/ Dressing Cornbread w/ Butter Peanut Butter Cookie Milk	Baked Chicken Breast Sandwich Celery Sticks Tater Tots Cottage Cheese w/ Peaches Milk	Pork Stir Fry Stir Fry Vegetables Tossed Salad w/ Dressing Whole Wheat Roll w/ Butter Apple Cobbler Milk	Meatloaf Scalloped Potatoes Steamed Green Beans Whole Wheat Roll w/ Butter Strawberry Shortcake Milk	Baked Chicken Wild Rice Carrot and Raisin Salad Biscuit w/ Butter Mandarin Oranges Milk

11	12	13	14	15
Baked Fish Fillet w/ Tartar Sauce Parsley Potatoes Creamy Coleslaw Whole Wheat Roll Chocolate Pudding Milk	Beef Tips w/ Rice Steamed Broccoli Green Salad w/ Dressing Whole Wheat Roll w/ Butter Chilled Pears / Milk	Hot Turkey Sandwich w/ Turkey Gravy Baked Sweet Potatoes Broccoli w/Cheese Cranberry Topping Jell-O Milk	Chicken Fettuccini W/ Alfredo Sauce Carrots & Peppers w/ Butter Garlic Bread Chilled Pears Milk	Red Chile Beef Enchiladas Pinto Beans Saltine Crackers Chocolate Pudding Milk

18	19	20	21	22
Chicken Salad Creamy Coleslaw Glazed Carrots Crackers Cherry Cobbler Milk	Beef Chalupa w/ Garnish & Salsa Fiesta Salad Chilled Fruit Cock- tail Milk	Baked Chicken w/ Noodles and Alfredo Sauce Buttered Steamed Carrots Whole Wheat Roll Mandarin Oranges Milk	Pork Posole w/ Red Chile Spinach Salad Pinto Beans & Tortilla Strawberry & Peaches Peanut Butter Cookie Milk	Spaghetti w/Meat Sauce Buttered Green Beans Green Salad w/ Dressing Garlic Bread Jell-O w/ Pears Milk

25	26	27	28	29
Chile Con Carne Grilled New Potatoes Steamed Cabbage w/ Butter Whole Wheat Roll Chilled Peaches Milk	Chicken Provencal (w/ Veggie & Sauce) Steamed Rice Buttered Spinach Whole Wheat Roll w/ Butter Tropical Fruit / Milk	Baked Ham Baked Yams Steamed Broccoli w/ Butter Whole Wheat Roll w/ Butter Baked Apples / Milk	Bean Burrito w/ Green Chile Sauce Spanish Rice Salsa Corn Tossed Salad w/ Dressing Spiced Apples Milk	Roast Beef Mashed Potatoes w/ Brown Gravy Steamed Green Beans Whole Wheat Roll White Cake Milk

**Please Note: Senior Meal Suggested Donations: Lunch \$1.50  
Non-Senior (59 years of age or younger) Mandatory Meal Fees: Breakfast / lunch \$4.20**

Lunch is Served at:  
MEG, Luisa, Ventana de Vida, Villa Consuelo & Pasatiempo Centers  
11:00am till 12:30pm Monday thru Friday



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

**Villa Consuelo**  
**(505) 474-5431**  
**1200 Camino Consuelo**

