

# The Senior Scene

— Vistas de los Mayores —



Photo by Ted Yamada

## January 2013

Programs and Activities for Older Adults



Division of Senior Services

# CITY OF SANTA FE, DIVISION OF SENIOR SERVICES

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

To learn more about the City of Santa Fe's Division of Senior Services or to read this newsletter online, please go to [www.santafenm.gov](http://www.santafenm.gov)

- You will be on the City of Santa Fe's website Home Page.
- Click on the words "A to Z index" in the upper left corner of the City's Home Page. A new page will appear.
- Scroll down to the letter "S" and click on "Senior Services".
- You will now be on the Senior Services Home Page with the newsletter, program information, staff contacts, and enrollment forms for Senior Services Membership card and for the RSVP Volunteer Program.

If you have any questions or comments about the Senior Services web pages, please contact Kristin Slater-Huff at [kwslater-huff@santafenm.gov](mailto:kwslater-huff@santafenm.gov) or 505-955-4760.

## Front Desk Reception

From Santa Fe **955-4721**  
 From outside Santa Fe (toll-free) 1-866-824-8714

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

## Administration

Cristy Montoya, Administrative Secretary 955-4721  
 Sadie Marquez, Receptionist 955-4741  
 Maggie Coffey, Receptionist 955-4758

## Nutrition

Thomas Vigil, Program Administrator 955-4740  
 Enrique DeLora, Inventory Supervisor 955-4750

## Meals On Wheels

Carlos Sandoval, Program Supervisor 955-4748  
 Yvette Sweeney, Administrative Assistant 955-4739  
 Robert Duran, MOW Assessments 955-4747

## Senior Center Programming

Lugi Gonzales, Center Program Manager 955-4711  
 Christine Sanchez-Warren, Prog. Coordinator 955-4715  
 Ventana de Vida, M.E.G. Center  
 Cristina Villa, Program Coordinator 955-4725  
 Pasatiempo, Luisa, Villa Consuelo

## 50+ Senior Olympics

Cristina Villa, Program Coordinator 955-4725

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

Fran Rodriguez, Transportation Dispatcher 955-4702  
 Linda Quesada-Ortiz, Administrative Secretary 955-4756

## In Home Support Services, Respite Care

### Homemaker, Non-Medical Personal Care

Theresa Trujillo, Program Supervisor 955-4745  
 Katie Ortiz, Clerk Typist 955-4746

### Senior Membership Registration

Brenda Ortiz, Database Specialist 955-4722

### Foster Grandparent/Senior Companion Program

Melanie Montoya, Volunteer Prog. Admin. 955-4761  
 Louise Kippert, FGP/SCP Admin. Secretary 955-4744

### Retired Senior Volunteer Program (RSVP)

Kristin Slater-Huff, Program Coordinator 955-4760  
 Marisa Romero, Administrative Secretary 955-4743  
 FAX Machine - RSVP Office 955-4765

### Miscellaneous

Lobby Area 955-4735  
 Craft Room 955-4736  
 Pool Room 955-4737  
 FAX Machine - Administration 955-4797  
 Board/Conference Room 955-4757  
 FAX Machine - Nutrition 955-4794

### Newsletter Production

Kristin Slater-Huff, Editor/Distribution 955-4760  
 Email: [kwslater-huff@santafenm.gov](mailto:kwslater-huff@santafenm.gov)  
 Brian Ferns, Graphic Artist  
 Jeannie Rae and Judy Valdez, Copy Editors

## CITY OF SANTA FE - RUN SENIOR CENTERS

<b>LUISA</b> 1500 Luisa St. (enter from Columbia St.) Santa Fe, New Mexico 87505	955-4717	<b>VENTANA DE VIDA (Pacheco)</b> 1500 Pacheco St. Santa Fe, New Mexico 87505	955-6731
<b>MARY ESTHER GONZALES (M.E.G.)</b> 1121 Alto St. Santa Fe, New Mexico 87501	955-4721	<b>VILLA CONSUELO</b> 1200 Camino Consuelo Santa Fe, New Mexico 87507	474-5431
<b>PASATIEMPO</b> 664 Alta Vista St. Santa Fe, New Mexico 87505	955-6433	<b>COUNTY INFORMATION</b>	992-3094
		<b>COUNTY TRANSPORTATION</b>	992-3069

# *DIRECTOR'S REPORT*

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Happy New Year Patrons!

I would like to take this opportunity to extend a sincere "Thank You" to the voters for their support of the Aging and Long-Term Services' General Obligation Bonds (GOB) totaling \$10,335,000 of which \$1,130,800 was specifically allocated to Santa Fe. As mentioned, these dollars will be applied towards various senior center renovations/improvements-code compliance, program replacement vehicles and commercial kitchen equipment.

Along that same note, we always dive into the New Year with the State Legislative Session and follow the progress of the various requests we submitted for consideration. The 2013 Session convenes at noon on Tuesday, January 15, 2013 and will end at noon on Saturday, March 16th. This is a very important process for Senior Services as well as for other senior programs statewide. With a thorough evaluation of our program needs, we specifically identified capital improvement projects and operational needs that will enhance and benefit the seniors utilizing our programs. For this session, we submitted both a Legislative Request totaling \$289,784 for operational expenditures to maintain and/or enhance our levels of service and a Capital Outlay Request totaling \$1,595,545 to construct and address senior center facilities code compliance issues, renovation/update/replace equipment, kitchen equipment, plus replace old, withered direct service program vehicles.

During the course of the Session we will continue to work hard for you in securing necessary funding to augment our City programs via this process. We will meet with Santa Fe's local legislative delegation and ask for their support with our submitted requests. As always, we would like to thank our local delegation for their continued support both now and in the past. Santa Fe's State local delegation members are:

## **House of Representatives**

Stephen Easley

Brian E. Egolf

Nick Salazar

Carl Trujillo

Jim Trujillo

Luciano "Lucky" Varela

## **Senators**

Phil Griego

Nancy Rodriguez

Peter Wirth

Also, please mark your calendar for Thursday, January 24th which is Senior Day at Legislature. Your presence at the Legislature is greatly appreciated and truly makes a difference in the decisions our Legislators make. I hope many of you will be able to continue to assist us with this very important process. I would like to take this opportunity to extend, in advance, a sincere and personal thank you for your dedicated support and consideration for our programs. Please be advised that our Transportation service will be available to transport interested individuals to and from the Capitol Roundhouse. Information regarding arraignments may be made by contacting our Transportation Section at 955-4700.

I hope you and your families had a wonderful holiday season and I look forward to seeing you throughout the year at our various meal sites and events.



Ron J. Vialpando

# SENIOR SERVICES PROGRAM INFORMATION

## Senior Center Membership Card

Anyone who makes use of the programs, transportation, activities or congregate meals provided by the Division of Senior Services (DSS) should have a Senior Center Membership Card. Tracking the card enables us to receive vital funding for our programs.

If you do not have a card, please come to MEG center to get one. The card only costs \$2 and \$1 for a reprint. **Please bring exact change.** You will need an emergency contact name and phone #, the last 4 digits of your Social Security number and your date of birth for your card.

**To qualify for DSS Services. The following criteria or exceptions must be met:**

1. Be sixty years of age or older per the Older American Americans Act; and/or
2. Be the legal spouse of a member sixty years of age or older; and/or
3. Be disabled and living in Luisa, Pasatiempo or Villa Consuelo senior housing regardless of age (for meals only); and must
4. Be an enrolled member of the DSS, having obtained a Senior Center Membership Card.

For details call Brenda Ortiz at 955-4722.

**Cards are not official identification. To obtain an official New Mexico identification card, you must go to the Motor Vehicle Division. Senior Membership Cards are only for use in City of Santa Fe Senior Centers.**



**We will print cards on the following days:**

**Tuesdays, January 8, 15, 22 and 29**  
**February 12, 19 and 26**  
**9:00am to 1:00pm**

## 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 4:30 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 3:00pm.

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.**

County: For rides within S.F. County but outside city limits, call 992-3069.

SF Ride: Persons under age 60 who who are paratransit-eligible **must** use Santa Fe Ride. Call 473-4444. There is a \$2.00 required fee per one-way trip with Santa Fe Ride. For a senior who is not ADA - eligible, Santa Fe Ride is \$5.00 per one-way trip.

Closures: We will be closed on January 1 and on January 21.



# NEWS & VIEWS

## Reaching the Norm after the Storm

Written by Brooklyn senior Lillian Opass

Hurricane Sandy, as we all know  
Dealt the east coast a terrible blow  
On looking back, what really mattered  
Was all the people whose lives were shattered  
Families were left homeless, without shelter,  
power and heat  
When the flood waters flowed their once friendly  
streets  
And people across this mighty nation  
Were shocked to see this storm's devastation  
They donated food, clothing, supplies and such  
So many cared, and it meant so much!  
Now, as we slowly return to the norm,  
We can proudly say we have weathered the storm  
And all this resulting trouble and strife  
Has given us all a new appreciation of life!

## Flora's Corner

"Standing in Line"

by Flora Leyba

Give them hope,  
Not only food,  
Which is indeed very good.  
People longing for Hope,  
This I see  
My prayer, oh Lord,  
Please use me!  
A simple smile  
Brings so much joy.  
Give it often,  
Returned blessings you'll enjoy!

## Senior Center Closures

All Santa Fe senior centers will be closed on Tuesday, January 1st for New Year's Day and on Monday, January 21st in honor of Martin Luther King Jr. Day.

## Senior Olympics Spotlight

Senior Olympics Registration  
Happy New Year! This year will mark our **35th anniversary** of the Santa Fe Senior Olympics!



## Kick-Off Registration for Local Games

Mary Esther Gonzales Center

Monday, January 7th, 2013

From 9:00 a.m. – 12:00 noon

We welcome new faces and hope to see you there this year. Join us!

## Local Games Registration

Monday, January 7th – Friday February 1st

Late Registration February 4th – February 8th

Registration fee is \$12.00

Late Registration is \$22.00

We will have special registration days at Genoveva Chavez Community Center on:  
Friday, January 11th 9:00 a.m. - 12:00 p.m.  
Friday, January 25th 9:00 a.m. - 12:00 p.m.

## Do you want to learn Handball?

American handball is a sport in which players use their hands to hit a small rubber ball against a wall so that it bounces off in such a way that their opponent cannot return it. Those who want to play handball need to be in good physical shape, as it is a fast-paced game.

We invite all who want to learn handball to Ft. Marcy. We play Mondays & Wednesday from 2:00 to 7:00p.m. and Saturday from 9:00 a.m. to noon.

Until next month,  
Happy New Year Senior Athletes!

-Cristina Villa,  
Senior Olympics Coordinator

## VistaCare Hospice Offers Grief Support

In January, a grief support group will meet on Tuesdays at the Tecolote Café on Cerrillos Road for a lunch gathering starting at 1:00. Join them on January 8th, 15th, 22nd and 29th. The group may continue through winter if there's interest.

In February, there will be a "Sweet Remembrance Memorial", honoring our Valentines who are no longer living. You are invited on February 14th at 5:30 p.m.

Ongoing, VistaCare hosts other Grief Support Groups. Loss of a Spouse/Partner group meets every Thursday, February 21st – March 28th 3:30 -5:00 p.m. Call to register. Also, a Loss of Any Kind group meets every Thursday, February 21st – March 28th 5:30-7 p.m. Call to register.

To register or to get more information, please call Elizabeth Graham at 988-5331.

# NEWS & VIEWS

## Elders Resource Fair-January 6th

The Elders Resource Fair, highlighting services available to elders in the Santa Fe area, will be presented on Sunday, January 6th at the Unitarian Universalist Congregation of Santa Fe (UUCSF). Dozens of elder-related organizations will provide information on home care, residential retirement, assisted living, hospice, volunteer opportunities, and more. This free event takes place from 11:30 a.m. to 1:30 p.m. at 107 West Barcelona Road. It is open to the public and is sponsored by UUCSF.

In addition to presentations and information provided by the exhibitors listed below, representatives from Walgreens Pharmacy will have flu and shingles vaccinations available, and will offer free health screenings. Ponce de Leon Senior Living is providing complimentary refreshments.

Prior to the event, Annabelle Montoya, regional manager of the Alzheimers Association, will speak on "The Gifts of Alzheimers" at the 10 a.m. service of UUCSF.

A partial list of participants to date include Advantage Homecare & Hospice; Alzheimer's Association; Ambercare Hospice; Beehive Homes; City of Santa Fe Senior Services/RSVP; Commission for the Deaf and Hard of Hearing; EGIS; Gateway Mortgage Group; Gentiva Healthcare Services; Home Instead Senior Care; In Your Home – Aging by Design; Jewish Family Services; Kingston Residence; LREP; Many Mothers; Medicalert + Safe Return; Mi Casa Home Healthcare, LLC; NM Aging and Resource; Ponce de Leon; Rainbow Vision Santa Fe; Santa Fe Care Center/Casa Real; Santa Fe Healthcare Network; Santa Fe Ride; and Walgreens Pharmacy.

## Thanks to Annabelle Montoya

Annabelle Montoya, Northeastern Regional Manager, Alzheimer's Association New Mexico Chapter, conducted a wonderful presentation for caregivers at the MEG Senior Center on November 27th. Thank you so much Annabelle for teaching us and touching our hearts!

## Santa Fe County Mobile Health Fair Van

### Wednesday January 2nd

Ventana de Vida 9:30-12/Rio en Medio 1:00-3:00

### Thursday January 3rd

El Rancho Cent. 9:30-12/Pojoaque Market 1:00-3:00

### Monday January 7th

M.E.G Senior Center 10:00am-3:00pm

### Thursday January 10th

Pasatiempo Senior Center 9:30-12

### Tuesday January 15th

Edgewood Cent. 10-12:30/Edgewood Lib. 1:00-3:00

### Wednesday January 16th

Eldorado Cent. 10-12:30/Agora Market 1:00-3:00

### Tuesday January 22nd

Santa Cruz Cent. 9:30-12/Rufina Apts. 1:00-3:00

### Wednesday January 23rd

Chimayo Cent. 9:30-12/ Encino Villa 1:00-3:00

### Tuesday January 29th

Luisa Cent. 9:30-12/Salvador Perez Pool 12:30-3:00

### Wednesday January 30th

Pojoaque Mkt. 10:00-12:00/Nambe Cent. 12:30-2:30

## Tax Aide New Mexico - Santa Fe

Free income tax preparation and electronic filing will be available again this year, by AARP Tax Aide volunteers.

February 1 through April 15, 2013 at:

Santa Fe Community College, West Atrium,  
Mon-Fri 8:30am-5:00pm Sat 9:00am-1:00pm  
(Closed at SFCC 3/18-3/25 & 3/29-3/30)

Pasatiempo Senior Center  
664 Alta Vista Street, Santa Fe  
Monday - Friday 9am-1pm  
(Closed 3/29 & 3/30)

**DO NOT CALL THE SENIOR CENTER**

For questions call Pete at 670-6835 or SFCC at 428-1780

# NEWS & VIEWS

## ECHO Commodities Food Distribution

Commodities (including cheese, cereal and canned foods) are available to income-eligible seniors age 60+ on the third Tuesday of each month, 9:30a.m. – 12:30 p.m. at the Santa Fe County Extension Building 3229 Rodeo Road.



Please call 1-(505) 242-6777 for details.

## Senior Commodity Distribution Dates, 2013:

- Tuesday, January 15th
- Tuesday, February 19th
- Tuesday, March 19th
- Tuesday, April 16th
- Tuesday, May 21st
- Tuesday, June 18th
- Tuesday, July 16th
- Tuesday, August 20th
- Tuesday, September 17th
- Tuesday, October 15th
- Tuesday, November 19th
- Tuesday, December 17th

## A Poem for the New Year

By Patti Merrill

Hang onto your dreams in 2013  
 and keep on reaching for the sky.  
 In a world with so much trouble and pain  
 It's hard to be happy, but we have to try.  
 Walk in ways of pleasantness and peace,  
 and learn to give and share.  
 Open your eyes and heart to the world around  
 you. There is beauty everywhere.

## CenturyLink Lifeline Program

CenturyLink offers cost assistance for qualifying low-income. The program, called Lifeline, is a federal benefit and to qualify, you must complete an application. To learn more, go to [www.centurylink.com](http://www.centurylink.com)

## Senior Day at the 2013 Legislature

The New Mexico State Legislature is composed of a 70-member House of Representatives and a 42-member Senate. The members are unpaid for their legislative work, but do receive a daily living allowance for each day of official legislative work. Thursday, January 24th is Senior Day at the State Legislature. All seniors, members of the aging network, and interested members of the public are invited to attend activities promoting senior awareness at the Roundhouse that day.

There will be various activities including information tables covering a wide variety of aging issue and speeches by elected officials and policy-makers in the Aging Network.

Senior Services Transportation will drive interested seniors from the Mary Esther Gonzales Senior Center at 9:00a.m. to the Roundhouse. One van will leave the Roundhouse at 10:30 for those who wish to have lunch at MEG Center, and another will leave the Roundhouse at 11:30 for those who wish to stay longer. Please call 955-4700 to sign up for a ride.

“It must be borne in mind that the tragedy of life doesn't lie in not reaching our goal. The tragedy lies in having no goals to reach. It isn't a calamity to die with dreams unfulfilled; but it is a calamity not to dream. It is not a disaster to be unable to capture your ideal but it is a disaster to have no ideal to capture. It is not a disgrace to not reach the stars but it is a disgrace to have no stars to reach for. – By Benjamin Mayes, submitted by Albuquerque senior Bob Hoberg

## Theft Prevention

The Santa Fe Police Department Crime Prevention Unit encourages everyone to be aware and to take these precautions:

- If you are shopping the after-holiday sales, lock all vehicle doors and close windows while shopping and keep all valuables in the vehicle's trunk—out of sight.
- Always be aware of your surroundings and inform store management or security, or call the Santa Fe Police Department's non-emergency number, 505-428-3710, and report any suspicious persons or vehicles you see in or around the parking lot area.

# AT A GLANCE



**Theresa Trujillo** and volunteers wrapping "Santa to a Senior" gifts



**Judy and Manny Valdez** perform traditional dances with Los Coloniales



**Louis Baca** plays in a pool tournament against the North Valley Senior Center in Albuquerque



**Sister Jo Romero** leads her guitar class



The Monday **guitar class** plays Christmas carols



The **Carlos Aguirre Trio** plays as **Vitalia Garcia** sings



**Christmas Dinner** at the MEG Senior Center



**Paco Revuelta** at a gallery opening of his work

# RSVP THE RETIRED SENIOR VOLUNTEER PROGRAM

## COMMUNITY NEEDS



*The following are volunteer positions and each comes with training and support. If you are interested in any*

*of these exciting opportunities, please call Kristin Slater-Huff in the Retired Senior Volunteer Program office, at 955-4760 or email [kwslater-huff@santafenm.gov](mailto:kwslater-huff@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.*



### Teach AARP Driver Safety Classes

Do you enjoy sharing information with an audience? How would you like to receive training and support and then begin to teach the AARP Driver Safety classes at senior centers? The classes review safety rules and reminders, and allow students to receive a discount on their automobile premium (because you helped make them safer drivers). You will learn to offer instruction, lead participants through the test book and show clips from a DVD. Classes are four hours long, plus registration for students. We are looking for an additional teacher or two in the Santa Fe area to volunteer for this class. Teachers may be English or Spanish-speaking. Call Kristin at 955-4760 if you are interested.

### The Children's Museum Needs Volunteers

The Santa Fe Children's Museum is a lovely, busy place which needs your help. Would you like to volunteer in the office; or the gift shop/admissions desk; or the rock climbing wall; or as a greeter; or as a nature specialist; or after hours with fundraisers? Volunteers must pass a criminal background check prior to training.

Please call Kristin at 955-4760 to help.

### We Need Handypeople!

Senior Services frequently receives phone calls from seniors who need some light home repair but cannot afford a handyman. We have had several volunteer handymen over the years, but we are down to one or two now, and they need back up.

Volunteer handypeople must pass a criminal background check and then we screen calls and pass them along. The client is responsible for paying for the necessary supplies, but the handyman needs a vehicle and tools and a bit of knowledge with repairing- very basic carpentry, painting, electrical, yard work ability, etc. You do not have o take on any job you do not feel up to.

If you'd like to offer your services, please call Kristin at 955-4760.

### Join a Red Cross Response Team:

Be "Ready When the Time Comes"

Ready When the Time Comes is an American Red Cross volunteer



**American Red Cross**

program that utilizes the valuable human resources of local businesses and communities. The Red Cross trains and mobilizes a team to respond when local and large disasters occur.

The Santa Fe RSVP is hoping to recruit at least a dozen volunteers to take the four-hour online training and the five-hour classroom training required to become a Red Cross team member to respond when disaster strikes.

Once you are trained, you decide how much or how little time you want to give, and where and when you'll give it.

You probably heard about hundreds of citizens showing up after Hurricane Katrina to offer help, but being turned away because they had not been trained. There were also hundreds of RSVP volunteers who had been trained by the Red Cross who were accepted with open arms. Join the RSVP staff to get the training to help during a crisis-local or national.

Call Kristin at 955-4760 to learn more.

# RSVP THE RETIRED SENIOR VOLUNTEER PROGRAM

## Civil Rights Presentation in Honor of Dr. Martin Luther King, Jr.

Please join us at 9:00 a.m. at the Mary Esther Gonzales Senior Center on Tuesday, January 29th. We will have a lively presentation about civil rights issues in America.



Doug Schocke, member of the Senior Board of Directors, will share memories of his activism in Civil Rights work of the early 1960's. Other speakers will give their unique perspective and memories of that exciting and terrifying time in American history.

This presentation is sponsored by the RSVP Volunteer Program and light refreshments will be served.

### Think About This...

"A volunteer is a person who is a light to others, giving witness in a mixed-up age, doing well and willingly the tasks at hand-namely, being aware of another's needs and doing something about it." - Unknown

"Volunteers do not necessarily have the time; they just have the heart." - Elizabeth Andrew

"Volunteering creates a national character in which the community and the nation take on a spirit of compassion, comradeship and confidence." - Brian O'Connell

"If you want to lift yourself up, lift up someone else." - Booker T. Washington

"You make a living by what you get. You make a life by what you give." - Winston Churchill

"Don't ever question the value of volunteers. Noah's Ark was built by volunteers; the Titanic was built by professionals." - Unknown



The Retired Senior Volunteer Program wishes a very happy birthday to our active volunteers born in the month of

## January

Jhana Noble	1/01	David C. Castaneda	1/16
E. June Smith	1/01	Mary Erlin Medina	1/16
Al Hill	1/03	Diane Wahl	1/16
Lucy E. Romero	1/03	George	
Grace E. Gutierrez	1/04	Auchampaugh	1/19
Emily Marquez	1/04	Marta Boettcher	1/21
Moises Morales Jr.	1/05	Barbara Ann Davis	1/21
Reyes P. Garcia	1/06	Susan M. Sheldon	1/21
Olympia V. Hun	1/06	Sylvia Wohlmutter	1/22
Barbara Rochford	1/06	Sandra Giron	1/25
Robert Conley	1/08	Virginia Lierz	1/25
Juan Revuelta	1/08	Michael Mier	1/26
Carolyn Rockenfield	1/08	Pauline Orosco	1/26
Sheila			
Doran-Benyon	1/09	Donna L. Herbst	1/28
Cy Martinez	1/09	Dottie Hill	1/28
Alan Karp	1/11	Mary Edna Martinez	1/28
Gordon Mark	1/12	Verna G. Martinez	1/28
Pat Bell	1/13	Terry Meacham	1/28
Ann Hume	1/14	Caro Waterman	1/28
Elizabeth Romero	1/14	Deluvine R. Baca	1/29
Dolores Vigil	1/14	Porfirio Chavez	1/31
Christine P. Martinez	1/15	Art Espinoza	1/31
Nancy Ann			
Paraskevas	1/15	Norman Jordan	1/31

# FGP/SCP Foster Grandparent / Senior Companion Programs

## They will be missed...

**Nancy Armendariz** passed away on November 14, 2012 at the age of 77. Nancy began her volunteer work over 50 years ago after two close brushes with death. In her twenties, Nancy was diagnosed with a potentially fatal heart ailment and became one of the first people to get a pacemaker.



Nancy was born in 1935 in Lumberton, New Mexico and moved to Santa Fe when she was 13. She spent most of her life volunteering with Our Lady of Guadalupe Church and with the Senior Companion Program. Her Senior Companion clients truly enjoyed her friendship, loyalty and commitment to them. Nancy once said, "I like my work because I get to visit with people who have no one to visit them. All I know is that I am blessed. For some reason, God wants me in this world because he has saved me twice. So I make it a point every morning when I get up to ask him to guide me, and I ask him, 'What do you want me to do for you?'"

She is survived by her son Johnny Salazar, daughter Donna Lievens, many grandchildren and great-grandchildren.

Nancy was a true inspiration to all who knew her. She will be missed.

**John R. Sandoval (Johnny)** passed away peacefully at his home on December 5, 2012 at the age of 92. Mr. Sandoval was a proud WWII Veteran, a volunteer for the Disabled American Veteran's Colorguard and a Foster Grandparent Volunteer at Carlos Gilbert Elementary School for over twenty years. He was also well known in the community for being an outstanding Senior Olympic athlete



with numerous gold medals for his running talents. He is survived by his four children, nine grandchildren, six great grandchildren and many nieces and nephews. He will be greatly missed by all who knew him.

## In-Service Meeting

On Tuesday, January 29, 2013, we will have our monthly mandatory in-service training. The meeting will begin at 9:00 a.m. in the Mary Esther Gonzales Dining Room. In honor of Dr. Martin Luther King, Jr., we will have a presentation regarding the Civil Rights movement. Speakers will share memories of their activism in Civil Rights issues. Volunteers are not required to volunteer on this day and should plan on attending the meeting.

## Please join us: Senior Day at the Legislature 2013

Join us for speeches by legislators, music and information tables on senior issues and programs.

Thursday, January 24, 2013  
9:00 a.m. at the Roundhouse

If you are interested this event, you will not be required to volunteer your regular schedule on this day. Please let Melanie know if you are interested in attending. This is not a mandatory event and requires lots of standing and walking.

# HAPPY BIRTHDAY!

The Volunteer Programs wish a very happy birthday to our FGP and SCP Volunteers born in the month of January.

- Tillie Kitchens 1/6
- Tillie Trujillo 1/6
- Peter Crook 1/8
- Joe Vigil 1/10
- Maria Carta 1/26
- Perfilia Martinez 1/28



# ACTIVITIES

All activities are open to eligible seniors with a Senior Membership card (see pg. 4). Classes are held at City of Santa Fe Senior Centers. (See inside cover.) Subject to change.

## Ongoing Activities by Senior Center

### **Luisa Senior Center**

Pool Tables	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 Center**

Pool/Cards	Mon.-Fri.	7 am-4:30pm
Fitness Room	Mon.-Fri.	7 am-4:30pm
Computer-Open	Mon.-Fri.	1 pm-4:30pm
Guitar Class	Monday	9:00 am
Hospice Crafts	Monday	1:00 pm
Tai Chi class (beginner)	Mon.-Thurs.	8:15 am
Tai Chi class (advanced)	Monday	9:15 am
Yoga (Dahn)	Tuesday	9:15 am
Bingo	Mon. & Wed.	1:00 pm
Jewelry Making Class	Monday	9:00 am
Ceramics	Wed. & Fri.	9:30 am
Wood/Straw	Thursday	9:00 am
Quilting/Sewing	Thursday	12:30 pm
No Class on 3rd Thurs. of Month		
Sing Along-Spanish	2nd & 4th Fri.	11:30 am
Knitting	Friday	2:00 pm
Computer Classes	955-4721	mornings
Zumba Dance	Friday	9:30 am

### **Pasatiempo Senior Center**

Pool/Ping Pong	Mon.-Fri.	8 am-1:30 pm
Fitness Room	Mon.-Fri.	8 am-1:30 pm
Ceramics	Mon.-Fri.	9:00 am
Bridge	Monday	12:30 pm
Zumba Dance	Tuesday	8:30 am
Line Dance-Adv.	Tuesday	1:00 pm
Wood/Straw	Wednesday	9:30 am
Tai Chi	Thursday	9:00 am
Zumba Dance	Thursday	10:00 am
Line Dance - Beginner	Thursday	1:00 pm
Zumba Dance	Friday	1:00 pm

### **Ventana de Vida Senior Center**

Exercise Class	M/W/F	9:00 am
Art Class	Tuesday	1:00 pm
Bridge	Sunday	1:00 pm

### **Villa Consuelo Senior Center**

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

## Ongoing Activities by Activity or Class Type

### **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**

Pasatiempo	Monday	12:30 pm
Ventana de Vida	Sunday	1:00 pm

### **CERAMICS/CLAY**

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

### **COMPUTER**

MEG Classes	For info. call	955-4721
MEG Open Use	Mon. - Fri.	1 pm - 4:30pm

### **DANCE 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	Friday	9:30 am

### **EXERCISE CLASSES/FITNESS EQUIPMENT**

MEG Open Use	Mon. - Fri.	7 am - 4:40pm
Pasatiempo Open Use	Mon. - Fri.	8:00 am
Luisa Open Use	Mon. - Fri.	7:00 am
Ventana Class	M/W/F	9:00 am

### **GUITAR CLASS (Beginner)**

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

### **JEWELRY MAKING**

MEG Center	Monday	9:00 am
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### **SEWING/QUILTING/KNITTING**

MEG-Sew/Quilt	Thursday	12:30 pm
No Class on 3rd Thurs. of Month		
MEG-Knitting	Friday	2:00 pm

### **SING-ALONG**

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

### **TAI-CHI**

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

### **WOOD/STRAW APPLIQUÉ**

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

### **YOGA**

MEG (Dahn Yoga)	Tuesday	9:15 am
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# ACTIVITIES for this month



## 2013 New Years Dance at Luisa

Please join us at the Luisa Senior Center, 1500 Luisa St (off Columbia) for an afternoon dance on Thursday January 3rd from 12:30 p.m. – 3:30 p.m. There will be live music by Bonifacio and door prizes. There is a \$2.00 admission. Don't miss out!



## Center Closures

All senior centers will be closed on Tuesday, January 1st for New Year's day and on Monday, January 21st in honor of Martin Luther King, Jr. Day.

## "Hands on Community Banking"

Presentation at the MEG Center

There will be a presentation on "Hands on Banking" especially for seniors. Discussion will cover many important topics related to banking including:

- Social Security Direct Deposit
- Financial Abuse of Senior Citizens
- On-line Banking
- ATM Fees

A general question and answer session after the presentation for ANY of your banking questions will take place afterwards. The presentation will start at 9:30 a.m. on Wednesday, January 16th at the Mary Esther Gonzales Senior Center.

This presentation is sponsored by Wells Fargo Bank and is being presented by Elise Mignardot, a Wells Fargo Bank "Hands On Banking" Consultant. They would like to emphasize that this presentation is for everyone, regardless of where you bank. Please join us.

## Weekend Bingo with a \$100 Jackpot!

The Pasatiempo Senior Center at 664 Alta Vista Street will host a Bingo on Sunday, January 20th 1:00-4:00p.m. A Bingo pack is \$12 with three specials at \$1 each. Plan to buy Frito pie and a drink for \$5.00. Proceeds benefit the Pasatiempo Senior Center.



## Free Hair Cuts at MEG & Pasatiempo

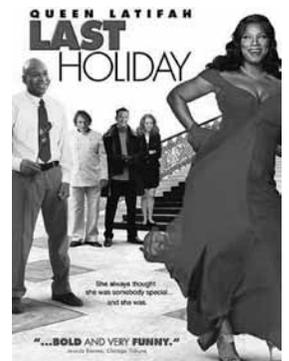
During the month of January, our volunteer Fabiola will provide free haircuts for seniors, on a first come, first served basis, on the following Wednesdays from 10:am to 2:00 pm. Please note: haircut sign-in begins at 9:00 am.



MEG Senior Center Jan. 2nd and 9th  
Pasatiempo Senior Center Jan. 16th and 23rd

## Movie Day at the M.E.G. Senior Center "Last Holiday"

Friday, January 18th at 1:00 p.m.



After she's diagnosed with a terminal illness, a shy woman named Georgia (Queen Latifah) cashes out her life savings and heads to Europe for a last bit of revelry. She checks into a four-star hotel; trades her drab clothes for haute couture, finds herself flirting with a handsome and powerful politician (Giancarlo Esposito); convinces the head of a cooking supplies firm (Timothy Hutton) that she's a high-powered executive from a rival company; and makes friends with a four-star chef (Gérard Depardieu). But when an old flame learns the truth about Georgia's condition, he sets out to find her before their chance at romance has passed.

## Yoga Class at MEG Center Dahn (Energy)

Yoga class will be held on Tuesdays at the Mary Esther Gonzales Senior Center from 9:15 am to 10:00 am.

# ACTIVITIES for this month

## Arts & Crafts Workshop at MEG

You are invited to join us for Arts & Crafts workshops at the Mary Esther Gonzales Senior Center. This month's focus will be on 'Valentine's Day decorations and card making, and will take place on Tuesday, January 15th from 10 – 11 am. The workshop is hosted by Patti Merrill. Bring a friend and join the fun!

## Zumba for Seniors at MEG

Zumba Gold-Toning –The Zumba® Gold-Toning program offers the best of both worlds — the exhilarating experience of a Zumba Fitness-Party with the benefits of safe-and-effective strength training. It's a dance-fitness class that feels friendly, and most of all, fun. So, join us, classes take place at the MEG Center on Fridays from 9:30 am – 10:30 am.

## D.S.S. New Year's Dance

Join us in bringing in the New Year with a dance on Thursday, January 10th from 1:00 p.m. – 4:00 p.m. at the Fraternal Order of Eagles on Early St. Dance to live music by Camino Oscuro. Light refreshments will be served.



This dance is sponsored by the Mary Esther Gonzales Senior Center. Admission is \$2.00. Please bring your Senior Membership card.

## T'ai Chi for Advanced Students

A new class for advanced students of T'ai Chi Chuan (Taijquan) martial arts will take place on Mondays, starting January 7th at 9:15 a.m., right after the regular practice sessions which will continue Mondays through Thursdays at 8:15 a.m. off the MEG Center dining room.



## Simple Qigong" at Luisa Center

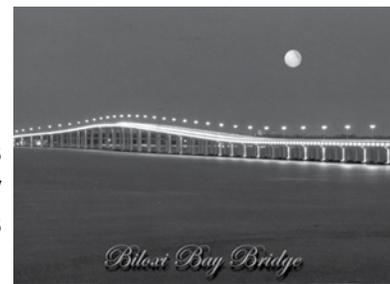
Got Chi? Well, if you are alive, you have chi, which means "energy." Some of us simply have more of it than others. During this practice, you will learn safe, simple movements to build your internal energy, gain flexibility, and increase body awareness. Even those who are unable to stand for the practice or who are wheelchair bound can most certainly participate in this ancient Chinese healing method.

## Senior Activity Corporation Trip Biloxi and New Orleans

April 6-14, 2013

\$820.00

Diamond Tours will take seniors by motorcoach on this exciting trip including:



- 8 nights lodging (4 at a casino hotel)
- 8 breakfasts and 6 dinners
- Spectacular gulf coast gaming
- A guided tour of the bay of St. Louis
- A guided tour of New Orleans
- Free time in New Orleans' French Quarter
- A visit to a second gulf coast casino

There is a 10% for trip cancellation. For reservations and information, call:

Cecilia Lopez at 204-9527 or

Chuck Niggeman at 988-2958

## AARP Driver Safety Program

Sign up for the next AARP Driver Safety Class taking place at the MEG Senior Center, located at 1121 Alto Street. The mini course is from 12:30 (registration) to 5:00 p.m. The volunteer instructor 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 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. The fee to cover materials is \$14.00. If you are an AARP member the cost is only \$12.00, although your AARP card or number must be presented the day of the class.

To register for the AARP class, please call the volunteer instructor of that class:

January 8th Tricia Penn 438-0460

February 12th Alan Kalman 629-0752

# ACTIVITIES for this month

## Civil Rights Presentation in Honor of Dr. Martin Luther King, Jr.

Please join us at 9:00 a.m. at the Mary Esther Gonzales Senior Center on Tuesday, January 29th. We will have a lively presentation about civil rights issues in America.



Doug Schocke, member of the Senior Board of Directors, will share memories of his activism in Civil Rights work of the early 1960's. Other speakers will give their unique perspective and memories of that exciting and terrifying time in American history.

This presentation is sponsored by the RSVP Volunteer Program and light refreshments will be served.

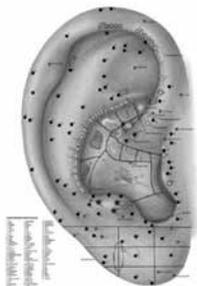
## Senior Day at the Legislature - January 24th

You are invited to attend activities promoting senior awareness at the Roundhouse on Thursday, January 24th. There will be various activities including information tables covering a wide variety of aging issues.

Senior Services Transportation will drive from the Mary Esther Gonzales Senior Center at 9:00 to the Roundhouse. One van will leave the Roundhouse at 10:30 for those who wish to have lunch at MEG Center, and another will leave the Roundhouse at 11:30 for those who wish to stay longer.

## Free Acupuncture Clinic for Veterans

A free ear acupuncture clinic is being offered for all Veterans and their families at the MEG Senior Center on Thursdays 2:00-4:00p.m. The acupuncture points used have been shown to help with sleep, anxiety, anger issues and PTSD. Treatments are administered by Caroyln Bleakely, Doctor of Oriental Medicine. Come, get a free treatment, ask questions and relax.



Note: The clinic will be closed on holidays and snow days. No appointments necessary.

## Popejoy Presents

The Senior Transportation vans are making plans to head to Popejoy Hall in Albuquerque again. Here are some of the possible upcoming shows:



**Drumline** - A drum and bugle compilation  
Wednesday, January 23rd at 7:30 p.m.

**Cinderella Ballet** - The classic story  
Thursday, January 31st at 7:30 p.m.

**Dream Girls** - Up-and-coming, 1960s girl group  
February 14th – 17th, times vary

**Classic Albums Live: The Beatles' Abbey Road**  
Friday, March 8th at 8:00 p.m.

**Rhythm of the Dance for St. Patrick's Day**  
Saturday, March 2nd at 8:00 p.m.

**West Side Story** - The score by Bernstein & Sondheim is as great as it was 50 years ago  
March 14th – 17th, times vary

**Monty Python's Spamalot**  
April 6th at 8:00 p.m. or 7th at 1:00 p.m.

**The Kingston Trio** - Remember this sound?  
Sunday, April 14th at 3:00 p.m.

**Broadway Rox** - Songs from "Wicked", "Jersey Boys", "Rent", "Tommy", "Mamma Mia", "Jesus Christ Superstar" and "Rock of Ages"  
Friday, April 26th at 8:00 p.m.

**Jersey Boys** - Franki Valli and the 4 Seasons  
May 22nd- June 2nd, times vary

For further information, or to vote for any of these shows, call Carol at 820-3523. As always with Travel Committee trips, there is a 10% cancelation fee.

# HEALTH & SAFETY

## Switch to skim or 1% milk

- » They have the same amount of calcium and other essential nutrients as whole milk, but less fat and calories.

## Make at least half your grains whole

- » Choose 100% whole-grain cereals, breads, crackers, rice, and pasta.
- » Check the ingredients list on food packages to find whole-grain foods.

## Vary your protein food choices

- » Choose a variety of foods including seafood, beans and peas, nuts, lean meats, poultry, and eggs.
- » Keep meat and poultry portions small and lean.
- » Try grilling, broiling, poaching, or roasting. These methods do not add extra fat.

## Be physically active your way

Pick activities that you like and start by doing what you can, at least 10 minutes at a time. Every bit adds up, and the health benefits increase as you spend more time being active.



## Make half your plate fruits and vegetables

- » Choose fresh, frozen, canned, or dried fruits and vegetables.
- » Eat red, orange, and dark-green vegetables, such as tomatoes, sweet potatoes, and broccoli, in main and side dishes.
- » Use fruit as snacks, salads, or desserts.
- » Keep raw, cut-up vegetables handy for quick snacks.
- » Choose whole or cut-up fruits more often than fruit juice.

## Cut back on foods high in solid fats, added sugars, and salt

- Choose foods and drinks with little or no added sugars.
- Look out for salt (sodium) in foods you buy.
- Eat fewer foods that are high in solid fats.

## Eat the right amount of calories for you

- Enjoy your food, but eat less.
- Cook more often at home, where you are in control of what's in your food.
- When eating out, choose lower calorie menu options.

Get your

personal daily calorie limit at

[www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov)

and keep that number in mind when deciding what to eat.



# PUZZLES

## Restaurant

Find and circle all of the Restaurant words that are hidden in the grid.  
The remaining letters spell an additional word.

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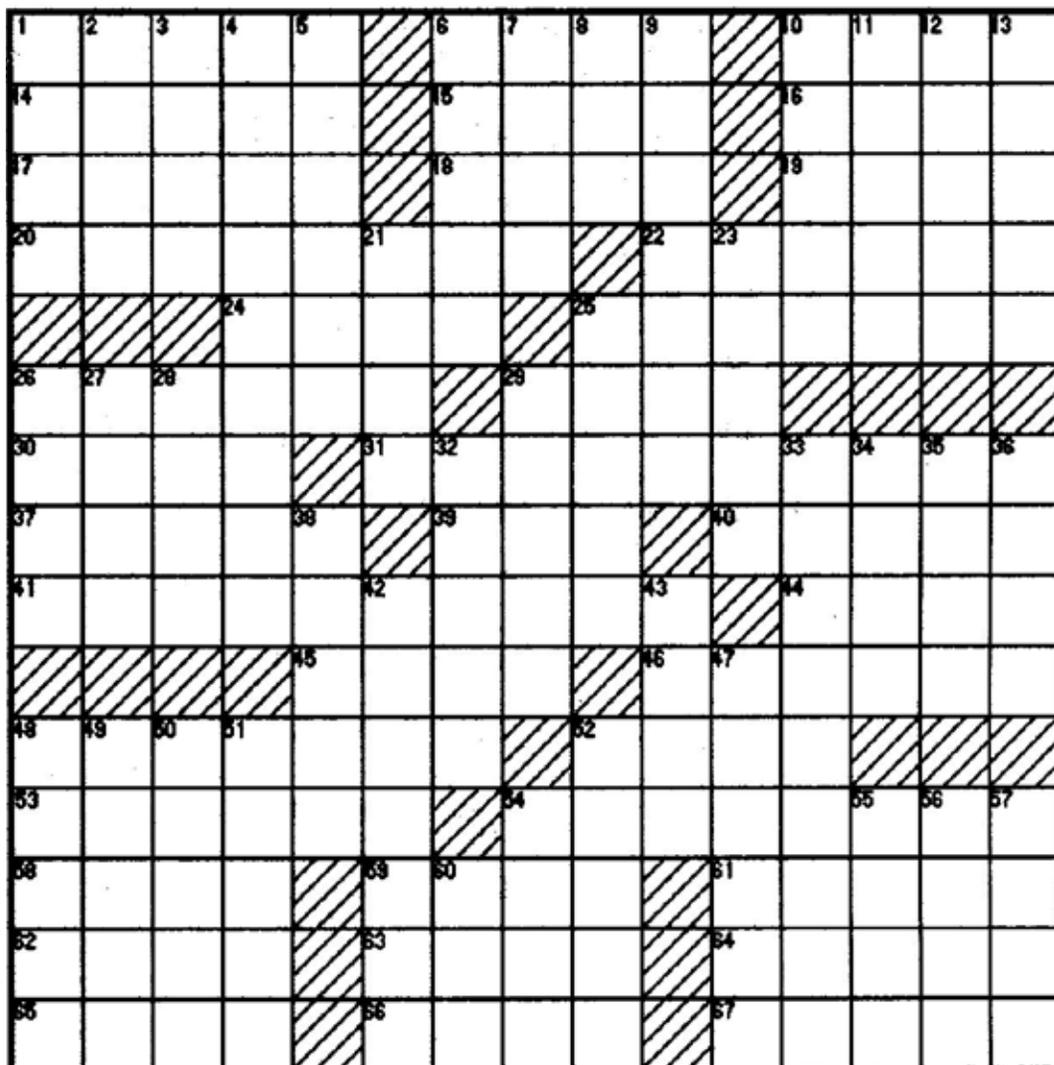
R R E M O T S U C E W E S K T
W A T E R E I H S A C D N N E
M O S A E R W D I V E C A I A
E R E L B A A T A S T U P F W
N D R M I L R F S L Y P P E D
U E V T A E E E I O A S E N R
S R E K S N R C B T R S T O I
E R R S R T A S L E I C I O N
S T S S I O U G C O H R Z P K
S A C E A B F U E E T T E S S
A B O T H I A L F R I H R P O
L L O A C S L N A P K I N S A
G E K L D I S H W A S H E R S
N S S P B C O F F E E R T N E
  
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APERITIF	CUPS	MANAGER	SPOON
APPETIZER	CUSTOMER	MEAL	TABLECLOTH
BILL	DESSERT	MENU	TABLES
BUSBOY	DISHWASHERS	NAPKINS	TEA
CASHIER	DRINKS	ORDER	TIP
CHAIRS	ENTREE	PLATES	WAITER
CHEF	FORK	SALAD	WAITRESS
COFFEE	GLASSES	SAUCERS	WATER
COOKS	KNIFE	SERVERS	WINE

# PUZZLES

## ACROSS

1. Liquid from fruit
6. A leaf from a book
10. Unmarried woman
14. Short piece of writing
15. 365 days
16. Whale
17. Wash lightly
18. Steel bars
19. Tidy
20. \_\_\_\_\_ Turner, actress
22. Enthusiastically
24. Sly, playful girl
25. Halfway around the calendar
26. A dialogue by Plato on immortality
29. Latin for "well"
30. German for "mister"
31. Showings
37. Annoyed
39. Possesses
40. Iron alloy
41. Languors
44. Skin disease
45. Goals
46. Bulked
48. Threads
52. \_\_\_\_\_ Strauss, jean maker
53. Taiwan capital
54. Eye disease
58. Finishes
59. La \_\_\_\_\_, equatorial weather phenomenon
61. Rage
62. "A Death in the Family" author, James \_\_\_\_\_
63. 1/28th of an ounce
64. Deep sky blue
65. Bog plants
66. Bristle
67. Resupply workers



## DOWN

1. Sharp sudden pull
2. United States Information Agency
3. Is not (contraction)
4. Soft fine wools
5. Natural eye covers
6. Heat resistant glass
7. Long indefinite period
8. In search of pleasure
9. Name, old English for "green heights"
10. Cash
11. Late actress, \_\_\_\_\_ Dunne
12. Canals in the cochlea
13. Woodland god
21. Son of Seth (Bible)
23. Paradises
25. Former Reagan Attorney General Edwin \_\_\_\_\_
26. Singer/drummer \_\_\_\_\_ Collins
27. Greek goddess
28. Ships like Noah's
29. Thin flat nails
32. Pals
33. Print with slanted letters
34. From head to shoulders
35. Chromosome unit
36. Sleigh
38. \_\_\_\_\_ Keaton, actress
42. News (Old English)
43. Stadium in New York
47. Of the fleshy part of the soft palate
48. Water vapor
49. A dance
50. Travels on an animal or vehicle
51. Vaulted rooms in a church
52. Andes vicuna
54. Small fly
55. Female egg cell
56. Variable star in the constellation Cetus
57. Yemen seaport
60. Anger

## Strengthening S.S. and Medicare

From the New Mexico Chapter of AARP

There is a lot of speculation in Washington these days about what are the best ways to strengthen Social Security and Medicare and keep those programs solvent for both current and future beneficiaries.

Social Security currently has only enough funds to cover beneficiaries at their full amount until 2032. After that time, it will only be able to pay out 70 percent of benefits. Medicare costs keep increasing as health care costs continue to rise at a faster rate than inflation.

For the past several months, AARP New Mexico has been asking residents what they think about some of the different proposals that are being discussed.

“We called the initiative ‘You’ve Earned a Say’ (YEAS) because we believe that the very people that have been paying into these programs and are counting on them for a secure retirement, have earned a right to be heard by lawmakers and other who are discussing changing those programs,” said Gene Varela, AARP New Mexico State Director.

To date, more than 11,000 New Mexicans have shared their views on the future of Social Security and Medicare through questionnaires. AARP New Mexico has conducted 47 community conversations, with large and small groups, reaching about 4,500 individuals.

AARP recently compiled its first report on what New Mexicans are saying. Some of the highlights of the report include:

- When it comes to the future of both programs, 35 percent believe more funding will be needed to keep benefits at current levels, only 12 percent say benefits will be reduced and 40 percent say that either of those first two items will occur.
- When it comes to Medicare, 30 percent say the program needs major changes while 28 percent say it is fine as it is.
- New Mexico also indicated that both programs are too important to people not to be protected

for future retirees and that some kind of balanced approach is needed to protect the programs.

- Seventy-seven percent said that all future retirees should continue to get guaranteed Medicare coverage and care as seniors do now. Also 23 percent agreed that future retirees should be given a set amount of money to choose among many insurance plans with different benefits and costs.
- Sixty-two percent said a balanced approach of benefit and revenue changes are needed to make sure Medicare is there for future retirees. Thirty percent said Medicare is too important to people to consider major changes.
- Sixty-seven percent say that a balanced approach of benefit and revenue changes is needed to ensure Social Security is there for future retirees with another 23 percent indicating that Social Security is too important to consider benefit changes for future retirees.

To learn more about AARP’s “YEAS” initiative or share your views and Social Security and Medicare visit [www.earnedasay.org](http://www.earnedasay.org), or call the New Mexico State Office at 1-866-389-5636.

## National Do Not Call List

All cell phone numbers have gone public which means they are being released to telemarketing companies so you will start to receive sales calls on your cell phone. Aside from the fact that the calls are irritating, you will be charged for the minutes used by these calls.

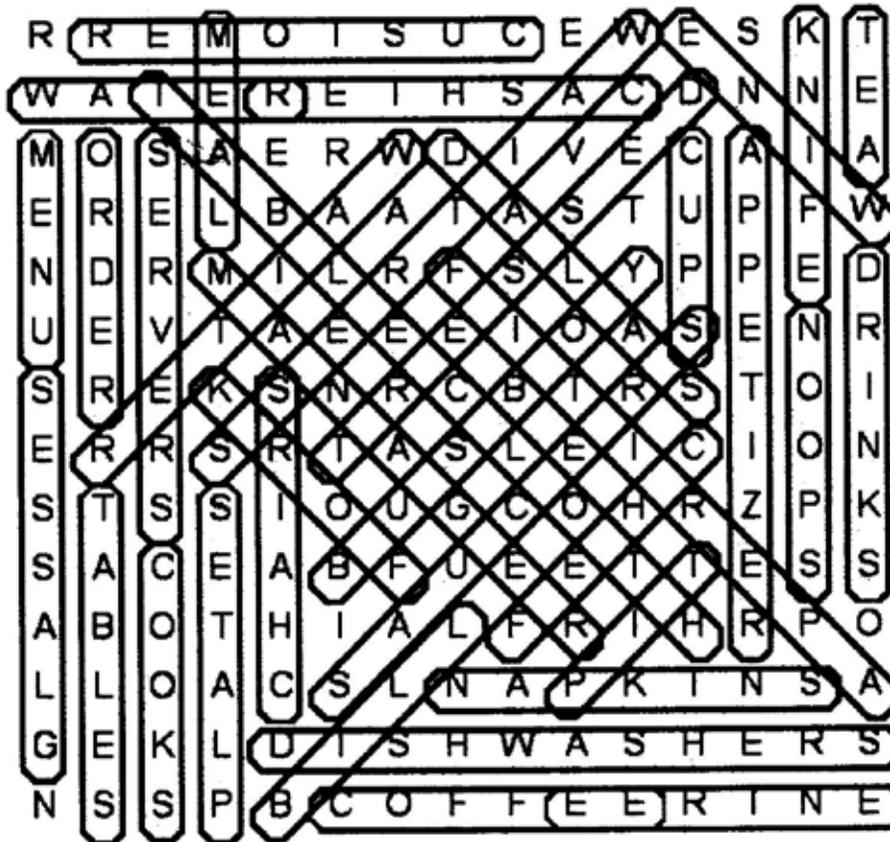
To prevent telemarketer calls to your cell phone, call the Do Not Call Registry toll-free at 1 (888) 382-1222. They can assist you in English or Spanish and it takes about 20 seconds.

The call blocks your number from most telemarketers for the next five years, but you must call from the cell phone you want to block. If you have not done it from your home phone, make another call from that phone.

You can go online and block up to three phone numbers at once <https://www.donotcall.gov/>

# PUZZLE ANSWERS

January 2013



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

# BREAKFAST MENU

## SENIOR CENTER BREAKFAST MENU JANUARY 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Breakfast is Served at Pasatiempo, Luisa and M.E.G. Senior Centers Mon-Fri 7:30 - 8:30 a.m.</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
	<b>ALL CENTERS CLOSED IN OBSERVANCE OF NEW YEAR'S DAY</b>	Boiled Eggs Tomato Juice Hot Oatmeal Margarine Milk	Sausage Cheese Salsa Potatoes Margarine Milk	Breakfast Burrito w/ Scrambled Egg Cheese Red Chile Tortilla Bacon Milk
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
Boiled Egg Tomato juice Hot Oatmeal Margarine Milk	Breakfast Burrito w/ Sausage Cheese Green Chile Tortilla Margarine Milk	Peanut Butter Tomato Juice Small Roll Jelly Milk	Grilled Ham Cheese Peppers and Onions Small Roll Margarine Milk	Scrambled Egg Tomato Juice French Toast Maple Syrup Milk
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
<b>ALL CENTERS CLOSED IN OBSERVANCE OF MARTIN LUTHER KING JR. DAY</b>	Scrambled Egg Cheese Grilled Peppers Hashbrown Bacon Milk	Peanut Butter Tomato Juice Small Roll Jelly Milk	Grilled Ham Salsa Potatoes Margarine Milk	Breakfast Burrito w/ Scrambled Egg Cheese Salsa Tortilla Bacon Milk
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
Sausage Patty Tomato Juice Pancakes Maple Syrup Milk	Cottage Cheese Tomato Juice Cold Cereal Jelly Milk	Grilled Ham Peppers Tortilla Margarine Milk	Scrambled Egg Tomato Juice Waffles Maple Syrup Milk	Breakfast Biscuit w/ Sausage Cheese Salsa Biscuit Margarine Milk
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	
Diced Ham Cheese Salsa Potatoes Margarine Milk	Breakfast Burrito w/ Scrambled Egg Cheese Red Chile Tortilla Bacon Milk	Sausage Patty Green Chile Hashbrown Small Roll Margarine Milk	Scrambled Egg French Toast Tomato Juice Maple Syrup Milk	

Please Note: Senior Meal Suggested Donations: Breakfast \$1.00

Non-Senior (59 years of age or younger) Mandatory Meal Fees: Breakfast \$5.32 Lunch \$5.32

# LUNCH MENU

## SENIOR CENTER LUNCH MENU JANUARY 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> <b>ALL CENTERS CLOSED IN OBSERVANCE OF NEW YEAR'S DAY</b>	<b>2</b> Santa Fe Chicken w/ Rice Broccoli w/ Cheese Buttered Carrots Pineapple Upside Down Cake Milk	<b>3</b> Salisbury Steak w/ Mushroom Gravy Mashed Potatoes Steamed Spinach WW Roll w/ Butter Tropical Fruit Salad Milk	<b>4</b> Braised Pork Chop 3-Bean Salad WW Roll w/ Butter Buttered Peas Baked Apples Milk
<b>7</b> Baked Chicken Wild Rice Carrot Raisin Salad Biscuit w/ Butter Chilled Mandarin Oranges Milk	<b>8</b> Meatloaf w/ Gravy Scalloped Potatoes Steamed Green Beans Whole Wheat Roll w/ Butter Strawberry Shortcake Milk	<b>9</b> Pork Stir Fry Stir Fry Vegetables Tossed Salad w/ Dressing WW Roll w/ Butter Apple Cobbler Milk	<b>10</b> Beef Steak w/ Veggie Topping Steamed Spinach Parmesan Potato Rounds WW Roll w/ Butter Lemon Bar Milk	<b>11</b> Baked Chicken Breast Sandwich Celery Sticks Baked Tater Tots Cottage Cheese w/ Peaches Milk
<b>14</b> Chicken Fried Steak Mashed Potatoes w/ Gravy Steamed Green Beans WW Roll w/ Butter Apple Cobbler Milk	<b>15</b> Chicken Provencal (w/ Veggies & Sauce) Steamed Rice Buttered Spinach WW Roll w/ Butter Chilled Tropical Fruit Milk	<b>16</b> Roasted Pork Roast Mashed Potatoes w/ Brown Gravy Asparagus Tips WW Roll w/ Butter Chilled Applesauce Milk	<b>17</b> Chicken Fettuccini w/ Alfredo Sauce Buttered Carrots and Peppers Garlic Bread Chilled Pears Milk	<b>18</b> Roast Beef Mashed Potatoes w/ Brown Gravy Steamed Green Beans Whole Wheat Roll White Cake Milk
<b>21</b> <b>ALL CENTERS CLOSED IN OBSERVANCE OF MARTIN LUTHER KING JR. DAY</b>	<b>22</b> Spaghetti w/ Meat Sauce Steamed Broccoli Topped w/ Cheese Sauce Garlic Bread Chilled Peaches Milk	<b>23</b> Red Chile Tamale (1) Pinto Beans Vegetable Salad Tortilla (1) Chilled Mandarin Oranges Milk	<b>24</b> Beef Stroganoff w/ Egg Noodles Steamed Spinach Cauliflower w/ Cheese Cottage Cheese w/ Pears Milk	<b>25</b> Red Chile Carne Adovada Spanish Rice Country Blend Veggies Tortilla (1) Jell-O w/ Mixed Fruit Milk
<b>28</b> Hot Turkey Sandwich w/ Turkey Gravy Baked Sweet Potatoes Broccoli w/ Cheese Cranberry Sauce Jell-O / Milk	<b>29</b> Red Chile Beef Enchiladas Salsa Corn Tossed Salad w/Dressing Cherry Cobbler Milk	<b>30</b> Stuffed Chicken Breast Steamed Spinach California Vegetables Baked Biscuit Peach Crisp Milk	<b>31</b> Beef Tips w/ Steamed Rice Steamed Broccoli Green Salad WW Roll w/ Butter Chilled Pears / Milk	<b>Lunch Hours:</b> <b>All Senior Center Serving Times Are From:</b> <b>11:00am till 12:30pm Monday thru Friday</b>

Please Note: Senior Meal Suggested Donations: Lunch \$1.50

Non-Senior (59 years of age or younger) Mandatory Meal Fees: Breakfast \$5.32 Lunch \$5.32