

The Senior Scene

Vistas de los Mayores



Snow-topped Sangre de Cristo Mountains
Photos by Jerry Catanach

March 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

- 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 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
 Brian Ferns, Graphic Artist
 Jeannie Rae and Judy Valdez, Copy Editors

CITY OF SANTA FE - RUN SENIOR CENTERS

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

DIRECTOR'S REPORT

Dear Patrons,

As many of you know, last February 2012, the Division of Senior Services held a Public Hearing to support our application and response to the Request for Proposal issued by the North Central Economic Development District, Non-Metro Area Agency on Aging for the continuation of services for senior citizens of the City of Santa Fe. Again, we are proud to announce that we were awarded this agreement (Four Year Area Plan contract) authorizing us to continue to administer our Title III programs. Our community's needs as stated during this public hearing, as well as daily communication with our participants, provide us with the necessary input to accommodate the services you require to maintain an enhanced quality of life to remain living at home independently. Approximately 122 seniors participated in this event and indicated the following priorities [1] Home Management, [2] Respite, [3] Transportation, and [4] Congregate Meals.

As part of our second year of the Four Year Area Plan we will be holding another hearing on Thursday, March 14th, at 9:00 a.m. here at the Mary Esther Gonzales Senior Center. Information received from this hearing will allow us to continue to structure our services to meet your needs. So please mark your calendar to attend this hearing so you can learn more about our services that we provide and let us know which services you want or may need.

Currently, our most popular program is our In-Home Support. This service provides direct access services enabling frail, homebound and/or isolated seniors to receive social/economic assistance with home management chores and/or respite (Alzheimer's and/or dementia relief for primary caregivers). Please note that a waiting list does exist for the above mentioned services and there are eligibility criteria that must be met. For more information to schedule an assessment for services please contact Theresa Trujillo (Program Supervisor) at 955-4745 or email her at tptrujillo@santafenm.gov.



Photo Top Row:

Chris Lucero; Debbie Griego-Cardiel;
Mark Sanchez; Dianne Dean;
Valerie Trujillo; Tammy Anderson;
Delilah CdeVaca; Lillian Phillipovich;
Michelle Benavidez

Photo Bottom Row:

Theresa Trujillo; Katie Ortiz;
Linda Aragon

Not Pictured:

Pauline Salazar; Anna Cordova

I would like to commend these individuals for continuing to deliver the excellent quality care and personalized compassion they provide to their clients on a daily basis.

Happy St. Patrick's Day. Please join us after the Public Hearing for lunch as we celebrate with our traditional corned beef menu on Thursday, March 14th.

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, March 12, 19 and 26
April 9, 16 23 and 30
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: There are no closures this month.

SENIOR SERVICES MONTHLY EVENTS

FREE BENEFITS COUNSELING AT MEG CENTER

The Division of Senior Services is proud to offer this free service. Volunteer Bob Meinershagen is trained by the N.M. Aging and Long-Term Services Department in determining whether seniors are receiving all the benefits to which they are entitled. Benefits cover such areas as managed care, Medicare, Medicaid, low cost housing, eyeglasses, hearing aids, residents' rights, Social Security, utility bill payment assistance, prescription drug coverage, low cost health and dental care and more.

You must make an appointment ahead of time. To reserve an appointment for a free, individual, half hour counseling session at the Mary Esther Gonzales Senior Center (1121 Alto St.), call 955-4721.

Every Wednesday

March 6, 13, 20, and 27 8:00 - 11:45 a.m.

If you cannot wait for an appointment with Mr. Meinershagen, you may call the New Mexico Aging and Disability Resource Center at 1(800) 432-2080.

CITY OF SANTA FE SENIOR CENTER MEETINGS

Luisa	Tuesday	March 5	8:30 a.m.
Pasatiempo	Monday	March 4	1:00 p.m.
Ventana de Vida	Friday	March 1	9:30 a.m.
Villa Consuelo	Monday	March 4	10:00 a.m.

SENIOR SERVICES COMMITTEE MEETINGS

Advisory Board	Wednesday	March 20	9:30 a.m.
Travel Committee (Now third Thurs.)	Thursday	March 21	8:45 a.m.
Senior Activity Corp. (Now third Thurs.)	Thursday	March 21	10:00 a.m.
Transportation/Nutrition	Tuesday	April 9	9:00 a.m.
Senior Olympics	Wednesday	March 13	9:30 a.m.
RSVP	Tuesday	March 26	10:00 a.m.

BLOOD PRESSURES, BLOOD SUGAR AND OXYGEN LEVEL TESTS

All tests are free and open to anyone age 60 or over. Following the tests is a brief, free medical consultation, based on test results. Tests are conducted by Joanne M. Valdez, RN, BSN, on the following dates:

M.E.G. Center - Second and Third Tuesday	Mar. 5 & 12	11:00 a.m. to 12:00 noon
Luisa Center - First Thursday	Mar. 7	11:00 a.m. to 12:00 noon
Villa Consuelo Center - Second Thursday	Mar. 14	10:00 a.m. to 11:00 a.m.
Pasatiempo - Third Tuesday	Mar. 19	11:00 a.m. to 12:00 noon
Ventana de Vida Center - Third Thursday	Mar. 21	11:00 a.m. to 12:00 noon



NEWS & VIEWS

Will you be Ready When the Time Comes™?

The American Red Cross is recruiting members to join their Ready When the Time Comes™ program. Volunteers will be trained as members of a shelter team who will respond to local disasters when called upon by the American Red Cross in New Mexico.

Join us for an information session on Wednesday, March 27th 10:00- 11:00 a.m. at the Mary Esther Gonzales Senior Center, in the Board Room.

Light refreshments will be served. Please call Kristin at 955-4760 to reserve your space.

Dreams

Written by Phyllis Rachel Larrabee

The arroyo dreams of a river
spilling into its thirsty sands.

The wrinkles on old ones
everywhere
dream of rivers of smiles
even with teeth missing.

The short-term memory loss
has forgotten
but the heart remembers war
and devastation
and the arteries dream
of saving old-growth trees
of feeding everyone
of winning a real peace.

A poet dreams of finding
lost and forgotten poems
easing her pain
and a landline telephone
dreams of ringing
with a call
from a distant grandchild.

“Hola, Abuela.
¿Como está?”

Flora's Corner

Inspirational words collected by Flora Leyba:

“Isn't it amazing how we are designed for accomplishment, engineered for success and endowed with the seed of greatness?”

- Zig Ziglar

Salute to Senior Service Contest

Seniors who dedicate their time and talents to serving others deserve recognition. Nominate a senior volunteer for the Salute to Senior ServiceSM Contest, sponsored by Home Instead Inc., franchisor of the Home Instead Senior Care® network. Nominees have a chance to win up to \$5,500 for their favorite volunteer organization.

To learn how to nominate a remarkable volunteer, go to www.salutetoseniorservice.com

The Wearin' of the Green

(Written by Patti Merrill)

St. Patrick's Day is here!
Let's celebrate. It's that time of year.
A nice "hello" and a cheery "good day"
is what the leprechauns will say.
Ah! I love the shamrocks and the pot of gold
and the wonderful Irish songs.
Those things always put joy in me heart...
right where it belongs!
So, come now and join the festivities
and have some fun for a "wee" little while.
Blow me a kiss if you want to
er just be sharin' a happy smile.
It's the prettiest day I have ever seen.
for the "wearin' of the green".

HAPPY BIRTHDAY!

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

- Michele Chrabot 3/2
- Bernard Nuanez 3/8
- Ariel Quintana 3/8
- Mary Lou Martinez 3/14
- Della Spencer 3/14
- Jane Sandoval 3/21
- Vicky Archuleta 3/23
- Lydia Trujillo 3/24
- Helen Lucero 3/25
- Robert Burkhalter 3/26



NEWS & VIEWS

They will be missed...

Corrine Garcia passed away on February 9th at the age of 79. In her career, Corrine worked at nursing homes and retired from the N.M. Department of Health. In her retirement, she was a faithful volunteer, including at the ECHO commodity distribution, where she always made sure everyone was taken care of. Corrine never arrived anywhere without a wonderful homemade dessert to share. Her beautiful yard showed her love for gardening. She was loved and appreciated by her children and cared for her granddaughter for many years. Always one to enjoy a good laugh, Corrine will remain in our memories forever.



Mary Edna Martinez, January 29, 1940 - January 13, 2013. Mary Edna, age 72, was a life-long resident of Santa Fe. Everyone at the Pasatiempo and Luisa Senior Centers knew her terrific smile and benefited from her great heart. When she was not drawing you a picture or making you a craft project, Mary Edna was brightening your day with her optimistic view of the world. May she rest in peace.



Patricia Ann Montoya, a beloved wife, grandmother, and great-grandmother passed away on February 13 after a brief illness. She was 72. She is survived by her husband of 53 years, Victor E. Montoya, and many children and grandchildren. Pat was an active participant in Senior Services activities and is already missed by her friends here.



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 Carolyn Bleakely, Doctor of Oriental Medicine.

The clinic will be closed on snow days. No appointments are necessary but call Carolyn at (505) 577-1696 to make sure she will be there.

50+ Senior Olympics

This year we had a total of 343 participants register for local games. Our first event, Air Rifle, took place on Tuesday, February 19th.



March Dates, Events, Locations & Managers:

8 & 14: Shuffleboard @ Ft. Marcy Ben Mendoza
 13 & 15 Pickleball @ GCCC Joyce Montoya
 19 Huachas @ County Ext Bldg Juan Lopez
 20, 22, 26 & 28 Bowling @ Cities of Gold David Soveranez
 21 Eight Ball Pool @ MEG Center Eloy Ulibarri
 23 Swimming @ GCCC Dick Roth
 23 Tai Chi @ Ft. Marcy Paul Zisman

Everyone is invited to come and be a spectator for any event. It is great fun and helps encourage the athletes!

I will have results for February Games in April's newsletter. For more information about Senior Olympics, or to contact event managers, please call Cristina Villa at 955-4725 or send an email at cavilla@santafenm.gov.

Good luck, Olympians! Till next month!

- Cristina Villa

Daylight Savings Time Begins

On Sunday, March 10th, remember to set your clock ahead an hour and replace your smoke detector batteries.

NEWS & VIEWS

Tax Aide New Mexico - Santa Fe

Free income tax preparation and electronic filing will be available again this year, by AARP Tax Aide volunteers, through April 15th:

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 information, call Pete at 670-6835 or the SFCC at 428-1780

New Mexico Conference on Aging Call for Partners

The New Mexico Conference on Aging offers older adults, caregivers and the professionals who work with them a chance to learn and have fun in an environment that supports independence and dignity. This year's conference will be August 20th and 21st at the Conference Center of the Hard Rock Casino and Hotel in Albuquerque. You can join the Conference as a partner in three ways:

Be a Workshop Presenter - We welcome new ideas for topics. The deadline for workshop proposals is Monday, April 29, 2013.

Be a Financial Supporter - You can help support the Conference by being a Sponsor, Exhibitor, Advertiser, or Gift Contributor. All financial participation options provide important support to the Conference, as well as valuable exposure for you and/or your organization. The deadline for financial partnership is Monday, May 27, 2013.

Be a Health & Enrichment Fair Participant - The Conference features a two-day Health & Enrichment Fair which features service providers, informational booths, and interactive stations. The deadline for fair participation proposals is Monday, May 27, 2013.

For much more information, please go to the New Mexico Aging and Long-Term Services' website at www.nmaging.state.nm.us.



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. – 1:00 p.m. at the Santa Fe County Extension Building 3229 Rodeo Road.



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

Santa Fe County Mobile Health Van

The mobile health van offers basic health screenings: blood pressure, blood glucose, heart rate, oxygen saturation, general health information and various immunizations (based on availability). We also have healthcare resource guides and discount prescription cards available to Santa Fe County residents.



- Saturday March 2nd**
Lamy Train Station 10am-2pm
- Sunday March 3rd**
Agora Supermarket, Eldorado 10am-2pm
- Tuesday March 5th**
Ventana de Vida 9:30am-3pm
- Wednesday March 6th**
El Rancho Senior Center 10am-2pm
- Saturday March 9th**
Pojoaque Supermarket 10am-2pm
- Sunday March 10th**
Encino Villa Housing 10am-2pm
- Tuesday March 12th**
Pasatiempo Senior Center 9:30am-2:30pm
- Wednesday March 13th**
MEG Senior Center 9:30am-2:30pm
- Sunday March 17th**
Rufina Housing 10am-2pm
- Tuesday March 19th**
Edgewood Senior Center 10am-2:30pm
- Wednesday March 20th**
Eldorado Senior Center 10am-2:30pm
- Saturday March 23rd**
South Side Library 10am-2pm
- Sunday March 24th TBA**
- Tuesday March 26th**
Santa Cruz Senior Center 9:30am-2:30pm
- Wednesday March 27th**
Chimayo Senior Center 9:30am-2:30pm

Older Americans Act to be the focus of Public Hearing March 14th

The City of Santa Fe's Division of Senior Services will host a public hearing on the Older Americans Act and related services covered by this Act on Thursday, March 14th, 2013 at 9:00 a.m. at the Mary Esther Gonzales Senior Center, 1121 Alto Street. You are invited to learn about our services and give your valuable input.



The Older Americans act was enacted by Congress in 1965 to ensure provision of social services to America's elderly population. The City's Division of Senior Services administers programs which provide a comprehensive social service delivery system for senior citizens in our community. The following program services are critical to our planning and implementation process:

- Congregate Meals at our five senior centers
- Home Delivered Meals (Meals on Wheels)
- Assisted Transportation (senior vans)
- Home Management, including laundry, housekeeping, escort, non-medical personal care, etc.
- Respite (Alzheimer's) Care, including caregiver relief, support and education, as well as client companionship, non-medical personal care, etc.
- Grandparents Raising Grandchildren, including counseling, training, information and access, supplemental support, etc.
- Volunteer Programs, including Foster Grandparent Program (FGP), Senior Companion Program (SCP) and Retired Senior Volunteer Program (RSVP)
- Recreation and Fitness Options, including Senior Olympics, line dancing, exercise classes, tai chi, fitness equipment, etc.

The public's input on these programs is critical. If you are unable to attend the hearing on March 14th, written comments are encouraged and should be sent to:

City of Santa Fe
Division of Senior Services
Ron J. Vialpando, Director
P.O. Box 909
Santa Fe, NM 87504-0909

For more information, please call (505) 955-4721

At A Glance



Mayor David Coss and AARP State Director Gene Varela address seniors at Senior/ Alliance Day at the State Legislature



Valentine Martinez received the Medal of Honor



Speakers at the Civil Rights presentation in honor of MLK Day:

Linda Seese, Rita Larrow, Ozell Brown, Dave McQuarie, Yolanda Cruz & Doug Schocke



Chris Garcia and Maria Varela at the Valentine's Day Dance



Teddy Romero and a Friend at the Valentine's Day Dance



Instructor Gene Gerber leading his morning Tai Chi class

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.

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.

Food Resources

Many of our neighbors struggle with food insecurity issues because they cannot get out of the house to shop or stand up to cook; or because they cannot afford the high cost of groceries. Please join other caring citizens to volunteer your time at one of the food programs below. For info, call Kristin at 955-4760:

- Bienvenidos Outreach, Inc.
- ECHO Commodities
- Food Depot
- Food for Santa Fe
- Interfaith Community Shelter
- Kitchen Angels Meals on Wheels
- Senior Center Kitchens
- St. Elizabeth Shelter

Volunteer Hours are Due March 28th

Please turn in your volunteer hours for January, February and March to Marisa by March 28th. As always, you may mail them, fax them, drop them off, or email them. Thanks!

RSVP Has a new Website!

Please go to www.rsvpsantafe.org to see our terrific website created by volunteer Sue Cover. You can learn about current volunteer opportunities, read the newsletter, catch photos of volunteers in action, and print out the volunteer calendars to track your hours. Please give us your feedback about it.



Birthdays this Month

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

March

Stella Gonzales	3/01	Flossie Montoya	3/14
Harriet Levine	3/01	Matilda Romero	3/14
Alfredia Quick	3/02	Carole Van	
Pat Roach	3/02	Valkenburgh	3/14
Rita Walker	3/02	Carol E. Keiser	3/15
Ramona Martinez	3/03	Roberta V. Leeds	3/16
Frances Guinan	3/04	Patricia A. Chavez	3/17
Mable V. Martinez	3/04	Luggie Romero	3/18
Howard Turner	3/04	Sandi Costick	3/19
Amelia Vigil	3/04	Helen M. Foster	3/20
Roe F. Lovelace	3/05	Meri Frauworth	3/20
Barbara E. Mason	3/05	Marcus J. Garcia	3/20
Preston B. Ellsworth	3/06	Steve A. Park	3/20
Gloria P. Holladay	3/06	Doris E. Brittenham	3/22
Grace Olivas	3/07	Waldemar Cuevas	3/22
Jose Levi Casey	3/08	John Martinez	3/22
Eloy W. Madrid	3/08	Charlie Lopez	3/23
Jenny Mier	3/08	Claire Martinez	3/23
William A. Morrison	3/08	Lydia S. Trujillo	3/23
Andres V. Romero	3/08	Richard "Keith" Porter	3/24
Felicitas E. Guillen	3/09	Carol Decosta	3/25
Charles Schenck	3/11	Vitalia Garcia	3/26
Anna V. Trujillo	3/11	Cecilia Griego	3/26
Margaret Gonzales	3/12	Robert A. Mc Cormick	3/26
Suzanne A. Shaw	3/12	Carolyn K. Robinson	3/27
Castelita Valdez	3/12	Gene R. Geber	3/28
Diana Baker	3/13	Consuelo Medina	3/28
William Gilmore	3/13	Ramona Ruybalid	3/28
Gerald Heggen	3/13	Estella Espinoza	3/29
Dave McQuarie	3/13	Jindra Kalus	3/31
Terri C. Gonzales	3/14	Becky Runer	3/31



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



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
Quilting/Sewing	Tuesdays	12:30 pm
Mind/Body Movement	Thursday	9:30 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
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 Gold	Friday	9:30 am

Pasatiempo Senior Center

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	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

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 Gold	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
Mind/Body Movement	Thursday	9:30 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	Tuesday	12:30 pm
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

ACTIVITIES for this month

St. Patrick's Bingo at Pasatiempo Win \$100

The Pasatiempo Senior Center at 664 Alta Vista St will host a Bingo on Sunday, March 17th from 1:00 to 4:00 p.m.

The cost is \$12.00 for package; 3 specials at \$1 each; Black out for \$2.00. The jackpot winner walks away with \$100!

We will also serve a delicious Frito Pie and a drink for \$5.00.

Please bring small bills. Everyone is welcome.

Mind and Body Fitness Movement Class

Come and enjoy strengthening, flexing and relaxing your mind and body through stretching, tapping, breathing and energy meditation. All levels and conditions will be able to experience improvement of their body and mind through these simple movements.

Class will be held on Thursdays at the Mary Esther Gonzales Senior Center from 9:30 am to 10:30 am. We look forward to sharing with you.

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 at 9:15 a.m., right after the regular practice sessions which will continue Mondays through Thursdays at 8:15 a.m.

Free Haircuts at MEG & Pasatiempo

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



MEG Senior Center March 6th and 13th
Pasatiempo Senior Center March 20th

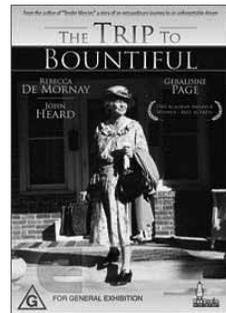
Ambercare Hospice at Luisa Senior Center

Join us on Friday, March 15th at 12:00 noon at the Luisa Senior Center located at 1500 Luisa St. for some cake and sherbet with Sprite. Ambercare will also be donating prizes to the Bingo players. Don't miss out!

Movie Day at the M.E.G. Senior Center

Friday, March 22nd at 1:00 p.m.
"The Trip to Bountiful"

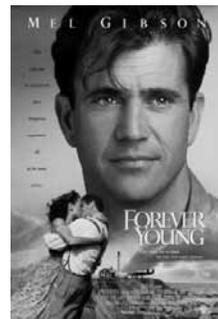
The film, set in the 1940s, tells the story of an elderly woman, Carrie Watts, (Geraldine Page) who wants to return home to the small town where she grew up, but is repeatedly stopped from leaving Houston by her daughter-in-law and overprotective son who will not let her travel alone. Old Mrs. Watts is determined to outwit them both and sets out on the journey of a lifetime.



Movie Day at Luisa Senior Center

Thursday, March 21st at 1:00 p.m.
"Forever Young"

In 1939, Captain Daniel McCormick (Mel Gibson) is a reckless test pilot. After a successful run in a prototype North American B-25 Mitchell bomber, McCormick is greeted by his longtime friend, Harry Finley (George Wendt), who confides that his latest experiment is a prototype chamber for cryonic freezing. When McCormick's girlfriend, Helen goes into a coma and the doctors doubt she will ever recover, McCormick insists he be put in suspended animation for one year, so he will not have to watch Helen die.



Two St. Patrick Day Celebrations

At Ventana de Vida Center, join us in celebrating St. Patrick's Day with the great music of Chris Abeyta and Sons. Refreshments will also be served.

Or, come to the Mary Esther Gonzales Center and listen to traditional Irish music by Gerry Carthy.

Both these events will be held on Friday, March 15th from 11:00 am – 12:30 pm. So pick a center and come join the fun.

Our thanks and appreciation to "Outside In Productions" for sponsoring the entertainment.

ACTIVITIES for this month

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:

March 12th	Tricia Penn 438-0460
April 9th	Tricia Penn 438-0460

“Hands on Community Banking”

“Hands-On Banking” presentations especially for seniors will be held in March at senior centers. Discussion will cover many important topics related to banking including:

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

There will be a general question and answer session after the presentations for any of your banking questions. Presentations will take place at the following senior centers:

Wednesday, March 6th - M.E.G. at 9:15 am
 Tuesday, March 12th - Ventana de Vida at 9:30 am

These presentations are sponsored by Wells Fargo Bank and are being presented by Elise Mignardot, a Wells Fargo Bank “Hands On Banking” Consultant, and Robert Jones, Financial Advisor.

These presentations are for everyone, regardless of where you bank. Please join us.

Villa Consuelo Bake Sale

Mouth-watering, homemade baked goods will be available for purchase on Tuesday, March 19th at Villa Consuelo Senior Center, 1200 Camino Consuelo from 9:00 am until everything is gone. Proceeds benefit the center. Come and buy some goodies!



Trip to Biloxi & New Orleans April 6-14

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 including St. Rose de Lima Church
 - Free time in New Orleans’ French Quarter
 - A visit to a second gulf coast casino
- \$820.00 per person double occupancy
 \$1090.00 per person single occupancy
 There is a 10% for trip cancellation.



For reservations and information, call Cecilia at 204-9527 or Chuck at 988-2958.

Arts & Crafts Workshop at MEG Center

Join us for a free workshop on “Springtime flower arrangements and beaded bracelets” at the MEG Center at 10:00 a.m. on Tuesday, March 19th, hosted by Patti Merrill.

Trio Rancho & Friends at the MEG Center

Join us and listen to the great music of Trio Rancho & Friends, as they play music from the 1940’s. Listen to this combination of Swing, Jitterbug, Ballads and more on Wednesday, March 13th during the lunch hour from 11:30 a.m. to 12:30 p.m. at the MEG Senior Center.

ACTIVITIES for this month

Additional Sewing Class at MEG Center

The original Quilting/ Sewing class at the MEG Center has moved to Tuesdays at 12:30 p.m.



Also there will be an additional Sewing (only) class on Thursdays from 12:30 p.m. to 3:00 p.m., starting March 7th. Our new volunteer instructor Terri Lopez will teach various projects, such as making pillows, aprons, purses, bags, etc., and would like to work on a different project every month. Along with these projects, participants are also welcomed and encouraged to work on their individual projects. So whatever your sewing pleasure, we will accommodate you.

Terry, has 30 years sewing experience and will teach and assist with all sewing projects you may have. We'd like to invite anyone who wants to learn, or just to come and sew. So join us, it will be fun!

Trip to Rio Grande Nature Center and Old Town Albuquerque Saturday, April 6th

Join us on a trip to the Rio Grande Nature Center State Park, and enjoy a day of exploring. The State Park offers excellent bird watching of various species, including roadrunners and wood



ducks. Demonstration gardens and indoor and outdoor wildlife viewing areas add to this valuable public resource. The bosque, or riverside forest, features nature trails which wind through tall cottonwoods, past willow thickets and open sand flats alongside the Rio Grande.

After this great experience at the Nature Center, we will head off to "Old Town", where you can have lunch and shop at your leisure.

The van will depart the MEG Center at 9:00 a.m. on Saturday, April 6th, and return at approximately 4:00 p.m. The cost for this trip is \$15.00 per person. Space is limited.

For more information and to sign up, please call Christine at 955-4715 or Don Bell at 982-2707.

Day Trip to El Santuario de Chimayo

The Annual DSS trip to Santuario de Chimayo will take place on Tuesday, March 19th. The Santuario Mass is at 11:00 a.m., so the bus will leave the MEG Center at 9:30 a.m. The trip fee is \$6.00 per person.



To reserve your seat and for more information, please call Christine at 955-4715.

Vista Care Hospice Presentations

Vista Care Hospice, (a Gentiva company) presents a free monthly blood pressure clinic and presentation on the benefits of hospice. Amanda Yarrington, RN will be available to answer questions and take your B/P. Join us:

Pasatiempo Senior Center the 2nd Monday of every month from 10:00am to 12:00pm.

Luisa Senior Center the 3rd Monday of every month from 10:00am to 12:00pm.

Villa Consuelo Senior Center the 4th Monday of every month from 10:00am to 12:00pm.

SafeLink Free Cell Phone & Minutes

The N.M. Public Regulation Commission administers the SafeLink program to benefit qualifying low-income households. If you receive Federal Public Housing Assistance, Food Stamps (EBT), Medicaid, LIHEAP, SSI, National Free School Lunch, or TANF, you will qualify. You must bring proof (card or letter) from the program that qualifies you, and you can sign up after the presentation. This program is free.



You will receive a free cell phone and each month, you will have 250 free minutes to use for local or long distance calls. If you purchase a card with additional minutes from a store, you will automatically get twice as many minutes as you bought. You will never get a bill, unless you opt for any additional services SafeLink sells.

A presentation on this program will take place at the following senior centers:

Luisa Center– Wed., March 6th at 10:00 a.m.

M.E.G Center – Thurs., March 7th at 9:30 a.m.

HEALTH & SAFETY

Chronic Pain Free Self-Management Program

The Chronic Disease Self-Management Program (MyCD) was developed by Stanford University in 2006 to help patients learn techniques for managing symptoms and pain of chronic disease. According to Stanford's assessment, 30 percent of those who completed the 6-week series reported greater satisfaction in life as a result.

Week One will serve as an introduction to the group and to the program. Participants will develop a workable action plan to address one of the problems associated with their illness.

In Week Two we will identify ways of managing anger, fear and frustration; identify steps of the problem solving process; and discuss the benefits of exercise.

Week Three will be devoted to improving breathing, using breathing for coping with stress, and learning the causes and management of pain and fatigue.

In Week Four we will discuss good nutrition, as well as how to communicate effectively with healthcare providers.

Week Five will be about medication and coping with side effects; and dealing with depression.

In Week Six we will wrap up with more on communication, as well as creating a better future with these skills.

Expect meetings to be lively, friendly and informative! Anyone with chronic illness may attend this free program, but please plan to attend all six meetings for best results!!

We are now working with local community members and Advantage Home Care and Hospice to offer one of our free six-week MyCD workshops in Santa Fe. The first workshop will meet on Wednesdays from 1:00 – 3:30 p.m. beginning April 3 and run through May 8, 2013 at the Advantage Home Care and Hospice office located at 1114 Hickox, Suite F.

We are requesting participants pre-register by calling either Stephanie at 820 – 9272 or the City of Albuquerque at (505) 880 – 2800.

Compassion and Choices

Compassion & Choices is a non-profit, national organization that helps people plan for and achieve a good death. They work to change attitudes, practices and policies so that everyone can access the information and options they need to have more control and comfort at the end of life. Their work includes end-of-life counseling, advance planning, legal casework, state and local campaigns, and work with the media.

Friday, March 1st is Health Care Advance Directives Day at the Legislature. Join Compassion and Choices between 8:30 am and noon to show support for protecting end-of-life choice in New Mexico, attend the reading of the Memorial to the Legislature in either the Senate or House Galleries, visit with your legislators to answer their questions and provide information. For more information, go online to www.compassionandchoices.org

Things You Can Do To Prevent a Fall

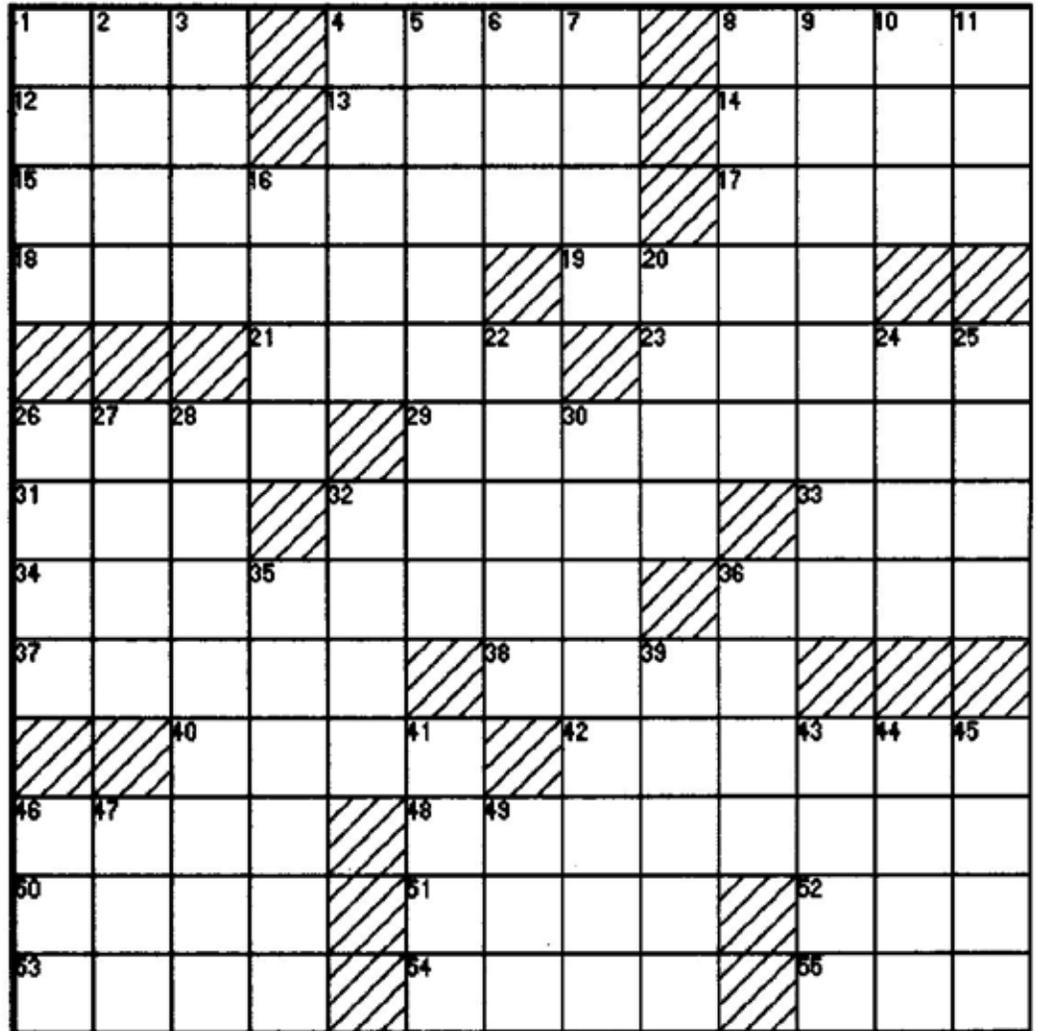
(From www.seniorresource.com)

- Exercise regularly. Exercise makes you stronger and improves your balance and coordination.
- Have your doctor or pharmacist look at all the medicines you take, even over-the-counter medicines. Some medicines can make you sleepy or dizzy.
- Have your vision checked at least once a year by an eye doctor. Poor vision can increase your risk of falling.
- Get up slowly after you sit or lie down.
- Wear sturdy shoes with thin, non-slip soles. Avoid slippers and running shoes with thick soles.
- Improve the lighting in your home. Use brighter light bulbs (at least 60 watts). Use lamp shades or frosted bulbs to reduce glare.
- Use reflecting tape at the top and bottom of the stairs so you can see them better.
- Paint doorsills a different color to prevent tripping.

PUZZLES

ACROSS

1. Type of RAM
4. Spreads leaves for drying
8. Lyrics
12. A zodiacal constellation in N hemisphere between Cancer and Virgo
13. Asian nation
14. Got
15. A musical composition in several movements
17. Small ornamental ladies' bag for small articles
18. In a way, takes away
19. Citizen
21. Fit
23. Cichlid
26. Away from wind
29. Oddities
31. John Barleycorn
32. Demeter
33. Veterans battleground
34. Calculators
36. Suc __, luck (Irish)
37. Hairs
38. Soul and calypso song
40. Chests
42. Gasoline
46. Sorrel tree
48. The academic world
50. Day
51. Acarine
52. Built by Noah to save his family and animals from the Flood
53. A codified set of principles or rules
54. Writer
55. Own (Scottish)



DOWN

- | | | |
|---|---|--|
| 1. More | 11. Whale (Norwegian) | 35. Purplish red |
| 2. Jan VanDer __, Dutch painter | 16. This (Spanish) | 36. Dry land |
| 3. A crane | 20. Obeahs | 39. Trainee |
| 4. Type genus of the Tineidae | 22. Counterweights | 41. Cornmeal mush (British) |
| 5. Expunctions | 24. Herbs | 43. House servant |
| 6. Father | 25. Systems, doctrines, theories | 44. The standard monetary unit of Turkey |
| 7. Beehive | 26. Semitic language | 45. Effect |
| 8. Wildcat of Central and South America | 27. Bantu | 46. A local and habitual twitching esp in the face |
| 9. Determine time | 28. Exhaled | 47. Artificial language |
| 10. Large Australian flightless bird similar to the ostrich but smaller | 30. A way to click | 49. Data executive |
| | 32. Large edible marine fish of northern coastal waters | |

Breakfast

Find and circle all of the breakfast items that are hidden in the grid.
The remaining letters spell a popular breakfast drink.

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

BACON	EGGS	JELLY	ROLLS
BAGELS	FRUIT	MARMALADE	SAUSAGES
BISCUITS	GRANOLA	MILK	TEA
BREAD	HAM	MUFFINS	TOAST
CEREAL	HASH BROWNS	OATMEAL	WAFFLES
COFFEE	HONEY	OMELETS	YOGURT
CROISSANTS	HOT CHOCOLATE	PANCAKES	
DOUGHNUTS	JAM	PORRIDGE	

LEGAL & CONSUMER

Go Shop for Me

Disclaimer: The City of Santa Fe does not hereby endorse or support this business. We were made aware of it and we know that many seniors are unable to get out and shop for themselves, so we offer this alternative as information only. You must have Internet access to use this service. Please call Senior Services at 955-4721 if you do make use of this program and let us know how it worked out for you.

Grocery shopping is one of those regular chores that may become increasingly difficult to do as we enter our elder years. Grocery delivery services for seniors help us stay independent in our homes while the driving, store-walking, and bag-lugging is taken care of. Grocery delivery services can even be arranged so that your order is saved and doesn't require re-ordering each time.

Go Shop for Me is a for-profit business in Santa Fe that offers to get your groceries for you. They offer 90 minute or three hour delivery and shop from the local store you select. There are no mark-ups on your grocery items. You pay the same amount that the grocery store charges, plus the Go Shop for Me service fee. You will receive the original receipt as well as a copy of your order, and a receipt for payment of services. They accept all major credit cards for payment of groceries and service charges.

For more information, contact Ceon Hooper at GoShopForMe.com or at 1000 Cordova Pl #241 Santa Fe, NM 87505. Phone 505-814-1760.

SafeLink Free Cell Phone & Minutes

The N.M. Public Regulation Commission administers the SafeLink free cell phone program to benefit qualifying low-income households.

You will receive a free cell phone and each month, you will have 250 free minutes to use for local or long distance calls. You will never get a bill, unless you opt for any additional services SafeLink sells.

Please see the Activity Ads pages for dates of informational presentations.

A Helping Hand to the Doctor

Disclaimer: The City of Santa Fe does not hereby endorse or support this business. Ms. Valencia is not an employee of the City of Santa Fe but she has recently assisted members of our senior community.

Cara Valencia, of Cara Cara Services is available to assist senior citizens with transportation for doctor visits, including waiting for the appointment to be over and taking the client home. She can also drive clients for errands, picking up prescriptions, or grocery shopping. Special pricing is available on Tuesdays and Thursdays.

Please call Ms. Valencia for rates and other details. Call her at (505) 428-0993 (office) or (210) 833-6088 (cell).

Scam Alert

A senior in Santa Fe reported receiving a call from a man claiming to be from the Social Security Administration. The caller said he wanted to notify the man that he would soon receive new Social Security and Medicare cards but must first confirm certain information. The caller proceeded to list the couple's address, bank name and account number and ask whether he had all of the correct information. The senior hung up without confirming a thing.

Social Security and Medicare staff will never call you to ask you for your information. Please do not give out personal information to strangers who call you!

Do You Have Questions About:

Medicare; Medicaid; Social Security; SSI; Prescription Cost Assistance; or similar issues?

Ask the Aging and Disability Resource Center at 1-800-432-2080.

They offer:

- Free and confidential information in person or by telephone
- Non-biased and impartial assistance
- Benefit explanations
- Volunteer opportunities



PUZZLE ANSWERS

E	M	S	/	T	E	D	S	/	O	D	E	S
L	E	O	/	I	R	A	K	/	C	A	M	E
S	E	R	E	N	A	D	E	/	E	T	U	I
E	R	A	S	E	S	/	P	O	L	E	/	/
/	/	/	T	A	U	T	/	B	O	L	T	I
A	L	E	E	/	R	A	R	I	T	I	E	S
R	U	M	/	C	E	R	E	S	/	N	A	M
A	B	A	C	U	S	E	S	/	C	E	S	S
M	A	N	E	S	/	S	O	C	A	/	/	/
/	/	A	R	K	S	/	N	A	P	A	L	M
T	I	T	I	/	A	C	A	D	E	M	I	A
I	D	E	S	/	M	I	T	E	/	A	R	K
C	O	D	E	/	P	O	E	T	/	H	A	E

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

BREAKFAST MENU

SENIOR CENTER BREAKFAST MENU MARCH 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Senior Breakfast Meal Donation=\$1.00</p> <p>Non-Senior Mandatory Breakfast Fee:\$5.32 (59 years of age or younger)</p>		<p>Breakfast is served at: Luisa, MEG, & Pasatiempo Centers 7:30 a.m. -8:30 a.m.</p>		<p>1</p> <p>Sausage Cheese Hashbrown Roll Salsa Jelly Milk</p>
<p>4</p> <p>Peanut Butter Tomato Juice Cold Cereal Small Roll Jelly Milk</p>	<p>5</p> <p>Scrambled Egg Sausage Tomato Juice French Toast Maple Syrup Milk</p>	<p>6</p> <p>Grilled Ham Salsa Peppers Small Roll Margarine Milk</p>	<p>7</p> <p>Scrambled Egg Cheese Red Chile Potatoes Margarine Milk</p>	<p>8</p> <p>Sausage Salsa Hashbrown Small Roll Margarine Milk</p>
<p>11</p> <p>Grilled Ham Cheese Red Chile Small Roll Margarine Milk</p>	<p>12</p> <p>Breakfast Burrito w/ Scrambled Egg Cheese Salsa Hashbrown Tortilla Bacon Milk</p>	<p>13</p> <p>Sausage Tomato Juice Waffles Maple Syrup Milk</p>	<p>14</p> <p>Scrambled Egg Salsa Hashbrown Small Roll Jelly Milk</p>	<p>15</p> <p>Ham & Cheese Biscuit w/ Ham Cheese Salsa Large Biscuit Jelly Milk</p>
<p>18</p> <p>Scrambled Egg Cheese Salsa Hashbrown Bacon Milk</p>	<p>19</p> <p>Sausage Cheese Green Chile Potatoes Margarine Milk</p>	<p>20</p> <p>Boiled Eggs Tomato Juice Hot Oatmeal Margarine Milk</p>	<p>21</p> <p>Diced Ham Cheese Peppers Small Roll Margarine Milk</p>	<p>22</p> <p>Scrambled Eggs Tomato Juice Pancakes Maple Syrup Margarine Milk</p>
<p>25</p> <p>Boiled Eggs Salsa Small Roll Margarine Milk</p>	<p>26</p> <p>Grilled Ham Cheese Tomato Juice English Muffin Margarine Milk</p>	<p>27</p> <p>Sausage Cheese Red Chile Small Roll Jelly Milk</p>	<p>28</p> <p>Breakfast Burrito w/ Scrambled Egg Cheese Green Chile Tortilla / Bacon Hashbrown/ Milk</p>	<p>29</p> <p>Ham & Cheese Biscuit w/ Ham Cheese Salsa Large Biscuit Margarine/ Milk</p>

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 MARCH 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		LUNCH IS SERVED: Monday thru Friday Serving Times: All Senior centers 11:00am - 12:30pm		1 Green Chile Cheese Enchiladas Spanish Rice Pinto Beans Fruit Cocktail Milk
	4 Baked Chicken Wild Rice Carrot Raisin Salad Biscuit w/ Butter Mandarin Oranges Milk	5 Red Chile Beef Enchiladas Salsa Corn Tossed Salad w/ Dressing Cherry Cobbler Milk	6 Roasted Glazed Ham Baked Yams Steamed Broccoli WW Roll w/ Butter Baked Apples Milk	7 Roast Beef Mashed Potatoes w/ Brown Gravy Steamed Green Beans WW Roll w/ Butter White Cake Milk
11 Beef Tips w/ Steamed Rice Steamed Broccoli Green Salad WW Roll w/ Butter Chilled Pears Milk	12 Chicken Fajitas w/ Tortilla & Salsa Chile Beans Jell-O w/ Fruit Milk	13 Pork Loin Steamed Peas Steamed Cabbage Cornbread w/ Butter Peach Cobbler Milk	St. Patrick's Meal 14 Corned Beef Glazed Carrots WW Roll Strawberries and Banana Salad Milk	15 Tuna w/ Pasta Shells Tossed Green Salad w/ Dressing Saltine Crackers Chilled Peaches Milk
18 Round Steak w/ Mushroom Gravy Steamed Broccoli Baked Potato WW Roll w/ Butter Banana Pudding Milk	19 Pork Roast Mashed Potatoes w/ Brown Gravy Steamed Asparagus WW Roll w/ Butter Chilled Applesauce Milk	20 Spaghetti w/Meat Sauce Steamed Broccoli w/ Cheese Topping Garlic Bread Chilled Peaches Milk	21 Turkey Dinner Baked Yams Steamed Green Beans Cornbread w/ Butter Sugar Cookie Milk	22 Seasoned Fish Fillet Wild Rice Cauliflower and Carrots Biscuit w/ Butter Fruit Yogurt Milk
25 Chicken Strip Basket w/ Mashed Potatoes & White Gravy Steamed Asparagus WW Roll w/ Butter Chilled Apricots Milk	26 Lasagna w/Meat Sauce Mixed Vegetables French Bread Fruit Cobbler Milk	27 BBQ Chicken Thighs Creamy Coleslaw Tossed Green Salad WW Roll w/ Butter Chocolate Pudding w/ Whip Topping Milk	28 Green Chile Cheese Hamburger Ranch Beans Onion Rings Chilled Applesauce Milk	Good Friday 29 Baked Fish Fillet w/ Tartar Sauce Baked Tater Tots Broccoli Salad WW Roll w/ Butter Chilled Apricots Milk

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