

The Senior Scene

— Vistas de los Mayores —



Mariachi Porvenir Group
Photo by Waldy Cuevas

May 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 and staff contacts.

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
 Maggie Coffey, Veet Deha
 Jeannie Rae and Judy Valdez, Copy Editors

CITY OF SANTA FE - SENIOR CENTERS - Maps Located on back cover

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,

Many of you who use our Transportation Services on a routine basis may have noticed some recent changes with regard to staffing. We have some new faces and are missing some familiar faces. After almost 20 years of dedicated service Joe Cano, one of our drivers, decided to retire in February 2013. Joe was committed to the senior program and this was clearly reflected in both his commitment to the program and his wonderful sense of humor. He will truly be missed by staff and seniors.

Also, in our Meals-on-Wheels section, Felipe Roibal will be retiring at the end of this month after eight years of devoted service. Come rain, snow, fierce winds or blazing sun, Felipe would report to work to make sure each person on his route received their hot, nutritional meal in a timely fashion. In many cases Felipe was the only person to make contact with some of these seniors and he established long-lasting friendships with them. It will take a very special person to fill his shoes. We wish him the best in his future endeavors, some of which include volunteering as a substitute MOW driver.

We now have some new faces in Transportation. Laurie DeHerrera started with the City in April 2007, and transferred to our program in February 2013. Also, Levi Aguilar was originally hired by the City in June 2012, and joined our team in February. Both of these individuals have experience and skills that have proven to assist and maintain our quality services to those utilizing our Transportation Section. Please join me in welcoming these dedicated and energetic employees.

I would also like to take this opportunity to commend and congratulate Don Bell on recently becoming a full-time driver for Transportation. Don has volunteered as a Transportation driver for several years and donated countless hours providing this vital service to our community. He has also taken the initiative to coordinate several day trips, thereby providing opportunities to see local sites, as well as provide outings for those who cannot take long trips. We appreciate his efforts, dedication and the creative ideas that he brings to Senior Services.



May is the month that we take time to commemorate our mothers. This national holiday pays homage to our mothers, grandmothers, sisters, nieces, aunts, cousins, etc. This year Mother's Day is Sunday, May 12. I hope each of you have a wonderful day.

In closing, in honor of Memorial Day, I would also like to acknowledge and thank all who have served in the military, as well as family and friends. Please remember that all Senior Centers will be closed on Monday, May 27 in observance of this holiday.

Ron J. Vialpando

Director

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 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.



We will print cards on the following days:

Tuesdays, May 14, 21 and 28

9:00am to 1:00pm

June 11, 18 and 25

9:00am to 1:00pm

Senior Membership Cards are only for use in City of Santa Fe Senior Centers.

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.

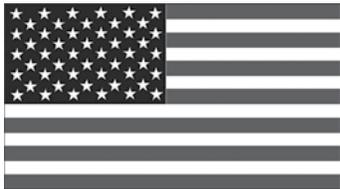
SF Ride: Persons under age 60 who who are paratransit-eligible **must** use Santa Fe Ride. Call 473-4444. There is a \$2.00 required fee per one-way trip with Santa Fe Ride. For a senior who is not ADA - eligible, Santa Fe Ride is \$5.00 per one-way trip.

Closures: Monday, May 27th there will be no services due to Memorial Day.

NEWS & VIEWS

Senior Center Closure

All Santa Fe Senior Centers will be closed on Monday, May 27th in honor of Memorial Day.



Senior News May 2013 Cover Photo

Mariachi Porvenir taken by Waldy Cuevas. Band members are Pablo Griego, Rishlin McArthur, Bobby McGill and Gilbert Romero.

Conscious Aging Presents “Resilient Aging: Making the Most of Your Older Years”

You are invited to join a highly interactive three-hour workshop presented by Mike Milstein that is intended to: Enhance understanding of resiliency and its underlying factors; Explore how a resiliency mindset can improve the possibility of aging more effectively and positively; Examine ways that resiliency factors can be adapted by ongoing initiatives, such as Conscious Aging, that focus on positive and high quality older years. The workshop will be on May 4th from 1:00 to 4:00 p.m., North Fourth Art Center, 4904 4th St NW, Albuquerque.

The cost is \$30 for general public, which includes refreshments. CEUs are available. Scholarships are available upon request.

Advance registration is required. Please contact Gary Carlson, (505) 897-1850, cannmgary@aol.com.

Flora’s Corner

(Inspiration submitted by senior Flora Leyba)

“Be careful how you think; your life is shaped by your thoughts.” - Anonymous

Nominations for Aging Conference Awards

The New Mexico Aging and Long-Term Services Department is accepting nominations for the New Mexico Conference on Aging Awards. “The awards recognize the work of individuals and organizations that positively impact New Mexico’s aging population,” said Aging and Long-Term Services Cabinet Secretary Gino Rinaldi.

The winners will be recognized at the 35th Annual New Mexico Conference on Aging in August at the Hard Rock Hotel & Casino Albuquerque/ Isleta Resort Casino August 20th and 21st. More than 1,300 individuals are expected to attend the Conference, which features workshops, interactive exhibits and a two-day Health & Enrichment Fair.

Nominations are being accepted for four separate awards. Award descriptions, forms and eligibility requirements are on the website: nmaging.state.nm.us.

Nomination forms can be emailed to Evone Gallegos at evone.gallegos@state.nm.us, or mailed to her. They can also be faxed to 505-222-4526. For any questions, please call Ms. Gallegos at 505-222-4523.

Nosh ‘n Noggins Lunch for Jewish Seniors

Join other Jewish seniors on Wednesday, May 15th 11:30am to 1:00pm at Temple Beth Shalom, 205 E. Barcelona Road for a luncheon and Bingo. Meet, mix and mingle with new and old friends.



There is no charge, but they do need your reservation. Please call or email Amy Schiffer no later than May 10th at 982-1376 or info@sftbs.org

NEWS & VIEWS

Don Bell's picture on the cover of last month's newsletter recalled memories that brought to me this beautiful poem.

-Sergio Rodriguez



El Árbol Viejo

Por Hector Oliva G. (Xalapa, Veracruz)

Árbol seco, árbol triste, árbol muerto.
Pasaron ya por tu existencia multitud de inviernos,
Tu follaje fue arrancado por el viento
Desvistiendo tu ropaje de verdor eterno

Tú viste del encino su nobleza
Y la altivez y la grandeza del abeto,
Tuviste del roble su doreza.
Cualidades que se extinguieron por completo.

Fuiste orgullo en el campo y en el huerto,
Conservándote sano y fuerte, el pesar del tiempo.
Hoy, tu ramaje asemeja un esqueleto
De un ser sin vida y sin aliento.

Tus raíces ya no encuentran en la tierra el sustento
Que te mantuvo por años con vigor
Esa savia que era tu alimento
Y mantenía tu ramaje, lleno de hojas y de flor.

Tu sombra ya no protege del sol al caminante
Ni el jugo de tus frutos satisfacen al sediento.
Ya nada parece reanimarte.
Pues eres un árbol seco, un árbol triste, un árbol muerto.

The Old Tree

Dry tree, sad tree, dead tree.
Many years have passed in your existence.
Your foliage was torn by the wind,
Undressing your garments of eternal green.

You saw the nobility of oak
And the loftiness and grandeur of spruce, you
saw the hardness of oak,
Qualities that are completely extinct.

You were proud in the field and in the garden,
Keeping yourself healthy and strong,
Despite the weather.
Today, your foliage resembles a skeleton
Of being lifeless and breathless.

Your roots no longer encounter the land,
The livelihood
That kept you for years with vigor.
The sap that was your food
And kept your branches full of leaves and flower.

Your shadow and sun no longer protect the walker
Nor does your fruit juice satisfy the thirsty.
Nothing seems to revive you.
For you are a dry tree, a sad tree, a dead tree.

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, 9:30 a.m. – 1:00 p.m. at the Santa Fe County Extension Building 3229 Rodeo Road.



Please call (505) 242-7777 for details.

HAPPY BIRTHDAY!

The FGP and SCP Volunteer Programs would like to wish a very happy birthday to our volunteers born in the month of May!

Mary Baca	5/7
Lucille Vigil	5/15
Benerita Morales	5/18
Aurora Rodriguez	5/21



NEWS & VIEWS

Santa Fe County Health Van

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



For the month of May:

- 1st: Villa Consuelo Center 9:30 -2:30
- 4th: Lamy Train Station 10:00-2:00
- 5th: Agora Supermarket, Eldorado 10:00-1:00
- 7th: Ventana de Vida Housing 9:30 -3:00
- 8th: El Rancho Senior Center 10:00-2:00
- 11th: Pojoaque Supermarket 10:00-2:00
- 12th: Encino Villa Housing 10:00-2:00
- 14th: Pasatiempo Senior Center 9:30 -3:00
- 15th: MEG Senior Center 9:30 – 3:00
- 18th: Behive Housing, Edgewood 10:00-2:00
- 19th: Casa Rufina Housing 10:00-2:00
- 21st: Edgewood Senior Center 10:00-2:30
- 22nd: Eldorado Adam Sr. Center 9:30-3:00
- 25th: TBA
- 26th: St John’s Methodist Church 9:00 -1:00
- 28th: Santa Cruz Sr. Center 9:30 – 2:30
- 29th: Chimayo Sr. Center 9:30 – 3:00

Insights

(Collected by Albuquerque Senior Bob Hoberg)

“Fear and excitement originate from the same point within. Lean in and it’s excitement. Lean away and it’s fear.”

– Anonymous

“I shall pass through this world but once. Therefore, if there be any kindness I can show or any good I can do, let me do it now!”

– Étienne de Grellet

Happy Mother’s Day!

At A Glance



Angela Medina, Richard Baca, Jesus Lara and Frank Valencia enjoying a morning coffee break at Villa Consuelo Center.



Exercise class at Ventana de Vida Center, including participants **Dorothy Sellers, Ida Rajotte and Joanne Adams (Sissy)**

Mela Delgado makes the coffee at the Luisa Senior Center.



Cashier **Rosina Ortega** at the Pasatiempo Senior Center.

Photos by Antony Escamilla

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.

Support a Teacher from Spain or Mexico

The Multicultural Department in the Santa Fe Public Schools is looking for volunteers willing to commit to offering positive support and mentorship to their visiting teachers from Mexico and Spain. Their visiting teachers are contracted for a minimum of three years at a time. Many of them have never visited the US or New Mexico and may be limited in communicating in English and in understanding our culture.

The Multicultural Department would like to find volunteers who are knowledgeable with the Santa Fe area and culture and who can establish a friendly, positive on-going working relationship with our visiting teachers in order to help them in the acculturation process with Santa Fe, the educational system and the American culture in general. Volunteers will visit teachers in their classroom to offer support as needed. All volunteers in the SFPS must go through a volunteer training and background check and will be required to report to the Multicultural Director on a bi-weekly basis.

If you are seriously interested in helping, please contact Kristin Slater-Huff in the RSVP program for details. Thank you.

Benvenidos Outreach, Inc.

Benvenidos Outreach is a food and clothing distribution program serving our neighbors in need. They need volunteers with pick-up trucks or at least large-capacity cars to help pick up food donations from local grocery stores and other businesses and bring them to their facility on Fifth Street. Other volunteers are needed to tidy the clothing room. More still are needed to sort and pack the donations into the food boxes to hand out.

Join this group of hard-working, fun-loving volunteers and do your part! Call 955-4760.

Do you Love a Great Book?

Read with a Child for just Two Hours a Week

The Santa Fe Civic Housing Authority is a non-profit tax exempt organization. They are seeking volunteers interested in providing homework support and serving as mentors to youth living in the Villa Alegre housing site on Alameda at St. Francis Drive.

You can make all the difference by sharing a little bit of your time and energy. The Housing Authority will provide Kindles to the children so that they can improve their literacy skills. Studies have shown that e-readers like Kindles not only motivate children to read but also help bring them up to date with technology, which is so crucial in the current culture. They are seeking adults who can commit to a couple of hours a week to help these children gain confidence in their skills and develop a love of reading.

The children live at Villa Alegre and range from ages 8 to 17. Each tutor will be matched with a child according to many factors. The fact that an unpaid adult chooses to show up for these kids every week is almost as important as the actual reading work. Tutoring will occur at the Villa Alegre Community Center onsite.

You do not need extensive experience with computers: just a willingness to learn alongside the children! If you are bi-lingual that will help some of the children, but strictly English speakers are certainly welcome as well. We will need to conduct criminal history checks on all volunteers.

Please call Kristin at 955-4760 to sign up to share your love of literature.

RSVP THE RETIRED SENIOR VOLUNTEER PROGRAM

Wildlife Conservation Education Volunteer Positions for N.M. Dept. of Game & Fish

Volunteers are still needed to assist with the public K-12 students and teachers at their Santa Fe Center. They have a large area with lots of wildlife. The habitat is juniper, piñon, grassland, an arroyo and a pond and stream. They are next to the city golf course out on Caja del Rio Road with great views of the mountains.

Job duties are really varied over the year and include; tours of the Center (they have lots of wildlife mounts), conducting pond life investigations with students, updating and maintaining wildlife education kits, monitoring wildlife populations such as bluebird nesting boxes, answering phones and letters, researching and organizing historical documents, and assisting with special events like owl discovery night and school field investigations.

No specialized experience is necessary. Contact Kristin Slater-Huff at 955-4760.

Santa Fe Care Center

The wonderful Activity staff at Santa Fe Care Center needs a few more volunteers to assist with group activities or events, or just visit the residents once in a while, one on one. After a background check, you will receive orientation, a tour and lots of gratitude for your help.

RSVP Volunteer Banquet

If you have been reporting your volunteer hours to the RSVP office every 3 months, you should have received an invitation in the mail to your annual recognition event. In case you did not receive it, here's the scoop: The Mayor's Senior Volunteer Celebration will be held on Tuesday, May 7th 11:30 – 3:00 at the Santa Fe Convention Center. We are having a 1950's theme, so we encourage you to dress in your favorite '50's outfit. We will have a roaming Elvis impersonator (Toney Romero); dancing to the live music of The Rudimentz; a delicious buffet lunch topped off with ice cream; table gifts; door prizes and more. Please carpool or take Senior Services Transportation.

Volunteers, allow us to honor you.



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

May

Birthday note: The birthdays listed below are those of the enrolled RSVP volunteers who report their volunteer service hours to the program four times a year. We truly thank you for your commitment to the community! - Happy Birthday May 2013

Phillip I. Lujan	5/01	Rose Marie Trujillo	5/12
Madonna Luther	5/01	Ernest L. Vigil	5/12
Jamesfrancis		Connie Howley	5/13
Bianca	5/02	Gilbert Griego	5/14
Fabiola Guillen	5/03	Luella Schaaf	5/15
Arcy Pena	5/03	Sara Jordan	5/16
Dilia M. Romero	5/03	Rosalind S.	
George E. Smith	5/03	Martinez	5/16
Janet Spring	5/03	Mary R. Medrano	5/16
Judy C. Valdez	5/03	Katherine	
Ray Blair	5/04	Templeman	5/16
Diane LeResche	5/04	Jurgen Amtmann	5/17
Rose M. Thompson	5/04	Frank R. Valencia	5/19
Donald Hector		Patricia Zisman	5/19
Coleman	5/05	Marsha D.	
Linda Pain	5/05	McCormick	5/20
Mariano J. Tixier	5/06	Fran Gonzales	5/21
Phyllis L. Dickens	5/07	Fabrizia M. Marcus	5/22
Pablo F. Griego	5/07	Virginia Martinez	5/22
Correen J. Najjar	5/09	Joe Meyer	5/22
Teofila Valdez	5/09	EvaMarie Figueroa	5/26
Ted Yamada	5/09	Tilly K. Flood	5/26
Dolores Griego	5/10	Leonel Garza	5/26
Mathew Frauwirth	5/11	Michael Sullivan	5/26
Helen P. Martinez	5/11	Anita Jaramillo	5/27
Grace L. Archuleta	5/12	Flora S. Leyba	5/28
Maurice Lierz	5/12	Lucy M. Gonzales	5/30
Ivena F. Rutledge	5/12	Olivia Roybal	5/31

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

SING-ALONG

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

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

ICAN (Ideas for Cooking & Nutrition)

The Santa Fe County Cooperative Extension Service is sponsoring a series of nutrition classes at the Mary Esther Gonzales Center through the "ICAN" program. Classes began on April 24th but you are welcome to join in May. They run from 9:30 a.m. to 10:30 a.m. on the following dates:

Wednesdays, May 1st, 9th and 15th

Janette Segura, Nutrition Educator, will provide hands-on, needs-based education in the areas of healthy food choices, food preparation, food safety and food resource management. For more information, please call Christine at 955-4715.

Take your pick of Mother's Day Celebrations:

Mother's Day Tribute at MEG

Come to the MEG Senior Center on Friday, May 10th and enjoy the wonderful music of Mariachi Porvenir, playing to honor our mothers. They will play in the dining room from 11:30 a.m.– 12:30 p.m. Refreshments will also be provided by Ambercare. Join us!

Mother's Day Celebration at Pasatiempo

The Pasatiempo Center at 664 Alta Vista Street will host a celebration for Mother's Day on Friday, May 10th, beginning at 11:00 a.m. Please join us!

Mother's Day Roses at Luisa

All mothers are invited to come to the Luisa Senior Center located at 1500 Luisa St. on Friday, May 10th. We will honor you with the gift of a rose during the lunch hour (11:00 a.m. – 12:30 p.m.). Don't miss out!



Seeking a BINGO caller

At the Villa Consuelo Center Tuesdays and Thursdays please call Christina at 955-4725.



Older Americans' Month Dance

Get ready for a great afternoon on Thursday, May 16th 1:00 p.m. to 4:00 p.m. at the Fraternal Order of Eagles Club, 833 Early Street. We will have live music by Camino Oscuro and refreshments.



May is Older Americans Month, and in honor of you, there is no charge for this dance. This dance will be sponsored by the Mary Esther Gonzales Senior Center.

Trip to Sandia Peak Tram May 24th

Join the Senior Activities on an adventure to the Sandia Peak Tram with lunch at the High Finance Restaurant on Friday, May 24th.

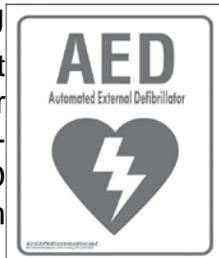


The \$40 fee per person covers the tram ride fare, lunch (a fixed price menu) and all taxes and gratuities. There is an additional \$5 per person suggested donation for the round trip bus fare.

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

Free CPR/ Defibrillator Training

The Santa Fe Fire Department will offer free training to our seniors on how to perform hands-only CPR, how to use AED defibrillators and what to do when calling 911.



Classes will last 45-60 minutes each. Santa Fe Fire Department Training Officer Greg Cliburn will conduct classes on the following schedule:

- Pasatiempo – Wednesday, May 15th 10:00 a.m.
- MEG Center – Tuesday, May 21st at 9:30 a.m.
- Ventana de Vida – Wed., May 22nd 1:00 p.m.
- Luisa Center – Friday, May 24th at 10:00 a.m.
- Villa Consuelo Center - Wed., 29th at 10:00 a.m.

ACTIVITIES for this month

Weekend Bingo at Pasatiempo- Win \$100!

The Pasatiempo Senior Center at 664 Alta Vista St. will host a Bingo on Sunday, May 19th from 1:00 p.m.–4:00 p.m.

The cost is \$12.00 for package; 3 specials at \$1 each; and Blackout for \$2.00. The jackpot will win you \$100!

Save room for lunch and buy a Frito Pie and a drink for just \$5.00.

Please bring small bills. Everyone is welcome.



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:am to 2:00 pm.



Please note:

haircut sign-in begins at 9:00 am.
MEG Senior Center May 1st and May 8th
Pasatiempo Senior Center May 15th

Plan Ahead: Senior Resource Fair June 6

Save the date of Thursday, June 6th 9:30a.m. – 1:00p.m. The Mary Esther Gonzales Senior Center will host a Resource Fair sponsored by Ambercare Hospice. The fair will provide the community and our seniors with free services such as blood pressure tests and massage, booths providing educational information on health awareness, safety etc., and other services available to the community, all focusing on senior issues and geriatric wellness. Please plan to join us.

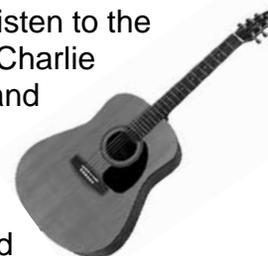
I Scream, You Scream...

illa Consuelo Senior Center at 1200 Camino Consuelo will sell sundaes as a center fundraiser on Tuesday, May 28th at 12:00 noon. Come enjoy! Celebrate warm weather with a delicious treat, for just \$2.00 per person.



Sing-A-Long at MEG

Join us in Sing-a-Long or listen to the music of Carlos Aguirre Trio. Charlie Freeman, Jose Vasquez and Carlos Aguirre make up this great trio. They sing 40's ballads, Spanish Boleros Y Rancheras, Country and Western music, and much more. You'll want to sing along to these memorable and harmonious tunes.



This Trio has devotedly entertained at the Mary Esther Gonzales Senior Center for many years, every other Friday of the month from 11:30 a.m. – 1:00 p.m. This month they will perform on the 10th and 24th.

We would like to take this opportunity to thank you, Carlos, Jose and Charlie, for sharing your music.

Prevent Identity Theft, Scams and Fraud

New Mexicans of all ages, income levels and backgrounds are targeted by identity thieves, unscrupulous salespeople of dubious "investment opportunities" and other financial predators.

Information and knowledge is the best defense against these risks. The object is to educate the public on how to recognize, prevent, and report scams, identity theft and financial fraud. Whether you have ever been their target or you just want to learn more, we encourage you not to miss this important event.

The Office of the New Mexico Attorney General will give a presentation on prevention and awareness of identity theft, scams and fraud on Wednesday, May 22nd at 9:30 a.m. at the MEG Center. Please take the time to attend this workshop.

For more information, please call Christine at 955-4715.

Senior Center Closure

All Santa Fe Senior Centers will be closed on Monday, May 27th in honor of Memorial Day.

ACTIVITIES for this month

Villa Consuelo Annual BBQ Friday, May 31st

The Villa Consuelo Senior Center, at 1200 Camino Consuelo, will have their annual BBQ on Friday, May 31st from 11:00 a.m. – 12:30 p.m. and you are invited.



Juan Apodaca will be grilling hamburgers and cheeseburgers which will be served with toppings, baked beans, chips and watermelon, all for a suggested donation of \$1.50 for seniors and a fee of \$5.32 for non-seniors (under the age of 59). Don't miss out on some great BBQ!

Then starting at 11:30, have a free delicious snow cone, courtesy of Ambercare Hospice.

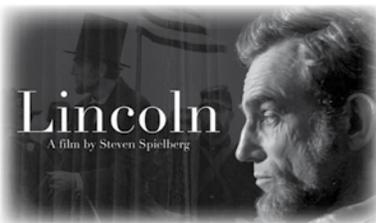
Sundaes at Luisa Center

Who does not love an ice cream sundae? Join us for cool, sweet sundaes for \$2.00 at the Luisa Center on Friday, May 24th from 11:30 – 12:30. Then, stay for Bingo!



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

“Abraham Lincoln”
Friday, May 17th
1:00 p.m.



In 1865, as the American Civil War winds inexorably toward conclusion, U.S. president Abraham Lincoln endeavors to achieve passage of the landmark constitutional amendment which will forever ban slavery from the United States. However, his task is a race against time, for peace may come at any time, and if it comes before the amendment is passed, the returning southern states will stop it before it can become law. Lincoln must, by almost any means possible, obtain enough votes from a recalcitrant Congress before peace arrives and it is too late. Yet the president is torn, as an early peace would save thousands of lives. As the nation confronts its conscience over the freedom of its entire population, Lincoln faces his own crisis of conscience -- end slavery or end the war.

Singing Bowl Introduction Workshop

J.G. Agu, Storyteller and Singing Bowl Artist invites you to join her in an interactive circle journey that uses these ancient marvels called the Singing Bowls. The sounds that she brings to the circle have a touch of hymn



and harmony, which immediately invites our awareness to something new through listening - to the silence, to the ringing, to the reverberation that goes out beyond the hitting of the bowl and tunes us into our wholeness. One just needs to be immersed in this beautiful sound – feeling the opening of the heart and one's relationship to the hearts of others to begin to feel music beyond our scope of understanding. It is the harmonic and rhythmic engaging sounds of the Singing Bowls and the return to natural breathing that truly helps us to relax and feel beautifully connected.

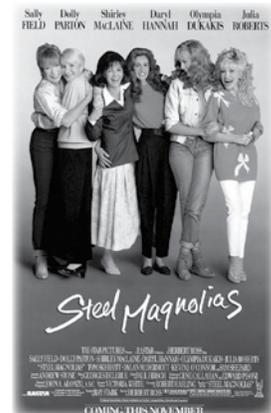
Agu will also give participants the opportunity to ask questions and begin to explore the charm and power of these instruments by learning to play them. This will be offered as a mini workshop to invoke interest.

Please join Agu on this musical journey, May 22nd starting at 10:00 a.m. at the Mary Esther Gonzales Senior Center.

Movie Day at Luisa Senior Center

Thursday, May 9th 1:00 p.m.
“Steel Magnolias

Revolving around Truvy's Beauty Parlor in a small parish in modern-day Louisiana, Steel Magnolias is the story of a close-knit circle of friends whose lives come together there. As the picture opens, we find Drum Eatenton shooting birds in the trees of his back yard in preparation for his daughter's wedding reception that afternoon. Filled with humor and heartbreak, these "Steel Magnolias" make us laugh and cry as the realities of their lives in tiny Chiquapin Parish unfold.



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, but 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:

May 14th Bill Buckingham 466-1675
June 11th Alan Kalman 629-0752

Estate Planning/Probate Workshop May 1st

Free Estate Planning and Probate workshops will be held from 6:00 to 8:00 p.m. on Wednesday, May 1st (and again on August 7th) at the MEG Senior Center, 1121 Alto Street.

The workshop includes a presentation by volunteer attorney Fletcher Catron, an open question and answer period, and a free one-on-one consultation with an attorney.

Sponsored by the New Mexico State Bar Foundation and the State Bar of New Mexico Elder Law Section, this program is a working partnership that seeks to educate the public about wills, trusts, estate planning, end of life decisions and probate to meet legal needs.

In addition to these quarterly workshops, the State Bar Lawyer Referral for the Elderly Program in Albuquerque is staffed from 8 a.m. to 5 p.m. on weekdays. The program consists of a telephone helpline and referrals. More information may be found at <http://www.nmbar.org/Public/lrep.html>. This event is a community service open to the public free of charge. Call 1-800-876-6227 for details or (505) 797-6068 to register.

Senior Travel Committee Trip to Mackinac Island, Michigan Aug 23- Sept 2

Join other seniors for this exciting trip which includes:

- Transportation on a spacious motorcoach, equipped with restrooms and video
- 10 nights lodging including 4 consecutive nights in Northern Michigan
- 10 breakfasts and 8 dinners
- The Oklahoma City National Memorial
- Gateway Arch Riverfront in St. Louis
- A guided tour of Mackinaw City
- A ferryboat ride to Mackinac Island, where the only mode of transportation is horse and carriage
- A guided carriage tour boat ride through the Soo Locks and free time for sightseeing in Sault Sainte Marie
- Old Mackinac Point Lighthouse, dating back to 1892
- A visit to Mackinac Crossings
- Admission to Colonial Michilimackinac
- Gaming at the Kewadin Sault Casino
- Gerald R. Ford Presidential Museum
- Abraham Lincoln Presidential Museum
- Much more

double occupancy \$1080 per person
single occupancy \$1430 per person

Full payment is due upon signing up and there is a 10% cancellation fee. Price includes motorcoach driver gratuity and travel insurance. For more information and reservations, call:

Chuck at (505) 988-2958 or
Lily at (505) 690-8873



SENIOR OLYMPICS

SENIOR OLYMPICS SPOTLIGHT

Shuffleboard took place at Ft. Marcy Complex on March 8th and 15th. Black and yellow discs moved from one side of the mat to the other. Every participant was trying to score a perfect 10. Dorothy was on a roll and ended up with the gold. A big thank you goes out to Rosella, Betty and Mr. Harris for keeping score for the event. Ben Mendoza, Event Manager, did a great job in



coordinating this event. Hutch Hutchison, age 83, took the gold!

On March 13th Pickle Ball was held at the Chavez Community Center. The event ran so smoothly that Event Manager Joyce Montoya was able to run the singles, doubles and mixed doubles all in one day. When the athletes were not playing, they were judging the lines. Great team work! It was nice to see all the athletes wear



pink! Joyce did a terrific job with assistance from Pauline who kept track of all the incoming scores. For the second year in Santa Fe local games Huachas was held at the County Extension Building (on March 19th). For those of you who don't know what the sport is: "Hillbilly horseshoes," as this game is also known, is a similar to horseshoes. The difference is that large metal washers are pitched at a 3-inch hole in a 24 x 24 inch platform on the ground and the boards are 21 feet away from each other. It was double elimination. We had four women participate in this event and 3 of the women got ringers. There were so excited. It's not easy to make it that little hole. Arlene Mayer, her first year participating in this event got a ringer on her last frame. She got so excited she screamed. At that point, everyone knew she scored 5 points! All the participants really enjoyed themselves. Event Manager, Juan Lopez did an outstanding job in coordinating this event.

On March 20th, 22nd, and 26th, Strike Gold Lanes in Pojoaque was taken over by about 65 seniors. Strikes and spares were lighting up the score board. Everyone was having fun, while meeting and playing with different athletes. It was nice to see a few new faces. John Miles had a high score of 246 out of 300 in singles and in doubles. The high score for mixed doubles went to Gary Hadley with 237 and an ending score of 707 for all 3 games. For team bowling, Tom Marshall had a high score of a 236 and for the women Juanita Lovato had a high score of 209. A round of applause goes out to the



SENIOR OLYMPICS

eldest competitor Carlos Pacheco, age 91. Event Manager, David Soveranez did a great job.

Solid and stripped balls rolled all over the Pool table on April 19th as the Senior Olympic 8-Ball Tournament unfolded at the Mary Esther Gonzales's Pool Room. We had a total of 20 athletes participate. This year we had two ladies play. Was nice to see our State Champion Josina Ortiz get the gold and give advice to her teammate. It was a double elimination tournament. A round of applause to Ralph Perkins who went undefeated in his age category. It pays off to play pool 5 days a week. Event Manager, Eloy Ulibarri did a great job coordinating this event, and he won the gold in his age category. Bruce Kidman, age 81, took the gold in his age category.

Swimming took place on March 23rd at the Chavez Community Center, with swimmers signing in and getting a number on the right arm. Event Manager Dick Roth had a handful of young students help time the swimmers. I was amazed how much heart these athletes put into swimming. Some of them had only a few minutes to take a breather before their next event came up. A round of applause goes out to Jay Stimmel who swam all 14 events. That's what you call stamina. Ethel Trimmer, age 92, swam the 50 yard free style. Thank you, Dick.



Reading, playing piano, performing on violin, belly dancing, ballroom dancing, singing, and bagpipes all took place on April 5th at the Fraternal Order of Eagles. The day before the actual event we had two participants play the piano at the MEG Center. Alice Ladas age 93 and Patti Merrill did a phenomenal job! They make it seem so easy but in fact it's not. All of the participants could be on one of the reality shows such as "Dancing with the Stars" or "So You Think you can Dance", or "American Idol." This year we had a new performance. The performers did a sword dance. They danced with the swords on the heads with no hands. It was amazing. If I were to try that the sword would fall and stab me on the toe. Also, we had Dusky play the bagpipes. It was interesting to watch. They have so much talent and they are in great shape. Their costumes were amazing. It is a great show to watch. Thanks to the judges Marie, Cheryl and Tammie from Ambercare who took time out of their busy work schedules.

Birdies were flying from one side of the court to the other at the Chavez Community Center on April 9th at the Badminton competition. The participants played a round robin. About 16 Olympians participated. They played several matches and were tired at the end of the day. Liz Parker, Event Manager, did a phenomenal job in coordinating this event. Every athlete pitched in to line judge or keep score. It was good team work. Medals were awarded at the end of each event. I just want to recognize a few Badminton players who took the gold at State and at Nationals: Andrea Weiss, Maureen Ryan and Stan Cooper and also to Liz Parker and Jerry Melaragno who took silver. These players play year around. Great Job athletes! They are amazing players to watch. Congratulations to all you athletes who participated in local games! Until next month!

-Cristina Villa-

LEGAL & CONSUMER

Money 101

By Senior Volunteer Anke Mihalas

Last month I wrote about the importance of tracking your expenses so you know where your money goes.



This month I would like to address your retirement planning. This article is for any senior still working and receiving earnings, be it full-time or part-time work.

If you are still working, you can contribute to an IRA (Individual Retirement Account) or a 401K or similar retirement account through your employer. You can make these retirement contributions as long as you still work. Once you stop working, or after age 70 ½ you will have to start taking minimum required distributions by the end of the year you stop working. You can contribute to a 401K as long as you work, with no limits age-wise. The IRS has a formula and you will get the information of the minimum you have to take out from the company holding your retirement account. You can take more than that required minimum but you will be taxed on the amount you take out each year.

If you do not need the money at this time, just take the minimum. If you need the additional income that your retirement account offers you, calculate approximately how much additional income you need so you know how much to take out of your retirement account on an annual basis. Keep in mind your age and health: you can easily live to be 80 or 90 years old. So, if possible, do not take out too much. The idea of being maybe 85 years old and running out of money from your retirement account and not having sufficient funds to take care of yourself, is scary for any of us.

For those of you still working and contributing, look at the total amount in your retirement account right now. Do you need to contribute more than you do to have a better cushion when you stop working? If your employer matches a certain percentage of your contribution, are you maximizing your contribution to benefit from the match? If not, you are passing up some free money from your employer. This is something you should try to benefit from if you are able to.

NM Landlord/Tenant Hotline

“Can my landlord legally do that to me?!” “How do I evict my tenant who has disappeared without paying rent?” If you have questions about



legal rights and responsibilities like these, you may contact the Landlord/Tenant hotline. They provide low-cost information and advice on housing issues, for as low as \$20 for tenants and \$40 for landlords or property managers. They also sell The Landlord's Kit (in hard copy or as an interactive CD) for \$60 with a complete copy of landlord/tenant laws in New Mexico, standard forms, checklists, disclosures and more.

You may call (505) 983-8447, email nmhotline@aol.com, or call to schedule a time to meet the owner, Susan Turetsky, in person at her office in the Pasatiempo Senior Center building, at 664 Alta Vista Street.

Aging and Disability Resource Center

The New Mexico Aging and Disability Resource Center is part of the Aging and Long-Term Services Department and is located in Santa Fe. They are a service to assist elders, persons with disabilities, and caregivers across the state of New Mexico. Their trained Information and Assistance Coordinators can help you over the phone or in person. Services are free and confidential.



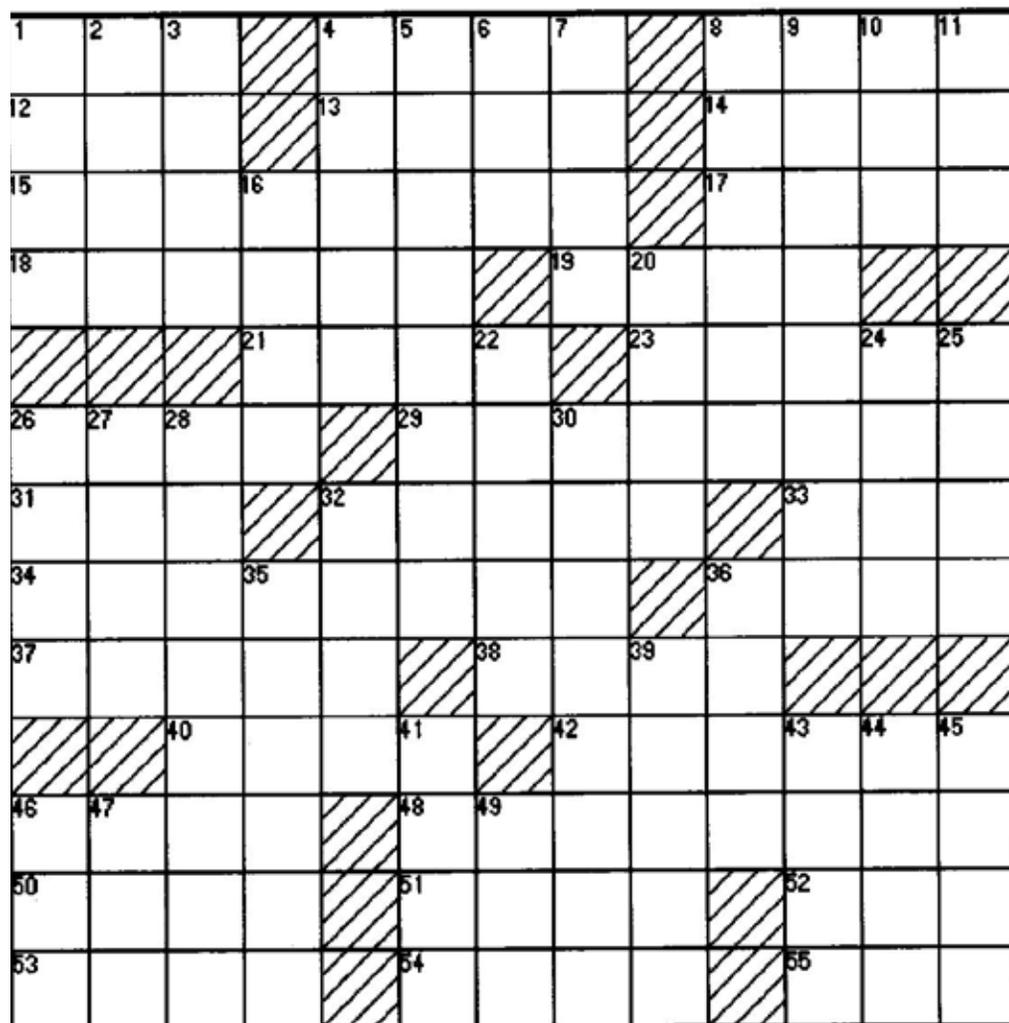
Staff can answer questions about long-term care options; the State Health Insurance Assistance Program (SHIP); the CoLTS-C Medicaid Waiver for home and community-based services; health care fraud prevention; prescription drug assistance; money management; Veterans services; legal services; home modifications; Adult Protective Services; and more.

Call (505) 476-4846 or toll-free 1 (800) 432-2080 or go to nm.adrc@state.nm.us. Alternative language services are available.

PUZZLES

ACROSS

1. Tied under the chin a child while eating
4. Marihuana
8. Calendar month
12. Outer garment
13. Hard drink
14. An account of incidents or events
15. Composition
17. About organ of hearing
18. Banishments
19. A coniferous tree
21. Herb
23. Raise the voice
26. Curse
29. Celerity
31. Relative biological effectiveness, abbr.
32. Demeter
33. Veterans battleground
34. Tablets
36. National capital
37. Mongol
38. Greek portico
40. Supports trestletree
42. In a way, takes
46. Glow
48. Used for wearing down, smoothing or polishing
50. Leaf or strip from a leaf of the talipot palm
51. Hard fat around the kidneys and loins
52. Assembly
53. A large oven for firing porcelain or bricks
54. English park
55. Used to be United __



DOWN

- | | | |
|--|-----------------------------|--|
| 1. Installation from which a military force initiates operations | 9. Determine time | 35. Alligatorlike reptile of Central and South America |
| 2. Wild goat of mountain areas of Eurasia | 10. Caliph | 36. In a way, emits |
| 3. Italian Seaport | 11. Not just "play" | 39. Speak |
| 4. More lucid | 16. Ardour | 41. Knock |
| 5. Expungings | 20. Egyptian goddess | 43. Blood relations |
| 6. Disappointed | 22. Equids | 44. Daytimes |
| 7. Beehive | 24. Attar | 45. Visionary |
| 8. Repented | 25. A song of praise to God | 46. Derek __, Harvard |
| | 26. Expression of annoyance | 47. __ Lilly, drug company |
| | 27. Swedish rock group | 49. Bribe |
| | 28. Dish | |
| | 30. Tormented | |
| | 32. Conquer | |

PUZZLES

Golf

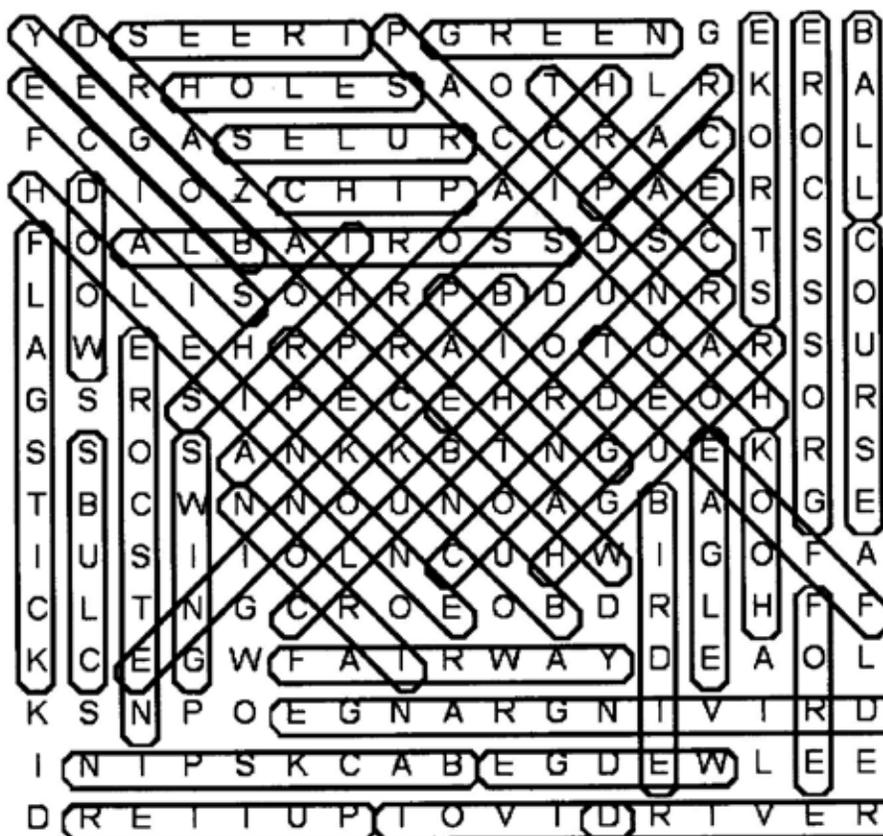
Find and circle all of the golf words that are hidden in the grid.
The remaining letters spell a Mark Twain quotation.

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

- | | | | |
|-----------|---------------|-------------|--------------|
| ALBATROSS | CLUBHOUSE | GREEN | ROUGH |
| APPROACH | CLUBS | GRIP | RULES |
| BACK NINE | CONDOR | GROSS SCORE | SHOT |
| BACKSPIN | COURSE | HANDICAP | SLICE |
| BALL | DIVOT | HOLE IN ONE | STROKE |
| BIRDIE | DRIVER | HOLES | SWING |
| BOGEY | DRIVING RANGE | HOOK | TEE OFF |
| BUNKER | EAGLE | IRON | TREES |
| CADDIE | FAIRWAY | NET SCORE | WATER HAZARD |
| CART | FLAGSTICK | PAR | WEDGE |
| CHIP | FORE | PUTTER | WOOD |

PUZZLE ANSWERS

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



BREAKFAST MENU

Please note: Breakfast is served Monday - Friday: 7:30-8:30am at MEG, Luisa and Pasatiempo Senior Centers for a suggested donation of \$1 for seniors 60 and over and a \$5.32 fee for non-seniors (59 years of age or younger).

- 1st Boiled Egg, Hot Oatmeal, Margarine, Tomato Juice, Milk
- 2nd Potatoes with Sausage and Cheese, Salsa, Margarine, Milk
- 3rd Breakfast Burrito with Scrambled Egg, Bacon, Cheese and Red Chile, Milk
- 6th Boiled Egg, Hot Oatmeal, Margarine, Tomato Juice, Milk
- 7th Breakfast Burrito with Sausage, Cheese and Green Chile, Margarine, Milk
- 8th Peanut Butter and Jelly, Small Roll, Tomato Juice, Milk
- 9th Grilled Ham, Cheese, Peppers & Onion Mix, Small Roll, Margarine, Milk
- 10th Scrambled Egg, French Toast with Maple Syrup, Tomato Juice, Milk
- 13th Sausage Patty and Pancakes with Maple Syrup, Tomato Juice, Milk
- 14th Cottage Cheese, Jelly, Cold Cereal, Tomato Juice, Milk
- 15th Grilled Ham, Cheese and Peppers on a Tortilla, Margarine, Milk
- 16th Scrambled Egg, Waffles with Maple Syrup, Tomato Juice, Milk
- 17th Breakfast Biscuit with Sausage, Cheese and Salsa, Margarine, Milk
- 20th Potatoes with Diced Ham, Cheese and Salsa, Margarine, Milk
- 21st Breakfast Burrito: Scrambled Egg, Bacon, Cheese, Red Chile, Hashbrowns, Milk
- 22nd Sausage Patty, Green Chile, Hashbrowns, Small Roll, Margarine, Milk
- 23rd Scrambled Egg, French Toast with Maple Syrup, Tomato Juice, Milk
- 24th Ham and Cheese Biscuit, Salsa, Margarine, Milk
- 27th All Centers closed in observance of Memorial Day
- 28th Scrambled Egg with Cheese, Bacon and Green Chile, Hashbrowns, Milk
- 29th Breakfast Muffin with Sausage, Cheese and Salsa, Margarine, Milk
- 30th Cottage Cheese, Jelly, Cold Cereal, Tomato Juice, Milk
- 31st Breakfast Burrito with Scrambled Egg, Bacon, Cheese, Salsa, Hashbrowns, Milk

Nutrition Education

Food Product Dating (From the U.S. Department of Agriculture)

Food Product Dating

Read the "Safe Handling Label" for food safety information on raw foods.

- A "Sell-By" date tells the store how long to display the product for sale.
- A "Best if Used By" date is recommended for best flavor or quality. It is not a purchase or safety date.
- A "Use-By" date is the last date recommended for the use of the product while at peak quality. The date has been determined by the manufacturer of the product.



Open dating is found primarily on perishable foods such as meat, poultry eggs and dairy products. "Closed or Coded dates" appear on products such as cans or boxes of food.

LUNCH MENU

SENIOR CENTER LUNCH MENU MAY 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lunch is Served at all 5 senior centers 11:00 a.m. -12:30 p.m.		1 Beef & Been Chalupa w/ Garnish Topping Salsa Fiesta Salad Fruit Cocktail Milk	2 Baked Chicken Wild Rice Carrot Raisin Salad Baked Biscuit w/Butter Mandarin Oranges Milk	3 Hot Open Face Roast Beef Sandwich Mashed Potatoes w/ Brown Gravy Carrots & Peppers Chilled Pears Milk
6 Baked Chicken Steamed Green Beans Scalloped Potatoes Carrot Raisin Salad WW Roll w/ Butter Jell-O w/ Peaches Milk	7 Beef Pot Roast Mashed Potatoes w/ Brown Gravy Steamed Green Beans WW Roll w/ Butter Cake Milk	8 Baked Chicken w/ Noodles & Sauce Carrots and Green Peas Cornbread w/ Butter Fruit Salad Milk	9 Glazed Ham Baked Yams w/ Marshmallow Topping Green Beans Cornbread w/ Butter Chilled Mixed Fruit Milk	10 BBQ Bonanza Chicken, Sausage, and Brisket Creamy Coleslaw Pinto Beans WW Roll / Cookie Milk
13 Bean Burrito Spanish Rice Salsa Corn Tossed Salad w/ Dressing Chilled Applesauce Milk	14 Baked Round Steak w/ Mushroom Gravy Steamed Broccoli Baked Potato WW Roll w/ Butter Banana Pudding Milk	15 Pork Posole w/ Red Chile Tossed Salad Mustard Greens Tortilla (1) Baked Cookie Milk	16 Baked Chicken w/Veggie Sauce Topping Tossed Salad Baked Biscuit Chilled Mixed Fruit Milk	17 Pork Ribs Baked Potato Green Salad Potluck Roll Strawberries & Bananas Milk
20 Baked Fish Fillet Tartar Sauce Topping German Coleslaw Mixed Vegetables Hushpuppies Banana Pudding Milk	21 Green Chile Cheeseburger Ranch Beans Onion Rings Chilled Applesauce Milk	22 Roasted Turkey w/ Turkey Gravy Baked Sweet Potatoes Steamed Green Beans Cornbread w/ Butter Sugar Cookie Milk	23 Baked Pork Chop Topped w/Veggie Sauce Seasoned Pasta Buttered Carrots French Bread w/ Butter Mandarin Oranges Milk	24 Beef Brisket Pinto Beans Coleslaw Garlic Toast Apple Crisp Milk
27 ALL SENIOR CENTERS CLOSED IN OBSERVANCE OF MEMORIAL DAY	28 Beef Taco (1) w/ Garnish & Salsa Spanish Rice Salsa Corn Jell-O w/ Apricots Milk	29 Sweet & Sour Pork Steamed Rice Steamed Carrots WW Roll w/ Butter Fresh Orange Milk	30 Italian Meat Lasagna Garden Salad Mixed Vegetables French Bread Fruit Cobbler Milk	31 Green Chile Chicken Enchiladas Pinto Beans Calabacitas Spinach Salad Saltine Crackers Jell-O w/ Fruit / 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