

# The Senior Scene

## ~ Vistas de los Mayores ~



Photos by Don Bell

## November 2012

Programs and Activities for Older Adults



## Division of Senior Services

**CITY OF SANTA FE, DIVISION OF SENIOR SERVICES**

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

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

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

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

**Front Desk Reception**

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

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

**Administration**

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

**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

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 Jeannie Rae and Judy Valdez, Copy Editors

**CITY OF SANTA FE - RUN SENIOR CENTERS**

**LUISA** 955-4717  
 1500 Luisa St. (enter from Columbia St.)  
 Santa Fe, New Mexico 87505

**MARY ESTHER GONZALES (M.E.G.)** 955-4721  
 1121 Alto St.  
 Santa Fe, New Mexico 87501

**PASATIEMPO** 955-6433  
 664 Alta Vista St.  
 Santa Fe, New Mexico 87505

**VENTANA DE VIDA (Pacheco)** 955-6731  
 1500 Pacheco St.  
 Santa Fe, New Mexico 87505

**VILLA CONSUELO** 474-5431  
 1200 Camino Consuelo  
 Santa Fe, New Mexico 87507

**COUNTY INFORMATION** 992-3094  
**COUNTY TRANSPORTATION** 992-3069

# *DIRECTOR'S REPORT*

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Dear Patrons,

As a reminder, the 2012 United States elections will be held on Tuesday, November 6. This will be the 57th quadrennial presidential election and House and Senate elections will decide members for the 113th Congress. There are also many state legislature races and/or special elections. As part of this our heritage, we should all make every effort to take the time to vote as it is our constitutional right.

Also, as mentioned last month, during the 2012 New Mexico Legislative Session we submitted and received approval to have several items included as part of the state's Aging and Long-Term Services Department General Obligation Bonds (GOB) that will appear on the November 2012 ballot totaling \$10,335,000 which will enable respective programs Statewide to continue to successfully address the needs of their senior communities. The 2012 Capital Projects Obligation Bond Act authorizes the issuance and sale of senior citizen facility improvements, construction and equipment acquisition bonds. It is critical that we support and vote (☐) FOR Bond Question A because many senior programs statewide, including the City of Santa Fe will benefit by your support. As part of Bond Question A, the City of Santa Fe is requesting a total of \$1,130,800 which represents various senior center renovations/improvements-code compliance, program replacement vehicles and commercial kitchen equipment. Please keep these items in mind when going to the polls as they will enable us to continue to enhance and provide quality services for each of you.

Therefore, I strongly encourage everyone to exercise their right to vote and elect the most qualified candidates, as well as support the various bonds presented to you for your discretion. New Mexico's future depends on us.

On November 11, 1919, President Woodrow Wilson proclaimed Armistice (Veteran's) Day as the first national holiday to honor "heroism of those who died in the country's service and with gratitude for the victory, both because of the thing from which it has freed us and because of the opportunity it has given America..." Please join me in giving a heartfelt thank you to all who have served this great nation. Please be advised that all centers will be closed Monday, November 12, in honor to our Veterans.

Since 1863, our nation has celebrated Thanksgiving on the fourth Thursday in November, when President Abraham Lincoln proclaimed it a holiday. Please be advised in observance of this holiday, all centers will be closed Thursday and Friday, November 22 and 23.

Also, November is National Caregivers month. Please join me in extending a sincere thank you to all caregivers.

In closing, please exercise your right to vote. Also, I extend a sincere thank you to all Veterans and hope everyone has a wonderful Thanksgiving.

Ron J. Vialpando  
DSS 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 does not expire. **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, November 13, 20 and 27**  
**December 11 and 18**  
**January 8, 15, 22 and 29**  
**9:00am to 1:00pm**

## SENIOR TRANSPORTATION INFORMATION

**To Reserve: Call 955-4700 at least 24 hours in advance, before 4:00 p.m.**

Ride reservations can be made up to five business days in advance.

When scheduling a ride, please specify if you require a wheelchair lift van.

To avoid delays in service, call immediately if you need to cancel a scheduled ride.

**Senior Cost:** Seniors 60 and over, a suggested donation of .50¢ per ride (one way trip)  
You may purchase a 25-ride ticket for \$10.00 from the Transportation Office.

**Schedule:** Rides are available 8:15 a.m. to 4:30 p.m. Monday through Friday.  
Rides to medical appointments are given priority over all other rides. Vans leave from the MEG Center at 12:00, 1:00, 2:00 and 3:00pm.

**Notes:** **Drivers may arrive up to 15 minutes before or after scheduled pick up time.**  
**No more than four one-way trips per person, per day.**

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

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

**Closures:** We will be closed on November 12 and November 22 and 23.



# NEWS & VIEWS

## Thanksgiving Dinner is November 9th

Please join us at any senior center on Friday, November 9th, 11:00 to 12:30, for our annual Thanksgiving dinner. We will serve turkey with gravy and bread stuffing, steamed green beans, a whole wheat roll with butter, cranberry salad, milk and pumpkin pie, all for the regular suggested donation of \$1.50 for seniors or just \$5.32 for non-seniors age 59 and under.



## Free Flu Shots at MEG on Nov 14th

The New Mexico Dept. of Health will send nurses to administer free influenza vaccine shots at the Mary Esther Gonzales Senior Center on Wednesday, Nov. 14th between 9:00 a.m. and 3:00 p.m. There will be 350 doses available, so please tell your friends.



At this point, the vaccine is designated just for senior citizens but by that time, other groups may be eligible. The vaccines are free but the recipients must fill out a consent form (in English or Spanish) prior to receiving the shot.

Senior Services Transportation will pick up seniors at Luisa, Villa Consuelo, Pasatiempo and Ventana de Vida Senior Centers at 9:30am to go to MEG.

## Coping with Grief through the Holidays

Vista Care Hospice will host a series of meetings entitled "Surviving the Holidays" for anyone who has lost a loved one and struggles through grief during the holiday season.

The meetings are free and available on a drop-in basis. You may go as often as you desire. Meetings are held on Thursdays from 5:30 to 6:30 p.m. on November 1st, 8th, 15th, and 29th at the Vista Care offices at 1911 Fifth Street, Suite #100. Call them for details: 988-5331.

## Medicare Part D Open Enrollment

Medicare Prescription Drug Formularies change every year. Make sure you check next year's options during Open Enrollment through December 7th, 2012. The Aging & Disability Resource Center's Councilors will be available to assist Medicare Beneficiaries from 10:00a.m. to 1:00p.m. at the Pasatiempo Center on November 30th. Bring a list of your medications, dosages and frequencies.



If you cannot make it to the site, you can call the Aging & Disability Resource Center at 1-800-432-2080 for assistance over the phone.

## Senior Center Closures in November

All Santa Fe Senior Centers will be closed on Monday, November 12th in observance of Veterans Day and on Thursday and Friday, November 22nd and 23rd for Thanksgiving.

## The Inspection of Public Records Act

The Inspection of Public Records Act NMSA 1978, Chapter 14, Article 2, is intended to provide the public with the greatest possible information regarding the affairs of government and the official acts of public officers and employees.

The law requires public access to all public records with a few exceptions. Most records are available for public inspection.

The designated Public Records Custodian for the City of Santa Fe is:

Bemadette Romero  
c/o City Attorney's Office  
PO Box 909  
Santa Fe, NM 87504-0909  
E-mail: [bbromero@santafenm.gov](mailto:bbromero@santafenm.gov)  
Phone: (505)955-6511  
Fax: (505) 955-6748

All requests for inspection of public records shall be filed in the City Attorney's Office. Written requests may be entered on a "Request for Public Records" form available at the City Attorney's office and at [www.santafenm.gov/citvattorney](http://www.santafenm.gov/citvattorney)



# NEWS & VIEWS

## Bilingual Look-Alike and Sound-Alike Words

James Cunningham is a Santa Fe senior who experienced the challenge of learning English as a second language in his youth in Costa Rica. After retirement, he felt compelled to write a book to help students of English as a second language discover the diverse meanings of word which look or sound alike, in Spanish and English. He has compiled this dictionary of over 100 sets of English homographs and homophones together with their corresponding English and Spanish synonyms.

It is available on Amazon and for Kindles and personal computers. To preview it, go to [www.amazon.com/dp/B008WB4C26](http://www.amazon.com/dp/B008WB4C26).

## Please Donate Old Cell Phones for a Cause

The 911 Cell Phone Bank is a non-profit organization which accepts donations of used cell phones and turns them into life savers. They take donated phones, erase all the memory, and enable them only to call 911. The phones are given at no cost, ever, to people who do not own regular cell phones but may find themselves in an emergency situation and need to call for help.

This year, they have sent out over 5,000 phones to law enforcement agencies, shelters, seniors groups, and court systems.

Mostly the phones they provide serve as an "insurance policy" when a recipient knows that help can be summoned, regardless of the situation. Most of the "medical alert" type systems operate only within the confines of the home or near proximity, and almost all of them have a monthly cost associated with them. These phones operate anywhere a cell phone does and never has any fees at all.

So, please collect your old cell phones and bring them to the drop box in the reception area of the Mary Esther Gonzales Senior Center at 1121 Alto. Or, if you have a bunch of phones to donate but cannot get there, call and we will pick them up.

You may also call to request that we mail or give you one of these free phones. Either way, call Kristin at 955-4760. Thank you.



Home Instead Senior Care® joins the Division of Senior Services, Wal-Mart, CHRISTUS St. Vincent Regional Medical Center and S.F. Care Center to provide presents to previously identified seniors who otherwise might not receive a gift this holiday season.

Christmas trees will be up at both Santa Fe Wal-Mart stores on Cerrillos Road and the second floor lobby at CHRISTUS St. Vincent Hospital (near the information desk) from November 20th to December 17th. The trees will be covered with ornaments with the first names of the seniors and their respective gift requests. Holiday shoppers at Wal-Mart can pick up an ornament, buy items on the list and take them with the ornament to Customer Service. At the hospital, please return the gift(s) you purchase along with your ornament to the hospital gift shop.

There will also be a gift wrapping party on Friday, December 14th at 1:30 to 3:30p.m. at the MEG Center and everyone is welcome to join staff wrapping gifts to holiday music.

For more information call 471-2777.

## Children's Museum Needs Volunteers

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

Please call Kristin at 955-4760 to help.

# NEWS & VIEWS

## ECHO Commodities Food Distribution

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



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

## Nothing Feels Better Than Helping

...someone find a job! Volunteer with the 50+ Employment Connection and help yourself while you help others in their work search. They need volunteers with job hunting experience or strong business background to assist job seekers or meet with employers to expand our job listings.

Call Dave or Georgia at (505) 476-4623 to schedule a visit to the office at the Toney Anaya Building at 2550 Cerrillos Road in Santa Fe.

The 50+ Employment Connection is a program of the Aging and Long-Term Services Department's Senior Employment Programs Bureau.

## Are you age 50 or older and looking for work?

The 50+ Employment Connection can help! Meet and network with folks your own age who are in similar situations. They provide assistance with:

- Job search strategies
- Mock interviews • Job searches
- Job referrals • Interview techniques
- Resume preparation
- One-on-one computer tutoring

Open Monday through Friday, 9 a.m. to 4 p.m.  
Job Club (Thursdays, 10 to 11:30 a.m.).

Appointments are encouraged at (505)476-4623, Toney Anaya Building 2550 Cerrillos Road.



## Prizes at the State Fair

You may have come to the Mary Esther Gonzales Senior Center and seen a gentleman carving away at a reception desk, when things are quiet. That is City Staff Member Antony Escamilla, and those carvings won him prizes at this year's New Mexico State Fair. Congratulations, Antony!

- 1) First Place for Quetzalcoatl "Plumed Serpent" carved on a shotgun
- 2) Second Place: "Dos Promesas" Two Promises carved onto a walking staff
- 3) First Place: Cult of the Jaguar" carved on a shotgun

## Thoughts from Regina Brett, Age 90

(Submitted by Carlos Aguirre)

- When in doubt, just take the next small step.
- Life is too short-enjoy it.
- Make peace with your past so it won't mess up the present.
- Cry with someone. It's more healing than crying alone.
- Don't compare yourself to others. You have no idea what their journey is about.
- Over prepare, then go with the flow.
- No one is in charge of your happiness but you.
- Growing old beats the alternative - dying young!



# NEWS & VIEWS

## SF Seniors take Silver in State Olympics

A co-ed group of Santa Fe seniors competed in August in the "Volleyball over 60" competition in the New Mexico Senior Olympics.



This year's competition drew seniors from all over New Mexico and from Texas. They took on all challengers successfully right up to the final tie breaker where they beat out the talented Las Cruces team to receive the silver medal.



Back Row: Mary Page, Rob Higgins, Israel Serr, Mary Gonzales Front Row: Michael Hamilton, Mary Carafelli-Hamilton, Margaret Baca

## State Basketball 3-on-3 Tournament

Genoveva Chavez Community Center  
November 2nd, 3rd and 4th

We are still looking for a few volunteers for the State Basketball event. It is a lot of fun. Want to help with bag stuffing on Friday at 9:00 a.m. or checking in the participants Friday any time from 10:30 a.m. to 5:00 p.m. or Saturday, any time from 7:00 to 11:00 a.m.? If so, call me at 955-4725.

## Kick-Off Registration for Local Games

Mary Esther Gonzales Center

Monday, January 7th, 2013

From 9:00 a.m. – 12:00 noon

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

## Local games Registration

Monday, January 7th – Friday February 1st

Late Registration February 4th – February 8th

Registration fee is \$12.00

Late Registration is \$20.00

## Wise Words from Famous Folk

"Lack of activity destroys the good condition of every human being while movement and methodical physical exercise save it and preserves it" (Plato)

Until next month, happy Thanksgiving Senior Athletes!

-Cristina Villa, Senior Olympics Coordinator

## In Honor of Veterans Day

"Wildpeace" by Yehuda Amichai

(Selected by Maggie Coffey)

Not the peace of a cease-fire  
not even the vision of the wolf and the lamb,  
but rather  
as in the heart when the excitement is over  
and you can talk only about a great weariness.  
I know that I know how to kill, that makes me an adult.

And my son plays with a toy gun that knows  
how to open and close its eyes and say Mama.

A peace  
without the big noise of beating swords into  
ploughshares,  
without words, without  
the thud of the heavy rubber stamp: let it be  
light, floating, like lazy white foam.

A little rest for the wounds - who speaks of  
healing?

(And the howl of the orphans is passed from one  
generation

to the next, as in a relay race:  
the baton never falls.)

Let it come  
like wildflowers,  
suddenly, because the field  
must have it: wildpeace

# AT A GLANCE

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**Santa Fe  
Emergency  
Manager  
Andrew Phelps**  
addresses  
seniors.



**FGP and SCP  
Volunteers**  
listen to an  
emergency  
preparedness  
presentation.

**Johnny and  
Theresa  
Trujillo**  
prepare to  
enjoy  
root beer  
floats.



Brothers  
**Andres and  
Richard  
Gonzales**  
have lunch  
together.



RSVP volunteer  
**Gerry Watman**  
in full costume  
at El Rancho de  
las Golondrinas.

On a trip to  
an Alpaca  
Ranch,  
**Horace  
Martinez**  
and **Ramona  
Griego** get  
up close.



**Sheila  
Epstein**  
feeds the  
Alpaca.



# RSVP THE RETIRED SENIOR VOLUNTEER PROGRAM

## COMMUNITY NEEDS



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

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

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

### Join a Red Cross Response Team:

Be "Ready When the Time Comes"

Ready When the Time Comes is an American Red Cross volunteer program that utilizes the valuable human resources of local businesses and communities. The Red Cross trains and mobilizes a team to respond when local and large disasters occur.

The Ready When the Time Comes program was developed in 2001 as a partnership between the American Red Cross of Greater Chicago and Grainger, the national foundation sponsor of the program. Today, more than 13,000 volunteers from 460 corporations and organizations are "ready when the time comes" to respond a disaster.

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

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

Call Kristin at 955-4760 to learn more.



## Birthdays this Month

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

## November

Ercilia M. Brazil	11/02	Elizabeth Rickert	11/18
Alvino E. Castillo	11/02	Johnny R. Roybal	11/18
Cristella M. Gallegos	11/02	Anna Mae Gallegos	11/19
Elmer N. Leslie	11/02	Joyce A. Roberts	11/19
Victor Teng	11/02	Joseph K. Rutledge	11/20
Robert P. Coyle	11/04	Robert Shelley	11/20
Ruth D. Hogan	11/05	Griselda Chavez	11/21
Connie C. Duran	11/06	Tom Ledwith	11/22
Efren Garcia	11/06	Jane Starret	11/22
David R. Schell	11/06	Denise Casados	11/23
Benjamin A. Armijo Sr.	11/07	Margaret M. Smith	11/23
Karon Hanrahan	11/07	Bernie Ulibarri	11/24
Cipriano Maez	11/08	Ralph Lomax	11/25
Lucy R. Padilla	11/08	Jacqueline S. Abell	11/26
Anne Mary Karshis	11/09	Rochelle Byars	11/26
Cecilia Lopez	11/09	Robert E. Gonzales	11/26
Randy Murray	11/09	Andrew R. Medina	11/26
Carmen L. Ortiz	11/09	Connie Prada	11/26
Patricia Kuhlhoff	11/10	Liz Williams	11/26
Elvira Apodaca	11/11	Israel Cruz	11/27
Bernard A. Brock	11/11	Jose J. Gallegos	11/27
Corrine E. Garcia	11/12	Deborah Allen	11/28
Nola M. Gilmore	11/12	Juan Romero	11/28
Joanne M. Valdez	11/12	Lillian Alexander	11/29
Richard C. Fernandez	11/14	Rudy F. Gonzales	11/29
Mary Chon Pacheco	11/15	Paul Medina	11/29
Alan Maycock	11/16		
Mary Noonan	11/16		
Bernadette Sandoval	11/16		
Adelaida "Liddy" Padilla	11/17		
Georgia Watkins	11/17		
Viola Quintana	11/18		

## **FGP/SCP Foster Grandparent / Senior Companion Programs**

### **We will miss you Martha Yadan...**

Martha Yadan and Melanie Montoya giving each other a farewell hug

After over eighteen years of volunteering with our Foster Grandparent Program, Martha Yadan has moved to Pennsylvania to be closer to her family. Most recently, Martha volunteered at Carlos Gilbert Elementary School where she became an integral part of the school and was known



by all the children as Grandma. Anyone who had the honor of meeting Martha knew that she was always a joy to be around. We are happy that Martha is moving to be closer to her family but she will be missed by all. Good luck on your new adventure Martha!

### **Senior Companion Volunteers Needed in the Edgewood Area**

Do you live in the Edgewood area and have an interest in becoming a Senior Companion volunteer? If so, we need you. Along with assisting lonely and/or isolated senior citizens with companionship and small tasks, you may qualify to receive the tax-free stipend and mileage reimbursement along with other program benefits. For more information, please contact Melanie at 955-4761.

### **November In-Service**

Staff is currently working on setting up an in-service for November. More information will follow later in the month.

### **HAPPY BIRTHDAY**

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

Joanne Valdez	11/12
Mary Sandoval	11/15
Bernadette Sandoval	11/16
Fabiola Sandoval	11/17



### **Foster Grandparents Needed...**

We train and place senior volunteers in schools to help set children on the path to a successful future. This Federal program pays a tax-free stipend to income-eligible retirees, 55 and older, to offset the cost of volunteering and to make ends meet. The program's flexibility creates an outstanding volunteer environment.

Nye Early Childhood Center and Ramirez Thomas Head Start are in need of assistance from our Foster Grandparent Program. Nye's preschool program provides services for children who are three, four and five year old, with disabilities. Classrooms average eight students with special needs and the focus is preparing children to succeed in the Santa Fe Public School District's kindergarten classes. Foster Grandparent typically volunteer up to 20 hours per week.

If you are interested in making a difference in the life of a special child, please call Melanie at 955-4761.

"Giving kids clothes and food is one thing but it's much more important to teach them that other people besides themselves are important, and that the best thing they can do with their lives is to use them in the service of other people."

- Dolores Huerta

### **Program Reminder**

Due to several holidays this month, Foster Grandparent and Senior Companion volunteers are not required to volunteer on the following days:

- Monday, November 12th, in observance of Veterans' Day
- Thursday, November 22nd, for Thanksgiving Day
- Friday, November 23rd, the day after Thanksgiving

We hope you enjoy your days off!



# 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	Mon.-Thurs.	8:15 am
Yoga (Dahn)	Tuesday	9:15 am
Bingo	Mon. & Wed.	1:00 pm
Jewelry Making Class	Monday	9:00 am
Ceramics	Wed. & Fri.	9:30 am
Wood/Straw	Thursday	9:00 am
Quilting/Sewing	Thursday	12:30 pm
No Class on 3rd Thurs. of Month		
Sing Along-Spanish	2nd & 4th Fri.	11:30 am
Knitting	Friday	2:00 pm
Computer Classes	955-4721	mornings
Zumba Dance	Friday	9:30 am

### **Pasatiempo Senior Center**

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

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

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

### **Villa Consuelo Senior Center**

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

## Ongoing Activities by Activity or Class Type

### **ART**

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

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

### **BRIDGE**

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

### **CERAMICS/CLAY**

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

### **COMPUTER**

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

### **DANCE CLASSES**

Pasatiempo Zumba	Tuesday	8:30 am
Pasatiempo Zumba	Thursday	10:00 am
Pasatiempo Zumba	Friday	1:00 pm
Pasatiempo Line Dance	Tues. & Thurs.	1:00 pm
MEG Zumba	Friday	9:30 am

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

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

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

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

### **JEWELRY MAKING**

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

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

### **SING-ALONG**

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

### **TAI-CHI**

MEG	Mon. - Thurs.	8:15 am
Pasatiempo	Thursday	9:00 am

### **WOOD/STRAW APPLIQUÉ**

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

### **YOGA**

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

## Weekend Bingos-Win \$100!



The Luisa Senior Center will host a Bingo on Sunday, November 4th and the Pasatiempo Senior Center will host one on Sunday, November 18th both from 1:00 p.m.–4:00 p.m. The cost is \$12.00 for package and the jackpot winner walks away with \$100.00.

There will be lunch for sale at both Bingos. Proceeds benefit the center and everyone is welcome.

## Villa Consuelo Bake Sale

Mouth-watering, homemade baked goods will be available for purchase on Tuesday, November 13th at Villa Consuelo Senior Center at 1200 Camino Consuelo.



The sale will run from 10:00am until everything is gone. Proceeds benefit the center. Come and buy some goodies for the holidays!

## Arts and Crafts Sale / Rummage Sale

Come by the Luisa Senior Center at 1500 Luisa St. (enter from Columbia St, off St. Francis Drive) for a great sale on Saturday, November 17th from 8:00am until 2:00pm.



If you are interested in selling, vendor spaces are still available for \$10.00 a table. For information, call Cristina at 955-4725.

## Thanksgiving Dance at Luisa

Please join us at the Luisa Senior Center, 1500 Luisa St (off Columbia) for an afternoon dance on Thursday November 15th from 12:30 to 3:30 p.m. There will be live music by Bonifacio. They will also be giving door prizes. Admission is \$2.00. Don't miss out!



## Senior Center Closures in November

All Santa Fe Senior Centers will be closed on Monday, November 12th in observance of Veterans Day and on Thursday and Friday, November 22nd and 23rd for Thanksgiving.

## Yoga Class at MEG Center Every Friday

Yoga Dahn (Energy) class will now be held every Tuesday at the MEG Center from 9:15 to 10:00a.m.

## Free Flu Shots at MEG on Nov 14th

The New Mexico Dept. of Health will send nurses to administer free influenza vaccine shots at the Mary Esther Gonzales Senior Center between 9:00 a.m. and 3:00 p.m. There will be 350 doses available, so please tell your friends.

At this point, the vaccine is designated just for senior citizens, but by that time other groups may be eligible. The vaccines are free but the recipients must fill out a consent form (in English or Spanish) prior to receiving the shot.

## Free Haircuts at MEG & Pasatiempo

During the month of November 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.

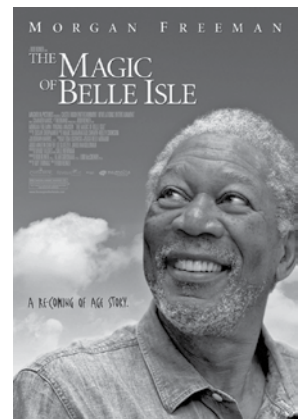


MEG Senior Center Nov. 7th and 14th  
Pasatiempo Senior Center Nov. 21st and 28th

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

November 16th at 1:00 p.m.  
"The Magic of Belle Isle"

In an effort to tap into his original talent, a famous Western novelist (Morgan Freeman) who has become wheelchair-bound, moves to a rural lakeside cabin for the summer in picturesque Belle Isle. He befriends a single mother and her three kids, who help reignite his passion for writing.





# ACTIVITIES for this month

## Senior Legal Fair November 8th

The State Bar of New Mexico's Lawyer Referral for the Elderly Program is presenting a FREE legal workshop for seniors on Thursday, November 8th. The Presentation will be from 9:30 a.m. to 10:45 a.m. Family and caregivers are invited to attend. An attorney will present information regarding Powers of Attorney, Advance Health Care Directives, Medicaid and Long Term Care, Probate and Estate Planning, Transfer on Death Deeds, and Consumer Debt.

## New Mexico Mi Via Program

Mi Via is the New Mexico Self-Directed Medicaid Waiver Program. Learn whether you might be eligible to receive long-term services through one of the Medicaid waiver programs Disabled and Elderly (D & E); Developmental Disabilities (DD); Medically Fragile and HIV/AIDS; or programs for individuals with brain injury who are eligible for Home and Community-Based Services.

Pasatiempo Senior Center 664 Alta Vista St. Wednesday, November 14th 11:00a.m.-12:00noon

## Zumba for Seniors at MEG Center

Classes will take place on Fridays from 9:30 am – 10:30, beginning November 2nd. See the Health & Safety page for more information.

## Free Computer Classes by Wes Sandel

Mondays 7-9p.m. at Villa Alegre Family Center  
Tuesdays 9-11am at Pasatiempo Center  
Call Virginia at 955-6433 for details

## Arts & Crafts Workshop at MEG Center

You are invited to join us for a Christmas wreath workshop at the Mary Esther Gonzales Senior Center on Tuesday, November 13th from 10 – 11 am in the board room of the MEG Center. The workshop is hosted by our very artistic volunteer, Patti Merrill. Materials will be provided, so, bring a friend and join the fun!



## Senior Travel Committee Upcoming Trips

Please note: There is a 10% cancellation fee.



## "Christmas on the Pecos" River Cruise Dec. 5 - 7

"Christmas on the Pecos" River Cruise  
ONLY A FEW SPACES LEFT!  
RESERVE NOW!

Take a trip to Carlsbad, December 5th, 6th & 7th on the Senior Services bus. The tour includes a cruise down the Pecos River to see the Christmas lights, two nights in a hotel, two breakfasts, and a tour of the Caverns. There is a 10% cancellation fee.

Double Occupancy \$205.00 per person

Single Occupancy \$310.00 per person

Call Cecilia Lopez at 204-9527 or  
Chuck Niggeman at 988-2958.

## Bingo sponsored by Ambercare

Please join us for the usual bingo fun on Wednesday, November 14th at 1:00 at the MEG Senior Center. Along with the usual winnings, Ambercare will be giving a door prize, and also serving refreshments. So come join the fun!

# HAPPY THANKSGIVING



## *ACTIVITIES for this month*

### **Free AARP Driver Safety Class for Veterans and their Families Age 55+**

AARP's Driver's Safety is recognizing and thanking our military veterans by offering its Driver Safety course free to veterans and their families throughout the month of November.



This Veteran's Promotion is offered to individuals who have served in the U.S. Army, Navy, Air Force, Marines, National Guard/Reserves or Coast Guard. Participants must be veterans or their spouses, domestic partners, dependents, children, widows or widowers, and must be age 55 or over. No military ID is required, but a form must be filled out at the start of the class with the name, contact information, branch of the military and years of service of the veteran.

Upon completion of the class, participants receive a certificate which enables them to obtain a discount on their automobile insurance premium. Certificates must be renewed every three years to keep the discount.

Registration is at 12:30 and classes run 1:00 to 5:00 p.m.:

Saturday, November 3rd at the Pasatiempo Senior Center at 664 Alta Vista Street  
To register, call Alan Kalman at 629-0752

Tuesday, November 13th at the Mary Esther Gonzales Senior Center at 1121 Alto Street  
To register, call Tricia Penn at 438-0460

Additionally, veterans and families 55+ may take the online course for a 50% discount. Go to [www.aarpdriversafety.org](http://www.aarpdriversafety.org), registering as a "new user" selecting the state of residence and entering the promotional code VETERANS. Participants must register Nov. 1-30 but will have 60 days to complete the course.



City of Santa Fe



### **Caregiver Support Group**

"Caring for your health while caregiving"

Presented by: Annabelle Montoya,  
Northeastern Regional Manager of the N.M.  
Alzheimer's Association

Tuesday, November 27th,  
1:30 pm – 4:30 pm  
Mary Esther Gonzales Senior Center  
1121 Alto St. Santa Fe

This session will provide education and emotional support to adults who deal with stress associated when providing specialized care for homebound individuals. A supportive atmosphere is created so caregivers can comfort each other in meaningful ways, while getting some relaxation.

Did you know that November is National Family Caregivers Month and National Alzheimer's Disease Awareness Month? Come learn more.

Please join us for this free and helpful event. Refreshments will be provided. New faces are always welcome and we look forward to seeing you. For reservations, please call Theresa Trujillo at 955-4745.

**alzheimer's  association®**

the compassion to care, the leadership to conquer

## *Sociedad Colonial Espanola de Santa Fe at the MEG Center November 16th*



Since the earliest of times, the love of dancing has been a second nature to Spanish people, especially in Northern New Mexico. Refugees who fled their homeland during the Polish Revolution in the early 1790s and other settlers from Europe to Mexico introduced many beautiful and traditional dances from their home countries. Some of the dances included the Viennese waltzes, Polish Varsovianas, French Cutilios, the Scotch –German Schottische and European Cuadrillas. In 1844, when Mexico declared independence from Spain and France, a law was passed that declared the performing of these dances and all European culture, traditions and customs to be discontinued. Since Northern New Mexico was at the farthest extremes of the Mexican territory, the dances continued as part of the village life.

European customs and culture had found their way up the Camino Real from Mexico and up the Rio Grande Valley into Northern New Mexico. Dancing was one of the customs to celebrate all types of special events in the community.

A special group of people who practiced these dances, with some local modifications, and wanted to preserve them for future generations to appreciate and enjoy, originally met at homes. Local musicians with violins and guitars would provide the music. In 1948, La Sociedad Colonial Espanola was formed and later on “de Santa Fe” was added to the name.

Eventually, Los Coloniales were invited to perform at special community events and to teach dances, particularly to students throughout the Northern part of New Mexico. The group has shared their dances throughout New Mexico all along the Rio Grande Valley and Camino Real. They have participated in many historical events, such as the 400th anniversary of the Camino Real, the 400th anniversary of the founding of the City of Santa Fe, and more.

In 1999 and 2004 Los Coloniales traveled with the Santa Fe Sister Committee to sister city, Santa Fe de La Vega, Granada, Spain.

Sociedad Colonial Española de Santa Fe will perform at the Mary Esther Gonzales Senior Center on Friday, November 16th, from 11:30 – 12:30. So, please join us!

# HEALTH & SAFETY

## Give the Gift of Holiday Cheer

(By Sandra Castle of Comfort Keepers)

The holidays are fast approaching, and for most of us this means fun times spent with family, friends and other loved ones. However, for seniors, holidays can be difficult. Many have lost a spouse and friends through the years, or perhaps live far away from their families and may be unable to travel long distances to see loved ones. This means the holidays can be a lonely time for many seniors, especially those who live by themselves at home.

This year, Comfort Keepers® encourages you to reach out to elderly people you know and give the gift of holiday cheer. There are many ways you can make a huge difference in the life of seniors by simply spending time with them. Offer to bake holiday goodies together, or invite a senior friend shopping for Christmas presents or a cup of coffee. You can play games and even spend an afternoon writing holiday cards to send to friends and family. Take a walk or an evening drive to enjoy holiday lights and decorations.

Reach out to seniors you do not know for the same reasons. Organize a holiday get-together at your church for seniors. You can also volunteer at local organizations that offer services to seniors in your community.

The holidays can provide unique opportunities to connect with seniors in ways that enrich not only their lives, but your own. Giving the gift of your time is a small way you can make a large difference in the lives of seniors. You are certain to find your gift of holiday cheer comes to mean as much to you as it does to the elderly people with whom you share it.

Comfort Keepers wishes you a happy and healthy Holiday Season!

1301 Luisa Street, Suite C, Santa Fe, New Mexico (505) 982-1298 sandracastle@comfortkeepers.com



## Zumba Classes are Back at the M.E.G. Senior Center

Zumba Gold targets the largest growing segment of the population: baby boomers. It takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting

their journey to a fit and healthy lifestyle. What stays the same are all the elements the Zumba Fitness-Party is known for: the zesty Latin music, like salsa, merengue, cumbia and reggaeton; the exhilarating, easy-to-follow moves; and the invigorating, party-like atmosphere. Active older adults want camaraderie, excitement and fitness as a regular part of their weekly schedule. Zumba Gold is the perfect fit. It's a dance-fitness class that feels friendly, and most of all, fun.



The Zumba® Gold-Toning program offers the best of both worlds — the exhilarating experience of a Zumba Fitness-Party with the benefits of safe-and-effective strength training. It's an easy-to-follow, health-boosting dance-fitness program for baby boomers as well as beginners. Through dynamic lightweight resistance training and exciting international rhythms, Zumba Gold-Toning classes help participants build muscle strength, increase bone density, and improve mobility, posture and coordination.

Classes will also be geared so that those individuals who cannot stand and do the moves, can also seat and follow along.

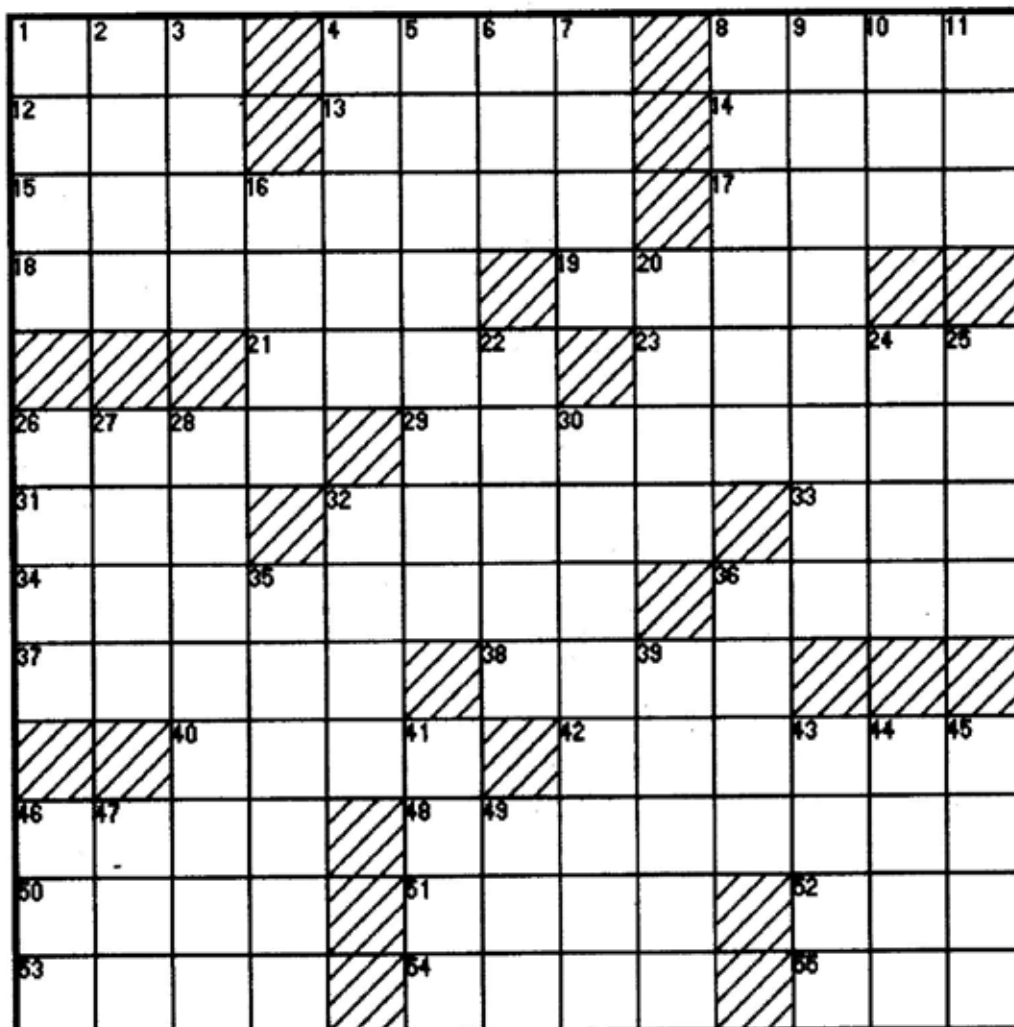
Classes will be led by Beatrice Montoya, a certified Zumba instructor, and they will take place at the Mary Esther Gonzales Senior Center on Fridays from 9:30 am – 10:30 am, beginning November 2nd, so come join us!



# PUZZLES

## ACROSS

1. US, Latin America, Canada belong to
4. Adjoin
8. In a way, delivers a stroke to
12. River in NE Scotland
13. Mother of Apollo in ancient mythology
14. Charles \_\_, atonal composer
15. Expunctions
17. Isolated
18. Cushitic
19. Put away for storage
21. Isodor \_\_, American Nobel physicist
23. Chinese Moslems
26. Angular unit
29. Ignite
31. Spiritual being
32. French river
33. Bachelor of Laws
34. More alone
36. Cause cell destruction
37. A way to feel deep affection for
38. Unit of weight (Indian)
40. Project
42. Winged fruit
46. Days (Spanish)
48. Function
50. Wager
51. A way to manage
52. Volcanic mountain in Japan
53. Small integers
54. In a way, passes
55. Cutting



## DOWN

- |  |   |   |
|--|---|---|
| 1. Lyrics  | 16. Chalcedony  | 35. In a way, takes off                             |
| 2. About aviation  | 20. What we are talking about                             | 36. Priest  |
| 3. Crease  | 22. Cove  | 39. Pads  |
| 4. Feather   | 24. Troubles  | 41. South Dravidian                                 |
| 5. Deficiency disease                                    | 25. The compass point that is one point east of southeast | 43. Attar   |
| 6. Shoshonean language                                   | 26. Sicilian city   | 44. Large genus of erect or climbing prickly shrubs |
| 7. A way to commove                                      | 27. Image of cross on which Jesus died                    | 45. Beside one another in a row or rank             |
| 8. Disinherit  | 28. A way to pen  | 46. Taoism  |
| 9. In an acknowledged way                                | 30. Combustible   | 47. Hostelry  |
| 10. Sound unit   | 32. Brews   | 49. Chest muscle (slang)                            |
| 11. The compass point midway between south and southeast |   |   |

# PUZZLES

## Adverbs

Find and circle all of the adverbs that are hidden in the grid.  
The remaining letters spell a secret message.

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

ACROSS  
AGAIN  
AHEAD  
ALMOST  
ALREADY  
ALSO  
ALWAYS  
ANYWHERE  
APART  
AWAY  
BACK  
BEFORE

BEHIND  
BELOW  
BRISKLY  
DOWN  
EARLY  
EASILY  
FAST  
FIRST  
FOREVER  
FORWARD  
GENTLY  
GREATLY

HENCE  
HIGH  
HOMEWARD  
HOWEVER  
LITTLE  
LONG  
LOUDLY  
MONTHLY  
NEARBY  
NEVER  
NOWHERE  
OFTEN

ONCE  
PRESENTLY  
QUICKLY  
QUIETLY  
QUITE  
RARELY  
RATHER  
REALLY  
SHORT  
SLOWLY  
SOFTLY

SOMETIMES  
SOMEWHERE  
SOON  
THEN  
THERE  
TODAY  
TOMORROW  
UPWARD  
WEEKLY  
WISELY  
YESTERDAY



# PUZZLE ANSWERS

November 2012

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

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

# BREAKFAST MENU

SENIOR CENTER BREAKFAST MENU NOVEMBER 2012				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>NOTE:</b> It is time to fill out your annual nutrition assessment! Please get a blank form from the meal cashier and return it completed. Thank you!	<b>Senior Breakfast</b> <b>Meal Donation: \$1.00</b>  <b>Non-Senior Mandatory</b> <b>Breakfast Fee: \$5.32</b> <b>(59 years &amp; younger)</b>	<b>Breakfast is Served</b> <b>at MEG, Luisa and Pasatiempo Senior Centers.</b>  <b>Serving Times are:</b> <b>7:30am till 8:30am</b> <b>Monday - Friday</b>	<b>1</b> Scrambled Egg Salsa Hashbrown Small Roll Jelly Milk	<b>2</b> Grilled Ham Salsa Tortilla Margarine Milk
<b>5</b> Boiled Eggs Salsa Small Roll Margarine Milk	<b>6</b> Sausage Cheese Red Chile Small Roll Margarine Milk	<b>7</b> Ham & Cheese Biscuit w/ Ham Cheese Salsa Large Biscuit Jelly Milk	<b>8</b> Breakfast Burrito w/ Scrambled Egg Cheese Green Chile Tortilla Bacon Milk	<b>9</b> Cottage Cheese Tomato Juice Hot Cereal Margarine Milk
<b>12</b> <b>ALL</b> <b>CENTERS</b> <b>CLOSED</b> <b>IN</b> <b>OBSERVANCE</b> <b>OF</b> <b>VETERAN'S DAY</b>	<b>13</b> Sausage Cheese Green Chile Potatoes Margarine Milk	<b>14</b> Scrambled Egg Sausage Tomato Juice French Toast Maple Syrup Milk	<b>15</b> Diced Ham Cheese Pepper Onions Small Roll Jelly Milk	<b>16</b> Scrambled Egg Cheese Salsa Tortilla Bacon Milk
<b>19</b> Grilled Ham Red Chile Hashbrown Margarine Milk	<b>20</b> Breakfast Burrito w/ Scrambled Egg Cheese Salsa Tortilla Bacon Milk	<b>21</b> Sausage Tomato Juice Pancakes Maple Syrup Milk	<b>22</b> <b>ALL</b> <b>CENTERS</b> <b>CLOSED</b> <b>IN</b> <b>OBSERVANCE</b> <b>OF</b> <b>THANKSGIVING</b>	<b>23</b> <b>ALL</b> <b>CENTERS</b> <b>CLOSED</b> <b>IN</b> <b>OBSERVANCE</b> <b>OF</b> <b>THANKSGIVING</b>
<b>26</b> Peanut Butter Tomato Juice Cold Cereal Small Roll Jelly Milk	<b>27</b> Scrambled Egg Cheese Green Chile Hashbrown Bacon Milk	<b>28</b> Grilled Ham Salsa Peppers Small Roll Jelly Milk	<b>29</b> Scrambled Egg Cheese Red Chile Potatoes Margarine Milk	<b>30</b> Sausage Salsa Hashbrown Small Roll Margarine Milk

# LUNCH MENU

November 2012

## SENIOR CENTER LUNCH MENU NOVEMBER 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Note:</b> It is time to fill out your annual nutrition assessment form. Please get a blank form from your cashier and return it completed. Thank you!		<b>Come and Join Us For Our Annual Thanksgiving Dinner Served at All Centers Friday, November 9 from 11:00am till 12:30pm</b>	<b>1</b> Salisbury Steak w/ Mushroom Gravy Mashed Potatoes Steamed Spinach Whole Wheat Roll Chilled Tropical Fruit Milk	<b>2</b> Green Chile Cheese Chicken Enchiladas Pinto Beans Calabacitas Spinach Salad Saltine Crackers Jell-O w/ Fruit Milk
<b>5</b> Pepper Steak Baked Sweet Potatoes w/ Butter California Vegetables Whole Wheat Roll Cherry Cobbler Milk	<b>6</b> Chicken Taco w/ Garnish & Salsa Pinto Beans Calabacitas Jell-O / Mixed Fruit Milk	<b>7</b> Pork Roast Mashed Potatoes w/ Brown Gravy Steamed Asparagus Whole Wheat Roll Chilled Applesauce Milk	<b>8</b> Beef Tips w/ Steamed Rice Steamed Broccoli Green Salad w/Dressing WW Roll w/ Butter Chilled Pears Milk	<b>Thanksgiving Dinner 9</b> Turkey Dinner w/Gravy and Bread Stuffing Steamed Green Beans Whole Wheat Roll w/ Butter Cranberry Salad Pumpkin Pie Milk
<b>12</b> <b>All CENTERS CLOSED IN OBSERVANCE OF VETERAN'S DAY</b>	<b>13</b> Frito Pie w/ Garnish & Red Chile Sauce Pinto Beans Apricots and Angel Food Cake Milk	<b>14</b> BBQ Chicken Thighs Creamy Coleslaw Green Beans Whole Wheat Roll Chocolate Pudding w/ Topping Milk	<b>15</b> Stuffed Cabbage Mashed Potatoes California Vegetables Whole Wheat Roll Cherry Cobbler Milk	<b>16</b> Carne Adovada Spanish Rice Country Blend Veggies Tortilla (1) Jell-O w/ Fruit Milk
<b>19</b> Chile Relleno w/ Chile Topping Tossed Salad w/Dressing Pinto Beans Saltine Crackers Chilled Mixed Fruit Milk	<b>20</b> Glazed Ham Mashed Potatoes w/ Butter Topping Steamed Peas WW Roll w/ Butter Baked Sugar Cookie Milk	<b>21</b> Tuna w/ Marconi Tossed Green Salad w/ Dressing Saltine Crackers Chilled Peaches Milk	<b>22</b> <b>ALL CENTERS CLOSED IN OBSERVANCE OF THANKSGIVING DAY</b>	<b>23</b> <b>ALL CENTERS CLOSED IN OBSERVANCE OF THANKSGIVING</b>
<b>26</b> Round Steak w/ Mushroom Gravy Steamed Broccoli Baked Potato w/ Butter WW Roll w/ Butter Banana Pudding Milk	<b>27</b> Chicken Fajitas w/ Garnish(Cheese & Salsa) Tortilla (1) Chile Beans Jell-O w/ Mandarin Orange Slices Milk	<b>28</b> Grilled Pork Chop Mashed Potatoes w/ Brown Gravy Steamed Green Peas Baked Biscuit Cherry Cobbler Milk	<b>29</b> Stuffed Chicken Breast (Bread Stuffing Mix) Steamed Spinach California Vegetables Baked Biscuit Peach Crisp Milk	<b>30</b> Meatloaf w/ Gravy Topping Scalloped Potatoes Steamed Green Beans WW Roll w/ Butter Strawberry Shortcake 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**