



CITY OF SANTA FE SENIOR SERVICES

SENIOR SCENE

February 2026



CITY OF SANTA FE
SENIOR SERVICES

JANUARY HIGHLIGHTS



Amigos Gerson & Juan for Juan's 90th Birthday!



Charlene Grinch!



Thank you Advisory Council - MLK Service Project!



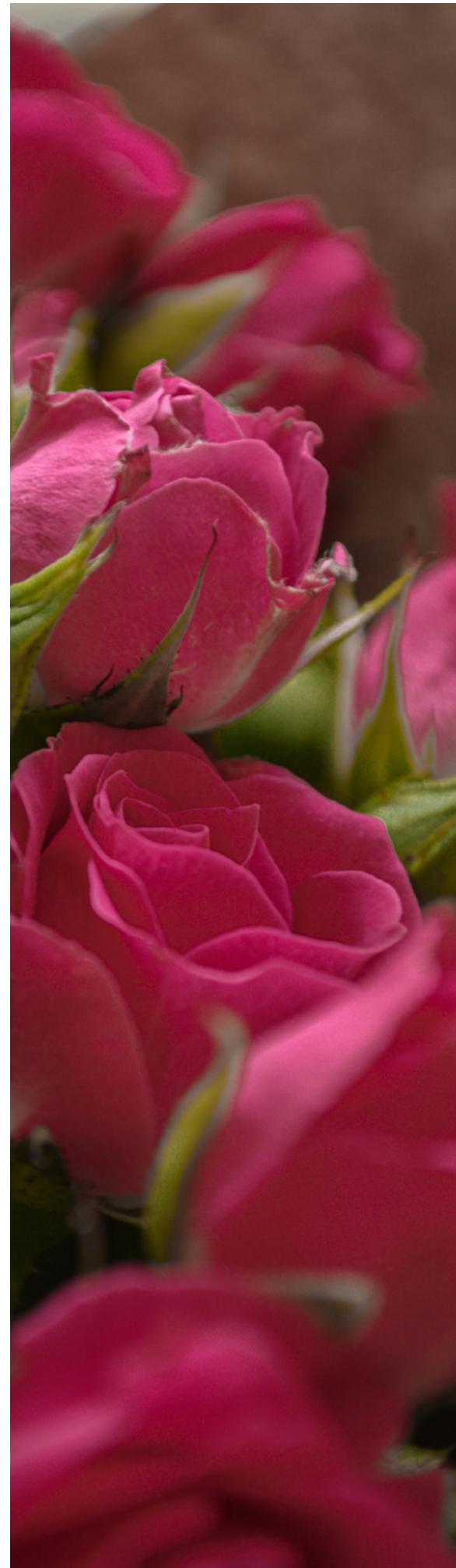
CITY OF SANTA FE SENIOR SERVICES

SENIOR SCENE

February 2026

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AARP Foundation Tax-Aide Program at the Santa Fe Community College

Need help filing your taxes? The AARP Foundation is providing **free** tax assistance and preparation through its Tax-Aide program. The services are provided by volunteers from the community.

Location: Rooms 408 or 410, Santa Fe Community College Main Building, 6401 Richards Ave., next to the Cafeteria

Dates: Monday, February 2, 2026 through Wednesday, April 15, 2026, Monday through Saturday

Hours of operation: Monday through Friday 8:00 am – 3:00 pm; Saturday 8:00 am – 11:00 am

Phone: (505) 428-1780 For information Voice Mails only, volunteers will return calls when possible.

Holiday or other closures: SFCC observed holiday closures, SFCC Spring Break (Mar. 30 through Apr. 6), and SFCC weather delays or closures (appointments affected by weather delays or closures will be re-scheduled).

APPOINTMENTS ARE REQUIRED: To Make an Appointment visit

www.sfcc.edu/taxaide or call **505-428-1780** *NOTE: Individual appointments must be made for each member of a household or group that is filing a return!*

THE AARP FOUNDATION TAX-AIDE PROGRAM CANNOT PREPARE RETURNS THAT INCLUDE:

Married individuals who file separately; Rental income; Self-employment returns with expenses of more than \$50,000 or more, home office deduction, employees, inventory, operating loss or insurance with Be Well NM (Form 1095A); Royalty income with associated expenses; Solar Credits; or Casualty Losses; and some special tax forms

SOME NEW TAX LAW CHANGES:

- **Federal:** qualified employees may be eligible for non-taxation of tip and overtime income – please use the worksheets below to gather information and determine eligibility
- **Federal:** you may qualify for an interest deduction for purchasing a new vehicle that meets federal requirements – please use the worksheet below to provide required information
- **State:** qualified medical expenses will no longer be used for reduction of taxable income, they can only be used if you can itemize your deductions

For taxpayers, who are married and filing jointly, both individuals must be present to sign documents. Exceptions may be made only when a spouse is unable to be present due to health issues.

WHAT YOU SHOULD BRING: Prior year return; Driver's License or State ID of the primary filers; **Social Security Card or ITIN Letters** for all taxpayers and dependents; **Social Security and Other Income documents:** 1099SSA, W-2s; 1099's for retirement income or self-employment; interest, dividend, capital gains or brokerage statements; Unemployment (form 1099-G); gambling wins (form W2-G and related loss documentation); **Bank information** (routing and account numbers) for direct deposit or direct debit; **Individuals eligible for State/County Rebates or Credits**— bring 2025 property tax bill(s) or rent information, and other household income; **Supporting documents for itemized deductions or credits:** childcare, college, or vocational training information (1098-T), medical expenses not covered by insurance (no over-the-counter or medical cannabis expenses) – including mileage, charity donations, property tax bills or receipts and mortgage interest paid; **Self-employed Income and Expenses Documentation:** 1099 NEC or other income, employment related expenditures, and business mile documentation; **Be Well New Mexico or other Market Place Insurance documents (1095A); IRS Identity Theft PIN (IPPIN) letter for taxpayers and/or dependents**

BOOMER TECH WITH SANTA FE PREP

TECHNOLOGY ASSISTANCE FROM TEENS

**WEDNESDAYS
2PM**

March 11, 2026

April 29, 2026

MAIN LIBRARY

145 WASHINGTON AVE, SANTA FE, NM 87501
2ND FLOOR, COMMUNITY ROOM



LEARN MORE AT

tinyurl.com/SFPrepBoomerTech



*Villages
of Santa Fe*



CONTACT INFORMATION



505-955-4721

Administrative/Information
Activities Programs
Benefits Counseling
Health Promotion
Home-delivered Meals
Nutrition/Congregate Dining
Outreach
Senior Services Registration
Recreation/Fitness
Respite Care Program & Homemaker
50+ Senior Olympics Program

505-955-4760

Public Relations
Retired Senior Volunteer Program

505-955-4745

Foster Grandparent Program
Senior Companion Program
Grandparents Raising Grandchildren

505-955-4700

Transportation

The City of Santa Fe does its best to spend tax dollars responsibly.

If you do not need a copy of the monthly publication of Senior Scene mailed to you, please let us know by emailing ecuellar@santafenm.gov or calling **Erika Cuellar at 505-955-4722**.

THIS MONTH AT A GLANCE

February 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 MEG 10am - 1pm HAIRCUTS w/ Fabiola	3 MEG 9:30 - 11am POETRY CLASS 1 - 5pm AARP "Smart Driver" Course	4	5	6 MEG 1 - 3pm MOVIE <i>80 for Brady</i>
9 PASATIEMPO 10am - 1pm HAIRCUTS w/ Fabiola MEG 11am - 12:30pm BIRTHDAY CELEBRATION	10 MEG 11:30am - 12:30pm ICAN Nutrition Class	11 PASATIEMPO 11am - 12:30pm BIRTHDAY CELEBRATION 11:30am - 12:30pm ICAN Nutrition Class	12 LUISA 11am - 12:30pm BIRTHDAY CELEBRATION 11:30am - 12:30pm ICAN Nutrition Class	13 MEG 1 - 3pm BOOK CLUB Any book by Agatha Christie FRATERNAL ORDER OF EAGLES 1 - 4pm SWEETHEART DANCE Music by Deseo
16 LUISA 10am - 1pm HAIRCUTS w/ Fabiola MEG 8:15am - 1pm HIKING Active Seniors	17	18	19	20 MEG 1 - 3pm MOVIE <i>Million Dollar Baby</i>
23	24	25	26	27 MEG 12:50 - 3:15pm MOVIE <i>Secretariat</i>

See News & Views on page 7 for more details & programming.



80 FOR BRADY

Friday, February 6 | 1 - 3pm

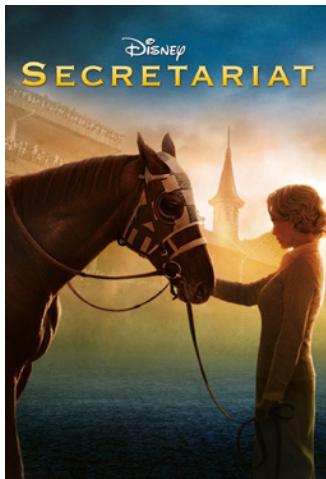
The movie is inspired by the true story of four best friends and New England Patriots fans who take a life-changing trip to Super Bowl LI to see their hero, Tom Brady, play, and the chaos that ensues as they navigate the wilds of the biggest sporting event in the country.



MILLION DOLLAR BABY

Friday, February 20 | 1 - 3pm

Heiress Cornelia Wheelwright (May Robson) is scandalized to discover that the family fortune was earned by her father when he swindled an old business partner. Desperate to rectify matters, Cornelia travels to New York City, where she gives the cheated man's granddaughter, salesclerk Pam McAllister (Priscilla Lane), a million dollars. But the generous gift turns out to be a mixed blessing when Pam's friends and beloved boyfriend, Pete (Ronald Reagan), turn on her.



SECRETARIAT

Friday, February 27 | 1 - 3pm

Despite her lack of experience, housewife and mother Penny Chenery (Diane Lane) agrees to take over management of the family Thoroughbred farm after her father (Scott Glenn) becomes ill. Successfully navigating her way through the male-dominated world of horse racing, Chenery, together with veteran trainer Lucien Laurin (John Malkovich), fosters a gifted colt that ultimately crosses the finish line into history as the Triple Crown winner in 1973.

ACTIVITY CALENDAR

For additional information on any of the activities, call 505.955.4715

Lunch served at all locations MON-FRI 10:30am - 12:30pm

LUISA Senior Center 1500 Luisa St. <i>Entrance is on Columbia St.</i>				
Monday	Tuesday	Wednesday	Thursday	Friday
Computer Lab Open → Monday to Friday Fitness Room Open → 10:30am - 12:30pm				
PASATIEMPO Senior Center 664 Alta Vista St.				
Monday	Tuesday	Wednesday	Thursday	Friday
	Line Dancing: Beginner Class Full 10 - 11am Line Dancing: Intermediate 11:30am-12:30pm	Live Music: Grupo Cielo Azul Starts at 11:45am	Japanese Dance with Chizuko 9:30 - 10:30 am	
Fitness Room Open Mon - Fri: 10:30am - 12:30pm				
Mary Esther Gonzalez (MEG) Senior Center 1121 Alto St.				
Monday	Tuesday	Wednesday	Thursday	Friday
Ceramics 8 - 11am Mexican Train Dominoes 11am - 1pm EnhanceFitness® 9:30 - 10:30am 3:30 - 4:30pm Improv 1 - 3pm Technology Class 1 - 3pm Cribbage 1 - 3pm Painting with Judy 1- 3pm, Feb 9 & 23	Technology Class 9 - 11am Guitar Class 10am - noon Traditional Chinese Mahjong: Advanced 12:30 - 2:30pm Quilting Class 1 - 4pm	Jewelry 8am - noon Tai Chi 8:30 - 9:30am EnhanceFitness® 9:30 - 10:30am 3:30 - 4:30pm Senior Theater 12:30 - 2:30pm Bingo 1:15 - 3pm Ceramics 1 - 4pm	Wood Carving 9:30 - 11am Scrabble 1 - 3pm Bead Work 1 - 3pm Tai Chi 2:15 - 3:15pm Qigong 3:30 - 4:30pm	Ceramics 8 - 11am EnhanceFitness® 9:30 - 10:30am 3:30 - 4:30pm Knitting Class 1 - 2pm Movie 1 - 3pm (See monthly calendar for details) Traditional Chinese Mahjong: Beginners 12:30 - 2:30 pm
Pool / Cards Room, Computer Lab, Craft Room Open Mon - Fri: 8am - 4:30pm				
Fitness Room Open Mon - Fri: 8 - 10:30am & 1 - 3:30pm				

DIRECTOR'S NOTE



Hello everyone,

Can you believe it is already February? While the ground may be cold, our centers are buzzing with the warmth of friendship and activity. February is often called the month of love, and looking around our senior centers, I am reminded that the heart of this community is the care we show for one another.

This month, I want to take a moment to highlight two pillars of our center that keep us connected and healthy: our Transportation Program and our Congregate Meal Program.

Keeping Us Moving and Nourished

These programs are more than just services. For many of our members, the transportation program is a lifeline to independence, and our daily meals are a vital source of nutrition and social connection.

As we look toward the spring, we are focused on ensuring these programs remain strong and accessible to everyone. To keep our vans running and our kitchen cooking, we rely on the generosity of our community.

How You Can Help

If you are in a position to give, please consider a donation specifically designated for the following:

- **Transportation:** Helping cover fuel, maintenance, and driver costs so no one misses an appointment or a center event.
- **Congregate Meals:** Ensuring we can continue serving high-quality, delicious lunches every weekday.

Our suggested donation for lunch is \$1.50, and for rides, \$0.50. Every dollar stays right here to support our senior centers.

Drop-Off Options

- Place funds for meals in the lock boxes located at each meal site near sign-in.
- Place funds for transportation in the lock boxes provided inside the vans.

Thank you for making our centers such vibrant, loving places to be.

Wishing you all a happy Valentine's Day.

Warmly,
Manuel Sanchez

SENIOR DAY

NEW
DATE



FEBRUARY 13, 2026

Join us at the Roundhouse

Join us on February 13th for Senior Day at the Legislature where you can participate in our free resource fair, learn more about New Mexico Aging Services' initiatives, budget requests, and advocate for funding that makes positive impacts in the lives of New Mexicans every day.



RSVP TO ATTEND SENIOR DAY:

www.surveymonkey.com/r/SeniorDayFeb132026

EVENT DETAILS

- 8:30 AM** Check-In and Light Refreshments
- 8:30 AM** Resource Fair
- 9:00 AM** Legislative Tours Around the Roundhouse
- 11:00 AM** Speakers
- 12:00 PM** Closing

Complimentary T-shirt sponsored by LANL Foundation and tote bag sponsored by AARP New Mexico for the first 300 attendees. Breakfast burritos sponsored by Non Metro New Mexico Area Agency on Aging.

Join a Legislative Tour and connect with your legislator.



FOR GROUP REGISTRATION OR MORE INFORMATION PLEASE VISIT:
WWW.AGING.NM.GOV/SENIORDAY

MEG TRANSPORTATION PROGRAM

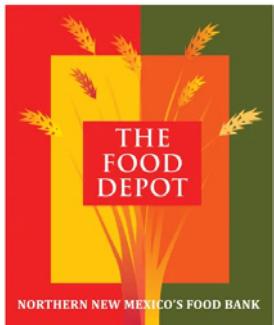
Transportation services are fully operational from 8:30am to 4:15pm. Reservations must be called in, please do not email requests. **Please note: The THIRD THURSDAY of the month we will close at 2:30pm for mandatory staff meetings/trainings.** Thank you.

Customers need to schedule their reservation **24 hours** in advance.

Thank you for your patience. If you have any questions, please feel free to contact the transportation office at **505-955-4700**.

FEBRUARY GROCERY DISTRIBUTIONS

Drive-through grocery distributions for Santa Feans in need are offered at **The Food Depot** at 1222 Siler Road **Thursday, FEB 5 & 19, 7 - 9am.**



San Martin de Porres Distribution

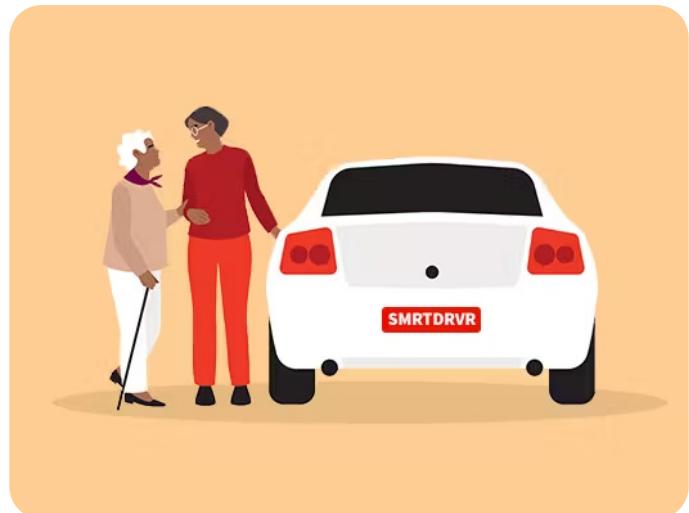
Free, no application required!
San Isidro Parish, Dixon House
2148 San Ysidro Crossing
Tuesday, FEB 3 & 17, 4 - 5pm

St. John's Methodist Bag 'n Pantry

1200 Old Pecos Trail, Santa Fe, NM
Contact: 505-982-5397
Tuesdays: 11am - 12:30pm & 5 - 6:30pm

St. John's the Baptist Catholic Food Distribution

1301 Osage Ave., inside Lamy Hall
Third Thursday each month (FEB 19): 2:30 - 3:30pm



TUES
FEB 3



"SMART DRIVER" COURSE

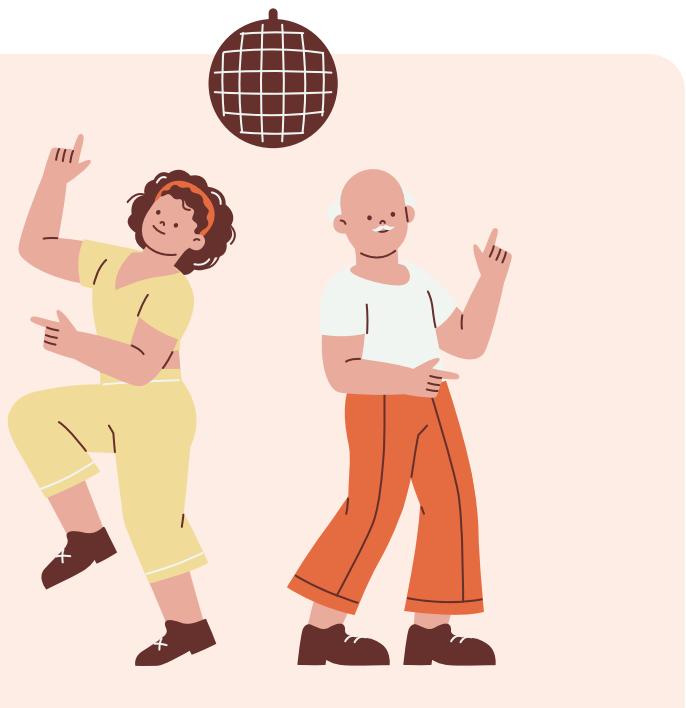
Once again, the MEG Senior Center will serve as host for the AARP Smart Driver Course. By completing the course, you will learn about safe driving practices for drivers fifty years and older, changes in vehicle technology, and road and street safety. Participants may also be eligible for an auto insurance discount.

To participate, you must be fifty years or older and have a valid driver's license. The class fee is \$20 for current AARP members and \$25 for nonmembers.

Classes are held on the first Tuesday of each month from 1:00–5:00 p.m. The next class is scheduled for Tuesday, February 3, 2026.

For more information, contact **Edna Sandoval at 505-690-4350** or visit AARP.org.

NEWS & VIEWS



**FRI
FEB 13**

SWEETHEART DANCE

**Fraternal Order of Eagles
833 Early Street, 1 - 4pm**

- Free admission & refreshments
- Music by Deseo



AT THE ROUNDHOUSE

For more info visit: Aging.NM.gov/SeniorDay

**MON
FEB 16**

HIKES FOR ACTIVE SENIORS

**BORREGO, WINSOR, AND
BEAR WALLOWS TRAILS**

This hike will be a repeat of one of our popular summer hikes. Let's see what it looks like under a blanket of snow.

This easy-to-moderate hike will be a 4.2-mile triangle hike on three different well-defined trails with only 760 feet of total elevation gain. From Hyde Park Road, we will hike 1.7 easy downhill miles on the Borrego Trail, then turn onto the Winsor Trail for another gentle 0.8 downhill miles, where we will stop for a snack and rest. After our rest, we will turn onto the Bear Wallow Trail for 1.6 moderate uphill miles to bring us back to our cars.

If we are lucky enough to have fresh snow, we will be hiking in a winter wonderland.

GENERAL INFORMATION

- **Arrive at MEG** between 8:15 and 8:30 a.m.
Departure and return: We leave at 8:30 a.m. sharp and return by about 12:30–1:00 p.m.
- **Bring water and snack food**, sturdy shoes or boots, a hat and gloves, sunglasses, warm clothing in layers, and a rain jacket to keep dry if it snows and as an extra layer for warmth.
- **Extra winter items:** Spikes are required. You will be discouraged from participating in the hike if you do not have proper spikes or Yaktrax for your boots. Poles are optional but strongly recommended.

HAPPY TRAILS!

GENERAL ANNOUNCEMENT

The City of Santa Fe does its best to spend tax dollars responsibly. If you do not need a copy of the monthly publication of the Senior Scene mailed to you, please let us know by emailing eccuellar@santafenm.gov or calling Erika Cuellar at **505-955-4722**.



FLORA'S CORNER

THE FOLKS INSIDE BY SHEL SILVERSTEIN

Inside you, boy, there's an old man sleepin',
Dreamin', waitin' for his chance.
Inside you, girl, there's an old lady dozin',
Wantin' to show you a slower dance.

So keep on playin',
Keep on runnin',
Keep on jumpin', til the day
That these old folks
Down inside you
Wake up ... and come out and play.

HELP YOUR NEIGHBOR BY BECOMING AN ESL OR LITERACY TUTOR

Literacy Volunteers of Santa Fe's 10-hour trainings prepare volunteers to tutor adults in either English as a Second Language or Basic Literacy. New tutor orientations will be held online on **Thursday, February 5, from 4:00–6:00 p.m.** In-person trainings will be held on **Friday and Saturday, February 6 and 7, from 9:00 a.m.–1:00 p.m.** at Santa Fe Community College.

A registration meeting and a two-hour follow-up workshop are also included. No experience or second language is necessary.

For more information, call **505-428-1353** or visit **LVSF.org** to apply through Literacy Volunteers of Santa Fe.



NEW POETRY CLASS STARTING IN FEBRUARY AT THE MEG CENTER

Come check out the new poetry class starting **Tuesday, February 3, from 9:30–11:00 a.m.** in the Board Room at the Mary Esther Gonzales Senior Center. The class is hosted by Patti Merrill and meets on the first Tuesday of each month.

Learn about various styles of poetry, techniques for writing a great poem, and enjoy sharing favorite poems or your own work with the class.

EMPLOYEE SPOTLIGHT



SANDRA DURAN
Respite Care
Provider



**CHRISTOPHER
S. LOPEZ**
Activities Program
Coordinator

How long have you worked for the City?

Less than a month. I've been doing a similar job for over 30 years. I took care of my grandma for many years. I was away from NM for three decades, but I came back last year.

I started in December.

What is the most exciting part of your job?

Talking with the elderly, listening to their stories. Running errands for them, making their meals, it makes me happy and makes them happy too.

Getting to socialize with the seniors and learn from their experiences.

Do you have any hidden talents or hobbies?

I like going to car shows, riding motorcycles, listening to Spanish music (like 45 Gonzalo), I like hiking, going to the mountains, camping.

I am very crafty. I would rather learn how to make something than buy it. I have so many hobbies, I love going to Disneyland, that is my favorite thing to do!

Are you a sports fan? If so who are your favorite teams?

Yes, football! The Kansas City Chiefs. They had a good season two years ago, but they need to get it together this year.

Not really, I like baseball over any other sport. If I had to pick a team, it would be the 49ers for football and the Dodgers for baseball.

What is something you are proud of?

I'm proud of all my kids and my grandbabies.

I am proud to be a New Mexican born and raised. Moved away to several states, but glad to be home.



Classes presented by Teeniors'
Trish Lopez

Parents, Grandparents & Volunteers!

Join Us for Free Tech Classes

Learn more about your phone, computer, email & online safety in 2026

RSVP WITH RAQUEL AT (505) 467-2050 OR EMAIL RPLAZA@SFPS.K12.NM.US

FREE CLASSES FOLLOWED BY Q&A WITH TEENIORS

Fri, Jan 30

Intro to Tech in 2026
12-2pm

Fri, Feb 6

AI for Beginners
2-4pm

Fri, Feb 20

Staying Safe Online
2-4pm

AT THE B. F. YOUNG PROFESSIONAL CENTER IN SANTA FE
1300 Camino Sierra Vista (parking in back)



Teeniors® is a woman-owned business & social profit created in 2015 in Albuquerque, made possible by Santa Fe Public Schools Parent Academy & PNM. You can see Teeniors' multi-award winning work on *The Kelly Clarkson Show*, *NPR*, *The New York Times*, *Costco Connection Magazine*, *Univision*, *Millennial Magazine*, *Albuquerque Journal*, *Santa Fe New Mexican* and more.

Questions? Visit teeniors.com or contact [\(505\) 600-1297](mailto:teeniors@gmail.com)

SENIOR OLYMPICS WINTER GAMES

**REGISTRATION
NOW OPEN
FEB 23-26**

To register & see full schedule
visit nmseniorolympics.org



CITY OF SANTA FE



Medicare Advantage Policy Holders Can Make Changes

JANUARY 1, 2026 – MARCH 31, 2026

If you have a Medicare Advantage policy and you no longer like the coverages it offers, you can make changes between January 1 and March 31, 2026. This time is known as the Medicare Advantage Open Enrollment Period (MAOE).

An example might be your oncologist or primary care physician no longer accepts your plan. Or an expensive drug you take is no longer covered by your plan.

During MAOE you can switch from one Medicare Advantage Plan to another or switch to Traditional or Original Medicare. But Traditional or Original Medicare beneficiaries cannot make changes during MAOEP. Nor can it be used to make changes to stand-alone Medicare Part D Rx coverage.

The changes you make during the MAOEP will be effective the first of the following month. So if you make changes March 2, your new coverage begins April 1.

If you are using MAOE to switch to Traditional Medicare and you want continuous drug coverage, you will need to sign up for a Medicare Part D drug plan. If you ask to switch to Traditional Medicare on February 28 and do not apply for Part D until March 2, you will be without drug coverage in February.

If you need help considering how to make changes, you have options.

You can use the Medicare Plan finder tool. Visit medicare.gov, click "find health and drug plans", put in your zip code, and click on Medicare Advantage or Original Medicare.

You can also call the New Mexico Aging and Disability Resource Center at **1-800-432-2080** and ask for a State Health Insurance Assistance Program (SHIP) counselor to assist you.

Or call Medicare at **1-800-633-4227**.

Los Titulares De Pólizas De Medicare Advantage Pueden Hacer Cambios

1 DE ENERO DE 2026 – 31 DE MARZO DE 2026

Si usted tiene una póliza de Medicare Advantage y ya no le gustan las coberturas que ofrece, puede hacer cambios entre el 1 de enero y el 31 de marzo de 2026. A este período se le conoce como el Período de Inscripción Abierta de Medicare Advantage (MAOE, por sus siglas en inglés).

Un ejemplo podría ser que su oncólogo o su médico de atención primaria ya no acepte su plan. O que un medicamento costoso que usted toma ya no esté cubierto por su plan.

Durante el MAOE, usted puede cambiar de un Plan Medicare Advantage a otro, o cambiarse a Medicare Tradicional u Original. Pero los beneficiarios de Medicare Tradicional u Original no pueden hacer cambios durante el MAOEP. Tampoco se puede usar para hacer cambios a una cobertura independiente de medicamentos recetados de la Parte D de Medicare.

Los cambios que usted haga durante el MAOEP entrarán en vigor el primer día del mes siguiente. Por ejemplo, si usted hace cambios el 2 de marzo, su nueva cobertura comienza el 1 de abril.

Si usted está usando el MAOE para cambiarse a Medicare Tradicional y desea mantener una cobertura continua de medicamentos, deberá inscribirse en un plan de medicamentos de la Parte D de Medicare. Si solicita cambiarse a Medicare Tradicional el 28 de febrero y no solicita la Parte D hasta el 2 de marzo, usted se quedará sin cobertura de medicamentos en febrero.

Si necesita ayuda para considerar cómo hacer cambios, hay varias opciones.

Puede usar la herramienta "Medicare Plan Finder". Vaya a medicare.gov, haga clic en "find health and drug plans", ingrese su código postal y haga clic en "Medicare Advantage" o "Original Medicare".

También puede llamar al Centro de Recursos sobre Envejecimiento y Discapacidad de Nuevo México al **1-800-432-2080** y pedir la asistencia de un consejero del Programa Estatal de Asistencia sobre Seguros de Salud (SHIP, por sus siglas en inglés).

También puede llamar a Medicare al **1-800-633-4227**.

Fri. 2/13/26

SWEETHEART DANCE

1:00-4:00PM

**FOE EAGLES
833 EARLY ST.**

**MUSIC BY:
DESEO**

TRUTH. MEMORY. JOY. RESISTANCE.

BLACK EXPRESSIONS IN NEW MEXICO



NEW DEVELOPMENT, 2012 ©PAULA J. WILSON

OPENING RECEPTION

THURS, JAN 15, 2026, 5-7 PM

ON VIEW THROUGH

SAT, FEB 28, 2026

COMMUNITY
ART GALLERY
201 WEST MARCY ST.



SantaFeNM.gov/Arts



CITY OF SANTA FE
ARTS & CULTURE

Heart-Healthy Habits for Seniors

February is American Heart Month, a time to spotlight heart health and raise awareness about cardiovascular disease. Maintaining heart health is crucial for seniors' overall well-being and longevity. Here are practical tips to help keep your heart in great shape and support a healthier life.

STAY ACTIVE

Aim for 150 minutes per week of moderate activity, such as walking, swimming, or yoga. Even 20–30 minutes daily can help. Consult your health care provider before starting a new exercise routine.

EAT WELL

Focus on colorful fruits and vegetables, lean protein, nuts, whole grains, and olive or canola oils, and reduce processed foods and added sugar. Pro tip: Opt for home-cooked meals to better control ingredients and portion sizes.



MANAGE STRESS

Practice deep breathing or meditation. Engage in hobbies that bring you joy, whether it is gardening, painting, or spending time with loved ones. These activities can help reduce chronic stress.

PRIORITIZE SLEEP

Aim for 7–9 hours of sleep each night to support metabolism and blood pressure.



STAY CONNECTED

Maintain social ties with friends, family, or community groups to boost emotional health. If mobility is a concern, virtual meetups or phone calls can be just as rewarding.



GET CHECKUPS

Monitor blood pressure, cholesterol, and blood sugar regularly, and take medications as directed. Routine checkups are vital for monitoring heart health.



QUIT SMOKING & LIMIT ALCOHOL

Both significantly increase the risk of heart disease.

MAINTAIN A HEALTHY WEIGHT

A healthy weight reduces strain on your heart.



PRACTICE GOOD ORAL HYGIENE

Daily brushing and flossing help prevent gum disease, which has been linked to heart issues.

CROSSWORD PUZZLE

Down

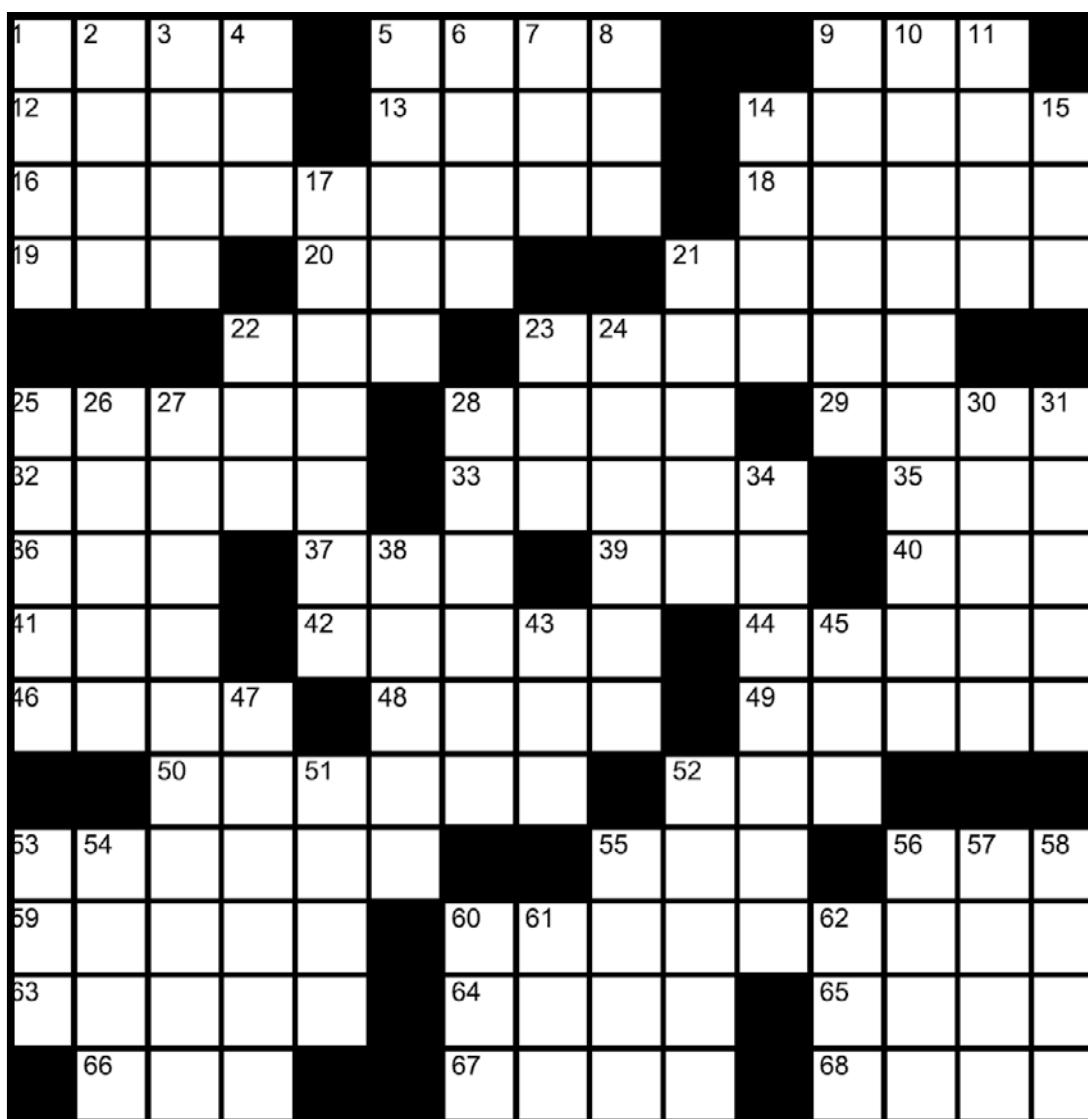
Across

1 Eric Roberts, Mickey Rourke crime comedy, The ___ of Greenwich Village (1984)
 5 Oration station
 9 ___-la-la
 12 ___ Bator, Mongolia
 13 Actress Purviance
 14 Strips off the skin
 16 2017 animated bull's adventure
 18 Venomous snake
 19 Adversary
 20 High spirits
 21 Fleurs-de-lis
 22 Actress Grier or Dawber
 23 Costner, Russo golf flick, 1996

25 Colorado ski resort
 28 Knight's neighbor?
 29 1970 movie set in Korea
 32 Secret supply
 33 2013 Johansson sci-fi, ___ the Skin
 35 Friend of Tigger
 36 Personal quirk
 37 Wife of Saturn
 39 Nuptial agreement
 40 Toupee, in slang
 41 Denzel played him in The Book of ___ (2010)
 42 John of rock
 44 Bantu language
 46 Court figures
 48 De Valera's land
 49 Egypt's ___ High Dam

50 Dirty Harry follower, Sudden ___ (1983)
 52 Kitchen pest
 53 Hosted
 55 Admiral's org.
 56 Dry, as wine
 59 Cheers role
 60 2017 Diane Kruger crime drama (Orig. title, Aus dem Nichts)
 63 Leaves out
 64 Old dagger
 65 Like the Gobi
 66 German river
 67 Predicament
 68 Bar mitzvah, e.g.

1 1978 animated family short, ___ the Magic Dragon
 2 Dairy aisle buy
 3 Reduce, as expenses
 4 Conclusion
 5 Jeans material
 6 Sandler of Big Daddy
 7 Maureen O'Hara adventure, Jamaica ___ (1939)
 8 Woeful
 9 Boredom
 10 2018 Jennifer Lawrence thriller
 11 Sheltered, at sea
 14 Common area (Fr.)
 15 AARP members
 17 1982 James Mason, Sam Neill knight-ly adventure
 21 Signed
 22 Zoologist's foot
 23 Freight weight
 24 First-aid item
 25 Showy flower
 26 Fence feature
 27 2018 Scott Eastwood sci-fi, ___: Uprising
 28 Countrified
 30 The March King
 31 Dundee star Paul
 34 1987 Steve Martin, Daryl Hannah comedy
 38 Implore
 43 Food scrap
 45 V-J Day pres.
 47 Soft-finned silvery fishes
 51 Potpie ingredients
 52 Hibachi residue
 53 Prefix with warrior
 54 Rosalind Russell classic, Auntie ___ (1958)
 55 Western tribe
 56 Hindu garment
 57 Touch up an article
 58 Give up
 60 Belief system
 61 Route abbr.
 62 1992 Cruise, Kidman



Printing

All the words are hidden vertically, horizontally or diagonally—in both directions. The letters that remain unused form a sentence from left to right.

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

AUTOMATIC

COMPUTER

DIGITAL

BOOK

CONFIGURATION

DRY

BUSINESS CARDS

CUSTOMERS

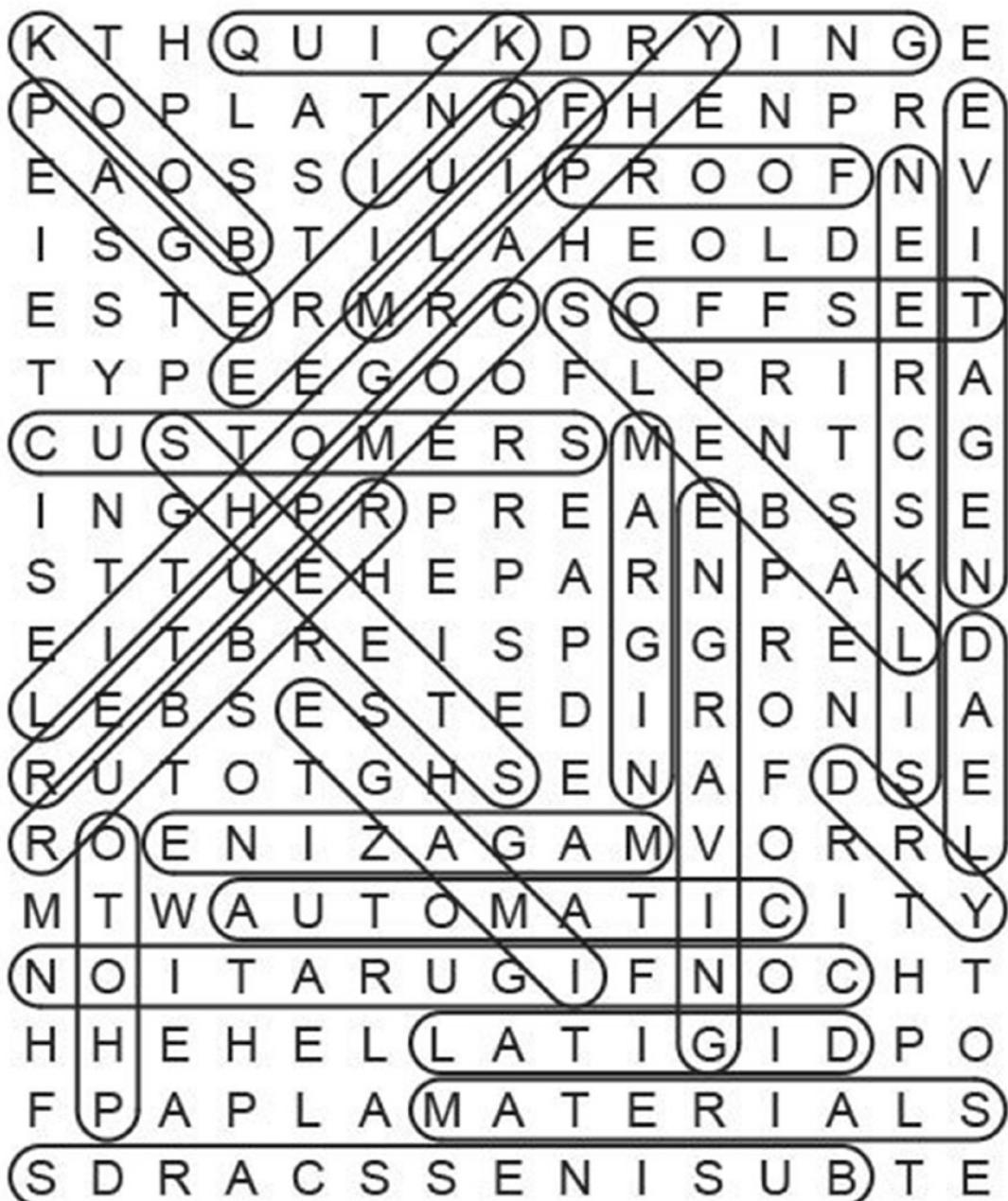
ENGRAVING

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PROOF
QUICK-DRYING
QUIRE
RUBBER
SHEETS
SILK-SCREEN

CROSSWORD PUZZLE SOLUTIONS



Solution: Printing



FEBRUARY LUNCH MENU

MON	TUES	WED	THURS	FRI
2 ORANGE CHICKEN W/ BROWN RICE Asian Veggies Egg Roll Pineapple Chucks	3 OPEN FACE TURKEY SANDWICH W/ GRAVY Mediterranean Blend Strawberry Yogurt	4 SPAGHETTI WITH MEAT SAUCE Italian Veggies Tossed Salad Garlic Bread Applesauce	5 PULLED PORK SANDWICH Brussel Sprouts Tatar Tots Coleslaw Apricots	6 GREEN CHILI CHICKEN POSOLE Spanish Rice Tortilla Calabacitas Mixed Fruit
9 BEEF TIPS Mashed Potatoes Broccoli Tossed Salad Roll Apricots	10 BAKED CHICKEN W/ GRAVY Brown Rice with Mushrooms Winter Blend Veggies Sherbet	11 MEATBALL SUB W/ MARINARA SAUCE Italian Veggies Tossed salad Banana	12 FRITO PIE W/ GARNISH Pinto Beans Capri Veggie Fruit Cocktail	13 CHICKEN SALAD SANDWICH Garnish Cold Peas Carrot Raisin Salad Fresh Apple
16 PORK STIR FRY Brown Rice Stir Fry Veggies Fortune Cookie Orange	17 GREEN CHILE CHICKEN ENCHILADAS Pinto Beans Mixed Veggies Sliced Pears	18 BAKED TILAPIA Wild Rice Carrots & Green Beans Garden Salad Diced Peaches	19 CHICKEN TENDERS Sweet Potato Fries Chateau Blend Roll Banana	20 BAKED SALMON Herbed Orzo Brussel Sprouts Tossed Salad Grapes
23 CHICKEN & RICE CASSEROLE California Veggies Tossed Salad Roll Fresh Apple	24 BEEF & POTATO STEW With Veggies Spinach & Onions Roll Mixed Fruit	25 SALISBURY STEAK Mushroom Gravy Mashed Potato Asparagus Roll Plums	26 BEEF ROAST Mushroom Gravy Mashed Potatoes Vegetable Medley Wheat Roll Fruit Salad	27 BREADED FISH SANDWICH Tartar Sauce Hushpuppies Carrots Coleslaw Strawberry

Senior Meal Suggested Donation: Lunch \$1.50

10:30am - 12:30pm MON-FRI

Milk is served with each meal. Menu is subject to change.

RECIPE: MEDITERRANEAN WHITE BEANS & GREENS



Ingredients

- 1/3 cup** extra-virgin olive oil
- 6** garlic cloves, finely chopped
- 2 Tbsp.** tomato paste
- Kosher salt
- 1 1/2 lb.** escarole, washed, patted dry, coarsely chopped
- 1** (28-oz.) pureed tomatoes
- 2** (15-oz.) can cannellini beans, drained, not rinsed
- 2 oz.** Parmigiano Reggiano, finely grated (about 1 cup)
- 1/4 cup** coarsely chopped fresh basil
- 1/4 cup** coarsely chopped fresh parsley
- 2 Tbsp.** heavy cream

Step 1

In a high-sided 10" skillet over medium-low heat, heat oil. Add garlic and cook, stirring, until fragrant, about 2 minutes. Add tomato paste and cook, stirring constantly, until paste breaks into tiny bits and oil turns red, about 2 minutes more; season with salt.

Step 2

Add escarole; season with salt, if needed. Increase heat to medium and gently stir escarole until it begins to wilt, about 5 minutes. Add pureed tomatoes and continue to cook, stirring occasionally, until liquid is slightly reduced, about 8 minutes. Add beans and cook, stirring occasionally, until sauce thickens and is no longer runny, 20 to 25 minutes.

Step 3

Remove from heat; season with salt. Stir in Parmigiano Reggiano, basil, parsley, and cream until cheese melts.

VOLUNTEER PROGRAMS



**AmeriCorps
Seniors**

**GIVE A LITTLE TIME,
GET A LOT BACK.**

Join the RSVP Volunteer Program. If you are aged fifty-five or older, we will connect you with a volunteer opportunity that fits your lifestyle through more than forty community-improving organizations. We support our volunteer corps with mileage reimbursement, supplemental insurance, educational events, and volunteer recognition. Visit rsbpsantafe.org

**TO VOLUNTEER
CONTACT MONA BACA**
mabaca@santafenm.gov
505-955-4760



FEATURED VOLUNTEER STATION: ASSISTANCE DOGS OF THE WEST

If you love puppies and dogs and enjoy volunteering, then Assistance Dogs of the West is the place for you.

• **Part-time puppy raisers** will attend an Advanced Puppy Raiser class (day and time to be determined). Part-time puppy raisers will pick up the dog at 4:00 p.m. on Thursdays at the ADW

office and return the dog to the ADW office on Monday mornings at 8:30 a.m.

• **Full-time puppy raisers** will pick up the dog at 4:00 p.m. at the ADW office, Monday through Thursday, and drop the dog off at 8:30 a.m. at the ADW office, Monday through Thursday. Full-time puppy raisers will pick up their dog on Thursday at 4:00 p.m. and have the dog in their home through the weekend.

• **Rail Trail walks:** Work with dogs seven months and older at the ADW training center. One-hour sessions are held twice a week in the morning. Hours change seasonally, and days of the week may vary based on trainer and dog availability.

• **Outside training yard activities (weather permitting):** Participate with an ADW trainer at the ADW training center in outdoor exercise activities with the dogs, including agility equipment, tunnels, and fitness activities.

If you are interested in volunteering, please contact Mona Baca at **505-955-4760** or mabaca@santafenm.gov.

**HAPPY BIRTHDAY,
VOLUNTEERS!**

2/14 Irene Moyes
Edna Sandoval

2/15 Catherine Roybal

2/16 Susan Cover

2/17 Maria Rios

2/19 Jim Dorris

2/20 Steve Cary

2/25 Burt Lehman

2/26 Valerie Alarid

2/27 Kate Allen

2/28 Margie Gurule

JANUARY HIGHLIGHTS



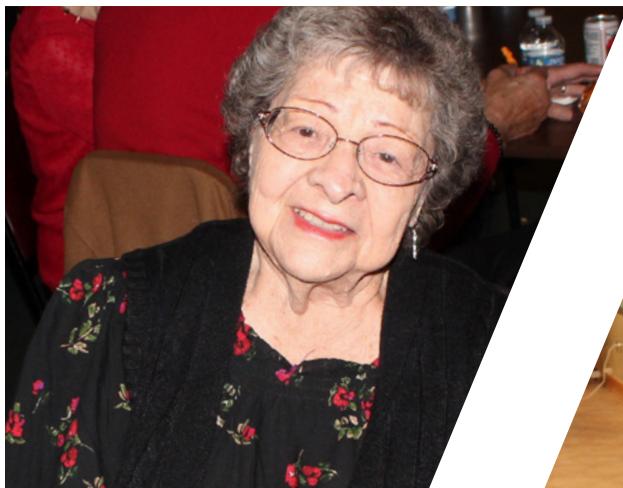
Healthy habits in 2026!



FGP & SCP Meet & Greet!



EnhanceFitness® Holiday Party



Lookin' good Cora!



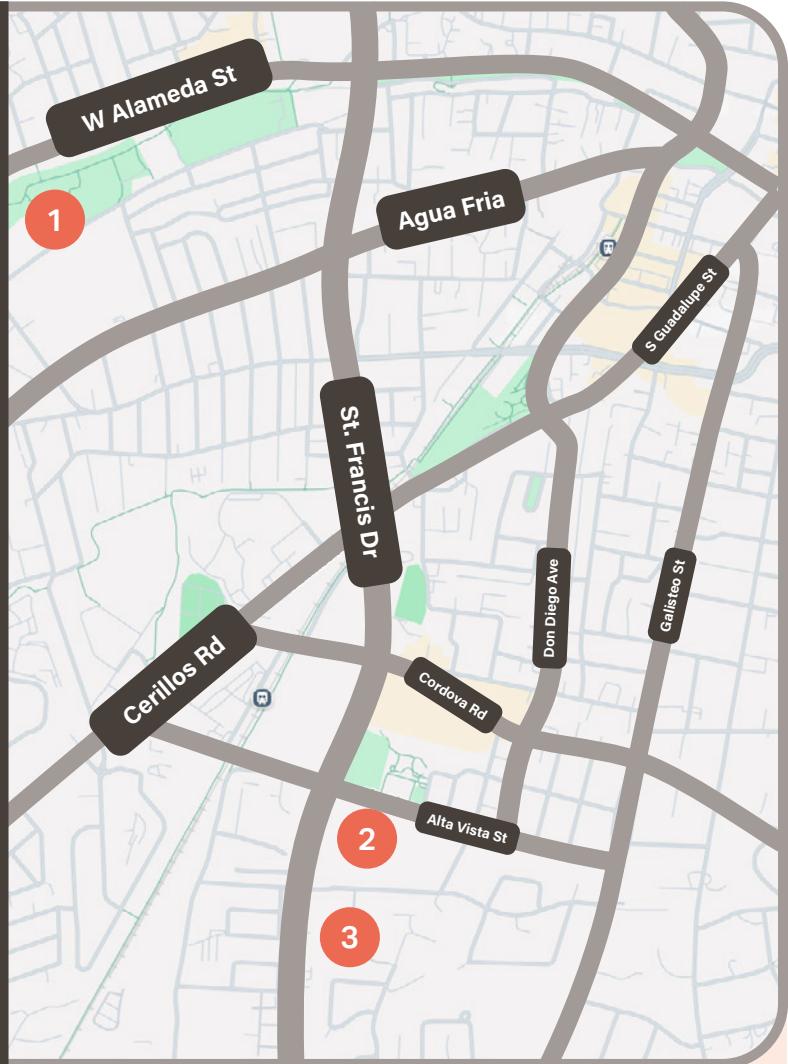
Holiday Happiness!



1
**Mary Esther Gonzalez
(MEG) Senior Center**
1121 Alto St.

2
PASATIEMPO Senior Center
664 Alta Vista St.

3
LUISA Senior Center
1500 Luisa St.
Entrance is on Columbia St.



505-955-4721 | santafenm.gov/seniors

Disclaimer: The material contained in this publication is provided for general information purposes and is meant to keep our readers informed. The content may or may not be sponsored by the City of Santa Fe Division of Senior Services, so we recommend that readers always refer to the contact and location information listed in each item. If you have questions for Senior Services staff, please refer to page 1 for the appropriate contact.