

CITY OF SANTA FE SENIOR SERVICES

# SENIOR SCENE

February 2026



CITY OF SANTA FE  
SENIOR SERVICES



## JANUARY HIGHLIGHTS

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**Amigos Gerson & Juan for Juan's 90<sup>th</sup> Birthday!**



**Charlene Grinch!**



**Thank you Advisory Council - MLK Service Project!**

CITY OF SANTA FE SENIOR SERVICES

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February 2026

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# AARP Foundation Tax-Aide

## 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](http://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](https://tinyurl.com/SFPrepBoomerTech)**



# CONTACT INFORMATION

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## **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 [eccuellar@santafenm.gov](mailto:eccuellar@santafenm.gov) or calling **Erika Cuellar at 505-955-4722**.

# THIS MONTH AT A GLANCE

## February 2026

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

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





## 80 FOR BRADY

Friday, February 6 | 1 - 3pm

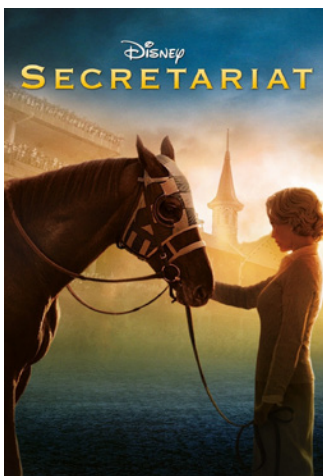
The movie is inspired by the true story of four best friends and New England Patriots fans who take a life-changing trip to Super Bowl LI to see their hero, Tom Brady, play, and the chaos that ensues as they navigate the wilds of the biggest sporting event in the country.



## 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

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



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 13<sup>th</sup> 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](http://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](http://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**.

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## 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

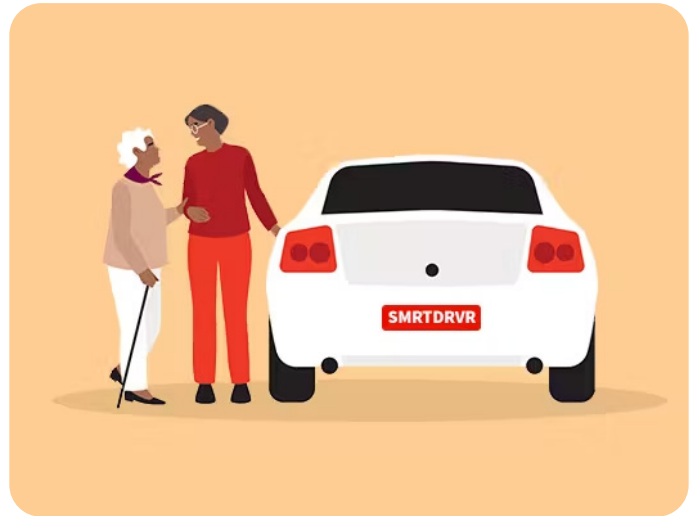
Free, no application required!  
San Isidro Parish, Dixon House  
2148 San Ysidro Crossing  
**Tuesday, FEB 3 & 17, 4 - 5pm**

### 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**

**AARP®**

## "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](https://www.aarp.org).





**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](https://Aging.NM.gov/SeniorDay)

**MON  
FEB 16**

### HIKES FOR ACTIVE SENIORS

**BORREGO, WINSOR, AND  
BEAR WALLOW 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](mailto: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](mailto: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](http://teeniors.com) or contact [teeniors@gmail.com](mailto:teeniors@gmail.com) | (505) 600-1297

# SENIOR OLYMPICS WINTER GAMES

REGISTRATION  
NOW OPEN  
FEB 23-26

To register & see full schedule  
visit [nmseniorolympics.org](http://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 MAOE. Nor can it be used to make changes to stand-alone Medicare Part D Rx coverage.

The changes you make during the MAOE 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 MAOE. 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 MAOE 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](https://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.



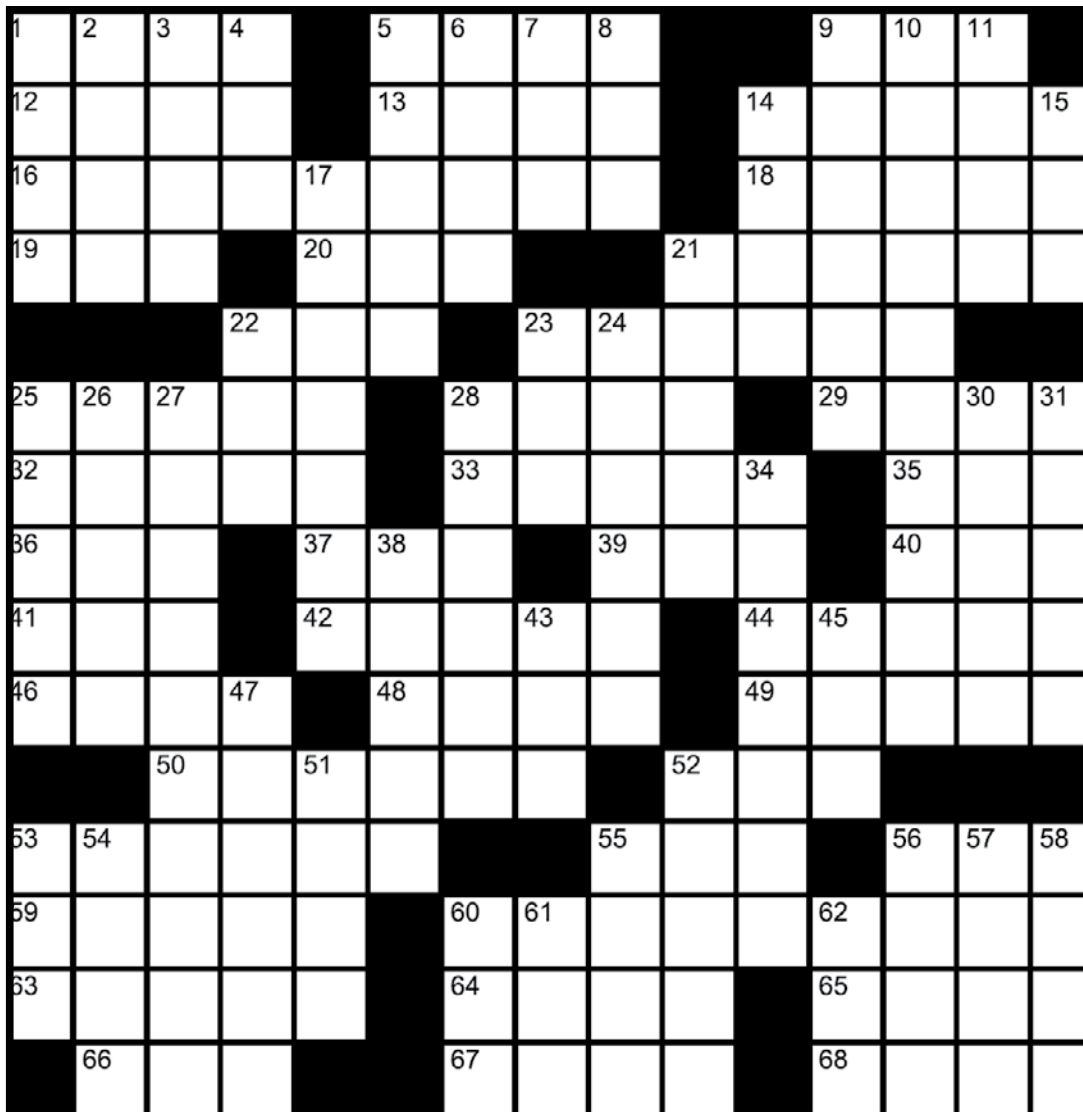
# CROSSWORD PUZZLE

## Down

### Across

- |  |   |   |
|--|---|---|
| <b>1</b> Eric Roberts, Mickey Rourke crime comedy, The ___ of Greenwich Village (1984) | <b>25</b> Colorado ski resort                         | <b>50</b> Dirty Harry follower, Sudden___ (1983)                      |
| <b>5</b> Oration station   | <b>28</b> Knight's neighbor?                          | <b>52</b> Kitchen pest  |
| <b>9</b> ___-la-la   | <b>29</b> 1970 movie set in Korea                     | <b>53</b> Hosted  |
| <b>12</b> ___ Bator, Mongolia  | <b>32</b> Secret supply                               | <b>55</b> Admiral's org.  |
| <b>13</b> Actress Purviance  | <b>33</b> 2013 Johansson sci-fi, ___ the Skin         | <b>56</b> Dry, as wine  |
| <b>14</b> Strips off the skin  | <b>35</b> Friend of Tigger                            | <b>59</b> Cheers role   |
| <b>16</b> 2017 animated bull's adventure   | <b>36</b> Personal quirk                              | <b>60</b> 2017 Diane Kruger crime drama (Orig. title, Aus dem Nichts) |
| <b>18</b> Venomous snake   | <b>37</b> Wife of Saturn                              | <b>63</b> Leaves out  |
| <b>19</b> Adversary  | <b>39</b> Nuptial agreement                           | <b>64</b> Old dagger  |
| <b>20</b> High spirits   | <b>40</b> Toupee, in slang                            | <b>65</b> Like the Gobi   |
| <b>21</b> Fleurs-de-lis  | <b>41</b> Denzel played him in The Book of ___ (2010) | <b>66</b> German river  |
| <b>22</b> Actress Grier or Dawber  | <b>42</b> John of rock                                | <b>67</b> Predicament   |
| <b>23</b> Costner, Russo golf flick, 1996  | <b>44</b> Bantu language                              | <b>68</b> Bar mitzvah, e.g.   |
|  | <b>46</b> Court figures                               |   |
|  | <b>48</b> De Valera's land                            |   |
|  | <b>49</b> Egypt's ___ High Dam                        |   |

- 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  
I N G H P R P R E A E B S S E  
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

FILM  
IMAGE  
INK  
LABELS  
LEAD  
LITHOGRAPHY  
MAGAZINE  
MARGIN  
MATERIALS  
NEGATIVE  
OFFSET  
PAGE  
PHOTO  
PROOF  
QUICK-DRYING  
QUIRE  
RUBBER  
SHEETS  
SILK-SCREEN

AUTOMATIC  
BOOK  
BUSINESS CARDS

COMPUTER  
CONFIGURATION  
CUSTOMERS

DIGITAL  
DRY  
ENGRAVING

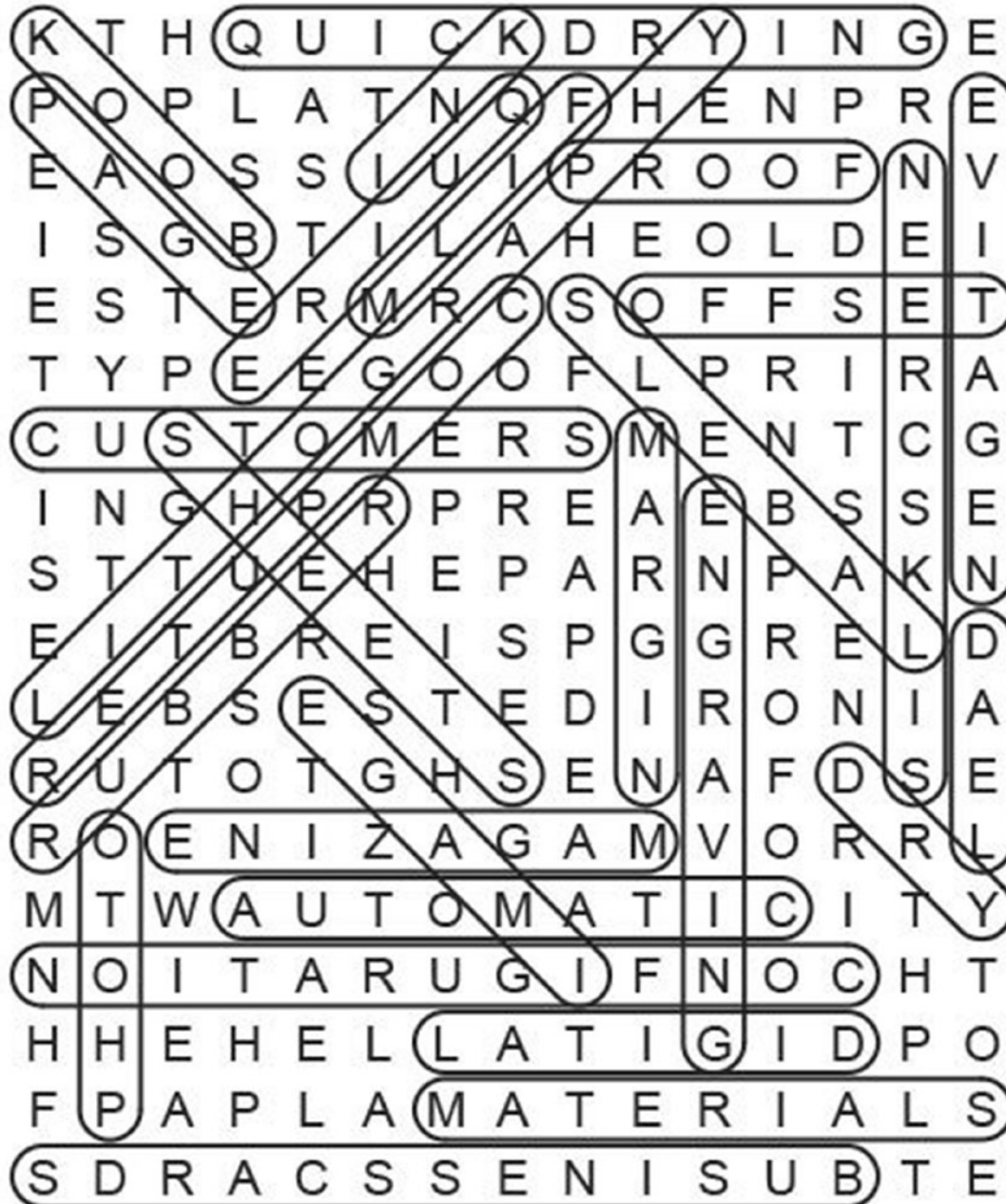
# CROSSWORD PUZZLE SOLUTIONS

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P	O	P	E		D	A	I	S			T	R	A	
U	L	A	N		E	D	N	A		P	E	E	L	S
F	E	R	D	I	N	A	N	D		A	D	D	E	R
F	O	E		V	I	M			I	R	I	S	E	S
			P	A	M		T	I	N	C	U	P		
A	S	P	E	N		R	O	O	K		M	A	S	H
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T	I	C		O	P	S		I	D	O		R	U	G
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		I	M	P	A	C	T		A	N	T			
E	M	C	E	E	D			U	S	N		S	E	C
C	A	R	L	A		I	N	T	H	E	F	A	D	E
O	M	I	T	S		S	N	E	E		A	R	I	D
	E	M	S			M	E	S	S		R	I	T	E



## Solution: Printing



# FEBRUARY LUNCH MENU

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

**TO VOLUNTEER  
CONTACT MONA BACA**  
[mabaca@santafenm.gov](mailto: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](mailto: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

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Healthy habits in 2026!



FGP & SCP Meet & Greet!



EnhanceFitness® Holiday Party



Lookin' good Cora!



Holiday Happiness!





CITY OF SANTA FE  
**SENIOR SERVICES**

1

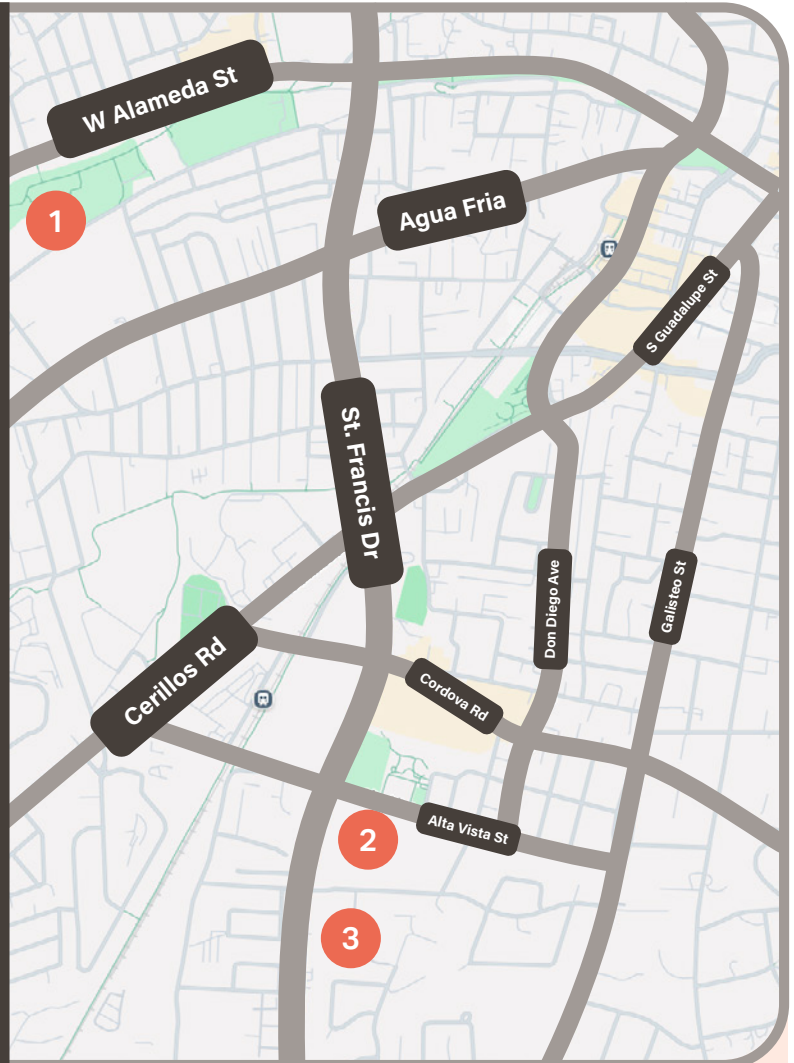
**Mary Esther Gonzalez  
(MEG) Senior Center**  
1121 Alto St.

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](https://santafenm.gov/seniors)**

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