

CITY OF SANTA FE SENIOR SERVICES

SENIOR SCENE

January 2026



CITY OF SANTA FE
SENIOR SERVICES



Christine's Tapestry!



Senior Theater Performs for the Talent Show!



Holiday Guitar Concert!



Patsy & Rudy looking festive!



Susan as Madonna for the Big Show!



Holiday Dance fun!

CITY OF SANTA FE SENIOR SERVICES

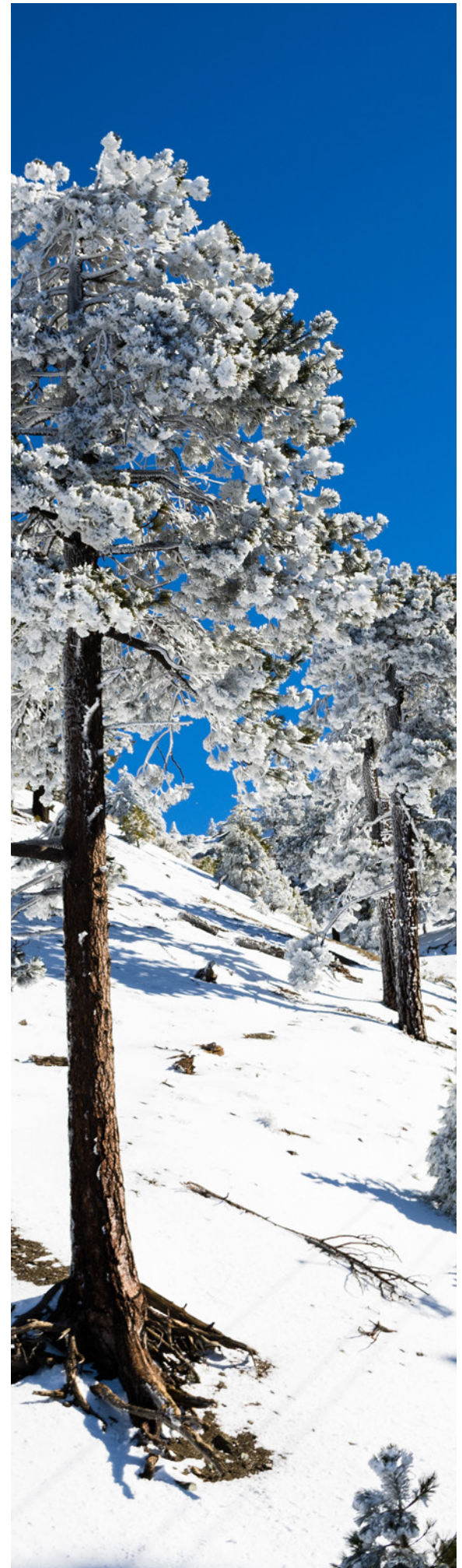
SENIOR SCENE

January 2026

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COVER IMAGE: SANTA FE SKI BASIN
PHOTO BY LAURENCE MOSS



SANTA FE



SENIOR THEATER

SANTA FE SENIOR THEATER

Starts January 8, 2026!

12:00 pm to 2:00 pm

Thursdays at Southside Library

(6599 Jaguar Dr, Santa Fe, NM 87507)

Do you love stories, drama, and a good laugh? Then join The Santa Fe Senior Theater for a low-pressure way to enjoy acting and storytelling with others in our community ages 55 and up.

Participants in this free weekly program usually read from scripts during performances so there's no need to memorize lines. This program is geared toward socializing for those with or without theater experience: story and literature lovers, actors, singers, musicians, writers, dancers, teachers, librarians, and all sorts who value inclusive fun and creative activities. Join us at the Southside Library or email larrygenelee@outlook.com for more information about Santa Fe Senior Theater!

The Santa Fe Senior Theater proudly works as a Special Project with Teatro Paraguas, a long-standing member of the Santa Fe theater community.



**SANTA FE
PUBLIC LIBRARY**

For disabilities or translation accommodations please email library@santafenm.gov or call 505-955-6781



BOOMER TECH

WITH SANTA FE PREP

TECHNOLOGY ASSISTANCE FROM TEENS

2 PM WEDNESDAYS
January 28, 2026

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



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

THIS MONTH AT A GLANCE

January 2026

Monday	Tuesday	Wednesday	Thursday	Friday
			1 <i>Happy New Year!</i>	2 MEG 1 - 3pm MOVIE <i>You've Got Mail</i>
5 MEG 10am - 1pm HAIRCUTS w/ Fabiola	6 MEG 11am - 12:30pm BIRTHDAY CELEBRATION	7 PASATIEMPO 11am - 12:30pm BIRTHDAY CELEBRATION	8	9 MEG 1 - 3pm MOVIE <i>Stand By Me</i>
12 PASATIEMPO 10am - 1pm HAIRCUTS w/ Fabiola LUISA BIRTHDAY CELEBRATION	13 MEG 11:30am - 12:30pm ICAN Nutrition Class	14 PASATIEMPO 11:30am - 12:30pm ICAN Nutrition Class	15 LUISA 11:30am - 12:30pm ICAN Nutrition Class	16 MEG 1 - 3pm MOVIE <i>The Bucket List</i>
19 ALL SENIOR CENTERS CLOSED	20	21	22 FRATERNAL ORDER OF EAGLES 1 - 4pm WINTER DANCE Music by Peter Vigil and the Allstars	23 MEG 12:50 - 3:15pm MOVIE <i>Finding Forrester</i>
26 LUISA 10am - 1pm HAIRCUTS w/ Fabiola	27	28	29	30 MEG 1 - 3pm MOVIE <i>Peggy Sue Got Married</i>

Tai Chi canceled classes on Mondays & Tuesdays. Peter will have a Tai Chi class on Wednesday 8:30 - 9:30am

Book Club will not meet in January. February 13th Book Club returns. Book of the month is any book by Agatha Christie.

MOVIES



YOU'VE GOT MAIL Friday, January 2 | 1 - 3pm

Struggling boutique bookseller Kathleen Kelly (Meg Ryan) hates Joe Fox (Tom Hanks), the owner of a corporate Foxbooks chain store that just moved in across the street. When they meet online, however, they begin an intense and anonymous Internet romance, oblivious of each other's true identity. Eventually Joe learns that the enchanting woman he's involved with is actually his business rival. He must now struggle to reconcile his real-life dislike for her with the cyber love he's come to feel.



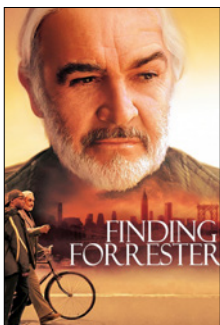
STAND BY ME Friday, January 9 | 1 - 3pm

After learning that a stranger has been accidentally killed near their rural homes, four Oregon boys decide to go see the body. On the way, Gordie Lachance (Wil Wheaton), Vern Tessio (Jerry O'Connell), Chris Chambers (River Phoenix) and Teddy Duchamp (Corey Feldman) encounter a mean junk man and a marsh full of leeches, as they also learn more about one another and their very different home lives. Just a lark at first, the boys' adventure evolves into a defining event in their lives.



THE BUCKET LIST Friday, January 16 | 1 - 3pm

Billionaire Edward Cole and car mechanic Carter Chambers are complete strangers, until fate lands them in the same hospital room. The men find they have two things in common: a need to come to terms with who they are and what they have done with their lives, and a desire to complete a list of things they want to see and do before they die. Against their doctor's advice, the men leave the hospital and set out on the adventure of a lifetime.



FINDING FORRESTER Friday, January 23 | 12:50 - 3:15pm

A unique relationship develops between an eccentric, reclusive novelist and a young, amazingly gifted scholar-athlete. After the novelist discovers that the young athlete is also an excellent writer and secretly takes him on as his protégé, they develop an unlikely friendship. As they learn more about each other, they learn more about themselves, and ultimately, with the help of his new mentor, the basketball star must choose the right path.



PEGGY SUE GOT MARRIED Friday, January 30 | 1 - 3pm

Peggy Sue Bodell (Kathleen Turner) attends her 25-year high school reunion after separating from her cheating husband, Charlie (Nicolas Cage). She regrets the decisions she has made in her life, such as getting pregnant by Charlie in high school. When she faints at the reunion, she awakens in 1960. Given the chance to relive her life, she changes many things. However, some choices are more complicated, as she begins to see young Charlie's charm and true feelings.

ACTIVITY CALENDAR

For additional information on any of the activities, call 505-955-4715

LUISA Senior Center 1500 Luisa St. Entrance is on Columbia St.				
Monday	Tuesday	Wednesday	Thursday	Friday
<div style="border: 1px solid orange; border-radius: 15px; padding: 10px; display: inline-block;"> Computer Lab Open → Monday to Friday Fitness Room Open → 10:30am - 12:30pm </div>				
PASATIEMPO Senior Center 664 Alta Vista St.				
Monday	Tuesday	Wednesday	Thursday	Friday
	Line Dancing - Beginner - 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	
<div style="border: 1px solid orange; border-radius: 15px; padding: 10px; display: inline-block;"> Fitness Room Open Mon - Fri: 10:30am - 12:30pm </div>				
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, Jan 5 & 19	Technology Class 9 - 11am Guitar Class 10am - noon Traditional Chinese Mahjong-Advanced 12:30 - 2:30pm Quilting Class 1 - 4pm EnhanceFitness® 3:30 - 4:30pm	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, Dec 10 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 Knitting Class 1 - 2pm Movie 1 - 3pm (See monthly calendar for details) Traditional Chinese Mahjong: Beginners 12:30 - 2:30 pm
<div style="border: 1px solid orange; border-radius: 15px; padding: 10px; display: inline-block;"> Pool / Cards Room, Computer Lab, Craft Room Open Mon - Fri: 8am - 4:30 pm Fitness Room Open Mon - Fri: 8 - 10:30am & 1 - 3:30pm </div>				

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



Greetings!

Thank you to all who visited our Mary Esther Gonzales (MEG), Luisa, and Pasatiempo Senior Centers during the holiday season and throughout the year. Your presence helps make our centers feel welcoming and truly like home for everyone who walks through our doors.

I would also like to thank everyone who participated in the many activities organized and coordinated by our Senior Services staff over the past year. Your involvement is what brings these programs to life. A special thank-you goes to the Senior Theater group for producing a wonderful Talent Show, as well as to the Santa Fe Harmonizers Choir and the Guitar Class for their beautiful holiday performances.

We are also grateful to the "Be the Blessing" organization for their continued generosity. For the third year, they provided Senior Blessing Baskets filled with useful household items, offering much-needed everyday necessities to our seniors.

Thank you all for making 2025 such a memorable year at the Mary Esther Gonzales, Luisa, and Pasatiempo Senior Centers. We hope you will share your positive experiences with others and remind them that they are always welcome to visit and participate in our many activities for adults age 60 and over.

Wishing you all a joyful and happy New Year. I look forward to seeing each of you in 2026—visiting, socializing, and enjoying all that our centers have to offer.

Happy New Year,

Manuel Sanchez
Senior Services Director

JOIN US

for

SENIOR DAY



JANUARY 23, 2026

Join us at the Roundhouse on January 23rd 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.

Senior Center's wishing to bus attendees may RSVP directly with Kathleen Eckhardt to complete a group registration form on or before January 18, 2026.

Email: kathleen.eckhardt@altsd.nm.gov

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.

JANUARY GROCERY DISTRIBUTIONS

Drive-through grocery distributions for Santa Feans in need are offered at **The Food Depot** at 1222 Siler Road **Thursday, JAN 8 & 22, 7 - 9am.**



San Martin de Porres Distribution

Free, no application required!
San Isidro Parish, Dixon House
2148 San Ysidro Crossing
Tuesday, JAN 6 & 20, 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 (JAN 15):
2:30 - 3:30pm**



**MON
JAN 19**

HIKING FOR ACTIVE SENIORS

HYDE PARK CIRCLE TRAIL

We will begin our hike at the Black Canyon Campground and after a quarter mile we'll connect with the Circle Trail at Hyde Park Lodge. Over about 3.5 miles we will hike a loop at an elevation of 8,400' to 9,440' with an actual elevation gain of 1,100'. At about .5 miles past the Lodge, we will cross Hyde Park Road (475) and begin the gentle but steady 1.25-mile climb with many switchbacks to a clearing with two picnic tables where we will feast on our mouth-watering delicious sack lunches while admiring the dramatic vistas.

The view to the northeast is of Tesuque Peak above the ski area and to the west of the Jemez Mountains, Los Alamos and the Rio Grande Valley.

For our return, we continue along the shorter section of the loop trail which is mostly downhill. However, it is shorter because this section of the trail is steeper and therefore requires us to pay extra attention to our footing. Poles will provide stability and confidence here but are not mandatory.

NEWS & VIEWS

Be aware, we will be hiking in the mountains in January. There will likely be snow on the ground, so **spikes are mandatory**. Hiking poles or a staff are recommended to assist on the steep descent.

Regardless of the weather report, dress in extra layers, enough to keep warm and easy to take off to cool down if necessary because the temperature can and does change dramatically and suddenly in the mountains. Sunglasses, warm gloves, a hat and/or headband that covers your ears are all essential for winter hiking. Of course, **bring water** to drink and a protein filled sack lunch.

TIME: We will meet at MEG 8:15 a.m. and leave at 8:30 SHARP. We may, but most likely will not return to MEG in time for lunch. Wishing everyone, hikers or not, a very happy, healthy, and prosperous New Year-can you believe it's 2026!!

HAPPY TRAILS, HIKERS!



**THURS
JAN 22**

WINTER DANCE

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

- Free admission & refreshments
- Music by Peter and the Allstars

**TUES
JAN 6**



"SMART DRIVER" COURSE

Once again, the MEG Senior Center will serve as host for the AARP Smart Drivers Class. By completing the class, you will learn about safe driving practices for drivers 50 years and older, changes in vehicle technology, road, and street safety, and may be eligible for an auto insurance discount on your policy.

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 non-members. Classes will be held on the first Tuesday of each month from 1 - 5pm. The next class is scheduled for **Tuesday, January 6**. For further information to attend any class, **contact Edna Sandoval at 505-690-4350** or visit [AARP.org](https://www.aarp.org).

POWER OF ATTORNEY LEGAL SEMINAR

Planning ahead is one of the most important gifts you can give yourself and your loved ones.



We offer a free seminar where trained legal professionals help seniors understand:

- **Healthcare Power of Attorney (POA)** – Choose someone to make medical decisions if you cannot.
- **Financial Power of Attorney (POA)** – Authorize a trusted person to handle your finances if needed.

NEWS & VIEWS

Take control of your healthcare and financial decisions — before an emergency arises.

A 45-minute presentation will be held at the Mary Esther Gonzales Senior Center, 1121 Alto Street January 14th & 28th at 10am in the new meeting room.

**WED
JAN 21**

Downsizing & Decluttering Class

1pm at Mary Esther Gonzales (MEG)

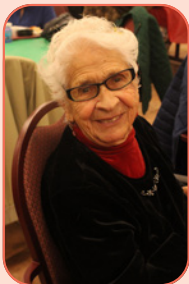
Looking to streamline your living space? This is where we can help.

If you're looking to get rid of some unwanted stuff around your home, join us for our free downsizing and decluttering event. You'll hear about important organizing tips while exploring how streamlining your things can help you feel happier, less stressed and more productive.



WE'LL EXPLORE:

- How to start your decluttering & organizing journey
- Practical tips on organizing & decluttering
- How better organization can positively impact your daily life.



FLORA'S CORNER

God must love the elderly,
He keeps us living. And
I said to the man who
stood at the gate of the
year: Give me a Light that I

may tread safely into the unknown! And he replied: Go out into the darkness and put thine hand into the hand of God. That shall be to thee better than light and safer than a known way. —M.S. Haskins

Save the Date

SENIOR DAY

JANUARY 23, 2026

Join us at the Roundhouse



~ SANTA FE ~

FILE YOUR FEDERAL AND STATE INCOME TAXES FOR FREE

Tax Help New Mexico is a free tax-filing service for people whose household income is \$67,000 or less, regardless of age.

Get help from IRS-qualified tax preparers.

DATES, DAYS and LOCATION of SERVICE

February 2, 2026 – April 14, 2026

Mondays & Tuesdays – 10:00am-2:30pm (last appointment 2:00pm)

Wednesdays – 12:00pm-4:30pm (last appointment 4:00pm)

Main Library, 145 Washington Ave, Santa Fe (downtown)

BY APPOINTMENT ONLY

- Call **505-819-3702** to schedule an appointment. Speak with our staff or leave a message. We will return your call.
- Drop by our site at the Main Santa Fe Library on Mon/Tue/Wed to make a same day or future appointment.
- Use our online scheduler to make an appointment.

<http://taxhelpnm.org> (select Santa Fe site)

Registration Booklet



NEW MEXICO SENIOR OLYMPICS

STATE WINTER GAMES NORTH
Santa Fe, NM
February 23-26, 2026
13 SPORTS OFFERED

STATE SUMMER GAMES
Las Cruces, NM
June 17-21, 2026
23 SPORTS OFFERED

**STATE BOWLING
TOURNAMENT**
Santa Ana
July 22-24, 2026
8 EVENTS OFFERED



Visit our website for the
most up to date information
www.nmseniorolympics.org

VOLUNTEERS WANTED!

PO Box 2690 ■ Roswell, NM 88202-2690 ■ Phone: (575) 623-5777 ■ Toll Free: 1-888-623-NMSO (6676)
Fax: (575) 622-9244 ■ E-mail: nmso@nmseniorolympics.org ■ Website: www.nmseniorolympics.org



QUALIFY FOR NATIONAL SENIOR GAMES!



24 SENIOR OLYMPIC SPORTS OFFERED

Air Gun * Archery * Badminton * Basketball Skills Free Throw and 3-Point * Billiards
Cornhole * Cycling * Field * Frisbee Throws, Accuracy & Distance * Golf * Pickleball
Powerlifting * Power Walk * Race Walk * Road Race Run * Shuffleboard * Soccer Kick
Softball Distance * Swimming * Table Tennis * Tai Chi * Tennis * Track

CHECK COMPETITION SCHEDULE FOR LOCATIONS



ATHLETE CHECK-IN

STATE WINTER GAMES - SANTA FE

February 22 - February 26, Convention Center

STATE SUMMER GAMES - LAS CRUCES

June 16 - June 21, Convention Center

Bowling at Santa Ana

July 22 - 24 Starlight Center

Door Prizes

HEALTH FAIR

Exhibitors

State Winter Games

Wednesday, February 25, 2026-Convention Center

State Summer Games

Thursday, June 18, 2026-Convention Center

SPORT TABLES

All Athletes are encouraged to check the sport tables prior to competition at Athlete Check-In at the Convention Center



Appetizers
Refreshments
Music

ATHLETE SOCIAL

State Winter Games-Santa Fe

Monday, February 23, 2026

State Summer Games

Wednesday, June 17, 2026

\$25/Ticket (limit 1 guest)

Deadline to purchase-4 weeks prior to game dates

\$25
PER TICKET
Limit 1 Guest

More Info at: www.nmseniorolympics.org

Protect Yourself from Medic Alert Scams

This article is reprinted from the Attorney General's Office for the State of Minnesota

Most people have seen TV ads for a device that sends help when a person has fallen and can't get up. Legitimate medical alert devices have been lifesavers for some, but a telephone scam preys on the worry for people who live alone and fear they won't be able to call for help if they are injured or sick. Across the country, senior citizens report receiving phone calls that offer "free" medical alert systems. But these systems are not free. Scammers scare and defraud seniors by convincing them to disclose their private information and then use this information to commit identity theft or drain bank accounts.

HOW DOES THE SCAM WORK?

These scam calls can take on many forms. Often, the callers claim they are with Medicare or a familiar medical provider or tell you that your "free" medical alert system is ready for pickup if you "press one."

Once you press a button, however, you will begin to receive more unwanted calls and requests to convince you to disclose your personal information. In some cases, the caller may try to gain your confidence by claiming that an anonymous person or a family member has paid for the alert system and that you must provide your information for delivery or setup. People who continue on this path are then asked for more personal information, such as a credit card number or Social Security number. Once you provide private information, the unknown entity may begin charging you for an unwanted or undelivered service. Scam callers who obtain private financial information over the phone may use it to steal money.

HOW CAN I PROTECT MYSELF?

Criminal outfits have no regard for the law. Here are a few steps you can take to prevent fraud:

- **When in doubt, don't give it out.** If you are not sure who you're dealing with, don't give out any personal information. Regardless of what they say, no legitimate organization, including Medicare, will call to ask for your bank account number or Social Security number.

- **Just hang up.** The longer you spend on the line with a phony operator, the more likely it is you will get another scam call. Be cautious of cold-calls that claim "no strings attached." If you receive a call that seems fishy, just hang up.

- **Beware of "free" offers.** Remember, callers offer free trials to get you to purchase some good or service down the road. Ask yourself: why would a company give me a medical alert system for free with no hope that I would make an additional purchase down the road? It wouldn't. Remember, if an offer seems too good to be true, it probably is.

- **Don't rely on caller ID.** Some seniors report that their caller ID system displayed a local phone number when they received one of these scam calls. Remember, criminals often scramble the number appearing on your caller ID with "spoofing" technology that tricks your caller ID system into displaying a fake number. Even a supposed "local number" associated with this scam that shows up on your caller ID system will likely lead to a dead end.

- **Report suspicious activity.** Check out an unknown company before you sign up, especially if business is done over the phone. If a caller seems suspicious, hang up and report the matter to the Attorney General's Office.

Contact The New Mexico Department of Justice
408 Galisteo Street
Villagra Building
Santa Fe, NM 87501
(505) 490-4060

Protéjase de las Estafas de Alertas Médicas

Este artículo se reimprime de la Oficina del Fiscal General del Estado de Minnesota.

La mayoría de las personas han visto anuncios de televisión para un dispositivo que envía ayuda cuando alguien se ha caído y no puede levantarse. Los dispositivos de alerta médica legítimos han salvado vidas, pero existe una estafa telefónica que se aprovecha de las personas que viven solas y que temen no poder pedir ayuda si se lesionan o enferman. En todo el país, adultos mayores reportan recibir llamadas telefónicas que ofrecen sistemas de alerta médica "gratuitos". Pero estos sistemas no son gratuitos. Los estafadores asustan y engañan a los adultos mayores para que revelen su información privada, que luego se usa para cometer robo de identidad o vaciar cuentas bancarias.

¿CÓMO FUNCIONA LA ESTAFA?

Estas llamadas fraudulentas pueden tomar muchas formas. Con frecuencia, quienes llaman dicen que representan a Medicare o a un proveedor médico conocido, o le dicen que su sistema de alerta médica "gratuito" está listo para ser recogido si usted "presiona uno".

Sin embargo, una vez que presiona un botón, comenzará a recibir más llamadas no deseadas y solicitudes que intentan convencerlo de divulgar su información personal. En algunos casos, el estafador intenta ganarse su confianza diciendo que una persona anónima o un familiar ya pagó por el sistema de alerta y que usted debe proporcionar su información para la entrega o instalación. Quienes continúan por este camino luego son presionados a dar más información personal, como un número de tarjeta de crédito o de Seguro Social. Una vez que usted revela información privada, la entidad desconocida puede empezar a cobrarle por un servicio no deseado o que nunca será entregado. Los estafadores que obtienen información financiera por teléfono pueden usarla para robar su dinero.

¿CÓMO PUEDO PROTEGERME?

Los grupos criminales no respetan la ley. Aquí hay algunos pasos que puede tomar para prevenir el fraude:

- **Si tiene dudas, no dé información.** Si no está seguro con quién está tratando, no proporcione ninguna información personal. Sin importar lo que digan, ninguna organización legítima, incluyendo Medicare, lo llamará para pedirle su número de cuenta bancaria o su número de Seguro Social.

- **Simplemente cuelgue.** Cuanto más tiempo permanezca en la línea con un operador falso, más probable será que reciba otra llamada fraudulenta. Sea cauteloso con llamadas inesperadas que afirman que "no hay condiciones". Si recibe una llamada sospechosa, simplemente cuelgue.

- **Tenga cuidado con ofrecimientos "gratuitos".** Recuerde que los estafadores ofrecen pruebas gratuitas para convencerlo de comprar un producto o servicio más adelante. Pregúntese: ¿por qué una compañía me daría un sistema de alerta médica gratis sin esperar que haga una compra después? No lo haría. Recuerde: si una oferta parece demasiado buena para ser verdad, probablemente lo sea.

- **No confíe en el identificador de llamadas.** Algunos adultos mayores reportan que su identificador de llamadas mostraba un número local cuando recibieron una de estas llamadas fraudulentas. Recuerde que los criminales a menudo manipulan el número que aparece usando tecnología de "spoofing", que engaña a su identificador de llamadas para mostrar un número falso. Incluso un supuesto "número local" asociado con esta estafa probablemente llevará a un callejón sin salida.

- **Reporte actividad sospechosa.** Investigue una empresa desconocida antes de inscribirse, especialmente si la transacción se realiza por teléfono. Si una llamada parece sospechosa, cuelgue y reporte el asunto a la Oficina del Fiscal General.

Contacto
Departamento de
Justicia de Nuevo
México
408 Galisteo Street
Villagra Building
Santa Fe, NM 87501
(505) 490-4060



Looking to streamline your living space?

This is where we can help.



If you're looking to get rid of some unwanted stuff around your home, join us for our free downsizing and decluttering event. You'll hear about important organizing tips while exploring how streamlining your things can help you feel happier, less stressed and more productive.

We'll explore:

- How to start your decluttering and organizing journey
- Practical tips on organizing and decluttering
- How better organization can positively impact your daily life

DOWNSIZING AND DECLUTTERING

AARP New Mexico Presents:

Downsizing and Decluttering Presentation
January 21, 2026

Mary Ester Gonzales Senior Center
1121 Alto Street
Santa Fe, New Mexico 87501

Call 1-855-757-4074 or register online at:

<https://events.aarp.org/77PQWL>



10 WINTER SAFETY TIPS

Every Senior Should Know to Stay Safe & Warm

1. PROTECT AGAINST FALLS

In any season, older adults are at risk of falling. During winter, fall risks are even greater due to inclement weather, rain, snow, and slippery surfaces. Following a few precautions can help. Make sure entrances are well lit and have a railing or some other surface to act as a stabilizer. Place a rubber-backed mat near each entrance and wipe shoes to avoid creating slippery surfaces.

2. BE AWARE OF HYPOTHERMIA

Hypothermia occurs when the body's temperature drops below 95°F due to exposure to cold temperatures. It can lead to serious health problems such as irregular heartbeat and damage to organs. It can also happen at cool temperatures if you become chilled from rain, sweat, or cold water. It is important to be aware of warning signs and early symptoms¹, including:

- Cold feet and hands
- Puffy or swollen face
- Pale skin
- Shivering or shaking
- Slowed or slurred speech
- Feeling sleepy, angry, or confused



3. BE AWARE OF PREEXISTING HEALTH CONDITIONS



Certain chronic health conditions can make the elderly more susceptible to cold weather risk. If you or a loved one suffers from one of these medical conditions, be aware when winter arrives and take precautions.

- Diabetes
- Thyroid problems

4. STAY ACTIVE DURING THE COLD MONTHS

It's very important for older adults and seniors to stay as active as possible during the winter months. While inclement weather may limit outdoor activities, caregivers and families can find creative ways to help seniors keep moving.

Walking around the home or doing chair exercises for 15-20 minutes several times each week can be beneficial.

5. WINTERIZE YOUR HOME

Believe it or not, cold injuries can occur in the home just as well as outside. Seniors are particularly vulnerable because of limited resources to adequately heat a living area, inactivity, and greater health issues.

HEALTH & SAFETY

- Heating blankets can be handy when placed on couches or chairs for passive heat.



6. EAT WELL

Eat well to stay healthy and strong during the cold months. The following are particularly nourishing:

Root vegetables like carrots, turnips, radishes, and beets are in season and full of essential vitamins.

Be sure to choose foods rich in vitamin D during the dark winter months as it can help ward off depression. Eggs, salmon, milk, and red meats are all good sources.

Heart-healthy oatmeal is a good choice any time of year but especially comforting when it's cold outside.

Soups are not only an ideal food against the cold, but they are also versatile and affordable. Whether canned, homemade, or frozen, they can be easy to prepare by simply heating

A cup of hot tea can relieve many ailments, from a sore throat to a low mood. Add a touch of honey or lemon to any variety of teas, from herbal to an English tea.



7. PLAN FOR POWER OUTAGES

Long before the winter weather arrives, make sure your home is set for emergencies like power outages

Create an emergency supply drawer or cabinet with candles, flashlights, and battery-powered radios or other devices.

Stock warm blankets and winterwear in case you need more layers.

Shut off any mobile devices or tablets to conserve battery life.

8. BE MINDFUL ABOUT BASIC WINTER SAFETY

Practical planning and following some basic practices can go a long way to ensuring winter weather safety for seniors. When the weather is extreme, the best plan of action is simply to stay indoors and remain warm. Gather essential cold-weather clothing, accessories, and equipment in late fall so everything is readily available.

While general recommendations for a home's temperature are to turn the thermostat down at night or when away, different recommendations

HEALTH & SAFETY

exist for seniors. Seniors and older adults have greater difficulty regulating body temperature and staying warm, so setting the thermostat at a consistent 65 degrees for the winter.



9. BE AWARE OF CARBON MONOXIDE POISONING

Carbon monoxide is a gas produced from burning fuels, wood, gas, or propane. This gas can be extremely dangerous because it's colorless, odorless, and tasteless. If present in a tightly sealed area, the gas can build up to a dangerous level—unknown to anyone in the area. If carbon monoxide builds up in the bloodstream, it can cause unconsciousness and death.

For seniors who may live alone or use alternative ways to heat a home, the risk of poisoning increases. Someone who is in distress may show the following warning signs and need access to fresh air and medical care immediately.

- Headache, dizziness, or confusion
- Nausea or vomiting
- Blurred vision
- Unconsciousness
- Confusion

10. BE FLEXIBLE

With winter comes inclement weather that can disrupt plans and routines. Snow or ice can close churches, school, and work. For seniors who may be reliant on the help of others and used to routines, change may not come easy. Keeping an open mind and being flexible may be necessary under certain circumstances. Perhaps it's moving to a relative's house for several days when the power is out or accepting a warm supper from a neighbor rather than insisting on cooking. Relying on others isn't easy when a senior prefers to be independent, but learning to adapt can actually lead to more independence.

Seniors and their families may find winter months more challenging when it comes to caregiving and keeping seniors safe. Ice, snow, and rain make surfaces a greater risk for falls while the cold leads to less activity in general. Keeping in mind key preparation tips such as food planning, cold-weather clothing, and preventing hypothermia gives seniors and families greater comfort and reassurance to safely face the colder months.

CROSSWORD PUZZLE

Across

- 1 Riot spray
- 5 Lawn starter
- 9 Forum greeting
- 12 Pedestal topper
- 13 Traps
- 15 Obtain
- 16 Sunshine State city
- 18 Boiling blood
- 19 Before, once
- 20 Apple throwaway
- 21 Santa Anas, e.g.
- 23 Chickenfeed
- 26 Place for a pin
- 28 Warning device

- 29 Luxury car, familiarly
- 30 Grandfather clock part
- 34 Jai ___
- 35 Painting holder
- 37 The life of Riley
- 38 Wicked king and son of Zeus
- 40 Anesthetized
- 41 Baby buggy
- 42 Church official
- 43 Yam
- 47 Highlander dagger
- 48 Henry VIII's sixth
- 49 Unit of energy
- 52 Bolivian export

- 53 Sobriquet
- 57 Ancient
- 58 Quick breads
- 59 Soprano's song, maybe
- 60 Thickness
- 61 Hardy heroine
- 62 Trapper's prize

Down

- 1 Acarid
- 2 Shevat follower
- 3 ___ slaw
- 4 Building annex
- 5 Tangle
- 6 Artist's stand
- 7 Hesitant sounds
- 8 Sandra of "Gidget"
- 9 Winery process
- 10 Cape ___ Islands
- 11 Quebec seasons
- 13 Sand bar
- 14 "Folly" politician
- 17 Summits
- 22 Insinuation
- 23 Kind of soup
- 24 Sci. course
- 25 Fine-tune
- 26 Singer Falana
- 27 Astronaut Shepard
- 29 Rodent
- 30 Mas' mates
- 31 Stow, as cargo
- 32 Consumer
- 33 Mal de ___
- 35 Fizzless
- 36 Beef cut
- 39 Gladiatorial sites
- 40 Extreme
- 42 Noblemen
- 43 Proficiency
- 44 "Peter Pan" character, ___ Darling
- 45 Unlocks
- 46 Accounts
- 47 Train station
- 49 Emerald Isle
- 50 Provoke
- 51 Picnic pest
- 54 Loan figure, briefly
- 55 "Ulalume" poet
- 56 Pub fixture

1	2	3	4			5	6	7	8		9	10	11	
12					13					14		15		
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	43	44					45	46						
47							48					49	50	51
52					53	54	55					56		
57					58							59		
60						61						62		

Dreams

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

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

FADE
 FEAR
 FREQUENT
 FREUD
 HABIT
 HINDER
 IMAGINE
 LATE
 LOUD
 MESSAGE
 NIGHTMARE
 PERSPIRE
 PLEASANT
 PREDICT
 RECUR
 REMEMBER
 REPRESSION
 SERIOUS
 SLEEPWALKING
 STRANGE
 SUDDEN
 SWEAT
 VAGUE

ANSWERS
 AWAKEN
 BED

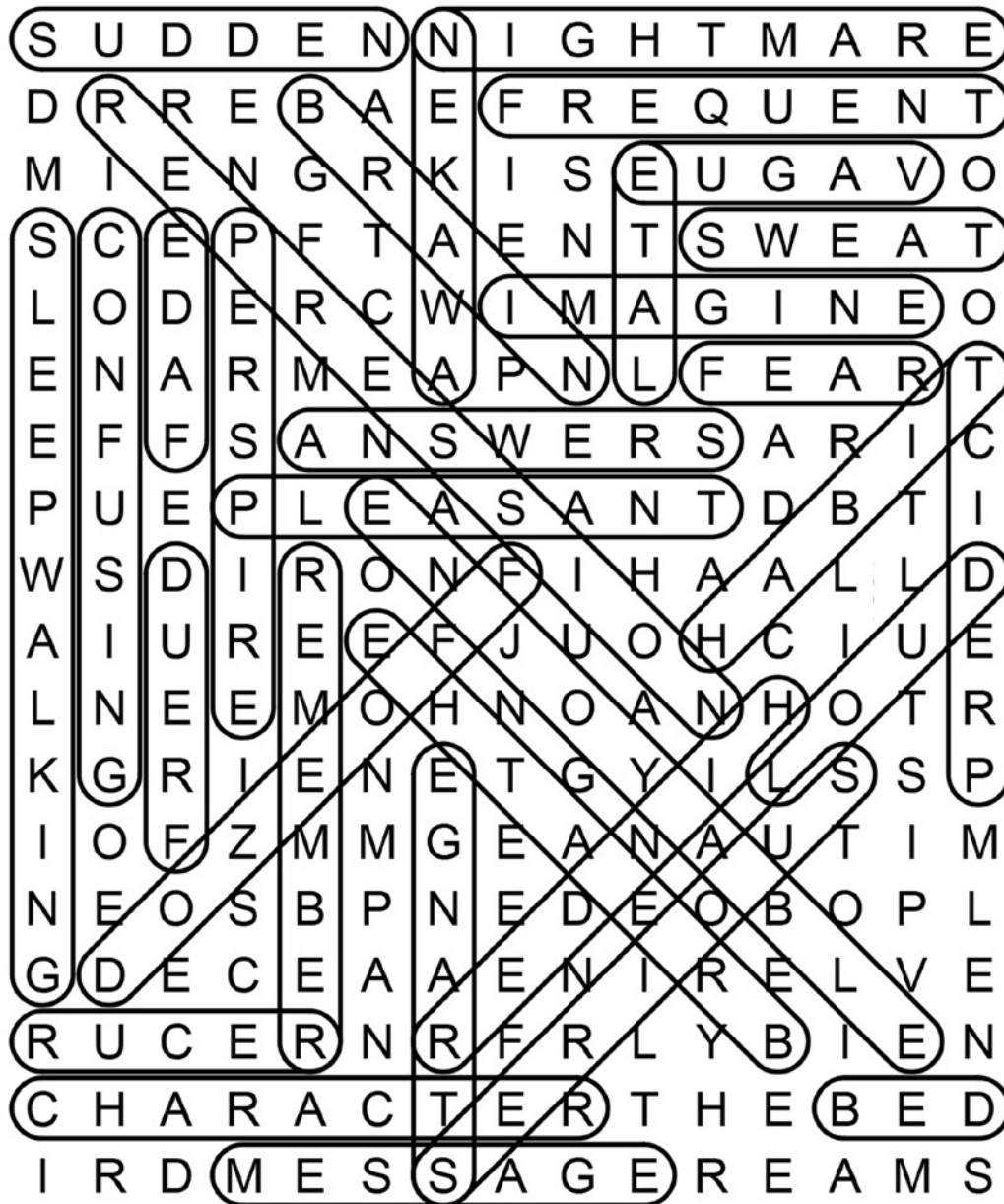
BRAIN
 BREATHE
 CHARACTER

CONFUSING
 DOZE OFF
 ENJOYABLE

CROSSWORD PUZZLE SOLUTIONS



Solution: Dreams



JANUARY LUNCH MENU

MON	TUES	WED	THURS	FRI
			1 ALL SENIOR CENTERS CLOSED	2 HERB BAKED FISH W/ TARTAR SAUCE French Fries Carrots Wheat Roll Strawberries
5 SPAGHETTI W/ MEAT SAUCE Italian Veggies Tossed Salad Fruit Salad	6 CHICKEN & RICE CASSEROLE Broccoli Wheat Roll Tossed Salad Tropical Fruit	7 TURKEY & SWISS SANDWICH W/ GARNISH Cucumber & Tomato Salad Baked Chips Fresh Pear	8 HERBED PORK CHOP W/ GRAVY Brown Rice Mediterranean Veggies Tossed Salad Applesauce	9 SALISBURY STEAK Mushroom Gravy Mashed potatoes Green Beans Roll Plums
12 FRITO PIE W/ GARNISH Pinto Beans Spinach Apricots	13 BAKED CHICKEN W/ GRAVY Scalloped Potatoes Brussel Sprouts Roll Peaches	14 PEPPER STEAK Brown Rice California Blend Mixed Berry Yogurt	15 TUNA SALAD SANDWICH Celery Sticks Carrot & Raisin Salad Orange	16 GREEN CHILI CHEESEBURGER W/ GARNISH French Fries Capri Blend Banana
19 ALL SENIOR CENTERS CLOSED	20 CHICKEN FAJITAS Peppers & Onions Black Beans Spinach Mango Chunks	21 MEATLOAF W/ TOMATO TOPPING Parsley Potato Broccoli Roll Grapes	22 PORK CARNE ADOVADA Pinto Beans Chateau Veggies Tortilla Fresh Pears	23 TERIYAKI CHICKEN Brown Rice Asian Veggies Fortune Cookie Mandarin Oranges
26 BEEF SOFT TACO W/ GARNISH Refried Beans Zucchini & Diced Tomato Fresh Apple	27 CHICKEN PARMESAN Penne Pasta Italian Blend Tossed Salad Fruit Cocktail	28 BEEF & POTATO STEW W/ CELERY, TOMATOES & CARROTS Tossed Salad Wheat Roll Spiced Peaches	29 CHEF SALAD W/ HAM, CHICKEN & EGG Roll Tropical Fruit	30 SWEDISH MEATBALLS Egg Noodles Vegetable Medley Tossed Salad Mixed Fruit

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: HEALTHY CHICKEN NOODLE SOUP



Ingredients

- 2 Tbsp.** extra-virgin olive oil, divided
- 1 lb.** boneless skinless chicken breasts
- Kosher salt
- Freshly ground black pepper
- 1 tsp.** dried oregano
- 1** large onion, chopped
- 3** large carrots, peeled and chopped
- 3** stalks celery, chopped
- 2** cloves garlic, minced
- 5 cups** Swanson Chicken Broth
- 3 cups** water
- Small bunch thyme
- 1** bay leaf
- 1** (12-oz.) package gluten-free noodles
- 1** bunch Tuscan kale, stemmed and shredded
- Juice of 1 lemon

Step 1

In a large pot or Dutch oven over medium high heat, heat 1 tablespoon oil. Season chicken all over with oregano, salt, and pepper and add to pot. Cook until golden and cooked through, about 8 minutes per side.

Step 2

Remove from pot and let rest 10 minutes before chopping into small chunks.

Step 3

Add about 2 tbsp chicken broth to skillet (it should bubble immediately!), then use a wooden spoon to scrape up and golden chicken bits. Let cook until most liquid has reduced down, then add remaining tablespoon oil.

Step 4

When oil is hot, add onion, carrot, and celery. Season with salt and pepper and cook until beginning to soften, about 5 minutes. Stir in garlic and cook until fragrant, 1 minute.

Step 5

Pour over broth and water and add bay leaf and thyme. Bring to a steady simmer and let simmer 15 minutes. Season with salt and pepper.

Step 6

Increase heat and bring mixture to boil, then add noodles. Cook until noodles are tender, about 7 minutes. Discard thyme stems and bay leaves, then stir in kale, lemon juice, and chopped chicken.

VOLUNTEER PROGRAMS



**AmeriCorps
Seniors**

GIVE A LITTLE TIME, GET A LOT BACK.

Join the RSVP Volunteer Program. If you are 55+, we will connect you with a volunteer opportunity to fit your lifestyle from more than 40 community-improving organizations. We support our volunteer corps with mileage reimbursement, supplemental insurance, educational events & volunteer recognition. rsvpsantafe.org

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

really enjoy planting trees or helping to improve wildlife habitat. You may find you LIKE working with the public at a charity walk or run, or helping people find their seats at a community theater production.

- Always start a volunteering experience at a new organization with something short, that you can try out just once, or that you commit to just one day a month for a few months. That way, you don't end up committed to an activity you really don't enjoy.
- Fulfill your commitment. Don't sign up for a volunteering opportunity that requires you to be there every week if you cannot be there every week.
- Recruit at least one other person to volunteer at an organization where you volunteer this year.
- Share information about your volunteering experience on your social media and let your network know how they can volunteer too.

Volunteer opportunities await you! If you are interested in volunteering with the Retired Senior Volunteer Program (RSVP), Foster Grandparent Program (FGP), Senior Companion Program (SCP) or the Care Companion Program (CCP) please call 505-955-4721. Thank you & happy 2026!

NEW YEAR'S RESOLUTIONS FOR THOSE THAT WANT TO VOLUNTEER OR TO CONTINUE VOLUNTEERING

Ideas for New Year's Resolutions for those that want to volunteer or to continue volunteering:

- Look at your schedule. What days, and what hours on those days, are you available for volunteering? Will you volunteer every week or every month?
- If you cannot think about what kind of activity you want to do, then think about what kind of activity you do NOT want to do. Do you NOT want to work outside? Do you NOT want to work with the public? Do you NOT want to sit at a desk?
- Be open to new opportunities and new activities. Habitat for Humanity does NOT require you to have any construction skills to help at a build event. If you have never worked outside, you may find you



HAPPY BIRTHDAY, VOLUNTEERS!

1.4	Frank Nordstrum	1.19	Christine Karl Teresa Martinez
1.6	Patricia Kohler	1.24	Sue Angel Joe Preston
1.8	Juan Revuelta	1.26	Michael Mier Pauline Orosco
1.9	Carol Ashcraft	1.28	Perfilia Martinez Terry Meacham Caro Waterman
1.11	Rose Blackson Nazario Ray Roybal	1.29	Frances Padilla
1.14	Dolores Vigil	1.30	Deborah Chapman
1.16	Carol Montoya		
1.17	Maria Antonia Salazar		
1.18	Thomas Hoelzer		

DECEMBER HIGHLIGHTS



Tony performs for the MEG Talent Show!



Paul Montano's 75th Birthday!



Santa Fe Harmonizers!



Looking good, Charlene!



Frank is the Finale!



Chizuko gives a stunning performance!



CITY OF SANTA FE
SENIOR SERVICES

1

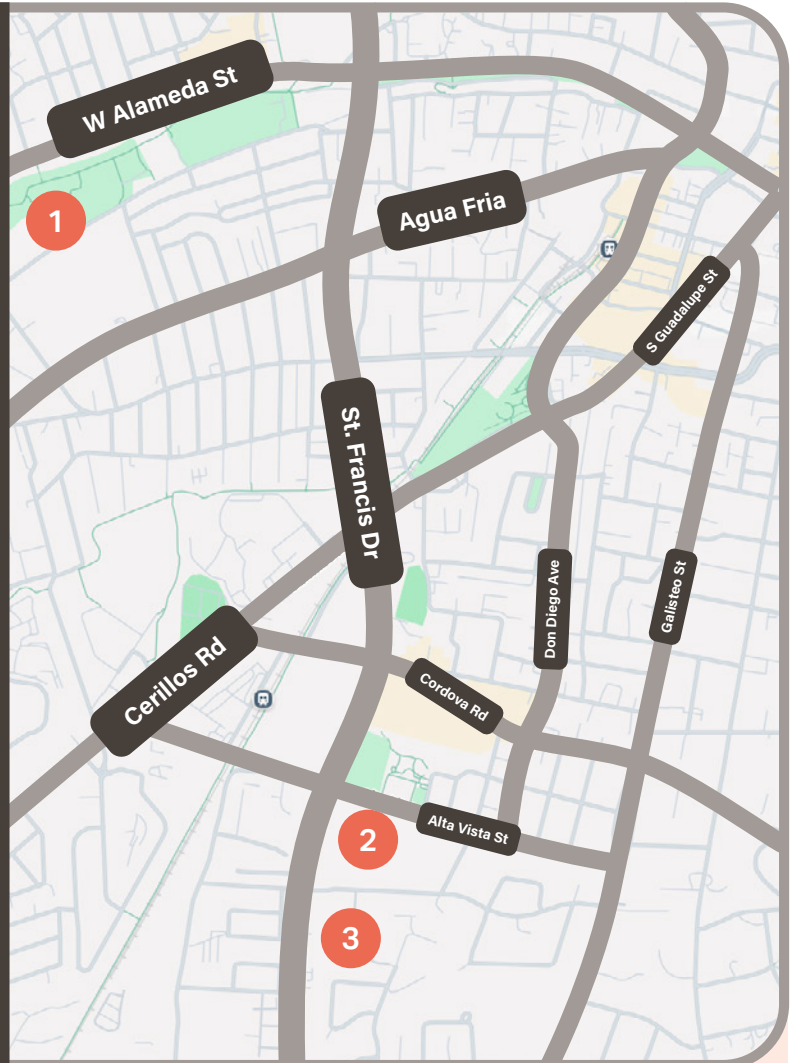
**Mary Esther Gonzalez
(MEG) Senior Center**
1121 Alto St.

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

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