

SENIOR SCENE

February 2025

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JANUARY HIGHLIGHTS



Neil Turns 91 Years Young



Senior Olympics Health Fair



MLK Service Project



Senior Olympics Fun!



Dancing Duo!



Senior Olympics Volunteers

ACTIVITY CALENDARS

ONGOING ACTIVITIES AT SENIOR CENTERS

All activities are open to seniors 60 years or older. **Schedule is subject to change.** Please sign in on our activity sheets every time you participate in an activity. Masks are optional.

Luisa Senior Center - 1500 Luisa Street (Entrance on Columbia Street)

Mon-Fri: 10:30AM-12:30PM

Fitness Room & Computer Lab: OPEN

Mon, February 10th: Haircuts by Fabiola
10:00AM-1:00PM

Wed, February 26th: Haircuts by Catalina
9:30AM-12:30PM

Pasatiempo Senior Center - 664 Alta Vista St.

Mon-Fri: Fitness Room Open

8:00AM-1:00PM

Tues: Line Dancing

Beginner 10AM, Intermediate 11:30AM

Wed: Live music by Grupo Cielo Azul
11:45AM-2:00PM

Thurs: Japanese Dance w/ Chizuko
10AM-11:00PM

Wednesday, February 19th: Haircuts by
Catalina: 9:30AM-12:30PM

Mary Esther Gonzales (MEG) Senior Center - 1121 Alto Street

**(Pool/Cards/Billiards Room, Fitness Room and
Computer Lab CLOSED FOR CONSTRUCTION)**

Mon-Thurs: Games/Cards-Conference Room
8:00AM-10:00PM

Mon, Feb 3rd, Feb 17th: Cribbage-All skill
levels welcome and Keena and Susan
1:00PM-3:00PM

Mon, Feb 3rd: New in February!
Improv with Leslie Zane: 1:00PM

Mon, Feb 3rd, Feb 17th: Haircuts by Fabiola
10:30AM

Mon & Tues: Tai Chi/Short Form
8:30AM-9:30AM

Mon, Wed, Fri: Enhanced Fitness
9:30AM-10:30AM

Tues: Guitar Class
10:00AM-12:00PM

Wed: Bingo
1:30PM-3:00PM

Weds: Quilting
Class will resume after construction.

Thurs: Wood Carving
9:30AM-11:00AM

Thurs: Meditation for Seniors brought to you
by Upaya: 1:00PM-2:00PM

Thurs: Qi Gong (sitting optional)
3:30PM-4:30PM

Fri: Knitting Class
1:00PM-3:00PM

Book Club

"MEG Page Turners" Friday, February 7th at
1:00PM. ***Finding Dorothy*** is the novel to
be discussed.

**Technology, smart phone, tablet assistance
with Jesse Kain by appt. only call
505-699-3597**

**Contact for all three centers:
Kim Rivera 505-955-4715,
karivera@santafenm.gov**

CONTACT INFORMATION

505-955-4721

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

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

DIRECTOR'S NOTE



Dear Senior Services Community,

I hope everyone is staying warm and safe. We have had some cold weather here in the Santa Fe area, and I would like to remind everyone that we are a warming center if they need a place to stay warm and visit with friends.

This month is also Heart Awareness month, so along with Valentine's Day, it is a great time to be aware of your heart health. Heart disease is the leading cause of death in the United States, but there are things you can do to prevent it. Taking time to care for your heart can be challenging, but it's easier than you think to show your heart the love it deserves each day. Small acts of self-care, like taking walks, getting quality sleep, and cooking healthy meals, help your heart.

The MEG expansion is getting close to wrapping up. The contractor is installing the final touches, and we are working with the moving company to arrange to bring back all our equipment. I can't wait for you all to see and enjoy our new space. We are getting ready to start a roofing project at our MEG center, and there will be days we will have to close the center due to construction. We will give everyone as much notice as possible to minimize the disruption of service. Thank you in advance for your understanding.

Happy Valentine's Day,

Manuel Sanchez

SANTA FE 50+ SENIOR OLYMPICS



Advertisement/Flyer

April-May 2025

- Archery
- Basketball Skills
Free Throw
3-Point
- Bowling
- Cornhole
- Eight Ball Pool
- Huachas
- Road Race
- Pickleball

- Fun Events
- Shuffleboard
- Horseshoes
- Swimming
- Table Tennis
- Tennis

14 Sports Offered

Compete in age divisions

Registration Fee \$25.00

GCCC 2/12

Fort Marcy 2/5

MEG 1/15-2/14

Late Registration with no T-Shirt 2/17-2/28

Contact Kim Rivera 505-955-4715

NEWS & VIEWS

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 2:30 for mandatory staff meetings/trainings. Thank you.

Customers need to schedule their reservation at least 5 days in advance.

Thank you for your patience. If you have any questions, please feel free to contact Linda Salazar at 955-4700.

FEBRUARY GROCERY DISTRIBUTION



Drive-through grocery distributions for Santa Feans in need are offered at The Food Depot at 1222 Siler Road 7:00 – 9:00 a.m. Thursdays, February 6th and 20th.

St. John's Methodist Bag 'n Pantry Tuesdays 11:00am-12:30pm and 5:00pm-6:30pm. 1200 Old Pecos Trail Santa Fe, NM
Contact: 505-982-5397



Open to all low-income seniors 50+. Fourth Saturday of the month. Zia United Methodist Church 3368 Governor Miles Rd. Santa Fe, NM 87507. 3-4pm.

ICAN CLASS NUTRITION CLASSES

ICAN (Ideas for Cooking and Nutrition) is a program of the NM State University Cooperative Extension Service and is available free of charge to individuals with limited resources. These classes can help you:

- Choose low-cost nutritious foods
- Prepare quick and nutritious meals
- Eat more vegetables, fruits and whole grains
- Maintain a healthy weight

MEG: Tues. February 18th at 11:30am

Pasatiempo: Wed. Feb. 19th at 11:30am

Luisa: Thurs. February 20th at 11:30am

For more information, please contact Renee at the SF County Extension 505-471-4711

B-DAY CELEBRATIONS FOR FEBRUARY

Everyone is welcome to enjoy a slice of birthday cake for all February Birthdays during the lunch hour at the following Senior Centers:

MEG-Thursday, Feb. 6th at 11AM

Pasatiempo-Thurs., Feb. 13th at 11AM

Luisa-Friday, Feb. 21st at 11AM

MOVIE DAY AT MEG CENTER



MEG Center February movie is Sleepless in Seattle Feb 11th at 1:00pm.

Widower Sam Baldwin (Tom Hanks) moves to Seattle with his son, Jonah. Annie Reed (Meg Ryan), a reporter in Baltimore, hears Sam on a radio show and writes Sam a

letter asking him to meet her at the Empire State Building on Valentine's Day.

NEWS & VIEWS

VALENTINE DANCE

Friday, February 14, 2025

- Fraternal Order of the Eagles
833 Early Street.
- 1:00pm-4:00pm
- Free Admission and Refreshments

Music by: Peter Vigil



AARP "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 fifty 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. 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 1:00-5:00p.m. The next class is scheduled for Tuesday, February 4, 2025. For further information to attend any class, contact:

Dominic Mandel at 505-490-2489

Edna Sandoval at 505-690-4350

visit aarp.org



TEX HELP NEW MEXICO - SANTA FE

Get help from IRS-qualified tax preparers. Tax Help New Mexico is a free tax-filing service for NM residents whose income is \$65,000 or less, or those who are 65 years or older.

Location: Santa Fe Main Library, 145 Washington Ave, Santa Fe (downtown at Marcy/Washington)

Dates: February 3 - April 9, 2025

Days: open Monday/Tuesday/Wednesday

Appointments are required. Please call 505-819-3702 and speak to our staff or leave a message and we will call back.



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

NEWS & VIEWS

Start Date: Thursday, February 3, 2025

End Date: Tuesday, April 15, 2025

Cost: Free

Days of operation: Monday through Saturday

Hours of operation:

M - F: 8:30am – 3:00pm

Sat: 8:15am – 11:30am

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. 24 through Mar. 29), and SFCC weather delays or closures (appointments affected by weather delays or closures will be re-scheduled).

APPOINTMENTS ARE REQUIRED

To make an Appointment Online:

sfcc.edu/taxaide

To make an Appointment by Phone:

505-428-1780

(Note: this phone is staffed by volunteers during days of operation – Voice Mails will be answered when volunteers are available.)



Family Caregivers-Women's Support/Action Group. This group meets twice a month and is for women supporting a loved one with a dementia diagnosis or any chronic illness. 1st and 3rd Tuesdays 1:30pm-2:30pm; Jan. 7 and 14, Feb. 4 and 18, March 4 and 18. Memory Care Alliance Office: 1541 St. Francis Dr.

Support and Action 6-Week Program ...for dealing with the grief and loss while living with Parkinson's Disease.

This group is for anyone living with the ongoing challenges from Parkinson's disease. Whether you have the diagnosis or are the partner/helper, you each have unique losses and as you know they can change daily!

Those losses include your physical, mental, and emotional health along with any of the over 40 losses you may have from the past. The purpose of this group is to learn, share, and take action:

- The myths about grief and loss
- About grief and how it affects all areas of our lives
- Communicating more effectively
- Creating hope in the darkest times
- Forms and structures to help and empower you through the day

As a result of participating in the group, you will be better equipped to care for yourself whether you have PD or are the partner/helper.

The group is sponsored by the Santa Fe PD Action Group and the Memory Care Alliance, therefore free of charge to participants. It is facilitated by Eileen Joyce, Hudson Institute Certified Coach and Certified Grief Recovery Specialist.

Please contact Eileen to reserve your place: **email ej@eileenjoyce.com or call 505.428.0670**

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 and volunteer recognition.

www.rsvpsantafe.org

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

HAPPY BIRTHDAY, FEBRUARY VOLUNTEERS!

Patricia Moeller 2/4
Juanita Quintana 2/11
Irene Moyes 2/14
Edna Sandoval 2/14
Catherine Roybal 2/15
Susan Cover 2/16
Dorothy Galloway 2/17
Maria Rios 2/17
James Dorris 2/19
Steve Cary 2/20
Valerie Alarid 2/26
Kate Allen 2/27
Margie Gurule 2/28

HELP YOUR NEIGHBORS BY BECOMING AN ESL or LITERACY TUTOR.

Literacy Volunteers of Santa Fe's 12-hour training prepares volunteers to tutor adults in English as a Second Language (ESL). The ESL new tutor orientation will be held online on Thursday, March 6th, from 4 to 6 p.m. The in-person training will be on Friday & Saturday, March 7th and 8th, from 9 a.m. to 1 p.m. at SFCC. A registration meeting and a 2-hour follow-up workshop are also included. For more information, please call **505-428-1353 or visit www.lvsf.org** to complete an application. No experience or second language is necessary!

VOLUNTEER PROGRAMS

BECOME A BOARD MEMBER AT LITERACY VOLUNTEERS OF SANTA FE!

Are you interested in making a difference in local students' lives? Literacy Volunteers of Santa Fe (LVSF) is seeking passionate, community-minded individuals to join our Board of Directors. Our mission is to transform lives in greater Santa Fe through the power of literacy, and we need your skills and dedication to expand our impact.

As a board member, you'll play a vital role in strengthening our community by:

- Helping students of all ages gain essential literacy skills for greater independence and opportunity.
- Empowering individuals with the skills needed to succeed in jobs and education.
- Supporting initiatives that bridge educational and economic gaps; and enabling students to share the gift of literacy with their families and with future generations.

Board member responsibilities include one meeting per month and a commitment to serve either on our financial, development, or marketing and communications subcommittee.

The 9 men and women who serve on our board are committed to fostering a more educated, empowered, and thriving community. Every hour volunteered creates a ripple effect of positive change that extends far beyond the classroom and deep into our students' lives.

While we are looking for individuals with expertise in finance, program development,

fundraising, marketing and communications, and education, all skill sets are welcome!

For more information please contact:

**Carmelita Topaha at shi.yazddzl@gmail.com
505-716-1391**

**Chris Howson at cphowson@outlook.com
203-984-7711**

FLORA'S CORNER

What Makes a Home?

A house is built with boards.

A home is built with faith.

A house can be big as a castle.

A home can be small as one room.

A house says, "Look at me."

A home says, "Welcome, come visit."

A house is where folks can admire the furniture.

A home is where they feel comfortable sitting on it.

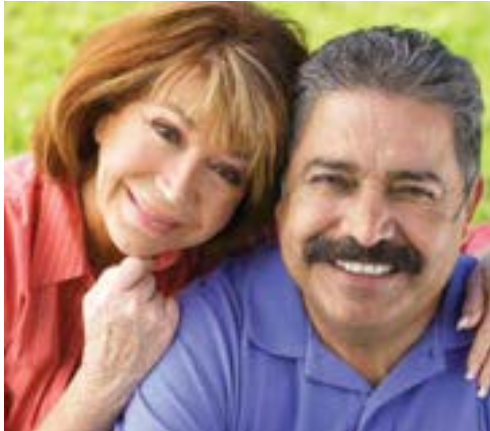
A house is something to brag about. A home is something to feel good about.

A house is lit with electric lights. A home is lit by the light of God's presence.



ABCS of Heart Health

To reduce the risk of heart attack or stroke



Every year, Americans suffer more than **1.5 million heart attacks and strokes**. But following the ABCS can help reduce your risk and improve your heart health.

- A:** Take **aspirin** as directed by your health care professional.
- B:** Control your **blood pressure**.
- C:** Manage your **cholesterol**.
- S:** Don't **smoke**.

A Take aspirin as directed by your health care professional.

Ask your health care professional if aspirin can reduce your risk of having a heart attack or stroke. Be sure to tell your health care professional if you have a family history of heart disease or stroke, and mention your own medical history.

B Control your blood pressure.

Blood pressure measures the force of blood pushing against the walls of the arteries. If your blood pressure stays high for a long time, you may suffer from high blood pressure (also called hypertension). High blood pressure increases your risk for heart attack or stroke more than any other risk factor. Find out what your blood pressure numbers are, and ask your health care professional what those numbers mean for your health. If you have high blood pressure, work with your health care professional to lower it.

C Manage your cholesterol.

Cholesterol is a waxy substance produced by the liver and found in certain foods. Your body needs cholesterol, but when you have too much, it can build up in your arteries and cause heart disease. There are different types of cholesterol: One type is “good” and can protect you from heart disease, but another type is “bad” and can increase your risk. Talk to your health care professional about cholesterol and how to lower your bad cholesterol if it’s too high.

S Don't smoke.

Smoking raises your blood pressure, which increases your risk for heart attack and stroke. If you smoke, quit. Talk with your health care professional about ways to help you stick with your decision. It's never too late to quit smoking. Call 1-800-QUIT-NOW today.

Million Hearts® is a national initiative to prevent 1 million heart attacks and strokes by 2017. It is led by the Centers for Disease Control and Prevention and the Centers for Medicare & Medicaid Services, two agencies of the Department of Health and Human Services.

The Million Hearts® word and logo marks and associated trade dress are owned by the U.S. Department of Health and Human Services (HHS). Use of these marks does not imply endorsement by HHS.

Heart disease and stroke are the first and fourth leading causes of death in the United States.

Together, these diseases cause 1 in 3 deaths.

The good news is that you can reduce your risk by following the ABCS!

Rosa was caring for her granddaughter when she felt a sharp pain in her chest that didn't go away. At the hospital, the health care professional told her that she had high blood pressure and that it had caused a heart attack. Rosa was surprised—she didn't feel bad most of the time and didn't know she had high blood pressure. The health care professional gave Rosa medicine to help control her blood pressure and prevent another heart attack. Rosa takes her medicine every day so she can keep her blood pressure under control. It's important to Rosa to stay healthy. She wants to see her granddaughter grow up and get married one day.



What do I need to know about high blood pressure?

High blood pressure is the leading cause of heart attack and stroke in the United States. It can also damage your eyes and kidneys. **One in three American adults has high blood pressure, and only about half of them have it under control.**

How is blood pressure measured? Two numbers (for example, 140/90) help determine blood pressure. The first number measures systolic pressure, which is the pressure in the blood vessels when the heart beats. The second number measures diastolic pressure, which is the pressure in the blood vessels when the heart rests between beats.

When and how should I take my blood pressure?

Take your blood pressure regularly, even if you feel fine. Generally, people with high blood pressure have no symptoms. You can take your blood pressure at home, at many pharmacies, and at your doctor's office.

The doctor is not the only health care professional who can help you follow the ABCS. Nurses, pharmacists, community health workers, health coaches, and other professionals can work with you and your doctor to help you achieve your health goals.

Need confidential health information? Call the Su Familia Helpline at 1-866-783-2645 today.

Su Familia: The National Hispanic Family Health Helpline offers free, reliable information on a wide range of health issues in Spanish and English. The health promotion advisors can help Hispanic clients find affordable health care services in their community.

How can I control my blood pressure? Work with your health care professional to make a plan for controlling your blood pressure. Be sure to follow these guidelines:

- **Eat a healthy diet.** Choose foods low in trans fat and sodium (salt). Most people in the United States consume more sodium than recommended. Everyone age 2 and up should consume less than 2,300 milligrams (mg) of sodium per day. Adults age 51 and older; African Americans of all ages; and people with high blood pressure, diabetes, or chronic kidney disease should consume even less than that: only 1,500 mg of sodium per day.
- **Get moving.** Staying physically active will help you control your weight and strengthen your heart. Try walking for 10 minutes, 3 times a day, 5 days a week.
- **Take your medications.** If you have high blood pressure, your health care professional may give you medicine to help control it. It's important to follow your health care professional's instructions when taking the medication and to keep taking it even if you feel well. Tell your health care professional if the medicine makes you feel bad. Your health care team can suggest different ways to reduce side effects or recommend another medicine that may have fewer side effects.

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twitter.com/@MillionHeartsUS



Visit millionhearts.hhs.gov and pledge to live a longer, healthier life today.

RECIPES > DESSERTS > FRUIT DESSERTS > STRAWBERRY DESSERT RECIPES

Valentine Strawberries

Candy melts add pretty color to this Valentine's Day mainstay.

Submitted by **thehungryscientist** |  Tested by **Allrecipes Test Kitchen**

Prep Time: 15 mins

Cook Time: 5 mins

Additional Time: 15 mins

Total Time: 35 mins

Servings: 24

Yield: 24 strawberries

Ingredients

- 8 ounces pink candy melts
- 8 ounces white candy melts
- 8 ounces bright pink candy melts
- 24 large fresh strawberries
- sprinkles as needed (optional)

Directions

Step 1

Line a baking sheet with parchment or wax paper.

Step 2

Microwave candy melts in separate bowls, 1 bowl at a time, stirring every 30 seconds, until melted.

Step 3

Dip strawberries into desired color of candy melts. Let excess candy drip off, then set on the prepared baking sheet. Drizzle with another color of candy melts. Top with sprinkles. Chill strawberries until set, at least 15 minutes and up to 2 days.

SENIOR CENTER LUNCH MENU

SENIOR CENTER LUNCH MENU FEBRUARY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Chili Dog Meaty Red Chili Sauce Tater Tots Mixed Veggies Banana Pudding	4 Pork Stir Fry Fried Rice Stir Fry Veggies Tossed Salad Mandarin Oranges	5 Breaded Chicken Sandwich Garnish Pasta Salad Baby Carrots Tropical Fruit	6 Baked Ham Yams Vegetable Medley Garden Salad Pineapple Tidbits	7 Chicken & Rice Casserole California Veggies Roll Spinach Salad Fresh Apple
10 Pork Chop Scalloped Potatoes Broccoli Roll Diced Pears	11 Meatball Sub Mozzarella Cheese Italian Veggies Potato Chips Tossed Salad Jello	12 Green Chili Chicken Enchiladas Pinto Beans Calabacitas Cinnamon Spiced Apples	13 Beef Roast Mushroom Gravy Baked Potato 5 Way Veggies Roll Peaches	14 Chicken Tenders Sweet Potato Fries Peas & Carrots Carrot & Raisin Salad Oatmeal Cookie
17 Orange Chicken White Rice Asian Veggies Egg Roll Sherbet	18 Open Face Turkey Sandwich Turkey Gravy Stuffing Chateau Veggies Fruit Cocktail	19 Spaghetti with Meaty Marinara Italian Veggies Green Salad Garlic Bread Applesauce	20 Pork Carne Adovada Burrito Buttered Carrots Spanish Rice Tapioca Pudding	21 Green Chili Chicken Posole Green Beans Tossed Salad Tortilla Cherries in Cobble
24 Salisbury Steak Mushroom Gravy Mashed Potatoes Asparagus Roll Fresh Pear	25 Baked Chicken Mushroom Sauce Rice Pilaf Brussel Spouts Roll Sugar Cook	26 Frito Pie Pinto Beans Garnish Chuckwagon Corn Coleslaw Apricot	27 Beef & Potato Stew with Veggies Steamed Spinach & Onions Tossed Salad Roll Jello	28 Chicken Salad Sandwich Croissant Sun Chips Cucumber Tomato Salad Brownie

Senior Meal Suggested Donation: Lunch \$1.50
10:30 am – 12:30 pm Monday through Friday

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

CROSS WORD PUZZLE

ACROSS

- 1. Magnum, _____
- 2. **1940s Big Band singer**
- 10. Road goo
- 11. Customary practice
- 12. Boat race
- 13. **Parks and Recreation star**
- 18. Monopoly start
- 19. In the thick of
- 21. **Link to the other theme answers**
- 25. Bell the cat

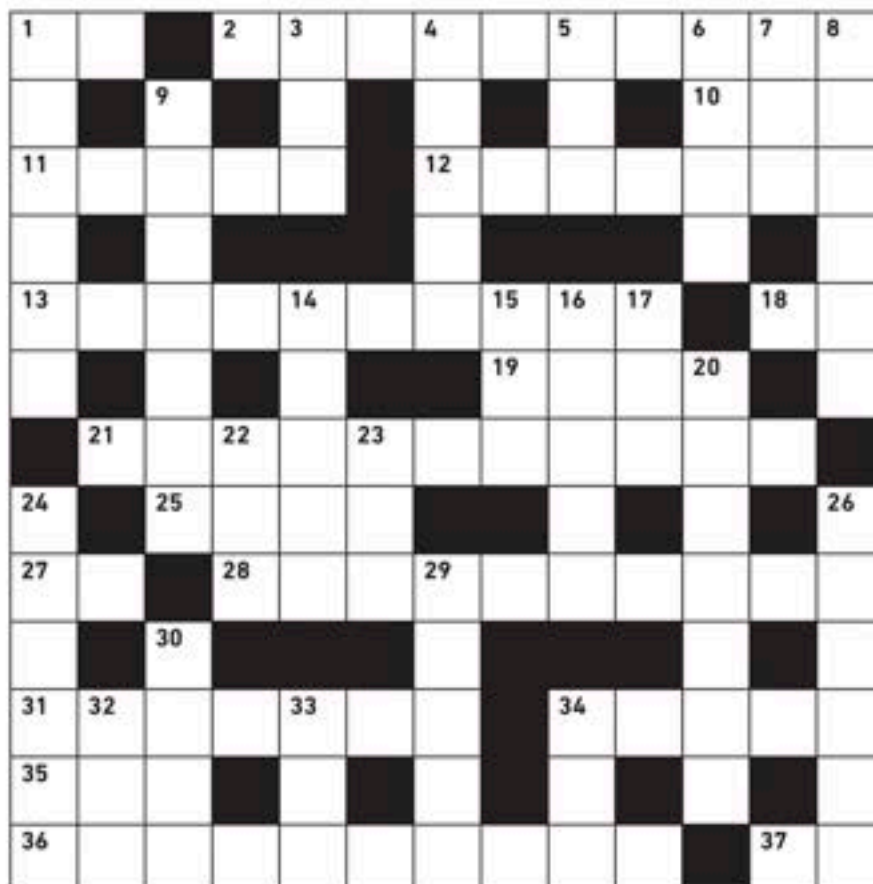
- 27. Bullock
- 28. **Winner of the 1981 Pulitzer Prize for Drama**
- 31. Ad songs
- 34. Camel rival
- 35. Obamacare, for short
- 36. **Former Fox News host**
- 37. Comics publisher

- 5. Mediterranean fruit
- 6. *Beetle Bailey* pooch
- 7. Squealer
- 8. *Game of Thrones* beast
- 9. Bush cricket
- 14. Bizarre
- 15. Statute
- 16. Ham it up
- 17. Brink
- 20. Boldly state
- 22. 1950s star Hunter
- 23. Permit

- 24. Bottleneck
- 26. Supernatural
- 29. Waste-maker
- 30. Wee impediment
- 32. Vanilla_____
- 33. Grid great Dawson
- 34. Diamond great Ott

DOWN

- 1. Not singular
- 3. Have debts
- 4. Olympic symbol



Poetry

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

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

- ECLOGUE
- ELEGY
- EPIGRAM
- EPITAPH
- HYMN
- IDYLL
- LAMENTATION
- LIMERICK
- MADRIGAL
- NONSENSE
- OCTET
- ODE
- PASTORAL
- PROSE
- RIDDLE
- ROMANCE
- SATIRE
- SEXTET
- SONNET
- STANZA
- VILLANELLE
- VISUAL POETRY
- VOCALIZE

ATONAL
 BALLAD
 BURLESQUE

CANTILENA
 CONCRETE
 COPLA

COUPLET
 DISTICH
 DITHYRAMB

DELETE ONE

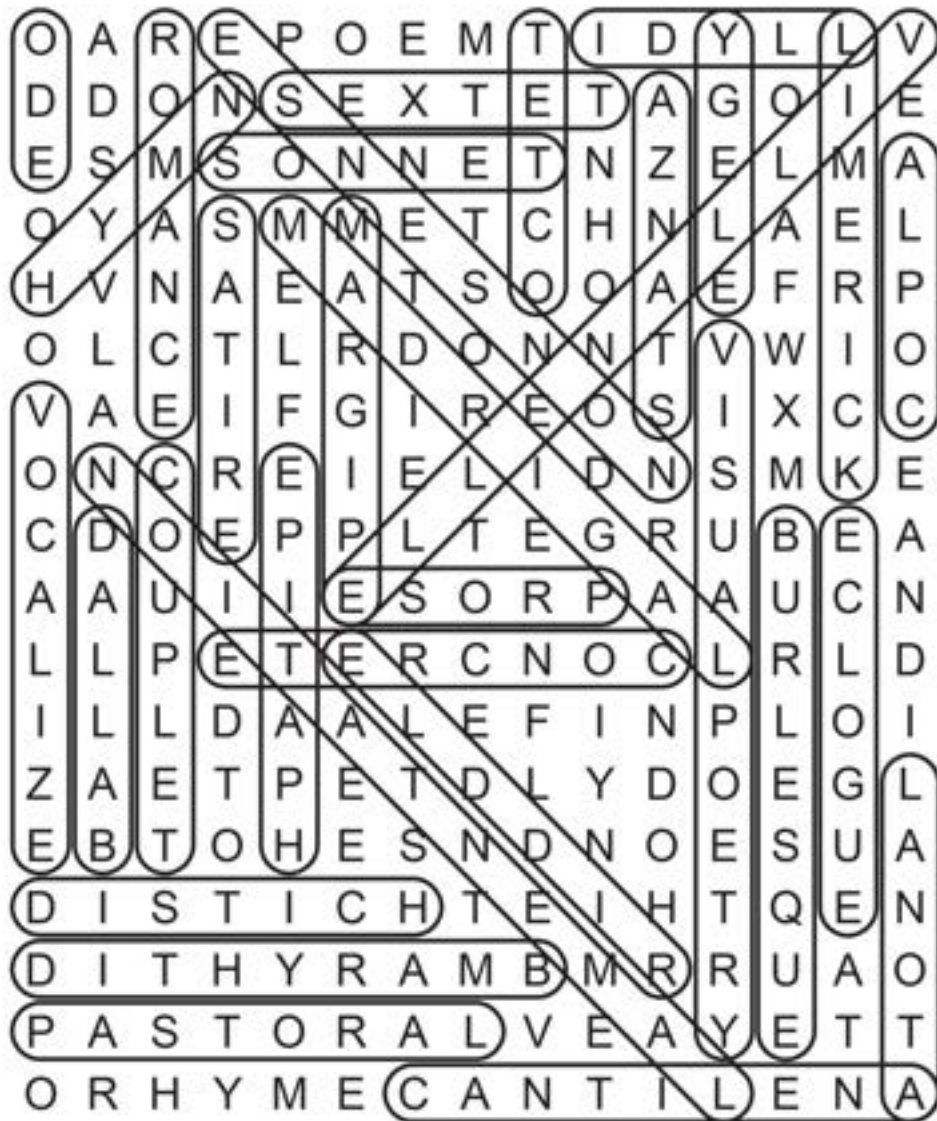
Delete one letter from JIVE PATTERN and find a trapping of great wealth.



CROSS WORD PUZZLE & WORD SEARCH SOLUTIONS

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

Solution: Poetry



DELETE ONE

Delete N and find PRIVATE JET





FREE LIVE LEGAL WEBINARS

The Legal Resources for the Elderly Program (LREP) will be presenting monthly free Legal Webinars available to the general public.

Topics covered:

- Power of Attorney
- Advance Health Care Directive
- Probate
- Non-Probate Transfers (including Transfer on Death Deeds)
- Institutional Medicaid

Each workshop includes:

- A presentation by an LREP Staff Attorney
- An open question and answer period

Upcoming Dates in 2025:

- January 14
- February 11
- March 11
- April 8
- May 13
- June 10

Time: 11 a.m. **Location:** Virtual

To Register: Call LREP at 505-797-6005 or 1-800-876-6657

LREP is a joint project of the New Mexico Aging and Long Term Services Department and the State Bar of New Mexico



New Mexico State Bar Foundation
Legal Resources for the
Elderly Program

