

CITY OF SANTA FE SENIOR SERVICES

SENIOR SCENE

May 2025



CITY OF SANTA FE
SENIOR SERVICES

APRIL HIGHLIGHTS



Patti Cottontail!



Chimayo Road Trip!



Bowling Buddies!



Fun at the Lanes!



Pickleball Champs!



Thank You Carmen!

SENIOR SCENE

May 2025

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ACTIVITY CALENDAR

Do you need help with technology (Computers, cell-phones, etc.)?
Call **Jesse Kain!** 505-699-3597



10:30 am to 12:30 pm
Monday to Friday

- Computer Lab open
- Fitness Room open

LUISA Senior Center
1500 Luisa St (The entrance is on Columbia St)

PASATIEMPO Senior Center 664 Alta Vista St

Mon to Fri	8 am to 1 pm: Fitness Room Open	Tues	10 am to 11 am: Line Dancing (Beginner - Full) 11:30 am to 12:30 pm: Line Dancing (Intermediate)
Weds	11:45 am to 2:00 pm: Live Music: Grupo Cielo Azul	Thurs	9:30 am to 10:30 am: Japanese Dance with Chizuko

Lunch is served
10:30 am to 12:30 pm
Monday to Friday



In the three
Senior Centers

Mary Esther Gonzalez (MEG) Senior Center 1121 Alto St

Monday	Tuesday	Wednesday	Thursday	Friday
8:30 to 9:30 am: Tai Chi	8:30 to 9:30 am: Tai Chi	9:30 to 10:30 am: Enhanced Fitness	9:30 to 11:00 am: Wood Carving	9:30 to 10:30 am: Enhanced Fitness
9:30 to 10:30 am: Enhanced Fitness	10:00 to 11:00 am: Dyna-Bands Fitness	10:30 to 11:30 am: Guitar for beginners NEW!	12:00 to 2:00 pm: Chess Class NEW!	1:00 to 2:00 pm: Knitting Class
1:00 to 3:00 pm: Improv	10:00 am-12:00 pm: Guitar Class	1:30 to 3:00 pm: Bingo	1:00 to 2:00 pm: Meditation	1:00 to 3:00 pm: Movie
3:30 to 4:30 pm: Enhanced Fitness	3:30 to 4:30 pm: Enhanced Fitness	3:30 to 4:30 pm: Enhanced Fitness	3:30 to 4:30 pm: Qi Gong	(See monthly calendar for details)

For additional information on the activities scheduled in any of our centers, please call

505-955-4715



Date: _____
Activity: _____
Name: _____

Please **SIGN IN** to every activity, program, or service you participate in. Keeping an accurate record of the number of participants is **CRUCIAL** to secure the funds we need to continue serving you.

MAY 2025 - Older Americans Month				
Monday	Tuesday	Wednesday	1 Thursday	2 Friday
			MEG 2:30 - 3:30 Senior Readers Theater Initial Mtg	MEG 1:00 - 3:00 MOVIE <i>Mississippi Burning</i>
5 MEG 11:00 to 12:30 Birthday Cake MEG 1:00 - 3:00 Cribbage w Keena MEG 10:30 - 2:00 Haircuts w Fabiola	6 MEG 10:00 - 11:00 "Dyna-Bands" Fitness Class (1 of 4) MEG 11:30 - 12:30 ICAN Nutrition Class MEG 1:00 - 4:30 AARP Smart Drive	7 PASATIEMPO 11:00 to 12:30 Birthday Cake PASATIEMPO 11:30 - 12:30 ICAN Nutrition Class NDI NM 12:45 - 2:00 "Think!" Play Dress Rehearsal	8 MEG 2:30 - 3:30 Senior Readers Theater Initial Meeting LUISA 11:30 - 12:30 ICAN Nutrition Class	9 MEG 1:00 - 2:00 Book Club <i>Year of Wonders</i> by Geraldine Brooks MEG 1:00 - 3:00 MOVIE <i>The Sandlot</i>
12 LUISA 11:00 to 12:30 Birthday Cake PASATIEMPO 10:00 - 1:00 Haircuts w Fabiola	13 MEG 10:00 - 11:00 "Dyna-Bands" Fitness Class (2 of 4)	14 PASATIEMPO 10:30 to 11:30 Nina Otero Choir	15 833 Early St (FOE) 1:00 - 4:00 pm Older Americans Dance with Los Malcriados 	16 MEG 1:00 - 3:00 MOVIE <i>Runaway Jury</i>
19 MEG 1:00 - 3:00 Cribbage w Keena MEG 8:15 - 1:00 Moderate Hike LUISA 10:00 - 1:00 Haircuts w Fabiola	20 MEG 10:00 - 11:00 "Dyna-Bands" Fitness Class (3 of 4)	21	22 MEG - Meet & Go 9:00 - 3:00 Day Trip - Albuquerque Zoo	23 MEG 1:00 - 3:00 MOVIE <i>Calendar Girls</i>
26 MEMORIAL DAY All Senior Centers will be closed.	27 MEG 10:00 - 11:00 "Dyna-Bands" Fitness Class (4 of 4)	28	29	30 MEG 1:00 - 3:00 MOVIE <i>The Diving Bell and the Butterfly</i>

MAY MOVIES



We are now featuring one movie per week, on **FRIDAYS** !



In remembrance of Gene Hackman, we present **Mississippi Burning**, a powerful crime drama inspired by true events. Hackman delivers a riveting performance as an FBI agent investigating the disappearance of civil rights workers in 1960s Mississippi. A gripping, emotional film that reflects on justice, racism, and moral courage.



May 2 at 1 p.m. — MEG Center.



Celebrate baseball season with **The Sandlot**, a nostalgic film about friendship, summer fun, and the love of the game. Set in the 1960s, it follows a group of kids whose passion for baseball leads to unforgettable adventures. It's a home run for all ages!

May 9 at 1 p.m. — MEG Center.

In tribute to the legendary Gene Hackman, we present **Runaway Jury**—a gripping legal thriller based on the John Grisham novel. Hackman shines as a ruthless jury consultant facing off against justice-seekers in a high-stakes courtroom battle. A suspenseful and smart film exploring power, ethics, and manipulation in the legal system.



May 16 at 1 p.m. — MEG Center.

In celebration of Older Americans Month, join us for **Calendar Girls**—an inspiring, feel-good film based on a true story. When a group of older women defy expectations to raise money for charity, they prove that age is just a number and courage knows no limits.



May 23 at 1 p.m. — MEG Center.

In recognition of National Stroke Awareness Month, we present **The Diving Bell and the Butterfly**, a breathtaking true story of resilience. After a massive stroke leaves him nearly paralyzed, Jean-Dominique Bauby finds freedom through imagination and determination. A

powerful tribute to the strength of the human spirit and mind.

May 30 at 1 p.m. — MEG Center.



Santa Fe 50+ Senior Olympics



Many sports and fun events will take place in May as part of our City's Senior Olympics. Check out the calendar in our Senior Centers for additional details!

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,

This month is Older Americans Month (OAM) the theme this year is Flip the Script on Aging, focuses on transforming how society perceives, talks about, and approaches aging. The theme encourages us to challenge the stereotypes on aging and dispel misconceptions. I would like to highlight our Enhanced Fitness class that encourages us to be active. The classes are scheduled in both morning and afternoon. I would like to invite seniors that cannot make the morning class to attend the afternoon class that has recently been added.

I would like to wish all the Mothers a very Happy Mother's Day, thank you for all you do and all the unconditional love you show for all of us.

This Memorial Day let us remember and honor the brave men and women who made the ultimate sacrifice for our freedom. Please take a moment to reflect on their service and thank them for all they have done.

"And I'm proud to be an American, where at least I know I'm free. And I won't forget the men who died, who gave that right to me." —Lee Greenwood

Manuel Sanchez

Senior Services Director

EMPLOYEE SPOTLIGHT

SHELBY COZAD



What's your job title?

Transit Driver

How many years have you worked for the City?

Just started.

What's the most exciting part of your job?

Driving and talking to the people I help.

Do you have any hidden talents or hobbies?

I do wood work and I love building with legos.

Are you a sports fan?

Yes, UFC (Ultimate Fighting Championship).

Who are your favorite teams?

Denver Broncos

What's something your proud of?

I am proud of everything I have done in my life.

KENNETH A. ROYBAL



What's your job title?

Transit Driver II

How many years have you worked for the City?

15 years

What's the most exciting part of your job?

Meeting all the new faces and people and staff.

Do you have any hidden talents or hobbies?

I love to play ice hockey and winter sports. I also enjoy spending time on my motorcycle.

Are you a sports fan?

Yes. I love ice hockey, basketball, and football.

Who are your favorite teams?

The Las Vegas Knights.

What's something your proud of?

I am proud of being able to work for the City of Santa Fe and being able to help anyone that is in need.

AURELIA SEDILLO



What's your job title?

Office Assistant

How many years have you worked for the City?

This is my first month working for the City of Santa Fe.

What's the most exciting part of your job?

Meeting and visiting with the seniors. I enjoy hearing their jokes and stories.

Do you have any hidden talents or hobbies?

I enjoy sewing, crocheting, and spending time with family.

Are you a sports fan?

Yes. Football.

Who are your favorite teams?

New Orleans Saints; Isotopes, Lobos, Santa Fe High Demons.

What's something your proud of?

My family and my job.

NEWS & VIEWS

MEG TRANSPORTATION PROGRAM

Transportation services are fully operational from 8:30AM-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 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.

MAY GROCERY DISTRIBUTION



Drive-through grocery distributions for Santa Feans in need.

Food Depot
1222 Siler Road.
Thurs, May 1st and 15th
7:00AM-9:00AM

San Martin de Porres Distribution

May 6th & 20th: 4:00PM -5:00PM
Free, no application required! Dixon House (2148 San Ysidro Crossing)

St. John's Methodist Bag 'n Pantry

Tues: 11:00AM-12:30PM, 5:00PM-6:30PM
1200 Old Pecos Trail Santa Fe, NM
Contact: 505-982-5397



Open to all low-income seniors 50+. Fourth Sat. of the month.
Zia United Methodist Church
3368 Governor Miles Rd.
3:00PM-4:00PM

HIKES FOR ACTIVE SENIORS

Moderate Hike: Monday, May 19, 2025

Diablo Canyon to the Rio Grande

This hike follows a sandy arroyo all the way from the towering basalt cliffs of Diablo Canyon to the banks of the Rio Grande. Depending on the temperature, we will either hike only 2 miles through the canyon or 6 miles to the river and back. Elevation is between 5,450' and 5,830'. There is little to no shade on this hike and therefore it is very different from our usual forest hikes.

General items

- Arrive: MEG between 8:15AM and 8:30AM.
- Departure: 8:45AM sharp.
- Return: approximately 1:00PM.

What to Bring

BRING WATER and snack food, sturdy shoes or boots, a hat that covers ears, sunscreen and sunglasses; Dress in layers, including a rain jacket. Also, hiking poles if you have them.

Reminder

Next month's hike will be on June 16th (third Monday-location TBA).

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 **Tue, May 6, 2025**. For further information to attend any class, contact:

Edna Sandoval at 505-690-4350, visit aarp.org



Are you looking to help children and families dealing with grief? Join us and become a Grief Co-Facilitator!

Required Training Dates

Grief Retreat for Volunteers:

Aug 9th, 9:00AM-5:30PM

Group Facilitation Skills:

Aug 9th, 9:00AM-5:30PM

Grief Retreat for Volunteers:

Aug 23rd & 24th 9:00AM-4:30PM.

For More Info:

Call: (505) 424-1800

Visit: www.gerardshouse.org

Email: info@gerardhouse.org

SANTA FE CAREGIVER DAY

Caring for someone living with Alzheimer's or any other type of dementia? You are not alone. Help is here.

Santa Fe Caregiver Day-Saturday, **May 31st from 9:00AM-4:00PM; Santa Fe Community College.**

This is a FREE event. Registratrartion required. FREE On-site or In-home respite available. Register online through our website at **thememoryalliance.org** or **call 505-310-9752.**

Sponsored by: The Memory Care Alliance and Monecito Santa Fe.

DAY TRIP TO THE ALBUQUERQUE ZOO

Thursday, May 22nd at 8:30am

Gather at the MEG Center

Get ready for a wild adventure! Our May Day Trip will be to the Albuquerque Zoo. Enjoy a relaxing day surrounded by nature, wildlife, and friends. This is a great opportunity to connect with others and experience the wonders of one of New Mexico's most popular attractions. Don't miss this fun and educational outing designed just for you!

You are invited to reserve your seat. Call Gerson at 505-955-4754 (space is limited to 50 seats).

Things to remember for participants:

- The trip fee is \$10.50. (\$5.00 for bus and \$5.50 for zoo admission). Money will be collected before boarding bus.
- You can buy lunch at the Zoo Café.
- Bring a hat and a bottle of water. Use sunscreen.
- We will gather on Thursday, May 22nd at 8:30AM at MEG Center.
- You will be required to sign a waiver before boarding the bus.
- We will leave at 9:00am, and will come back around 3:00pm (we cannot guarantee the return time).
- We are unable to provide transportation from your home ot the MEG Center that day, please find a way to come to the center on time.

BRAIN FITNESS THURSDAY CHESS!

We are excited to launch a weekly chess class, open to all adults age 60 and up! Whether you're brand new to the game or looking to brush up on old skills, this class is for you.

We are thrilled to welcome Eric Johnston, an accomplished and experienced chess teacher with years of experience guiding players of all levels. You'll get personal attention, step-by-step guidance, and plenty of chances to play.

Thursdays, 12:00PM to 2:00PM, MEG Center.

SENIOR READERS THEATER COLLECTIVE

Readers Theater is just right for anyone who enjoys reading aloud, bringing characters to life, and having fun on-stage or back-stage. Actors read from their scripts, no memorizing needed! Minimal costumes and props. Just you and your love of storytelling.

Join one or two informal heart-storming sessions where we will explore grassroots interest in forming and sustaining a Senior Readers Theater Collective!

May 1st & May 8th, 2:30PM - 3:30PM, MEG Center.

FLORA'S CORNER



"The most unfortunate thing that happens to a person who fears failure is that he limits himself by becoming afraid to try anything new." GIVE YOURSELF A CHANCE

Poem by Patti Merrill-

Everybody's got a job to do. Most everyone's got a problem or two.

If you live in a house, an apartment or a tent on the street....it doesn't really matter as long as you are brave and thankful and try to be kind.

Share a smile. Give a word of encouragement. Don't always speak your mind-and I'll try to do the same for you. Choose kindness!

IN LOVING MEMORY



Barbara de Weever

August 28, 1936 - March 27, 2025

Barbara was born in Guyana. She immigrated to the United States in 1954, where after graduating from Brooklyn College of the City University of New York with honors, she became a registered nurse specializing in neonatal and private duty care. In 1973 the family made their new home in Albuquerque, NM, where Barbara continued her nursing career. Soon after, she made a determination to change careers, and proudly graduated with honors from the University of New Mexico. She later pursued her legal education at UNM Law School, earning her Juris Doctorate. In 1983, Barbara found love again with William "Bill" McKinstry. She eventually retired from the City of Santa Fe, as the Assistant District Attorney.



Mary Grace Saiz

September 22, 1938 - March 16, 2025 (age 86)

A lifelong resident of Santa Fe, Mary Grace Saiz passed away on March 16, 2025, after courageously facing multiple health challenges. Born and raised in Santa Fe, she built a life filled with love, strength, and resilience. She was a devoted Foster Grandparent for 22 years serving at Agua Fria Elementary and Thomas Ramirez Elementary.

She is survived by her beloved children, Ron Ortiz (Trish), Sabrina Ortiz, Jerry Ortiz (Michelle), and Patrick Saiz (Darline), who will forever cherish her memory. She also leaves behind many grandchildren and great-grandchildren. Mary Grace was preceded in death by her loving son, Michael Ortiz, as well as her cherished parents, Raymond and Lucy Romero.

PROCLAMATION: OLDER AMERICANS MONTH



STATE OF NEW MEXICO EXECUTIVE OFFICE SANTA FE, NEW MEXICO

Proclamation

WHEREAS, the State of New Mexico proudly hosts over 426,254 residents aged 65 and older, a testament to our rich heritage and the invaluable contributions of older adults within our communities; and

WHEREAS, older New Mexicans play a critical role in enhancing the economic, cultural, and social fabric of our state, serving as mentors, volunteers, and leaders who fortify families and neighborhoods; and

WHEREAS, the theme for Older Americans Month 2025, "Flip the Script on Aging," challenges stereotypes and emphasizes the diverse and dynamic roles that older adults fulfill in our society; and

WHEREAS, the New Mexico Aging and Long-Term Services Department, in collaboration with local partners, advocates for policies and programs that promote independence, dignity, and quality of life for all older New Mexicans; and

WHEREAS, the New Mexico Aging and Long-Term Services Department provides numerous avenues for engagement, such as serving as resident advocate Ombudsmen, participating in the AmeriCorps Seniors Foster Grandparent Program, the Senior Companion Program, RSVP, and Care Companions who visit residents in long-term care facilities; and

WHEREAS, all New Mexicans stand to benefit from fostering intergenerational relationships, promoting age-friendly initiatives, and ensuring equitable access to healthcare, housing, and essential services; and

WHEREAS, the State of New Mexico recognizes the necessity of providing the services and supports that empower older adults to thrive and live independently for as long as possible; and

WHEREAS, we are dedicated to honoring the contributions, wisdom, and resilience of older adults, whose experiences enrich our communities and society as a whole; and

WHEREAS, during the month of May, we celebrate and express our gratitude for the invaluable impact older adults have made and continue to make in shaping the future of our state.

NOW THEREFORE, I, Michelle Lujan Grisham, Governor of the State of New Mexico, do hereby proclaim May 2025, as:

"Older Americans Month"

throughout the state of New Mexico.

Attest:

Done at the Executive Office this
9th day of April 2025.

A handwritten signature in cursive script, reading "Maggie Toulouse Oliver".

Maggie Toulouse Oliver
Secretary of State

Witness my hand and the Great Seal
of the State of New Mexico.

A handwritten signature in cursive script, reading "Michelle Lujan Grisham".
Michelle Lujan Grisham
Governor

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**



FEATURED VOLUNTEER STATION: LIFE CIRCLE ADULT DAY CENTER

Volunteer opportunities include:

- Administrative assistance
- Assistance at events and concerts
- Community Outreach
- Translation (English to Spanish)
- Board of Directors

If you are interested in volunteering, please contact:

Mona Baca at 505-955-4760 or mabaca@santafenm.gov

HAPPY BIRTHDAY, MAY VOLUNTEERS!

Daryl Woolems 5/2
Kathryn (Kathy) Flynn 5/3
Fabiola Guillen 5/3
Carmen Baca 5/5
Rebecca Haffenden 5/6
Bunny Brown 5/8
Mary Lou Jackson 5/8
Robert Moore 5/8
Mary Anne Ryan 5/9
Ted Yamada 5/9
Frances Ann Cox 5/12
Linda Muzio 5/13
Catalina Rio Fernandez 5/15
Margaret Sullivan-Blanch 5/20
Susan Yanda 5/20
Adrienne Ruscavage 5/21
Erin Blair 5/22
Bernadette Montoya 5/22
Bella Campos 5/24
Gloria Martinez 5/24
Harriet Rosenstein 5/26
Flora Leyba 5/28
Yolanda Cerrillos 5/30



Santa Fe County Health and Wellness Fair!
Thank you, Rosario!

iVámonos!

SANTA FE WALKS

Explore Santa Fe's trails • Get some fresh air • Meet your community!

30 Free Walks & Hikes from May through October



MAY

- 6 - Tuesday @ 6 PM** ● ●
Take a Walk on the South Side
Southside Library to Tierra Contenta Trail
Meet at 6599 Jaguar Dr
- 8 - Thursday @ 5:30 PM** ● ●
Find a New Path!
Arroyo de los Chamisos Trail from GCCC to
Camino Carlos Rey - Meet at 3221 Rodeo
Rd GCCC Solar Parking Lot - East End
- 21 - Wednesday @ 5:30 PM** ● ●
Wellness Walk
Acequia Trail from Larragoite Park to Railyard
Park. Meet at 1464 Cristobal Colon
- 30 - Friday @ 10 AM** ● ●
Walk with our Elders
Bicentennial/Alto Park to SF River Trail
Meet at 1121 Alto St, behind MEG Center
- 31 - Saturday @ 9 - 11 AM** ● ●
Vámonos Hike - Dovetail, A SFCT Property
Learn about SFCT's land restoration projects
Meet at 226 Thornton Ranch Rd/Cottonwood
Trailhead (TH)

JUNE

- 4 - Wednesday @ 5:30 PM** ● ●
Wellness Walk
Acequia Trail from Larragoite Park to
Ashbaugh Park. Meet at 1464 Cristobal Colon
- 10 - Tuesday @ 6 PM** ● ●
Take a Walk on the South Side
Southside Library to Tierra Contenta Trail
Meet at 6599 Jaguar Dr
- 12 - Thursday @ 5:30 PM** ● ●
Find a New Path!
Santa Fe Canyon Preserve Loop Trail
Meet at Cerro Gordo TH (Dale Ball Trails)
- 21 - Saturday @ 1 - 3 PM** ● ●
Vámonos Hike with El Rancho de las
Golondrinas - "Take a Kid Hiking Day" with
Nature Scavenger Hunt and Ice Cream!
Leonora Curtain Wetland Preserve (no dogs
please). Meet at 49A W Frontage Rd
- 27 - Friday @ 10 AM** ● ●
Walk with our Elders
Bicentennial/Alto Park to SF River Trail
Meet at 1121 Alto St, behind MEG Center

JULY

- 2 - Wednesday @ 5:30 PM** ● ●
Wellness Walk
Acequia Trail from Larragoite Park to
Railyard Park. Meet at 1464 Cristobal Colon
- 8 - Tuesday @ 6 PM** ● ●
Take a Walk on the South Side
Southside Library to Tierra Contenta Trail
Meet at 6599 Jaguar Dr
- 12 - Saturday @ 9 - 11 AM** ● ●
Vámonos Hike - Norski Trails
Meet at NM-475/Hyde Park Rd just past
Vista Grande Overlook and before Ski Basin
- 17 - Thursday @ 5:30 PM** ● ●
Find a New Path!
Frenchy's Field Park to SF River Trail
Meet at Frenchy's Field TH, 2001 Agua Fria St
- 25 - Friday @ 10 AM** ● ●
Walk with our Elders
Bicentennial/Alto Park to SF River Trail
Meet at 1121 Alto St, behind MEG Center

See August through October walks and Color Code Legend on back

For more information and
maps of the walks, visit:

sfct.org/vamonos
(505) 989-7019

TEXT SFWALKS
TO 833-243-6033
FOR WALK REMINDERS

AUGUST

5 - Tuesday @ 6 PM

Take a Walk on the South Side
Southside Library to Tierra Contenta Trail
Meet at 6599 Jaguar Dr

9 - Saturday @ 9 - 11 AM

Vámonos Hike - Explore Re-Unity Resources
from the Santa Fe River Trail
Meet at Romero Park (dog park entrance),
2001 Caja del Oro Grant Rd

13 - Wednesday @ 5:30 PM

Wellness Walk
Acequia Trail from Larragoite Park to
Ashbaugh Park. Meet at 1464 Cristobal Colon

21 - Thursday @ 5:30 PM

Find a New Path!
Walk SF River Trail and end with Happy Hour!
Meet at Tumbleroot, 2791 Agua Fria St

22 - Friday @ 10 AM

Walk with our Elders
Bicentennial/Alto Park to SF River Trail
Meet at 1121 Alto St, behind MEG Center

SEPTEMBER

2 - Tuesday @ 6 PM

Take a Walk on the South Side
Southside Library to Tierra Contenta Trail
Meet at 6599 Jaguar Dr

10 - Wednesday @ 5:30 PM

Wellness Walk
Acequia Trail from Larragoite Park to
Railyard Park. Meet at 1464 Cristobal Colon

13 - Saturday @ 9 - 11 AM

Vámonos Hike at the Arroyo Hondo Open
Space - Meet at Old Agua Fria Rd E TH
(end of road, off Old Santa Fe Trail exit)

18 - Thursday @ 5:30 PM

Find a New Path!
Arroyo de los Chamisos Trail from Museum
Hill to St. John's College
Meet at 1899 Camino Corrales (end of road)

26 - Friday @ 10 AM

Walk with our Elders
Bicentennial/Alto Park to SF River Trail
Meet at 1121 Alto St, behind MEG Center

OCTOBER

1 - Wednesday @ 5:30 PM

Wellness Walk
Acequia Trail from Larragoite Park to
Ashbaugh Park. Meet at 1464 Cristobal Colon

7 - Tuesday @ 5:30 PM

Take a Walk on the South Side
Southside Library to Tierra Contenta Trail
Meet at 6599 Jaguar Dr

10 - Thursday @ 5:30 PM

Find a New Path!
El Camino Real Trailhead to SF River Trail
Meet at 3600 Constellation Dr off Airport Rd

18 - Saturday @ 8:30 AM - 1:30 PM

Vámonos Hike at Cerrillos Hills State Park
Registration required to info@sfct.org for
free bus transportation to TH

24 - Friday @ 10 AM

Walk with our Elders
Bicentennial/Alto Park to SF River Trail
Meet at 1121 Alto St, behind MEG Center



Sponsored by the Santa Fe Walking Collaborative
& convened by the Santa Fe Conservation Trust
Spanish language schedule available at sfct.org/vamonos

iVámonos!
SANTA FE WALKS

COLOR CODE LEGEND

- Easy
- Moderate
- ADA Accessible Trail
- Dirt / Rough Trail
- Mixed ADA / Dirt Trail



SOCIAL SECURITY SAFEGUARDING RECORDS (CHANGES TOOK EFFECT 4/14/2025)

The Social Security Administration (SSA) is taking proactive steps to enhance the security of its services by implementing stronger identity verification procedures. The updated measures will further safeguard Social Security records and benefits for millions of Americans against fraudulent activity. In-person identity proofing for people unable to use their personal my Social Security account for certain services will be effective April 14, 2025.

"We have listened to our customers, Congress, advocates, and others, and we are updating our policy to provide better customer service to the country's most vulnerable populations," said Lee Dudek, Acting Commissioner of Social Security. "In addition to extending the policy's effective date by two weeks to ensure our employees have the training they need to help customers, Medicare, Disability, and SSI applications will be exempt from in-person identity proofing because multiple opportunities exist during the decision process to verify a person's identity."

Under the updated policy beginning April 14, 2025, individuals applying for Social Security Disability Insurance (SSDI), Medicare, or Supplemental Security Income (SSI) who cannot use a personal my Social Security account can complete their claim entirely over the telephone without the need to come into an office.

Individuals who cannot use their personal my Social Security account to apply for benefits will only need to prove their identity at a Social Security office if applying a NEW claim for Retirement, Survivors, or Auxiliary (Spouse or Child) benefits. Adults 18 and older will need to show a valid driver's license, a state issued identity card or an unexpired US Passport. SSA will enforce online digital identity proofing or in-person identity proofing for these cases. The agency

will not enforce these requirements in extreme dire-need situations, such as terminal cases or pre-release scenarios. SSA is currently developing a process that will require documentation and management approval to bypass the policy in such dire need cases.

Individuals who do not or cannot use the agency's online my Social Security services to change their direct deposit information for any benefit will need to visit a Social Security office to process the change or can call 1-800-772-1213 to schedule an in-person appointment. SSA also recommends that individuals unable to apply online should call to schedule an in-person appointment to begin and complete a claim for Retirement, Survivors, or Auxiliary (Spouse or Child) benefits in one interaction.

SSA recently required nearly all agency employees, including frontline employees in all offices throughout the country, to work in the office five days a week. This change ensures maximum staffing is available to support the stronger in-person identity proofing requirement.

The agency will continue to monitor and, if necessary, make adjustments to ensure it pays the right person the right amount at the right time while safeguarding the benefits and programs it administers. SSA plans to implement the Department of Treasury's Bureau of Fiscal Service's payment integrity service called Account Verification Service (AVS). AVS provides instant bank verification services to proactively and timely prevent fraud associated with direct deposit change requests.

SSA will continue to fight fraud while balancing its program integrity responsibilities with delivering on its customer service mission to the American people. People who do not already have a **my Social Security** account can create one at www.ssa.gov. Stay up to date about SSA's identity proofing requirements and exceptions at www.ssa.gov/news/identity-proofing.html

Age-Friendly Note from Manuel:

We're launching something new called Age-Friendly Santa Fe, and we'd love for you to be a part of it. This is all about making Santa Fe an even better place to live as we get older—whether that means easier ways to get around, more chances to connect with others, or simply feeling supported by the community. To make this work, we want to hear from you. What's working? What could be better? Your voice matters, and now's the time to share it.

There are a few easy ways to get involved. First, we're hosting a series of free workshops at our City of Santa Fe libraries—fun, interactive sessions where we'll talk about skills for aging well. We're also holding listening sessions in person at senior centers and some virtual ones online and over the phone. Show up and speak up about what matters most to you. And while you're there, be sure to fill out our Age-Friendly Santa Fe survey—we'll have paper copies available at all workshops and senior centers, or you can take the survey anytime online on our website at santafenm.gov/agefriendly. It's a simple way to make your voice count. This whole effort is part of the AARP Network of Age-Friendly States and Communities, which Santa Fe joined recently. Cities in this network focus on 8 key areas that make life better as we age—things like transportation, housing, health services, and staying connected. These are called the 8 Domains of Livability, and they help guide our planning so that Santa Fe can truly be a place where people of all ages and abilities can thrive.

We can't wait to see you at our Age-Friendly Santa Fe Events. Check out our website for updates on events and how to get involved.

Manuel Sanchez

Senior Services Director

Be a Part of Age-Friendly Santa Fe!

The City of Santa Fe invites you to participate in our Age-Friendly Santa Fe Initiative. We are hosting listening sessions, workshops, and other community events where you can take our survey and share your opinions and insights into how Santa Fe can be a great place to live for people of all ages, especially older adults.

Age-Friendly Santa Fe Events

Successful Aging Workshop Series

Let's Thrive Together: Skills for Aging Well: A Community Workshop Series

Join us for a fun and interactive workshop series focused on skills and resources that help us age well. Come to one or come to all.

Monday, May 5th, 2:00-3:30 PM

Main Library 145 Washington Ave

Monday, May 12th, 2:00-3:30 PM

La Farge Library 1730 Llano Street

Monday, May 19th, 2:00-3:30 PM

Southside Library 6599 Jaguar Drive

Monday, June 2nd, 2:00-3:30 PM

Main Library 145 Washington Ave

Listening Sessions & Focus Groups

Share your thoughts on what makes Santa Fe a great place to live and how it can be even better.

Tuesday, May 20th, 12:30-1:30 PM

Luisa Senior Center

Wednesday, May 21st, 12:30-1:30 PM

Mary Esther Gonzales Senior Center

Thursday, May 22nd, 12:30-1:30 PM

Pasatiempo Senior Center

Virtual & Phone Listening Sessions

Wednesday, May 28th, 7:00-8:00 PM

Wednesday, June 4th, 6:00-7:00 PM

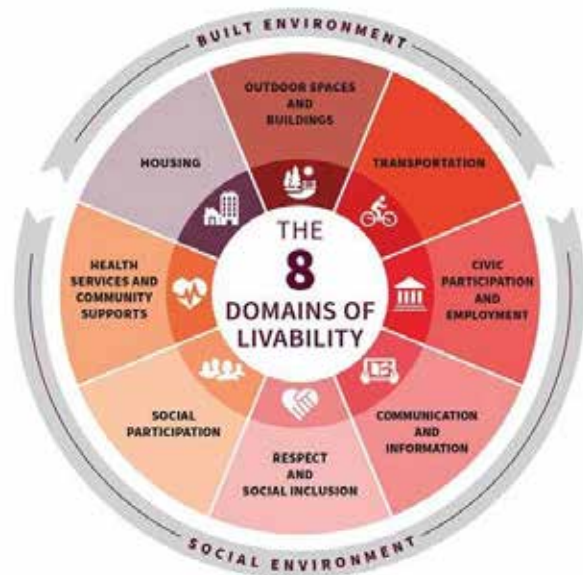
Visit www.santafenm.gov/agefriendly for more information.

Age-Friendly Santa Fe is a local initiative that helps our community become a better place to live for people of all ages. As part of this initiative, the City of Santa Fe is developing an Age-Friendly Action Plan. This action plan will help our community improve resources to make Santa Fe a great place to live for people of all ages.

Age-Friendly Santa Fe began when the City of Santa Fe joined the AARP Network of Age-Friendly States and Communities.

What is the AARP Network of Age-Friendly States and Communities?

The **AARP Network of Age-Friendly States and Communities** is a program that provides support and resources to improve a community's livability for people of all ages, especially older adults. This network connects communities across the globe to share insights, practices, and resources that help communities improve along **8 Domains of Livability**:



For more information, visit our website, www.santafenm.gov/agefriendly, or email agefriendly@santafenm.gov.

You can also take our online survey at:
www.santafenm.gov/agefriendly

We look forward to your participation.

CROSS WORD PUZZLE

Crossword: May 1st

Down

- 1 Profit and loss depiction
- 2 Dress with a flare
- 3 Laser printer powder
- 4 Encouraging word
- 5 Lollapalooza
- 6 ___ in a blue moon
- 7 Ocean menace
- 8 Wharton degree
- 9 Title holder
- 10 Some are heated
- 11 Hydroxyl compound
- 12 Daily and Blocker, e.g.
- 13 Macaws
- 17 Transport
- 21 Watering hole
- 24 Shrill barks
- 26 Actor Tognazzi
- 28 Yellowstone creature
- 29 Sound from the fold
- 31 "The Morning Watch" author
- 32 Beach shades
- 33 Sweetie pie
- 34 Wood stork
- 35 Dentist's suggestion
- 36 Sawbuck
- 37 Smeltery input
- 39 French sea
- 42 Lively old dance
- 45 Grinder
- 47 Like some bodies on a beach
- 50 Listening device
- 53 The "U" in UHF
- 55 Lock horns
- 56 Traditional Sunday fare
- 57 ___ Park, Colo.
- 58 Spring purchase
- 59 Poet Khayyám
- 60 It may be polished
- 62 Roswell sightings
- 63 Hardly thrilling
- 64 London district
- 67 Half a dozen
- 69 Fully anesthetized

Across											
1	Roscoe		27	Zodiac animal		59	Like the Sabin vaccine				
4	After stock or laundry		29	Breathalyzer attachment		61	London favorites				
8	Did yard work		30	Halloween decoration		65	Jagged, as a leaf's edge				
13	Folk singer Guthrie		33	Cheater's forte		66	Hotel pillow candies				
14	Ballerina Pavlova		38	Alpha's opposite		68	Most dams have one				
15	Master, in Swahili		40	Mitch Miller's instrument		70	Mites				
16	Baseball handout due to bad weather		41	Tender spots		71	Home to Mount Konahuanui				
18	Susan of "Goldengirl"		43	Shangri-la		72	Played for a sap				
19	Sleeping disorder		44	Big cats		73	Chill, so to speak				
20	Classic Olds		46	Aquarium creatures		74	Exhausted				
22	Fish caught in pots		48	W.W. II vessel		75	French connections				
23	Fortified wine		49	Beehive State native							
25	Engine sound		51	Children's game							
			52	Largest island in the West Indies							
			54	Gives the evil eye							

	1	2	3		4	5	6	7		8	9	10	11	12
13					14					15				
16				17						18				
19						20			21		22			
23					24				25	26				
				27		28		29				30	31	32
33	34	35	36				37			38	39			
40					41				42		43			
44				45		46			47					
48				49	50			51						
			52	53					54		55	56	57	58
59	60				61	62	63	64		65				
66				67		68			69					
70						71				72				
73						74				75				

Free Printable Word Search Puzzles

Old TV Shows 1

Find and circle all of the old TV shows that are hidden in the grid.
The remaining letters spell the name of an additional old TV show.

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

ALICE
BEN CASEY
BEVERLY HILLBILLIES
CHIPS
CANNON
CAPTAIN KANGAROO
DOBIE GILLIS
DONNA REED
DR. KILDARE
EMERGENCY
FLIPPER

FLYING NUN
FUGITIVE
GOMER PYLE
GOOD TIMES
GREEN ACRES
GREEN HORNET
HOWDY DOODY
I SPY
IRONSIDE
JETSONS
KOJAK

L.A. LAW
LASSIE
LOVE BOAT
MAD ABOUT YOU
MAUDE
MEDICAL CENTER
MIAMI VICE
MOD SQUAD
MOONLIGHTING
MURPHY BROWN

ODD COUPLE
PEYTON PLACE
RAWHIDE
RIFLEMAN
RIN TIN TIN
SOAP
ST. ELSEWHERE
TAXI
THREE'S COMPANY
WALTONS

[Did you enjoy this puzzle? Visit: https://www.puzzles.ca/word-search](https://www.puzzles.ca/word-search)

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CROSS WORD PUZZLE SOLUTIONS

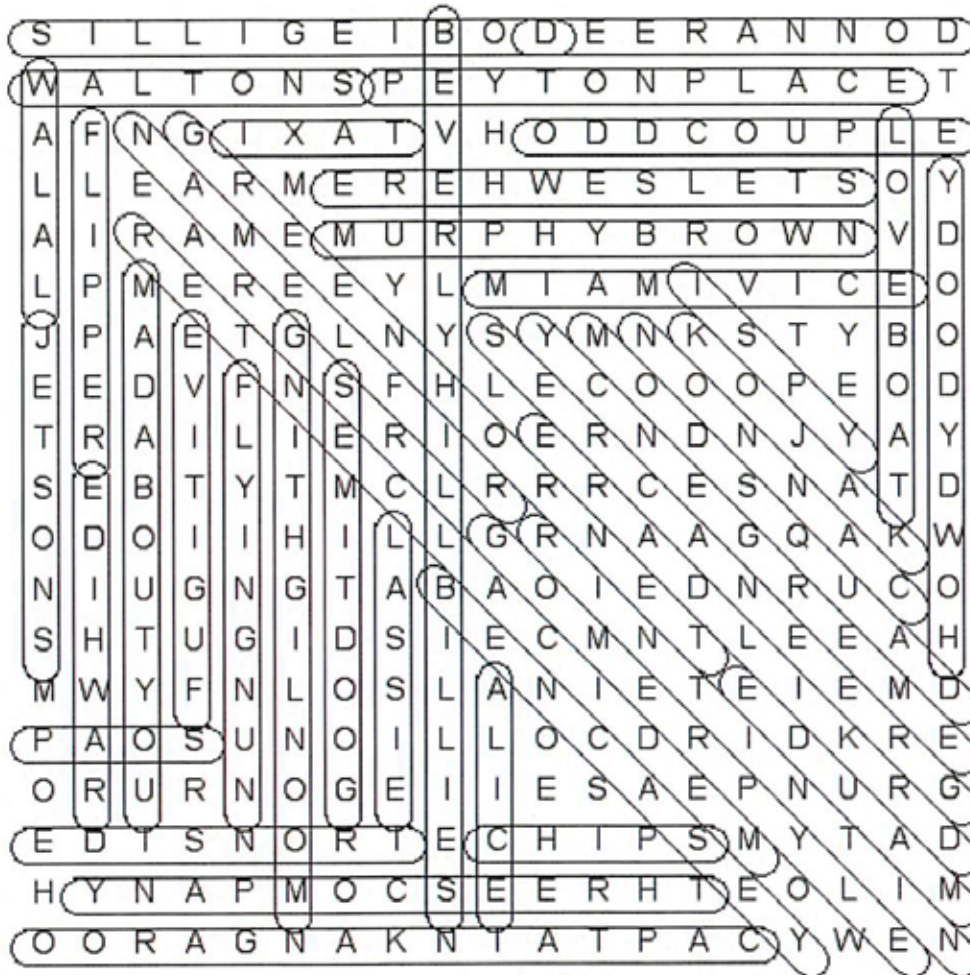
May 1st															
	G	A	T		R	O	O	M		M	O	W	E	D	
A	R	L	O		A	N	N	A		B	W	A	N	A	
R	A	I	N	C	H	E	C	K		A	N	T	O	N	
A	P	N	E	A		R	E	O	S		E	E	L	S	
S	H	E	R	R	Y					P	U	R	R		
				R	A	M		B	A	G		B	A	T	
D	I	R	T	Y	P	O	O	L		O	M	E	G	A	
O	B	O	E		S	O	R	E	S		E	D	E	N	
L	I	O	N	S		S	E	A	H	O	R	S	E	S	
L	S	T		U	T	E		T	A	G					
		C	U	B	A					G	L	A	R	E	S
O	R	A	L		P	U	B	S		E	R	O	S	E	
M	I	N	T	S		F	L	O	O	D	G	A	T	E	
A	C	A	R	I		O	A	H	U		U	S	E	D	
R	E	L	A	X		S	H	O	T		E	T	S		

WORD SEARCH SOLUTIONS

[Free Printable Word Search Puzzles](#)

Old TV Shows 1

This is the solution to the puzzle located [here](#).



ALICE	FLYING NUN	L.A. LAW	ODD COUPLE
BEN CASEY	FUGITIVE	LASSIE	PEYTON PLACE
BEVERLY HILLBILLIES	GOMER PYLE	LOVE BOAT	RAWHIDE
CHIPS	GOOD TIMES	MAD ABOUT YOU	RIFLEMAN
CANNON	GREEN ACRES	MAUDE	RIN TIN TIN
CAPTAIN KANGAROO	GREEN HORNET	MEDICAL CENTER	SOAP
DOBIE GILLIS	HOWDY DOODY	MIAMI VICE	ST. ELSEWHERE
DONNA REED	I SPY	MOD SQUAD	TAXI
DR. KILDARE	IRONSIDE	MOONLIGHTING	THREE'S COMPANY
EMERGENCY	JETSONS	MURPHY BROWN	WALTONS
FLIPPER	KOJAK		

The hidden TV show is: THE MARY TYLER MOORE SHOW

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SENIOR CENTER LUNCH MENU

SENIOR CENTER LUNCH MENU MAY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Pork Stir Fry Stir Fry Veggies Egg Roll Brown Rice Diced Mango	2 Cheese Tortellini w/ Meaty Marinara Sauce Italian Veggies Bread Stick Tossed Salad Yogurt
5 Chicken Fried Chicken Chicken Gravy Mashed Potatoes French Style Green Beans Biscuit Ice Cream	6 Soft Fish Taco Coleslaw Black Beans Peppers & Corn Veggies Grapes	7 Lemon Chicken Wild Rice Buttered Carrots Broccoli Salad Roll Fruit in Jello	8 Pork Chop Mushroom Gravy Scalloped Potatoes Emperor Veggies Tossed Salad Roll Apricots	9 Cobb Salad with Ham & Boiled Egg Sun Chips Peanut Butter Cookie
12 Sloppy Joe with Meat Sauce Tater Tot Mixed Veggies Cucumber & Tomato Salad Diced Peaches	13 Chicken & Potato Burrito Garnish Red Chili Sauce 5 Way Veggies Sherbet	14 Salisbury Steak Mashed Potatoes Mushroom Gravy Asparagus Roll Tropical Fruit	15 Ham & Cheese Sandwich Garnish Spinach Salad Potato Salad Strawberry Shortcake	16 Chicken Fettuccini Alfredo Broccoli & Cauliflower Garlic Toast Tossed Salad Banana
19 Hot Roast Beef & Swiss Sandwich Au Jus Sauce Asparagus Potato Chips Chocolate Pudding	20 Green Chili Chicken Enchiladas Pino Beans Calabacitas Tortilla Fresh Apple	21 Spaghetti with Meaty Marinara Sauce Italian Veggies Garden Salad Garlic Bread Whipped Fruit Salad	22 Meatloaf with Tomato Topping California Veggies Potatoes Au Gratin Roll Vanilla Pudding	23 Chicken Salad Sandwich Croissant Pasta Salad Baby Carrots Brownie
26 ALL CENTERS CLOSED	27 BBQ Rib Patty Pork & Beans Baked Okra Cornbread Pineapple	28 Teriyaki Chicken White Rice Asian Veggies Fortune Cookie Mandarin Oranges	29 Red Chili Pork Posole Carrots Tossed Salad Tortilla Cherries in Cobbler	30 Battered Fish French Fries Coleslaw Peas & Carrots Fresh Orange

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.



All Smiles!



Bowling Beauties!



Bowling for Medals!



Girl Power!



SO Bowling Champs!



We Love You Debbie!



CITY OF SANTA FE SENIOR SERVICES



MARY ESTHER GONZALES (MEG)

1121 Alto St.
Santa Fe, NM 87501



PASATIEMPO

664 Alta Vista St.
Santa Fe, NM 87505



LUISA CENTER

1500 Luisa St. (enter on Columbia St.)
Santa Fe, NM 87505



Siler Rd.

Cerrillos Rd.

Sirango Rd.

W Zia Rd

Rodeo Rd.

St. Michaels Dr.

St. Michaels Dr.

W. Alameda St.

S Guadalupe St.

Don Diego Ave.

Paseo De Peralta

MARY ESTHER
GONZALES (MEG)

PASATIEMPO

LUISA CENTER



= Center open for meals!

505-955-4721 | santafenm.gov/division_of_senior_services

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