

CITY OF SANTA FE SENIOR SERVICES

SENIOR SCENE

October 2025



CITY OF SANTA FE
SENIOR SERVICES

SEPTEMBER HIGHLIGHTS



Happy Campers!



Fun at the NM State Fair!



Happy Days at the MEG! Lunch Crew!



Jose & Maria enjoying the NM State Fair!



Senior day at the NM State Fair!



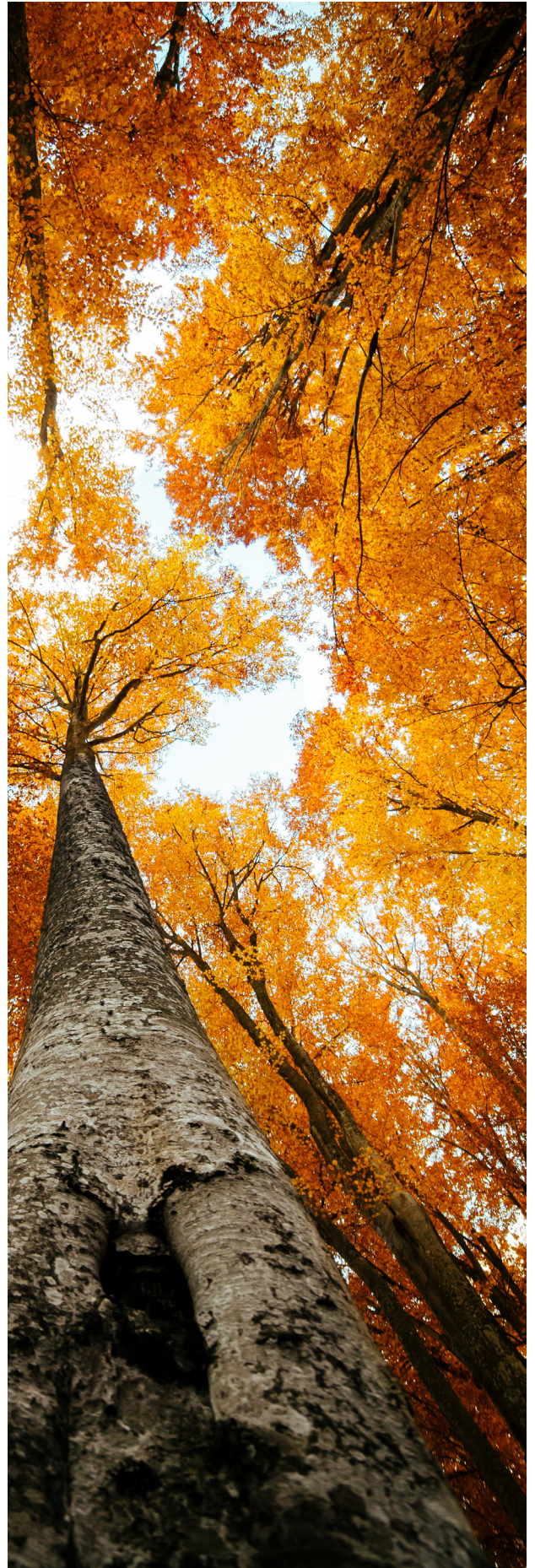
Day Trip Excitement

SENIOR SCENE

October 2025

TABLE OF CONTENTS

- 1. Contact Information**
- 2. October at a Glance**
- 3. October Movies**
- 4. Activity Calendar**
- 5. Director's Page**
- 7. News and Views**
- 10. Employee Spotlight**
- 11. Vamonos Santa Fe Walks**
- 13. Legal & Consumer**
- 15. Health & Safety**
- 17. Volunteer Programs**
- 21. Crossword Puzzle**
- 22. Word Search**
- 23. Crossword Puzzle Solutions**
- 24. Word Search Solutions**
- 25. October Lunch Menu**
- 26. Nutrition Education**



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 and
Home Management
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



OCTOBER AT A GLANCE

OCTOBER AT A GLANCE

OCTOBER 2025				
Monday	Tuesday	1 Wednesday	2 Thursday	3 Friday
		PASATIEMPO 11:00 to 12:30 Birthday Celebration	BEAD WORK CLASS ORIENTATION 1:00-2:00 Ranked Choice Voting-MEG 1:00-2:00	MEG 1:-00- 3:00 MOVIE <i>Butch Cassidy and Sundance Kid</i>
6 MEG 10:30-2:00pm Haircuts w Fabiola MEG 11:00 to 12:30 Birthday Celebration	7 Ranked Choice Voting-LUISA 12:00-1:00	8	9 LUISA 11:00 to 12:30 Birthday Celebration Ranked Choice Voting- PASATIEMPO 12:00-1:00	10 MEG 1:00 - 2:00 Book Club MEG 1:00- 3:00 MOVIE <i>The Milagro Beanfield War</i>
13 ALL CENTERS CLOSED	14 MEG 11:30 - 12:30 ICAN Nutrition Class	15 PASATIEMPO 11:30 - 12:30 ICAN Nutrition Class	16 LUISA 11:30 - 12:30 ICAN Nutrition Class	17 MEG 1:00- 3:00 MOVIE <i>October Sky</i>
20 LUISA 10:00 - 1:00 Haircuts w Fabiola	21	22	23	24 MEG 1:00 - 3:00 MOVIE <i>Sleepy Hollow</i>
27 PASATIEMPO 10:30-1:00pm Haircuts w Fabiola	28	29	30	31 HALLOWEEN DANCE AND COSTUME CONTEST 1:00-4:00 at the Eagles

OCTOBER MOVIES



Butch Cassidy & the Sundance Kid.

Friday, October 3

1:00pm-3:00pm

MEG Center

The true story of fast-draws and wild rides, battles with posses, train and bank robberies, a torrid love affair and a new lease on outlaw life in far away Bolivia. It is also a character study of a remarkable friendship between Butch-possibly the most likeable outlaw in frontier history-and his closest associate, the fabled, ever-dangerous Sundance Kid.



October Sky

Friday, October 17

1:00pm-3:00pm

MEG Center

John Hickam (Chris Cooper) is a West Virginia coal miner who loves his job and expects his sons, Jim (Scott Miles) and Homer (Jake Gyllenhaal), to follow in his footsteps. But Jim gets a football scholarship, and Homer becomes interested in rocket science after seeing Sputnik 1 crossing the sky. John disapproves of his son's new mania, but Homer begins building rockets with the help of friends and a sympathetic teacher (Laura Dern). Rocketry, he hopes, will prove his ticket to a better life.



Milagro Beanfield War

Friday, October 10

1:00pm-3:10pm

MEG Center

In the tiny town of Milagro, New Mexico, where the local water is a premium resource, shady developer

Ladd Devine (Richard Bradford) has conceived a glitzy resort that will ultimately siphon off all the water from the neighboring crop fields. When handyman and farmer Joe Mondragon (Chick Vennera) accidentally breaks a water valve reserved for major companies, he inadvertently sets off a small-scale water-rights war between the farmers and the developers.



Sleepy Hollow

Friday, October 24

1:00pm-3:00pm

MEG Center

The curse of The Headless Horseman (Christopher Walken)

is the legacy of the small town of Sleepy Hollow. Spearheaded by the eager Constable Ichabod Crane (Johnny Depp) and his new-world ways into the quagmire of secrets and murder, secrets once laid to rest, best forgotten, and now reawakened, and he too, holding a dark secret of a past once gone.

ACTIVITY CALENDAR

ACTIVITY CALENDAR

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

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

- Computer Lab open
- Fitness Room open

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




In the three
Senior Centers

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

PASATIEMPO Senior Center
664 Alta Vista St

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

Mary Esther Gonzalez (MEG) Senior Center
1121 Alto St

Monday	Tuesday	Wednesday	Thursday	Friday
Tai Chi: 8:15 to 9:15 am	Tai Chi: 8:15 to 9:15 am	Enhanced Fitness: 9:30 to 10:30 am	Wood Carving: 9:30 to 11:00 am	Enhanced Fitness: 9:30 to 10:30 am
Enhanced Fitness: 9:30 to 10:30 am	Jewelry: 8:00 am to 12:00 pm	Senior Theater: 12:30 to 2:30 pm	Chess Group: 12:00 to 2:00 pm	Knitting Class: 1:00 to 2:00 pm
Improv: 1:00 to 3:00 pm	Technology Class: 9:00 to 11:00 am	Bingo: 1:30 to 3:00 pm	Scrabble: 1:00 to 3:00 pm	Movie: 1:00 to 3:00 pm (See monthly calendar for details)
Technology Class: 1:00 to 3:00 pm	Guitar Class Intermediate: 10:00 am-12:00 pm	Enhanced Fitness: 3:30 to 4:30 pm	Tai Chi: 2:15 to 3:15 pm	Traditional Chinese Mahjong-Beginners 12:30 to 2:30 pm
Cribbage: 1:00 to 3:00 pm	Traditional Chinese Mahjong-Advanced 12:30 to 2:30 pm	Painting with Judy: 1:00 to 3:00 pm October 15 and October 29 only	Qi Gong: 3:30 to 4:30 pm	
Enhanced Fitness: 3:30 to 4:30 pm	Quilting Class: 1:00 to 4:00 pm		 Pool / Cards Room, Computer Lab, Craft Room Now Open! M—F 8:00 am to 4:30 pm	
	Enhanced Fitness: 3:30 to 4:30 pm			

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



Make sure you take
the training before
using the fitness room



Fitness Room Now Open too!
M—F 8:00 to 10:30 am
& 1:00 to 3:30 pm

DIRECTOR'S NOTE



Dear Senior Services Community,

The seasons have officially changed, and the cooler weather is upon us. It is time to prepare for winter by looking over our homes and beginning the winterization process. Clear up pathways both inside and outside your home to prevent falls and prepare for the cold weather by having your heating system checked out to ensure it is operating correctly. Pull out your blankets and warmer clothing to have them available to keep you warm. We are entering the cold and flu season as well. Please protect your health this season. As an older adult, you are at a higher risk of serious complications from the flu. Vaccination is an effective way to protect yourself and others around you. Please talk with your physician or a pharmacist. Please join us for the Halloween dance at the Eagles on Friday October 31. I hear there will be a costume contest!

Happy Halloween,
Manuel Sanchez
Senior Services Director



Downsizing Made Easy: A Fresh Start for Seniors

For many seniors, downsizing can feel overwhelming. The idea of leaving a long-time home full of memories and moving into a smaller, more manageable space can bring up mixed emotions. Yet, with the right approach, downsizing is not just about letting go—it's about creating a fresh, simplified lifestyle that gives you more time, energy, and freedom to enjoy retirement.

Step 1: Start Early and Take It Slow

The most important rule of downsizing is not to rush. Begin months before your move, setting aside a little time each week to sort through closets, drawers, and storage areas. Tackling small spaces one at a time helps you avoid stress while giving you a sense of steady progress.

Step 2: Sort with Purpose

Ask yourself three questions when handling each item: *Do I use it? Do I love it? Do I need it?* If the answer is “no,” consider donating, gifting, or recycling. Family members often appreciate being offered heirlooms or keepsakes, while charities and local nonprofits welcome gently used furniture, clothing, and household goods.

Step 3: Reimagine Your Space

Transitioning to a smaller home or apartment doesn't mean giving up comfort. It's about choosing multifunctional furniture,

a compact dining table with fold-down leaves. Bright lighting, uncluttered shelves, and mirrors can also make a new space feel open and inviting.

Step 4: Preserve Memories without the Clutter

One of the hardest parts of downsizing is parting with sentimental belongings. Instead of holding onto everything, consider creative ways to preserve memories: digitize old pho-

tos, create a scrapbook, or frame a few favorite pieces. You'll keep the memories without the boxes of “someday.”

Step 5: Get Organized with Professional Help

Sometimes a neutral perspective makes all the difference. Professional organizers or senior move

managers can help you decide what to keep and what to let go of, and they often coordinate donations, sales, and moving logistics. Think of them as partners in the process, reducing stress and saving time.

While the process of downsizing can be emotional, remember the rewards: less cleaning, lower maintenance, reduced expenses, and easier mobility. With fewer things and a simpler space, many seniors find they have more energy to focus on relationships, hobbies, and experiences rather than possessions.



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 24 hours in advance.

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

OCTOBER GROCERY DISTRIBUTION



Drive-through grocery distributions for Santa Feans in need.

Food Depot
1222 Siler Road.
Thurs, October 2nd & 16th
7:00AM-9:00AM

San Martin de Porres Distribution

October 7th & 21st: 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

1301 Osage Ave. Lamy Hall

St. John's the Baptist Catholic Food Distribution

Every third Thurs of the month | 2:30PM-3:30PM

HIKES FOR ACTIVE SENIORS

Moderate Hike: Monday, October 20, 2025

Aspen Vista Service Vehicle Trail

The Chamisa Trail is a favorite of Santa Feans and visitors alike. It's between 4 and 5 miles with about 1200 feet of total elevation again on a well-defined path. After a 1-mile climb of 600' feet to the saddle, we'll drop into the evergreen forest for another 1.1 miles then rest in a beautiful meadow by the Tesuque Creek. After our sack lunch we'll return the way came. This is an "out and back" hike.

MEET UP TIME/PLACE: We meet at the MEG Center at 8:15am and leave at 8:30am SHARP.
RETURN TIME: 12:30 -1:00PM.

WHAT TO BRING: Water, snack food, sturdy shoes or boots, a hat, jacket and gloves (even if you don't think you'll wear them). It can get quite chilly up in the mountains at this time of year.

Happy trails, everyone!



NEWS & VIEWS

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. 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 1:00-5:00PM. The next class is scheduled for Tuesday, October 7, 2025. For further information to attend any class, contact:

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

HALLOWEEN DANCE!

Please join us on Friday, October 31st from 1:00pm-4:00pm at the Fraternal Order of the Eagles. Come dressed in your favorite costume. Admission is free. Music will be provided by Peter Vigil and the Allstars!

TECHNOLOGY INSTRUCTION IS BACK!

Our computer lab is now open at The Mary Esther Gonzales Center. We have two instructors that are knowledgeable and ready to help with your technological needs. We have sessions scheduled for Monday afternoons from 1:00-3:00pm and Tuesday mornings from 9:00-11:00am. We would like to ask you to let us know what you need the most help with. Please contact Mona Baca at 505-955-4760 for your requests. Thank you.

LEARN HOW RANKED CHOICE VOTING WORKS IN SANTA FE

Santa Fe voters will be using Ranked Choice Voting (RCV) in the upcoming mayoral and city council elections. With RCV, you can rank candidates in order of preference, giving you more say in the outcome and ensuring your vote counts even if your top choice isn't the winner.

Ranked Choice Voting Training Dates & Locations:

Thursday, October 2 – Mary Esther Gonzalez Senior Center | 1:00 – 2:00 p.m.

Friday, October 3 – La Farge Library | 4:30 – 5:30 p.m.

Tuesday, October 7 – Luisa Senior Center | 12:00 – 1:00 p.m.

Thursday, October 9 – Pasatiempo Senior Center | 12:00 – 1:00 p.m.

Why Attend?

Learn step-by-step how to fill out your ballot. Understand how your rankings influence election results. Get your questions answered by trained volunteers.

Don't miss this opportunity to learn how to Ranked Choice Vote with confidence!

FLORA'S CORNER



"The best way to find happiness is by making others happy."-Robert Ingersoll



The In-Home Support Services
Program at the City of Santa Fe
Senior Services Department

is hiring

Respite Care Providers

Do you know a compassionate, caring, responsible *caregiver* or *housekeeper* who would be interested in joining our team? Invite them to contact us today! The City of Santa Fe is a great place to work, we offer:

- **Unparallel benefits and pay.** Great insurance plan, dental, vision, prescription, life insurance, lifetime pension, generous vacation, PTO and more!
- **Great work-life balance.** 8 to 5, M- F, no night shifts, no weekends, paid holidays.
- **The opportunity to serve your community.** Be part of a mission-driven team that directly improves quality of life for Santa Fe's elder residents.
- **Make a meaningful impact.** Help seniors live safely and independently in their own homes. Support local families by giving family caregivers the break they need.



Call Gerson Perez
In-Home Support
Services Manager
505-955-4704



CITY OF SANTA FE
SENIOR SERVICES

EMPLOYEE SPOTLIGHT

TRANSPORTATION SECTION



Ann Watson

What's your job title? Transit Driver III

How many years have you worked for the City? I drove city buses on two separate occasions.

What's the most exciting part of your job? Meeting new people and learning more about Santa Fe.

Do you have any hidden talents or hobbies? I enjoy doing large jigsaw puzzles, reading, riding long distances on my bike, walking and gardening. I am also a very intuitive person.

Are you a sports fan? Yes

Who are your favorite teams? San Antonio Spurs, New York Giants and the Los Angeles Dodgers.

What's something you're proud of? Having served in the U.S. Air Force and receiving a B.A. in Environmental Science. Traveling around the southern hemisphere and recently signing up to be a volunteer with the Santa Fe Literacy Program teaching English to non-English speaking adults.

ADMINISTRATIVE SECTION



Anna-Marie Navarrette

What's your job title? Senior Navigator

How many years have you worked for the City? 4 months

What's the most exciting part of your job? Getting to know the seniors individually.

Do you have any hidden talents or hobbies? Studying is my primary hobby. I am ALWAYS studying something. I used to sing opera.

Are you a sports fan? No

Who are your favorite teams? N/A

What's something you're proud of? My family. My children are my pride and joy. They have grown up to be strong, self-sufficient young women. ♥

NUTRITION SECTION



Gabriel Garcia

What's your job title? Cook

How many years have you worked for the City? I just started.

What's the most exciting part of your job? Getting to learn more ways to cook and trying new recipes. Getting to know a side of the community I've never seen.

Do you have any hidden talents or hobbies? I am very good with technology, i.e. phones, computers and cars. I'm captain of a flag football team. I'm learning how to play guitar.

Are you a sports fan? Absolutely

Who are your favorite teams? NFL-Green Bay Packers; NBA-Orlando Magic

What's something you're proud of? My co-workers and volunteers. They help me more than I deserve.

Preventing Falls:

Practical Steps for Safer, More Confident Aging

Falls are not a normal part of aging, yet they're one of the most common reasons older adults visit the emergency room. The good news: most falls are preventable. With a few smart changes to your daily habits, home environment, and health routines, you can greatly reduce your risk and keep doing the things you love. Use the guide below as a step-by-step plan.

1) Build a Stronger, Steadier Body

Your best defense against falls is a body trained for balance, strength, and flexibility.

- **Do balance activities** 3–5 times per week: heel-to-toe walking along a counter for support, side steps, single-leg stands (light fingertip on a chair), or tai chi.
- **Strengthen legs and core** 2–3 times per week: sit-to-stands from a chair, mini-squats at a counter, heel raises, and gentle resistance-band rows.
- **Keep joints moving** daily: slow, comfortable range-of-motion exercises for ankles, knees, hips, shoulders, and neck.
- **Progress slowly:** add a few repetitions or seconds at a time. If you feel pain, dizziness, or unusual shortness of breath, stop and rest.

If you're unsure where to start, ask your healthcare provider for a referral to **physi-**

...

A therapist can tailor a home program and check your gait, posture, and footwear.

2) Review Medications and Health Conditions

Certain prescriptions and over-the-counter medicines can cause dizziness, drowsiness, or drops in blood pressure.

- **Annual medication review:** Bring all prescriptions, supplements, and herbals to your provider.
- **Watch for interactions:** Sleeping pills, pain medicines, some heart and blood pressure medications, and allergy remedies are common culprits.
- **Manage health issues that affect balance:** Diabetes (neuropathy), low blood pressure when standing (orthostatic hypotension), vision problems, foot pain, inner-ear conditions, and arthritis.
- **Hydration matters:** Dehydration can cause lightheadedness. Aim for regular fluid intake unless you're on a fluid-restricted plan.

3) Make Your Home Safer—Room by Room

Most falls happen at home. Small tweaks add up to big protection.

Entrances & Hallways

- Clear pathways; remove cords and clutter.

- Add bright, even lighting; use night-lights from bedroom to bathroom.
- Secure or remove throw rugs; use non-skid backing or carpet tape.

Living Areas

- Keep frequently used items at waist to shoulder height—no hopping on stools.
- Arrange furniture to create wide walkways.
- Coil or cover cords along walls.
- Consider sturdy armchairs that make standing up easier.

Kitchen

- Use a reacher/grabber for high shelves; store heavy items below shoulder level.
- Clean spills promptly; keep a small towel handy.
- Wear shoes or non-skid house shoes—never just socks on smooth floors.

Bedroom

- Bed height should allow your feet to rest flat when seated at the edge.
- Keep a lamp or touch light within easy reach.
- Place glasses, phone, and water on a stable nightstand.
- Consider a motion-sensing night-light or under-bed lighting strip.

Bathroom

- Install **grab bars** inside the shower/tub and by the toilet (not towel bars).
- Use a **non-slip mat** in the tub and a bathmat with rubber backing outside.

- Consider a **shower chair** and **handheld showerhead** to reduce effort and slipping.
- If rising from the toilet is hard, add a **raised toilet seat** or safety frame.

Stairs

- Ensure **handrails on both sides**, secured and continuous.
- Mark the **top and bottom steps** with contrasting tape if vision is reduced.
- Keep steps free of items; repair loose boards or frayed carpet.

4) Safe Daily Habits

Small routines can prevent big problems.

- **Stand up in stages:** sit → feet flat → count to three → stand with support.
- **Pause before walking** after standing to let blood pressure settle.
- **Carry a cell phone** or wearable alert device; keep it on you, not across the room.
- **Avoid rushing** for the phone or door; use voicemail and peepholes.
- **Plan ahead in winter:** use ice melt, wear traction cleats outdoors if needed, and keep hands free for balance—use a backpack instead of carrying bags.

Bottom line:

Fall prevention is not one big change—it's many small, doable steps. By training your balance, fine-tuning your home, staying on top of health and medications, and adopting safe daily habits, you can dramatically lower your risk and move through life with more confidence. If you'd like, I can turn this into a printable one-page checklist or a short exercise routine you can keep on the fridge.

MEDICARE OPEN ENROLLMENT: FREQUENTLY ASKED QUESTIONS

What is Medicare Open Enrollment?

Medicare Open Enrollment happens annually between October 15- December 7.

What can I do during Medicare Open Enrollment?

During Medicare Open Enrollment you can Join, drop, or switch to another Medicare Advantage Plan with or without drug coverage (or add or drop drug coverage).

You can switch from Original Medicare to a Medicare Advantage Plan or from a Medicare Advantage Plan to Original Medicare. And you can join, drop or switch to another Medicare drug plan If you're in Original Medicare.

I am already on Medicare and I like my plan, do I need to do anything?

Yes. You should make sure that any drugs you are taking are still covered by your plan for the next year.

If I make changes, when do they take effect?

Any changes made during Medicare Open Enrollment take effect January 1, 2026. If you are confused or have questions, Stan Cooper and Jane Yuster, State Health Insurance Assistance Program (SHIP) counselors, are available to help. Stan and Jane are available by appointment to answer your questions. They are located at the Mary Esther Gonzales Senior Center, 1121 Alto Avenue. If you cannot make it into the center, arrangements can be made for either a call or a home visit. Call Tammy for an appointment at 505 -955-4721. If you are in another part of Santa Fe County or another part of the state, you can call the **New Mexico Aging and Disability Resource Center at 1-800-432-2080** and they can help you locate a SHIP counselor in your area.

MAILINGS AND IMPORTANT NOTICES

You will be getting lots of mail from insurance companies trying to get you to

consider their products. You do not have to act on these mailings. Although companies can send you mailings, they must follow certain rules when offering their plans; Some examples are:

A plan cannot use language that suggests its plan is preferred by Medicare. Plans cannot offer cash or gifts worth more than \$15 to entice enrollment. Plans cannot conduct sales presentations in health care settings such as doctors office. A plan cannot email or phone you if you do not ask them to. A plan cannot leave information on your door at home or on your car unless they come from a company that has an appointment with you. If you think you have experienced marketing violations, please report them by calling the **Senior Medicare Patrol at 1-800-432-2080**.

In addition to mailings from insurance companies, you may receive two important notices from your Medicare plan:

Evidence of Coverage (EOC). Each September you will receive an EOC from your insurance plan. It will inform you of your plan coverages and costs for 2026. Annual Notice of Change (ANOC). If you are in a Medicare Plan, you will receive an ANOC in the fall letting you know of any changes in copays, deductibles, out of pocket costs and changes in providers starting January 1, 2026.

Two other important notices you might receive are: Plan Non-Renewal Notice. If you are enrolled in a plan that is leaving Medicare at the end of 2025, you should receive a notice in October. If this occurs, you should sign up for another plan during Annual Open Enrollment (October 15-December 7).

Consistent Poor Performance Notice. If your plan receives low consumer ratings for three years in a row, you will receive a notice of Consistent Poor Performance. A low rating is three stars or less out of five stars. This notice encourages you to search for other plan options in your area.

INSCRIPCIÓN ABIERTA A MEDICARE: PREGUNTAS FRECUENTES

¿Qué es la Inscripción Abierta a Medicare?

La Inscripción Abierta a Medicare ocurre anualmente entre el 15 de octubre y el 7 de diciembre.

¿Qué puedo hacer durante la Inscripción Abierta a Medicare?

Durante la Inscripción Abierta a Medicare usted puede: Unirse, cancelar o cambiar a otro plan Medicare Advantage con o sin cobertura de medicamentos (o agregar o eliminar la cobertura de medicamentos).

Cambiar de Medicare Original a un plan Medicare Advantage o de un plan Medicare Advantage a Medicare Original.

Y, si está en Medicare Original, puede unirse, cancelar o cambiar a otro plan de medicamentos de Medicare.

Ya estoy en Medicare y me gusta mi plan, ¿tengo que hacer algo?

Sí. Debe asegurarse de que los medicamentos que está tomando continúen estando cubiertos por su plan para el próximo año.

Si realizo cambios, ¿cuándo entran en vigor?

Cualquier cambio hecho durante la Inscripción Abierta de Medicare entra en vigor el **1 de enero de 2026**.

Si está confundido o tiene preguntas, Stan Cooper y Jane Yuster, consejeros del Programa Estatal de Asistencia con el Seguro de Salud (SHIP), están disponibles para ayudarlo. Stan y Jane atienden con cita previa para responder sus preguntas. Ellos se encuentran en el Mary Esther Gonzales Senior Center, 1121 Alto Avenue.

Si no puede acudir al centro, se pueden hacer arreglos para una llamada o una visita a domicilio. Llame a Tammy para una cita al **505-955-4721**.

Si usted se encuentra en otra parte del condado de Santa Fe o en otra parte del Estado, puede llamar al **Centro de Recursos para el Envejecimiento y la Discapacidad de Nuevo México (New Mexico Aging and Disability Resource Center)** al **1-800-432-2080**, y ellos le ayudarán a localizar un consejero SHIP en su área.

CORRESPONDENCIA Y AVISOS IMPORTANTES

Usted recibirá mucha correspondencia de compañías de

seguros tratando de que considere sus productos. **No está obligado a actuar en base a esta correspondencia.**

Aunque las compañías pueden enviarle correspondencia, deben seguir ciertas reglas al ofrecer sus planes. Por ejemplo:

Un plan no puede usar lenguaje que sugiera que ese plan es el preferido por Medicare.

Los planes no pueden ofrecer dinero en efectivo ni regalos con un valor mayor a \$15 para inducir la inscripción.

Los planes no pueden realizar presentaciones de ventas en lugares de atención médica, como consultorios médicos.

Un plan no puede enviarle correos electrónicos ni llamarle por teléfono si usted no lo solicitó.

Un plan no puede dejar información en la puerta de su casa ni en su automóvil, a menos que provenga de una compañía con la que usted tenga una cita.

Si cree que ha experimentado este tipo de violaciones a las reglas de mercadeo, por favor repórtelas llamando al **Senior Medicare Patrol al 1-800-432-2080**.

Además de la correspondencia de compañías de seguros, usted puede recibir **dos avisos importantes de su plan de Medicare**:

Evidencia de Cobertura (EOC): Cada septiembre usted recibirá un EOC de su plan de seguro. Este documento le informará sobre las coberturas y costos de su plan para el 2026.

Aviso Anual de Cambios (ANOC): Si está en un Plan de Medicare, recibirá un ANOC en el otoño que le notificará sobre cambios en copagos, deducibles, costos de bolsillo y cambios en proveedores a partir del 1 de enero de 2026.

Otros dos avisos importantes que podría recibir son:

Aviso de No Renovación del Plan: Si está inscrito en un plan que dejará de participar en Medicare a finales de 2025, recibirá un aviso en Octubre. Si esto ocurre, deberá inscribirse en otro plan durante la Inscripción Abierta Anual (15 de octubre al 7 de diciembre).

Aviso de Desempeño Consistentemente Deficiente: Si su plan recibe calificaciones bajas de los consumidores durante tres años seguidos, recibirá un aviso de Desempeño Consistentemente Deficiente. Una calificación baja es de tres estrellas o menos de un total de cinco. Este aviso le anima a buscar otras opciones de planes en su área.

HEALTH & SAFETY

OCTOBER IS BREAST CANCER AWARENESS MONTH

October is Breast Cancer Awareness month; a time when people throughout the U.S. run, walk, raise funds and do what they can to increase awareness.

Breast Cancer in Seniors

Older age increases the risk of several types of breast cancer. However, advancements in diagnosis and highly individualized treatment plans are increasing the odds of recovery for older patients and making it possible for many to live longer, healthier lives. Some facts for older adults to consider:

According to the National Cancer Institute, women 70 and older have a one in 14 chance of developing breast cancer at some point in their lives. Men can also get breast cancer.

Treatment is dependent on the individual and may include surgery, hormone-blocking pills, targeted radiation or a combination of these therapies. Chemotherapy is used occasionally.

Healthy, active, independent patients have the best chance of a good outcome.



GRIEVING THE DEATH OF A LOVED ONE GROUP PROGRAM

6 Fridays, 1-2pm

Oct 17 – Nov 21, 2025

**In-person at the Memory Care Alliance Office
1541 S. St. Francis, Santa Fe, NM 87505**

This group program is for those who have experienced recent deaths of family, friends, or colleagues. It is free-of-charge and is facilitated by Eileen Joyce, Hudson Certified Coach and Grief Recovery Specialist with 25 years of experience.

In these six Fridays together you'll have the opportunity to talk about your loved one and how you're dealing with the challenges and grief of your loss.

We'll cover:

- The myths of grief, loss, and healing
- Helpful ways to heal your broken heart
- How unresolved grief affects the capacity for happiness
- Creating resilience even in times of greatest challenges

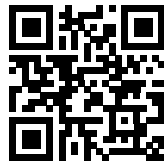
The program is sponsored by The Memory Care Alliance.

Attending all 6 weeks is recommended but not required. Please contact Eileen

by calling 505.428.0670 or email ej@eileenjoyce.com to reserve your place (space is limited).



| Your City at Work



Sign up today! Scan the QR code or visit
santafenm.gov/alerts for more info.

Connect With Us!

Connecting with the City of Santa Fe is easier than ever! Whether you visit our website, follow us on social media, or sign up for emails from us, you can stay in the know for City activities, events, and services with just a few clicks.

Visit our Redesigned Comprehensive Website

Our dynamic website connects community members to information, resources, and services across all departments – you'll also find regular updates on our programs, activities and events! Learn more at santafenm.gov

Follow us on Social Media for News & Events

Check out Your City at Work - Follow us [@SantaFeGov](#) on Facebook, Instagram, and Twitter to keep up on the latest City news.



Learn More by Signing Up for the Weekly Wrap!

The Weekly Wrap is your one-stop-shop for news and updates – it's just one email, once a week, with highlights on programs, activities, events, and more, for community members of all ages!



CITY OF SANTA FE

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. **rsvpsantafe.org**

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

HAPPY BIRTHDAY, OCT. VOLUNTEERS!

Irene Roybal 10/1
W. Peyton George 10/2
Cheryl Karo 10/2
Roberta Armstrong 10/3
Sonja Frenz 10/3
Rubana Montoya 10/5
Larry Lee 10/6
Jane Yuster 10/7
Pam Baxendale 10/11
Sharlet Kemler 10/11
Dora Montoya 10/12
Dick Lueck 10/15
Carol Lachman 10/16
Stanley Jones 10/17
Maria Ornelas 10/17
Jane Steinberg 10/17
Maria Goldstein 10/18
Susan Hill 10/18
Chuck Mazziotti 10/18
Julie Jones 10/19
Judy Montano 10/19
Leza Wimett 10/19
Louie Ortiz 10/20
Richard Furlanetto 10/23
Anna Chacon 10/24

Margie Montoya 10/25
Mary Lee Ortiz 10/27
Carmen Rodriguez 10/27
Janet Reffert 10/28
Patti Merrill 10/29
Rose Garcia 10/30
Linda Reid 10/30
Constance Bailey 10/31

SANTA FE CHILDREN'S MUSEUM

The Santa Fe Children's Museum builds upon a child's sense of joy and discovery by cultivating habits of inquiry in the arts, sciences, and humanities. The museum is looking for volunteers to help with the following areas along with other activities.

Backyard and Garden

Please join us in our newly landscaped backyard and new garden area. If you enjoy time outdoors in the garden, we could use your help! Bring your skills and experience with guest engagement, harvesting, weeding, pruning, and more to support our beloved backyard area.

Gift Shop

The Santa Fe Children's Museum gift shop is a volunteer-run store, and we are recruiting more helpers! This role requires a couple of hours of availability a week to help sell merchandise and engage with guests. We are looking for folks who can take a regular weekly shift. Our greatest staffing needs are on Thursdays from 4-6pm, Fridays from 2-4pm, and weekends. However, any availability is appreciated.

Please contact Mona Baca at 505-955-4760 for mabaca@santafenm.gov if you are interested in volunteering.

Foster Grandparent • Senior Companion Care Companion • Retired Senior Volunteer

PROGRAMS

RETIRED SENIOR VOLUNTEER PROGRAM (RSVP)

Find a service opportunity that fits your passion. RSVP volunteers are assigned to senior centers, city programs, or other partnering nonprofit organizations. With RSVP you can use the skills and talents you've learned over the years or develop new ones. Share your interests and availability with RSVP and find a meaningful way to contribute.



FOSTER GRANDPARENT PROGRAM (FGP)

offers opportunities to limited income 55+ seniors to mentor and guide students to higher academic achievement. The FGP Program connects role models like you with students with exceptional needs. If you're interested in mentoring and tutoring children, look no further. Enrich your life while enriching the lives of others. Volunteers who serve in the FGP program provide the kind of comfort and love that sets a child on a path to a successful future. Foster Grandparents provide 5-40 hours of service weekly at schools and Head-starts. *Income eligible volunteers receive a non-taxable hourly stipend.*



SENIOR COMPANION PROGRAM (SCP)

offers opportunities to limited income 55+ seniors to serve as a friend and companion by providing assistance and friendship to seniors who have difficulty with daily living tasks. The program aims to keep seniors independent longer and provide respite to family caregivers. Use your skills and talents to make older adults' independence a reality. Enrich your life while enriching the lives of others. Senior volunteers report better health and longevity having served their community. Senior Companions provide 5-40 hours of companionship weekly to two or more seniors with disabilities or those who are lonely. *Income eligible volunteers receive a non-taxable hourly stipend.*



CARE COMPANION PROGRAM (CCP)

volunteers will provide regular visits to long-term care community residents and develop "authentic" relationships that support socialization and engagement. Benefits to long-term care facility residents: Lessening the feeling of isolation for adults 55 and older and people with disabilities is important to their mental and physical health. Care Companion Program volunteers can help provide ongoing companionship and emotional support. Compassionate and attentive companions can provide social interaction, engage in conversation, and help dispel feelings of loneliness. *ALL volunteers receive a non-taxable hourly stipend.*

For more information, please call 505-955-4721

A special thank you to State of NM Aging and Long-term Services Department and AmeriCorps Seniors

Volunteers Make a Difference!



CITY OF SANTA FE
SENIOR SERVICES

RANKED CHOICE VOTING EDUCATIONAL SESSIONS

Learn How Ranked Choice Voting Works in Santa Fe!

Santa Fe voters will be using Ranked Choice Voting (RCV) in the upcoming mayoral and city council elections. Learn step-by-step how to fill out your ballot, understand how your rankings influence election results, and get your questions answered by trained volunteers.



Ranked Choice Voting Training Dates & Locations:

Thursday, October 2 – Mary Esther Gonzalez Senior Center | 1:00 – 2:00 p.m.

Friday, October 3 – La Farge Library | 4:30 – 5:30 p.m.

Tuesday, October 7 – Luisa Senior Center | 12:00 – 1:00 p.m.

Thursday, October 9 – Pasatiempo Senior Center | 12:00 – 1:00 p.m.



For more info visit: santafenm.gov/rank-choice-voting



CITY OF SANTA FE

READY TO RANK SANTA FE?

On November 4th, Santa Fe voters will be using ranked choice voting (RCV) to elect our mayor and city councilors from districts 1 and 2.

How does RCV work?

With RCV, instead of choosing just one candidate in a race, voters have the chance to choose who they feel best represents their community. You can rank as many or as few candidates as you like.

Fill out your own sample ballot

Step 1: Pick your favorite candidate and rank them as your first choice.

Step 2: Once you've ranked your first choice, you may also rank a second choice, third choice, and so on as backups.

Step 3: Rank as many or as few candidates as you like. Remember that your other choices are back-ups in case your number one candidate is eliminated.

Examples of how to properly fill out a ballot using ranked choice voting.

Ranked Choice Voting New Mexico
(When you love RED but would still be happy with GREEN)







Vote for your Favorite New Mexican Food!

	1 st CHOICE	2 nd CHOICE	3 rd CHOICE	4 th CHOICE	5 th CHOICE
Green Chile Cheeseburger	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Taco	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Breakfast Burrito	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Frito Pie	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Red Chile Enchiladas	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Ranked Choice Voting (RCV) allows voters to rank candidates by preference instead of choosing just one. Find your first-choice candidate and completely fill in the oval next to their name in the "1st Choice" column. Then find your second choice, and fill in the oval next to it in the "2nd Choice" column. Continue until you have ranked all the candidates you choose to rank. More information at RCVNM.com.

Ranked Choice Voting New Mexico
(When you love RED but would still be happy with GREEN)







Vote for your Favorite New Mexican Food!

	1 st CHOICE	2 nd CHOICE	3 rd CHOICE	4 th CHOICE	5 th CHOICE
Green Chile Cheeseburger	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Taco	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Breakfast Burrito	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Frito Pie	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Red Chile Enchiladas	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

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Taco	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Breakfast Burrito	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Frito Pie	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Red Chile Enchiladas	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

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To learn more about RCV or general election info, scan the QR code or visit santafenm.gov/ranked-choice-voting



CITY OF SANTA FE

CROSS WORD PUZZLE

Crossword: October 1st

Across		
1 Cathedral topper	27 CPO's group	51 Music with jazzlike riffs
6 Shopaholic's delight	28 Regardless of the price	52 Before up or down
10 Taper	31 Subway alternative	53 Ballpark figure?
14 Shanty	34 National animal of India and Malaysia	56 Iota preceder
15 Egg cell	36 First family member	59 Like some divorces
16 Mitch Miller's instrument	37 "The ___" (Peter Sellers 1967 comedy)	61 Hubbub
17 Vast chasm	38 Large tropical American lizards	62 Fuss-budget
18 Exact copy	41 Sticks to	64 Airport part
20 Chat room chuckle	43 Season to be jolly	66 Pelvic bones
21 Contest effort	44 Mauna ___ Volcano	67 Love, Spanish-style
23 Kind of spray	46 Chicago and Boston, e.g.	68 Simoleons
24 Old flames	47 Go astray	69 Half-moon tide
26 Ryan's "Love Story" co-star	48 Lacking conscious awareness	70 Say it ain't so
		71 It'll knock you out

Down
1 Fissile rock
2 Address abbr.
3 Dartmouth student
4 Legal thing
5 "What ___ can I say?"
6 Sinead O'Connor song, "Sing to me ___"
7 Cupidity
8 Rutherford B. Hayes's first lady
9 German river
10 "I am ___" (Helen Reddy hit)
11 Wood stork
12 Cuba libre ingredient
13 Ship part
19 Research facil.
22 Masfield play "The Tragedy of ___"
25 Burgle
27 Like hand-me-downs
29 Son of Prince Valiant
30 Egg cells
31 Cooking thickener
32 Under the covers
33 Head honcho
34 It comes to a point
35 ___ Karkaroff (Harry Potter character)
37 Boyfriends
39 Finely pulverized gypsum
40 Peruvian coin
42 SHO alternative
45 Plane's wing part
48 "No problemo"
49 Church area
50 "___ true!"
51 Subway handhold
54 Be gaga over
55 Copier need
56 Idaho town, ___ Falls
57 Puncture
58 Orchid genus
59 "If He Walked Into My Life" musical
60 Lock name
63 Roll of bills
65 Wall Street order

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				

Art Trends

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

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

CUBISM
DADAISM
EMPIRE
EXPRESSIONISM
GOTHIC
GRAFFITI
INFORMAL
JUGENDSTIL
PIETISM
POP ART
REALISM
RENAISSANCE
ROCOCO
ROMANESQUE
SECULARISM

ABSTRACT ART
ANIMISM
ART DECO

ART NOUVEAU
ASSEMBLAGE
BAUHAUS

BODY ART
CLASSICISM
CONSTRUCTIVISM

TRIANGRAM

Three-word groups of anagrams are called triplets or trianagrams.
Complete the group:

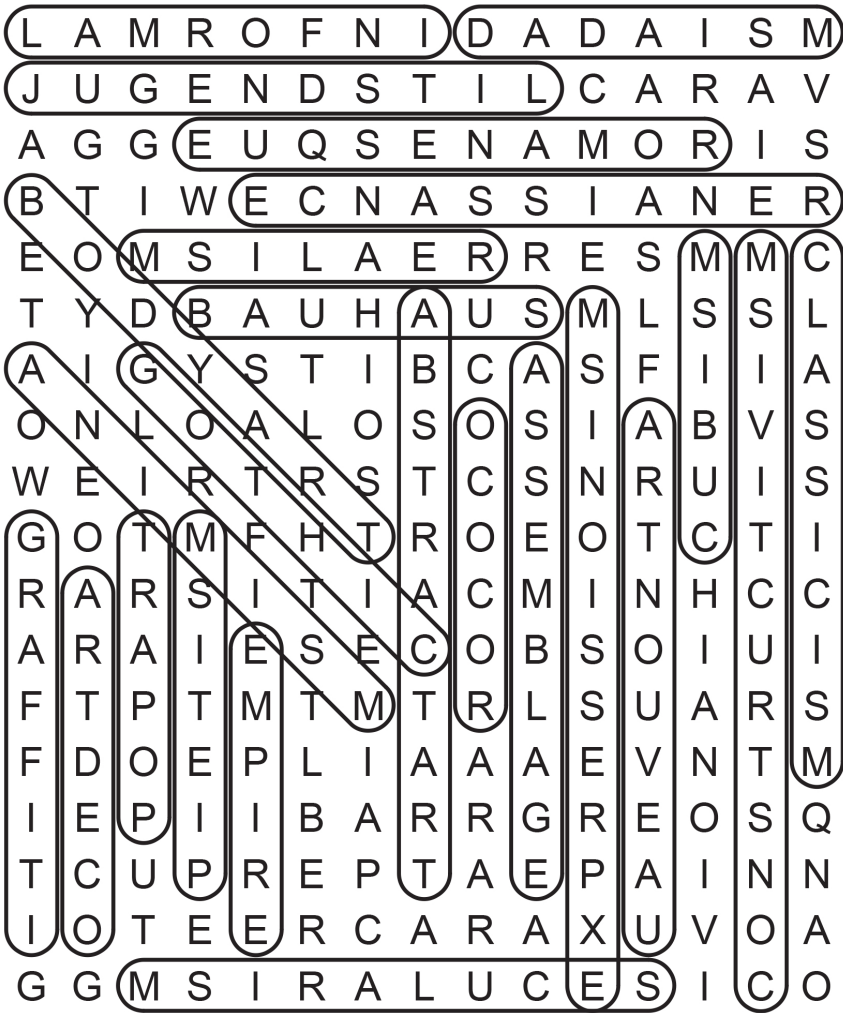
T E A R I N G _ _ _ _ _



CROSS WORD PUZZLE SOLUTIONS

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

Solution: Art Trends



SENIOR CENTER LUNCH MENU

SENIOR CENTER LUNCH MENU OCTOBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Chicken Cordon Bleu Broccoli & Cauliflower Rice Pilaf Strawberries	2 Swedish Meatballs Over Noodles French Style Green Beans Roll Fruit Cocktail	3 Baked Fish Hushpuppies Tartar Sauce Malibu Veggies Banana
6 Chicken & Rice Casserole Chateau Blend Roll Baked Spiced Apples	7 Baked Tilapia Potatoes Au Gratin Asparagus Tossed Salad Roll Lemon Bar	8 Soft Beef Taco Garnish Salsa Chili Beans Calabacitas Diced Pears	9 Chicken Fried Chicken Mashed Potatoes Pepper Gravy Vegetable Medley Roll Chocolate Pudding	10 Ham & Cheese Sandwich Garnish Cold Peas Potato Salad Peanut Butter Cookie
13 ALL CENTERS CLOSED	14 Polish Sausage Sauerkraut Carrots Parsley Potatoes Bun Yogurt	15 Chicken Provencal Tomato & Olive Topping White Rice Spinach & Onions Roll Jello	16 Pork Tamale Red Chili Sauce Pinto Beans Chuckwagon Veggies Apricots	17 Chicken Teriyaki Fried Rice Asian Veggies Fortune Cookie Fresh Orange
20 Salisbury Steak Mashed Potatoes Mushroom Gravy Mixed Veggies Roll Fresh Apple	21 Baked Ham Yams Buttered Carrots Roll Pineapple	22 Baked Lemon Chicken Wild Rice Baked Okra Roll Lemon Pudding	23 Pork Stir Fry Asian Veggies Egg Roll Garden Salad Mandarin Oranges	24 Meatloaf With Tomato Topping Roasted Potatoes Cauliflower Roll Sherbet
27 BBQ Chicken Baked Beans Green Beans Cornbread Peaches	28 Pork Chop Pork Gravy Stuffing California Veggies Roll Tapioca Pudding	29 Meaty Lasagna Italian Veggies Tossed Salad Garlic Toast Applesauce	30 Beef Roast ½ Baked Potato Brown Gravy 5 Way Veggies Roll Tropical Fruit	31 Green Chili Chicken Posole Capri Veggies Tortilla Diced Mango

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



NUTRITION EDUCATION

MARRY ME TORTELLINI

Ingredients:

2 tablespoons oil from sun-dried tomato jar
1½ cups cherry tomatoes (from 1 pint)
2 medium shallots, chopped (about ½ cup)
⅓ cup drained oil-packed sun-dried tomatoes, chopped
5 medium cloves garlic, finely chopped (about 2 tablespoons)
1 teaspoon Italian seasoning
½ teaspoon salt
½ teaspoon ground pepper, plus more for garnish
1½ cups lower-sodium vegetable broth
½ cup water
1 (20-ounce) package refrigerated cheese-filled tortellini
1 (5-ounce) package baby spinach (about 5 cups)
1 cup fresh or frozen green peas
½ cup heavy cream
½ cup Parmigiano-Reggiano cheese, divided
2 tablespoons loosely packed fresh small basil leaves

Directions:

Step 1

Heat 2 tablespoons sun-dried tomato oil in a large skillet over medium-high heat. Add 1½ cups cherry tomatoes and the chopped shallots; cook, stirring occasionally, until the tomatoes have mostly blistered and the liquid has released and started to evaporate, about 5 minutes. Add ⅓ cup chopped sundried tomatoes, the chopped garlic, 1 teaspoon Italian seasoning, ½ teaspoon salt and ½ teaspoon pepper; cook, stirring constantly, until fragrant, about 1 minute. Add 1½ cups vegetable broth and ½

cup water; bring to a boil over medium-high heat. Reduce heat to maintain a lively simmer; add tortellini. Cook, stirring frequently, for 4 minutes.

Step 2

Add baby spinach; cook until wilted, about 1 minute. Remove from heat; stir in 1 cup peas, ½ cup cream and ⅓ cup Parmigiano-Reggiano until incorporated. Sprinkle with 2 tablespoons basil leaves and the remaining Parmigiano-Reggiano (about 2½ tablespoons). Garnish with additional pepper, if desired.



NOTES

SEPTEMBER HIGHLIGHTS



Enhance Fitness at the 2025 Conference on Aging



Pablo y Maria at the Conference on Aging



Jewelry Class Concentration!



Rick polishing rings during jewelry class



All smiles at the Conference on Aging!



Basking in the Glorietta sun!



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

Disclaimer: The material contained in this publication is provided for general information purposes and is meant to keep our readers informed. The content may or may not be sponsored by the City of Santa Fe Division of Senior Services, so we recommend that readers always refer to the contact and location information listed in each item. If you have questions for Senior Services staff, please refer to page 3 for the appropriate contact.



CITY OF SANTA FE

Division of Senior Services
200 Lincoln Ave.
Santa Fe, New Mexico 87504-0909

PRESORT STD
US POSTAGE
PAID
SANTA FE, NM
PERMIT NO. 285

Place Label Here

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.)
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Legend: = Center open for meals!

QR Code

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