

CITY OF SANTA FE SENIOR SERVICES

SENIOR SCENE

September 2025



CITY OF SANTA FE
SENIOR SERVICES

AUGUST HIGHLIGHTS



Cheek to Cheek!



Edna Sandoval the Greeter!



Girl Talk!



Look Who Cut the Ribbon!



Maxine & Louie enjoy the new Game Room!



Thank you! Grupo Azul

SENIOR SCENE

September 2025

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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



SEPTEMBER AT A GLANCE

SEPTEMBER 2025				
1 Monday	2 Tuesday MEG 1:00 - 5:00 AARP Smart Drive	3 Wednesday MEG 11:45 FIESTA ROYALTY JOINS US FOR LUNCH!	4 Thursday BAILE DE ORO 11:00 to 12:30 LUNCH 1:00 to 3:00 DANCE	5 Friday FIESTA FRIDAY! ALL CENTERS CLOSE AT 11:30
8 MEG 10:30-2:00pm Haircuts w Fabiola FIELDTRIP TO NM STATE FAIR	9 MEG 11:00 to 12:30 Birthday Celebration MEG 1:00 - 5:00 AARP Smart Drive Spanish Class	10 PASATIEMPO 11:00 to 12:30 Birthday Celebration	11	12 MEG 1:00 - 2:00 Book Club MEG 12:50 - 3:10 MOVIE <i>Mrs. Doubtfire</i>
15 PASATIEMPO 10:30-2:00pm Haircuts w Fabiola	16 LUISA 11:00 TO 12:30 Birthday Celebration	17	18	19 MEG 12:50- 3:15 MOVIE <i>The Longest Ride</i>
22 LUISA 10:00 - 1:00 Haircuts w Fabiola	23 MEG 11:30 - 12:30 ICAN Nutrition Class	24 PASATIEMPO 11:30 - 12:30 ICAN Nutrition Class	25 LUISA 11:30 - 12:30 ICAN Nutrition Class	26 MEG 1:00 - 3:00 MOVIE <i>La Bamba</i>
29	30			

SEPTEMBER MOVIES



Mrs. Doubtfire

Friday, September 5

1:00pm-3:00pm

MEG Center

Slapstick film about a divorced actor who is willing to go to any lengths to get his children back, even posing as a matronly Scottish housekeeper. His family, taken in by the disguise, decide to employ the eccentric but apparently capable widow, and everyone is happy with the arrangement-until the mother's old boyfriend reappears and tries to become a father figure to the children.



The Longest Ride

Friday, September 19

1:00pm-3:10pm

MEG Center

Former bull-riding champion Luke (Scott Eastwood) and college student Sophia (Britt Robertson) are in love, but conflicting paths and ideals threaten to tear them apart. Luke hopes to make a comeback on the rodeo circuit, and Sophia is about to embark on her dream job in New York's art world. As the couple ponder their romantic future, they find inspiration in Ira (Alan Alda), an elderly man whose decades-long romance with his beloved wife withstood the test of time.



La Bamba

Friday, September 26

12:50pm-3:10pm

MEG Center

Los Angeles teenager Ritchie Valens (Lou Diamond Phillips) becomes an overnight rock n' roll success in 1958, thanks to a love ballad called Donna that he wrote for his girlfriend (Danielle von Zemeck) whose parents didn't want her to date a Latino boy. But as his star rises, Valens has conflicts with his jealous brother, Bob (Esai Morales), and becomes haunted by a recurring nightmare of a plane crash just as he begins his first national tour alongside Buddy Holly (Marshall Crenshaw).



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)

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



In the three
Senior Centers

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	10:00 am to 11:00 am: Japanese Dance with Chizuko

Mary Esther Gonzalez (MEG) Senior Center 1121 Alto St
Fitness Room Now Open Monday thru Friday 8 to 10 am & 1 to 3:30 pm

Monday	Tuesday	Wednesday	Thursday	Friday
8:15 to 9:15 am: Tai Chi	8:15 to 9:15 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	9:00 to 11:00 am Technology Class	12:30 to 2:30 pm: Senior Theater	12:00 to 2:00 pm: Chess Class	1:00 to 2:00 pm Knitting Class
1:00 to 3:00 pm: Improv	10:00 am-12:00 pm: Guitar Class intermediate	1:15 to 3:00 pm: Bingo		1:00 to 3:00 pm: Movie
1:00-3:00 pm: Technology Class	12:30 to 2:30 pm: Traditional Chinese Mahjong-Advanced	3:30 to 4:30 pm: Enhanced Fitness	2:15 to 3:15pm: Tai Chi	(See monthly calendar for details)
1:00 to 3:00pm: Cribbage	1:00-4:00 pm: Quilting Class		3:30 to 4:30 pm: Qi Gong	
3:30 to 4:30 pm: Enhanced Fitness	3:30 to 4:30 pm: Enhanced Fitness			12:30 to 2:30 pm Traditional Chinese Mahjong-Beginners



For additional information on the activities scheduled in any of our centers, please call
505-955-4754

**Pool/Cards Room, Computer Lab,
Craft Room Now Open Monday thru
Friday 8 am to 4:30 pm**

DIRECTOR'S NOTE



Dear Senior Services Community,

September is here and Fall is around the corner; the smell of green chili being roasted is in the air and the days and nights are beginning to cool off. I would like to thank everyone that came to our Ribbon cutting event in August, it was a great success. I

want to invite everyone to the Baile de Oro on September 4, 2025, at the Community

Convention Center lunch will be served from 11:00AM to 12:30PM and the Dance will be from 1:00 to 3:00PM

the Dance is sponsored by the City of Santa Fe Senior Center, Santa Fe County Senior Services and the

Santa Fe Fiesta council. September 8, 2025, is Annual Seniors' Celebration & Healthy Living Day at the State

Fair see the front office to sign up as we have limited seating on the bus.

The MySeniorCenter program is working great we have issued out over 778 key tags in less than a month.

The check-in and checkout process seems to be more efficient, thank you all for working with us to make this program a success. We are continuing to implement the remaining modules of the program for transportation and nutrition please be patient with us on the continued implementation.

There will be orientation sessions beginning September 2, 2025, for the fitness room. Everyone that wants to use the fitness room will need to attend an orientation session they will be held on Tuesdays and Thursdays at 8:00AM and 1:00PM. The fitness room will be open daily from 8:00AM to 10:30AM and 1:00PM to 3:30PM.

Lastly, I want to take a moment to congratulate Lugi Gonzales, Linda Salazar and Yvette Sweeny on their retirement from the City of Santa Fe. These three individuals have served the City of Santa Fe Senior Services for 25 years in different capacities at the center over each of their careers. I would like to wish them luck on each of the new adventures they will embark on in this new chapter of their lives.

Sincerely,

Manuel Sanchez
Senior Services Director



NEW MEXICO

CONFERENCE ON AGING

ENGAGE AS YOU AGE

SEPTEMBER 23-25, 2025

GLORIETA CONFERENCE CENTER

Conference Highlights

Three days of programming featuring:

- Interactive workshops and information sessions
- Engaging speakers, activities, and entertainment
- Insurance, health, caregiver, long-term care, and other resources
- Meals and snacks
- Exhibits and networking
- Shuttles to and from Santa Fe and around the venue
- Concert by Al Hurricane Jr.

Resources

- Multi-state agency expo
- On-site benefits sign-up opportunities
- Recreational activities including pickleball, zip lining, nature hikes, crafts and more!

REGISTRATION NOW OPEN
AgingInNM.org



PRESENTED BY



New Mexico
Indian Affairs
Department



Anchorum
Health Foundation

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.

SEPTEMBER GROCERY DISTRIBUTION



Drive-through grocery distributions for Santa Feans in need.

Food Depot
1222 Siler Road.
Thurs, Sept 4th & 18th
7:00AM-9:00AM

ECHO Commodity Distribution

September 16th, 9:30AM-12:00PM
Contact: 505-242-6777

San Martin de Porres Distribution

August 12th & 26th: 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, September 15, 2025 **Aspen Vista Service Vehicle Trail**

We missed the Fall colors last year because the mountain road was closed for construction. This year all systems are "go". September's easy/moderate hike will be to Aspen Vista, along the Aspen Vista Service Road. This is an unpaved road reserved for vehicles servicing the cell towers at Tesuque Peak. We will hike about 2 miles one way, stop for a snack and return. Our altitude will be between 10,000 and 10,500 feet. Along the way we will enjoy panoramic views of the Aspen forests-and hope for Fall colors. The hike will be leisurely, and no hiking experience is required so all are invited.

If our timing is such that we do not see the Fall colors at their best, we will do another hike in the same area, although more strenuous, on October 20th, unless the group decides to do an extra hike in the four-week period, in which case the group will also select the date for the extra hike.

MEET UP TIME/PLACE: We meet at the MEG Center at 8:15am and leave at 8:30am SHARP.
RETURN TIME: Our goal is to return in time for lunch at MEG but this is not guaranteed.

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, hikers!

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, September 2, 2025. Also, the Spanish class is scheduled for Tuesday, September 9, 2025. For further information to attend any class, contact:

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

JOIN THE SENIOR SERVICES DIVISION DAY TRIP TO THE NEW MEXICO STATE FAIR!

Monday, September 8, 2025, Senior Day!
Trip will depart at 9:00am from the Mary Esther Gonzales Senior Center and will return at approximately at 3:30PM. Please arrive at the MEG Center by 8:30AM.

- Bus Ride: \$5.00
- Free Admission

One can sign up in person at the Mary Esther Gonzales Senior Center or contact Kim Rivera at 505-955-4715, space is limited.



BECOME A HOST FAMILY FOR AN EXCHANGE STUDENT

Santa Fe Seniors, please consider becoming a host family for a high school exchange student from one of 70 possible countries. Share your corner of America and make memories that last a lifetime.

For more information, please contact

Katharine Theisen, Local Santa Fe Coordinator.
217) 979-0253 | kcoggeshall@hotmail.com

JOIN US FOR THE BAILE DE ORO!

When: Thursday, September 4th | 1PM - 3PM

Where: Santa Fe Convention Center

Lunch will be served from 11:00AM - 12:30PM



IN LOVING MEMORY



Juanita Lourdes "Gina" Quintana
Feb 11, 1952 - July 22, 2025

Juanita passed away peacefully and surrounded by family on July 22, 2025. She was 73 years old.

Born on February 11, 1952 in Santa Fe. Juanita deeply connected to her hometown throughout her life. Her enduring faith and compassion left a meaningful impact on those around her.

In 2021, she was recognized by the City of Santa Fe as one of "10 Who Made A Difference." She was an amazing volunteer for the Foster Grandparent Program for 12 years. The students loved her!



Bella Lucero
Passed Away - August 13, 2025

Bella Lucero passed away on August 13, 2025, at her home in Santa Fe. She will be dearly

missed. She was a wife, mother, grandmother, great grandmother and a great, great grandmother. She worked for many years. She especially enjoyed working for the State Library for the Blind. She volunteered for 11 years with the Foster Grandparent Program and with the Retired Senior Volunteer Program. The children at La Comunidad de los Ninos Head Start loved her!!



Juanita and Bella at the Roundhouse



FLORA'S CORNER



"Aging gracefully means being flexible, being open, allowing change, enjoying change, and loving yourself."

-Wendy Wasserstein

EMPLOYEE SPOTLIGHT

HAPPY RETIREMENT!



Lugi Gonzales

What is your favorite memory from your working years?

I was blessed to oversee the Activities portion of our

program. Seeing our seniors happy and enjoying themselves at our dances, trips and other special events has been a very memorable experience for me. I was even blessed to have the opportunity to work with those that I have always loved and had a special bond with "Our Elders". I take with me so many lasting and beautiful memories, and I thank them.

What will retirement bring?

God willing; I look forward to some traveling and taking fun classes, like learning how to garden, draw, paint or learn how to play the guitar. Oh, and lots of dancing!



Yvette Sweeney

What are you going to miss working at Seniors?

Making my own special recipe for oatmeal cookies, chicken salad,

honey rolls and red chili for the seniors and staff.

What is something you plan on doing after retirement?

Go to Chicago to see a Bears Game at Soldiers Field.



Linda Salazar

What is your favorite memory from your working years?

1) All the close bonds that were made with the seniors and all the

advice and wisdom given that I will take with me into this new chapter in my life. 2) Also, being able to mentor and guide as a manager. Witnessing personal growth and success. 3) The teamwork and comradery I experienced through the many challenges we faced over 25 years at Seniors.

What is something you've always wanted to do but were too afraid to try?

Being more adventurous and embracing the unknown by just taking a leap of faith.



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



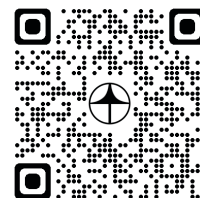
Sponsored by the Santa Fe Walking Collaborative
& convened by the Santa Fe Conservation Trust
Spanish language schedule available at sfct.org/vamonos

¡Vámonos!

SANTA FE WALKS

COLOR CODE LEGEND

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



FIVE WAYS SENIOR CITIZENS CAN PROTECT THEMSELVES FROM FRAUD

If you are a senior citizen, you can avoid this kind of victimization by following five self-defense tips:

1. Don't be a courtesy victim

Older generations were taught to always be courteous, whether guests visit them in person or contact them by phone. Con artists often take advantage of these overly accommodating seniors, exploiting their good manners to get at their money. Remember, strangers who call and ask for your money should be regarded with the utmost caution. The best response is to hang up the phone.

2. Check out strangers touting odd deals

Trusting strangers is a mistake that many seniors make when it comes to their personal finances. Don't feel pressured by someone who asks you to make an immediate decision, giving you no chance to check out the salesperson, firm, and the investment opportunity itself. Instead, get written information about the investment, review it carefully, and make sure that you understand all the risks involved before you part with your hard-earned money. A favorite tactic of telemarketing con artists is to develop false bonds of friendship. That's because they know that many senior citizens are eager to have someone to talk to on the phone, even if the caller is a complete stranger. When a telemarketer phones, do not be swayed by offers of unrelated advice and assistance—they are merely efforts to develop a sense of friendship and even dependency for one purpose only: to win your confidence and take your money. Also keep in mind that almost all investment products must be registered. The Regulation and Licensing Securities Division can tell you if the investment is registered or not. Remember that extensive background information on investment salespeople and firms is available to you.

3. Never judge a person's integrity by how they sound

Senior citizens who fall prey to a con artist often explain that the swindler sounded like such a nice person. Successful con artists sound professional and are able

to make even the flimsiest investment deals sound as safe as putting money in the bank. They combine these sales pitches with extremely polite manners, knowing that many older people may equate good manners with personal integrity. The sound of a voice, particularly on the other end of your telephone, has no bearing on the soundness of an investment opportunity.

4. Watch out for salespeople who prey on your fears

Con artists play on older people's concern that they will either outlive their savings or see all their financial resources vanish overnight as the result of a catastrophic event, such as a costly hospitalization. Playing on these fears of running out of money, swindlers often pitch schemes as a way for the elderly to build up their life savings to allay fears of running out of money. Remember, though, that fear, like greed, can cloud good judgment, and can leave victims of fraud mired in a terrible financial position.

5. Don't let embarrassment or fear keep you from reporting fraud or abuse

Some senior citizens fail to report that they have been victimized for fear that they will be judged incapable of handling their own affairs. Other seniors believe that their victimization will be viewed as grounds for forced institutionalization in a nursing home or other facility. Con artists count on these sensitivities to prevent or delay the elderly from reporting the scam to authorities. While money lost to investment fraud is rarely recovered, there are also many cases in which older people discover that they have been misled about an investment in time to recover some or all of their funds.

If you fear you may have been victimized, don't be embarrassed about contacting the New Mexico Regulation and Licensing Department, Securities Division (800) 704-5533.

CINCO MANERAS EN QUE LOS ADULTOS MAYORES PUEDEN PROTEGERSE DEL FRAUDE

Si usted es una persona mayor, puede evitar este tipo de victimización siguiendo cinco consejos de autodefensa:

1. No sea una víctima por cortesía

Las generaciones mayores fueron enseñadas a ser siempre corteses, ya sea con visitas en persona o con llamadas telefónicas. Los estafadores suelen aprovecharse de adultos mayores demasiado complacientes, explotando sus buenos modales para quedarse con su dinero. Recuerde: los extraños que llaman y le piden dinero deben ser tratados con la máxima cautela. La mejor respuesta es colgar el teléfono.

2. Investigue a los desconocidos que ofrecen tratos extraños

Confiar en extraños es un error que muchos adultos mayores cometen cuando se trata de sus finanzas personales. No se deje presionar por alguien que le pida tomar una decisión inmediata, sin darle la oportunidad de investigar al vendedor, la empresa o la oportunidad de inversión en sí misma. En su lugar, solicite información por escrito sobre la inversión, revísela con cuidado y asegúrese de comprender todos los riesgos antes de desprenderse de su dinero ganado con esfuerzo.

Una táctica común de los estafadores telefónicos es desarrollar falsos lazos de amistad, ya que saben que muchos adultos mayores tienen ganas de hablar con alguien por teléfono, aunque sea un completo desconocido. Cuando un agente lo llame, no se deje convencer por ofertas de consejos o ayudas sin relación alguna: se trata simplemente de intentos para generar confianza o dependencia con un solo propósito: ganarse su confianza y quitarle su dinero.

Tenga también en cuenta que casi todos los productos de inversión deben estar registrados. La División de Valores del Departamento de Regulación y Licencias (Regulation and Licensing Securities Division) puede informarle si la inversión está registrada o no. Recuerde que tiene a su disposición amplia información sobre los antecedentes de los vendedores de inversiones y las empresas que representan.

3. Nunca juzgue la integridad de una persona por cómo suena

Muchos adultos mayores que caen en manos de un estafador explican después que "sonaba como una persona muy amable". Los estafadores exitosos saben sonar profesionales y pueden hacer que incluso las inversiones más endeblez parezcan tan seguras como depositar dinero en el banco. Además, combinan su discurso con modales extremadamente corteses, sabiendo que muchas personas mayores tienden a asociar la cortesía con la integridad. Pero recuerde: el tono de una voz, especialmente al otro lado de la línea telefónica, no tiene ninguna relación con la solidez de una oportunidad de inversión.

4. Cuidado con los vendedores que se aprovechan de sus miedos

Los estafadores explotan la preocupación de los adultos mayores de quedarse sin ahorros o perder todos sus recursos financieros de la noche a la mañana a causa de un evento catastrófico, como una hospitalización costosa. Aprovechándose de ese miedo, ofrecen supuestos esquemas para "hacer crecer" los ahorros y así tranquilizar a los mayores frente a la posibilidad de quedarse sin dinero. Sin embargo, recuerde que tanto el miedo como la codicia pueden nublar el buen juicio y dejar a las víctimas atrapadas en una situación financiera desastrosa.

5. No permita que la vergüenza o el miedo le impidan denunciar fraudes o abusos

Algunos adultos mayores no reportan que han sido víctimas por temor a que se les considere incapaces de manejar sus propios asuntos. Otros creen que el hecho de denunciar su victimización será usado como justificación para internarlos en un asilo u otra institución. Los estafadores utilizan estas creencias para impedir o retrasar que los adultos mayores denuncien las estafas ante las autoridades.

Si bien el dinero perdido en fraudes de inversión rara vez se recupera, existen muchos casos en los que las personas mayores descubren a tiempo que fueron engañadas y logran recuperar parte o la totalidad de sus fondos.

Si sospecha haber sido víctima, no sienta vergüenza en ponerse en contacto con el Departamento de Regulación y Licencias de Nuevo México, División de Valores (Mexico Regulation and Licensing Department, Securities Division). Llame al (800) 704-5533.

HEALTH & SAFETY

SEPTEMBER IS FALL PREVENTION MONTH

Use this checklist to find and fix hazards in your home.

STAIRS & STEPS (INDOORS & OUTDOORS)

Are there papers, shoes, books, or other objects on the stairs?

Always keep objects off the stairs.

Are some steps broken or uneven?

Fix loose or uneven steps.

Is there a light and light switch at the top and bottom of the stairs?

Have an electrician put in an overhead light and light switch at the top and bottom of the stairs. You can get light switches that glow.

Has a stairway light bulb burned out?

Have a friend or family member change the light bulb.

Is the carpet on the steps loose or torn?

Make sure the carpet is firmly attached to every step or remove the carpet and attach non-slip rubber treads to the stairs.

Are the handrails loose or broken? Is there a handrail on only one side of the stairs?

Fix loose handrails or put in new ones. Make sure handrails are on both sides of the stairs and are as long as the stairs.

FLOORS

When you walk through a room, do you have to walk around furniture?

Ask someone to move the furniture so your path is clear.

Do you have throw rugs on the floor?

Remove the rugs or use double-sided tape or a non-slip backing so the rugs won't slip.

Are there papers, shoes, books, or other

objects on the floor?

Pick up things that are on the floor. Always keep objects off the floor.

Do you have to walk over or around wires or cords (like lamp, telephone, or extension cords)?

Coil or tape cords and wires next to the wall so you can't trip over them. If needed, have an electrician put in another outlet.

KITCHEN

Are the things you use often on high shelves?

Keep things you use often on the lower shelves (about waist high).

Is your step stool sturdy?

If you must use a step stool, get one with a bar to hold on to. Never use a chair as a step stool.

BEDROOMS

Is the light near the bed hard to reach?

Place a lamp close to the bed where it's easy to reach.

Is the path from your bed to the bathroom dark?

Put in a nightlight so you can see where you're walking. Some nightlights go on by themselves after dark.

BATHROOMS

Is the tub or shower floor slippery?

Put a non-slip rubber mat or self-stick strips on the floor of the tub or shower.

Do you need some support when you get in and out of the tub, or up from the toilet?

Have grab bars put in next to and inside the tub, and next to the toilet.



Stay FallsFREE with Villages of Santa Fe and CHRISTUS St. Vincent

Did you know falling is *not* a normal part of aging? Yet more than one in three New Mexicans aged 65 and older experience a fall each year — the leading cause of both fatal and nonfatal injuries among older adults. Here's good news: *exercise can prevent falls*.

You're Invited to the FallsFREE CheckUp!

Join **Villages of Santa Fe** and **CHRISTUS St. Vincent** for a special, no-cost event designed to help you or a loved one stay active, independent, and confident.

Wednesday, September 24th 9:00 AM – 1:00 PM

CHRISTUS St. Vincent Regional Medical Center

455 St. Michaels Drive, Santa Fe, NM, main hospital entrance

Drop in anytime, it is FREE and open to the public. Plenty of free parking

What to Expect:

Our team of professionals will offer expert guidance and engaging demonstrations to help you “just move it!”

- ✓ Receive a **free falls risk assessment**
- 🗣️ Discover common causes of falls and how to prevent them
- 👁️ Learn how vision, hearing, and balance affect your safety
- 💬 Connect with caring professionals about aging well
- 🧘 Explore simple exercises to boost **balance and flexibility**

“As a geriatric physician, I urge every patient to stay mentally, socially, and physically active — these are the keys to successful aging.”

— **Ann Garcia, MD**, CHRISTUS St. Vincent Adult & Family Clinic

Whether you're an older adult, caregiver, or simply curious, we welcome you to stop by, get inspired, and leave with tools to stay upright and energized.

For More Information:

Ann Church

Villages of Santa Fe

505-501-8187 505-670-9718 (c)

info@villagesofsantafe.org

VOLUNTEER PROGRAMS

AMERICORPS SENIORS - GIVE A LITTLE TIME, GET A LOT BACK.

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

www.rsvpsantafe.org

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

HAPPY BIRTHDAY, SEPT. VOLUNTEERS!

Barbara Chamberlin 9/2

Jerome Vialpando 9/2

Peggy Rudberg 9/5

Chuzuko Matsumoto 9/6

Amelia Garcia 9/6

Sandra Kendall 9/8

Michael Davis 9/10

Sharon Key 9/10

Roy Trujillo 9/10

Mary Lou Van Ness 9/12

Elizabeth Hinds 9/13

Stan Cooper 9/15

Sophia Gallegos 9/16

Richard Martinez 9/16

Barbara Anderson-Acosta 9/17

Socorro Arroyo 9/19

Charles Cover 9/23

Frank P. Johnson 9/26

Christina Padilla 9/26

Patricia Szopinski 9/27

Kathleen Wise 9/27

Kim Martinez 9/28



OMBUDSMAN LONG-TERM CARE OMBUDSMAN PROGRAM

Make a difference in your community. New Mexico's older and disabled adults need advocates like you. As an Ombudsman, you offer long-term care residents the voice they need at times when they need it most. Join other dedicated, caring individuals in a shared quest to provide safety, dignity, and quality of life to our older adults.

- Ensure people receive the rights they deserve
- Ensure people receive the care they deserve
- Help investigate and resolve concerns

SKILLS AND QUALIFICATIONS NEEDED:

- Good communication and listening skills.
- Ability to advocate in a professional and diplomatic manner.
- Sensitivity to elders and individuals with disabilities.
- Compassionate.
- Positive attitude.
- Fair, open-minded, and non-judgemental.
- Reliability & perseverance in problem resolution.
- Willingness to write good documentation.
- Respect for confidentiality.

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



FGP – SCP – CCP



FOSTER GRANDPARENT PROGRAM - SENIOR COMPANION PROGRAM - CARE COMPANION PROGRAM

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.

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.

Program Benefits for FGP and SCP:

Income-eligible volunteers can receive

- Modest tax-free stipends
- Transportation reimbursement
- Reimbursement for meals during service

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.

Program Benefits for CCP:

- modest stipend and meal
- mileage reimbursements.

Care Companion Program volunteers **will not be restricted by age and income requirements.**

For more information please call:

Theresa Trujillo, Program Manager 505-955-4745 ttrujillo@santafenm.gov

Roberta Armijo, Project Administrator 505-955-4744 rparmijo@santafenm.gov



**Honor.
Serve.
Unite.**

YOUR SUPPORT HELPS!

CONSUELO'S PLACE IS OUR SERVICE PROJECT FOR 9-11-2025

Consuelo's Place is an emergency shelter that is currently located on Santa Fe's midtown campus. Consuelo's Place provides non-congregate shelter for vulnerable individuals and families who are transitioning into permanent housing or whose unique circumstances make it difficult to succeed in a congregate setting; and provide life-stabilizing services for those individuals.

HOW YOU CAN HELP:

- TOILET PAPER
- PAPER TOWELS
- CLEANING SUPPLIES: pinesol and natural type products due to allergies and sensitivities.
- HYGIENE ITEMS: shampoo, conditioner, soap, shaving cream, razors, chapstick, sunscreen, toothpaste, men's and women's deodorant.
- LAUNDRY SOAP AND DRYER SHEETS
- SANITIZING WIPES
- ADULT DIAPERS
- PAPER PLATES, CUPS, AND UTENSILS

All items can be donated from August 1-September 8, 2025. Please drop off donations at the Mary Esther Gonzales Center, 1121 Alto St. For more information contact Mona Baca at 505-955-4760 or mabaca@santafenm.gov

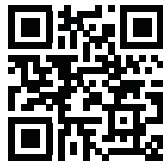


CITY OF SANTA FE
SENIOR SERVICES





| 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

CROSS WORD PUZZLE

Crossword: August 31st

Across	30 Lettuce type	59 Scoundrel
1 Before order or tale	31 Hilo wear	62 Kind of leaf
5 May and Horn, e.g.	34 Henry VIII's last wife	64 Tipster
10 Kind of store	37 Actor Andrews of "Laura"	65 Roundup need
14 Prefix with resin	39 It's handed down	68 Horse of a certain color
15 No longer a minor	41 Fee charged for exchanging currencies	69 One of the Indies
16 Western blue flag, e.g.	42 Like some bombs	70 Beautiful people
17 Sweeney Todd playwright	44 Burger order	71 Line of rotation
18 1962 and 1990 Tony winner Robert	45 Latin American dance	72 Fencing sword
19 Field mouse	47 Malaria symptom	73 Silenus, e.g.
20 Treat badly	48 Lords-and-ladies, e.g.	74 Instrument for Orpheus
22 Actress Beverly or Judy	49 Halloween prankster's aid	
24 Goose egg	50 More, in Madrid	
25 Having the means	52 Fit of pique	
28 Period in the earth's history	54 Certain digital watch face, for short	
29 Kind of injection	55 Miniature sci-fi vehicles	
	56 Eastern newt	

Down
1 November birthstone
2 It might be airtight
3 Abatement
4 They may be drawn
5 Video maker, for short
6 Mountain out of a molehill
7 Get rid of
8 Jewelry designer Peretti
9 Sound system
10 Parlor piece
11 Vitamin tablet supplement
12 Temperate
13 Compass pt.
21 It's bottled in Cannes
23 Leave in the dust
26 Resting places
27 Guanacos

29 Tailless stout-bodied amphibian
30 Italian operatic tenor
31 Make-up artist?
32 Like raw silk
33 Particular
34 Tempo
35 Spellbound
36 Jeweler's offering
38 Henpeck
40 "Curses!"
43 Look after
46 "I'll second that"
51 Mystifies
53 Suffix with ideal
54 Strong espresso
55 Suggest
56 Bond
57 Panache
58 Keyed up
59 Wet bar?
60 Yorkshire river
61 Casa chamber
63 Asian sea name
64 Kicker's aid
66 Chester White's home
67 Done, for Donne

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17					18						19			
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69					70						71			
72					73						74			

80s Movies



AIRPLANE
AMADEUS
BATMAN
BIG
BODY HEAT
COCOON
DAS BOOT
DIE HARD
DINER
FRANCES

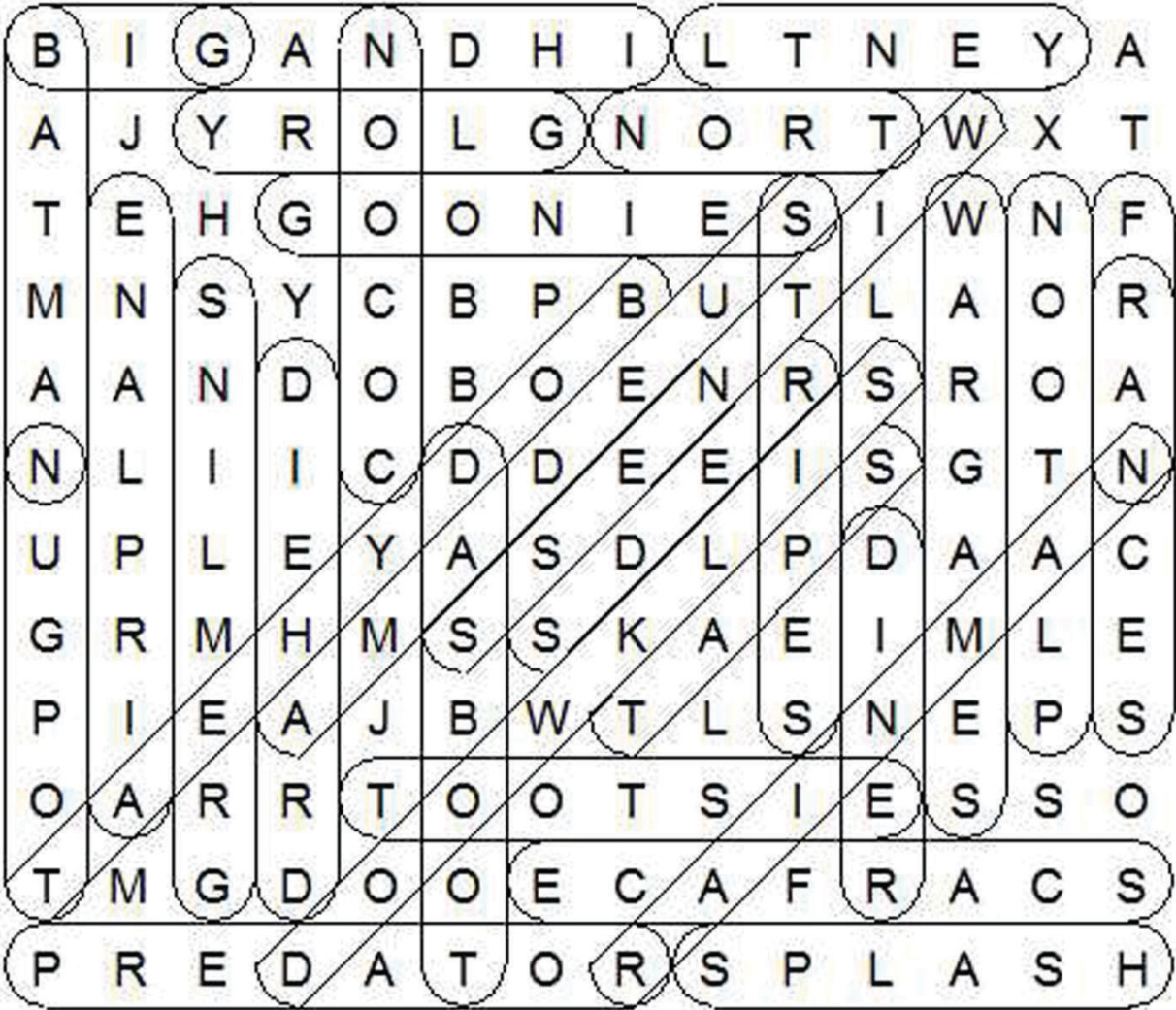
GANDHI
GLORY
GOONIES
GREMLINS
PLATOON
PREDATOR
RAIN MAN
RAN
REDS
SCARFACE

SILKWOOD
SPLASH
STRIPES
TAPS
TOOTSIE
TOP GUN
TRON
WARGAMES
WITNESS
YENTL

CROSS WORD PUZZLE SOLUTIONS

August 31st														
T	A	L	L		C	A	P	E	S		D	I	M	E
O	L	E	O		A	D	U	L	T		I	R	I	S
P	I	T	T		M	O	R	S	E		V	O	L	E
A	B	U	S	E			G	A	R	L	A	N	D	
Z	I	P		A	B	L	E		E	O	N			
			F	U	E	L		C	O	S		L	E	I
P	A	R	R		D	A	N	A		E	D	I	C	T
A	G	I	O		S	M	A	R	T		R	A	R	E
C	O	N	G	A		A	G	U	E		A	R	U	M
E	G	G		M	A	S		S	N	I	T			
			L	E	D		P	O	D	S		E	F	T
	S	O	A	N	D	S	O			M	A	P	L	E
T	O	U	T		L	A	S	S	O		R	O	A	N
E	A	S	T		E	L	I	T	E		A	X	I	S
E	P	E	E		S	A	T	Y	R		L	Y	R	E

WORD SEARCH SOLUTIONS



SENIOR CENTER LUNCH MENU

SENIOR CENTER LUNCH MENU SEPTEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 ALL CENTERS CLOSED	2 Hawaiian Chicken Steamed Brown Rice Asian Veggies Hawaiian Roll Tropical Fruit	3 Frito Pies Pinto Beans Garnish Spanish Slaw Chuckwagon Veggies Brownie	4 Beef Ravioli Meaty Marinara Sauce Italian Veggies Garden Salad Spiced Apples	5 Home Delivered Only Chicken Salad 3 Bean Salad Carrot Sticks Crackers Yogurt
8 Chicken Tenders Country Gravy French Fries Green Beans Biscuit Pineapple	9 Carne Adovada Burrito Red Chili Sauce Chateau Blend Spanish Rice Sherbet	10 BBQ Pork Rib Patty Baked Beans Carrots Spinach Salad Cornbread Watermelon	11 Meatloaf with Tomato Topping Scalloped Potatoes Broccoli & Cauliflower Roll Fruit Salad	12 Turkey & Swiss Sandwich Garnish Potato Chips Cucumber & Tomato Salad Strawberries
15 Chicken Fettuccine Alfredo Sauce Italian Veggies Tossed Salad Garlic Toast Fresh Apple	16 Green Chili Beef Enchiladas Refried Beans Steamed Corn Garnish Apricots	17 Breaded Chicken Sandwich Garnish Sweet Potato Fries Mixed Veggies Vanilla Pudding	18 Salmon Patty Tomato Macaroni Asparagus Pears	19 Pork Roast Pork Gravy Parsley Potatoes French Style Green Beans Tossed Salad Roll Ice Cream
22 Chicken Soft Taco Garnish Salsa Chili Beans Calabacitas Peaches	23 Spaghetti with Meat Sauce 5 Way Veggies Breadstick Applesauce	24 Red Chili Pork Posole Coleslaw Tortilla Fresh Orange	25 Cobb Salad Chicken, Ham & Boiled Egg Crackers Cookie	26 Tuna Noodle Casserole Brussel Sprouts Roll Jello with Fruit
29 Baked Chicken Breast Chicken Gravy Wild Rice Capri Veggies Roll Plums	30 Green Chili Cheeseburger Garnish Tater Tots Peas & Carrots Cantaloupe			

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.

SLOW-COOKER VEGETABLE LASAGNA

Ingredients:

- 1 large red bell pepper, chopped
- 4 ounces cremini mushrooms (about 3 large), chopped
- 2 cups packed baby spinach, coarsely chopped
- 1 (24 ounce) jar low-sodium red pasta sauce, any flavor
- 1 (15 ounce) can no-sodium-added diced tomatoes, undrained
- 15 ounces part-skim ricotta cheese
- $\frac{3}{4}$ cup freshly grated Parmesan cheese, divided
- 8 ounces oven-ready lasagna noodles (about 9 in total)
- 2 cups shredded part-skim mozzarella cheese
- $\frac{1}{4}$ cup chopped fresh basil

Directions:

- Step 1-Combine bell pepper, mushrooms, and spinach in a medium bowl. Combine pasta sauce, tomatoes, ricotta, and $\frac{1}{2}$ cup Parmesan in a large bowl.
- Step 2-Spread 1 cup of the sauce mixture in a 6-qt. slow cooker. Place 3 noodles over the sauce, breaking them as needed to fit in one layer. Spread another 1 cup sauce over the pasta. Layer on one-third of the vegetable mixture, 3 more noodles, and 1 cup sauce. Sprinkle with $\frac{1}{2}$ cup mozzarella. Continue layering one-third of the vegetables, 1 cup sauce, $\frac{1}{2}$ cup mozzarella, and the remaining noodles. Top with a final layer of the remaining vegetables, the remaining sauce, and the remaining 1 cup mozzarella.
- Step 3-Cover and cook on Low for 5 hours.
- Step 4-Turn off and unplug the slow cooker. Let the lasagna stand, covered, for 1 hour. Serve topped with the remaining $\frac{1}{4}$ cup Parmesan and basil.



NOTES

AUGUST HIGHLIGHTS



Dancing Dolls!



MEG Center Cuties!



MEG Center Entrance



Theresa & Rosario!



Veronica Lucero and her Masterpiece!



Dodi and Marcy!



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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