



CITY OF SANTA FE
SENIOR SERVICES

DECEMBER 2024

SENIOR SCENE



Scan Code
To Download

November Highlights



Lunch Trio at Thanksgiving



Jane Hiboki's Beautiful Pillowcases



Friendsgiving



Looking Good!



Staff Hard at Work

ISSUE HIGHLIGHTS & ACTIVITY CALENDARS

In this Issue:

News & Views

Volunteer Programs

Ask Stan

Sept. Senior Center
Lunch Menu

Newsletter Production:
Mona Baca, Editor/Distribution

City Communications Team,
Graphic Design/Copy Editing

Luisa Senior Center (1500 Luisa St. - enter on Columbia St.)
Contact: Luigi Gonzales 505-955-4711 or lgonzales@santafenm.gov

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Monday through Friday 10:30AM – 12:30PM Fitness Room & Computer Lab Open!				
Haircuts by Fabiola Monday, Dec. 16 10:30 am-1 pm				

Pasatiempo Senior Center (664 Alta Vista St.)
Contact: Luigi Gonzales 505-955-4711 or lgonzales@santafenm.gov

Mon-Fri	Fitness Room Open: 8AM –1PM	Tues	Line Dancing Cancelled Through Dec.
Weds	Live music: Grupo Cielo Azul, 11:45 AM-2 PM	Thurs	Japanese Dance w/ Chizuko 10-11 AM
Haircuts by Fabiola: Monday, Dec. 9 10:30 am-1 pm 			

Mary Esther Gonzales (MEG) Senior Center (1121 Alto St.)
Contact: Luigi Gonzales 505-955-4711 or lgonzales@santafenm.gov

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Tai Chi/Short Form 8:30-9:30 am Enhanced Fitness 9:30-10:30 AM Cribbage Monday, Dec. 16 1-3 pm	Tai Chi/Short Form 8:30-9:30 am Guitar Class 10 am-12 pm	Enhanced Fitness 9:30-10:30 AM Bingo 1:30-3 PM	Wood Carving 9:30-11 am Meditation for Seniors by Upaya Classes resume Dec. 12 1-2 pm Tai Chi/Qi Gong 3:30-4:30 pm	Enhanced Fitness 9:30-10:30 AM MEG Page Turners Finding Dorothy By Elizabeth Letts Dec. 13 1-2 pm Knitting Class 1-3 pm



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

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

CONTACT INFORMATION

CITY OF SANTA FE, DIVISION OF SENIOR SERVICES

ADMINISTRATION OFFICES

1121 ALTO STREET, SANTA FE, NM, 87501

HOURS 8 AM-5PM MONDAY-FRIDAY

ADMIN OFFICES: 505-955-4721
Toll-Free Administration: 866-824-8714

- Must be Age +60
- Hours M-F, 8 a.m. – 5 pm
- Services are free
- Free registration & reassessment required

Division Director, Senior Services

Manuel Sanchez: 505-955-4710,

mnsanchez@santafenm.gov

Transportation Reservations: 505-955-4700

Linda Salazar, Senior Transportation Manager

lsalazar@santafenm.gov

- Must be 60+
- Must be within City Limits
- Suggested Senior Donation: .50 cents per Ride
- Reservation Required

Congregate Meals: 505-955-4739

Yvette Sweeney, Nutrition Manager: 505-955-4739

Ray Dominguez, Admin Assistant: 505-955-4749

Manny Padilla, Nutrition Inventory Sup.: 505-955-4750

- Must be 60+
- Free Registration & Reassessment Required

Home Delivered Meals: 505-955-4748

Carlos Sandoval: cesandoval@santafenm.gov

- Must be 60+
- Must be within City Limits & Homebound
- Requires an In-Home Assessment

Senior Services Navigator: Vacant

Santa Fe Civic Housing: 505-930-5901

Santa Fe County Senior Programs: 505-992-3069

Senior Center Programming Activities: 505-955-4715

Lugi Gonzales Senior Program Manager,
 505-955-4711, lgonzales@santafenm.gov

- Must be 60+
- Services are free
- Free Registration & Reassessment Required

Activities: MEG Center: 505-955-4715

Activities: Luisa, Pasatiempo,

In-Home Support Services Program Manager

- Must be 60+
- Services are Free
- Requires an In-Home Assessment
- Free Registration & Reassessment Required

In-Home Supportive Services Program Coordinator

Delilah CdeVaca: 505-955-4746

Senior Volunteer Programs Manager

Theresa Trujillo - 505-955-4745 |

tptrullio@santafenm.gov

Senior Companion/Foster Grandparent: 505-955-4744

Roberta Armijo, Project Administrator:

rparmijo@santafenm.gov

- Must be Age 55+
- Services are Free
- Requires an In-Home Client Assessment & Background Check
- Stipends Available for Volunteer, if Qualified
- Must meet Income Qualification

Grandparents Raising Grandchildren Fund:

505-955-4745

Theresa Trujillo: tptrujillo@santafenm.gov

- Must be 55+
- Services are Free
- Annual Reimbursement Available

Retired Senior Volunteer Program (RSVP):

505-955-4760

Mona Baca – RSVP Admin/Public & Community Relations

mabaca@santafenm.gov

RSVP Volunteer Program Coordinator:

505-955-4722

Erika Cuellar: eccuellar@santafenm.gov

- Must be Age 55+
- Services are Free
- Requires a Background Check

DIRECTOR'S NOTE

Dear Senior Services Community,

Greetings. November has been an interesting month. We started out with an issue with our natural gas utility that forced us to close the Mary Esther Gonzales Center (MEG) temporarily while the repair was completed. We are hopeful that by the time this newsletter is published, the repair will have been completed, and we will be able to resume activities at the MEG center.

I thank the other City Divisions and Departments for allowing us to move some of our activities and programs to their locations during this temporary closure.

We offered Congregate Lunch at the Luisa and Pasatiempo Centers and moved our home-delivered meal program to those sites to ensure that our HD meal program was not affected.

We were also able to move our annual Thanksgiving Meal to the Community Convention Center (CCC). Our amazing staff prepared the meal and served over 300 seniors at the event, and we also provided the same holiday meal to our Home Delivered participants.

This was made possible with the assistance of the CCC, Parking Division, Senior Services Division staff, our Volunteers, and Grupo Cielo Azul, who provided music for us to enjoy.

With the assistance of the Recreation Division, we were also able to relocate the Enhanced Fitness and Guitar classes to the Genoveva Chavez Community Center.

We are nearing the end of construction on the expansion of the MEG center. It is moving quickly as they are painting, stuccoing, and installing lighting and plumbing fixtures. The space is taking shape, and we are excited for its completion.

I wish everyone a Merry Christmas, Happy Hanukkah, and Joyous Kwanza.



Manuel Sanchez
Senior Services Director





MEDICARE, MAKE IT YOURS!

Medicare Open Enrollment In-Person SHIP Counseling

Mondays and Thursdays

1 p.m. to 4 p.m.

Luisa Senior Center 1500 Luis St

Get free, unbiased, expert information and assistance with your Medicare decisions, and enrollment from NM Aging Services Department SHIP Counselors.

Call Tammy for an appointment at **505-955-4723**



Navigating Medicare

If you cannot make an appointment at the Luisa Center, you can do a walk-in appointment Monday through Friday, 8:30 a.m. to 4:30 p.m., at the New Mexico Aging and Disability Resource Center, 2550 Cerrillos Road in Santa Fe. Phone appointments are also available. Call the ADRC at **1-800-432-2080** to schedule.

NEWS & VIEWS

❖ MEG Transportation Program

Transportation services are fully operational from 8:30 a.m. to 4:15 p.m. Reservations must be called in, please do not email requests. Please note: The **THIRD THURSDAY** of the month we will close at 2:30 for mandatory staff meetings/trainings. Thank you.

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

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

❖ December Grocery Distributions



Drive-through grocery distributions for Santa Feans in need are offered at The Food Depot at 1222 Siler Road 7-9 a.m. Thursdays, Dec. 5 and 19.



San Martin de Porres Distribution

San Isidro/San Jose Parish, San Martin de Porres Ministry will distribute food on Dec. 3, 17 and 31 from 4-6 pm. at the Dixon House, 2148 San Ysidro Crossing. **FREE FOOD FOR EVERYONE** (no application required).



Fourth Saturday of the month. Zia United Methodist Church 3368 Governor Miles Rd. Santa Fe, NM 87507. 3-4pm.

Open to all low-income seniors 50+.



❖ ICAN Nutrition Classes

ICAN (Ideas for Cooking and Nutrition) is a free NMSU Cooperative Extension class offered by the Santa Fe County Extension Office to teach you how to:

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



MEG: Tuesday, Dec. 17 at 11:30 am

Pasatiempo: Wednesday, Dec. 18 at 11:30 am

Luisa: Thursday, Dec. 19 at 11:30 am

For more info, contact Renee with the SF County Extension Office at **505-471-4711**

❖ AARP "Smart Driver" Course

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

To participate, you must be fifty years or older and have a valid driver's license. Class fee is \$20 for current AARP members and \$25 for non-members. Classes will be held on the first Tuesday of each month from 1:00-5:00p.m.

The next class is scheduled for Tuesday, Jan. 7, 2025. For further information to attend any class, contact Dominic Mandel at 505-490-2489 or Edna Sandoval at 505-228-0073 or visit <https://www.aarp.org>.

❖ Santa Fe Harmonizers

Please join us for lunch on Monday, Dec. 9 at the MEG Center for the joyous sounds of the Santa Fe Harmonizers.

The performance begins at 11 am.

NEWS & VIEWS

❖ Movie Day at MEG



A Christmas Carol
Tuesday, Dec. 17 at 1 p.m.

The unscrupulous businessman Scrooge doesn't think much of Christian charity; but then the ghost of his deceased business partner appears to him, trying to get him to change his mind; Scrooge should learn to open his heart.

❖ Holiday Guitar Concert

Sister Jo and the guitar class will perform holiday tunes on Wednesday, Dec. 18 at the MEG Center during lunch from 10:30 am to 12:30 pm.

Everyone is welcome!

❖ Nina Otero Students Perform

Students will perform seasonal carols at the MEG on Dec. 19 during lunch.

Come join us and get into the spirit of the holidays!



❖ Holiday Dance

Thursday, Dec 19.

- Fraternal Order of the Eagles-833 Early Street.
- 1 pm - 4 pm
- Free Admission and Refreshments
- Music by: Peter Vigil and the Allstars!

❖ Medicare Open Enrollment Help

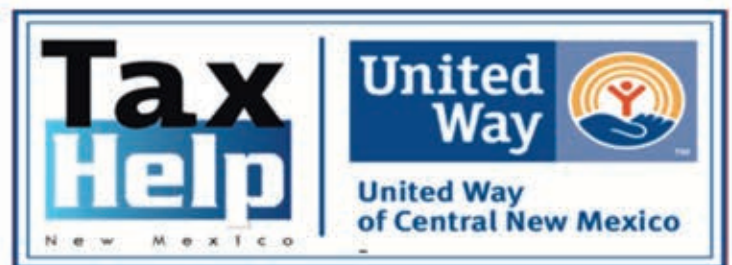
Set up an appointment with Stan Cooper or Jane Yuster to review your Medicare possibilities.

Appointments are available on both Mondays and Thursdays. Call Tammy at 505-955-4723 to schedule your appointment with Stan or Jane.



FREE tech tutoring from now until the new year! Wednesday, Dec. 18 at 1 pm at the Santa Fe Main Library.

Free class, followed by one-on-one coaching.



TAX HELP NEW MEXICO

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

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

Dates: Feb. 3 - April 9, 2025

Days: open Monday/Tuesday/Wednesday
Appointments are required. Please call 505-819-3702 and speak to our staff or leave a message and we will call back.

VOLUNTEER PROGRAMS

❖ Volunteers Needed



Give a Little Time, Get a Lot Back: Americorps Seniors Volunteers

Join the RSVP Volunteer Program.

If you are 55 or older, we will connect you with a volunteer opportunity from more than 40 community-improving organizations that fits your lifestyle.

We support our volunteer corps with mileage reimbursement, supplemental insurance, educational events, and volunteer recognition.

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

Join the FGP Volunteer Program:

Foster Grandparent Volunteers (FGP) serve in S.F. Public Schools, mentoring and guiding students with exceptional needs.

Income-eligible FGP volunteers earn a modest stipend, mileage reimbursement, and other benefits. Volunteers must pass criminal background checks and training and commit to at least five weekly service hours.

To learn more, contact Theresa Trujillo at (505) 955-4745 or ttrujillo@santafenm.gov



❖ Happy Birthday, Dec. Volunteers!

Gloria Pendlay	12/1
Gilbert Fuentes	12/2
Joseph S. Gonzales	12/2
Josephine Lazarus	12/2
Cordelia Garcia	12/4
Kim Berge	12/5
Susan Sattell	12/6
Pauline Foral	12/7
Cliff Boltz	12/9
Rosemari Cano	12/9
Jean Marrs	12/9
Percilla Lopez	12/10
Julie Sprott	12/10
Sandra Evans	12/15
Pascal Fromentin	12/15
Judi Beare	12/16
Veronica Jarmiolowski	12/16
Paul Montano	12/17
Margaret Trujillo	12/19
Becky Gerwin	12/23
Rosario Torres	12/25
Raymond Willison	12/25
Bob Juillet	12/27
Bob Dorsett	12/29
Sue Fox	12/30
Eileen Levy	12/30
Wanda Workman	12/30
Vicki Rivera-Goin	12/31

Care Companion Program

Who are Care Companions?

Care Companion Program volunteers will visit long-term care community residents regularly 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.
- Care Companion volunteers will receive a modest stipend and meal/mileage reimbursements.
- Care Companion Program volunteers will not be restricted by age and income requirements.

PRESENTS

STATE GAMES-NORTH

Santa Fe, NM

January 13-16, 2025



13 Sports Offered

- Archery
- Basketball Skills
 - Free Throw
 - 3-Point
- Billiards
- Bowling
- Cornhole
- Frisbee Accuracy

- Huachas (Washers)
- Ice Hockey
- Pickleball
- Shuffleboard
- Swimming
- Table Tennis
- Tai Chi



- Largest multi-sport event for Senior's 50+
- Compete in a 5-year age division (50-54, 55-59, 60-64...95+)
- Open Registration-No pre-qualifying required
- Register Online or Paper Form

**Volunteers
Wanted!**

**\$30 Registration Fee for the first sport,
\$10 each sport after**

Visit**www.nmseniorolympics.org***Santa Fe*

#THECITYDIFFERENT

Thanks to
Our Sponsors



HEALTH & SAFETY

❖ Healthy Tips for a Good Life



GET THE BASICS

HealthinAging.org
Trusted Information. Better Care.

Necessary Vaccines for Older Adults

Getting vaccines to protect you from illness is one of the most important things you can do to stay healthy. Vaccines are often injections, sometimes called "shots."

Vaccines are very safe. Vaccines can have side effects, but for most people, it is more dangerous to risk getting sick. If you have concerns about vaccine side effects or safety, speak to your healthcare provider.

To get your vaccines, you can contact your healthcare provider. You can also ask your local health department for more information on where to get these vaccines. You also may be able to get vaccines at your local neighborhood pharmacy.

There is a government agency called the Centers for Disease Prevention and Control (CDC). The CDC recommends the following vaccines for most older adults.

■ Influenza (Flu) Vaccine

What it does: Protects against serious illness from yearly flu viruses.

Who needs it: All older adults should get a flu vaccine. People with certain conditions should especially get a flu vaccine, since they are at higher risk for serious side effects from the flu. These groups of people include:

- People 65 years old or older
- Nursing home residents
- People with serious health conditions such as heart disease, diabetes, asthma, lung disease, or HIV.
- Caregivers for older adults. This helps them avoid spreading the flu. There are flu vaccines that are specifically for people 65 or older. The CDC recommends that people 65 or older receive any of the flu vaccines specifically for older adults.

You should not get the flu vaccine if you have had an allergic reaction to the flu vaccine in the past. You should also not get a flu vaccine if you have been diagnosed with Guillain-Barre Syndrome within 6 weeks after previously receiving the flu vaccine.

When to get it: New strains of the flu develop all the time. Because of this, you should get the flu vaccine every year. You should get your flu vaccine in the fall.

When to get it: Adults 65 and older who have no immune problems should receive 2 doses of the 2024-2025 COVID-19 vaccine (Pfizer-BioNTech, Moderna, or Novavax). You should get the vaccines 6 months apart.

If you have never had a COVID-19 vaccine before, and you choose Novavax, you should wait 3 weeks between the 1st and 2nd doses. You will also need to get a 3rd dose of any of the three COVID-19 vaccine 6 months after the 2nd dose. People who are immunocompromised may require additional vaccine shots and should ask their healthcare professional for guidance.

■ Shingles (Herpes Zoster) Vaccine

What it does: Protects you from getting shingles. This vaccine is called Shingrix. It is very effective in reducing the risk of shingles for older adults. It also protects people from developing a side effect that causes chronic pain (called postherpetic neuralgia).

Who needs it: The CDC recommends that people 50 years and older get the Shingrix vaccine. You should get the shingles vaccine even if you have had shingles before or received the older Zostavax shot which is no longer available in the US.

You should not get a Shingrix vaccine if you have had an allergic reaction to any of its ingredients before. You should also not get the vaccine if you currently have shingles. Wait until your symptoms are gone before getting the shingles shot.

When to get it: Shingrix requires two doses. The second dose should be given between 2-6 months after the first dose. If it has been longer than 6 months since the first dose, it's okay to get the second dose at any time.

■ RSV Vaccine

What it does: Protects you from getting Respiratory Syncytial Virus (RSV). RSV causes disease that affects the lungs in older adults, similar to influenza (flu). The vaccine also protects against serious illness if you do get RSV.

Who needs it: The CDC recommends that adults 75 years or older should receive the RSV vaccines. Adults 60-74 years old who are at increased risk for severe RSV disease should also receive the vaccine. (Conditions that can increase the risk of severe RSV disease include chronic heart and lung disease, serious kidney disease, problems with your immune system, severe diabetes, severe obesity, being frail, or living in a nursing home or other long-term care facility.)

You should not get an RSV vaccine if you have had an allergic reaction to any of its ingredients before. If you are currently sick (with or without fever), you should wait to get a vaccine until you feel better.

NUTRITION EDUCATION

❖ Brazilian Rice



Makes 8 servings

The vegetarian dish combines leafy greens and high-fiber brown rice to make a wholesome side dish or a satisfying main dish.

Note: This casserole can be prepared 1 day in advance and refrigerated.

Ingredients

- 2 sprays of nonstick vegetable spray
- 1 package spinach (10 ounce, frozen, thawed)
- 1 cup brown rice (cooked)
- 2 tablespoons olive oil
- 1 cup egg-white substitute (liquid)
- 3/4 cup mozzarella cheese, fat-free (shredded)
- 1 cup milk (fat-free)
- 1/2 onion (medium, chopped)
- 1/2 teaspoon Worcestershire sauce
- 1/4 teaspoon marjoram (dried)
- 1/4 teaspoon thyme (dried)
- 1/4 teaspoon rosemary (dried)

Directions:

- Wash hands with soap and water.
- Preheat oven to 350 °F.
- Spray a 2-quart baking dish with vegetable oil spray.
- Place thawed spinach in a colander and press to remove excess water.
- Place the spinach in a large mixing bowl and add remaining ingredients. Mix until combined.
- Transfer the mixture to the baking dish and place in the preheated oven. Bake for 30 minutes.
- Cut the casserole into eight squares and serve.

Find more at MyPlate.Gov: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/>

MERRY CHRISTMAS

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

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

By Jimmy and Evelyn - www.qets.com

Bells
Candle
Decorate
Gifts
Holly
Laughter
Lights

Mistletoe
Nuts
Ornaments
Reindeer
Santa
Sharing
Sled

Snow
Spirit
Star
Tidings
Toys
Travel
Tree

CROSSWORD PUZZLE

ACROSS

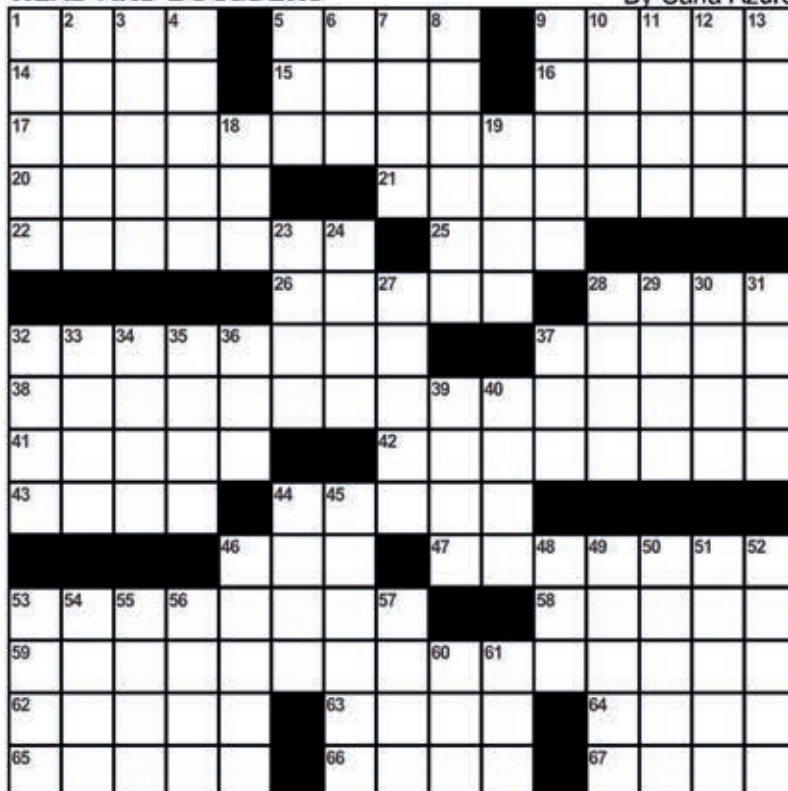
- | | |
|---------------------------------|---------------------------------|
| 1) Vocalizes rhythmically | 41) Poet T.S. |
| 5) Follow orders | 42) Spruced up |
| 9) Big breaths | 43) Knight's neighbor |
| 14) Frequently | 44) City in northwestern France |
| 15) Bus token, e.g. | 46) Top exec. |
| 16) Bayou or fjord | 47) Very last segment |
| 17) Impossible thing to get | 53) Harbor cities |
| 20) Secure, as a sailor's rope | 58) Amazon ungulate |
| 21) Consciously perceiving | 59) Being tricky |
| 22) Things with arches | 62) Hot crime topic? |
| 25) Replies to some proposals | 63) Computer devotee |
| 26) "Jurassic Park" bug trapper | 64) "Beware the ___ of March" |
| 28) Gentle, as breezes | 65) Alex Haley epic |
| 32) Leaves for some salads | 66) "... of ___ I sing" |
| 37) Unsettling | 67) Capone's nemesis |
| 38) Pebbles rocker | |

DOWN

- 1) Shul teacher
- 2) Kind of wrench
- 3) Chlorinated waters
- 4) Weasel in brown
- 5) "On" antonym
- 6) Candy purchase
- 7) Winged god of love
- 8) Sanaa native
- 9) Essential points
- 10) Against
- 11) ___ gin fizz
- 12) Brown alternative
- 13) "Let it stay," to a printer
- 18) Change hair color
- 19) Briefly unknown?
- 23) Tenured guy on campus (Abbr.)
- 24) Give up for a price
- 27) Net with sinkers
- 28) Allocate (with "out")
- 29) Blacksmith's metal
- 30) Forgetful actor's cry
- 31) Ownership card, in Monopoly
- 32) Painted water vessel
- 33) Missile enclosure
- 34) History Muse
- 35) Run ___ (lose control)
- 36) Rodent for the Pied Piper
- 37) Ultimate suffix
- 39) Abode on a limb
- 40) "Till we meet again"
- 44) Swiss capital
- 45) Inferior liquor
- 46) Loose change
- 48) "___ showtime!"
- 49) "E pluribus unum," e.g.
- 50) Classical lyric poem
- 51) Certain poker pair
- 52) Slip cover?
- 53) Practice boxing
- 54) Continental cash
- 55) "On top of that ..."
- 56) Novelist's need
- 57) Miss America's accessory
- 60) Lawyer's percentage
- 61) "You ___ So Beautiful"

HEAD AND BOULDERS

By Carla Azure



CROSSWORD & WORD SEARCH SOLUTIONS

CROSSWORD

HEAD AND BOULDERS

By Carla Azure

1	2	3	4		5	6	7	8		9	10	11	12	13				
R	A	P	S		O	B	E	Y		G	A	S	P	S				
14	A	L	O	T		15	F	A	R	E		16	I	N	L	E	T	
17	B	L	O	O	D		18	F	R	O	M	A	S	T	O	N	E	
20	B	E	L	A	Y				21	S	E	N	T	I	E	N	T	
22	I	N	S	T	E	P	S		23	N	O	S						
						26	R	E	S	I	N		28	M	I	L	D	
32	E	S	C	A	R	O	L	E				37	E	E	R	I	E	
38	W	I	L	M	A	F	L	I	N	T	S	T	O	N	E			
41	E	L	I	O	T				42	N	E	A	T	E	N	E	D	
43	R	O	O	K		44	B	R	E	S	T							
						46	C	E	O		47	T	A	I	L	E	N	D
53	S	E	A	P	O	R	T	S			58	T	A	P	I	R		
59	P	U	L	L	I	N	G	A	F	A	S	T	O	N	E			
62	A	R	S	O	N			63	U	S	E	R		64	I	D	E	S
65	R	O	O	T	S			66	T	H	E	E		67	N	E	S	S

WORD SEARCH

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

SENIOR CENTER LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 BBQ Chicken Ranch Beans Green Beans Coleslaw Corn Bread Fresh Apple	3 Baked Tilapia Tartar Sauce Scalloped Potatoes Vegetable Medley Roll Diced Pears	4 Chili Cheese Dog with Meaty Red Chili Onion Rings 3 Bean Salad Jello	5 Ham & Cheese Sandwich Garnish Cold Peas Potato Chips Oatmeal Cookie	6 Baked Chicken with Mushroom Sauce Spinach Wild Rice Roll Pineapple
9 Beef Tips over Egg Noodles Broccoli Tossed Salad Roll Fresh Orange	10 Green Chili Chicken Posole Spanish Rice Calabacitas Tortilla Peaches	11 Spaghetti with Meat Sauce Italian Veggies Tossed Salad Garlic Bread Applesauce	12 Soft Beef Taco Garnish Refried Beans Mixed Veggies Fruit Cocktail	13 Pork Stir Fry Peppers & Onions Asian Veggies Egg Roll Fortune Cookie Mandarin Oranges
16 Pepper Steak Brown Gravy Rice Pilaf Asparagus Roll Tropical Fruit	17 Baked Fish French Fries Peas & Carrots Coleslaw Biscuit Peanut Butter Cookie	18 HOLIDAY DINNER Baked Ham Yams Green Beans Tossed Salad Roll Sweet Rice with Raisins	19 Frito Pie Pinto Beans Garnish Roasted Corn & Peppers Fruit Cobbler	20 Pork Chop Pork Gravy Brown Rice Mediterranean Veggies Roll Banana Pudding
23 Chicken Parmesan over Linguini Marinara Sauce Broccoli & Cauliflower Bread Stick Apricots	24 Tuna Salad Cold Peas Potato Salad Crackers Brownie	25 All CENTERS CLOSED	26 Pork Carne Adovada Pinto Beans Chateau Veggies Tortilla Sherbet	27 Fish Taco Salsa Spanish Slaw Roasted Black Beans & Corn Mix Fruit Cobbler
30 Polish Sausage Sauerkraut Parsley Potatoes Brussel Sprouts Roll Chocolate Pudding	31 Egg Salad Sandwich Spinach Salad Pickle Potato Chips Chocolate Chip Cookie	Senior Meal Suggested Donation: Lunch \$1.50 10:30 AM – 12:30 PM Monday to Friday Milk is served with each meal. Menu is subject to change.		

Merry
Christmas
 AND
HAPPY NEW YEAR





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 4 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



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 4 for the appropriate contact.