



CITY OF SANTA FE
SENIOR SERVICES

MAY 2024

SENIOR SCENE



Senior Olympic Torch Run



Carlos and Anna at Baile de Cascarones



Technology Session



Baile de Cascarones



Great American Cleanup



ISSUE HIGHLIGHTS & ACTIVITY CALENDARS

In this Issue:

Meet Our Staff!

News & Views

Volunteer Programs


Ask Stan

May 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: Cristina Villa 505-955-4725, cavilla@santafenm.gov

Monday through Friday 10:30 AM – 12:30 PM Fitness Room & Computer Lab Open!				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NO COMPUTER ASSISTANCE AVAILABLE* Thank you to Mr. Pomeroy for all the time you volunteered!		NO COMPUTER ASSISTANCE AVAILABLE* Thank you to Mr. Pomeroy for all the time you volunteered!		
Haircuts by Fabiola: Monday, May 20, 10 AM-1 PM				
Haircuts by Catalina: Monday, May 13 9:30 AM-12:30 PM				

Pasatiempo Senior Center (664 Alta Vista St.)
Contact: Cristina Villa 505-955-4725

Mon-Fri	Fitness Room Open: 8 AM – 1 PM		
Tues	Line Dancing (Beginner 10AM, Intermediate 11:30AM) Full	Weds	Live music: Grupo Cielo Azul, 11:45AM-2 PM
Haircuts by Molly: Thursday, May 9, 30, 10:30 AM-1 PM		Thursdays: Japanese Dance 10-11 a.m.	

Mary Esther Gonzales (MEG) Senior Center (1121 Alto St.)
Contact: Albert Chavez 505-955-4715, wachavez@santafenm.gov

Monday through Friday, 8 AM – 4:30 PM Pool/Cards/Billiards Room, Computer Lab, Fitness Room Closed Craft Room Open- 8 AM-10 AM M-W-Th				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Tai Chi/Short Form 8:30-9:30AM</p> <p>Enhanced Fitness 9:30-10:30AM</p>	<p>Tai Chi/Short Form 8:30-9:30AM No class on April 4</p> <p>Guitar Class 9-11AM</p> <p>Oil Painting w/Judy 12:30-2:30 PM May 7 and 11</p>	<p>Enhanced Fitness 9:30-10:30AM</p> <p>Bingo 1:30-3:30 pm</p> <p>Quilting 1-3PM</p>	<p>Wood Carving 9:30-11:00AM</p> <p>Meditation for Seniors by Upaya 1-2:00PM</p> <p>Tai Chi/Qi Gong 3:30-4:30PM</p> <p>Rock Painting Patricia Fordney, Thursday May 16 1-3 Sunroom. *Only accepting 10 students. Please RSVP with Mona Baca 505-955-4760.</p>	<p>Enhanced Fitness 9:30-10:30AM</p> <p>MEG Page Turners Book Club: <i>Untold Power</i> Rebecca Boggs Roberts May 10, 1-2 PM</p> <p>Knitting Class 1-3 PM</p>
 Haircuts by Fabiola: May 6 and 27 10:30 AM Sun Room				

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**

ADMIN OFFICES: 505-955-4721

Toll-Free Administration: 866-824-8714

- Must be Age +60
- Hours M-F, 8:00a.m. – 5p.m
- Services are free
- Free registration & reassessment required

**Senior Services Administration & Registration:
505-955-4721**

Division Director, Senior Services

Manuel Sanchez: 505-955-4710,
mnsanchez@santafenm.gov

Transportation Reservations: 505-955-4700

Linda Quesada-Ortiz, Senior Transportation Manager
lmquesada@santafenm.gov

- Must be 60+
- Hours: M-F, 8:30 a.m. – 4:00 p.m.
- Must be within City Limits
- Suggested Senior Donation: .50 cents per Ride
- Reservation Required
- Free Registration & Reassessment Required

Congregate Meals: 505-955-4739

Yvette Sweeney, Nutrition Manager: 505-955-4739

Raymond Dominquez, Administrative Assistant: 505-955-4749

Manny Padilla, Nutrition Inventory Supervisor: 505-955-4750

- Must be 60+
- Hours: M-F, 8:00 a.m. – 5:00 p.m.
- Suggested Senior Donation: \$1.50 per Meal
- Free Registration & Reassessment Required

Home Delivered Meals: 505-955-4748

Carlos Sandoval: cesandoval@santafenm.gov

- Must be 60+
- Hours: M-F, 8:00 a.m. – 5:00 p.m.
- Must be within City Limits & Homebound
- Suggested Senior Donation: \$1.50 per Meal
- Requires an In-Home Assessment
- Free Registration & Reassessment Required

Senior Services Navigator: Vacant

Santa Fe Civic Housing: 505-930-5901

Santa Fe County Senior Programs: 505-992-3069

Senior Center Programming Activities: 505-955-4711

Lugi Gonzales, Center Program Manager: lgonzales@santafenm.gov

- Must be 60+
- Hours: M-F, 8:00 a.m. – 5:00 p.m.
- Services are free
- Free Registration & Reassessment Required

Activities: MEG Center: 505-955-4715

Albert Chavez : wachavez@santafenm.gov

Activities: Luisa, Pasatiempo, Villa Consuelo: 505-955-4725

Cristina Villa: cavilla@santafenm.gov

Senior Olympics Events for Seniors Aged 50+: 505-795-3817

Cristina Villa: cavilla@santafenm.gov

- Hours: M-F, 8:00 a.m. – 5:00 p.m.
- Registration Fee Required

In-Home Support Services Program Manager

Vicki Hernandez: 505-955-4704 | vmhernandez@santafenm.gov

- Must be 60+
- Hours: M-F, 8:00 a.m. – 5:00 p.m.
- 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

Program Manager – Theresa Trujillo

Senior Companion/Foster Grandparent: 505-955-4744

Roberta Armijo, Project Administrator: rparmijo@santafenm.gov

- Must be Age 55+
- Hours: M-F, 8:00 a.m. – 5:00 p.m.
- 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+
- Hours: M-F, 8:00 a.m. – 5:00 p.m.
- 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+
- Hours M-F 8:00 a.m. – 5:00 p.m.
- Services are Free
- Requires a Background Check

DIRECTOR'S NOTE

Dear Senior Services Community,

This month is Older Americans Month (OAM) the theme this year is “Powered By Connection” which recognizes the profound impact that meaningful relationships and social connections have on our health and well-being. Everyone is invited to the Older American Dance on Thursday, May 23rd from 1-4 pm at the Fraternal Order of Eagles, 833 Early Street.

Free admission and light refreshments.

I would like to take this time to wish all the mothers out there a very Happy Mother's Day, thank you for all you do and for all the unconditional love you show all of us.

As we gather with friends and family this Memorial Day Let us take a minute to remember the service men and women who have made the ultimate sacrifice for our freedom while fighting for our country.

“To those in uniform serving today and to those who have served in the past, we honor you today and every day.” - Unknown



Manuel Sanchez

Division Director

EMPLOYEE SPOTLIGHTS

- **What's your job title?** Cook
- **How many years have you worked for the City?** Too long haha
- **What's the most exciting part of your job?** Working with the fabulous Luisa Crew!
- **Do you have any hidden talents or hobbies?** I enjoy fishing, camping, hiking, cooking, video games, road trips, coaching baseball/softball, football, basketball, and volleyball.
- **Are you a sports fan?** Yes.
- **Who are your favorite teams?** Boston Red Sox, Chicago Bears, UNM Lobos, Texas Longhorns, Miami Hurricanes.
- **What's something you're proud of?** My beautiful, intelligent, athletic, loving kids, Andon and Layla. Also, my beautiful, caring, full-hearted, and supportive wife, Heather.



Johnathan Toya

**NUTRITION
SECTION**

See the next page to get to know a few more folks on our team!

EMPLOYEE SPOTLIGHTS



TRANSPORTATION SECTION

- **What's your job title?** Transit Driver III
- **How many years have you worked for the City?** Just beginning my career with the City of Santa Fe.
- **What's the most exciting part of your job?** Meeting all the clients.
- **Do you have any hidden talents or hobbies?** Love cooking New Mexican food and baking.
- **Are you a sports fan?** Yes. I love all sports.
- **Who are your favorite teams?** Dallas Cowboys and Kansas City Chiefs

- **What's something you're proud of?** That I work hard for everything I have, and my little family.

- **What's your job title?** Respite Care Provider
- **How many years have you worked for the City?** Six years.
- **What's the most exciting part of your job?** Getting to help seniors. Making them feel comfortable, making them laugh and making them feel loved and that they matter.
- **Do you have any hidden talents or hobbies?** I love to bake. When I was younger, I danced Mexican Folk and I secretly sing when no one is around.
- **Are you a sports fan?** I watch football and baseball at times.
- **Who are your favorite teams?** Denver Broncos, El Paso Chihuahuas and the Isotopes.
- **What's something you're proud of?** I'm proud of my family



IN-HOME SUPPORT SECTION



IN-HOME SUPPORT SECTION

- **What's your job title?** Respite Care Provider.
- **How many years have you worked for the City?** Just hired!
- **What's the most exciting part of your job?** Giving companionship to those who might not have or helping do things they can't do anymore.
- **Do you have any hidden talents or hobbies?** I have many hobbies and am always open to learning and trying new things.
- **Are you a sports fan?** Yes. I love sports.
- **Who are your favorite teams?** Dallas Cowboys and Milwaukee Bucks

- **What's something you're proud of?** My truck that I rebuilt.

NEWS & VIEWS

MEG Transportation Program

Transportation services are fully operational from 8:30 AM to 4:15 PM. Reservations must be called in; no email requests. Customers need to schedule their reservation at least 3 to 5 days in advance. Contact Linda Quesada-Ortiz at 505-955-4700 with any questions!

Please note: On the third Wednesday of the month we will close at 2:30 PM for mandatory staff meetings/training. Thank you.

Transportation services are also available with Santa Fe Ride (Transit Division): 505-473-4444

May Birthday Celebrations

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

- Luisa-Friday, May 3, 11 am
- MEG-Wednesday, May 8, 11 am
- Pasatiempo-Wednesday, May 8, 11 am

May Grocery Distributions



The Food Depot offers drive-through grocery distributions at 1222 Siler Road from **7 to 9 AM on Thursdays, May 9 and May 23.**



Echo Commodity Distribution
May 14, 9:30 a.m. to 12 p.m.
Contact: 505-242-6777



San Martin de Porres Distribution
Free, no application required!
Dixon House (2148 San Ysidro Crossing) **4 to 6 pm.** May 7 and 21

FREE GROCERIES FOR SENIORS!

OPEN TO ALL LOW-INCOME SENIORS 50+

THE 4TH SATURDAY EVERY MONTH
3 to 4pm

Zia United Methodist Church
3368 Governor Miles Rd
Santa Fe 87507

Signup Not Required. Simply Show Up.



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



Pasatiempo: Tuesday, May 21 at 11 am
Luisa: Thursday, May 23 at 11 am
MEG: Wednesday, May 29 at 11 am

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

AARP “Smart Driver” Course

Sign up for the AARP Driver Course today! Classes are held monthly in the dining room at the Mary Esther Gonzales Senior Center (MEG).

Sign up for the AARP Smart Driver course today! Classes are held in the dining room at the Mary Esther Gonzales Senior Center (MEG), located at 1121 Alto Street. The class is from 1-5 p.m. but please arrive at 12:30 p.m. to check in.

The class is taught by volunteer instructor(s) who will go over safety tips for seniors on the road. Many New Mexico insurance companies give discounts to seniors with a completion certificate, and some may even begin discounts at age 50, but please check with your insurance company. You must complete the entire four-hour course and be aged 50 or over to obtain a certificate; it must be renewed every three years if you want to keep the discount.

The fee to cover materials is \$25, but if you are an AARP member the cost is \$20, with your AARP card. All attendees must have a valid driver's license and present it on the day of the class. Only cash and checks are accepted for payment. We also advise that you dress in layers as temperatures fluctuate in the MEG dining room.

The number of participants for this class is limited to 10 individuals. To pre-register please call Edna Sandoval at 505-690-4350 and leave your name and phone number. Your call will be returned. The upcoming date is May 7, 2024.

NEWS & VIEWS

Movie Day at MEG & Luisa Centers



The Children of Sanchez (MEG)

Tuesday, May 21, 1 pm

A lusty Mexican laborer (Anthony Quinn) lives with his family in one room, drives out a daughter (Lupita Ferrer), wins a lottery and builds a house



Mending the Line (Luisa)

May 17 at 1 pm

After returning to the United States, a wounded veteran develops a friendship with a headstrong fly fisherman and a talented photographer turned librarian.



Megan Leavey (Luisa)

Friday, May 24 at 1pm

The true-life story of Megan Leavey, a young Marine corporal whose unique discipline and bond with a military combat dog saved many lives during her deployment in Iraq.

Day Trip to the ABQ Bio Park

Sign up for a fun-filled day trip to the ABQ Biopark Zoo and Aquarium/Botanical Gardens in Albuquerque on Friday, May 17. Contact Albert Chavez to reserve your spot: 505-955-4715.

TRAVEL DETAILS:

- Combo ticket for Aquarium/Botanical Gardens and Zoo
- Seniors 65+ are \$9 NM Resident; Non-Resident is \$12.
- Bus fee is \$5.
- Bring a sack lunch or money for the food court.

May SF Civic Authority Events

Villa Hermosa Center Event (1510 Luisa Street)

- May 20: Blood Pressure and Oxygen Screening at 1 pm.

Senior Olympic Spotlight

May Olympic Dates, Events, and Locations:

- 4: Tennis at Alto Park at 9:30am
- 7: Fun Events at Alto Park at 9 am
- 9: Horseshoes singles at Alto Park at 9 am
- 10: Horseshoes doubles at Alto Park at 9 am
- 15: Golf at Marty Sanchez Golf Course 9:30 am
- 16: Archery at MRC Ruby Fields at 9 am
- 21: 8 Ball Pool at Fraternal Order of Eagles at 9 am.

Come check out these amazing athletes!

Thank you, Coca Cola for your generous donation of cases of water for our local Senior Olympic Games.

Your business is a leader in our community for athletic events and is tremendously appreciated!



— NEWS & VIEWS —

❖ Interested in Hiking?

MAY 6 - BLACK CANYON RIDGE TRAIL {easy to moderate)

Spring is all around us, so it's time to store our skis and winter clothing away till next season and time to pull out our hiking boots and day packs for 2-5-mile treks in the Sangres.

We'll begin our first hike of the season on Monday, May 6, meeting at the MEG CENTER at 8:30 am***All future hikes will be on the first Monday of each month.

Our first hike will be an "out and back" to the always popular Black Canyon Ridge Trail which begins at the Black Canyon campground about seven miles along Hyde Park Road. The first half is short (.5 mile) and easy as it goes through the Black Canyon Campground and around the Campground Loop with very little elevation gain.

The second half of the hike is a little more strenuous, climbing uphill along the ridge line that borders the Santa Fe Watershed. The trail is clear and easy to walk without any rock stepping, but it may be muddy and slippery in spots due to the snow melt. It adds another 75 miles to the hike for about 1.25 miles one-way, or about 2.5 miles round trip.

WHAT TO BRING:

1. Water
2. Sturdy boots with spikes or crampons (it may be muddy)
3. Hiking poles or staff
4. An extra layer of clothing for warmth and/or a waterproof layer to keep dry in case it rains or snows
5. Hat
6. Gloves
7. Sunscreen and sunglasses
8. Snacks
9. More water. ***PLEASE NOTE that the city will no longer provide transportation. We will carpool.

❖ Flora's Corner

Occasionally in life, there are those moments of unattainable fulfillment articulated only by the inaudible language of the heart.

-Dr. Martin Luther King, Jr.



❖ Special Presentations at the MEG

- NM Commission for the Blind Presentation at The Mary Esther Gonzales in the dining room on Wednesday, May 15 at 10.
- Life Link Training Institute will have a presentation on Wednesday, May 8 at 10 am in the dining room.

❖ Older American Dance

Come dance May 23, 2024, from 1-4 pm at the Fraternal Order of Eagles; 833 Early St.

Free admission. Come dance to Peter Vigil and the All-Star Band!

Light refreshments available

❖ We Will Miss You, Robert Fernandez



Robert A. Fernandez, a beloved member of the Santa Fe community, was called home by God on April 1, 2024, leaving behind a legacy of dedication to family, faith, and service.

His life was marked by his commitment to his wife, children, and community, as well as his passion for sports, woodworking, and the outdoors.

Robert was an active participant in the Senior Olympics. We will miss you.

VOLUNTEER PROGRAMS

❖ **We will miss you, Leonard Serrano**



Leonard Serrano, 65, passed away peacefully on April 13, 2024 surrounded by family.

He enjoyed 38 ½ years of marriage before his wife’s untimely death in 2017. Together they worked hard, raised five children, and enjoyed five grandchildren.

Leonard will be remembered for his strong faith, selfless love for people, and exceptional work ethic. It was these qualities that made him an amazing RSVP volunteer.

Whether hanging shelves at a senior’s home, delivering commodities throughout Santa Fe, or helping out at the Senior Center, Leonard did it with a smile and willing spirit.

A year ago when asked why he volunteered he simply stated: “Because I want to feel useful, and I love people of all walks of life!”

This big-hearted man will be deeply missed by all who knew him.

❖ **Happy Birthday, May Volunteers!**

Daryl Woolems	5/2
Fabiola Guillen	5/3
Lucille Valdez	5/3
Carmen Baca	5/5
Rebecca Haffenden	5/6
Helen (Bunny) Brown	5/8
Robert Moore	5/8
Mary Anne Ryan	5/9
Ted Yamada	5/9
Mathew Frauwirth	5/11
Linda Muzzio	5/13
Catalina Rios-Fernandez	5/15
Susan Yanda	5/20
Adrienne Ruscavage	5/21
Erin Blair	5/22
Bernadette Montoya	5/22
Bella Campos	5/24
Gloria Martinez	5/24
Flora Leyba	5/28
Yolanda Cerrillo	5/30



Thank you to all volunteers who showed for The Great American Clean-up!

— HEALTH & SAFETY —

❖ Options for Healthy Eating

If you don't have the time or energy to shop for groceries or cook every day, these tips can make things easier.

- If you can afford it, go out to eat or order pickup or delivery service from a local restaurant. Many restaurants include nutritional information about their menu online, which can help you plan.
- Look for meal delivery programs in your area. Some organizations deliver groceries or prepare meals to people with health issues.
- Explore a meal subscription service if it fits into your budget.
- Order your groceries online. Many supermarkets offer pickup or delivery.
- Ask for help.
- Reach out to organizations that offer help.
- Involve family members in meal planning and preparation.
- Set aside one day to prepare meals for the week

TIPS FOR HEALTHY EATING

Here are some steps you can take to overcome challenges. Try the ones that make sense for you, and don't feel you need to do them all at once! It's all about baby steps.

- Keep track of what you eat. Use a notebook or an app to write down what and how much you eat.



— NUTRITION EDUCATION —

❖ Apple Tuna Sandwiches



Make your own pizza topped with green peppers, mushrooms, or other vegetables. [Source: MyPlate.Gov](https://www.myplate.gov)
|Makes 2 servings

Ingredients:

- 1 can tuna, packed in water (6.5 ounces, drained)
- 1 apple
- 1/4 cup yogurt, low-fat vanilla
- 1 teaspoon mustard
- 1 teaspoon honey
- 6 slices whole wheat bread
- 3 lettuce leaves

Directions:

- Wash hands with soap and water.
- Wash and peel the apple. Chop it into small pieces.
- Drain the water from the can of tuna.
- Put the tuna, apple, yogurt, mustard, and honey in a medium bowl. Stir well.
- Spread 1/2 cup of the tuna mix onto each 3 slices of bread.
- Top each sandwich with a washed lettuce leaf and a slice of bread.



FIRE PREVENTION

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.

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

By Jimmy and Evelyn Johnson - www.qets.com

Alarm
Awareness
Carelessness
Combustible
Debris
Defense
Escape

Evacuate
Extinguisher
Fire
Firefighter
Flame
Foam
Heat

Hose
Preparation
Prevention
Safety
Smoke
Vigilance
Water

CROSSWORD PUZZLE

WILDLIFE

ACROSS

- 1 Small drum
- 6 Avenue
- 9 Indonesian island
- 13 Playing field
- 14 Fruit
- 15 Midwestern state denizer
- 16 Flower stalk leaf
- 17 Wall plant
- 18 Averages
- 19 Reside
- 20 Covered
- 22 Still
- 23 First woman
- 24 Ball holder
- 25 Firm
- 27 Jagged
- 29 Distributing
- 33 Impair
- 34 Small nocturnal mammal

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			

- 35 Bed or living ending
- 36 Operate
- 39 Hotdog holder
- 40 Hinder normal growth
- 41 Recount
- 42 Actor
- 43 Buddy
- 44 Upset (2 wds.)
- 46 Avoid
- 49 Drudge
- 50 Vane direction
- 51 Summer mo.
- 53 Bill
- 56 Affray
- 58 Syrian bishop
- 59 Water retention
- 63 Before, poetically
- 64 Neck hair
- 65 Sea reptile
- 66 Encounter
- 67 Looked at
- 68
- 10 Askew
- 11 Crippled
- 12 Institution (abbr.)
- 15 Ancient river valley
- 20 Mammals with hooves that can run very fast
- 21 Asia
- 24 Tyrant
- 26 Reptile with a soft body covered by a hard shell
- 28 Breakfast egg
- 30 Promissory note
- 31 Not (prefix)
- 32 Greenwich Time
- 34 Lazy person
- 36 Short-term memory
- 37 Thirst quencher
- 38 Large deer with large spreading antlers
- 39 Barren Lands
- 40 Lay aside money
- 42 Pony tail stuff
- 43 Cooking utensils
- 45 Couches
- 47 Herbivore with long ears, back legs and front teeth
- 48 Small tube
- 50 Bird of prey larger than a hawk
- 52 Sports
- 53 High ___
- 54 Cutting tool
- 55 Large furry omnivore that hibernates in winter
- 57 Coat
- 58 ___ matter
- 60 Married woman
- 62 Tree

CROSSWORD & WORD SEARCH SOLUTIONS

CROSSWORD

WILDLIFE

Solution:

1	T	A	B	O	R	6	A	V	E	9	B	A	L	12	
13	A	R	E	N	A	14	F	I	G	15	I	O	W	A	N
16	B	R	A	C	T	17	I	V	Y	18	N	O	R	M	S
19	L	I	V	E	20	D	R	A	P	E	D	22	Y	E	T
23	E	V	E	24	T	E	E	25	T	A	U	T			
27	E	R	O	S	E	29	I	S	S	30	U	I	N	G	
33	M	A	R	34	B	A	T	35	R	O	O	M			
36	S	T	E	E	R	39	B	U	N	40	S	T	U	N	T
41	T	E	L	L	42	H	A	M	43	P	A	L			
44	M	A	K	E	S	A	D	46	A	V	E	R	47	T	48
49	T	O	I	L	50	E	N	E	51	A	U	G	52		
53	T	A	B	54	F	R	A	C	A	S	58	A	B	B	A
59	E	D	E	M	A	60	N	A	G	62	A	L	B	U	M
63	C	Z	A	R	S	64	D	K	L	65	S	M	I	L	E
66	H	E	R	S	67	S	E	E	68	H	A	T	E	S	

WORD SEARCH

FIRE PREVENTION

HIDDEN QUOTATION
BY
Anonymous

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



SENIOR CENTER LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Sloppy Joe French Fries Mixed Veggies Cucumber Salad Diced Peaches	2 Pork Stir Fry Stir Fry Veggies Fried Rice Spinach Salad Fresh Orange	3 Meatloaf Scalloped Potatoes Carrots Roll Cinnamon Spiced Apples
6 Salisbury Steak Mashed Potatoes Mushroom Gravy 5 Way Veggies Roll Tropical Fruit	7 Soft Fish Taco Broccoli & Cauliflower Rice Pilaf Peaches	8 Pork Chop Black Beans Spanish Slaw Vegetable Medley Banana	9 Hot Roast Beef & Swiss Sandwich Au Jus Sauce 3 Bean Salad Potato Chips Fresh Apple	10 Cheese Tortellini with Meaty Marinara Italian Veggies Tossed Salad Garlic Toast Applesauce
13 Baked Chicken Wild Rice Asparagus & Onions Broccoli Salad Biscuit Fresh Apricots	14 County Style BBQ Ribs Baked Beans Okra & Collard Greens Cornbread Pineapple	15 Meatball Sub with Marinara Sauce Roasted Zucchini Potato Salad Apples in Strudel	16 Chicken & Potato Burrito with Red Chili Sauce Capri Veggies Fruit Cocktail in Jello	17 Cheeseburger Macaroni Green Beans Cucumber & Tomato Salad Roll Cantaloupe
20 Baked Cod Tartar Sauce French Fries Vegetable Medley Coleslaw Sherbet	21 Green Chili Cheeseburger Garnish Ranch Beans Peas & Carrots Watermelon	22 Chicken Fettuccini with Alfredo Sauce Broccoli & Cauliflower Roll Fresh Pear	23 Pork Posole Red Chili Sauce Chuckwagon Veggies Tossed Salad Tortilla Peaches	24 Cobb Salad with Ham, Bacon & Boiled Egg Dressing Bread Stick Strawberry Shortcake
27 All Kitchens Closed	28 Teriyaki Chicken Brown Rice Asian Veggies Roll Fortune Cookie Fresh Orange	29 Cheesy Baked Pasta with Meaty Marinara Italian Veggies Tossed Salad Garlic Bread Baked Cherry Crisp	30 Green Chili Chicken Enchiladas Garnish Pinto Beans Calabacitas Plums	31 Ham & Cheese Spinach Wrap Garnish PGarnish Carrot & Celery Sticks Cold Peas Sun Chips Honeydew

Senior Meal Suggested Donation: Lunch \$1.50

10:30 AM – 12:30 PM | Monday to
Milk is served with each meal.
The menu is subject to change.

**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

VILLA CONSUELO
1200 Camino Consuelo
Santa Fe, NM 87507

Legend: = Center open for meals!

QR Code:

505-955-4721 | santafenm.gov/division_of_senior_services

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