



CITY OF SANTA FE
SENIOR SERVICES

NOVEMBER 2024

SENIOR SCENE



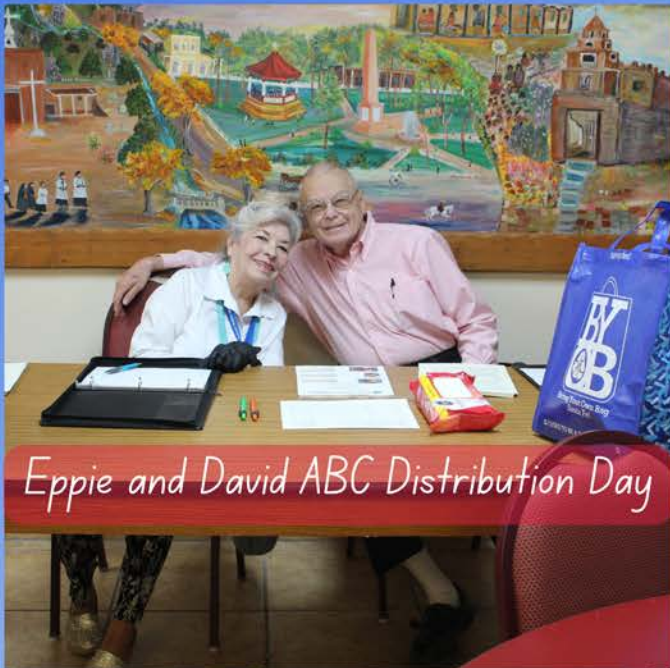
October Highlights



Rosario and Roberta Doing Outreach



Knitting Club Donations for La Familia



Eppie and David ABC Distribution Day



Highway Cleanup Day



Cribbage Players at the MEG

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

Cover Photo by Chris Peralta

Luisa Senior Center (1500 Luisa St. - enter on Columbia St.)
Contact: Nohemi Antillon 505-955-4715, nxantillon@santafenm.gov

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Monday through Friday 10:30AM – 12:30PM Fitness Room & Computer Lab Open!				

Pasatiempo Senior Center (664 Alta Vista St.)
Contact: Nohemi Antillon 505-955-4715, nxantillon@santafenm.gov

Mon-Fri	Fitness Room Open: 8AM –1PM	Tues	Line Dancing Cancelled Nov.-Dec.
Weds	Live music: Grupo Cielo Azul, 11:45 AM-2 PM	Thurs	Japanese Dance w/ Chizuko 10-11 AM

Haircuts by Fabiola: Monday, Nov. 25 10:30 am-1 pm 

Mary Esther Gonzales (MEG) Senior Center (1121 Alto St.)
Contact: Nohemi Antillon 505-955-4715, nxantillon@santafenm.gov

Pool/Cards/Billiards Room, Craft, Fitness Room and Computer Lab CLOSED FOR CONSTRUCTION
Monday, Wednesday, Thursday-Games/Cards-Conference Room-8 AM-10 AM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Tai Chi/Short Form 8:30-9:30 AM Enhanced Fitness 9:30-10:30 AM Cribbage All skill levels welcome Materials provided Beginners welcome 1-3 PM Nov. 4 & 18	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 1-2 PM No Session Nov. 7 & 28 Tai Chi/Qi Gong 3:30-4:30 PM	Enhanced Fitness 9:30-10:30 AM MEG Page Turners Book Club: <i>Finding Dorothy</i> By Elizabeth Letts Nov. 8 1-2 PM Knitting Class 1-3 PM



Haircuts by Fabiola: Monday, Nov. 18 at 10:30 am in Sunroom

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 Dominquez, 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

Nohemi Antillon, Program Coordinator
nxantillon@santafenm.gov

Activities: Luisa, Pasatiempo,
 Nohemi Antillon, Program Coordinator
nxantillon@santafenm.gov

In-Home Support Services Program Manager

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

- 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,

Fall is in full swing, and the fall colors make our community and our surrounding landscape look beautiful.

The contractors working on the expansion project are diligently working to complete the project.

We will be hosting our annual Thanksgiving meal this month, and I invite you all to come enjoy a meal with us and socialize with one another. I would encourage all seniors to register or meet with our staff to maintain your registration.

An annual assessment is needed to ensure we can request adequate funding for our program.

We also recognize all our Veterans this month, those who have served in our Armed forces and the sacrifices they have made for the freedoms that we have in our country. Thank you for your Service.

I hope everyone has a wonderful Thanksgiving,



Manuel Sanchez

Senior Services Director

EMPLOYEE SPOTLIGHT



What's your job title? Transit Driver I
How many years have you worked for the City? One month!
What's the most exciting part of your job? I enjoy serving the senior community.
Do you have any hidden talents or hobbies? I enjoy hiking, walking and talking. I love God and appreciate life.
Are you a sports fan? I love NFL Football and NBA Basketball.
Who are your favorite teams? Seahawks and LA Lakers.
What's something you're proud of? Helping seniors, spending time with my family (grandchildren) and taking care of my 92 year old father.



Lonnie and Chander



MEDICARE, MAKE IT YOURS!

Medicare Open Enrollment In-Person SHIP Counseling

**Mondays and Thursdays, 1
p.m. to 4 p.m.**

**Mary Esther Gonzales Senior Center
1121 Alto Avenue, Santa Fe**

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

Call Nohemi for an appointment at **505-955-4715**.



If you cannot make an appointment at the MEG 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.

❖ Birthday Celebrations!

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

- MEG-Thursday, Nov. 7 at 11 a.m.
- Luisa-Thursday, Nov. 14 at 11 a.m.
- Pasatiempo-Friday, Nov.15 at 11 a.m.

❖ November 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, Nov. 7 and 21.

Echo Commodity Distribution

November 12 9:30 a.m. to 12 p.m.
Contact: 505-242-6777



San Martin de Porres Distribution

San Isidro/San Jose Parish, San Martin de Porres Ministry will distribute food on Nov. 5 and 19 from 4 to 6 pm. at the Dixon House, 2148 San Ysidro Crossing. **FREE FOOD FOR EVERYONE** (no application required).

❖ 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: Wednesday, Nov. 13 at 11:30 a.m.

Luisa: Thursday, Nov. 14 at 11:30 a.m.

MEG: Tuesday, Nov. 12 at 11:30 a.m.

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

❖ AARP “Smart Driver” Course

The AARP Smart Driver Course will be held on Nov. 5, at the Mary Esther Gonzales Center (MEG) dining room. Classes run from 1-5 pm, with sign-in at 12:30 p.m.. Materials fee is \$25 or \$20 with your AARP card. Each class is limited to 25 individuals.

All attendees must have a valid driver's license and present it on the day of the class. Cash and check only for payment. Dress in layers as temperatures fluctuate in the dining room.

Volunteer instructors 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 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 to keep the discount.

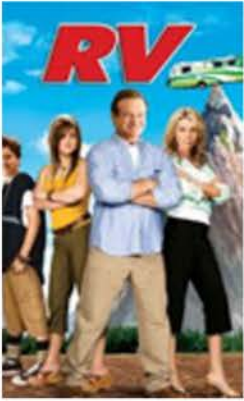
Call Edna Sandoval at 505-690-4350 if you have any questions.

❖ Senior Food Markets

Open to all low-income seniors 50+. Fourth Saturday of the month. Zia United Methodist Church 3368 Governor Miles Rd. Santa Fe, NM 87507. 3-4 p.m.

NEWS & VIEWS

❖ Movie Day at MEG



RV

Tuesday, Nov. 12 at 1 p.m.

Bob Munro and his dysfunctional family rent an RV for a road trip to the Colorado Rockies, where they must ultimately contend with a bizarre community of campers

Twins

Tuesday, Nov. 26 at 1 p.m.

Twins is a 1988 American buddy comedy film about unlikely fraternal twin brothers (Arnold Schwarzenegger and Danny DeVito) who were separated at birth. The core of the film is the contrast between the streetwise Vincent (DeVito) and the intelligent but naïve Julius (Schwarzenegger).



❖ Thanksgiving Dance

Thursday, Nov. 21, 2024

- Fraternal Order of the Eagles-833 Early Street.
- 1-4 p.m.
- Free Admission and Refreshments
- Music by: Los Malcriados

❖ Hikes for Active Seniors



The Karl's Meadow/Alamo Vista Hike Nov. 18, 2024 (Third Monday)

This month we will try again to catch the last of the Fall colors. Hopefully the Hyde Park Road construction will be completed and the road open to traffic again.

If the road is open, we'll do an easy/moderate hike along the Aspen Vista Service Trail.

If it's still closed, we'll do an alternate hike.

This is an unpaved road reserved for vehicles servicing the cell towers at Tesuque Peak and for hikers.

We will hike about two miles one way, stop for a snack lunch 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.

General items:

- ARRIVE at MEG by 8:15 a.m.
- DEPARTURE at 8:30 a.m. sharp and return by approximately 1 p.m.
- BRING WATER and snack food, sturdy shoes or boots, a hat, a jacket, and sunscreen. Also, hiking poles if you have them.

NEWS & VIEWS

❖ Weekly Meditation at MEG

Curious about meditation and mindfulness?

Our class works for newcomers and those just seeking a time to practice with a group.

Meditation allows us to become aware of the busyness of our minds, letting us slow down and appreciate this very present moment.

Let's try this right now: please sit on a chair with your feet on the floor, your hands in your lap. Close your eyes and take 3 slow deep breaths, in and out through your nose - at your own pace. Notice how you feel.

Want to explore more? We meet most Thursdays at 1 p.m. in the small conference room next to the lunchroom.

We hope to meet you. Jane Steinberg, Upaya Prison Project.

❖ Caregivers-Women's Support/Action Group

First and third Tuesdays, 1:30 p.m.-2:30 p.m.; Nov. 5, Nov. 19, Dec. 3 and Dec. 17. In person Memory Care Alliance Office 1541 St. Francis Dr. Santa Fe, NM 87505

The group meets twice a month and is for women supporting a loved one with a dementia diagnosis or any chronic illness.

It is an opportunity to share and learn in a confidential setting with others who may be going through similar challenges.

You can learn and practice:

- Uncluttering your mind to get through your days with less stress
- Communicating with more clarity and listening without judging
- More effective ways to talk with family, friends, and medical providers
- Making small changes to have more resilience



❖ Flora's Corner

The Van Gogh Family Tree:

After much careful research it has been discovered that the artist Vincent Van Gogh had many relatives. Among them were:

His obnoxious brother-Please Gogh
 The brother who ate prunes-Gotta Gogh
 The brother who worked at a store-Stopn Gogh
 The grandfather from Yugoslavia-U Gogh
 The brother who bleached his clothes-Hue Gogh
 His dizzy aunt-Verti Gogh
 The cousin from Illinois-Chica Gogh
 His magician uncle-Wherediddy Gogh
 His Mexican cousin-Amee Gogh
 The Mexican cousin's American half bro-Grin Gogh
 The nephew who drove a stage coach-Wellsfar-Gogh
 The constipated uncle-Cant Gogh
 The ballroom dancing aunt-Tan Gogh
 The bird lover uncle-Flamin Gogh
 His nephew psychoanalyst-E Gogh
 The fruit loving cousin-Man Gogh
 An aunt who taught positive thinking-Wayto Gogh
 The little nephew-Poe Gogh
 A sister who loved disco-Go Gogh
 His Italian uncle-Day Gogh
 And his niece who travels the country in a van-Winniebay Gogh

Now, it's time to Gogh!



❖ Medicare Open Enrollment Assistance

Set up an appointment with Stan Cooper or Jane Yuster to review your Medicare possibilities. Appointments are available on both Mondays and Thursdays. Call Nohemi at 505-955-4715 to schedule your appointment with Stan or Jane.

VOLUNTEER PROGRAMS

Volunteers Needed



**AmeriCorps
Seniors**

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



Highway Cleanup Crew

Happy Birthday, Nov. Volunteers!

Jose Maestas	11/1
Elmer Leslie	11/2
Victor Teng	11/2
Barrett Markland	11/4
Dick Fox	11/5
Nova Stewart	11/5
David Schell	11/6
Bonnie Hong	11/8
Cecilia Lopez	11/9
Randy Murray	11/9
Carmen L. Ortiz	11/9
Bill Glaser	11/12
Molly Dofflemyer	11/13
Mary A. Sandoval	11/15
Bernadette Sandoval	11/16
Anna Mae Gallegos	11/19
Joyce Roberts	11/19
Mary Antonette Shuck	11/25
Tim Pemberton	11/28
David Mc Caffrey	11/29
Sue Moy Bergquist	11/30



**NUEVO MEXICANO
HERITAGE ARTS MUSEUM**
SPANISH COLONIAL ARTS SOCIETY

Calling volunteers!

Are you interested in New Mexican heritage arts and architecture? Do you like to meet new people? Join NMHA as a Visitor Services volunteer!

We're looking for enthusiastic and outgoing volunteers to be essential members of our front-facing Visitor Services team!

As a Visitor Services volunteer you will have the opportunity to learn about and explore the historic John Gaw Meem home that houses the NMHA, learn best practices for visitor services, and receive interpretive training to the collection and home. The museum's hours are Wednesday, Thursday, Friday 12-4 p.m. and Saturday 10 AM - 4 PM. Shifts are two to three hours long and give you the opportunity to spend time in the beautiful and historic John Gaw Meem building and the current exhibitions. Volunteers must be comfortable operating basic technology (iPad, computer, etc.) and asking for donations.

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

HEALTH & SAFETY

Healthy Tips for a Good Life

HealthinAging.org
Trusted Information. Better Care.

Expert Information from
Healthcare Professionals Who
Specialize in the Care of Older Adults

TIP
SHEET

Home Safety Tips for Older Adults

With a growing number of older adults living independently, it's increasingly important to make sure that they're safe at home. Falls, burns, and poisonings are among the most common accidents involving older people. Older adults who live alone may also become the victims of criminals who target older people. If you're an older adult living on your own, or care for an older person living alone, here's what you need to do to stay safe.

Keep emergency numbers handy

Always keep a list of emergency numbers by each phone. Write this information in large enough print that you can read it easily if you are in a hurry or frightened. Be sure to list numbers for:

- 911
- Poison Control: 1-800-222-1222
- Family member or friend to call in case of emergency
- Healthcare provider's office

Prevent falls

- If you have difficulty with walking or balance, or have fallen in the past year, talk to your healthcare provider about having a special falls risk assessment.
- Ask your provider if you would benefit from an exercise program to prevent falls.
- If you have fallen before, or are scared of falling, think about buying a special alarm that you wear as a bracelet or necklace. Then, if you fall and can't get to the phone, you can push a button on the alarm that will call emergency services for you.
- Don't rush to answer the phone. Many people fall trying to answer the phone. Either carry a cordless or cell phone or let an answering machine pick up.
- When walking on smooth floors, wear non-slip footwear, such as slippers with rubber/no-slip bottoms or flat, thin-soled shoes that fit well.
- If you have a cane or a walker, use it at all times instead of holding onto walls and furniture.

Safety-proof your home

- Make sure all hallways, stairs, and paths are well lit and clear of objects such as books or shoes.
- Use rails and banisters when going up and down the stairs. Never place scatter rugs at the bottom or top of stairs.
- Tape all area rugs to the floor so they do not move when you walk on them.

- If there is a fire in your home, don't try to put it out. Leave and call 911. Know at least two ways to get out of your apartment or home.
- When you're cooking, don't wear loose clothes or clothes with long sleeves
- Replace appliances that have fraying or damaged electrical cords.
- Don't put too many electric cords into one socket or extension cord.
- Install a smoke detector and replace the battery twice a year.
- Never smoke in bed or leave candles burning, even for a short time, in an empty room.
- Make sure heaters are at least 3 feet away from anything that can burn, such as curtains, bedding, or furniture. Turn off space heaters when you leave the room.
- Set the thermostat on the water heater no higher than 120°F to prevent scalding.
- Have grab bars installed in the shower and near the toilet to make getting around easier and safer.
- Put rubber mats in the bathtub to prevent slipping.
- If you are having a hard time getting in and out of your tub, or on and off the toilet, ask your provider to help you get a special tub chair or bench or raised toilet seat.

Carbon Monoxide

- Never try to heat your home with your stove, oven, or grill since these can give off carbon monoxide—a deadly gas that you cannot see or smell.
- Make sure there is a carbon monoxide detector near all bedrooms, and be sure to test and replace the battery twice a year.

Medications

- Keep all medications in their original containers so you don't mix up medicines.
- Ask your pharmacist to put large-print labels on your medications to make them easier to read.

NUTRITION EDUCATION

Bean and Rice Burritos



These baked burritos are a great way to use leftover cooked rice. Try them with brown rice for a whole grain boost.

Makes 8 servings

Ingredients:

- 2 cups rice (cooked)
- 1 onion (small, chopped)
- 2 cups kidney beans (one 15-ounce can, drained, low-sodium)
- 8 flour tortillas (10 inch)
- 1/2 cup salsa
- 1/2 cup cheese (shredded)

Directions:

- Wash hands with soap and water.
- Preheat the oven to 300 °F.
- Peel the onion, and chop it into small pieces.
- Drain the liquid from the cooked (or canned) kidney beans.
- Mix the rice, chopped onion, and beans in a bowl.
- Put each tortilla on a flat surface.
- Put 1/2 cup of the rice and bean mix in the middle of each tortilla.
- Fold the sides of the tortilla to hold the rice and beans.
- Put each filled tortilla (burrito) in the baking pan.
- Bake for 15 minutes.
- While the burritos are baking, grate 1/2 cup cheese.
- Pour the salsa over the baked burritos. Add cheese.
- Serve the burritos warm.

Find more at MyPlate.Gov:

<https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/>



ELECTION DAY

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.

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

By Jimmy and Evelyn Johnson - www.qets.com

Ballot	Government	Platform
Campaign	Incumbent	Politics
Candidate	Independent	Polling
Citizenship	Issues	Recount
Delegate	Majority	Republican
Democrat	Midterms	Supporter
Funds	Party	Voter

CROSSWORD PUZZLE

ACROSS

- 1) Part of any profit calculation
- 5) "Be it ___ so humble ..."
- 9) Debris at the base of a mountain
- 14) With the ability
- 15) Extreme anger
- 16) Shoe parts
- 17) Getting hyped for the weekend
- 20) Kleenex, e.g.
- 21) Gofers and such
- 22) One putting people in their places
- 23) Like bone-dry land
- 25) Relaxing health facility
- 28) Place for a pig
- 29) Cut at an angle
- 31) Chimney parts
- 33) Pago Pago's place
- 34) Scarcity
- 35) Becoming allies
- 38) Peril
- 39) Tidal bore
- 40) Correct, as text
- 41) Anxious
- 42) That thing's
- 45) One of the major networks
- 46) Crumbs leftover from dinner
- 47) Widespread craze
- 49) Dead to the world
- 52) Bit of buckshot
- 53) Increasing a store's merchandise
- 57) With ___ in sight
- 58) Dirt for a garden
- 59) Affirm positively
- 60) Chilean range
- 61) Blockhead
- 62) 1990 World Series champs

DOWN

- 1) It has points in the desert
- 2) Player of a double reed instrument
- 3) Like half-melted snow
- 4) On edge
- 5) Lake seen from Toledo
- 6) Delivery vehicle
- 7) Easter basket item
- 8) Not wholesale
- 9) Something snakes do
- 10) Formally surrender
- 11) Comfort verbally
- 12) Cathedral city of England
- 13) Suffix cousin of "trix"
- 18) In a Mideast headdress
- 19) Concealed
- 23) Shakespeare's river
- 24) Analyst's chemical
- 26) Guinea pigs and hamsters, often
- 27) Burning result
- 30) Dubai dignitary
- 31) Charon and others
- 32) Shoestring
- 33) Communicate silently
- 34) Boxers and retrievers
- 35) Door part
- 36) Biased
- 37) Parts of a healthy diet
- 38) Christmas mo.
- 41) Creative painter, e.g.
- 42) Smitten
- 43) Like stadium rows
- 44) Some woodland deities
- 46) Alternative to .net
- 48) Church part
- 50) Prime-time hour
- 51) Concludes
- 52) Bombard, as with water balloons
- 53) Santa ___, California
- 54) Mafia head
- 55) Definitely not later
- 56) Seven, on a grandfather clock

INTO THE POOL

By Timothy E. Parker

1	2	3	4		5	6	7	8		9	10	11	12	13
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SENIOR OLYMPICS

NEW MEXICO SENIOR OLYMPICS, INC.

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



SENIOR DIFFERENCE

Non-Metro New Mexico Area Agency on Aging **The Senior Difference**

Santa Fe, NM



A MUST ATTEND EVENT FOR OLDER ADULTS AND SENIORS

**FREE EVENT
OPEN TO THE PUBLIC**



Wednesday
November 13th, 2024

8am-2pm

at the Courtyard - Santa Fe, NM
3347 Cerrillos Rd.

- FREE HEALTH SCREENINGS - FREE FLU SHOTS - LIVE ENTERTAINMENT
- SPEAKER SERIES - INFORMATION TO HELP THOSE IN NEED OF ASSISTANCE - PARTICIPATE IN LIVE EXERCISE SEMINARS
- FOOD DEMONSTRATIONS - MEDICAL PROVIDER AGENTS WILL BE ON HAND TO ANSWER YOUR QUESTIONS, HEALTH AND WELLNESS INFORMATION.

Just to name a few of the reasons you'll want to attend!

DOOR PRIZE GIVEAWAYS*

Come out and get to know how NON-METRO NEW MEXICO AREA AGENCY ON AGING assists New Mexico's Seniors and OLDER ADULTS in 32 counties throughout New Mexico!

...and when you drop by the NON-METRO NEW MEXICO Welcome Table - Get your **FREE** Goodie Bag while supplies last.

JOIN THE FUN FOR THIS NEW ANNUAL EVENT IN THE CITY DIFFERENT - SANTA FE, NM

SPONSORED BY :

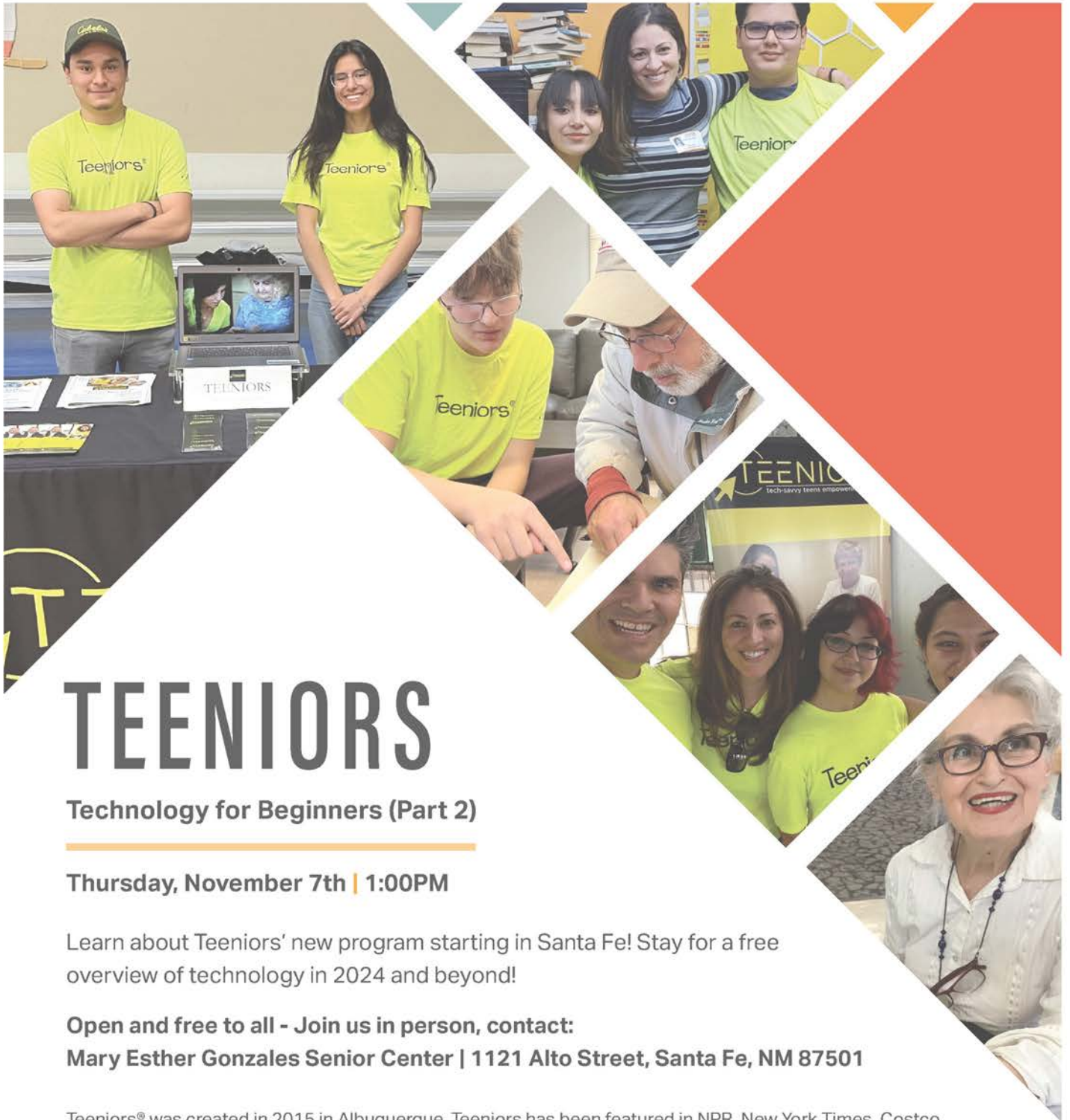


FOR MORE EVENT INFORMATION OR BUSINESSES LOOKING TO RESERVE LIMITED VENDOR SPACE, CONTACT:

JOE HERRERA at (505) 303-6247 joeh@ncnmedd.com

Visit Our Website - www.nonmetroaaa.com

TEENIORS



TEENIORS

Technology for Beginners (Part 2)

Thursday, November 7th | 1:00PM

Learn about Teeniors' new program starting in Santa Fe! Stay for a free overview of technology in 2024 and beyond!

Open and free to all - Join us in person, contact:

Mary Esther Gonzales Senior Center | 1121 Alto Street, Santa Fe, NM 87501

Teeniors® was created in 2015 in Albuquerque. Teeniors has been featured in NPR, New York Times, Costco Magazine, Univision, KOAT 7, KOB 4, KRQE 13, Albuquerque Journal, Santa Fe New Mexican, Santa Fe Reporter, and other news outlets across the country. For more info visit teeniors.com or teeniors@gmail.com | 505.600.1297.



CITY OF SANTA FE
SENIOR SERVICES



OUR SENIORS ARE THANKFUL FOR

Kathy- "Still being able to make my recycled metal art and that I have so much demand for it."

Neils- "My salvation."

Patty- "Lunch and exercise at the Senior Center."

Barbara- "My six unique kids, great friends, and good pets."

Flora- "Bible, Health and family!"

Anna Mae- "All the blessings that come to me every day."

Barbara- "Surviving a life-threatening accident and illness and walking again."

Christine- "My family."

Bill- "My health."

Kathleen- "My health, my family and Enhanced Fitness class."

Marcos- "Lunch."

Nancy- "God in my families lives and blessings."

Dolores- "Another day of a fruitful, wonderful life."

Anonymous-

"My Mom"

"MEG lunch!"

"Life!"

"Grateful for the people I have met at the Senior Center."

"The sun, autumn and the power of love."

"Thanks for Senior Services. I've traveled the world, and Santa Fe is the best!"

"Health and Family."

"The friendly people in fitness class."



"Thanksgiving"

T is for TURKEY and pumpkin pie.

H is for HOME where spirits are high.

A is for APPLES on the apple tree.

N is for the NEW baby in the family.

K is for the KITCHEN and a friendly smile.

S is for sit down and STAY awhile.

G is a grateful heart for the GOOD things we share.

I is the ICING on the cranberry bread to show how much we care.

V is for VARIOUS dishes, recipes, and more.

I is for IMAGINING the fun we have in store.

N is for NEVER complain, count your blessings instead.

G is for GIVING thanks to GOD before you go to bed.

Poem by Patti Merrill

Happy
Thanksgiving



CROSSWORD & WORD SEARCH SOLUTIONS

❖ CROSSWORD

1	C	2	O	3	S	4	T	5	EVER	6	7	8	9	10	11	12	13	
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57	N	O	E	N	D			58	S	O	I	L		59	A	V	E	R
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WORD SEARCH

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G	S	D	K	S	W	M	D	P	Z	C	V	O	T	E	R

SENIOR CENTER LUNCH MENU

MONDAY					TUESDAY					WEDNESDAY					THURSDAY					FRIDAY				
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.																								
4 Cheese Tortellini Meaty Marinara Sauce Mixed Veggies Breadstick Carrot Raisin Salad Vanilla Pudding					5 Chicken Fajitas Calabacitas Black Beans Tossed Salad Pears in Jello					6 Beef Roast Brown Gravy Parsley Potatoes Peas & Carrots Wheat Roll Mixed Fruit					7 Red Chili Pork Enchiladas Pinto Bean Chuckwagon Veggies Pineapple					8 Sloppy Joe California Veggies Coleslaw Diced Peaches				
11 ALL CENTERS CLOSED					12 Fish Sandwich Hushpuppies Tartar Sauce Brussels Sprouts Coleslaw Fresh Orange					13 Chicken Fettuccine Alfredo Broccoli & Cauliflower Garlic Bread Spinach Salad Applesauce					14 Green Chili Relleno Meaty Green Chili Sauce Spanish Rice Vegetable Medley Apricots					15 Cobb Salad with Egg, Bacon & Cheese Dressing Crackers Tropical Fruit				
18 Salisbury Steak Mushroom Gravy Mashed Potatoes Sliced Carrots Wheat Roll					19 Green Chili Chicken Posole Capri Veggies Tortilla Spiced Apples					20 THANKSGIVING DINNER Turkey Roast / Gravy Bread Stuffing French Style Green Beans Cranberry Salad Pumpkin Pie					21 Sweet & Sour Pork Brown Rice Asian Veggies Vegetable Egg Roll Mandarin Oranges					22 Fish Taco Salsa Spanish Slaw Roasted Black Beans & Corn Mix Fruit Cobbler				
25 Meatball Sub Italian Veggies Tater Tots Garden Salad Fresh Grapes					26 Pork Chop Pork Gravy ½ Baked Potato Veggies Tossed Salad Yogurt					27 Egg Salad Sandwich Cucumber & Tomato Salad Potato Chips Brownie					28 ALL CENTERS CLOSED					28 ALL CENTERS CLOSED				



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

505-955-4721 | santafenm.gov/division_of_senior_services

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🍴 = Center open for meals!



CITY OF SANTA FE

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Santa Fe, New Mexico 87504-0909

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VILLA CONSUELO

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PASATIEMPO

LUISA CENTER

Legend: = Center open for meals!

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