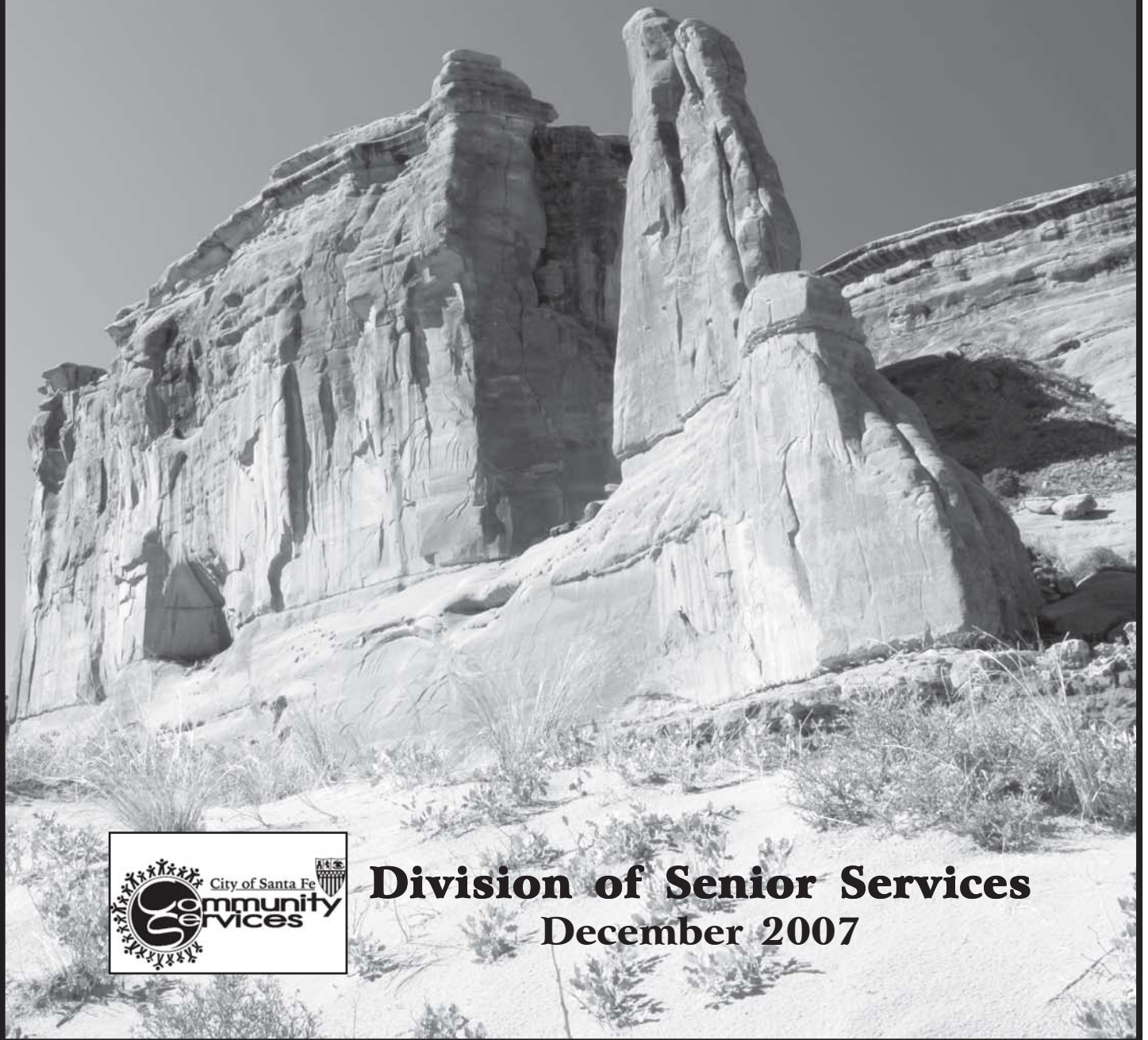


# The Senior Scene

Vistas de los Mayores



**Division of Senior Services**  
December 2007

**CITY OF SANTA FE, DIVISION OF SENIOR SERVICES****Administration Office****1121 Alto Street, Santa Fe, New Mexico****Patricia Rodriguez, Director****Front Desk Reception**

From Santa Fe 955-4721  
 From outside Santa Fe 866-824-8714

**Administration**

Patricia Rodriguez, DSS Director 955-4799  
 Ron Vialpando, DSS Assistant Director 955-4710  
 Mary Dean, Administrative Supervisor 955-4777  
 Gloria Polaco, Administrative Secretary 955-4721  
 Sadie Marquez, Reception 955-4741  
 Liz Williams, Reception 955-4733

**Nutrition**

Ron Vialpando, DSS Assistant Director 955-4710  
 Thomas Vigil, Program Administrator 955-4740  
 Yvette Sweeney, Administrative Assistant 955-4739  
 Carlos Sandoval, Inventory Supervisor 955-4749  
 Enrique DeLora, Inventory Specialist 955-4750

**Meals On Wheels**

Juan Apodaca, Program Supervisor 955-4748  
 Robert Duran, MOW Assessments 955-4747

**Senior Center Programming**

Lugi Gonzales, Center Program Manager 955-4711  
 M.E.G., Ventana de Vida  
 Christine Sanchez-Warren, Prog. Coordinator 955-4715  
 Luisa, Edgewood, Rio en Medio  
 Cristina Villa, Program Coordinator 955-4725  
 El Rancho, Santa Cruz, Chimayo  
 Carmen Chavez-Lujan, Prog. Coordinator 955-4754  
 Pasatiempo, Villa Consuelo

**50+ Senior Olympics/Health Promotion**

Carmen Chávez-Luján, Program Coordinator 955-4754

**In Home Support Services, Respite Care  
Homemaker, Non-Medical Personal Care**

Theresa Gabaldon, Program Supervisor 955-4745  
 Katie Ortiz, Clerk Typist 955-4746

**Senior Membership Registration**

Brenda Ortiz, Database Specialist 955-4722  
 Connie Valencia, Support Staff 955-4734

**Transportation****Ride Reservations 955-4700**

Robert Chavez, Transportation Manager 955-4738  
 Fran Rodriguez, Transportation Dispatcher 955-4702  
 Linda Quesada, Administrative Secretary 955-4756

**Foster Grandparent/Senior Companion Program**

Melanie Montoya, Volunteer Prog. Admin. 955-4761  
 Louise Kippert, FGP/SCP Admin. Secretary 955-4744

**Retired Senior Volunteer Program (RSVP)**

Kristin Slater-Huff, Program Coordinator 955-4760  
 Cristy J. Montoya, Administrative Secretary 955-4743

**Miscellaneous**

Lobby Area 955-4735  
 Craft Room 955-4736  
 Pool Room 955-4737  
 FAX Machine - Administration 955-4797  
 Conference Room 955-4757  
 FAX Machine - Nutrition 955-4794

**Newsletter Production**

Kristin Slater-Huff, Editor  
 Valerie Chelonis, Graphic Artist  
 Judy Valdez, Copy Editor

**CITY/COUNTY SENIOR CENTERS - For meal times, please call centers.****CHIMAYO 351-4686**

Benny Chavez Community Center  
 Chimayo, New Mexico 87522

**EDGEWOOD 281-2515**

114 Quail Trail  
 Edgewood, New Mexico 87015

**EL RANCHO Community Center 455-2195**

P.O. Box 3860  
 Santa Fe, New Mexico 87501

**ELDORADO 466-1039**

Adam Senior Center, 14 Avenida Torreon  
 Santa Fe, New Mexico 87508

**LUISA 955-4717**

Kitchen 955-6898  
 1522 Luisa St. (enter from Columbia St.)  
 Santa Fe, New Mexico 87501

**MARY ESTHER GONZALES (M.E.G.) 955-4721**

1121 Alto St. Santa Fe, New Mexico 87501  
 MEG Kitchen 955-4751

**PASATIEMPO**

Kitchen 955-6433

664 Alta Vista St.  
 Santa Fe, New Mexico 87501

**RIO EN MEDIO Community Center 988-3053**

El Alto Lane  
 Rio en Medio, New Mexico 87506

**SANTA CRUZ 753-8598**

Abedon Lopez Community Center  
 Santa Cruz, New Mexico 87567

**VENTANA DE VIDA (Pacheco) 955-6731**

1500 Pacheco St.  
 Santa Fe, New Mexico 87505

**VILLA CONSUELO 474-5431**

1200 Camino Consuelo  
 Santa Fe, New Mexico 87505

# *DIRECTOR'S REPORT*

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# SENIOR SERVICES PROGRAM INFORMATION

## Do you have a Senior Center Membership Card with Photo?

Anyone who makes use of the programs, transportation, activities or meals provided by the Division of Senior Services (DSS) should have a Senior Center Membership Card. The card is white with the senior's photograph, emergency contact, medical conditions, and a barcode. The barcode enables us to scan the card when we provide services, so that we can continue to receive funding for our programs. So, it is vital for seniors to get a card and show it each time they use any Senior Services program.

If you do not have a card, please come get one. The card only costs \$2 and \$1 if you lose your card or information needs to be updated.

If you have any questions, call Brenda Ortiz at 955-4722.

According to the Older American's Act a person **must be 60 years of age or older** in order to be eligible to receive services from a Senior program.

The following criteria or exceptions must be met:

1. Be sixty (60) years of age or older; and/or
2. Be the legal spouse of a member sixty (60) years of age or older; and/or
3. Be disabled and living in senior housing- regardless of age (for meals only),  
**and must**
4. Be an enrolled member of the DSS, having obtained a Senior Center Membership Card.

For individuals who currently posses a Senior Membership Card, but no longer meet the above eligibility criteria, please contact Brenda Ortiz at 955-4722.

**NOTE:** Membership Cards are not to be used as official indentification.

### SENIOR MEMBERSHIP CARD SCHEDULE FOR DECEMBER 2007

M.E.G. Center	Tuesdays	December 4, 11	9:30 to 12:00 & 1:30 to 3:00
M.E.G. Center	Thursdays	December 6, 13, 20	9:30 to 12:00 & 1:30 to 3:00
Edgewood Center	Monday	December 10	11:00 to 1:00
Santa Cruz	Tuesday	December 18	11:00 to 1:00

Please note: There will be no Membership cards issued at M.E.G. Center on December 18 and no cards issued at all on December 27.

## SENIOR TRANSPORTATION INFORMATION

**Senior Cost:** Seniors age 60 or over .50¢ suggested donation per ride (one way trip)

**Safe Ride:** If you are under 60 and ADA certified, you must contact Annette Granillo in Transit at 955-2002 for transportation services. If you are 60 or over and use a wheelchair, you may contact Annette or call Senior Services Transporation at 955-4700. Under 60, but ADA certified, \$2.00 required fee per ride (one way trip).

**Schedule:** Rides are available 8:00 a.m. to 4:30 p.m. Monday through Friday.

**Rides for medical appointments are given top priority over all other rides.**

On the third Tuesday of every month (December 18), rides for commodity pick-up, medical appointments, and lunch at senior centers will be given priority. Other ride requests will be accomodated if possible.

**Contact:** Call 955-4700 for all ride reservations.

Ride reservations must be made **at least 24 hours in advance**, before 4:00 p.m.

Ride reservations for medical appointments should be set as soon you are aware of the scheduled medical appointment time. **In order to avoid delays in service, contact our office immediately to cancel scheduled rides.**

**Note:** Drivers may arrive up to 15 minutes before or after scheduled pick-up time.



# NEWS & VIEWS

## She will be missed...

**Dominguita Ortiz**, died at age 92. She was preceded in death by her husband Anastacio Ortiz.

Dominguita volunteered as a Senior Companion and also as a Foster Grandparent for many years. She was also a member of La Union Protectoria Feminina.

She will always be remembered as a kind-hearted woman who was always willing to lend a helping hand to others in need.

## Thank You, Businesses

The City of Santa Fe Division of Senior Services would like to extend a special Thank You for your generous contributions of door prizes to our November 2007 Family Caregiver Support Group:

Albertsons Stores, Castro's, Chicago Pizza, Coca Cola, Cowgirl BBQ, Del Norte Pharmacy & Home Medical, Dunkin Donuts, El Comal Restaurant, First National Bank, Flying Tortilla, Fraser Pharmacy, Furr's Family Buffet, Hastings, Hidden Chicken Café, Keshi, Kmart, La Choza, Lillian Phillipovich, Lowe's, Maria's, Molly's Kitchen & Lounge, Over Easy Café, Pantry Restaurant, Piccolino's Restaurant, Preferred Medical, Santa Fe Baking Co. Café, Santa Fe Bar & Grill, Souper Salad, Tecolote Café, The Railyard Restaurant & Saloon, The Cuttery, Tomasita's, Whole Foods

## Edgewood Friendship Garden

Insert Photo here

The Friendship Garden continues to improve. Over four years ago the garden was a weed patch in badly need of care. Volunteers worked hard to help fight the weeds, plant flowers and water. Our County Commissioner noticed the efforts and got us some help and a beautiful gazebo that invites you to sit and look at the pretty garden. We now have a drip system, thanks to a local landscaping service. Again, a big thanks to all who have helped, including a scout troop (Troup #640) who put in a small flagstone patio. Everyone's efforts have succeeded. This past summer the garden was looking great. (Part of the garden has roses in memory of members who have past away.)



## Attend Your Senior Center Committee Meetings

Every month, each of the Santa Fe City and County Senior Centers (except for the MEG Center) has an open meeting at the center. The meetings are lead by seniors, like you, and the Center Program staff person working with the center gives a report. The meetings cover information affecting the center from the Division of Senior Services as well as activities and events seniors would like to see at their center. Please join a meeting and let your voice be heard. The December meetings are as follows:

Monday, Dec 3<sup>rd</sup> Villa Consuelo Center 10:00 a.m.  
 Monday, Dec. 3<sup>rd</sup> Chimayo Center 12:30 p.m.  
 Monday, Dec. 3<sup>rd</sup> Pasatiempo Center 1:00 p.m.  
 Tuesday, Dec. 4<sup>th</sup> Luisa Center 8:30 a.m.  
 Wednesday, Dec. 5<sup>th</sup> Rio en Medio 11:00 a.m.  
 Wednesday, Dec. 5<sup>th</sup> El Rancho Center 12:30 p.m.  
 Thursday, Dec 6<sup>th</sup> Edgewood Center 12:00 noon  
 Thursday, Dec. 6<sup>th</sup> Santa Cruz Center 12:00 noon  
 Friday, Dec. 7<sup>th</sup> Ventana de Vida Center 9:00 a.m.

## ECHO Commodities Food Distribution

Commodities are given to eligible seniors (age 60 and over) at the Santa Fe County Extension Building, 3229 Rodeo Road, on the third Tuesday of every month from 9:30 to 1:30.

The next distribution date is December 18<sup>th</sup>.

To find out if you qualify, call their office in Albuquerque at (505) 242-6777.



# NEWS & VIEWS

## Update Your Senior Services Membership Card Information

If any of your information has changed since you first got your Senior Services Membership card, please let us know so that we can update our database. If you have a different address or phone number or different emergency contact information, we need to correct our records.

Please come in on a day when we issue cards (see page 4 for dates and times) and have us update yours. You are welcome to get a new picture, or we can use the old one. We will put the correct information into our records and print you a brand new card. The fee is just \$1.00. It is important for our records, and it could help you in case someone needs to call your emergency contacts for you.



## 9-Ball Tournament

(Information provided by Ramon Martinez)

The results of the 9-Ball tournament which was held at the Mary Esther Gonzales Senior Center during the month of October is as follows:

1. Robert Castellano
2. Jim Brisendine
3. Louie Baca
4. Steve Rodriguez
5. Ken Scott
6. Tacho Garcia
7. Valentine Medrano
8. Josina Ortiz
9. Henry Romero
10. Ernest Lucero
11. Chris Garcia
12. Ramon Martinez
13. Carlos Medina
14. Juan Apodaca
15. Fred Vigil
16. Richard Montoya

## 'Tis The Season To Be Jolly

(From Edgewood Senior Simon Arzigian)

The Christmas celebration is unique in that it spans a month or more. There are the chores of trying to figure out what to buy for family and friends; and then braving the malls to purchase them. There are the parties at homes and work places to attend. Somewhere in that hectic period, time is found to go to church and thank God for sending his son to help us humans who have lost our way.



The Christmas season is important for another reason. It makes people stop and think about one another — something that is difficult to do in the fast-paced society we live in. Good acts toward one another tend to be rewarded by good acts in turn. But good acts toward individuals who can-not return the favor are doubly meritorious. As the saying goes it is more blessed to give than to receive. This may be characterized as a case of cause and effect.

When someone gives or does something for another without expecting anything in return, that may be called the cause. The recipient of the material or helpful act is happy for the kindness exhibited, that may be called the effect. Thus, the giver is happy, and feels good, for being able to do something; the recipient is happy and grateful for the gift — a true win-win situation.

As many others before me have written over the eons, wouldn't it be wonderful if the spirit of Christmas was carried on throughout the rest of the year. The material gifts will be discarded or put, aye, away, but the good feelings toward family, friends and strangers will linger on for a long time.

A local Church is hosting a dinner, during this Christmas season, for seniors in the Edgewood area. This is something the church has done for many years. This will be the cause of many seniors being happily effected.

Yes, 'tis the season to be jolly, but also the season to spread some kindness in our fellow humans.

# NEWS & VIEWS

## Adam Senior Center News

By senior Janet Amtmann

On December 3<sup>rd</sup>, the Adam Senior Center in Eldorado will begin preparing and serving meals from the on-site kitchen from noon until 1:00 pm Monday, Wednesday and Friday. The suggested donation fee for seniors age 60+ is \$1.50. The menu will include a hot meal or a soup and salad lunch.

The Meals on Wheels preparation will be occurring from the same kitchen and distributed to homebound seniors in the southeast county area.

Exercise classes of chair yoga and tai chi have been well attended and continue at the following times. Chair Yoga: Mondays 10:30 - 11:30 (\$3.00) and Fridays 1:30 - 2:30 (no charge). Tai Chi: Wednesdays 10:45 - 11:30 (no charge).

Beginning in January classes in clay work and tapestry weaving will be held as well as a general art class. Bridge and other activities are being organized now that the center will be open more days during the week. The times for these additional programs will be announced in the January newsletter.

The Adam Senior Center is now home to a Santa Fe County Satellite Office and is open Tuesday, Wednesday and Thursday from noon to 5 pm for transfer station permits, voter registration, and answer question.

Contact number for both Senior Center activities and the S.F. County Satellite office is: 466-1039.



## Alzheimer's Support Groups

Second Tuesday of the month, 6:00pm  
Rosemont

2961 Galisteo.

Contact: Jytte L. 466-8195 or 438-8464

Third Thursday of the month, 6:00pm  
Sierra Vista,

402 E. Rodeo Rd

Contact: Ruth D or Velma A 986-9696

Fourth Wednesday of the month, 4:00pm (Note the time)

Kingston

2400 Legacy Place\_Contact: Mary Y 471-2400

Thursdays 11:00 am -12:30 pm

Caregivers Support Group

Cancer Center Education Room, St. Vincent's Hospital

Marla Nowak, LISW, facilitator.

Open to all caregivers

A new support group will be forming at Ortiz Mountain Clinic (PMS) in Cerrillos. Contact: Janolsen@cnsf.com

# *NEWS & VIEWS*

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## **Are you an Efficient, People-Oriented Person?**

If so, the Senior Transportation office needs you to volunteer to dispatch with them! They are looking for assistance answering phones and typing the information into the computer.

They will train you on everything you need to know, there will always be a staff person nearby to help, and you may work whenever your own schedule allows. Speaking Spanish is a plus but is not mandatory. This is a fast-paced, multi-tasking, important volunteer job. The staff is fun and grateful for help and you are invited to partake of their frequent potlucks.

For more information, please call Fran Rodriguez at 955-4700.

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# NEWS & VIEWS

## Join SAC for a tour to Washington, DC 11 DAYS APRIL 29 TH TO MAY 9TH



Double Price \$1100.00  
Single Price \$1450.00



WASHINGTON D C AREA

18 MEALS 10 BREAKFASTS AND 8 DINNERS

TWO FULL DAYS GUIDED TOURS OF DC

EVENING GUIDED MEMORIAL TOUR

TOURS INCLUDE THE NEW WWII MEMORIAL, CAPITOL HILL, EMBASSY ROW, THE WHITE HOUSE, THE SMITHSONIAN AND MORE.

ADMISSION TO GEORGE WASHINGTON'S MOUNT VERNON ESTATE and GARDENS.

WIL RODGERS' MEMORIAL MUSEUM

INDIANAPOLIS MUSEUM of ART

WHITE RIVER GARDENS IN INDIANAPOLIS

BASS PRO SHOP OUTDOOR WORLD, SPRINGFIELD, MO.

FIRST HALF COST WILL BE DUE DEC. 17, 2007 BY  
3:00PM

SECOND HALF WILL BE DUE FEB 17, 2008



**CONTACT**  
**CORINE SANCHEZ @ 505-986-1780**  
**DON BELL @ 505-982-2707**



# LEGAL & CONSUMER INFORMATION

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## Division of Vocational Rehabilitation

The purpose of the New Mexico Division of Vocational Rehabilitation (DVR) is to help people with disabilities **achieve a suitable employment outcome**. DVR is part of the State of New Mexico, Public Education Department, and its program is supported by state and federal funds.

To be determined eligible for services, you must meet the following criteria:

1. You must have a physical or mental impairment;
2. which for you constitutes a substantial impediment to employment;
3. you can benefit in terms of an employment outcome; and
4. you must also require vocational rehabilitation services in order to prepare for, enter, engage in, or retain gainful employment.

Some services, such as evaluation and counseling, are provided at no charge to clients. Clients may, however, be asked to share in the cost of other planned services, depending on their financial resources.

Upon submitting your application, DVR has up to 60 (sixty) days to determine your eligibility. All information is confidential.

## Other Services and Benefits

**Benefits Check Up** – The website [www.BenefitsCheckUp.gov](http://www.BenefitsCheckUp.gov) helps thousands of people every day to find programs for seniors that may pay for some of their costs of prescription drugs, health care, utilities, and other essential items or services.

**Government Benefits** – The website [www.GovBenefits.gov](http://www.GovBenefits.gov) helps you find government benefits you may be eligible to receive.

**Government Services and Information** - This site, [www.disability.gov](http://www.disability.gov), is maintained by the Presidential Task Force on Employment of Adults with Disabilities.

**State of New Mexico's Worker's Compensation Administration** - This site, [www.state.nm.us/wca/](http://www.state.nm.us/wca/), is maintained by the Workers' Comp Administration.

## Consumer Tips: Charity Scams

(From the N.M. Aging and Long-Term Services Dept at [www.nmaging.state.nm.us](http://www.nmaging.state.nm.us))

'Tis the season to be generous, but please take some precautions.

Senior citizens can make an important difference by contributing to charities of their choice. Because many seniors have some disposable income, they may be targeted by unscrupulous charities or con artists pretending to represent charities. To assure that donations are only going to organizations that deserve them, follow these tips:

Get written information about the organization's mission and past financial activity before deciding to donate. If a fund raiser is reluctant to send you information, you should be suspicious of the charity.

Ask the group for details on how much of your donation will go to the charitable activity and how much will go to overhead and fund-raising costs; When contacted by phone, ask if the solicitor is a volunteer or is being paid;

Do not allow yourself to be pressured into making a donation. Ethical fund raisers will give you time to consider a contribution.

Never give your credit card or bank account number over the phone unless you initiated the call.

Finally, be suspicious of any organization that guarantees you will win a prize if you give.

To learn more about specific charities, visit: Philanthropic Research Inc.'s Guidestar

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# **RSVP** *THE RETIRED SENIOR VOLUNTEER PROGRAM*

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## **COMMUNITY NEEDS**

*The following are volunteer positions, and each comes with training and support. If you are interested in any of these exciting opportunities, please call Kristin Slater-Huff in the Retired and Senior Volunteer Program office, at **955-4760** or email [kwslater-huff@santafenm.gov](mailto:kwslater-huff@santafenm.gov). RSVP staff will enroll you in RSVP, provide you with free volunteer insurance, and give you volunteer support through parties, events, gifts and mailings while we set you up in the volunteer job(s) of your choice.*

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# **RSVP** *THE RETIRED SENIOR VOLUNTEER PROGRAM*

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The Retired Senior Volunteer Program wishes  
a very happy birthday to our active volunteers  
born in the month of



***DECEMBER***



***Have a Great Day!***



# FOSTER GRANDPARENT & SENIOR COMPANION PROGRAMS

As 2007 comes to an end, we would like to take this opportunity to thank and recognize all of our volunteers for the many years of service they have provided to our community. Merry Christmas and Happy New Year, from Melanie Montoya and Louise Kippert.

## Foster Grandparent Volunteers

Socorro Arroyo	5 years
Josie Avila	8 years
Joan Baca	3 years
Annie Cardenas	10 years
Michele Chrabot	2 years
Peter Crook	2 years
Maria Delgado	2 years
Margie Douglas	5 years
Maria Duran	7 years
Sylvia Farber	11 years
Maxine Fresquez	12 years
Erminia Garcia	13 years
Viola Gomez	5 years
Dora Gonzales	4 years
Tillie Kitchens	5 years
Irene Larranaga	8 years
Mary Lucero	11 years
Ruby Jo Martin	5 years
Arcelia Martinez	1 year
Mary Martinez	6 years
Prescilla Martinez	2 months
Della Montoya	1 year
Emilio Nieves	1 year
Lourdes Ortega	3 years
Bonnie Rice	5 years
Edward Rico	2 years
Connie Romero	10 years
Mary Grace Saiz	9 years
Fabiola Sandoval	5 years
John R. Sandoval	20 years
Tillie Trujillo	10 years
Connie Valencia	10 years
Lucille Valerio	7 years

## Senior Companion Volunteers

Pete Abeyta	10 years
Eloisa Alvarez	17 years
Pita Archuleta	10 years
Nancy Armendariz	10 years
Pablita Baca	1 year

Celestine Chavez	2 years
Margaret Chavez	3 years
Mela Delgado	4 years
Josie Dominguez	5 years
Margarito Garcia	11 years
Socorro Garibay	3 years
Ramona Griego	5 years
Ramona Gutierrez	3 months
Rumalda Hunter	5 years
Dorothy Lear	3 years
Julian Lopez	17 years
Helen Lucero	1 year
Genevieve Maes	2 years
Barbara McMahon	10 years
Benerita Morales	2 years
Jose Ortega	2 years
Catalina Ortiz	9 years
Isidra Pacheco	3 months
Isabel Perea	2 years
Esther Reyes	1 year
Florian Romero	11 years
Adelina Roybal	10 years
Bernadette Sandoval	2 years
Virginia Soto	6 months
Gladys Stewart	13 years
Rosina Tapia	13 years
Joanne Valdez	4 years
Dora C. Vigil	10 years

## **In-Service**

A luncheon for Foster Grandparents and Senior Companions is being planned for December. You will receive details at a later date and we look forward to seeing you there!



**The Volunteer Programs wish a very happy birthday to our FGP and SCP Volunteers born in November.**

Maxine Fresquez	12/4	Julian Lopez	12/24
Connie Valencia	12/14	Celestine Chavez	12/31
Ramona Gutierrez	12/18	Virginia Soto	12/31

# ACTIVITIES *schedule by center*

All activities are open to eligible seniors with a senior center membership card. Classes are held at Santa Fe County and City of Santa Fe Senior Centers. See inside cover.

Weaving Open Crafts Ceramics Shopping/Errands	<b>CHIMAYO</b> Monday Tuesday Wednesday Thursday	12:30 pm 12:30 pm 12:30 pm 12:00 pm	Exercise (Class) Wood/Straw Tai Chi Karate Line Dancing (Beg) Ceramics Sewing	<b>PASATIEMPO</b> Mon./Wed./Fri. Wednesday Thursday Tuesday Tuesday Thursday Friday	10:00 am 9:30 am 9:00 am 9:30 am 12:00 pm 1:00 pm 1:00 pm
Board Games Ceramics (beg.) Ceramics (Adv.) Exercise Bingo Art Technique Crochet/Embroidery	<b>EDGEWOOD</b> Mon. thru Fri. Monday Tuesday Tuesday Tuesday Thursday Friday	10:00 am 1:00 pm 1:00 pm 10:30am 12:30 pm 1:00 pm 12:30 pm	Art Exercise Liquid Embroidery Ceramics Bingo	<b>RIO EN MEDIO</b> Tuesday Wednesday Wednesday Wednesday Wednesday	10:00 am 9:30 am 10:00 am 10:00 am 12:30 pm
Bingo Weaving Open Arts & Crafts Shopping/Errands Ceramics	<b>EL RANCHO</b> Mon./Wed. Mon./Wed. Thursday Thursday Thursday	12:00 pm 9:00 am 12:00 pm 12:00 pm 1:00 pm	Weaving Ceramics Open Crafts Wood/Straw Shopping/Errands Excercise Tinsmithing	<b>SANTA CRUZ</b> Tuesday Monday Tuesday Tuesday Thursday Tuesday Wednesday	9am/12:30pm 12:30 pm 9:00 am 12:30 pm 12:00 pm 10:00 am 1:00 pm
Coffee Pool/Cards Open Crafts Sounds of the Past Sing-A-Long (Sp.) Guitar Lessons Bingo Movie Day	<b>LUISA</b> Mon. thru Fri. Mon. thru Fri. Thursday Monday Tuesday Wednesday Friday Last Thurs. of Month	8:00 am 8:00 am 9:00 am 12:30 pm 11:45 am 9:00 am 1:00 pm 1:00 pm	Bd. Games/Cards Coffee Bingo Toastmasters Art Technique Open Crafts Exercise	<b>VENTANA DE VIDA</b> Mon. thru Sat. Mon. thru Fri. Monday Monday Tuesday Friday Mon./Wed./Fri.	10:00 am 11:00 am 1:00 pm 6:30 pm 1:00 pm 1:15 pm 8:30 am
Guitar (Beg.) Exercise (Open) Pool/Cards Hospice Crafts Bingo Quilting Jewelry Making Ceramics Wood/Straw Spanish Sing-A-Long Line Dancing Knitting Movie Day	<b>M.E.G.</b> Mondays Mon. thru Fri. Mon. thru Fri. Monday Mon./Wed. Monday Tuesday Wed./Fri. Thursday Wed./Fri. Cancelled Until Friday 3 <sup>rd</sup> Fri. of Month	9:00 am 8:00 am 8:00 am 1:00 pm 1:00 pm 10:00 am 9:00 am 9:30 am 9:30 am 11:30 am Further Notice 2:30 pm 1:00 pm	Coffee Ceramics Open Crafts Bingo Wood/Straw Sewing  Yoga Yoga Tai Chi	<b>VILLA CONSUELO</b> Mon. thru Fri. Mon./Wed. Mon./Wed./Fri. Tues./Thur. Wednesday Wednesday  <b>ELDORADO</b> Monday \$3.00 Friday Wedneday	8:00 am 9:30 am 9:00 am 11:00 am 1:00 pm 9:00 am  10:30 am 1:30 pm 10:45

Classes are subject to change or cancellation. For more information, please call 955-4721.

# ACTIVITIES *schedule by class*

All activities are open to eligible seniors with a senior center membership card. Classes are held at Santa Fe County and City of Santa Fe Senior Centers. See inside cover.

## ART CLASS

Edgewood	1:00 pm	Thursday
Ventana de Vida	1:00 pm	Tuesday
Rio en Medio	10:00 am	Tuesday

## BINGO

El Rancho	12:00 pm	Mon./Wed.
Luisa	1:00 pm	Friday
M.E.G.	1:00 pm	Mon./Wed.
Rio en Medio	12:30 pm	Wednesday
Ventana de Vida	1:00 pm	Monday
Villa Consuelo	11:00 am	Tue./Thur.
Edgewood	12:30 pm	Tuesday

## BOARD GAMES

Edgewood	10:00 am	Mon. thru Fri.
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## CERAMICS

Chimayo	12:30 pm	Wednesday
Edgewood (Beginner)	1:00 pm	Monday
Edgewood (Advanced)	1:00 pm	Tuesday
Rio en Medio	10:00 am	Wednesday
Santa Cruz	12:30 pm	Monday
Villa Consuelo	9:30 am	Mon./Wed.
M.E.G.	9:30 am	Wed./Fri.
El Rancho	1:00 pm	Thursday
Pasatiempo	1:00 pm	Thursday

## COFFEE

Luisa	8:00 am	Mon. thru Fri.
Ventana de Vida	11:00 am	Mon. thru Fri.
Villa Consuelo	8:00 am	Mon. thru Fri.

## CROCHET/EMBROIDERY/KNITTING

Rio en Medio (Liquid)	10:00 am	Wednesday
M.E.G. (Knitting)	2:30 pm	Friday
Edgewood	12:30 pm	Friday

## EXERCISE

M.E.G. (Open)	8:00am-4:30pm	Mon. thru Fri.
Pasatiempo	10:00 am	Mon./Wed./Fri.
Ventana de Vida (Class)	8:30 am	Mon./Wed./Fri.
Santa Cruz	10:00 am	Tuesday
Rio en Medio	9:30 am	Wednesday
Edgewood	10:30 am	Tuesday

## GUITAR (Beginner)

M.E.G.	9:00 am	Monday
Luisa	9:00 am	Wednesday

## JEWELRY MAKING

M.E.G.	9:00 am	Tuesday
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## LINE DANCING

Pasatiempo (Beg.)	12:00 pm	Tuesday
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## MARTIAL ARTS

Karate - Pasatiempo	9:30 am	Tuesday
Tai Chi - Pasatiempo	9:00 am	Thursday

## MOVIE DAY

Luisa	1:00 pm	Last Thursday
M.E.G.	1:00 pm	Third Friday

## OPEN ARTS & CRAFTS

Chimayo	12:30 pm	Tuesday
El Rancho	12:00 pm	Thursday
Santa Cruz	9:00 am	Tuesday
Villa Consuelo	9:00 am	Mon./Wed./Fri.
Ventana de Vida	1:15 pm	Friday
Luisa	9:00 am	Thursday

## POOL/CARDS

Luisa	8:00 am	Mon. thru Fri.
M.E.G.	8:00 am	Mon. thru Fri.

## QUILTING/SEWING

M.E.G.	10:00 am	Monday
Pasatiempo (sewing)	1:00 pm	Friday
Villa Consuelo	9:00 am	Wednesday

## SING-A-LONG

Luisa (Spanish)	11:45 am	Tuesday
Luisa (English)	12:30 pm	Mon.
M.E.G. (Spanish)	11:30 am	Wed./Fri.

## TINSMITHING

Santa Cruz	1:00 pm	Wednesday
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## WEAVING

El Rancho	9:00 am	Wednesday
Santa Cruz	9am/12:30pm	Tuesday
Chimayo	12:30 pm	Monday

## WOOD/STRAW APPLIQUE

M.E.G.	9:30 am	Thursday
Pasatiempo	9:30 am	Wednesday
Santa Cruz	12:30 pm	Tuesday
Villa Consuelo	1:00 pm	Wednesday

## TAI CHI

Eldorado	10:45 am	Wednesday
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## YOGA

Eldorado	10:30 am	Monday \$3.00
Eldorado	1:30 pm	Friday

## TOASTMASTERS

Ventana de Vida	6:30 pm	Monday
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# ACTIVITIES



## November Birthday Celebrations

Join us during the lunch hour in celebrating birthdays at the following senior centers.

Everyone is welcome to come

celebrate October birthdays with cake at the following centers:

Santa Cruz - Tuesday, December

El Rancho - Wednesday, December

Luisa - Friday, December 14<sup>th</sup> - 11:00

Ventana - Tuesday, December

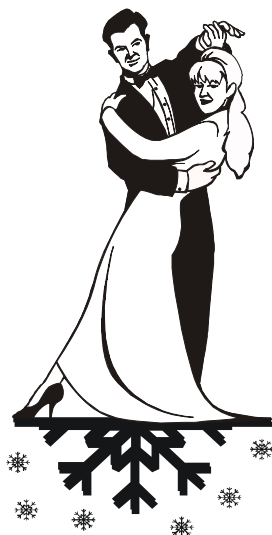
Edgewood - Thursday, December 27<sup>th</sup> at 12:30

MEG - Friday, December



Tune in each weekday morning at 6:50 a.m. to hear the daily lunch menu and special events happening at the senior centers. ¡Gracias, Que Suave!

## SEASON'S GREETINGS



## Snowball Dance

Join us for the annual Senior Services Snowball Dance on Thursday, December 13<sup>th</sup> from 1:00 to 4:00 at the Fraternal Order of Eagles, 833 Early St.

Enjoy refreshments and live music by Especial.

Admission is \$2.00 for seniors age 60+.

Please bring your Senior Membership card.

## Holiday Arts & Crafts Fairs

Do your shopping with us...we will have a great selection of gift items and baked goods:

### Luisa Center

December 8<sup>th</sup>

9 a.m. to 3:00 p.m.

### Edgewood Center

December 1<sup>st</sup>

8 a.m. to 3:00 p.m.



## Centers Closures in December

### Christmas Eve, Monday, December 24<sup>th</sup>

No congregate meals - Meals on Wheels only

Transportation For medical appointments only

Last pick-up at 11.15 a.m.

### Christmas, Tuesday, December 25<sup>th</sup>

All centers closed - no services

### New Years' Eve, Monday, December 31<sup>st</sup>:

No congregate meals - Meals on Wheels only

Transportation For medical appointments only

Last pick-up at 11.15 a.m.

### New Years' Day, Tuesday, December 31<sup>st</sup>

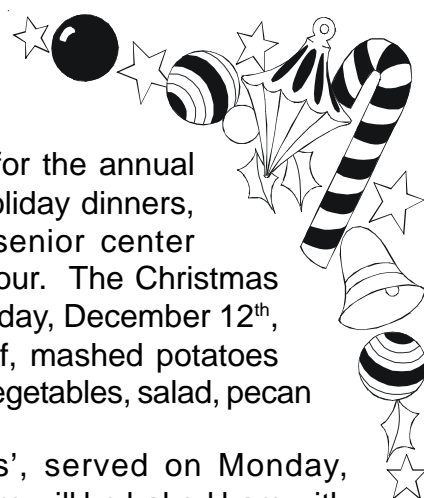
All Centers closed - no services

## Special Holiday Dinners

Please join us for the annual Senior Services holiday dinners, served at every senior center during the lunch hour. The Christmas dinner, on Wednesday, December 12<sup>th</sup>, includes roast beef, mashed potatoes with gravy, mixed vegetables, salad, pecan pie and eggnog.

For New Years', served on Monday, December 31<sup>st</sup>, there will be baked ham with pineapple glaze, mashed potatoes, salad, pumpkin pie

The price is just the usual suggested donation of \$1.50 for seniors and a mandatory fee of \$5.40 for non-seniors.





# ACTIVITIES

## Free Computer Classes for Seniors!

Two-month long, once a week, free basic computer skills classes will be given to interested seniors at the Mary Esther Gonzales Senior Center, 1121 Alto Street. Classes will be every weekday morning from 9:30 to 10:30 (you select a day). There are six computers, so up to six students may sign up per day.

The next sessions will begin Dec 8. To reserve space, call Gloria at 955-4721

Classes are presented under the auspices of the City of Santa Fe's Division of Senior Services and Cyber Network New Mexico.

Classes are taught by the following volunteers: Cyber Network New Mexico Founder/Director, Andres Romero; Cyber Network Director, Douglass Schocke, PhD; Lowell Gilbert; Jose Garcia; Hal Fielding; and William Ames

## Doo Dad Sale at Ventana de Vida

Ventana de Vida Senior Center at 1500 Pacheco St. will have a "doo dad" sale on Saturday, December 15<sup>th</sup> from 9:00 a.m. to 1:00 p.m. All sorts of interesting and beautiful items will be available. Vendor tables are still available for \$5 each to sell your own items. To reserve a table, call Corrine at 983-6967.

If you would like to donate items to be sold, so profits can benefit the senior center, they would be greatly appreciated. To donate items, call Virginia at 983-6250, or Lou at 982-3729.

## Medicare Part D Enrollment

The Aging and Long-Term Services Dept. will be holding open shift Enrollment Medicare Part D at the Mary Esther Gonzales Senior Center on Monday, December 17, 2007, from 9:00 a.m. to 4:00 p.m. These are free, private half-hour one-on-one sessions with trained staff.

Enrollment is by appointments only, therefore, please call Gloria Polaco at 955-4721 to schedule your ½ hour appointment.

## Lawyer Referral for the Elderly Workshop (State Bar of New Mexico)

Edgewood Senior Center

Wednesday, December 5<sup>th</sup>

Common Legal Issues Affecting Seniors

Group Presentation - 1:00 – 2:00

Legal Clinic Appointments - 2:00 – 4:00

For more information, please call 281-2515 and ask for Marta or Flavia

## Edgewood Senior Center

By Ivena Rutledge

In November, the Edgewood Senior Center presents the art show "Boats, Old and New, Any Size". Everyone is welcome to enjoy the display... both old and young. We thank the center for the excellent show of still lifes on display in October. The center is located at 114 Quail Trail in Edgewood and it is open every weekday from 9:00 to 4:00

## Edgewood Seniors at the State Fair

The Ceramic Classes did very well at the 2007 New Mexico State Fair. A few entered 13 pieces and all came home with red or blue ribbons. We are very proud of



them. Great going! The following won:

Jim Demarest - Two Blues and one Red

Peggy Schroder - Two Reds

Margaret Chavez - Two Blues and One Red

Instructor Nola Gilmore encouraged every one to enter (she was judged in teacher's category and received three Blues and two Reds.



## Pasatiempo Holiday Party

December 14<sup>th</sup>

Time:

# ACTIVITIES

## Mobile Health Fair Van

Free services for any age: health assessments, health education, finding affordable healthcare in your community, Medicaid registration, and answers concerning eligibility for many payment options. This service is sponsored by Santa Fe County, St. Vincent Regional Medical Center & Presbyterian Medical Services. For more information, call Angela Thorndyke, RN, Mobile Health Van Nurse at 231-2382.



### December Schedule for Seniors:

Dec 3<sup>rd</sup> Ventana de Vida Center 10 a.m. -3 p.m.  
Dec 4<sup>th</sup> Chimayo Senior Center 10 a.m. -2:30 p.m.  
Dec 5<sup>th</sup> Rio en Medio Center 10 a.m. -2 p.m.  
Dec 6<sup>th</sup> Santa Cruz Center 10 a.m.-2:30 p.m.  
Dec 10<sup>th</sup> Edgewood Senior Center 10 a.m. -2 p.m.  
Dec 12<sup>th</sup> Pasatiempo Senior Center 10 a.m. -3p.m.  
Dec 13<sup>th</sup> Southside Library 12-5 p.m.  
Dec 17<sup>th</sup> El Rancho Center 10 a.m.-2 p.m.  
Dec 18<sup>th</sup> Villa Consuelo Center 10 a.m. – 3 p.m.  
Dec 19<sup>th</sup> Luisa Senior Center 10 a.m. – 3 p.m.

## Edgewood Senior Art Class

The Edgewood Senior Center art class is showing what we can create on the theme of Wheels. Our show opens on December 1<sup>st</sup> and will be up until January 1<sup>st</sup>, 2008. Everyone is welcome to come and see it any week day. The class meets on Thursdays from 12:00 to 4:00. Join us!

Bring your own canvas and we will teach you.

-Ivena Rutledge

## Instructors on Break

All Santa Fe City and County class instructors will be on holiday break during the week of Monday 12-24-07 to Friday 12-28-07.

## Movie Day

Luisa Senior Center  
Thursday, December 20th  
1:00 p.m.

Insert picture

## The Christmas Miracle of Jonathan Toomey

In this holiday movie based on a beloved children's book, a treasured wooden nativity set given to a boy by his late father is lost. So, a cranky woodcarver (Tom Berenger) comes to the aid of the boy's widowed mother (Joley Richardson). As the craftsman works on replacing the piece, though, his young client grows more and more demanding and tensions between all three escalate in this drama of love, loss and redemption.

## MEG Center

A movie will not be shown at the MEG Senior Center during the month of December. The monthly MEG movie will return in January 2008.



## Halloween Costume Contest Winners

Most Original Costume:  
Scariest Costume:  
Funniest Costume:

# 50+ *SENIOR OLYMPICS*

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# *Rx-America Group, Inc.*

**Rx-America Group, Inc.** is a non-profit organization that will help locate prescription medication that is discounted from 30-90%. This **FREE** service is currently offered to help lower prescription medication costs. Persons that qualify:

- Seniors (who do not have medical and/or prescription insurance)
- Persons without medical insurance
- Persons with limited coverage insurance or who have exceeded maximum allowable co-payment on your insurance
- Medicare recipients
- Medicaid recipients

Through internet service, **Rx-America Group, Inc.** will research, locate and obtain your prescription medication from certified pharmaceutical companies throughout Canada and other countries.

This service is for location of discounted doctor prescribed medication only and is not for diagnosing or treating your health care problems or disease, or to prescribe medication.

To schedule an appointment with the Rx-America Director, Andres Romero, call Senior Services at 955-4721.

To obtain a **FREE** prescription search, fill out this form (please print) and mail to Director, c/o Rx-America Group, Inc., P.O. Box 31753, Santa Fe, NM 87594.

Name \_\_\_\_\_ Address \_\_\_\_\_

City, State Zip \_\_\_\_\_

Telephone Number \_\_\_\_\_ Best Time to Call \_\_\_\_\_

Prescription \_\_\_\_\_ Dosage (ml. or mg.) \_\_\_\_\_

Prescription \_\_\_\_\_ Dosage (ml. or mg.) \_\_\_\_\_

Additional prescriptions may be written on a separate blank sheet of paper attached to this one.

## *HEALTH & SAFETY*

### **BLOOD PRESSURES, BLOOD SUGAR AND OXYGEN LEVEL TESTS**

***All tests are free and open to anyone age 60 or over. Following the tests is a brief, free medical consultation, based on test results.*** Tests are conducted by Joanne M. Valdez, RN, BSN, (all city centers), and Frances Vigil, RN, (county centers) on the following dates:

<b>M.E.G. Center</b> - First and Second Tues.	<b>December 4, 11</b>	11:00 a.m. to 12:00 noon
<b>Luisa Center</b> - First Thurs.	<b>December 6</b>	11:00 a.m. to 12:00 noon
<b>Villa Consuelo Center</b> - Second Thurs.	<b>December 13</b>	10:00 a.m. to 11:00 a.m.
<b>Ventana de Vida Center</b> - Third Thurs.	<b>December 20</b>	11:00 a.m. to 12:00 noon
<b>Pasatiempo</b> - Third Tues.	<b>December 18</b>	11:00 a.m. to 12:00 noon
<b>Santa Cruz Center</b> - Third Wed.	<b>December 19</b>	11:00 a.m. to 1:00 p.m.



# HEALTH & SAFETY

## Personal Alarm Systems

There is nothing more disheartening than hearing about someone who needed help but couldn't get to a telephone so nobody knew about it...and nobody could come to their rescue. With a personal alarm system, you or someone you love can get help from anywhere in their home with just the push of a button without having to get to their telephone.

Basically what would happen is you would have a little pendant that you wear either around your neck, or on your wrist. It is water resistant so you can wear it in the shower or tub. The important thing is if you ever need help, all you have to do is push the button you are wearing.

Different companies provide different benefits. You can subscribe to a company that offers two-way communication or one that simply alerts a central station. In any case, someone is notified that you are in need of assistance. You can have a friend or family member alerted, or have them contact the police directly.

These services can be used in case you fall or if you have another kind of emergency, like an intruder.

To learn more, you can contact any of the providers below or go online and look up 'Personal Alarm Systems'. It might be worth the monthly fee for the piece of mind you receive.

American Medical Alarms  
(800) 542-0438 [Americanmedicalalarms.com](http://Americanmedicalalarms.com)

Life Alert  
1 (800) 380-0151 or [lifealert.com](http://lifealert.com)

Life Station  
1 (800) 884-8888 or [lifestation.com](http://lifestation.com)

## SENIOR HEALTH & FITNESS

### Chocolate – A Healthy Junk Food?

(Adapted from an article by Jim Evans)

According to University of California researchers, there is now documented evidence that the tendency to overeat sweets such as chocolate is a natural physiological response to chronic stress. Dr. Abby Aronowitz has taken things one step further by endorsing chocolate – and other “healthy junk foods” – in her revolutionary book *Your Final Diet*.

Aronowitz holds two masters degrees and a Ph.D from Columbia University. She has been a consultant to Weight Watchers International, Inc., and is a member of the American Psychological Association and Mensa. She believes that managing sugar, carbs, and fat instead of bingeing or depriving is a more effective way to lose weight. “A well-adjusted secure feeling will replace the highs and lows of failed diets,” says Aronowitz from her home in Woodbury, New York.

“Sugar and fat relieve chronic stress on a biological level,” says Aronowitz, “and chocolate cake and ice cream, for example, simply shut down the stress system, bringing relief and relaxation. Therefore, we must learn how to manage the foods we crave instead of overindulging or depriving ourselves.”

“We need to address what to consume, as well as how to cope with emotional eating. It is also important to begin changing the cultural thin ideal, which creates a sense of personal inferiority, upon which the billion dollar diet industry thrives.” She suggests people manage sugar, carbohydrates, and fats instead of bingeing or depriving; personalize their food plans; reinvent sexuality: “thin” does not equal sexy!; become good role models for children with food and body image; and overcome pressure to be unrealistically thin.

Try that plan this holiday season!

*HEALTH & SAFETY*

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# PUZZLES

## 20

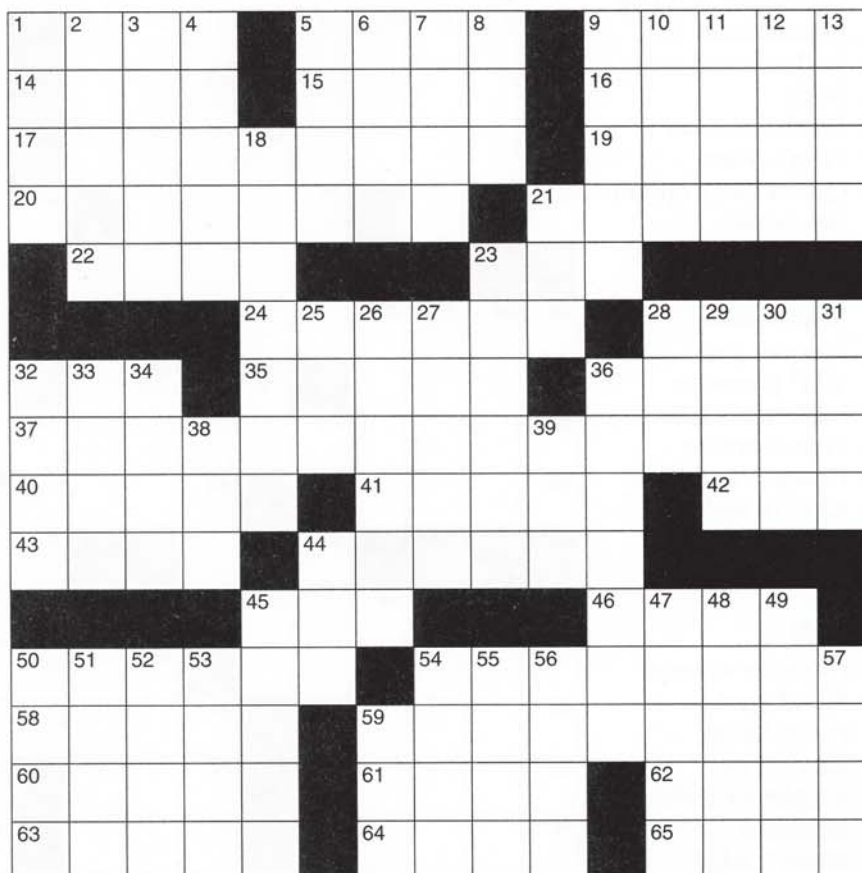
by Sidney L. Robbins

### ACROSS

- 1 Movie-spinoff TV series
- 5 "Arms and the Man" playwright
- 9 Little Goody Two —
- 14 Director Preminger
- 15 Video
- 16 Blood vessel
- 17 With 37-Across and 59-Across, a familiar finale
- 19 With 58-Across, where to read 17-Across, etc.
- 20 Whooped
- 21 Combines
- 22 Appear
- 23 Sailor
- 24 Kind of ball
- 28 Naughty child's Christmas gift
- 32 Baden-Baden, e.g.
- 35 English scarf
- 36 Israeli native
- 37 See 17-Across
- 40 Boxing site
- 41 "— say more?"
- 42 Morse code message
- 43 Marsh growth
- 44 Much more expensive
- 45 Had been
- 46 Impressed deeply
- 50 Did a con job on
- 54 Mollified
- 58 See 19-Across
- 59 See 17-Across
- 60 Askew
- 61 French statesman Coty
- 62 Ripped
- 63 Rain gear
- 64 Bohemian
- 65 Raced

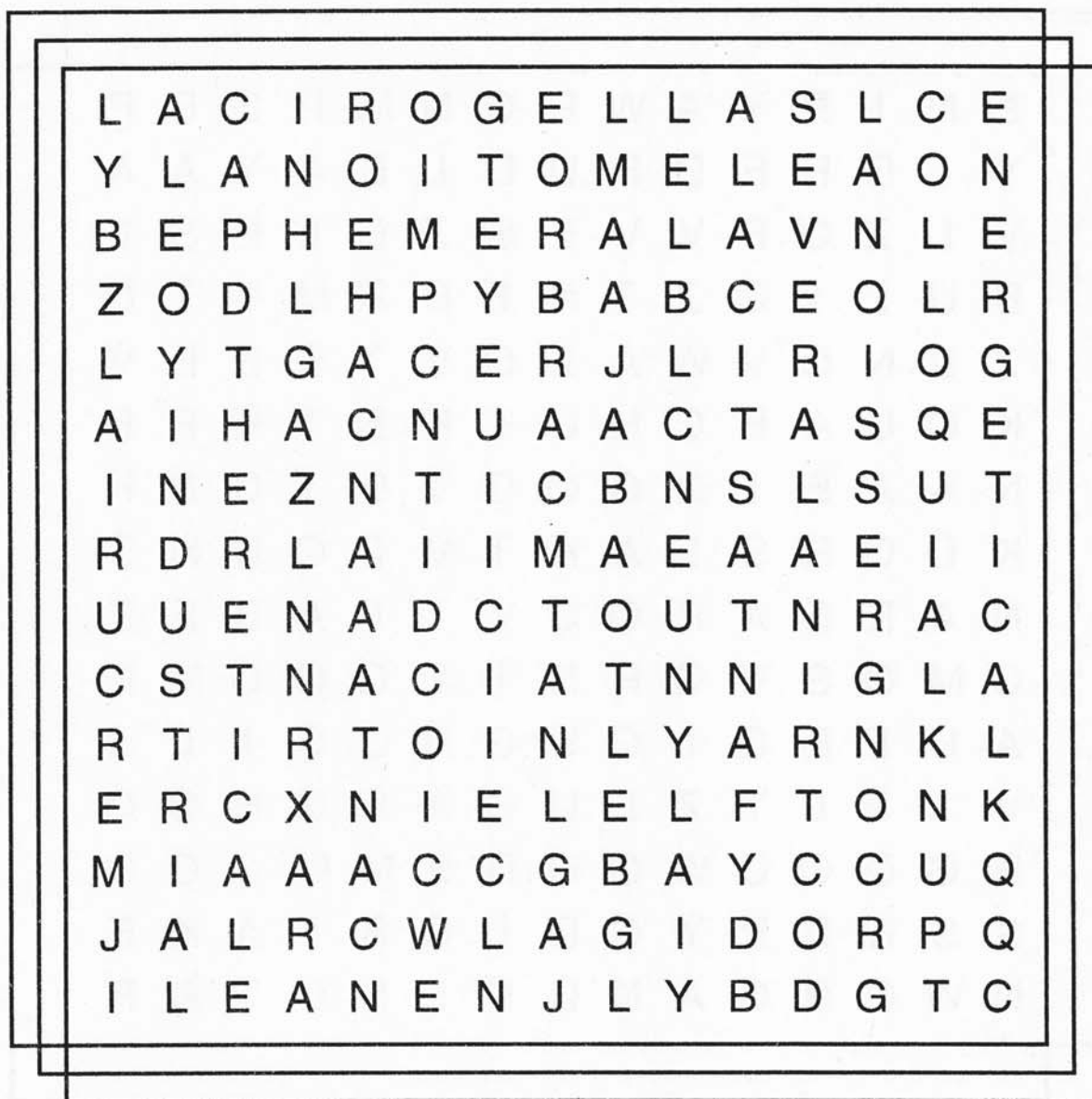
### DOWN

- 1 Hole maker
- 2 One of the Three Musketeers
- 3 Inscribed pillar
- 4 According to —
- 5 Agitate
- 6 "— a nice day!"
- 7 Copied
- 8 Tie the knot
- 9 More secure
- 10 Kind of frost
- 11 Not secondhand: Abbr.
- 12 To be, in Paris
- 13 Pronounces
- 18 Logician's propositions
- 21 Hopping —
- 23 Utmost extent
- 25 Fire residue
- 26 Play parts
- 27 Where Incheon is
- 28 Toy gun "ammo"
- 29 Sashes
- 30 Mr. Guthrie
- 31 Emulates hens
- 32 Twinkler
- 33 Skin opening
- 34 Author James
- 36 Meadowsweet
- 38 Pass receiver
- 39 Summer drink
- 44 "Dear old —"
- 45 Bridge seats
- 47 Gentle breezes
- 48 Legally prevent
- 49 Moline, Ill., company
- 50 Penetrate
- 51 Pact since 1949
- 52 Mishmash
- 53 Whipping reminder
- 54 Insist
- 55 Confined, with "up"
- 56 Birds of —
- 57 — Scott Decision, 1857
- 59 Pitcher's stat



# PUZZLES

## ENDS IN AL



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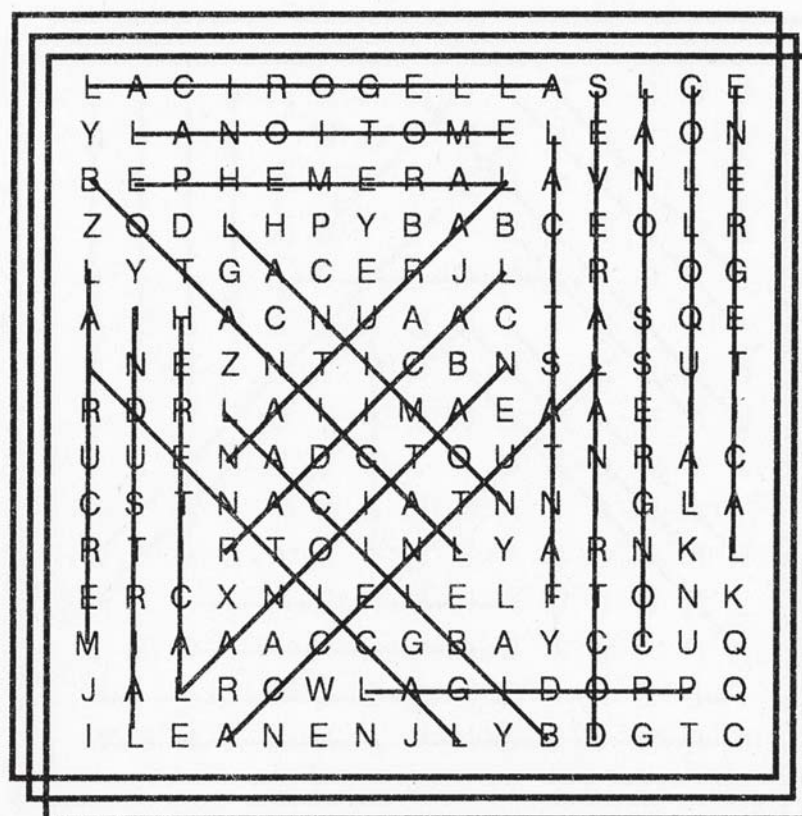
ACCENTUAL  
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BIBLICAL  
BOTANICAL  
COLLOQUIAL  
CONGRESSIONAL  
DOCTRINAL

EMOTIONAL  
ENERGETICAL  
EPHEMERAL  
FANTASTICAL  
HERETICAL  
IDENTICAL  
INDUSTRIAL

MERCURIAL  
NATIONAL  
NATURAL  
NOMINAL  
PRODIGAL  
RADICAL  
SEVERAL



# PUZZLE ANSWERS



## SENIOR CENTER LUNCH MENU

### DECEMBER 2007

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
<b>3</b> RED CHILE FRITO PIE W/ GARNISH SODA CRACKERS SEASONED PINTO BEANS ANGEL FOOD CAKE w/ FRUIT TOPPING	<b>4</b> BAKED LEMON HERBED CHICKEN BREAST RICE PILAF CUCUMBER SALAD FRESH PLUMS	<b>5</b> NEW YORK CITY PHILLY CHEESE STEAK W/ AU JUS SAUCE BUTTERED BROCCOLI SEASONED FRENCH FRIE TROPICAL FRUIT	<b>6</b> TAMALE W/ RED CHILE CALABACITAS REFRIED BEANS YOGURT W/ FRUIT WARM TORTILLA	<b>7</b> HEARTY HOMEMADE BEEF STEW SODA CRACKERS GREEN BEANS BANANA PUDDING
<b>10</b> NORTHERN NM RED CHILE BEEF ENCHILADA W/ SOUR CREAM SPANISH RICE TOSSED SALAD APPLE COBBLER	<b>11</b> SOFT CHICKEN TACOS SOUR CREAM & SALSA SPANISH RICE SALSA CORN APRICOTS	<i>(X-MAS DINNER)</i> <b>12</b> ROAST BEEF W/ AU JUS MASHED POTATOES W/ BROWN GRAVY BUTTERED MIX VEGGIES TOSSED SALAD PECAN PIE W/ WHIP CREAM EGG NOG & JUICE DINNER ROLL	<b>13</b> GRILLED CHICKEN SALAD W/ ALMONDS & FIXINGS FRESH ORANGE FRUIT JUICE	<b>14</b> STUFFED PORK LOIN W/ DRIED FRUIT & BROWN GRAVY BLACK EYED PEAS WHOLE WHEAT ROLL PEACH COBBLER
<b>17</b> GREEN CHILE CHEESE HAMBURGER W/ FIXING POTATO SALAD ONION RINGS FRESH ORANGE	<b>18</b> OPEN FACE TURKEY SANDWICH TURKEY GRAVY BAKED SWEET POTATO BROCCOLI W/ CHEESE JELL-O W/ PEACHES	<b>19</b> S W CHICKEN & BEEF FAJITAS W/ FIXINGS SEASONED PINTO BEANS SPANISH RICE APPLE TURNOVER	<b>20</b> JUICY BAKED SALMON FILLET W/ LEMON SAUC PARSLEY POTATOES 3-WAY VEGGIE WHOLE WHEAT ROLL PEARS	<b>21</b>  <b>COOKS CHOICE</b>
<b>24</b> <b>CHRISTMAS EVE</b>  <b>NO CENTER MEALS MEALS ON WHEELS ONLY</b>	<b>25</b> <b>ALL CENTERS CLOSED IN OBSERVANCE OF CHRISTMAS</b>	<b>26</b> HAMBURGER STEAK W/ GRILLED ONIONS & BROWN GRAVY MASH POTATO & GRAVY SEASONED GREEN BEANS TROPICAL FRUIT WHOLE WHEAT ROLL	<b>27</b> CREAMY GARLIC NOODLE OVER A CHICKEN BREAST BUTTERED PEAS & CARROTS GARLIC BREAD FRUIT SALAD	<b>28</b> BEEF & VEGGIE SOUP SODA CRACKERS TOSSED SALAD FRESH APPLE
<i>(NEW YEARS DINNER)</i> <b>31</b> BAKED HAM W/ PINEAPPLE GLAZE MASHED POTATOES W/ BROWN GRAVY TOSSED SALAD PUMPKIN PIE W/ CREAM DINNER ROLL				<b>WE WISH YOU A SAFE AND HAPPY HOLIDAY SEASON</b>

Please note: Senior Meal Suggested Donations: Breakfast \$1, Lunch \$1.50  
Non-Senior (under 60) Meal Fees: Breakfast \$3, Lunch \$5.40



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

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