

**FEBRUARY  
2017**



# ***THE SENIOR SCENE***



**Programs and Activities  
for Older Adults**

**Programas y Actividades  
para Adultos Mayores**



City of Santa Fe  
**Community  
Services**  
Senior Services

**Offered by:  
Division of  
Senior Services**

[http://www.santafenm.gov/senior\\_scene\\_newsletter](http://www.santafenm.gov/senior_scene_newsletter)



## ***CITY OF SANTA FE, DIVISION OF SENIOR SERVICES***

**Administration Offices 1121 Alto Street, Santa Fe, New Mexico 87501**

**FEBRUARY - 2017**

The City of Santa Fe Division of Senior Services offers a variety of programs and services at five senior centers throughout Santa Fe. If you are age 60 or over, we invite you to utilize our facilities and participate in the various programs and activities that are available, most of which are free (some do request a small donation). Read through the activities section for more information about ongoing and current activities. These facilities and services are here for you – we encourage you to stop by and use them, and we look forward to meeting you!

The Senior Scene newsletter is a free monthly publication designed to help you navigate our services and learn about upcoming events. You will find sections on community news, senior center activities and menus, volunteer programs, 50+ Senior Olympics, health, safety, legal and consumer issues, as well as word puzzles to sharpen the mind.

The newsletter is available at all City of Santa Fe senior centers, fitness facilities, and public libraries, as well as various senior living communities and healthcare agencies. It is also available online at [www.santafenm.gov](http://www.santafenm.gov), simply type “Senior Scene” in the keyword search box at the top then click the purple underlined words “Senior Scene Newsletter.” You may also find it on the Retired Senior Volunteer Program (RSVP) website at [www.rsvpsantafe.org](http://www.rsvpsantafe.org).



### **Front Desk Reception**

Toll-Free Administration Line

**Vacant, DSS Director**

### **Administration**

Cristy Montoya, Administrative Secretary

Sadie Marquez, Receptionist

FAX Machine - Administration

### **Senior Services Registration**

Brenda Ortiz, Database Specialist

### **Transportation Ride Reservations (page 4)**

Fran Rodriguez, Project Manager/ Dispatch

Robert Chavez, Project/Fleet Manager

Linda Quesada-Ortiz, Administrative Assistant

### **Nutrition**

Vacant, Program Administrator

Enrique DeLora, Inventory Supervisor

FAX Machine - Nutrition

### **Meals On Wheels (for homebound individuals)**

Carlos Sandoval, Program Supervisor

Yvette Sweeney, Administrative Assistant

Robert Duran, MOW Assessments

### **Senior Center Programming (Activities)**

Lugi Gonzales, Center Program Manager

Albert Chavez, Program Coordinator

Mary Esther Gonzales (M.E.G.), Ventana de Vida

Cristina Villa, Program Coordinator

Luisa, Pasatiempo, Villa Consuelo

### **(505) 955-4721 In Home Support Services: Respite Care,**

**(866) 824-8714 Homemaker, Non-Medical Personal Care**

955-4710

Theresa Trujillo, Program Supervisor

955-4745

Katie Ortiz, Clerk Typist

955-4746

### **Foster Grandparent/Senior Companion Program**

Melanie Montoya, Volunteer Prog. Admin.

955-4761

Vacant, Special Projects Admin.

955-4744

### **Retired Senior Volunteer Program (RSVP)**

Triston Lovato-Armstrong, RSVP Administrator

955-4760

Marisa Romero, Administrative Secretary

955-4743

FAX Machine - RSVP Office

955-4765

### **50+ Senior Olympics**

Cristina Villa, Program Coordinator

955-4725

### **Miscellaneous**

Lobby Area

955-4735

Craft Room

955-4736

Pool (Billiard) Room

955-4737

### **Other Important Numbers**

Santa Fe Civic Housing Authority

988-2859

Santa Fe County Information

992-3069

Santa Fe County Mobile Health Van

231-2382

### **Newsletter Production**

Triston Lovato-Armstrong, Editor/Distribution

955-4760

Gil Martinez, Graphic Artist

Mela Sanchez, Mailing Distribution

Christella Vigil, Mailing Distribution

Anna Mae Gallegos, Mailing Distribution



# ***SENIOR SERVICES PROGRAM INFORMATION***

FEBRUARY - 2017

## **SENIOR SERVICES REGISTRATION**

---

Anyone age 60 or over who participates at any City of Santa Fe Senior Center, uses the Division Transportation, or other services is asked to register with our program. Registration is held at the Mary Esther Gonzales (MEG) Senior Center located at 1121 Alto Street, Monday through Friday from 8:30 a.m. to 4:30 p.m. When you register, a staff member will fill out a form with you, including your date of birth, the last four digits (only) of your Social Security number, an emergency contact name and phone number. Staff will provide you with a membership card. **Please note that these cards are NOT valid as legal identification.**

### **Eligibility for Senior Services Registration**

Per the Older Americans Act, **participants must be at least 60 years of age, or be the legal spouse of a member 60 or over, residing at the same address**, or for meals only, be disabled (regardless of age) and living at Luisa, Pasatiempo, or Villa Consuelo senior housing.

We secure program funding each time a registered senior prints his/her name on our various sign-in sheets e.g. meals, fitness activities, etc. For more information please contact Brenda Ortiz at (505) 955-4722 or [bmortiz@santafenm.gov](mailto:bmortiz@santafenm.gov).



## **SENIOR TRANSPORTATION INFORMATION**

---

- To Reserve: **Call 955-4700 at least 24 hours in advance, before 4:00 p.m.** Ride reservations can be made up to five business days in advance. Please specify if you require a wheelchair lift van. To avoid delays in service, call immediately if you need to cancel a scheduled ride.
- Senior Cost: Seniors 60 and over, a suggested donation of .50¢ per ride (one way trip). You may purchase a 25-ride ticket for \$10.00 from the Transportation Drivers.
- Schedule: **Rides are available 8:15 a.m. to 4:15 p.m. Monday through Friday. On the first Tuesday of every month, last call for pick up will be 2:45 p.m.** Rides to medical appointments are given priority over all other rides. Vans leave from the MEG Center at 12:00, 1:00, 2:00 and 3:00 p.m. (Be seated in lobby or patio chairs.)
- Notes: **Drivers may arrive up to 15 minutes before/after the scheduled pick-up time when picking up from your home. Please note that due to the increased demand, pick-up time from your destination has also increased. We appreciate your patience.**
- SF County: For rides outside city limits but within Santa Fe County, call 992-3069.
- SF Ride: For weekend and evening transportation, call 473-4444.

# NEWS & VIEWS

FEBRUARY - 2017

## Santa Fe County Mobile Health Van

The health van's Registered Nurse offers basic health screenings: blood pressure, blood glucose, heart rate, oxygen saturation, general health information and immunizations (based on availability). They also have healthcare resource guides and discount prescription cards available to Santa Fe County residents. Their schedule is subject to change so please check for the updates online at [www.santafecounty.org](http://www.santafecounty.org) or call (505) 231-2382. All services are free.

### Dates for February:

01 – Mary Esther Gonzales Center	10 am – 2 pm
02 – Santa Cruz Senior Center	10 am – 2 pm
03 – Campo Alegria	noon – 2 pm
<b>04 – No van out</b>	
05 – Santa Fe Recovery Center	9 am – 1 pm
06 – Casa Rufina Apartments	9 am – 1 pm
07 – Chimayo Senior Center	10 am – 2 pm
08 – Solana Shopping Center	10 am – 2 pm
09 – Villa Alegre	10 am – 2 pm
10 – Eldorado Senior Center (Health Fair)	9:30 am – 2 pm
<b>11 – No van out</b>	
12 – Santa Fe Recovery Center	9 am – 1 pm
13 – Ventana de Vida Senior Center	9 am – 1 pm
14 – Edgewood Senior Center	10 am – 2 pm
15 – El Rancho Senior Center	9 am – 1 pm
16 – Nambe Wellness Center Heart Walk	10 am – 2 pm
17 – Casa Villita	10 am – 2 pm
<b>18 – No van out</b>	
19 – Santa Fe Recovery Center	9 am – 1 pm
20 – Fort Marcy	9 am – 1 pm
21 – St. John's Methodist Church	9 am – 1 pm
<b>22 – No van out</b>	
23 – Pojoaque Senior Center	9 am – 1 pm
24 – Salvador Perez Pool	10 am – 2 pm
<b>25 – No van out</b>	
26 – Genoveva Chavez Center	9 am – 1 pm
27 – Villa Consuelo Senior Center	9 am – 1 pm
28 – Luisa Senior Center	10 am – 2 pm

## Flora's Corner



"Do all the good you can, in all the ways you can, in all the places you can, at all the times you can, to all the people you can, as long as ever you can."

– John Wesley

## Comfort Keepers Presents Support Groups for People Living with Chronic Illness and for Family Caregivers

This may be the most demanding period of your life—physically, mentally, and emotionally. Having a place to talk about the frustration, isolation, and depression can make a big difference in how you go through each day. The purpose of the groups is to learn and share:



## Comfort Keepers

- About your illness
- Community resources
- Daily experiences – thoughts, feelings, complaints, and delights
- Helpful hints for caring for yourself
- Effective communications with family, friends, and health team

Sometimes just being safe to say what you are thinking and feeling without being judged or given unwanted advice is the best medicine. Listening to someone else can be a welcome break from your own situation and offer a new perspective.

Through participation you will be better equipped to care for yourself, feel less isolated and afraid, and better able to communicate with your family, friends, and health team. The group sessions are sponsored by Comfort Keepers and facilitated by Eileen Joyce, Hudson Institute Certified Coach, and Certified Grief Recovery Specialist.

The support group for people living with chronic illness such as: Autoimmune diseases, MS, Parkinson's and cancer meet on the 2nd and 4th Tuesday from 2 – 3 p.m.

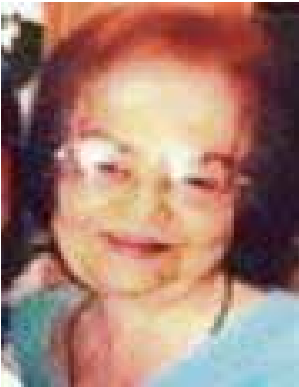
The family caregivers support group meets every 2nd and 4th Wednesday from 2 – 3 p.m.

Please contact Eileen at (505) 428-0670, or [eileenjoyce@comfortkeepers.com](mailto:eileenjoyce@comfortkeepers.com), to reserve your place and get directions to the convenient location in Santa Fe.

# NEWS & VIEWS

FEBRUARY - 2017

## In Remembrance



Rosina G. Padilla, 78, of Santa Fe, NM died Tuesday, December 20, 2016. Born on May 14, 1938 to Carmen Sena and Hilario Padilla. She is preceded in death by her parents; husband, George Padilla; sister, Merlie Romero; son, Ted Padilla; daughter, Carmen Rowen; grandson, Gene Padilla. She is survived

by daughter, Gina Sandoval; son-in-law, Samuel Sandoval; granddaughter, Krystal Sandoval; grandson, Sammy Sandoval; special chiquita, Samantha Fate Sandoval; daughters, Liz Romero, Linda Martinez; sons, Jesse Padilla (Linda), George Padilla; sisters, Ramona Vigil, Jennie Jiron (Joe), Alice Velarde (Alex); brother, Larry Padilla Carmen); also by many grandchildren and great-grandchildren. Rosina loved her family dearly, enjoyed laughing and talking, was known for her excellent cooking of Spanish foods, and touched many people with her warm gentle heart. She will be incredibly missed

## Focus Group for Upcoming Senior Day Event

What's your idea of a fun senior health event? What would it include? Which issues are most important to you? Be ready with answers to these questions and more on Tuesday, February 7th when Ken from Home Instead Senior Care and Lance from Santa Fe Place Mall join us for lunch and a discussion at the MEG Center. The goal is to gather input and ideas for an upcoming event that is in the planning stages. Questions in advance? Call Ken at (505) 670-5533.

## FREE Veterans Lunch at Pacifica Senior Living

If you are a veteran, please attend this FREE lunch event, which takes place the first Tuesday each month from 11:30 a.m. to 1 p.m. at Pacifica Senior Living (2961 Galisteo Rd). Honoring those who served our country, David Smith, Veterans' Service Officer of Santa Fe, will educate you on the many VA Benefits available while you also enjoy lunch. Please bring your discharge/separation information for eligibility. Please call (505) 438-8464 to reserve your spot.

## SFPS LOVES our Seniors!

As Superintendent of Santa Fe Public Schools, I would like to wish you a very Happy Valentine's Day! This month, as we celebrate the people we love, we want to reach out to our senior community and let you know how much we love what you do to support the children of the Santa Fe Public Schools!

There are currently over 700 volunteers in our schools, the majority of them seniors. Many of them have been with us for over 15 years, working in our schools and in all our academic, arts, music and athletic programs. With consistent and frequent budget cuts, SFPS relies more and more on community involvement to help further the progress of our District's student achievement. Our volunteers bring their experience, their enthusiasm and their love of learning to our schools and we love having them join us!

If you are interested in volunteering in our schools, I urge you to call our Volunteer Coordinator, Sabra Roybal at 467-2024. Sabra can assist you with the process and explore placement options. Thank you Santa Fe, for your continued support of SFPS!

*Sabra Roybal*

# NEWS & VIEWS

FEBRUARY - 2017

## American Red Cross Emergency Preparedness and Shelter Training

The American Red Cross will be hosting training for individuals interested in learning how to assist in an emergency. The purpose of this course is to prepare participants to assist in the opening, organizing, operating and closing of a shelter. This is a basic level course that introduces the guidelines and procedures for setting up, running and closing a shelter during a disaster. Referencing shelter checklists, participants will work through the phases of the sheltering process: Resourcing, Opening, Operating and Closing.

Upon completion of this course, participants will be able to:

- Describe the tasks of a shelter worker throughout the opening, organizing, operating and closing phases of a shelter operation;
- Recall the tasks on the shelter checklists;
- Describe how to complete the appropriate registration forms;
- Explain how to set-up a welcoming reception and registration area;
- Explain how to set up and monitor a dormitory environment that ensures resident safety and comfort;
- Explain how to set up food distribution areas and monitor consumption.

The training will be on Thursday, February 9 from 9:30 – 11:30 a.m. at the Mary Esther Gonzales Senior Center. Call Triston at (505) 955-4760 if you have questions.

## Stroke Support Group

Join this support group for stroke survivors and their significant others. The group meets the first Wednesday of each month from 11 a.m. to noon at the Christus St. Vincent Hospital, Atrium conference room, across from the elevators on the first floor. All are welcome! Please contact Anna at (505) 988-2583 with any questions.

## FREE Civil Legal Clinic

A free legal fair presented by the First Judicial District Court Access to Justice Committee, will be held the first Friday of every other month from 10 a.m. to 1 p.m. beginning in February 2017. Consults will be limited to the first 25 people and is on a first come, first served basis. Meetings are with attorneys on civil legal matters only (not family law) and please bring any related paperwork for the attorney to review. Issues include: landlord/tenant, consumer rights, bankruptcy, foreclosure, estate/wills/probate, public benefits, power of attorney, and employee rights. The clinic will be held in the 1st floor jury room of the 1st Judicial District Court, located at 225 Montezuma Ave in Santa Fe. If you have questions, please call the Volunteer Attorney Program at (505) 814-5033 Here is the 2017 schedule:



- February 3
- April 7
- June 2
- August 4
- October 6
- December 1

## Free Tech Coaching with Teeniors

What is Teeniors? They are tech-savvy teens empowering seniors through one-on-one, personalized coaching. Teeniors will be at the Mary



Esther Gonzales Senior Center (1121 Alto Street) on Thursday, March 23, 2017 at 1 p.m. Join us for this FREE community coaching event. Bring your cell phone, tablet or computer and work one-on-one with one of the acclaimed Teeniors coaches to get all of your questions answered and better understand the technology at your fingertips! We look forward to seeing you! Please RSVP by calling (505) 600-1297 or [teeniors@gmail.com](mailto:teeniors@gmail.com).



# Free Tax Help for the 2016 Tax Year



**We will prepare your Income Taxes FOR FREE! No Income Limits! First Come First Served**



**Friday January 27 to Monday April 17**

**Anyone in Santa Fe with income less than \$24,000 should file for NM Low Income and Santa Fe Property tax State rebates.**

**FREE Direct Deposit of Refund**  
**Please bring a blank check to get direct deposit**

**Santa Fe Community College, Fitness Center,**  
**Mon-Fri 8:30am – 5pm Sat 9am – 1pm**

**Closed for Spring Break at SFCC from March 13 to 18**  
**Closed for Easter Break at SFCC from April 14 to 15**

**Our Lady of Guadalupe Church**  
**Between Alameda and Guadalupe**  
**Monday – Friday 9am – noon**

**Please bring the following information:**

**Photo ID**

**Social Security Cards** for Parents and Children

**Health Insurance** – proof that you have it and for Obamacare people, your IRS form **1095-A Health Insurance Marketplace Statement**

**W-2 year end wage forms** from each job for each person

**If you work for yourself**, all the income and expenses from your work and any 1099's you receive

**Interest, dividends, stock or CD sales** – bring the 1099 forms from the bank.

**Social Security** – bring the year end statement from Social Security.

**Unemployment** – bring the W2-G form from Work Force Solutions.

**Gambling** – bring the 1099 tickets and win/loss report from the casinos.

**Pensions** – bring the 1099-R form you received from the pension payer.

**Bring the list of expenses you paid for Child Care, College or Vocational Training**

**Medical Expenses and Charity Donations** – bring a list of everything including mileage to doctors.

**Mortgage Interest and Property Taxes**

**Please contact:** Peter Doniger, District Coordinator, AARP Tax Aide in Santa Fe  
Cell: (505) 670-6835 or SFCC: (505) 428-1780 or email [taxhelpsantafe@gmail.com](mailto:taxhelpsantafe@gmail.com)



# Ayuda de Impuestos para el año 2016



**!Deseamos preparar sus impuestos  
GRATIS!**

Del 27 de enero hasta el 17 de abril

Universidad de Comunidad de Santa Fe,  
Fitness Center  
8:30-5 lunes - viernes  
9am-1pm sábado

Cerrado por vacaciones de primavera en SFCC del 13 de marzo a 18

Nuestra Señora de Guadalupe Iglesia  
Entre Alameda and Guadalupe  
lunes – viernes 9 – 12

## Depósito de Reembolso gratis

Consiga todo lo que usted puede, usted debe traer la información siguiente:

**Foto ID.**

**Las tarjetas de la Seguridad Social o ITIN** de los Padres y de los Niños.

**W-2 formas.** Un documento que muestra el salario total del año, de cada trabajo para cada persona.

**Si usted trabaja por su cuenta** traiga todos los ingresos y costos de su trabajo.

No se olvidan: Mileage para sus costos del vehículo

Gastos para el uso parcial de su hogar como oficina o taller

Herramientas, uniformes, publicidad, un teléfono (de casa o celular), etc

**Interés o dividendos** recibidos. Usted debe traer las formas 1099 del banco.

**Seguridad Social.** Usted debe traer la declaración del final del año de la Seguridad Social.

**Desempleo.** Usted debe traer la forma W2-G del departamento de trabajo.

**Juego.** Traiga las formas 1099 que usted recibió cuando ganó y una lista de todas las otras apuestas que ha hecho. Si usted puede conseguir del casino su tarjeta de jugador, ésa es el mejor.

**Pensiones.** Traiga la forma 1099-R que usted recibió del pago de la pensión.

**Seguros Médicos:** Traiga toda la información sobre los seguros médicos

Traiga la lista de gastos que pagó por Cuidados De Niños Universidad o formación professional.

Costos Médicos.

Interés de la hipoteca y impuestos sobre la propiedad.

Donaciones De la Caridad.

**Contacto:** Peter Doniger, Director, Ayuda de Impuestos AARP Tax Aide en Santa Fe.

Lo sentimos, solo se habla inglés en el teléfono celular.

Célular: 670-6835 o SFCC: 428-1780

Email: [taxhelpsantafe@gmail.com](mailto:taxhelpsantafe@gmail.com) (Ingles solamente por favor)



**SENIOR ACTIVITY CORPORATION PRESENTS**

**Pigeon Forge and Smoky Mountains Show Trip**



**INCREDIBLE PRICE INCLUDES:**

- ◆ Motorcoach transportation
- ◆ 8 nights lodging including 4 consecutive nights in the Smokies
- ◆ 14 meals: 8 breakfasts and 6 dinners
- ◆ Admission to **TITANIC: THE WORLD'S LARGEST MUSEUM ATTRACTION**
- ◆ Three Dinner Shows: **SOUL OF MOTOWN, AMERICA'S HIT PARADE, and THE HATFIELD-MCCOY SHOW**
- ◆ One Evening Show: **SMOKY MOUNTAIN OPRY**
- ◆ One Morning Show: **The SMITH MORNING VARIETY SHOW**
- ◆ Free time in **HISTORIC DOWNTOWN GATLINBURG**
- ◆ **GUIDED TOUR OF THE GREAT SMOKY MOUNTAINS NATIONAL PARK**
- ◆ *and much more*

**\$880 – Double Occupancy**  
**\$1145 – Single Occupancy**

**Saturday, June 3 –**  
**Sunday, June 11, 2017**  
**(9 Days, 8 Nights)**

**Departure: Senior Service Center, 1121 Alto St, Santa Fe, NM @ 8 am**

**Day 1:** Depart your group's location in a spacious, restroom and video equipped motorcoach and head to the Smoky Mountains! Then, settle into a comfortable en route hotel for a good night's rest.

**Day 2:** After a Continental Breakfast, head to the Fort Smith National Historic Site in Fort Smith, AR. Later in the day enjoy Dinner and head to your en route hotel.

**Day 3:** Start your day with a Continental Breakfast before departing for the Beautiful Smoky Mountains! This evening, you'll enjoy Dinner and check into your Smoky Mountain area hotel for a four night stay.

**Day 4:** Enjoy a Continental Breakfast before starting your morning at the impressive **TITANIC: THE WORLD'S LARGEST MUSEUM ATTRACTION**. You can experience the hallways, parlors, cabins, and Grand Staircase of this replica of the world's most famous luxury liner, view actual artifacts, and more. You can also hear passenger stories and pay tribute to their memory. Later, you'll have some time on your own for lunch and shopping. Then, enjoy Dinner while tapping your toes at the high-energy **SOUL OF MOTOWN DINNER SHOW**. Relive the great music of Motown Legends like the Drifters, the Platters, Sam Cooke, Smokey Robinson, the Jackson Five, Aretha Franklin, Gladys Knight, Diana Ross, and more!

**Day 5:** Start your day with a Continental Breakfast, before heading off on a **GUIDED TOUR OF THE GREAT SMOKY MOUNTAINS NATIONAL PARK**. Afterward, enjoy free time and lunch on your own in **HISTORIC DOWNTOWN GATLINBURG**. Then, enjoy a fabulous dinner show at the **HATFIELD-MCCOY DINNER THEATER**, known as the Romeo and Juliet of the Smoky Mountains... with Blue Grass Country Music, singing, dancing, hilarious comedy and fun. This evening, the **SMOKY MOUNTAIN OPRY SHOW** brings the heart and soul of music onstage with its fabulous high-energy entertainment, featuring spectacular singing, outstanding choreography, and thrilling special effects!

**Day 6:** Today, you'll start your day by enjoying a Continental Breakfast before departing for the **SMITH MORNING VARIETY SHOW!** You can look forward to an outstanding blend of classic country music, heartfelt gospel music, oldies rock-n-roll music, clean family comedy, and impersonations of famous stars you have to see to believe! This evening, you will enjoy Dinner and see the **AMERICA'S HIT PARADE DINNER SHOW**. Spanning the Fifties to the Eighties and beyond, this high-energy show features singing, dancing, colorful costumes, and a special one-of-a-kind Military Tribute to the men and women of the Armed Forces.

**Day 7:** Today you'll make a stop at the Willie Nelson & Friends Museum and General Store in Nashville, TN. Later that day, after a relaxing Dinner, you'll check into your en route hotel.

**Day 8:** Today you'll stop at Little Rock, AR, former home of President Bill Clinton, for a visit to the William J. Clinton Presidential Library. The library contains nearly 2 million photographs and over 75,000 museum artifacts. Tonight, relax in your en route

**Day 9:** Today, after enjoying a Continental Breakfast, you depart for home... a perfect time to chat with your friends about all the fun things you've done, the great shows you've seen and where your next group trip will take you!

**For Information & Reservations Contact:**

**Cecilia @ (505) 204-9527 or Lilly @ (505) 690-8873**

# RSVP (RETIRED SENIOR VOLUNTEER PROGRAM)

FEBRUARY - 2017

## COMMUNITY NEEDS



Are you interested in donating some of your time to make a difference in the community? If so, you can become an RSVP volunteer today! Listed below are some current volunteer opportunities. **If you are interested, want to learn more and enroll in RSVP, please contact Triston Lovato-Armstrong at (505) 955-4760 or [trlovato@santafenm.gov](mailto:trlovato@santafenm.gov).**

## Santa Fe Public Health Office Volunteer Needed

Do you like working with the public? The Santa Fe Public Health Office located at 605 Letrado needs volunteers to assist with front desk duties, phones, greeting clients, updating the resource book, and maintaining a tidy lobby. Volunteers are welcome Monday – Friday, but there is a high need on Wednesdays and Fridays specifically. Hours are flexible; the office closes for lunch from noon to 1 p.m. Please contact Triston at 955-4760 if you are interested and would like more information

## Wanted: Volunteer Van Driver for Hiking and Snowshoeing

The Santa Fe Division of Senior Services is seeking a volunteer van driver over age 55 for a weekday hiking or snowshoeing activity currently in development. The driver will receive support from the Division's RSVP (Retired Senior Volunteer Program). We envision two hikes per month to take place primarily in Santa Fe and Eastern Sandoval counties. Plans are for the van to leave the Mary Esther Gonzales Senior Center at 8:15 a.m. and return at approximately 4:30 p.m. We would like the driver to also lead the activity. Liability insurance is provided upon enrollment with RSVP. Please contact Triston if you are interested.



*Van Driver*

## Volunteer with the New Mexico National Guard Museum (formerly Bataan Memorial Museum)

This Museum which features artifacts, images, press clippings, weapons and uniforms carried or worn by Guardsmen dating back to the 19th century to present, honors the history of the New Mexico National Guard and places specific importance on the infamous Bataan Death March. Volunteers are needed to greet visitors and give a short tour of the display area, highlighting the major areas of New Mexico National Guard heritage. Call Triston if you are interested!



## Volunteers born in FEBRUARY!

### RSVP

Irlin Corn	2/01
Ellie Blossom	2/02
Anastacio Garcia	2/03
Nancy Gehman	2/04
Carolyn Bleakley	2/06
Roger Goldhamer	2/08
Yolanda Garcia	2/09
Don W. Leffelbein	2/09
Laura Cowan	2/10
Orlando Watson	2/12
Edward E. Mose Sr.	2/14
Irene Moyes	2/14
Sheila Epstein	2/15
Herbert Beenhouwer	2/16
Susan A. Cover	2/16
Shirley A. Knarr	2/16
Louis Heidel	2/17
Jim Dorris	2/19
Teresina G. Lucero	2/21
Doug Schocke	2/21
Louis Baca	2/22
Ross M. Quintana	2/22
Connie R. Kinsey	2/23
Ann Lindsay	2/26
Benita Rodriguez	2/29

### FGP/SCP

Patricia Moeller	2/4
Juanita Quintana	2/11
Grace De Aguero	2/15
Margie Gurule	2/28

*Please note that the above birthdays are people who are enrolled in the Senior volunteer program and turn in their hours quarterly.*

# ONGOING ACTIVITIES

FEBRUARY - 2017

**All activities are open to registered seniors.**

*Schedule is subject to change. Activity Coordinators' contact information on page 2.*

Luisa Senior Center – 1500 Luisa Street (entrance on Columbia)				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	11:45 am: Sing along			1 pm: Bingo
8 am – 1:30 pm: Fitness room				

Mary Esther Gonzales (MEG) Senior Center – 1121 Alto Street				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:15 am: Tai Chi 9-11 am: Guitar class 9:30 am: Enhance Fitness 1 pm: Hospice Crafts 1-3 pm: Bingo	8:15 am: Tai Chi 9 am: Jewelry class 9-11 am: Guitar class 9:30 am: Zumba Gold (low impact) 1:30 pm: Oil painting 2/14, 2/28 1:30 pm: Nia Technique (1 <sup>st</sup> & 3 <sup>rd</sup> Tuesday)	8:15 am: Tai Chi 9:30 am: Enhance Fitness 9:30 am: Ceramics 1-3 pm: Bingo	8:15 am: Tai Chi 9:30 am: Wood-Straw Applique	9:30 am: Enhance Fitness 9:30 am: Ceramics 2 pm: Knitting
7 am-4:30 pm: Pool/cards/billiard room AND Fitness room				
8 am-4:30 pm: Computer (open use when computer class is not in session)				

Pasatiempo Senior Center – 664 Alta Vista Street				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 am: Yoga (class currently full) 12:30 pm: Bridge	8:30 am: Zumba 1 pm: Line Dance (Advanced)	8:30 am: Yoga (class currently full) Noon: Sing along	9 am: Tai Chi 10 am: Zumba 10 am: Ceramics 1 pm: Line dance (Intermediate)	1 pm: Line dance (Beginner/Low intermediate)
8 am – 1:30 pm: Fitness room				

Ventana de Vida Senior Center – 1500 Pacheco Street				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1:30-3:30 pm: Ceramics	1 pm: Art class	9:30-10:30 am: Spanish class 1:30-3:30 pm: Ceramics	1-3 pm: Bingo	

Villa Consuelo Senior Center – 1200 Camino Consuelo				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30 am: Ceramics	11 am – 2 pm: Bingo	9:30 am: Ceramics	2:30 pm: Acrylics painting class	1:30-3 pm: Guitar forum

**\*NOTE: Please print your name on our activity sheets anytime you participate.**

# UPCOMING ACTIVITIES

FEBRUARY - 2017

## Legal Workshop at Villa Consuelo

A legal workshop will take place at the Villa Consuelo Senior Center (1200 Camino Consuelo) on Thursday, February 9, 2017 from 10 a.m. – noon. An attorney will be available after the presentation to execute the Power of Attorneys & Health Care Directives. This workshop is presented by the Legal Resources for the Elderly Program (LREP). Call 800-876-6657 or (505) 797-6005 for more information.

## Weekend Bingo at Luisa

The Luisa Senior Center (1500 Luisa St) will be hosting a Bingo on Sunday, February 12, 2017 from 1 – 4 p.m. The cost is \$12 for a package and four specials for \$4. The blackout game is \$2 and the jackpot winner goes home with \$100! Please bring small bills. There will be spaghetti, toast and salad for \$5. Everyone is welcome!

## Monthly Senior Services Committee Meetings

All meetings held at the MEG Senior Center. (Posted pursuant to the Open Meetings Act)

Senior Olympics: Wed., Feb. 1 at 9:30 a.m.  
Transportation/Nutrition: No meeting this month  
\*Next meeting is April 11 at 9 a.m.  
Advisory Board: Wed., Feb. 15 at 9:30 a.m.  
Travel Committee: Thurs., Feb. 16, 8:45 a.m.  
SAC Board: Thurs., Feb. 16 at 10 a.m.

## Monthly DSS Senior Center Meetings

The following meetings are open to all seniors. Please come and give us your input about activities in your favorite senior center. Senior center addresses are on the back cover of the newsletter.

### Ventana De Vida

Monday, February 6th at 9:30 a.m.

### Villa Consuelo

Monday, February 6th at 10 a.m.

### Pasatiempo

Monday, February 6th at 1 p.m.

### Luisa Center

Tuesday, February 7th at 9 a.m.

## AARP "Smart Driver" Course

Sign up for the AARP Smart Driver course today! Classes are held monthly in the dining room at the Mary Esther Gonzales Senior Center (MEG), located at 1121 Alto Street.

The class is from 1 to 5 p.m. but please arrive at 12:30 p.m. to check-in and fill out any required paperwork.



The class is taught by a volunteer instructor who will go over safety tips for seniors on the road. Some 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 age 50 or over in order to obtain a certificate; it must be renewed every three years if you want to keep the discount.

The fee to cover materials is \$20, but if you are an AARP member the cost is \$15; your AARP card and driver's license must be presented the day of the class. Also, please dress in layers as temperatures fluctuate in the MEG dining room. The number of participants for each class is limited to 30 individuals. To register for an upcoming class please call the AARP information center (located in Albuquerque) at (505) 830-3096. Let them know that you are registering for the Santa Fe Smart Driver course and the date you would like. Leave a message if you reach a recording.

Upcoming dates are:  
February 14 & March 14

## Sweetheart Dance

The Valentine Sweethearts' dance will be hosted by the Luisa Senior Center on Tuesday, February 14 from 1 – 4 p.m. The dance will be held at the Fraternal Order of Eagles Club (833 Early Street) and music will be by Camino Oscuro. Admission is \$2 and light refreshments will be served.



# UPCOMING ACTIVITIES

FEBRUARY - 2017

## Concert at Pasatiempo on February 14<sup>th</sup>



Stop by the Pasatiempo Senior Center on Tuesday, February 14 at noon for a concert with performances by David Geist on piano and Bob Sinn singing. Everyone is welcome at this free event!

## Wednesday February 22, 2016 at 1 p.m. "My Cousin Vinny"

(1992 • R • 2h)

Two young men from New York who are traveling through Alabama on their way back to college are accused of murdering a convenience store clerk. One of the young men's cousin is a newly minted lawyer from Brooklyn, N.Y. who, along with his girlfriend, comes to defend them. An Academy Award winner, this hilarious courtroom comedy is still



shown in law schools today because "everything that happens in the movie could happen and often does happen at trial." Starring Marisa Tomei, Joe Pesci, Ralph Macchio and Fred Gwynne.

## Thursday, February 23, 2017 at 1 p.m. "The Girl on the Train"

(2016 • R • 1h 52m)

Rachel Watson (Emily Blunt), who is devastated by her recent divorce, spends her daily commute fantasizing about the seemingly perfect couple who live in a house that her train passes every day, until one morning she sees something shocking happen there and becomes entangled in the mystery that unfolds.



## Movie Day at the MEG Senior Center Tuesday, February 28, 2016 at 1 p.m. "The Notebook"

(2004 • PG-13 • 2h 4m)



In 1940s South Carolina, mill worker Noah Calhoun (Ryan Gosling) and rich girl Allie (Rachel McAdams) are desperately in love. But her parents don't approve. When Noah goes off to serve in World War II, it seems to mark the end of their love affair. In the interim, Allie becomes involved with another man (James Marsden). But when Noah returns to their small town years later, on the cusp of Allie's marriage, it soon becomes clear that their romance is anything but over.

## Ken from Home Instead Sings at MEG

Join us for lunch at the MEG Center on Monday, February 27 and have a fun time enjoying songs performed by Ken Hendricks from Home Instead Senior Care. Come sing along or just enjoy listening to some old time favorites! Home Instead Senior Care provides professional caregivers to help aging loved ones remain in their homes. Home Instead can be reached at 505-471-2777.

## Let's Celebrate Your Birthday

Humana will be supplying cake to celebrate all seniors who have a birthday this month! Birthday celebrations take place during lunch every first Wednesday at MEG, every second Wednesday at Pasatiempo, and every third Wednesday at Ventana de Vida. Join us!

## Ash Wednesday at Two Senior Centers

On Wednesday, March 1 Deacon Montoya will visit two senior centers to give ashes.

- Luisa Senior Center at 9 a.m.  
(1500 Luisa Street) *enter off Columbia St.*
- Pasatiempo Senior Center at 10 a.m.  
(664 Alta Vista Street)

# UPCOMING ACTIVITIES

FEBRUARY - 2017

## Free Hair Cuts at MEG & Pasatiempo

Our volunteer Fabiola, a licensed beautician will provide free senior haircuts (on a first come, first serve basis – 20 haircuts per day). The haircut days are as follows on Wednesdays at 10 a.m.:

- February 1st MEG
- February 8th MEG
- February 15th Pasatiempo
- February 22nd Pasatiempo

The haircut sign-in sheet at MEG will be available in the Program Coordinator's office door starting at 9 a.m.



## MEG Exercise Room

Please welcome volunteer trainer Gitte Mainland in assisting seniors in the MEG exercise room. She will be available on Tuesdays and Thursdays from 10 a.m. to noon through Thursday, February 16. She will then return on Thursday, March 30. If you would like assistance please join her.

## Yoga Cancelled at Ventana de Vida & MEG

Yoga instructor Mary Jo will not be available during the month of February. We apologize for the inconvenience.

## Nia Technique on 1st & 3rd Tuesdays

The Tuesday Nia Technique class at the MEG center is as follows at 1:30 p.m.:

- February 7th
- February 21st

## Spanish Classes for Beginners

Do you want an introduction on conversational Spanish? Sister Jo will be teaching a class from 9:30 – 10:30 a.m. on Wednesdays at Ventana de Vida Senior Center. Join her beginning in February!

## ICAN Nutrition Classes Available at Senior Centers

ICAN is a program of the New Mexico State University Cooperative Extension Service and is available free-of-charge to limited resource individuals, families, organizations and schools. ICAN offers classes that can help you:

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

Attend an ICAN class at either the Mary Esther Gonzales (MEG) or Ventana de Vida Senior Center! The dates/times are as follows at 1 p.m.:

- Ventana: Friday, February 10th
- MEG: Tuesday, March 14th
- Ventana: Friday, April 7th

For more information please contact Renee at (505) 471-4711.

## Blood Pressure, Blood Sugar & Oxygen Level Tests Dates

All tests are free and open to anyone age 60 or older. Following the tests is a brief, free medical consultation based on test results. Tests are conducted by Lupe Gonzales, LPN on the following dates:

Luisa – Wednesday, February 1	11 – noon
Pasatiempo – Wed. Feb. 8	10:30 a.m. – noon
MEG – Wednesday, February 15	11 – noon
Ventana – Wednesday, Feb. 22	11 – noon
Villa Consuelo – Tues., Feb. 28	10 – 11 a.m.

## Are you a Veteran?

Did you serve in World War II, Korea or Vietnam? If you did, then get your service experience filmed free of charge for a Veterans Oral History Project. One copy of your interview will be sent to the Library of Congress, one copy to the University of Texas, one copy for the Bataan Memorial Museum and one for you or your family. Just call Albert at (505) 955-4715 and leave your name and contact information and the project staff will make arrangements to interview you.

# HEALTH & SAFETY

FEBRUARY - 2017



Everyday Fitness Ideas from the National Institute on Aging at NIH  
[www.nia.nih.gov/Go4Life](http://www.nia.nih.gov/Go4Life)

## Heart Health

**Just like an engine makes a car go, your heart keeps your body running. As you grow older, some changes in the heart and blood vessels are normal, but others are caused by disease.**

Choices you might make every day can contribute to heart disease. Do you smoke? Are you overweight? Do you spend the day sitting at a desk or in front of the TV? Do you avoid doing exercise? Do you drink a lot of alcohol? If you answered yes to one or more of these questions, making healthy lifestyle changes might help you prevent or delay heart disease.

**Take the following steps to keep your heart healthy:**

**Be more physically active.** Aim for 30 minutes of moderate-intensity activity on most or all days of the week. Every day is best. It doesn't have to be done all at once; 10-minute periods will do. Start by doing activities you enjoy—brisk walking, dancing, swimming, bicycling, or playing basketball or tennis.

**If you smoke, quit.** It's never too late to get some benefit from quitting smoking.

**Follow a heart healthy diet.** Choose low-fat foods and those that are low in salt. Eat plenty of fruits and vegetables, and foods high in fiber. Following a healthy eating plan and being physically active might help you.

**Keep a healthy weight.** Your healthcare provider can check your weight and height to learn your BMI (body mass index). A BMI of 25 or higher means you are at risk for heart disease, as well as diabetes and other health conditions. Following a healthy eating plan and being physically active might help you.



### Quick Tip

For information on heart-healthy eating plans, visit the National Heart, Lung, and Blood Institute at NIH website at [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

### VISIT

[www.nia.nih.gov/Go4Life](http://www.nia.nih.gov/Go4Life)

- Read more tips for adding physical activity to your day.
- Print useful tools.
- Share your exercise story.



Go4Life is a registered trademark of the U.S. Department of Health and Human Services.

**According to the American Heart Association, heart disease is the leading cause of death for men and women in the United States. Every year, 1 in 4 deaths are caused by heart disease.** The good news? Heart disease can often be prevented when people make healthy choices and manage their health conditions. Communities, health professionals, and families can work together to create opportunities for people to make healthier choices. Make a difference in your community: Spread the word about strategies for preventing heart disease and encourage people to live heart healthy lives.



## ***LEGAL & CONSUMER***

FEBRUARY - 2017

### **How to help surviving Spouse/Family Members find important Documents**

Article by Anke Mihalas, RSVP Volunteer

If you have not been there yet, believe me, you do not want to have your spouse/parent die and not have a clue where to start finding important documents.

I created a simple spreadsheet several years ago with the names, addresses, phone numbers, account numbers, log-ins, passwords of my regular billers, also dates that bills are due. This is for utilities, credit cards, insurance companies and any other regular bills I have to pay.

I have a separate spreadsheet with names of my attorney, tax man, bank and retirement accounts, and investment information with addresses, account numbers, log-ins, and passwords. All your accounts with financial institutions should have TOD (Transfer on Death) information, which includes names, addresses, and the relationship of those getting what monies are in your accounts.

I tell my children at least once a year where to find all the documents and who needs to be notified immediately, i.e. Social Security and any retirement or annuity companies to stop any payments because these payments will have to be paid back if received after death.

There is a block in most peoples' minds when it comes to talking about death. It may help you to remember that we all will go there one day, some sooner, some later, no exception. So let us talk about it with our family, let them know important details. Do you want a church funeral, a service at the funeral home, or a memorial get-together at home? What kind of music do you want to have played, if any?

I have also discussed with my children what to do with my body when I am gone. Personally, I have signed paperwork for anatomical donation, meaning that my body will go to the UNM Medical School and I have a donor card in my billfold with the number to call when that time comes. My children chose to have the ashes returned to them when the time comes and they can do what they choose to do with the ashes. I won't be there and wish as few special instructions for my children as possible.

Let your spouse/family members know what your wishes are: simple cremation, burial, do you have something prepaid? If so, where is the paperwork with information such as the company, their phone number, the documents showing if you are paid up or how much is paid? If a veteran dies, the surviving family needs documentation for possible military burial.

Entering 2017, you can start the year by taking a big ring binder or a briefcase and organizing your paperwork. Collect your documents, your medical directives, your will and/or trust documents, title to your home and/or car, insurance policies, retirement accounts (401K, IRA, annuities), brokerage accounts, pensions, etc. You can use some clear plastic covers to enclose your birth certificate, marriage and/or divorce certificates, copy of Social Security card, drivers' license, passport and get it all in one place!

So let us help our loved ones, let us get our affairs in order now, and let us get our documents together in one place. It is hard enough for the spouse/family to cope with the death of a loved one; we can help by having clear instructions and necessary paperwork in order and accessible.



# SENIOR OLYMPICS

FEBRUARY - 2017

## Regular Registration

MEG Senior Center (1121 Alto Street)

January 9<sup>th</sup> – February 17<sup>th</sup>

8:30 a.m. – 4:30 p.m.

\$15 registration fee

Genoveva Chavez Community Center

(3221 Rodeo Road)

Friday, February 10<sup>th</sup> 8 a.m. – noon

Wednesday, February 15<sup>th</sup> 8 a.m. – noon

\$15 registration fee

## Late Registration

MEG Senior Center (1121 Alto Street)

February 20<sup>th</sup> – February 24<sup>th</sup>

8:30 a.m. – 4:30 p.m.

\$25 fee

Eligible Senior Olympic participants will be given a 15 punch pass (for 15 free visits) to all three City of Santa Fe Recreational centers (GCCC,

Fort Marcy, and Salvador Perez). The cards will be issued in June at each of these facilities.

## March Olympic events are as follows:

- March 14-15 Air Pistol/Air Rifle at TBA
- March 16 Basketball free throw at GCCC
- March 17-19 Racquetball at GCCC
- March 18 Swimming at GCCC
- March 28 Bowling Singles at Cities of Gold
- March 29 Pickle ball mixed doubles at GCCC
- March 30 Bowling Doubles at Cities of Gold
- March 31 Pickle ball singles & doubles at GCCC

If you have any questions please don't hesitate to call me at (505) 795-3817 or send an email to [cavilla@santafenm.gov](mailto:cavilla@santafenm.gov)

Good luck Olympians! Until next month,  
-Cristina Villa

## NUTRITION EDUCATION

### National Institute on Aging – What's on your plate?

(Via U.S. Department of Health and Human Services)

#### Weight issues adding to frailty?

Older people who don't get enough of the right nutrients can be too thin or too heavy. Some may be too thin because they don't get enough food. But others might be overweight partly because they get too much of the wrong types of foods. Keeping track of what you are eating could help you see which foods you should eat less of, more of, or not at all.

Obesity is a growing problem in the United States, and the number of older people who are overweight or obese is also increasing. But frailty is also a problem, and not just in thin people. As you grow older, you can lose muscle strength, but you also get more fat tissue.

This can make you frail, and in time, you might have problems getting around and taking care of yourself. Being overweight puts you more at risk for frailty and disability.

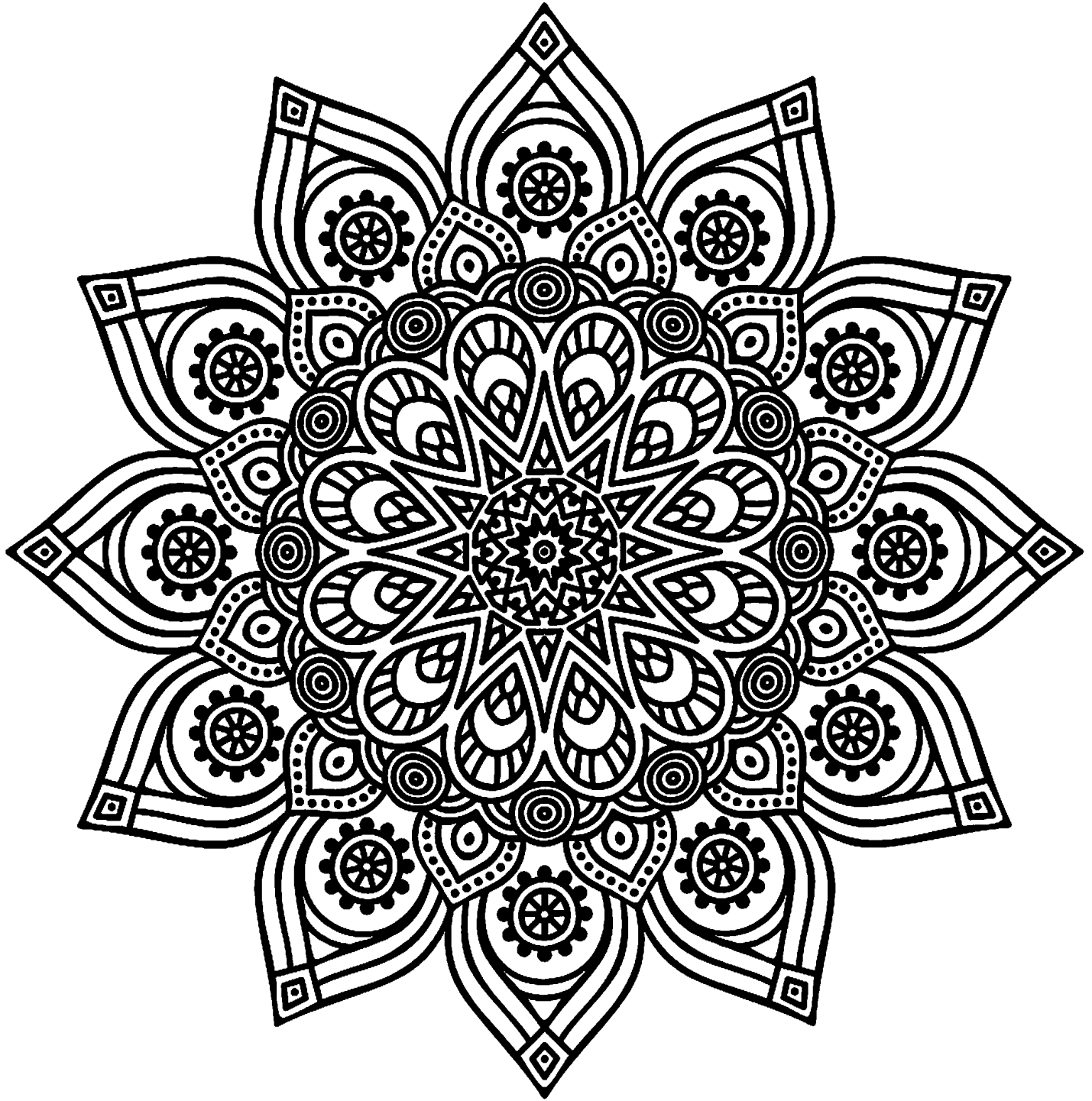
But, just losing weight is not necessarily the answer. That's because sometimes when older people lose weight, they lose even more muscle than they already have lost. That puts them at greater risk for becoming frail and falling. They also might lose bone strength and be at more risk for a broken bone after a fall. Exercise helps you keep muscle and bone. Also, for some people, a few extra pounds late in life can act as a safety net should they get a

serious illness that limits how much they can eat for a while.

The 2010 Dietary Guidelines encourage people 65 and older who are overweight to try to avoid gaining more weight. But, those who are very overweight (obese) might be helped by intentional weight loss, especially if they are at risk for heart disease, suggest the Guidelines. So, if you think you weigh too much, check with your doctor before starting a diet. He or she can decide whether or not losing a few pounds will be good for you and how you can safely lose weight.

*COLORING PAGE*

FEBRUARY - 2017



# PUZZLE 39

**ACROSS**

- 1. Campfire refuse
- 6. Diddly-oo-bop
- 10. Actress Moore
- 14. Lois's pal
- 15. Major or Minor
- 16. Arabian noble
- 17. Country comic and novelist: 3 wds.
- 20. 911 people: abbr.
- 21. Squirrel home
- 22. Stimulates
- 23. Fidget
- 24. Loot for the Knave of Hearts
- 25. Game fish
- 28. Sled
- 29. Bath
- 32. Tradename cookies
- 33. Barn adjunct
- 34. Comic Freberg
- 35. Horror author meets simian star
- 38. Type of line or step
- 39. Way-down
- 40. Water with a mouth
- 41. Assent
- 42. Don \_\_\_\_
- 43. No buts about it
- 44. Call's partner
- 45. Rhymer

- 46. Showy shrub
- 49. Amorous deity
- 50. Spelling contest
- 53. "God's Little Acre" star meets leading man: 3 wds.
- 56. Singles
- 57. Get paid
- 58. Sheds
- 59. Espouses
- 60. Search
- 61. Scratch out

- 7. Algonquian language
- 8. Fit \_\_\_\_ fiddle: 2 wds.
- 9. Herb for a vinegar
- 10. Opening
- 11. Flightless birds
- 12. Farmer's wife's victims
- 13. Annoys
- 18. Hibernia
- 19. Old wives' tales

**DOWN**

- 1. Zenith
- 2. \_\_\_\_ pickings
- 3. Artist Holbein
- 4. Marine raptor
- 5. Antsy
- 6. Great!

- 23. Inclined plane
- 24. Bell-shaped blossom
- 25. Unlike a rolling stone
- 26. Bandleader Shaw
- 27. Musical pipes
- 28. Compare
- 29. Pot spot
- 30. Switchboard
- 31. Huffy
- 33. Skulk
- 34. Go around
- 36. Makes lessons stick
- 37. Macabre
- 42. Hoot
- 43. By and by
- 44. Approve
- 45. Escapade
- 46. "All in \_\_\_\_": 2 wds.
- 47. District
- 48. Under covers
- 49. Bronte heroine
- 50. Actor Lugosi
- 51. Vittles
- 52. Otherwise
- 54. "The Facts of Life" star
- 55. Conjunction

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			



Everett Collection®

53

*Jazz Singer*

Ella Fitzgerald got her big break at age 17 when she won an amateur contest at New York's Apollo Theater. She worked her way up through the ranks, from band singer of swing tunes to one of the best jazz artists on the American music scene, racking up 13 Grammy Awards during her long and illustrious musical career.

- "A LITTLE Bit Later On"
- "ALL MY LIFE"
- "A-TISKET A-Tasket"
- BALLADS
- CAREER
- "CHEWIN' Gum"
- "DEVOTING My Time to You"
- "GOODNIGHT My Love"
- "I GOT RHYTHM"
- "I'LL CHASE the Blues Away"
- "IT'S A BLUE World"
- JAZZ
- "LOVE AND KISSES"
- "LOVE, YOU'RE Just a Laugh"
- "MAKE Believe"
- "MY LAST Affair"
- NEWPORT News, Va. (birthplace)

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

- "ONE MOMENT Please"
- "ORGAN Grinder's Swing"
- PERFORMER
- POPULAR
- RANGE
- RECORDINGS
- "SHINE"
- SINGER
- "SING SONG Swing"
- SONGS
- "SUGAR Blues"
- VOICE

# PUZZLE ANSWERS

FEBRUARY - 2017

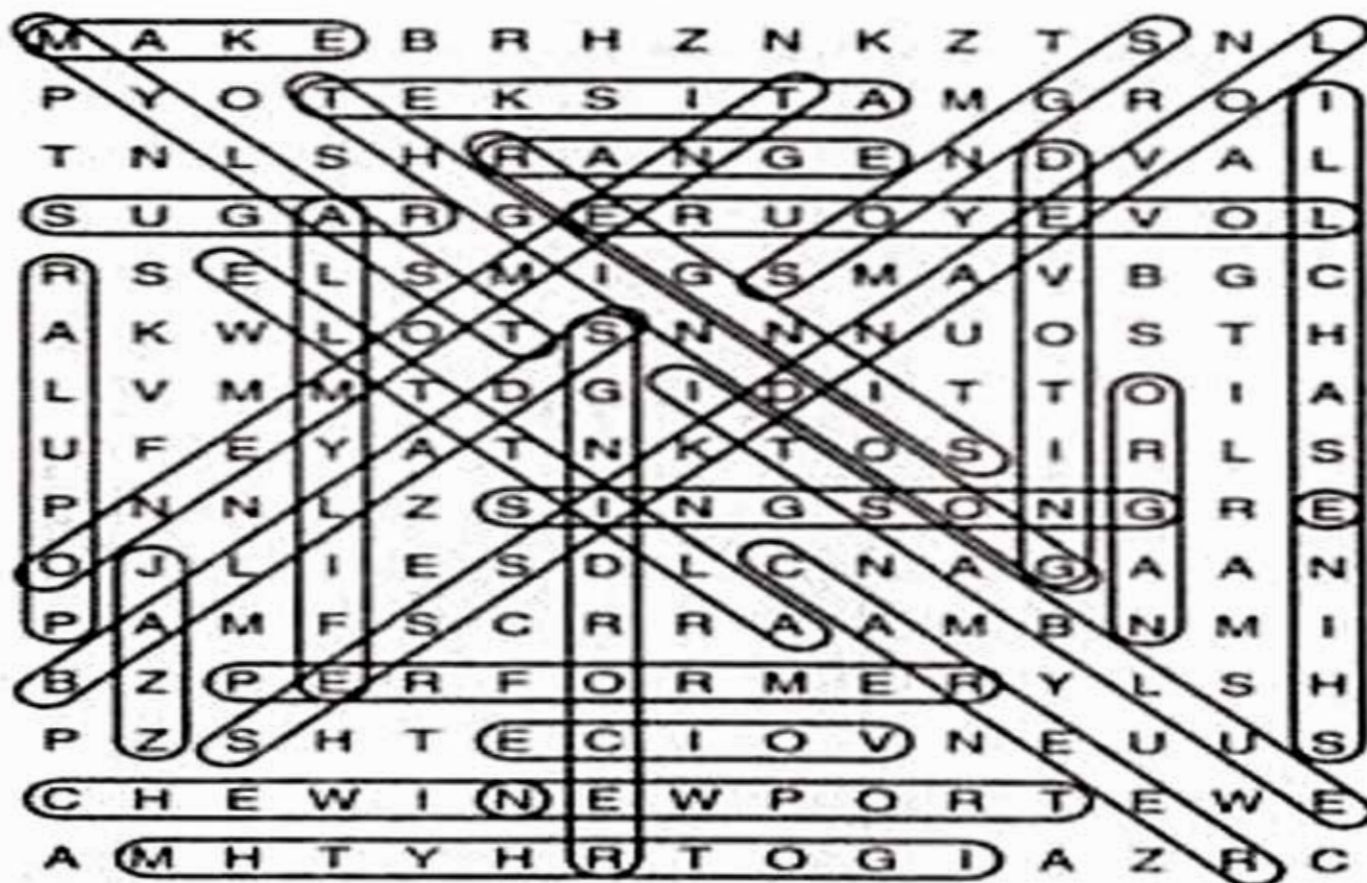
## PUZZLE 39

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

## SUDOKU GRID

puzzle on page 22

1	7	3	2	6	9	5	8	4
5	8	9	4	1	3	6	7	2
4	2	6	7	5	8	1	9	3
2	9	1	5	8	4	7	3	6
3	4	5	6	7	2	8	1	9
8	6	7	9	3	1	2	4	5
9	1	4	8	2	6	3	5	7
6	5	8	3	4	7	9	2	1
7	3	2	1	9	5	4	6	8



# BREAKFAST MENU

FEBRUARY - 2017

Breakfast is served Monday – Friday from 7:30-8:30 a.m. at MEG, Luisa, Pasatiempo, and Ventana de Vida Senior Centers. There is a suggested donation of \$1 for seniors 60 and over and a fee of \$9.34 for non-seniors (59 and younger). \*Milk is served with each meal.\*

Please print your name clearly on our meal sheets when eating at centers.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Please Note: Menu is subject to change.</b>		<b>1</b> Huevos Rancheros w/egg, cheese, beans, corn tortilla Salsa	<b>2</b> Scrambled egg Cheese, potatoes Red chile Margarine	<b>3</b> Sausage Hash browns Small roll Jelly, salsa
<b>6</b> Scrambled egg Sausage Potatoes Salsa, margarine	<b>7</b> Scrambled egg French toast Bacon, syrup Fruit juice	<b>8</b> Sausage, cheese Red chile Small roll Jelly	<b>9</b> Ham & cheese biscuit Salsa, jelly	<b>10</b> Breakfast burrito w/scrambled egg Cheese, bacon Green chile
<b>13</b> Scrambled egg Grilled peppers Hash browns Toast, bacon, cheese	<b>14</b> Sausage, cheese Potatoes Green chile Margarine	<b>15</b> Breakfast burrito w/scrambled egg Cheese, bacon Potatoes, salsa	<b>16</b> Diced ham Cheese, potatoes Peppers & onions Toast	<b>17</b> Scrambled egg Cheese, bacon Tortilla Salsa
<b>20</b> Grilled ham Cheese Red chile Small roll, jelly	<b>21</b> Breakfast burrito w/scrambled egg Cheese, bacon salsa	<b>22</b> Pancakes Maple syrup Sausage Tomato juice	<b>23</b> Scrambled egg Hash browns Small roll Salsa, jelly	<b>24</b> Ham & cheese biscuit Salsa Jelly
<b>27</b> Waffles Maple syrup Sausage Tomato juice	<b>28</b> Boiled eggs Potatoes, salsa Small roll Toast, margarine			

## SUDOKU

Each puzzle consists of a 9x9 Sudoku grid. The object is to fill all empty squares so that the numbers 1 to 9 appear exactly once in each row, once in each column and once in each 3x3 box. In each Sudoku puzzle, several digits have already been entered and may not be changed. Your job is to fill the remainder of the grid using those numbers that are already there as clues.

	8	9	4	1				
		6	7			1	9	3
2						7		
3	4		6				1	
			9					5
				2			5	
6	5			4			2	
7	3		1					

# SENIOR CENTER LUNCH MENU

## FEBRUARY 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MENU IS SUBJECT TO CHANGE.</b>	<b>Please Note:</b> Milk is served with each meal.	<b>1</b> <b>Chicken Taco</b> with Garnish Pinto Beans Calabacitas Jello with Mixed Fruit	<b>2</b> <b>Chicken Fried Steak</b> Mashed Potatoes with Brown Gravy Green Beans Whole Wheat Roll with Margarine Apple Cobbler	<b>3</b> <b>Lasagna</b> Green Salad with Dressing Mixed Veggies French Bread Tropical Fruit
<b>6</b> <b>Baked Pork Chop</b> Mixed Veggies Whole Wheat Roll with Margarine Scalloped Apples	<b>7</b> <b>Frito Pie</b> with Pinto Beans and Red Chile Sauce White Cake Chilled Apricots	<b>8</b> <b>Chicken with Noodles</b> Peas & Carrots Cornbread with Butter Fruit Salad	<b>9</b> <b>Beef Steak</b> with Veggie Topping Steamed Spinach Parmesan Potatoes Whole Wheat Roll Lemon Bar	<b>10</b> <b>Green Chile Cheeseburger</b> Ranch Beans Onion Rings Chilled Applesauce
<b>13</b> <b>Burrito Supreme</b> Spanish Rice Tossed Salad with Dressing Chilled Apricots	<b>14</b> <b>Pork Roast</b> Mashed Potatoes Brown Gravy Asparagus Whole Wheat Roll Applesauce	<b>15</b> <b>Beef Stir Fry</b> Steamed White Rice Stir Fry Veggies Whole Wheat Roll with Margarine Chilled Pears	<b>16</b> <b>Chicken Fajitas</b> Garnish & Salsa Flour Tortilla Chile Beans with Cheese Jello with Oranges	<b>17</b> <b>Salisbury Steak</b> Mushroom Gravy Mashed Potatoes Steamed Spinach Whole Wheat Roll Tropical Fruit
<b>20</b> <b>Pepper Steak</b> Yams California Veggies Whole Wheat Roll Cherry Cobbler	<b>21</b> <b>BBQ Chicken Thighs</b> Coleslaw Green Beans Whole Wheat Roll with Margarine Chocolate Pudding	<b>22</b> <b>Beef Tips over Rice</b> Steamed Broccoli Tossed Salad with Dressing Whole Wheat Roll with Margarine Pears	<b>23</b> <b>Glazed Ham</b> Mashed Potatoes Green Beans Whole Wheat Roll with Margarine Sugar Cookie	<b>24</b> <b>Baked Chicken</b> Wild Rice Carrot Raisin Salad Biscuit with Margarine Mandarine Oranges
<b>27</b> <b>Beef Taco</b> with Garnish & Salsa Spanish Rice Salsa Corn Apricots	<b>28</b> <b>Green Chile Chicken Enchiladas</b> Pinto Beans Spanish Rice Jello with Mixed Fruit	<b>01-Mar</b> <b>Tuna with Macaroni</b> Tossed Salad with Dressing Saltine Crackers	<b>02-Mar</b> <b>Salisbury Steak</b> Mashed Potatoes Mushroom Gravy Spinach Whole Wheat Roll Tropical Fruit	<b>03-Mar</b> <b>Baked Fish Fillet</b> Parsley Potatoes Coleslaw Whole Wheat Roll Chocolate Pudding

**Senior Meal Suggested Donation: Breakfast \$1.00 --- Lunch \$1.50**

**Lunch is served at: MEG, Luisa, Pasatiempo, Ventana de Vida and Villa Consuelo Senior Centers  
11 am - 12:30 pm Monday through Friday**

**\*Please print your name clearly on our meal sheets when eating at any of the centers.\***



City of Santa Fe

# Senior Center Locations

**Legend**

- City Senior Center Location
- Down Town
- City Limits

**Mary Esther Gonzales (MEG)**  
 (505) 955-4721  
 1121 Alto Street

**Pasatiempo**  
 (505) 955-6433  
 664 Alta Vista Street

**Ventana de Vida**  
 (505) 955-6731  
 1500 Pacheco Street

**Luisa**  
 (505) 955-4717  
 1500 Luisa Street  
 (entrance on Columbia St)

**Villa Consuelo**  
 (505) 474-5431  
 1200 Camino Consuelo

