

# ***THE SENIOR SCENE***

**OLDER  
AMERICANS  
MONTH**



AGE OUT LOUD: MAY 2017



**Programs and Activities for Older Adults  
Programas y Actividades para Adultos Mayores**

**Offered by: Division of Senior Services**



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

**MAY  
2017**



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

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

**MAY - 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 3)**

Fran Rodriguez, Project Manager/ Dispatch

Robert Chavez, Project/Fleet Manager

Linda Quesada-Ortiz, Administrative Assistant

### **Nutrition**

Yvette Sweeney, Program Administrator

Enrique DeLora, Inventory Supervisor

FAX Machine - Nutrition

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

Carlos Sandoval, Program Supervisor

Vacant, 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**

**(866) 824-8714**

955-4710

955-4721

955-4741

955-4797

955-4722

**955-4700**

955-4702

955-4702

955-4756

955-4739

955-4750

955-4794

955-4748

955-4740

955-4747

955-4711

955-4715

955-4725

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

Theresa Trujillo, Program Supervisor

Katie Ortiz, Clerk Typist

955-4745

955-4746

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

Melanie Montoya, Volunteer Prog. Admin.

Romella Glorioso-Moss, Special Projects Admin.

955-4761

955-4744

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

Triston Lovato-Armstrong, RSVP Administrator

Marisa Romero, Program Coordinator

FAX Machine - RSVP Office

955-4760

955-4743

955-4765

### **50+ Senior Olympics**

Cristina Villa, Program Coordinator

795-3817

### **Miscellaneous**

Craft Room

Pool (Billiard) Room

955-4736

955-4737

### **Other Important Numbers**

Santa Fe Civic Housing Authority

Santa Fe County Information

Santa Fe County Mobile Health Van

988-2859

992-3069

231-2382

### **Newsletter Production**

Triston Lovato-Armstrong, Editor/Distribution

Gil Martinez, Graphic Artist

Mela Sanchez, Mailing Distribution

Christella Vigil, Mailing Distribution

Anna Mae Gallegos, Mailing Distribution

955-4760

# SENIOR SERVICES PROGRAM INFORMATION

MAY - 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 Office or 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: **Demand has increased and so has the wait time. We appreciate your patience.**  
**\* May 9th - last call for pickup is 1:45 pm**  
**\* May 29th - closed for Memorial Day**
- 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

MAY - 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 May:

01 – Fort Marcy	9 am – 1 pm
02 – Eldorado Senior Center	10 am – 2 pm
03 – Santa Fe Community College	10 am – 2 pm
Free Mental Health Screenings	
04 – Encino Villa	10 am – 2 pm
05 – Salvador Perez Pool	noon – 2 pm
<b>06 – No van out</b>	
07 – Santa Fe Recovery Center	9 am – 1 pm
08 – Pasatiempo Senior Center	9 am – 1 pm
Free Mental Health Screenings	
09 – Chimayo Senior Center	10 am – 2 pm
10 – Solana Shopping Center	10 am – 2 pm
Free Mental Health Screenings	
11 – Campo Alegria	9 – 11 am
Villa Alegre	11:15 am – 1:30 pm
12 – Casa Villita	10 am – 2 pm
<b>13 – No van out</b>	
14 – Santa Fe Recovery Center	9 am – 1 pm
15 – Casa Rufina Apartments	9 am – 1 pm
16 – St. John's Methodist Church	9 am – 1 pm
17 – El Rancho Senior Center	9 am – 1 pm
18 – Santa Cruz Senior Center	9 am – 1 pm
19 – Ventana de Vida Sr Center	10 am – 2 pm
<b>20 – No van out</b>	
21 – Santa Fe Recovery Center	9 am – 1 pm
22 – Villa Consuelo Senior Center	9 am – 1 pm
Free Mental Health Screenings	
23 – Luisa Senior Center	10 am – 2 pm
24 – Edgewood Senior Center	10 am – 2 pm
<b>25 – Van not out</b>	
<b>26 – Van not out</b>	
<b>27 – Van not out</b>	
28 – Genoveva Chavez Comm Ctr	9 am – 1 pm
<b>29 – Van not out – Memorial Day Holiday</b>	
<b>30 – Van not out</b>	
31 – Pojoaque Grocery Store	10 am – 2 pm

## Luisa Senior Center Open during Construction

Please take note that the Luisa Senior Center located at 1500 Luisa Street remains open during the housing unit construction. The main entrance on Columbia Street is closed, so you will need to enter via San Mateo and then turn onto Luisa Street; this will take you to an entrance on the backside of the senior center.

## Senior Transportation News

All senior transportation vans are equipped with the ability to charge battery operated oxygen packs. So please bring your charging cords if you would like to use this service! Also, a reminder that drivers may arrive up to 15 minutes before/after your scheduled pick-up time from home. Please note that due to an increase in demand, this has increased pick-up time from your destination. We appreciate your patience!

**Please Note:** Due to mandatory staff training transportation will operate on shorter hours the first two Tuesdays in May. Thank you for your understanding.

- May 2 – last call for pickup is 2:45 p.m.
- May 9 – last call for pickup is 1:45 p.m.

## FREE Foreclosure Workshop

Foreclosure is a complicated legal process. New Mexico Legal Aid will be holding a free workshop open to all homeowners who are in foreclosure or will soon be facing foreclosure. The workshop will take place on Friday, May 26, 2017 at 1:30 p.m. at the Mary Esther Gonzales Senior Center. An attorney with experience in foreclosure defense will summarize the law and court process for foreclosures, discuss alternatives to foreclosure, and hold a question and answer session. If you have received a court summons and complaint please bring it to the workshop. Please call (505) 814-6669 with any 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.



# NEWS & VIEWS

MAY - 2017

## In Remembrance



**Tillie Trujillo, age 82,** beloved mom, grandma, great-grandma, friend and devoted wife passed away peacefully on March 17, 2017 in her home after a brief illness. Tillie was born in Santa Fe, New Mexico and never left her hometown. She was a faithful and lifelong parishioner of St. Anne Parish. Tillie is survived

by her sons Joseph, Andy and Patrick (Eileen), daughter Theresa (Cris), grandchildren Joseph II (Katie), Jessica, Jennifer, Jonathan (Courtney), Marissa (Jacob), Brenda, Brianna, Shawn (Laura), Jeremiah and special granddaughter Jackie (Joe), sister Mary Duran, as well as many great-grandchildren and many nieces, nephews and cousins. For over 18 years, Tillie was a Foster Grandparent volunteer, spending the majority of her volunteer time at La Comunidad De Los Ninos Head Start. She was known for her calmness and the ability to work with the babies and children in a loving manner. She will be greatly missed by her family and friends.

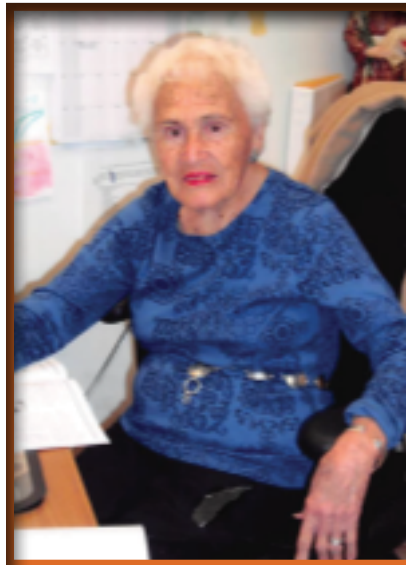


### Robert A. Rotunno

of Santa Fe, NM died peacefully at home on March 21, 2017 surrounded by family. Robert was born in Santa Fe, NM on October 26, 1935. Preceded in death by his parents Angelo and Eufrosina "Flossie", his sons Eric Angelo and Gilbert Joseph and his brothers Roland, Ronald and Richard Rotunno.

He is survived by his wife Elsey Mae, son Steve Rotunno (Sharon), daughters Cindy Mount (Jeff), Lorraine Rotunno, Nancy Rotunno, Gilda Montano (Tomas) and step daughter Lenora Anatra (Robert). Martha Luna Rotunno the mother of his children. His grandchildren: Melanie, Erica (Jessie), Lisa (Armando), Justin (Andrea), Milton Edwards, Angelo (Joanna), Stefanie, Shawna (Shawn), Lucia, Samantha (Jamie), Anthony, Nathan (Kim), Amanda and Philip. Great-grandchildren: Isabella, Isaiah, Aaron, Isaac, Addison, Isabell, Aiden, Eden, Gabriel, Ava, Luciano, Kennedy and Anthony; And many nieces, nephews, cousins, friends and family.

## In Remembrance



**Marie A. Grahn** passed away peacefully on April 3, 2017. Marie was born on December 31, 1917 to her parents Mr. and Mrs. M.A. Vigil in El Paso, TX. She is survived by son Fritz A. Moeller and daughter Patricia A. Moeller; she is preceded in death by husband William H. Grahn, daughter Janice Kay Moeller. Marie volunteered

at the Mary Esther Gonzales Senior Center from 1994 to 2011 and volunteered for various other organizations. Marie will be greatly missed.

## The Art of Sustainability Workshop

Please join us as the Center for Well Being and Dr. Laura Dabby Musuvathy, SRI Facilitator and Wellness Educator informs us on what it takes to combat burnout and overwhelm, and how to keep yourself JUICED and ENERGIZED for your life and your community. Also, she will provide an introduction to SRI (Somato-Respiratory Integration) body-mind connection class to increase presence and awareness. The workshop will take place on Thursday, May 11 from 9-10:30 a.m. in the Mary Esther Gonzales Senior Center dining room. All are welcome to attend.

## Bone Builders and Bone Breakers

Join Shane with Natural Grocers in the MEG Senior Center boardroom on Wednesday, May 31 at noon. It's never too late to build bone health! Unfortunately, simply drinking milk is not enough to keep bones healthy. Perhaps that's why millions of Americans have osteoporosis. Bones are living tissues that respond to bone building care throughout life. Support lifelong bone health by knowing how to get all the nutrients your bones need.

## Flora's Corner

"We are never really happy until we try to brighten the lives of others." – Helen Keller



# NEWS & VIEWS

MAY - 2017

## Parkinson's Coalition: Classes in Santa Fe for dealing with Parkinson's disease

### NIA Moving to Heal taught by Jamie Klein; 214-395-8584

Mondays & Fridays: 1:30 – 2:45 p.m. at Studio Nia, 851 San Mateo. Cost \$13/class. Caregivers are FREE.

### PWR!Move (Parkinson's Wellness Recovery) taught by Linda Ozier; 505-322-5422

Second & fourth Tuesdays: 1:30 – 2:30 p.m. at Kingston Residence, Angel Fire Room, 2400 Legacy Ct. Cost \$10/class. Caregivers are FREE.

### Santa Fe Parkinson's Chorus directed by Lina Ramos

Thursdays: 11 a.m. – 12:15 p.m. at St. Bede's Episcopal Church, San Mateo at St. Francis. Go East (towards the mountains) on San Mateo and it's on the right. Cost \$10/person. Contact Marcia DeGarmo for info 505-820-0219 (h), 505-469-7438 (c).

### Qigong for Parkinsons taught by Sonny Smyth; 505-913-3820

Thursdays: 9:30 – 10:45 a.m. at the Christus St. Vincent Holistic Wellness Center, 490-B West Zia Rd., Suite #4. Cost \$10/person.

### Rock Steady Boxing taught by Adrienne Shurbet; 505-930-1168

Monday, Wednesday & Saturday: Noon – 1:30 p.m. at the Movement Studio, 1807 Second Ave, #15. Cost \$20/class.

### Living Well with Alzheimer's and Dementia – Caregiver Support Group

Please join nationally recognized Alzheimer's specialist, Jytte Fogh Lokvig, Ph.D. for a talk on effective caregiving, communication, and problem-solving. This group discussion will take place on Thursday, June 8 from 1:30 to 4:30 p.m. at the Mary Esther Gonzales Senior Center (1121 Alto Street). Refreshments will be provided and new faces are welcome! Call Theresa Trujillo at (505) 955-4745 to reserve a spot today.

## Master Gardener Annual Garden Fair Saturday, May 6 from 9 a.m. to 1 p.m.



Join the Master Gardeners for their 13th annual garden fair at the Santa Fe County Fairgrounds (3229 Rodeo Road). This FREE event will feature a plant sale including: perennials, annuals, vegetables, herbs, roses, trees, shrubs, vines, and cactus. There will also be demos, tool sharpening, and the Jr. Gardener Corner. For more information please visit [www.sfmga.org](http://www.sfmga.org).

## Let's Grow! Cactus Propagation Saturday, May 13 from 9 to 11 a.m.

Part of the free Let's Grow series sponsored by the Santa Fe Master Gardeners, this event will teach you how to divide and grow more cactus. Tips will be provided on soil preparation, planting and maintenance and there will be demos every half-hour. For more information please visit [www.sfmga.org](http://www.sfmga.org). Don't miss out on these wonderful events!



## Villa Consuelo Seniors Make Thank You Quilt

The Villa Consuelo Seniors show their appreciation to the Food Depot for all that they do for them. Thank you Food Depot!

## Happy Birthday to these FGP/SCP volunteers!

Mary Baca	5/7
Benerita Morales	5/18
Bella Campos	5/24
Mery Rios	5/28



# AT - A - GLANCE

MAY - 2017



Top photos: Mayor Javier Gonzales, City Councilor Signe Lindell, and Santa Fe County Commissioner Anna Hansen honor volunteers on "Mayor and County Day of Recognition for National Service." Photos by Anna Hansen, Santa Fe County Commissioner, District 2.

Bottom photos: Mayor Gonzales discusses the City of Santa Fe budget with seniors at the Mary Esther Gonzales Senior Center and takes questions and feedback. Photos by Ted Yamada.







# NEW MEXICO & COLORADO

**SANTA FE SENIOR CENTER OCTOBER 1 - 5, 2017**

**Day 1 - October 1 (Sun) - Depart Santa Fe, NM - Royal Gorge, CO - Colorado Springs**

Join your traveling companions and Cosmos Tour Director for your tour departure. Leave Santa Fe and drive north to Colorado Springs, Colorado, stopping at the ROYAL GORGE BRIDGE en route. Walk across the world's highest suspension bridge and marvel at the rugged rock walls that plunge more than 1,000 feet down to the Arkansas River. Continue to Colorado Springs, home to the U.S. Olympic Training Center.

**Day 2 - October 2 (Mon) - Colorado Springs - Denver - Black Hawk**

Take the PIKES PEAK COG RAILWAY up to the summit of 14,110-foot Pikes Peak, the place that inspired Katharine Lee Bates to write America the Beautiful. We then explore GARDEN OF THE GODS, featuring 300-foot towering sandstone rock formations against a backdrop of snowcapped Pikes Peak and brilliant blue skies. This afternoon, head north to Denver, and stop at the MOTHER CABRINI SHRINE. The Mother Cabrini Shrine is a shrine in honor of the Sacred Heart of Jesus and St. Frances Xavier Cabrini. Originally a summer camp for the girls from the Queen of Heaven Orphanage, the property became a place of prayer, pilgrimage and devotion after the canonization of St. Cabrini in 1946. Then it's on to the beautiful Colorado mountains for your overnight in Black Hawk. You are free to explore the many available casinos located in this National Historic District. (Breakfast)

**Day 3 - October 3 (Tues) - Black Hawk - Georgetown Loop Railroad - Glenwood Springs**

You have the morning at leisure to continue gambling, fill up at a buffet, or walk the streets of this one-of-a-kind historic mining settlement. Next, board the historic GEORGETOWN LOOP RAILROAD, sit back and relax as you enjoy the beauty of the rugged Rocky Mountains plus views of Clear Creek Canyon. Arrive in Glenwood Springs for the evening. Unpack your swimsuit and head down to the HOT SPRINGS for a relaxing soak. These are the world's largest and have been welcoming visitors for over 125 years. (Breakfast)

**Day 4 - October 4 (Wed) - Glenwood Springs - Silverton - Rail Journey to Durango**

Head south today through some of Colorado's most spectacular scenery. Arrive in Silverton, once a major mining town that owes its name to the bragging statement by an early miner: "We have no gold, but silver by the ton!" Board the DURANGO & SILVERTON NARROW-GAUGE RAILROAD for a scenic ride through San Juan National Forest. The legendary steam train hugs steep canyon walls as it winds its way through Rio de las Animas Canyon with vistas of snowcapped peaks. Arrive in Durango, a town born in the Gold Rush and silver-mining era. (Breakfast)

**Day 5 - October 5 (Thurs) - Durango - Mesa Verde National Park - Santa Fe, New Mexico**

This morning, visit MESA VERDE NATIONAL PARK, a UNESCO World Heritage Site. See Spruce Tree House, one of the best-preserved cliff dwellings. Also visit the museum that depicts the story of the people who once thrived on this 8,000-foot plateau, and stop at a great vantage point for pictures of Cliff Palace (one of the largest of the 700-year-old Anasazi dwellings). Return to Santa Fe for the end of your tour. (Breakfast)

Per person price \$1,089      Double Occupancy/Single \$1,382

Price includes: land tour, sightseeing, hotels and breakfast daily, and the services of a professional tour director. Travel Protection offered for \$149.00.

**To reserve your spot, please contact Mercy at (505) 986-1416  
or Corrine at (505) 986-1780.**

**10% cancellation fee will apply.**

**Cosmos®**

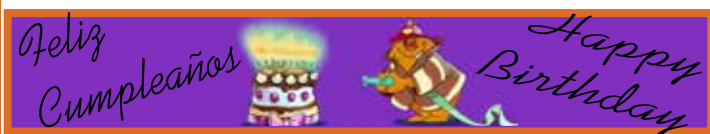


# RSVP (RETIRED SENIOR VOLUNTEER PROGRAM)

MAY - 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).**



## Volunteers born in MAY!

### RSVP

Madonna Luther	5/01
James Francis Bianca	5/02
Fabiola Guillen	5/03
Arcy Pena	5/03
Judy C. Valdez	5/03
Ray Blair	5/04
Carolyn Grant	5/05
Linda Payne	5/05
Pablo F. Griego	5/07
Correen M. Najjar	5/09
Mary Anne Ryan	5/09
Teofila Valdez	5/09
Ted Yamada	5/09
Dolores Griego	5/10
Cindy Hohenleitner	5/10
Virginia Montoya	5/10
Anne Regensberg	5/10
Mathew Frauwrith	5/11
Maurice Lierz	5/12
Rose Marie Trujillo	5/12
Connie Howley	5/13
Linda Muzio	5/13
Maria "Lupe" Gonzales	5/15
Luella Schaaf	5/15
Patricia Marciano	5/19
Virginia Martinez	5/22
Joe Meyers	5/22
Bernadette Montoya	5/22
Tilly K. Flood	5/26
Leonel Garza	5/26
Teodoro Romero	5/26
Flora S. Leyba	5/28
Lucy M. Gonzales	5/30
Robert R. Montoya	5/30
Wanda Morrison	5/30
Olivia Roybal	5/31

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

## SF Farmer's Market Institute Needs Volunteers

The Santa Fe Farmer's Market is kicking into its busy season and needs some volunteer assistance! An Information Booth Volunteer is needed to provide friendly, outgoing and helpful service to Market customers. This is a customer service oriented position and requires excellent written and verbal communication skills in interacting with a variety of individuals; calm under pressure and organizational skills are essential. Responsibilities include: helping with set-up and break-down of info booth, processing credit/debit transactions, answering general questions, and directing customers to vendor booths. Volunteers are currently needed Tuesdays and Saturdays from 7:30 a.m. to 1 p.m. Schedule will change slightly in June. Call Triston for more info!

## The New Mexico National Guard Museum Needs Civic Minded People like YOU

Do you know that New Mexico can claim the longest military history in our country, starting before the Spanish colonization of our state? From the Navajo Code Talkers to the Bataan Death March survivors, New Mexicans have played a major part in the freedom of our country. The NM National Guard Museum highlights these efforts of the brave New Mexican men and women that have served in all branches of the military. If you like working with people of all ages, the museum needs you! The following volunteer opportunities are available:

- **Volunteer docents:** needed to conduct tours with visitors and show NM's rich military history;
- **Office assistant:** organized individual needed to help with basic office duties;
- **Website assistant:** individual with computer skills needed to assist with website;
- **Living historian volunteer:** individuals needed to help with military re-enactments;
- **Mechanical volunteer:** individuals needed to help restore military vehicles.

The Museum is open Tuesday-Friday from 10 a.m. to 2 p.m. and volunteer hours are flexible. No military experience required and training will be provided to all volunteers working directly with the public. Call Triston to get started today!

# ONGOING ACTIVITIES

MAY - 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 Luisa during construction)

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 5/9, 5/23 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 10:30 am: DanceAbility 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		1:30-3 pm: Guitar forum

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



# UPCOMING ACTIVITIES

MAY - 2017

## 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:

- May 9
- June 13

## Cinco de Mayo at Luisa Senior Center

Come out and celebrate Cinco de Mayo at Luisa Senior Center. We will have Mariachi Encanto from 11 a.m. to noon, on Friday May 5. Don't miss out on great music!

## Monthly Senior Services Committee Meetings

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

Senior Olympics:	Wed., May 3 at 9:30 a.m.
Transportation/Nutrition:	No meeting in May
Advisory Board:	Wed., May 17 at 9:30 a.m.
Travel Committee:	Thurs., May 18 at 8:45 a.m.
SAC Board:	Thurs., May 18 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, May 1 at 9:30 a.m.
Villa Consuelo:	Monday, May 1 at 10 a.m.
Pasatiempo:	Monday, May 1 at 1 p.m.
Luisa:	Tuesday, May 2 at 9 a.m.

## Senior Center Mother's Day Celebrations

**Luisa:** All mothers are invited to come to the Luisa Senior Center on Friday, May 12 to receive a rose. They will be given out during the lunch hour.

**Pasatiempo Concert:** Stop by the Pasatiempo Senior Center on Friday, May 12 at noon for a concert to celebrate and honor mothers; performances by David Geist on piano and Bob Sinn singing. Everyone is welcome at this free event!

"A mother is she who can take the place of all others but whose place no one else can take."

- Cardinal Mermillod



## 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!

# UPCOMING ACTIVITIES

MAY - 2017

**Movie Day at Ventana De Vida Senior Center**  
**Wednesday, May 24, 2017 at 1 p.m.**  
**"Where to Invade Next"**  
 (2015 • R • 1h 50 m)



Written and directed by Michael Moore, this is a documentary film in the form of a travelogue. Moore travels to foreign countries on three different continents to experience their methods of dealing with social and economic problems like the ones we experience in the U.S. Optimistic, FUNNY, and

affirmative, the movie is rich in ideas that deserve to be discussed by liberals, conservatives and everyone else on the political spectrum.

**Movie Day at the MEG Senior Center**  
**Tuesday, May 30, 2017 at 1 p.m.**  
**"La Bamba"**  
 (1987 • PG-13 • 1h 49m)



Los Angeles teenager Ritchie Valens (Lou Diamond Phillips) becomes an overnight rock 'n' roll success in 1958, thanks to a love ballad called "Donna" that he wrote for his girlfriend (Danielle von Zernecke) whose parents didn't want her to date a Latino boy. But as his star rises, Valens has conflicts with his jealous brother, Bob

(Esai Morales), and becomes haunted by a recurring nightmare of a plane crash just as he begins his first national tour alongside Buddy Holly (Marshall Crenshaw)

## Older Americans Month Dance

Each May, the Administration for Community Living (ACL) leads our nation's celebration of Older Americans Month. This year's theme is Age Out Loud, to give aging a new voice—one that reflects what today's older adults have to say. In honor of Older Americans Month, there will be a free dance held on Thursday, May 18 from 1-4 p.m. at the Eagles Club (833 Early St.) Peter Vigil Y Los Hermanos will be playing and light refreshments will be served. Please bring your senior ID card and join us. See you there!

## Ken from Home Instead Sings at MEG

Join us for lunch at the MEG Center on Monday, May 22 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 provides professional caregivers to help aging loved ones remain in their homes and can be reached at (505) 471-2777.

## Humana Celebrates Your Birthday

Humana will be supplying cake to celebrate all seniors who have a birthday this month! Birthday celebrations take place at all senior centers as follows below. Join us!

- MEG – Wednesday, May 3
- Pasatiempo – Wednesday, May 10
- Luisa – Friday, May 12
- Ventana de Vida – Wednesday, May 17
- Villa Consuelo – Friday, May 19

## Cake Provided by Christus St. Vincent

Cake will be available during the lunch hour on May 1 at Luisa, MEG, and Pasatiempo Senior Centers. Stop by for some delicious cake courtesy of Christus St. Vincent!

## Weekend Bingo at Luisa

The Luisa Senior Center (1500 Luisa St) is hosting a Bingo on Sunday, May 7 from 1-4 p.m. It is \$12 for a package, four specials at \$1 each, and a \$100 jackpot guarantee. We will be serving Frito Pies and a drink for \$5; please bring small bills. Everyone is welcome, so don't miss out on a chance of winning!



# UPCOMING ACTIVITIES

MAY - 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 in May are as follows on Wednesdays at 10 a.m.:

- May 10 MEG
- May 17 MEG
- May 24 Pasatiempo
- May 31 Pasatiempo

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

## 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.

- Ventana: Thursday, May 11 at 10 a.m.
- MEG: Monday, May 15 at 11:30 a.m.

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

## 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. If you would like assistance please join her.

## Nia Technique on 1st & 3rd Tuesdays

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

- May 2
- May 16

## Come Dance!

Feel good in your body and experience joy in movement! Open to all abilities and skill levels, this one-hour DanceAbility class starts with a basic warm-up before beginning a series of simple and fun improvisation exercises, allowing for each person to find their inner dancer. This class is held Wednesdays at 10:30 a.m. in the MEG Senior Center dining area. Stop by!

## Reading Session for Seniors

A cold dark night grips Mongoose Falls, Minnesota as Fruit Loops the Serial Killer runs wild. Candy Jane Cane hides inside the snowy shadows shivering in fear! Mary Maurice will be reading for seniors who are interested on the following Thursdays in May: May 4, 11 & 25. The reading sessions will be 1-2 p.m. in the MEG Senior Centerboardroom.



## 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 will be conducted by Lupe Gonzales, LPN on the following dates in May:

Luisa – Wednesday, May 3	11 – noon
Pasatiempo – Wed., May 10	10:30–11:30 a.m.
MEG – Wednesday, May 17	10:30–11:30 a.m.
Ventana – Wednesday, May 24	11 – noon
Villa Consuelo – Tuesday, May 30	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 NM National Guard Museum and one to you or your family. Call Albert at (505) 955-4715 with your name and contact information and the project staff will make arrangements to interview you.

# UPCOMING ACTIVITIES

MAY - 2017

## Donate Books and Magazines

Please help us supply books and magazines for use in the lobby! Books in good condition are always needed as well as magazines that are current (recent or from the past year). Please drop them off with Albert Chavez at the MEG Senior Center on Tuesdays and Thursdays between 8 a.m. and 5 p.m. Your contribution is much appreciated!

## Strengthening Women's Bladder Muscles

Join this free class with Sheryl Zeigler, M.Ed. of Santa Fe Medical Fitness, LLC. She will offer chair exercises, handouts with suggested at-home activities as well as class discussions. Learn the specifics of the female anatomy, why pelvic muscles stretch, and what to avoid eating and drinking to lesson urge incontinence. This is a class for all ages of women! To register please call Sheryl Zeigler at (505) 470-0758. Classes will take place in the MEG Senior Center boardroom on May 22-23 from 1-3:15 p.m.

## Are you 60 plus? Hike with us!



Are you interested in hiking with a group? Try out this new activity with a hike on the Sun and Moon Saddle trail, located near St. John's College in Santa Fe. This is a short, easily accessible trail to the saddle between Sun and Moon Mountains, through both open and shady areas, providing excellent views to the south as well as nice views of the Sangres to the north. This hike is 2.2 miles round-trip with an elevation gain of 350 feet and is rated as easy. The hike will be led by a volunteer on Thursday, May 18; the van will depart at 9 a.m. from the Mary Esther Gonzales Senior Center (1121 Alto Street) and there is a suggested donation of 50 cents one-way. Be sure to wear sturdy, comfortable hiking/walking shoes, bring water and a snack or sack lunch, and it's recommended that you wear a hat, sun glasses and sun block. The maximum number of participants for this date is 13, so sign up now!

## 2017 Upcoming Day Trips

For additional information on day trips please call Don Bell at (505) 982-2707 between 5:30 and 7:30 p.m. Please note: Dates and prices are subject to change.

### **Saturday, May 20, 2017: Chaco Canyon**

Cost is \$25/person (lunch will be provided); departing from the MEG center at 5:30 a.m. and returning by 7 p.m. The first 20 paid get to go, so sign up now!

### **Saturday, July 8, 2017: Taos Pow-Wow**

Cost is \$25/person; departing from the MEG center at 8:30 a.m.

## Tarde de Oro Musical Production

Tarde de Oro is the title of a fresh and exciting musical production that celebrates the rich, ever-evolving and absolutely unique history of New Mexico. The production features: Ballet en Fuego, Shelley Morningsong & Fabian Fontenelle, Antonio Reyna, Amaya, Los Bailadores de Oro, Trio America, Earl Gleason, Van Ann Moore, Freddie Chavez and Sal Garcia. Presented by the City of Albuquerque Department of Senior Affairs and the Department of Cultural Affairs, along with De Oro Productions, this FREE event will take place at the KIMO Theatre in Albuquerque on Thursday, May 11 from 1-2:15 p.m. A bus will be departing from the Mary Esther Gonzales Senior Center (1121 Alto Street) at 11:30 a.m. to transport seniors interested in attending; limited seats available. Call Albert at (505) 955-4715 to reserve a seat today!

## Conversation at MEG

**"Celebrating our lives and making peace of our deaths before it's too late!"**

Join in a conversation about making peace and celebrating life on Tuesday, May 16, 2017 from 1-3 p.m. at the MEG Senior Center (1121 Alto Street). Hosted by Robert Francis Mudman Johnson, who will lead the discussion; for more information please contact Mudman Johnson at (505) 954-4495.



## Health Action New Mexico Launches Health Coverage Project



Health Action New Mexico is a non-profit organization that for 22 years has provided advocacy for greater access to healthcare coverage for residents of New Mexico. We are pleased to announce the opening of a local presence to serve residents of Santa Fe city area as well as countywide. It is with the support of the Santa Fe County Community Services Department, the City of Santa Fe Community Services Department and its Division of Senior Services that Health Action New Mexico is able to launch this local effort to increase healthcare coverage access for the most vulnerable in the community. Our key person who will be offering bilingual services, community briefings, and assistance with enrollment into healthcare coverage programs is Brenda Suarez. Health Action New Mexico will also support this local effort with other bilingual staff personnel to assist with trainings, partnership building, and health policy updates.

The project will be operating out of the Mary Esther Gonzales Senior Center at 1121 Alto Street in Santa Fe and will be providing community briefings and information sharing events throughout the Santa Fe County area.

### **The main activities of the Health Action New Mexico project include:**

- To conduct outreach and help enroll hard-to-reach populations such as seniors and low-income residents who have had difficulties being eligible for programs;
- Create and distribute outreach and education materials on enrollment into health coverage insurance for special populations;
- Work directly with Santa Fe County residents who are eligible for Medicaid and the Health Insurance Exchange – especially special populations such as immigrants with humanitarian status, the Dreamer children who may become eligible for healthcare coverage and other eligible monolingual Spanish speakers to resolve barriers to enrollment;
- Be a local resource for the latest health coverage policies and program updates at the federal and state levels;
- Build capacities among other county and city staff to connect people to healthcare;
- Participate with the Santa Fe County Community Services in establishing an accountable health community;
- Participate with the City of Santa Fe Community Services in building stronger partnerships with other organizations to better meet the needs of vulnerable populations.

Health Action New Mexico expresses its appreciation to the City of Santa Fe Community Services Department and the Division of Senior Services, and to the Santa Fe County Community Services Department for the welcome and support they are providing to facilitate the launching and implementation of the outreach and healthcare coverage assistance being made available to local residents. Everyone deserves access to health and healthcare!

# SENIOR OLYMPICS

MAY - 2017

## SENIOR OLYMPICS SPOTLIGHT



Our first Olympic event took place March 14-15 at the County Extension Building, with the Air Rifle/Air Pistol competition. Twenty-eight Olympians participated, including six women. The top women scorer for rifle benchrest was Karen Rogers with a score of 350! The top male scorer for pistol benchrest was Robert Thornberg with a score of 390 out of 400. Event Manager, Robert Napier did a phenomenal job coordinating this event with the help of his volunteers Charles Beach, Helen Beach, Jack Berryhill, Lou Ann Berryhill and Margaret Murray. They all donated numerous hours judging, scoring, setting up and tearing down; thank you all for your wonderful work. Also a round of applause to our oldest competitor Bruce Kidman, age 85, who shot a high score of a 338 in pistol benchrest. I finally tried out my new pink rifle built by Bill Black; I was timid at first, but I really enjoyed it. Thanks for teaching me Bob!



On Thursday, March 16 the basketball free throw event took place at the Genoveva Chavez Community Center (GCCC). Thirty participants competed for gold, silver and bronze and each participant had 15 shots. The highest women's score was achieved by Inette Mirabal (age group

55-59) who made 10 shots out of 15. The top men's shooter was Mitch Mayhon (age group 60-64) who made 13 out of 15. Great job to both! Following the free throw competition was the three-point shot contest; each shooter had six shots. The top scorer in this category was Dennis Ortiz who shot three out of six. A big shout out goes to our oldest competitor Leo Kahn, 87; he made two baskets and wants to continue in the competition. The event ran smoothly thanks to Event Manager, George Baros, who did a terrific job with his assistants Karl Cardenas, Liz Armijo and Nancy Baros.

The racquetball event took place at the GCCC March 18-19; 14 Olympians participated, including two women. The tournament was for best two out of three games



and participants broke a sweat in a matter of minutes! It is such a good exercise to keep the heart going, but it can also be dangerous because you may get hit by the ball when you're least expecting it. We had a singles, doubles and mixed doubles competition organized by Chris Pacheco, Event Manager, who did an outstanding job coordinating this event. Our most senior competitor was Ernest Griego, at age 77. Way to go Ernie!

Swimming competitions took place on Saturday, March 18 at the GCCC. There were 37 Olympians that participated in 11 swimming events managed by Dick Roth, who had a handful of swimmers assist in timing the swimmers and did an outstanding job coordinating this event. A huge round of applause goes to Ethel Trimmer, age 96, who swam the 500 yard freestyle, 100 and 200 yard backstrokes! Age is just a number.



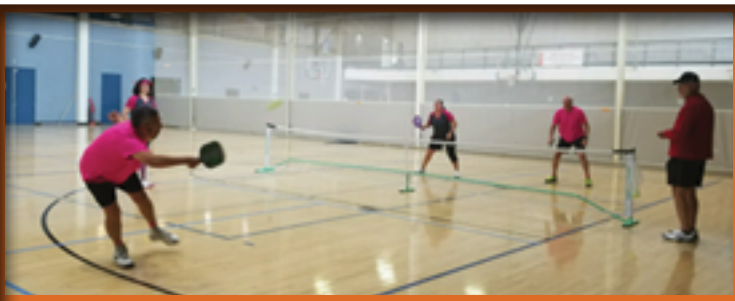
# SENIOR OLYMPICS

MAY - 2017



Strike Gold Lanes in Pojoaque was taken over March 28-29 and April 4 & 6, by about 64 seniors. C o l o r e d bowling balls of all different sizes were flying down the

lanes and strikes and spares were lighting up the score board. Everyone was having fun, while meeting and playing with different athletes. During the first day for singles bowling Frances Valdez had a high score of a 181 out of 300 and Ted Spencer had a high score of a 257. For doubles Maureen Trujillo scored a 202 out of 300 and Ted Spencer had a high score of 268. For the mixed doubles, Maureen had a high score of 198 out of 300 and Joe A. Roybal had a high score of 242. For team bowling Liz Armijo had a high score of 221 out of 300 and John Miles had a high score of 242. A round of applause goes out to the eldest competitor Josie Montoya, age 85, who had a high score of 168 out of 300. Event Manager, Alfred Padilla did a great job coordinating this event.



The pickleball event took place March 29-30 at the GCCC with 31 athletes who participated. It was great to see several athletes keep score for several games and also line judge - great teamwork! It was also nice to see new faces; this sport is has grown tremendously! A big round of applause to the oldest athlete Barb Hutchison, age 80, for playing in the 60-64 age bracket. She played hard and kept up with athletes that were 20 years younger than her! Event Manager, Liz Armijo did a remarkable job coordinating this event.

Huachas was held at the County Extension Building on Wednesday, April 12. This game also known as "hillbilly horseshoes," is a physical game of skill that is very similar to



regular horseshoes. The difference is that large metal washers are pitched at a three-inch hole in a 24 x 24 inch platform on the ground and the boards are 21 feet away from each other. There was great turnout this year with 22 athletes, 11 men and 11 women. They played best of three. A few athletes got ringers which counted for five points. A big shout out to Roger Brumley who scored six points before his opponent scored a single point; the game is called a "skunk," which is really hard to do. Roger went undefeated in his age bracket – great job! Our oldest competitor was Leo Kahn, age 87. Event Manager, Karl Cardenas did a phenomenal job in coordinating this event.

## May Olympic events are as follows:

- May 12: Fun Events at Alto Park
- May 13: Cycling at Pojoaque
- May 16: Golf at Marty Sanchez Golf Course
- May 18: Archery at Archery Range
- May 19: Talent Show at Eagles
- May 24: 5K & 10K Race at Marty Sanchez Soccer Complex
- May 25: Horseshoes singles at Alto Park
- May 26: Horseshoes doubles at Alto Park
- May 30: Race walk at SFHS
- May 31: Track at SFHS

If you have any questions regarding scheduled events please don't hesitate to call me at (505) 795-3817 or you may also email me at [cavilla@santafenm.gov](mailto:cavilla@santafenm.gov). Good luck Olympians –until next month! – Cristina Villa

*Thank you Coca-Cola  
for donating water  
to our senior athletes!*



## Phone Fraud is Bigger than Ever

### Unsolicited calls totaled 29 billion in 2016

by Doug Shadel, AARP Bulletin, April 2017

For as long as there have been telephones, there have been crooks trying to call and steal your money. What is new is the sheer volume of unsolicited calls that Americans endure each year — over 29 billion in 2016 alone by one estimate, including lots of potential rip-offs. No wonder fraud complaints have increased nearly 60 percent since 2010, according to the Federal Trade Commission. Scams are continuing to show up across the country this year.

## The IRS scam

The voice on the other end of the line claims to be an IRS criminal investigator. Arrest is imminent if you don't immediately pay thousands of dollars in back taxes. Individuals are instructed to put \$500 on multiple iTunes gift cards and give up the 16-digit codes. Don't be fooled. The IRS would never ask a taxpayer to buy iTunes cards for any reason.

## Computer Caper

Internet scam artists create little boxes that pop up on your computer screen, telling you that you have a virus and need to call for technical support. Don't believe it. Computer companies never notify customers of a problem through pop-ups, unless it is from virus-protection software that you installed.

## The Fake Sheriff

You get a call from someone posing as a sheriff's deputy claiming you've missed jury duty and owe the county a \$1,000 fine. Pay immediately, the caller says, or you will go to jail. Rest assured, no sheriff or court will call you and demand payment like this for missing jury duty. If you get this call, hang up, then call the police and report it.



Illustration: John Ritter

## Lottery Fraud

A con artist calls and tells you that you have won the Australian (or Jamaican) lottery. All you have to do to collect is wire \$1,500. Don't do it. Lotteries never call to give money to people who haven't even bought a ticket.

## Credit Card Con

You get a call from your bank that there is a problem with your account. To straighten it out they need your account number, date of birth and the last four digits of your Social Security number. Hang up. This is a scam to get information to hack your account.

## When Phonies Phone

Don't let crooks scare you off from answering a call.

**1. Do some research.** Google the salesperson and company before you buy. Explore their reputations thoroughly. If you can't locate solid information, walk away.

**2. Don't react out of fear.** No matter how threatening or urgent their script, do not act immediately. Always hang up and give yourself time to think it over and check them out.

**3. Trust your instincts.** If a caller sounds fishy, hang up. The chances of losing out on a great deal are much less than losing your nest egg.

# PUZZLE

MAY - 2017

## PUZZLE 63

### ACROSS

1. Wait on
5. Inventor Nikola \_\_\_\_\_
10. Sicilian town
14. Culture material
15. Wedding scene
16. \_\_\_\_\_-do-well
17. Pathway
18. Sale phrase
20. Peculiarly
22. Scottish negative
23. French income
24. \_\_\_\_\_ Thursday
26. Jacket or shooter

27. Ringo or Paul
29. Fascinating one
33. Jibes
34. Formal
35. Dijon donkey
36. Riles
37. Alpine region
39. Fine \_\_\_\_\_
40. Protected side
41. Tiny insect
42. "A tisket, a tasket, a \_\_\_\_\_"
44. Gives one's all
46. Aromatic compounds
47. Assn.
48. Essay

50. Detached

53. "The \_\_\_\_\_ Wolf"

54. Russian cooperative

57. Nevi

60. Palette paints

61. Charles Lamb

62. Bay window

63. "\_\_\_\_\_ a man . . ."

64. Bohea and Souchong

65. Like Chicago

66. Rivals of Reps.

### DOWN

1. Nimbus

2. Mild oath

3. Certain Baptist

4. Ecclesiastic VIPs

5. Burns's o' Shanter

6. African antelope

7. Deviate

8. Victoria, for one

9. Metric measure

10. Make beloved

11. Light gas

12. Eft

13. "Rule, Britannia" composer

19. Fantasize

21. Christmas time

25. Settling in cozily

26. Love potion

27. Dips out

28. Snowy wader

29. \_\_\_\_\_-Magnon

30. Marched in place

31. Record

32. Takes ten

34. Before fix or sent

38. \_\_\_\_\_ in the cards

39. Ceres, e.g.

41. Gaiety

43. Befuddled

45. Large arteries

48. European finch

49. Encrusted

50. Be an accessory

51. Heap

52. Diva's solo

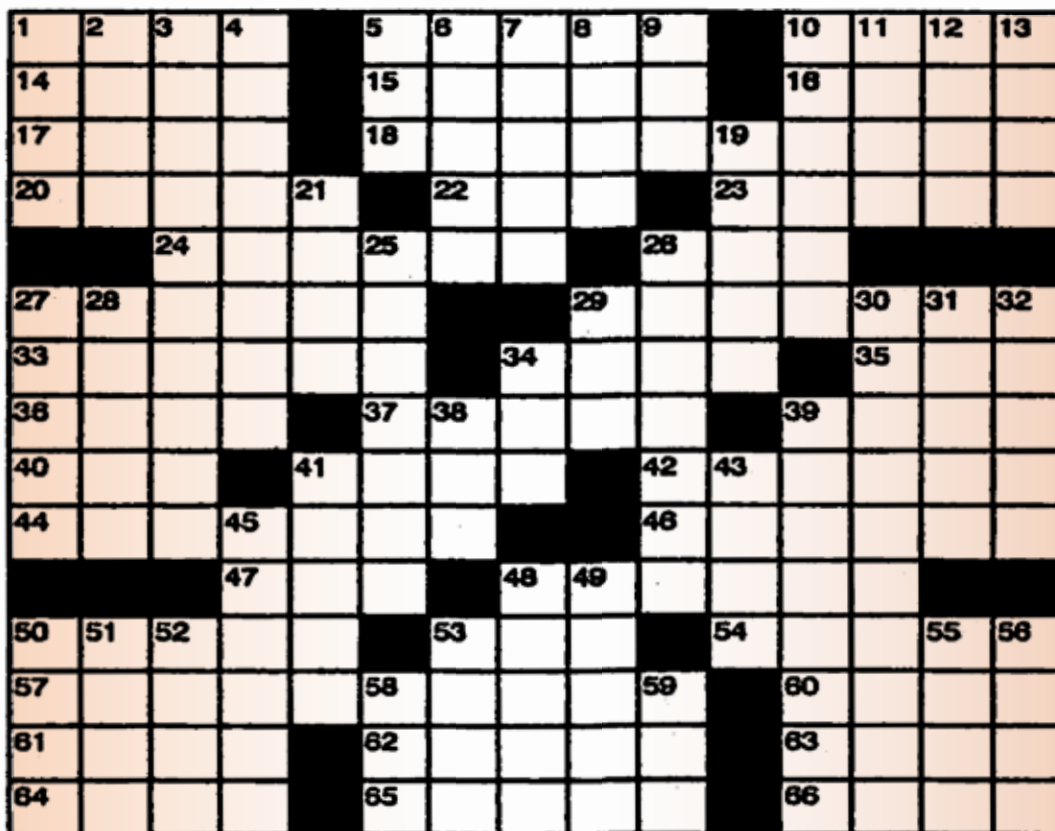
53. Assam attire

55. Kind of sch.

56. D-day craft: abbr.

58. Cut grass

59. Insidious



# *By the Numbers*

67

Anyone can be a Rembrandt thanks to freelance designer Dan Robbins. That's because in the 1950s he created the popular paint-by-numbers kits! Budding artists filled their free time by filling-in the numbered areas of a picture with the correspondingly numbered paint shade to create a masterpiece.

☐ ARROWS

☐ ARTWORK

☐ BACKGROUND

☐ BOAT

☐ BRIDGE

☐ BRUSH

☐ CANVAS

☐ CARDBOARD

☐ CLOWN

☐ COLORS

☐ CONCEPT

☐ CRAZE

☐ DETAILS

☐ EAGLE

☐ FAD

☐ FOREST

☐ GLASS jars

☐ HOBBY

☐ HORSE

☐ IMAGE

☐ KIT

☐ LANDSCAPE

☐ LIGHTHOUSE

☐ MASTERPIECES

☐ MOUNTAIN

☐ NUMBERED  
patterns

☐ OIL paint

☐ OUTLINED  
sections

☐ PICTURE

☐ POPULAR

☐ PROJECT

☐ PUPPY

☐ RECREATE

☐ ROBBINS, Dan  
(creator)

☐ SEASCAPE

☐ VERSIONS

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

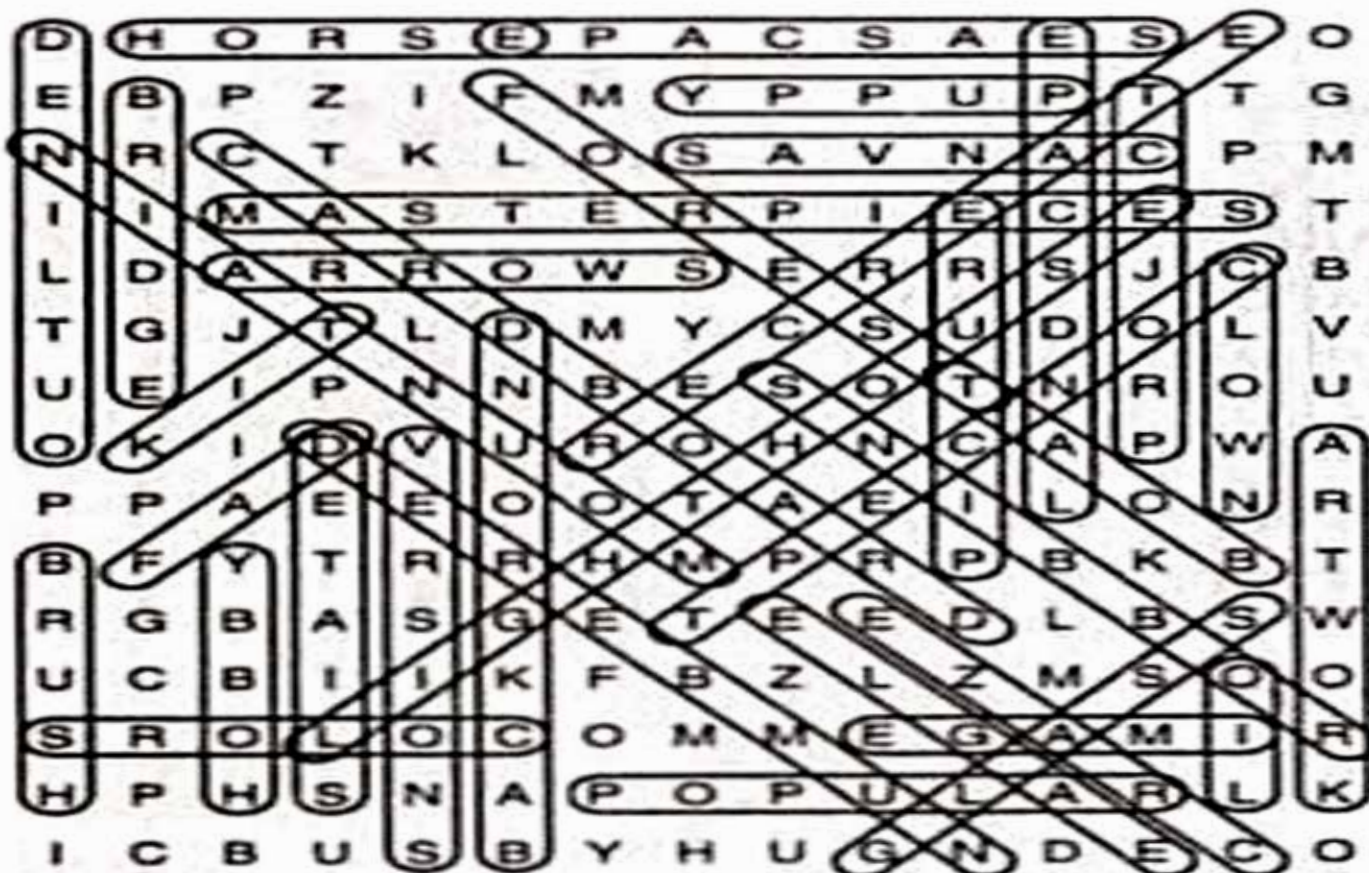


# PUZZLE ANSWERS

MAY - 2017

## PUZZLE 63

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



# BREAKFAST MENU

MAY - 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. Menu is subject to change.\**

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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Scrambled egg Cheese, bacon Hash browns Green chile	<b>2</b> French Toast w/syrup & fruit Grilled ham	<b>3</b> Scrambled egg Sausage links Toast w/jelly & margarine	<b>4</b> Breakfast burrito w/scrambled egg, cheese, bacon, hash browns, salsa	<b>5</b> Waffles w/syrup & margarine Fruit Tomato juice
<b>8</b> Scrambled egg Sausage patty English muffin Cheese, fruit	<b>9</b> Pancakes w/syrup Bacon Tomato juice	<b>10</b> Huevos Rancheros Scrambled egg Red chile Cheese, tortilla	<b>11</b> Biscuit White gravy Sausage patty Fruit	<b>12</b> Yogurt w/granola & fruit English muffin Margarine
<b>15</b> Bagel Cream cheese Bacon Fruit	<b>16</b> Scrambled egg Potatoes Canadian bacon Fruit juice	<b>17</b> Cold cereal w/sliced banana Mini muffin Tomato juice	<b>18</b> Ham, egg, cheese Croissant Melon	<b>19</b> Cinnamon oatmeal Raisins Toast w/margarine
<b>22</b> Scrambled egg Cheese, potatoes Sausage Red chile	<b>23</b> Fruit bowl Turkey bacon Toast w/margarine	<b>24</b> Oatmeal Cottage cheese Toast w/margarine Tomato juice	<b>25</b> Ham & cheese Biscuit Fruit	<b>26</b> Cold cereal Toast w/jelly, peanut butter Juice
<b>29</b> <b>All Senior Centers CLOSED in observance of Memorial Day Holiday</b>	<b>30</b> French toast w/syrup Grilled ham Fruit	<b>31</b> Scrambled egg Sausage links Toast w/jelly Margarine	<b>June 1</b> Breakfast burrito w/scrambled egg, cheese, bacon, hash browns, salsa	<b>June 2</b> Waffles w/syrup & margarine Fruit Tomato juice


## 6 Ways to Eat Well As You Get Older




**Know what a healthy plate looks like**

See how to build a healthy plate at [ChooseMyPlate.gov](http://ChooseMyPlate.gov)

**1**



**Look for important nutrients**

Eat enough protein, fruits and vegetables, whole grains, low-fat dairy, and Vitamin D.

**2**



**Read nutrition labels**

Be a smart shopper! Find items that are lower in fat, added sugars, and sodium.


**3**



**Use recommended servings**

Learn the recommended daily servings for adults aged 60+ at [heart.org](http://heart.org)

**4**



**Stay hydrated**

Water is an important nutrient too! Drink fluids consistently throughout the day.

**5**



**Stretch your food budget**

Get help paying for healthy food at [BenefitsCheckUp.org/g](http://BenefitsCheckUp.org/g)

**6**

**ncoa**  
National Council on Aging



# SENIOR CENTER LUNCH MENU

## MAY 2017

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>1</b> <b>Spaghetti with Meat Sauce</b> Buttered Green Beans Green Salad/Dressing Garlic Bread Fresh Pear	<b>2</b> <b>Red Chile Tamale</b> Pinto Beans Vegetable Salad Tortilla Mandarin Oranges	<b>3</b> <b>Meatloaf with Topping</b> Scalloped Potatoes Peas & Carrots Whole Wheat Roll with Butter Jello	<b>4</b> <b>Chicken Fried Steak</b> Mashed Potatoes with Brown Gravy Asparagus Whole Wheat Roll with Margarine Fresh Apple	<b>5</b> <b>Green Chile Cheese Burger</b> with Garnish Ranch Beans Onion Rings Watermelon
<b>8</b> <b>Baked Chicken</b> Wild Rice Carrot Raisin Salad Biscuit with Margarine Fresh Orange	<b>9</b> <b>Beef Taco</b> with Garnish & Salsa Refried Beans Calabacitas Jello	<b>10</b> <b>Pork Roast</b> Mashed Potatoes with Brown Gravy Asparagus Whole Wheat Roll with Margarine Applesauce	<b>11</b> <b>Green Chile Chicken Enchiladas</b> Pinto Beans Spanish Rice Melon	<b>12</b> <b>Baked Fish Fillet</b> with Tartar Sauce Parsley Potatoes Creamy Coleslaw Whole Wheat Roll Chocolate Pudding
<b>15</b> <b>Chicken Sandwich</b> Garnish Celery Sticks Tater Tots Cottage Cheese with Peaches	<b>16</b> <b>Frito Pie</b> with Pinto Beans Red Chile Sauce Tossed Salad Corn White Cake	<b>17</b> <b>Turkey with Gravy</b> Bread Stuffing Mixed Veggies Whole Wheat Roll Cranberry Salad Pumpkin Pie	<b>18</b> <b>Pork Stir Fry</b> Stir Fry Veggies Tossed Salad Whole Wheat Roll with Margarine Vanilla Pudding	<b>19</b> <b>Chicken Fettuccini</b> with Alfredo Sauce Buttered Carrots and Peppers Garlic Bread Strawberries
<b>22</b> <b>Burrito Supreme</b> Spanish Rice Tossed Salad with Dressing Apricots	<b>23</b> <b>Chicken Tenders</b> with White Gravy French Fries Green Peas Coleslaw Biscuit Jello	<b>24</b> <b>Beef Brisket</b> Pork & Beans Carrots Cucumber and Tomato Salad Garlic Toast Ice Cream	<b>25</b> <b>Baked Pork Chop</b> Potatoes Au Gratin Mixed Veggies Whole Wheat Roll with Margarine Fresh Fruit	<b>26</b> <b>Chicken with Noodles</b> Peas & Carrots Cornbread with Butter Spinach Salad Fruit Salad
<b>29</b> <b>ALL CENTERS CLOSED IN OBSERVANCE OF MEMORIAL DAY</b>	<b>30</b> <b>Fish Sandwich</b> Tartar Sauce Coleslaw Hushpuppies Fresh Fruit	<b>31</b> <b>Pork Posole</b> with Red Chile Spinach Salad Pinto Beans Tortilla PB Cookie	<b>01-Jun</b> <b>Beef Tips</b> White Rice Buttered Broccoli Tossed Salad Whole Wheat Roll Tapioca Pudding	<b>02-Jun</b> <b>BBQ Chicken Breast</b> Potato Salad Coleslaw Corn Bread Melon

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

Non-Senior (59 years or younger) Mandatory Meal Fee: Breakfast \$9.34 --- Lunch \$9.34

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.\*

Menu is subject to change.



# 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  
500 Pacheco Street**

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

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

