



CITY OF SANTA FE SENIOR SERVICES

SENIOR SCENE

November 2025



CITY OF SANTA FE
SENIOR SERVICES



Patty Feline!



Fitness Room Fun!



Peter & Co. perform Tai Chi!



SENIOR SCENE

November 2025

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505-955-4721

Administrative/Information
Activities Programs
Benefits Counseling
Health Promotion
Home-delivered Meals
Nutrition/Congregate Dining
Outreach
Senior Services Registration
Recreation/Fitness
Respite Care Program & Homemaker
50+ Senior Olympics Program

505-955-4760

Public Relations
Retired Senior Volunteer Program

505-955-4745

Foster Grandparent Program
Senior Companion Program
Grandparents Raising Grandchildren

505-955-4700

Transportation

November 2025

Monday	Tuesday	Wednesday	Thursday	Friday
3 MEG 10am-1pm Haircuts with Fabiola	4 MEG 1-4:30pm AARP Smart Drive	5	6 MEG 11am-12:30pm Birthday Celebration	7 MEG 1-3pm MOVIE: Coco
10 PASATIEMPO 10am-1pm Haircuts with Fabiola LUISA 11am-12:30pm Birthday Celebration	11 ALL SENIOR CENTERS CLOSED	12 PASATIEMPO 11am-12:30pm Birthday Celebration MEG 12-1pm Medicare Enrollment Presentation	13 8am 2nd Annual "The Senior Difference" Health Fair at Courtyard by Marriot Santa Fe	14 MEG 1-2pm Book Club: <i>Dead Zone</i> by Stephen King MEG 1-3pm MOVIE: <i>And So It Goes</i>
17 LUISA 10am-1pm Haircuts with Fabiola MEG 8:15am-1pm Moderate Hike	18 MEG 11:30am-12:30pm ICAN Nutrition Class	19 PASATIEMPO 11:30am-12:30pm ICAN Nutrition Class Thanksgiving Lunch 	20 LUISA 11:30am-12:30pm ICAN Nutrition Class	21 MEG 1-3pm MOVIE: <i>Planes, Trains, and Automobiles</i>
24	25	26	27 ALL SENIOR CENTERS CLOSED	28 ALL SENIOR CENTERS CLOSED

DID YOU KNOW WE HAVE A BOOK CLUB?

Join our Book Club and connect with fellow readers in a welcoming, engaging environment. Each month we explore a new title. Whether you're an avid reader or just getting started, our club offers inspiration, discovery, and the joy of reading together. On November 14, we'll dive into *The Dead Zone* by Stephen King, about a man who awakens from a five-year coma with psychic abilities that let him glimpse the future. He must decide whether to use his power to stop a dangerous political figure before it's too late.



COCO

Friday, November 7, 1-3pm

Despite his family's generations-old ban on music, young Miguel dreams of becoming an accomplished musician like his idol Ernesto de la Cruz. Desperate to prove his talent, Miguel finds himself in the stunning and colorful Land of the Dead. After meeting a charming trickster named Hector, the two new friends embark on an extraordinary journey to unlock the real story behind Miguel's family history.



AND SO IT GOES

Friday, November 14, 1-3:10pm

Nobody likes real estate agent Oren Little (Michael Douglas), and he prefers it that way. He's deliberately mean to anyone who crosses his path and wants nothing more than to sell one final house and retire. Oren's life turns upside down when his estranged son drops off a granddaughter (Sterling Jerins) he didn't know existed. Oren has no idea how to take care of a child, so he pawns the girl off on his neighbor, Leah (Diane Keaton)—but he learns how to open his heart eventually.



PLANES, TRAINS, AND AUTOMOBILES

Friday, November 21, 1-3pm

Easily excitable Neal Page (Steve Martin) is somewhat of a control freak. Trying to get home to Chicago to spend Thanksgiving with his wife (Laila Robins) and kids, his flight is rerouted to a distant city in Kansas because of a freak snowstorm, and his sanity begins to fray. Worse yet, he is forced to bunk up with talkative Del Griffith (John Candy), whom he finds extremely annoying. Together they must overcome the insanity of holiday travel to reach their intended destination.

10:30 am to 12:30 pm
Monday to Friday

- Computer Lab open
- Fitness Room open

Lunch is served
10:30 am to 12:30 pm
Monday to Friday



In the three Senior Centers

For additional information on any of the activities, call **505-955-4715**

LUISA Senior Center 1500 Luisa St (The entrance is on Columbia St)

PASATIEMPO Senior Center 664 Alta Vista St

Mon to Fri	Fitness Room Open: 8:00 am to 12:30 pm	Tues	Line Dancing (Beginner - Full) 10:00 to 11 am
			Line Dancing (Intermediate) 11:30 am to 12:30 pm
Weds	Live Music Grupo Cielo Azul: Starts at 11:45 am	Thurs	Japanese Dance with Chizuko: 9:30 am to 10:30 am

Mary Esther Gonzalez (MEG) Senior Center 1121 Alto St

Monday	Tuesday	Wednesday	Thursday	Friday
Ceramics: 8:00 to 11:00 am Tai Chi: 8:15 to 9:15 am Mexican Train Dominoes: 9:00 to 11:00 am Starts Nov 3 Enhanced Fitness: 9:30 to 10:30 am Improv: 1:00 to 3:00 pm Technology Class: 1:00 to 3:00 pm Cribbage: 1:00 to 3:00 pm Painting with Judy: 1:00 to 3:00 pm November 3 and November 17 only Enhanced Fitness: 3:30 to 4:30 pm	Tai Chi: 8:15 to 9:15 am Technology Class: 9:00 to 11:00 am Guitar Class: 10:00 am-12:00 pm Traditional Chinese Mahjong-Advanced: 12:30 to 2:30 pm Quilting Class: 1:00 to 4:00 pm Enhanced Fitness: 3:30 to 4:30 pm Need help with technology (Computers, cell-phones, etc.)? Call Jesse Kain! 505-699-3597 Make sure you take the orientation session (scheduled on Tuesdays starting at 8:30 am) before using the fitness room.	Jewelry: 8:00 am to 12:00 pm Enhanced Fitness: 9:30 to 10:30 am Senior Theater: 12:30 to 2:30 pm Bingo: 1:15 to 3:00 pm Ceramics: 1:00 to 4:00 pm Enhanced Fitness: 3:30 to 4:30 pm	Wood Carving: 9:30 to 11:00 am Scrabble: 1:00 to 3:00 pm Bead Work: 1:00 to 3:00 pm Tai Chi: 2:15 to 3:15 pm Qi Gong: 3:30 to 4:30 pm Pool / Cards Room, Computer Lab, Craft Room Open M—F 8:00 am to 4:30 pm Fitness Room Open M—F 8:00 to 10:30 am & 1:00 to 3:30 pm	Ceramics: 8:00 to 11:00 am Enhanced Fitness: 9:30 to 10:30 am Knitting Class: 1:00 to 2:00 pm Movie: 1:00 to 3:00 pm (See monthly calendar for details) Traditional Chinese Mahjong-Beginners 12:30 to 2:30 pm



Dear Friends,

As the leaves change & a chill fills the air, we find ourselves in the season of gratitude. This time of year invites us to reflect on our blessings & the warmth of the community we share together.

Here in November, we are especially thankful for you. Your presence, stories, & wisdom bring so much richness to our days. Whether it's a shared conversation over coffee, a laugh during an activity, or simply a friendly smile in the hallway, your contributions make our Centers truly special places.

This month, let's take a moment to count our blessings. It's a time for sweaters, warm drinks, & the comfort of good company. We hope you'll join us for some of our special November events, where we can share memories & make new ones together. Our monthly calendar will have all activities listed. We will be serving our Thanksgiving lunch on November 19th at the MEG, Pasatiempo & Luisa Centers. Please join us!

As you enjoy the coming weeks, we wish you & your loved ones a Happy Thanksgiving, filled with comfort, connection, & good food. We are so grateful to have you as part of our community. I would also like to thank all our Veterans as we honor you this month for your sacrifice & service to our country & protecting the freedoms we enjoy.

With Warm Wishes,

Manuel Sanchez
Senior Services Director



Veterans Day 2025: Ceremony & Navy Week Events

Veterans Day Ceremony

Tues, Nov 11, 2025 | 11am – 12pm | Santa Fe Community Convention Center

Join us for a special ceremony honoring our veterans with patriotic music, military traditions, and community leaders.

The ceremony will feature Master of Ceremony Jim Williams, COL, US Army Retired, patriotic music by the Santa Fe Concert Band and Community Orchestra Choir, a drill team exhibition by the San Diego Naval Base Drill Team, and the posting of the colors and flag honors by local veterans and JROTC. Keynote remarks will be delivered by DVS Cabinet Secretary Jamison Herrera, and the Governor's Proclamation will be read along with a welcome by Mayor Alan Webber.

The event also includes the Pledge of Allegiance, reflections on Veterans Day, recognition of dignitaries, and closing remarks and prayers.

Performance by Navy Band Southeast

Sat, Nov 15, 2025 | 1-2 pm | The Plaza

To help celebrate Navy Week, enjoy live performances by the Navy Band on the Plaza, celebrating our naval service and connecting with the community.



For more information or to view a full calendar of City of Santa Fe events visit santafenm.gov/events or scan the QR code.



CITY OF SANTA FE

MEG TRANSPORTATION PROGRAM

Transportation services are fully operational from 8:30am-4:15pm. Reservations must be called in, please do not email requests. **Please note: The THIRD THURSDAY of the month we will close at 2:30 for mandatory staff meetings/trainings. Thank you.**

Customers need to schedule their reservation **24 hours in advance.**

Thank you for your patience. If you have any questions, please feel free to contact the transportation office at 955-4700.

NOVEMBER GROCERY DISTRIBUTIONS

Drive-through grocery distributions for Santa Feans in need are offered at The Food Depot at 1222 Siler Road 7-9am Thursdays, November 6th & 20th.



ECHO Commodity Distribution November 11th.
9:30am-12pm. Contact: 505-242-6777

San Martin de Porres Distribution

Free, no application required! Dixon House (2148 San Ysidro Crossing) **4-5pm, November 4th & 18th.**

St. John's Methodist Bag 'n Pantry Tuesdays

11am-12:30pm & 5-6:30pm. 1200 Old Pecos Trail Santa Fe, NM Contact: 505-982-5397

St. John's the Baptist Catholic Food Distribution every third Thursday of the month. 1301 Osage Ave. Lamy Hall from 2:30-3:30pm.



HIKES FOR ACTIVE SENIORS

MODERATE HIKE: November 17, 2025
RAVENS' RIDGE TRAIL

This may be our **first snow hike of the season so bring your spikes** just in case.

This hike is not a difficult hike, however it is not recommended for beginners or those with breathing issues due to its high altitude. We will begin on the Winsor Trail near the ski area which is at 10,200 feet & climb approximately 1,000 feet in 1.75 miles. We will stop for our snack lunch at a beautiful lookout spot a few feet off the trail & return the way we came. The round-trip hike is 3.5 miles.

This hike is on a well-defined path through the forest but hiking poles or a staff are recommended to assist in the more strenuous sections.

Meet Up Time/Place: We meet at the MEG Center at 8:15am & leave at 8:30am SHARP.

Return Time: 12:30-1pm

What To Bring: Water, snack food, sturdy shoes or boots, a hat, jacket & gloves (even if you don't think you'll wear them). It can get quite chilly up in the mountains at this time of year.

HAPPY TRAILS, EVERYONE!

AARP "SMART DRIVER" COURSE

Once again, the MEG Senior Center will serve as host for the AARP Smart Drivers Class. By completing the class, you will learn about safe driving practices for drivers fifty years & older, changes in vehicle technology, road, & street safety, & may be eligible for an auto insurance discount on your policy.

To participate, you must be fifty years or older & have a valid driver's license. The class fee is \$20 for current AARP members & \$25 for non-members. Classes will be held on the first Tuesday of each month from 1-5pm. The next class is scheduled for **Tuesday, November 4, 2025**. For further information to attend any class, contact Edna Sandoval at 505-690-4350 or visit **AARP.org**.

MEDICARE OPEN ENROLLMENT 2025

WHAT YOU NEED TO KNOW & WHAT YOU NEED TO DO!

Come & listen to Stan Cooper & Jane Yuster, State of New Mexico State Health Insurance Assistance Program (SHIP) counselors as they give you the information you need during this very important time of year for Medicare beneficiaries.

WHEN: November 12, 2025, 12-1pm

WHERE: Mary Esther Gonzales Senior Center,
1121 Alto Street, Santa Fe



Navigating Medicare



Preventing Medicare Fraud



SECOND ANNUAL "THE SENIOR DIFFERENCE" HEALTH FAIR HOSTED BY NON-METRO NEW MEXICO AREA AGENCY ON AGING

Thursday, November 13, 8am
Courtyard by Marriott Santa Fe
3347 Cerrillos
Santa Fe, NM 87507

Join us for Santa Fe's largest FREE health fair focused on Seniors & Older Adults! This exciting event brings together a wealth of resources, entertainment, & wellness services—all in one place.

FREE EVENT OPEN TO THE PUBLIC

- FREE Flu Shots provided by the New Mexico Department of Health (NMDOH)
- Healthy Food Demonstrations
- Live Music & Dancing with Peter Vigil & The All Star Band
- Informational Goodie Bags for all attendees
- Meet & Greet with 30+ Local Vendors
- Medicare, Medicaid & Insurance Providers onsite to answer questions & assist with enrollment
- Refreshments Provided

Whether you're looking for information, assistance, or just a fun day out—you'll find it here!

For more information, contact Joe Herrera at 505-303-6247



GRANDPARENTS RAISING GRANDCHILDREN

The City of Santa Fe, Division of Senior Services currently has funds available to assist grandparents providing out-of-pocket expenses such as medical related expenses, food, clothing, etc., for their grandchildren. Eligible senior citizens (55 years of age or older) who live in the city/county of Santa Fe & who show proof of actively raising/providing financial assistance for their grandchild/grandchildren, may receive modest financial assistance annually for up to two grandchildren, per grandparent/household. For more information, please contact **Theresa Trujillo** at 505-955-4745 or tptrujillo@santafenm.gov.

"THANKSGIVING" BY-PATTI MERRILL

- T** is for **TURKEY** & pumpkin pie
- H** is for **HOME** where spirits are high.
- A** is for **APPLES** on the apple tree.
- N** is for the **NEW** baby in the family.
- K** is for **KITCHEN** & a friendly smile.
- S** is for **sit** down & **STAY** awhile.
- G** is a **grateful** heart for the **GOOD** things we share.
- I** is the **ICING** on the cranberry bread to show how much we care.
- V** is for the **VARIOUS** dishes, recipes, & more.
- I** is for **IMAGINING** the fun we have in store.
- N** is for **NEVER** complain, count your blessings instead.
- G** is for **GIVING** thanks to **GOD** before you go to bed.

**WED,
NOV 19**

SENIOR SERVICES SERVES THANKSGIVING LUNCH

Please join us at the following Senior Centers for a delicious Thanksgiving lunch.
Serving hours: 10:30am-12:30pm

Mary Esther Gonzales Senior Center
1121 Alto. St. Santa Fe, NM 87501

Pasatiempo Senior Center
664 Alta Vista St. Santa Fe, NM 87505

Luisa Senior Center
1500 Luisa St. (enter on Columbia St.)
Santa Fe, NM 87505



NEW MEXICO SENIOR OLYMPICS

**is hosting a Basketball Tournament
at the Genoveva Chavez
Community Center!**

Volunteers are needed! November 13-16, 2025. If you are interested in volunteering please contact **Mona Baca** at mabaca@santafenm.gov or call at **505-955-4760**. Thank you!



THANK YOU LETTER

Last Saturday (Oct. 11th), the Youth from the Confirmation class at Our Lady of Guadalupe provided community service hours at the Our Lady of Guadalupe Cemetery on Early St. The pictures of their success show us a transformed space that I am sure the souls resting there are grateful to acknowledge the community has not forgotten them, a loving attribute celebrating the upcoming Día de los Muertos. Our partnership between the Santuario of Our Lady of Guadalupe, the City of Santa Fe RSVP & the Old Santa Fe Association remains committed to working on continuing the restoration & preservation of the Cemetery, safeguarding an invaluable chapter of the City's history. **Thank you Youth! We value your work!**

—ROSARIO H TORRES, RSVP Volunteer



FLORA'S CORNER

**"Positive attitude,
posess inner
peace & dispel**

**negative thoughts. Best attitude...
be dependable, keep your word, be
faithful, be respectful, share your
love, make a real difference in your
daily life."**

How long have you worked for the City?

I officially complete my first month as an administrative assistant at the MEG Senior Center on October 29th!

What's the most exciting part of your job?

Talking to seniors, volunteers & my coworkers! Hearing everyone's stories is super insightful. Filing & data entry is also very exciting for me.



GRACE LEE
**Administrative
Assistant**

Do you have any hidden talents or hobbies?

Hmm...I don't know about hidden talents. I can type 90 wpm! I've got a few hobbies: playing the piano (I've played for 12 years but I can't play as well as I used to), learning languages (so far I have learned French, ASL & Japanese), writing poetry, creating art (animation, photoshop, 3D design, film, editing, drawing), cooking (I am not very good at it), eating (I am very good at it), listening to music & watching movies/ YouTube videos.

Are you a sports fan?

I'm not a diehard fan of sports—watching sports on TV can be boring, but if I physically go to a sports game, I'm going to love every moment of it. Nothing beats the thrill of sitting in a rowdy crowd, enjoying a good ol' oily snack, screams buzzing in the background & feeling the air tense with suspense as your favorite team competes for the win. Usually, I'll support whoever wins/whoever my friends support since I don't have a favorite team. I really enjoy watching a lot of sports! However, I don't think I can enjoy football. Football just doesn't make sense to me. I had one of my friends attempt to teach me the rules as we watched the 49ers go against some other team...his attempt failed. It just didn't click in my head. Sorry to our dear football fans who are reading this right now. I'll learn someday!

Who are your favorite teams?

I don't have a favorite team, but I like the LA Dodgers & SF Giants. I'm a lover not a hater, so I support both teams!
#GoShoheiOtani

What's something your proud of?

My family & my job.

Georgia
O'Keeffe
Museum

Creative Aging with **ART TO G.O.**

Micaceous Clay Vase Workshop



November 4
12–2 PM

📍 **Mary Esther Gonzales Senior Center**

Hand-build a vase with micaceous clay with teaching artist Amber Paz-Csibi!

This class is free with all supplies included. Limited 20 participants. To ensure your spot, add your name to the sign-up sheet (available in Kimberly Rivera's Office.)



505-946-1000 | gokm.org/ArtToGo

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Join Our

Annual Christmas Talent Show!

Show off your talent and Holiday spirit!

Do you sing, dance, play an instrument, tell stories, or have a special talent you'd love to share?

We're inviting all our Senior Center participants to take part in our **Annual Christmas Talent Show!**

Date: **Friday, December 5th, 2025**

Time: **From 1 to 3 pm**

Location: **MEG Center Dining Room**



Sign up with Kim Rivera, our Activities Coordinator **by Friday, November 28, 2025**. Tell us what you will be presenting, and the length of your presentation.

Let's make this Christmas season shine
with your talent and joy!



The Santa Fe Senior Theater

Presents:

Two very short plays at the MEG Center

The Newlyweds
Wednesday
November 5, 11 am



The Mystery Thing
Friday
November 7, 12 pm

More Info: Larry Lee 505-204-0771

PROTECT YOURSELF FROM MEDICARE FRAUD

In the October issue of Senior Scene, we focused on Medicare Open Enrollment. We emphasized the importance of reviewing your current coverage to ensure that it best meets your needs. We reminded you that you should review your current medications and ensure that either your Medicare Advantage Plan or your Part D Drug Plan still covers them at a reasonable cost. Finally, we gave you ways to get in touch with us if you have further questions. We will give you that information again at the end of this article.

Scammers really become a nuisance and a threat during Open Enrollment. In this column, we will focus on how not to become a victim of the scammers.

SAFE WAYS TO ENROLL IN MEDICARE

Medicare is the federal health insurance program for people 65 and older, or younger with certain disabilities. You only enroll once, but scammers may pretend you need to re-enroll to steal your information.

COMMON MEDICARE SCAM TACTICS

Scam attempts often occur by telephone. Here's what the caller will most likely tell you:

- You're eligible for a special enrollment deal, and you'll receive rewards.
- You need a new card for the upcoming calendar year or another reason.
- They need you to give them your Medicare card number so they can confirm that it's up to date and valid.

- They need to activate a new card for you.
- They offer free medical equipment but need your card number first.
- They have a great new plan that you're eligible for.
- They need you to confirm your income.

HOW TO PROTECT YOURSELF

- The best way to protect yourself is to ignore calls from suspicious numbers. If you do answer, hang up as soon as you sense something is wrong.
- **Medicare is not going to call you.** They will either send you something in the mail or communicate through your **Medicare.gov** account.

FURTHER QUESTIONS OR CONCERNS?

Stan Cooper and Jane Yuster are New Mexico State Health Insurance Assistance Programs (SHIP) and Senior Medicare Patrol (SMP) counselors. They are available to by appointment to help with your questions or concerns. They are located at the Mary Esther Gonzalez Senior Center, 1121 Alto Avenue. If you cannot make it into the center, arrangements can be made for either a call or a home visit. Call Tammy for an appointment at 505-955-4721. If you are another part of Santa Fe County or another part of the state, you can call the **New Mexico Aging and Disability Resource Center at 1-800-432-2080** and they can assist you.

PROTÉJASE DEL FRAUDE DE MEDICARE

En la edición de Octubre de Senior Scene, nos enfocamos en la Inscripción Abierta de Medicare. Recalcamos la importancia de revisar su cobertura actual para asegurarse de que sigue siendo la más adecuada para sus necesidades. Le recordamos que debe revisar sus medicamentos actuales y asegurarse de que su Plan Medicare Advantage o su Plan de Medicamentos de la Parte D aún los cubra a un costo razonable. Finalmente, le damos información sobre cómo comunicarse con nosotros si tiene más preguntas. Le proporcionaremos nuevamente esa información al final de este artículo.

Los estafadores se convierten en una verdadera molestia y amenaza durante el período de Inscripción Abierta. En este artículo, nos centraremos en cómo evitar convertirse en víctima de esos estafadores.

FORMAS SEGURAS DE INSCRIBIRSE EN MEDICARE

Medicare es el programa federal de seguro médico para personas de 65 años o más, o personas más jóvenes con ciertas discapacidades. Solo debe inscribirse una vez, pero los estafadores pueden fingir que necesita reinscribirse para robarle su información.

TÁCTICAS COMUNES DE ESTAFA RELACIONADAS CON MEDICARE

Los intentos de estafa suelen ocurrir por teléfono. Esto es lo que probablemente le dirán los estafadores:

- Que usted es elegible para una oferta especial de inscripción y que recibirá recompensas.
- Que necesita una nueva tarjeta para el próximo año o por otro motivo.

- Que necesitan su número de tarjeta de Medicare para confirmar que sigue siendo válida y actualizada.
- Que deben activar una nueva tarjeta para usted.
- Que le ofrecen equipo médico gratuito, pero primero necesitan su número de tarjeta.
- Que tienen un nuevo plan excelente para el que usted es elegible.
- Que necesitan confirmar sus ingresos.

CÓMO PROTEGERSE

- La mejor forma de protegerse es ignorar las llamadas de números sospechosos. Si contesta, cuelgue tan pronto como perciba algo extraño.
- Medicare **no lo llamará por teléfono**. Le enviarán información por correo o se comunicarán a través de su cuenta en **Medicare.gov**.

¿TIENE PREGUNTAS O INQUIETUDES?

Stan Cooper y Jane Yuster son consejeros de los Programas Estatales de Asistencia de Seguro de Salud de Nuevo México (SHIP, por sus siglas en inglés) y del Senior Medicare Patrol (SMP). Están disponibles con cita previa para ayudarle con sus preguntas o inquietudes.

Se encuentran en el Centro para Personas Mayores Mary Esther González, en 1121 Alto Avenue.

Si no puede acudir al centro, se pueden hacer arreglos para una llamada telefónica o una visita domiciliaria. Llame a Tammy al 505-955-4721 para programar una cita.

Si usted se encuentra en otra parte del condado de Santa Fe o en otra parte del estado, puede llamar al **Centro de Recursos para el Envejecimiento y la Discapacidad de Nuevo México al 1-800-432-2080**, y ellos podrán asistirle.



CITY OF SANTA FE

Age-Friendly Santa Fe Community Forums

Part of the Age-Friendly Santa Fe Initiative

Join us at one of our Public Forums where we will share the results of the Age-Friendly Santa Fe Survey and discuss goals and strategies to make Santa Fe a great place to live for people of all ages.

Share your thoughts and help shape our Age-Friendly Action Plan!

When and Where:

Santa Fe Public Libraries

Tuesday November 4th, 3:00-4:00 PM

Santa Fe Main Library, 145 Washington Ave

Thursday November 6th, 3:00-4:00 PM

La Farge Library, 1730 Llano St

Friday, November 7th, 3:00-4:00 PM

Southside Library, 6599 Jaguar Dr

Santa Fe Senior Centers

Monday November 3rd, 12:30-1:30 PM

Luisa Senior Center, 1500 Luisa Street

Wednesday November 5th, 12:30-1:30 PM

Pasatiempo Senior Center, 664 Alta Vista Street

Thursday November 6th, 12:30-1:30 PM

Mary Esther Gonzalez Center, 1121 Alto Street



Spanish interpreters will be available at each session.

For more information visit www.santafenm.gov/agefriendly.



CITY OF SANTA FE

**Foros Comunitarios de
Santa Fe Amigable con las Personas Mayores
Parte de la Iniciativa
Santa Fe Amigable con las Personas Mayores**

Acompáñenos en uno de nuestros foros públicos, donde compartiremos los resultados de la Encuesta de Santa Fe Amigable con las Personas Mayores y conversaremos sobre metas y estrategias para que Santa Fe sea un excelente lugar para vivir para personas de todas las edades.

Comparta su opinión y ayude a dar forma a nuestro Plan de Acción de Santa Fe Amigable con las Personas Mayores.

Cuándo y Dónde:

Bibliotecas Públicas de Santa Fe

Martes 4 de noviembre, 3:00–4:00 PM

Biblioteca Main de Santa Fe, 145 Washington Ave

Jueves 6 de noviembre, 3:00–4:00 PM

Biblioteca La Farge, 1730 Llano St

Viernes 7 de noviembre, 3:00–4:00 PM

Biblioteca Southside, 6599 Jaguar Dr



Centros para Personas Mayores de Santa Fe

Lunes 3 de noviembre, 12:30–1:30 PM

Luisa Senior Center, 1500 Luisa Street

Miércoles 5 de noviembre, 12:30–1:30 PM

Pasatiempo Senior Center, 664 Alta Vista Street

Jueves 6 de noviembre, 12:30–1:30 PM

Mary Esther Gonzalez Center, 1121 Alto Street

Habrán intérpretes de español disponibles en cada sesión.

Para más información, visite www.santafenm.gov/agefriendly.

TOP 10 HEALTHY LIVING TIPS THIS FALL

1. EXERCISE

It might be challenging, but it is important to keep your body in motion during fall & winter months. You don't need to take up hiking or running — completing household chores & low-impact indoor workouts are great autumn activities to keep your body moving.

2. EAT SEASONALLY

While some fresh produce will disappear from the grocery store as the weather cools, there are still plenty of nutrient-rich fruits & vegetables from which you can choose.

The Upside lists some fall-favorite produce & ways to prepare & eat them. Some of the foods include: winter squash, beets, figs, apples, leeks, carrots & dark leafy greens.

3. SPICE THINGS UP

If a senior is craving more flavor in his or her fall food selection, spices can be good for a person's health as well as their taste buds, according to Johns Hopkins Medicine. Here are some of the benefits: Cinnamon lowers blood sugar & may provide heart-healthy benefits by reducing cholesterol & triglyceride levels.

Turmeric has been linked to reducing inflammation, pain & swelling in people with arthritis.

4. GET ENOUGH VITAMIN D

Vitamin D helps maintain strong bones & muscles & is absorbed in the body from sunlight. As fall approaches & the amount of sunlight decreases, other sources of vitamin D may need to be found. Foods higher in vitamin D include: White mushrooms, Salmon, herring, sardines, tuna, milk or orange juice fortified with Vitamin D & fortified cereals.

5. REDUCE THE RISK OF FALLS

There are some things that can be done by seniors & their family members that will reduce fall risks:

- Determine if there have been any recent downturns in the senior's health.
- Find out when the senior had his or her last eye exam.
- Consult with a physician to find out if the senior's medications could be affecting balance.
- Check the home for tripping hazards—exposed electrical cords on the floor, uneven floors, upturned corners on throw rugs, etc.
- Look into the possibility of canes, walkers, or other assistive devices.

6. DON'T TAKE UNNECESSARY RISKS

Seniors need to prepare early for cold weather to minimize their exposure to the cold & potentially hazardous conditions.

Their home should be well stocked with supplies, including food & medications. This should include non-perishables like water, candles, fresh batteries & extra blankets.

Furnaces should be inspected, & smoke & carbon monoxide detectors evaluated.

One of your yearly autumn wellness activities should be to set schedules for or arrange fall leaf raking & winter snow removal, which are especially important for seniors with chronic conditions who should not be performing these tasks.

7. KEEP WARM

It's recommended that seniors set their home thermostats to a minimum of 68 to 70 degrees to maintain autumn wellness. When seniors go outside for autumn activities or later in cold weather, they should dress in loose layers of clothing that trap warm air between the layers. Wearing a waterproof coat or jacket if it is raining or snowing is beneficial, too.

You should also take precautions & stay inside on windy days which can quickly lower body temperature.

8. MINIMIZE EXPOSURE TO COVID-19, FLU, & OTHER SEASONAL AILMENTS

Has the senior had his or her flu vaccine? Flu & COVID-19 prevention is much the same, which means limiting contact with others & frequent handwashing.

9. CONTINUE TO MANAGE CHRONIC CONDITIONS

Seniors should not neglect chronic conditions like heart disease, diabetes, chronic obstructive pulmonary disease, high blood pressure & dementia during the fall & winter months. Pneumonia is especially harmful during colder weather for seniors with chronic conditions. Older adults need to monitor their health, take their medications correctly & stay in contact with their physician.

10. STAY POSITIVE

Physical health is tied to emotional & mental health. Staying engaged with hobbies & interests & prioritizing connections with family & friends when planning autumn activities are great healthy-living tips that encourage & energize seniors to maintain their physical health. Studies have linked positive thinking to better protection from the inflammatory effects of stress & the energy needed to maintain a healthier lifestyle. Older adults should be encouraged to focus on the good things in their lives, stay connected with people they love & turn off their televisions from time to time to listen to music, read a book, or call to chat with a friend or family member.

30-MINUTE MINI MEATLOAVES WITH WHIPPED CAULIFLOWER & GREEN BEANS

INGREDIENTS:

Meatloaves

- 1 tablespoon ketchup
- 1 teaspoon packed light brown sugar
- ½ teaspoon cider vinegar
- ⅓ cup whole-wheat panko breadcrumbs
- ¼ cup nonfat plain Greek yogurt
- 1 large egg, beaten
- 1 tablespoon Worcestershire sauce
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon paprika
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 1 pound 93%-lean ground beef

Whipped Cauliflower & Green Beans

- 20 ounces frozen cauliflower florets
- ¼ cup nonfat plain Greek yogurt
- ½ teaspoon salt, divided
- 1 tablespoon chopped fresh chives
- 1 16-ounce package steam-in-bag fresh green beans
- 2 teaspoons extra-virgin olive oil
- 1 teaspoon lemon zest



DIRECTIONS:

- To prepare meatloaves: Preheat oven to 400°F. Lightly coat 8 muffin-tin cups with cooking spray. Stir ketchup, brown sugar & vinegar together in a small bowl; set aside.
- Combine panko, yogurt, egg, Worcestershire, garlic powder, onion powder, paprika & 1/4 teaspoon each salt & pepper in a large bowl. Add beef & gently mix until just combined. Divide the mixture between the prepared muffin cups (avoid packing too tightly). Brush the top of each mini meatloaf with some of the ketchup mixture. Bake until an instant-read thermometer inserted in the center registers 160°F, 18 to 20 minutes.
- Meanwhile, prepare whipped cauliflower & green beans: Bring about 1 inch of water to a boil in a large saucepan fitted with a steamer basket. Add cauliflower & steam until very tender, 10 to 12 minutes. Drain & return to the pot. Add yogurt & 1/4 teaspoon salt. Using an immersion blender (or food processor), puree until smooth. Sprinkle with chives.
- Steam green beans in the microwave according to package directions. Drain well & transfer to a bowl. Add oil, lemon zest & the remaining 1/4 teaspoon salt; toss to coat.

AMERICORPS SENIORS GIVE A LITTLE TIME, GET A LOT BACK.

Join the RSVP Volunteer Program. If you are 55+, we will connect you with a volunteer opportunity to fit your lifestyle from more than 40 community-improving organizations. We support our volunteer corps with mileage reimbursement, supplemental insurance, educational events and volunteer recognition. rsvpsantafe.org

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

HAPPY BIRTHDAY, NOVEMBER VOLUNTEERS!

NOV 2	Al Castillo Elmer Leslie Victor Teng
NOV 4	Barrett Markland
NOV 5	Dick Fox Nova Stewart
NOV 6	Tobias Katz
NOV 8	Bonnie Hong
NOV 9	Cecilia Lopez Randy Murray Carmen Ortiz
NOV 12	Bill Glaser
NOV 13	Amalia (Molly) Dofflemeyer
NOV 16	Bernadette Sandoval
NOV 17	Robert Schaller
NOV 19	Anna Mae Gallegos Joyce Roberts
NOV 25	Mary Antonette Shuck
NOV 26	Douglas Smith
NOV 28	Timothy Pemberton
NOV 29	David Mc Caffrey
NOV 30	Sue Moy Bergquist

GERARD'S HOUSE IS LOOKING FOR VOLUNTEERS!

LOOKING FOR A MEANINGFUL WAY TO HELP GRIEVING FAMILIES IN SANTA FE?

We want to train you to co-facilitate a support group for youth.

WE ARE A NON-PROFIT PROVIDING FREE GRIEF SUPPORT FOR CHILDREN, TEENS AND ADULTS.

Through art, play and connection we support those missing a loved one due to death, deportation, incarceration or separation by borders.

REQUIRED TRAINING IS ON JANUARY 24TH, 2025 9AM-5PM

Visit www.gerardshouse.org and contact (505)424-1800 or info@gerardhouse.com for details



Our Advisory Council cleans up La Farge Library!
Thank you for your hard work and dedication!

ACROSS

- 1 Italian wine center
5 Off-the-cuff
10 Air force heroes
14 Knowledgeable about
15 Coronet
16 Red giant in the constellation Cetus
17 Give temporarily
18 Extinct Italic language of ancient southern Italy
19 Like an oxeye window
20 Clean up wheat grain
22 Slangy assent
24 Final suffix
25 Good name for a clown

- 27 Present occasions
29 Study above a PHD, in brief
32 Detailed account
33 Meadow mother
34 Person with a mike
36 Wooden shoe
40 Stationery store buy
42 Some are in the road
44 Iditarod terminus
45 Acquired relative
47 Hawaiian feasts
49 Young fellow
50 Hostilities ender
52 Strews stuff around
54 Logical beginning?
57 Put on board
58 Cataract site
59 Light two-wheeled carriage
62 Reptile of Central and South America
66 Chop-chop
68 Indian side dish
70 Ticked off
71 Apple throwaway
72 Spheres
73 Western Samoan monetary unit
74 Sicilian resort
75 Pigeon's perch
76 Organ knob

DOWN

- 1 "___ Lang Syne"
2 Graf ___
3 Chinese dynasty
4 Owing more than he makes
5 Nuclear weapon
6 Insult, slangily
7 Delicate
8 "Dies ___" (hymn)
9 Kind of boat
10 First of a Latin trio
11 Kind of duty
12 Obliterate
13 Bath ___
21 Took the bus
23 Squealers
26 Supernatural
28 Indian bread
29 Persian spirit
30 John Irving's "A Prayer for ___ Meany"
31 Envelope closer
32 Calyx parts
35 Outback runner
37 Tree trunk
38 Barbra's "Funny Girl" co-star
39 Williams and Kennedy
41 They may provide relief
43 Traveling bag
46 Hang around
48 Greek promenade
51 Cattle pen
53 Partner of turns
54 Tranquility
55 Green tea
56 Thirst (for)
60 Swiss river
61 ___ Piper
63 Water under the bridge
64 Woody's son
65 Type of tide
67 Kind of coat or soup
69 Children's game

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Thanksgiving Day

Word Search

DIRECTIONS:
Find and circle the
vocabulary words
in the grid. Look
for them in all
directions including
backwards and
diagonally.

COLONY
CORNUCOPIA
CRANBERRIES
FALL
FAMILY
FEAST
GOBBLE
GRATITUDE
GRAVY
HARVEST
HOLIDAY
MAIZE
MAYFLOWER
MILES STANDISH
NEW WORLD
NOVEMBER
PILGRIMS
PLYMOUTH
PUMPKIN PIE
PURITANS
SQUASH
STUFFING
THANKSGIVING
THURSDAY
TURKEY
WAMPANOAG
YAMS

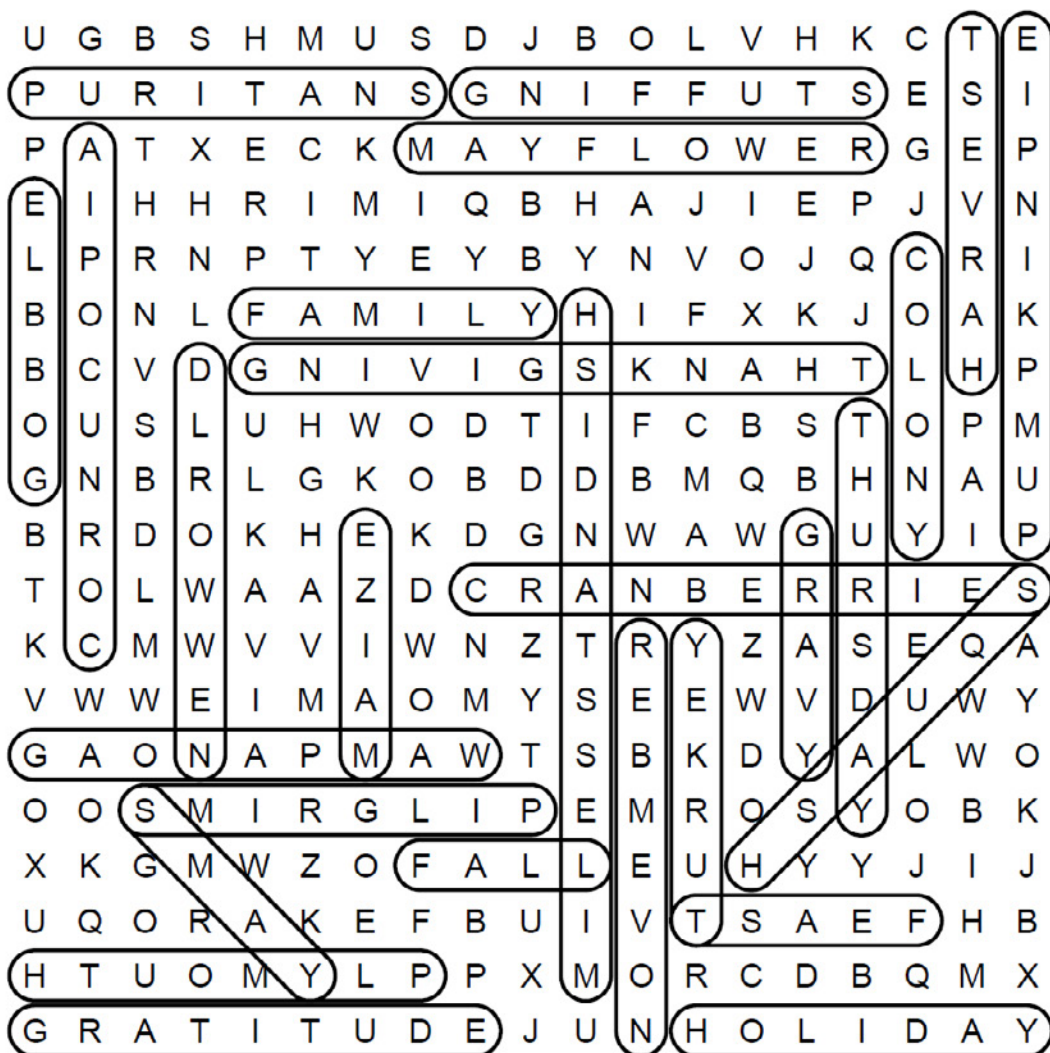


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L	E	N	D		O	S	C	A	N		O	V	A	L
D	E	G	E	R	M		Y	E	A	H		I	S	T
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C	O	R	E		A	R	E	A	S		T	A	L	A
E	N	N	A		L	E	D	G	E		S	T	O	P

Thanksgiving Day

Word Search

SOLUTION



NOVEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Fish Taco Salsa Black Beans Broccoli and Red Bell Pepper Mexican Slaw Banana	4 Cheese Tortellini Meaty Marinara Italian Veggies Wheat Roll Mixed Fruit	5 Green Chili Pork Posole Refried Beans Capri Veggies Tortilla Yogurt	6 Chili Relleno Meaty Green Chili Sauce Spanish Rice Vegetable Medley Tropical Fruit Salad	7 Buffalo Chicken Tenders French Fries Green Beans Carrot & Celery Sticks Roll Apricots
10 Sloppy Joe California Veggies French Fries Coleslaw Fruit Cocktail	11 ALL CENTERS CLOSED	12 Sweet And Sour Pork Brown Rice Asian Veggies Mandarin Oranges & Pineapple Chunks	13 Salisbury Steak Mashed Potato Mushroom Gravy Tossed Salad Wheat Roll Pears	14 Chicken Salad Croissant 3 Bean Salad Strawberries On Shortcake
17 Beef & Bean Burrito With Red Chili Sauce Spanish Rice Chuck Wagon Veggies Plums	18 Baked Tilapia Brown Rice Vegetable Medley Tropical Fruit	19 THANKSGIVING DINNER Turkey Roast Turkey Gravy Bread Stuffing Mixed Veggies Cranberry Salad Roll/ Pumpkin Pie	20 Green Chili Chicken Enchiladas Pinto Beans Broccoli Tortilla Banana	21 Ham & Cheese Sandwich Garnish Potato Salad Cold Peas Chocolate Chip Cookie
24 Baked Chicken Mushroom Gravy Parsley Potato French Style Green Beans Peaches	25 Beef Soft Taco Pinto Beans Spinach Tossed Salad Pears	26 Fettuccini Chicken Alfredo Italian Veggies Wheat Roll Jello	27 ALL CENTERS CLOSED <i>Happy</i> <i>Thanksgiving!</i>	28 ALL CENTERS CLOSED

Senior Meal Suggested Donation: Lunch \$1.50

10:30 am-12:30 pm Monday through Friday

Milk is served with each meal. Menu is subject to change.

Non-Metro New Mexico Area Agency on Aging

The Senior Difference

Santa Fe's largest Senior/Older adults health fair

A MUST ATTEND EVENT FOR OLDER ADULTS AND SENIORS

**FREE EVENT
OPEN TO THE PUBLIC**

**Thursday
November 13th, 2025**

8am-2pm

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



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

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

DOOR PRIZE GIVEAWAYS*

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

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

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

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Visit Our Website - www.nonmetroaaa.com



Book Club Buddies!



Consuelo's Place Service Project

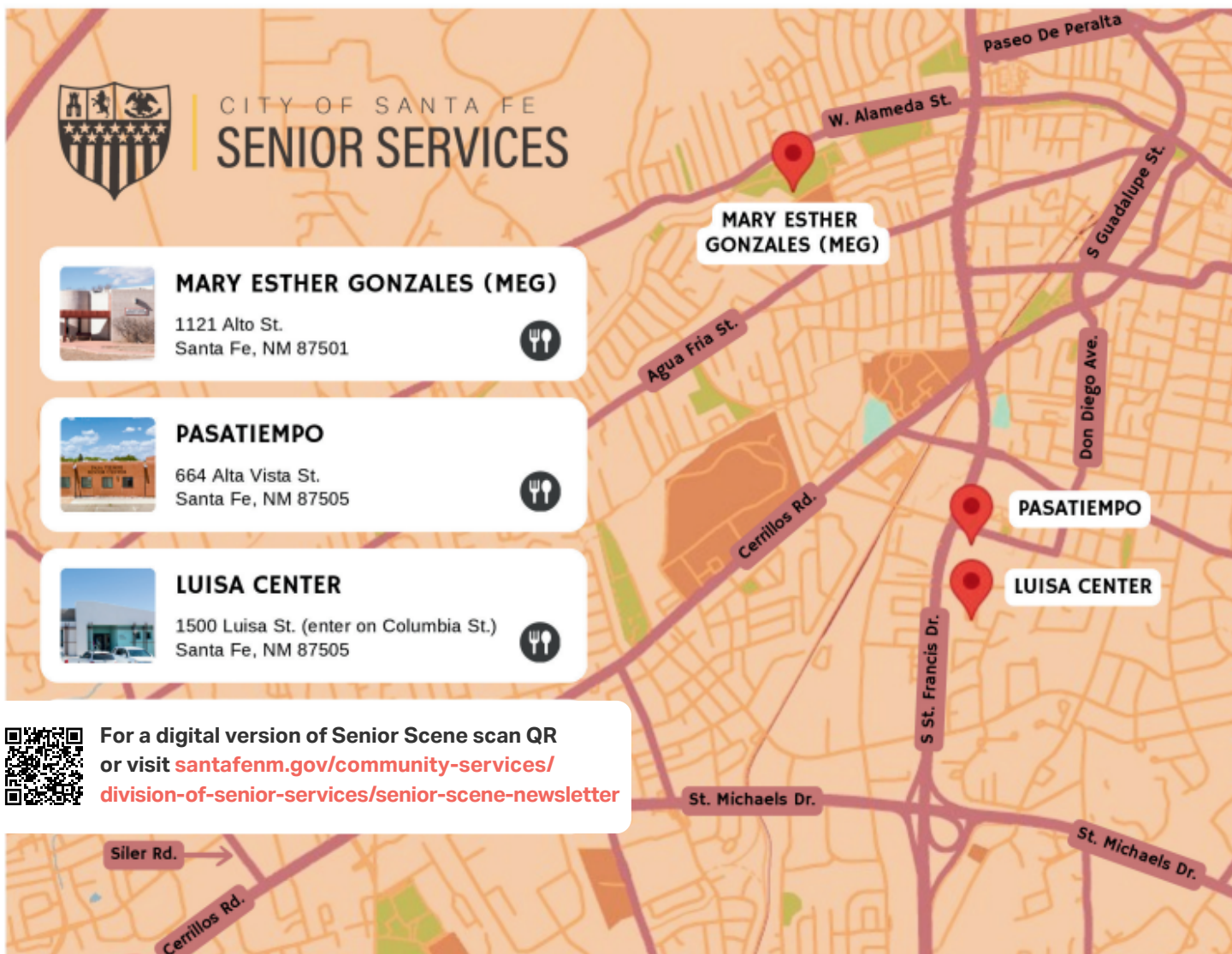


Dorothy is all smiles!



Happy Chander!





505-955-4721 | santafenm.gov/community-services/division-of-senior-services

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