



CITY OF SANTA FE
SENIOR SERVICES

DECEMBER 2023

SENIOR SCENE





ISSUE HIGHLIGHTS & ACTIVITY CALENDARS

In this Issue:

Meet Our Staff!

News & Views

Volunteer Programs

Ask Stan

December Senior
Center Lunch Menu

Newsletter Production:
Mona Baca, Editor/Distribution


City Communications Team,
Graphic Design/Copy Editing

Luisa Senior Center (1500 Luisa St. - enter on Columbia St.)

Contact: Cristina Villa 505-955-4725, cavilla@santafenm.gov


Monday through Friday | 10:30AM – 12:30PM

Fitness Room & Computer Lab Open!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Computer Assistance 10:30AM-12:30PM		Computer Assistance 10:30AM-12:30PM		Bingo Postponed Until Further Notice
Haircuts by Fabiola: Monday, Dec. 18 10 AM-1PM 				

Pasatiempo Senior Center (664 Alta Vista St.)

Contact: Cristina Villa 505-955-4725


Mon-Fri	Fitness Room Open: 10:30AM – 12:30PM		
Tues	Line Dancing (Beginner 10AM, Intermediate 11:30AM)	Weds	Live music: Grupo Cielo Azul, 11:45AM-2:00PM
Haircuts by Fabiola: Monday, Dec. 11, 10 AM- 1 PM 			

Mary Esther Gonzales (MEG) Senior Center (1121 Alto St.)

Contact: Albert Chavez 505-955-4715, wachavez@santafenm.gov

Monday through Friday, 8:00AM – 4:30PM

Pool/Cards/Billiards Room, Computer Lab, Fitness Room Open | Craft Room Open- Activities TBA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Tai Chi/Qi Gong 8:30-9:30AM Enhanced Fitness 9:30-10:30AM <i>Bingo Postponed Until Further Notice</i>	Tai Chi/Qi Gong 8:30-9:30AM Jewelry Class 9AM Computer, Mobile Phone, & Tablet Instruction w/ Jesse Kain 9-11AM Guitar Class 9-11AM Ukemi (Art of Falling)* 10-11AM Oil Painting w/Judy 12:30-2:30PM Dec. 5 and 19	Enhanced Fitness 9:30-10:30AM <i>Bingo Postponed Until Further Notice</i> Quilting 1-3PM	Wood Carving 9:30-11:00AM Meditation for Seniors by Upaya** 1-2:00PM Tai Chi/Qi Gong 2:30-3:30PM	Enhanced Fitness 9:30-10:30AM MEG Page Turners Book Club: Dreamland-By Sam Quinones Dec. 8, 1-2 PM Knitting Class 1-3:00PM
**No session on December 7		Haircuts by Fabiola: Monday, Dec. 4 10AM-1PM 		

All activities are open to registered seniors . **Schedule is subject to change.**
Please sign in on our activity sheets every time you participate in an activity. Masks are optional.

CONTACT INFORMATION

**CITY OF SANTA FE, DIVISION OF SENIOR SERVICES
ADMINISTRATION OFFICES
1121 ALTO STREET, SANTA FE, NM, 87501**

ADMIN OFFICES: 505-955-4721

Toll-Free Administration: 866-824-8714

- Must be Age +60
- Hours M-F, 8:00a.m. – 5p.m
- Services are free
- Free registration & reassessment required

**Senior Services Administration & Registration:
505-955-4721**

- Cristy Montoya, Administrative Secretary
cjmontoya@santafenm.gov

Division Director, Senior Services

Manuel Sanchez: 505-955-4710,
mnsanchez@santafenm.gov

Transportation Reservations: 505-955-4700

Linda Quesada-Ortiz, Senior Transportation Manager
lmquesada@santafenm.gov

- Must be 60+
- Hours: M-F, 8:30 a.m. – 4:00 p.m.
- Must be within City Limits
- Suggested Senior Donation: .50 cents per Ride
- Reservation Required
- Free Registration & Reassessment Required

Congregate Meals: 505-955-4739

Yvette Sweeney, Nutrition Manager: 505-955-4739

Raymond Dominquez, Administrative Assistant: 505-955-4749

Manny Padilla, Nutrition Inventory Supervisor: 505-955-4750

- Must be 60+
- Hours: M-F, 8:00 a.m. – 5:00 p.m.
- Suggested Senior Donation: \$1.50 per Meal
- Free Registration & Reassessment Required

Home Delivered Meals: 505-955-4748

Carlos Sandoval: cesandoval@santafenm.gov

- Must be 60+
- Hours: M-F, 8:00 a.m. – 5:00 p.m.
- Must be within City Limits & Homebound
- Suggested Senior Donation: \$1.50 per Meal
- Requires an In-Home Assessment
- Free Registration & Reassessment Required

Senior Services Navigator: Vacant

Senior Center Programming Activities: 505-955-4711

Lugi Gonzales, Center Program Manager: lgonzaless@santafenm.gov

- Must be 60+
- Hours: M-F, 8:00 a.m. – 5:00 p.m.
- Services are free
- Free Registration & Reassessment Required

Activities: MEG Center: 505-955-4715

Albert Chavez : wachavez@santafenm.gov

Activities: Luisa, Pasatiempo, Villa Consuelo: 505-955-4725

Cristina Villa: cavilla@santafenm.gov

Senior Olympics Events for Seniors Aged 50+: 505-795-3817

Cristina Villa: cavilla@santafenm.gov

- Hours: M-F, 8:00 a.m. – 5:00 p.m.
- Registration Fee Required

In-Home Support Services Program Manager

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

- Must be 60+
- Hours: M-F, 8:00 a.m. – 5:00 p.m.
- Services are Free
- Requires an In-Home Assessment
- Free Registration & Reassessment Required

In-Home Supportive Services Program Coordinator

Delilah CdeVaca: 505-955-4746

Senior Volunteer Programs

Program Manager - Theresa Trujillo

Senior Companion/Foster Grandparent: 505-955-4744

Roberta Armijo, Project Administrator: rparmijo@santafenm.gov

- Must be Age 55+
- Hours: M-F, 8:00 a.m. – 5:00 p.m.
- Services are Free
- Requires an In-Home Client Assessment & Background Check
- Stipends Available for Volunteer, if Qualified
- Must meet Income Qualification

Grandparents Raising Grandchildren Fund: 505-955-4745

Theresa Trujillo: tptrujiillo@santafenm.gov

- Must be 55+
- Hours: M-F, 8:00 a.m. – 5:00 p.m.
- Services are Free
- Annual Reimbursement Available

Retired Senior Volunteer Program (RSVP): 505-955-4760

Mona Baca – RSVP Admin/Public & Community Relations
mabaca@santafenm.gov

RSVP Volunteer Program Coordinator: 505-955-4722

Erika Cuellar: eccuellar@santafenm.gov

- Must be Age 55+
- Hours M-F 8:00 a.m. – 5:00 p.m.
- Services are Free
- Requires a Background Check

Santa Fe Civic Housing: 505-930-5901
Santa Fe County Senior Programs: 505-992-3069

DIRECTOR'S NOTE

Dear Senior Services Community,

The holiday season is upon us and in full swing, it was great seeing everyone here for our Thanksgiving meal socializing and enjoying each other's company at the MEG Center. The construction of the MEG expansion will begin this month. Please be patient during this period as we all get used to different ways to access the dining hall and the enhanced fitness area.

Looking back on 2023, we have seen the full reopening of our centers and activities. It has been a blessing to see everyone here at the center and welcome some new guests who have signed up and have been taking part in this wonderful place where we gather and spend time with our friends and neighbors.

As we begin a new year, we will be kicking off a new project and will need input from all of you on the design and program planning for a new senior center in Santa Fe.

The location has yet to be determined, but this planning and input stage will be key to that determination. We will be posting updates as we move forward. I am excited about all that is happening around the Center and cannot wait to see you all next year.

I would like to wish everyone a Merry Christmas, Happy Hanukkah, and a Joyous Kwanza as there are many ways we all celebrate the holiday season.

Manuel Sanchez

Division Director



EMPLOYEE SPOTLIGHTS

- **What's your job title?** In-Home Support Program Coordinator
- **How many years have you worked for the City?** 11 years
- **What's the most exciting part of your job?** Helping the seniors find the resources they need to live in their homes as independently as possible.
- **Do you have any hidden talents or hobbies?** I like to garden.
- **Are you a sports fan?** I like to watch football and basketball.
- **Who are your favorite teams?** Dallas Cowboys, Georgia Bulldogs, Los Angeles Lakers, Santa Fe Demons.
- **What's something you're proud of?** I'm proud of my beautiful family



Delilah C De Vaca

**IN-HOME SUPPORT
SECTION**

*See the next page to get to know
a few more folks on our team!*

EMPLOYEE SPOTLIGHTS



Erika Cuellar

ADMINISTRATIVE SECTION

- **What's your job title?** RSVP Program Coordinator
- **How many years have you worked for the City?** 5 years
- **What's the most exciting part of your job?** Working alongside the volunteers.
- **Do you have any hidden talents or hobbies?** Drawing, writing, reading, taking long walks. I learned how to swim in my forties.
- **Are you a sports fan?** Yes. Especially football.
- **Who are your favorite teams?** 49ers, Dodgers, LA Kings.
- **What's something you're proud of?** I'm proud of the relationship I had with my grandmother early in life.

- **What's your job title?** Chef
- **How many years have you worked for the City?** 5 years.
- **What's the most exciting part of your job?** Making new friends with the seniors and helping them.
- **Do you have any hidden talents or hobbies?** I love cooking and making people happy
- **Are you a sports fan?** Yes.
- **Who are your favorite teams?** Michael Jordan Bulls, Dodgers and Cowboys
- **What's something you're proud of?** My girls and my Mama Bear



Jolene Mibbarri

NUTRITION SECTION



Monique Rodriguez

TRANSPORTATION SECTION

- **What's your job title?** Transit Driver III
- **How many years have you worked for the City?** 16 years
- **What's the most exciting part of your job?** Being able to help when our seniors need it most.
- **Do you have any hidden talents or hobbies?** I love to work out. Dancing always makes me happy. I love cooking, it always fills my soul.
- **Are you a sports fan?** Yes. I love to watch football.
- **Who are your favorite teams?** Las Vegas Raiders
- **What's something you're proud of?** Raising my two amazing kids. I am participating in a body-building show.

NEWS & VIEWS

❖ MEG Transportation Program

Transportation services are fully operational from 8:30AM to 4:15PM. Reservations must be called in; no email requests. Customers need to schedule their reservation at least 3 to 5 days in advance. Contact Linda Quesada-Ortiz at 505-955-4700 with any questions!

Please note: **The first Tuesday of the month Senior Services closes at 2:45PM for mandatory staff meetings/trainings.**

Transportation services are also available with Santa Fe Ride (Transit Division): 505-473-4444

❖ Birthday Celebrations for Dec.

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

- **Luisa:** Friday, Dec. 1 @ 11AM
- **Pasatiempo:** Wednesday, Dec. 6 @ 11AM
- **MEG:** Friday, Dec. 15 @ 11AM

❖ December Grocery Distributions



The Food Depot offers drive-through grocery distributions at 1222 Siler Road from **7 to 9AM on Thursdays, December 7 & 21**



Echo Commodity Distribution
Dec. 12, 9:30AM to 12PM
Contact: 505-242-6777



San Martin de Porres Distribution
Free, no application required!
Dixon House (3552 Agua Fria St.)
4 to 6PM, December 5 & 19

FREE GROCERIES FOR SENIORS!

OPEN TO ALL LOW-INCOME SENIORS 50+



THE 4TH SATURDAY EVERY MONTH
3 to 4pm

Zia United Methodist Church
3368 Governor Miles Rd
Santa Fe 87507

Signup Not Required. Simply Show Up.



❖ ICAN Nutrition Classes

ICAN (Ideas for Cooking and Nutrition) is a free NMSU Cooperative Extension class offered by the Santa Fe County Extension Office to teach you how to:

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



MEG: Wednesday, Dec. 6 @ 11AM
Pasatiempo: Tuesday Dec. 19 @ 11AM
Luisa: Thursday, Dec. 21 @ 11AM

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

Snowball Dance



Thursday, December 14
1 to 4PM

The Fraternal Order of the
Eagles, 833 Early St.

FREE admission.
Light refreshments.
Music by: Bandalegre!

Don't miss out on a great band!

NEWS & VIEWS

❖ Movie Day at MEG & Luisa Centers



Christmas Chronicles (Luisa)

Tuesday, Dec. 19 at 1 p.m.

Siblings Kate and Teddy Pierce hatch a scheme to capture Santa Claus on Christmas Eve. When the plan goes awry, the kids join forces with a somewhat jolly Saint Nick and his loyal elves to save the holiday before it's too late.



MEG December Movies

December 4: Love Actually

December 11: A Christmas Story

December 18: A Christmas Carol

December 26: Family Stone

Come and enjoy a holiday movie and popcorn! All movies start at 1:00pm.

❖ Technology Assistance Available



Technology is great until it does not work! Do you have cell phones, smart watches, computers, or other gadgets that aren't working? We can help, at no cost to you! **Call or contact Mona Baca at 505-955-4760 or mabaca@santafenm.gov** and she will arrange for Jane Yuster, one of our technology repairers, to fix it – at your home or at one of our Senior Centers! *Please note that for your safety, all of our in-home volunteers have successfully completed fingerprinting and background screening.*

❖ AARP "Smart Driver" Course

The AARP Smart Driver's classes will resume on a monthly basis early next year. We are delighted to announce we will have a new instructor in training, Edna Sanchez, who will join our existing two volunteers, Dominic and Joe, so that we can resume classes.

Also, we always have a need for volunteers, including positions that don't necessarily involve classroom instruction. Contact me, Dominic, if you have an interest in learning more at 505 490 2489 or by email at promandel@gmail.com. Happy Holidays from your AARP Smart Driver's instructors!

School Supply Drive

Items needed:

- #2 Pencils
- Erasers
- Wide-ruled notebooks
- Highlighters
- Colored pencils
- Crayons
- Pencil Boxes
- Glue Sticks
- Kids' Scissors
- 2-Pocket Folders
- Kleenex
- Etc.!



Drop off at MEG Senior Center (1121 Alto St.).

Questions? Call 505-955-4722 or email eccuellar@santafenm.gov

Donations accepted until Jan 10, 2024.



MLK DAY
OF SERVICE

NEWS & VIEWS

❖ Property Tax Outreach Program

The Santa Fe County Treasurer's Office will accept Property Tax Payments at Mary Esther Gonzales Center, 1121 Alto Street, on Tuesday, December 5, from 10:30AM to 1PM. The treasurer's office will accept: check, money order, credit card, and cashier's check. Cash will not be accepted.

For more information, please call 505-986-6245 or email treasurer@santafecountynm.gov.

❖ Tax Help New Mexico-Santa Fe (United Way)

Location: Santa Fe Main Library, 145 Washington Ave.

Hours: Monday & Tuesday 10AM-2PM; Wednesday 12-4PM

Dates: February 5-April 15, 2024

Appointments: 505-465-9776 or online at taxhelpnm.org.

❖ Tax Help Santa Fe

Location: Santa Fe Place Mall, 4250 Cerrillos Rd.

Hours: Monday-Saturday, 9AM-4:30PM

Dates: January 25-April 15, 2024

Appointments: 505-990-7431 or online at www.taxhelpsantafe.com



❖ Guitar Tunes at the MEG Center!



Sister Jo and the guitar class will perform holiday tunes on Tuesday, Dec. 12 during lunch from 10:30AM to 12:30PM. Everyone is invited!

❖ Flora's Corner

Be Joyful And Expect A Better Life



Promise yourself to be so strong that nothing can disturb your mind. Talk health, happiness and prosperity to everyone you meet. Make all your friends feel that there is something special in them. Look at the sunny side of everything and make your optimism come true. Think only the best. Work for the best, and expect only the best. Be as enthusiastic about the success of others as you are about your own. Forget the mistakes of the past and press on to greater achievements. Be friendly and give every living creature you meet a smile. Be too large for worry; too noble for anger; too strong for fear; and too happy to permit the presence of trouble.

Dr. Norman Vincent Peale

❖ A Poem for Christmas (Patti Merrill)

Holiday parties, candy canes, Santa at the mall... Mistletoe kisses, a wreath Upon the wall.

Children laughing and singing, their eyes and faces bright. Lights and decorations gently sparkle up the night.

Families getting together, gifts and surprises galore. Let's celebrate my friends, the holidays are here once more!

❖ Santa Fe Civic Housing Authority Upcoming Events

Villa Hermosa Center Events (1510 Luisa Street)

- **Dec. 6 @ 10AM:** Cell/Computer/Tablet Q&A
- **Dec. 14 @ 1PM:** Blood Pressure and Oxygen Screening

VOLUNTEER PROGRAMS

❖ Americorps Senior Volunteers



The Fall Recognition Event for Americorps Senior Volunteers was held on October 26 at the MEG Center. Over 100 volunteers attended and all enjoyed soup and sandwiches while listening to music by Ken Hendricks of Home Instead. Volunteers received a small gift and there was a raffle for prizes. **Thank you to all the staff and volunteers who made this event a success!**

Thank you to the following generous local businesses for their prize contributions!



❖ Happy Birthday, Dec. Volunteers!

Gloria Pendlay	12/01
Gilbert Fuentes	12/02
Joseph S. Gonzales	12/02
Josephine Lazarus	12/02
Cordelia Garcia	12/04
Kim Berge	12/05
Susan Sattell	12/06
Pauline Foral	12/07
Rosemari Cano	12/09
Jean Marrs	12/09
Percilla Lopez	12/10
Julie Sprott	12/10
Mary Margaret Rael	12/11
Sandra Evans	12/15
Pascal Fromentin	12/15
Lucille Quintana	12/15
Judi Beare	12/16
Paul Montano	12/17
Margaret Trujillo	12/19
Becky Gerwin	12/23
Margaret Mooney	12/25
Rosario Torres	12/25
Raymond Willison	12/25
Bob Julliet	12/27
Bob Dorsett	12/29
Sue Fox	12/30
Eileen Levy	12/30
Wanda Workman	12/30
Vicki Rivera-Goin	12/31
Phoebe Weber	12/31

❖ Join the RSVP Volunteer Program

If you are 55+, you can join the RSVP Volunteer Program! You will get connected with a volunteer opportunity to fit your lifestyle from more than 40 community-improving organizations. Our volunteer corps are provided with mileage reimbursement, supplemental insurance, educational events and volunteer recognition. rsvpsantafe.org



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

HEALTH & SAFETY

❖ Tips on Social Skills

The COVID-19 pandemic changed our lives and we've been on a journey of re-learning how to navigate social situations after times of isolation. If you feel like your social skills are rusty, check out the tips below to brush up.

- **Pay Attention to Your Body Language:**
Non-verbal communication is very important. Uncross your legs and arm, stand or sit up straight, turn towards people, make eye contact, relax your shoulders, and smile.
- **Ask Open-Ended Questions:** If you want the attention off you in a conversation, ask questions requiring more than a yes or no answer so others keep the conversation going.
- **Encourage Others to Talk About Themselves:** Most people enjoy talking about themselves. Ask a question about a person's hobbies or family. Show you're interested in what's being said.
- **Offer Compliments Generously:**
Compliments open the door to a conversation and show others you're friendly.
- **Practice Good Manners:** Practice being polite, showing gratitude, and using good table manners.
- **Appreciate the Value of Diversity:**
Recognize that you can learn from others, and listen with an open mind even if you don't always agree with the other person.

NUTRITION EDUCATION

❖ Pumpkin Chili



Canned or pureed pumpkin adds a hearty and nutritious flavor to this savory chili recipe. [Source: MyPlate.Gov](https://www.myplate.gov)

Makes 8 servings

Ingredients:

- 2 tsp. olive oil
- 1 small yellow onion, chopped
- 1 green bell pepper, cored, seeded and chopped
- 2 jalapeño peppers, seeded and finely chopped
- 2 cloves garlic, finely chopped or 1/2 teaspoon garlic powder
- 1 lb. ground turkey
- 1 can diced tomatoes with juice
- 1 can pumpkin puree
- 1 c. water
- 1 tsp. cumin, ground
- salt and pepper to taste
- 1 can kidney beans (Choose other beans if desired)

Directions:

- Wash hands with soap and water.
- Heat oil in a large pot over medium high heat.
- Add onion, bell pepper, jalapenos and garlic and cook, stirring frequently until tender, about 5 minutes.
- Add turkey and cook until browned.
- Add tomatoes, pumpkin, water, chili powder, cumin, salt and pepper and bring to a boil.
- Reduce heat to medium low then add beans.
- Cover and simmer, stirring occasionally, for 30 minutes more.
- Ladle chili into bowls and serve.

Notes: Pumpkin is packed with fiber, potassium, vitamin A & C.

WORD SEARCH

Astronomy

All the words listed are hidden vertically, horizontally—in both directions. The letters that remain unused form a sentence from left to right.

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

- ANDROMEDA
- APOLLO
- BIG BANG
- CENTAUR
- COMET
- EARTH
- GALILEO
- GRAVITY
- HAWKING
- HELIOCENTRISM
- HUBBLE
- HYPERION
- JUPITER
- MARS
- MERCURY
- METEOR
- MILKY WAY
- NASA
- NEBULAE
- NEPTUNE
- OBSERVATORY
- OXYGEN
- PHOTON
- PLUTO
- POLARIS
- ROCKET
- SATURN
- SPACE TRAVEL
- TELESCOPE
- UNIVERSE
- URANUS
- VENUS
- ZODIAC

LETTERBLOCKS

Move the letter blocks around to form two words, one on the top line, the other on the bottom line, that can be associated with countries. Letters can be moved from one line to the other.

GNDLAN

RNYGMAE

— — — — —

— — — — —

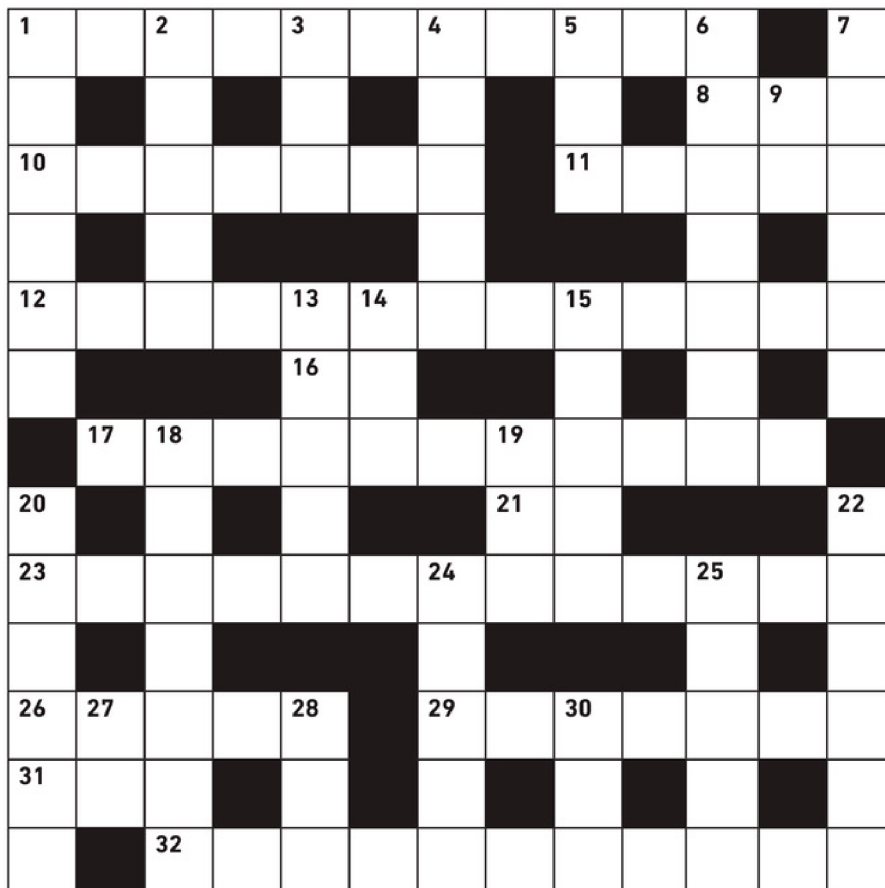
CROSSWORD PUZZLE

ACROSS

1. Short respite from work
8. Pollution watchdog
10. She works in the OR
11. City leader
12. Powerful phrase from a famous Lincoln speech
16. Pa's counterpart
17. Blink of an eye
21. ____, Myself & Irene
23. Hack it
26. Grown-up
29. Lost
31. Snapshot
32. Wood-splitting moves
4. He ____ up for the quiz
5. Tree type
6. Entered data
7. Float event
9. Longest river in Italy
13. Wesson partner
14. Down
15. Smoking and drinking
18. Meal with many choices
19. Speedy bird
20. Skirmish
22. Nike rival
24. *Glengarry Glen Ross* playwright
25. Texas landmark
27. Harry and William's mother
28. Besmirch
30. Pouch

DOWN

1. Share top billing
2. Largest city in North Dakota
3. First lady



CROSSWORD & WORD SEARCH SOLUTIONS

❖ CROSSWORD



❖ WORD SEARCH



LETTERBLOCKS

ENGLAND
GERMANY

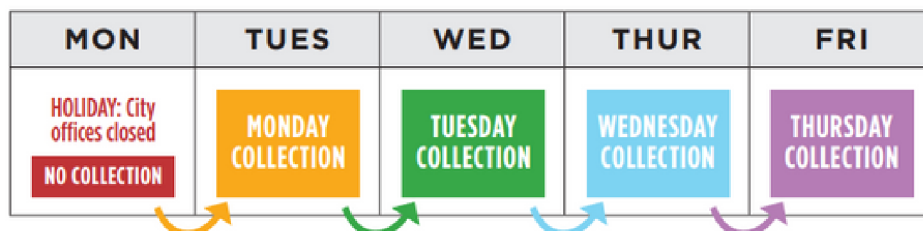


SENIOR CENTER LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Senior Meal Suggested Donation: Lunch \$1.50 10:30AM – 12:30PM M-F Milk is served with each meal. Menu is subject to change.				1 Spaghetti with Meat Sauce Italian Veggies Cucumber & Tomato Salad Garlic Toast Spiced Apples
4 BBQ Chicken Ranch Beans 5 Way Veggies Coleslaw Cornbread Mandarin Oranges	5 Cheesy Chili Dog with Meaty Red Chili Onion Rings 3 Bean Salad Jello	6 Baked Chicken Breast w/ Mushroom Sauce Wild Rice Mixed Veggies Roll Fresh Apple	7 Beef Fajita w/ Peppers & Onions Black Beans Tortilla Strawberry Shortcake	8 Baked Tilapia Scalloped Potatoes Vegetable Medley Roll Chilled Pears
11 Green Chili Chicken Posole Spanish Rice Calabacitas Tortilla Diced Peaches	12 Beef Tips over Egg Noodles Steamed Spinach Roll Fruit Salad	13 Holiday Dinner Baked Ham Sweet Yams French Green Beans Tossed Salad/Roll Cinnamon Sweet Rice with Raisins	14 Carne Adovada Pinto Beans Country Blend Veggies Tortilla Sherbet	15 Baked Fish Tartar Sauce French Fries Chuck Wagon Veggies Coleslaw Roll/Apple Cobbler
18 Pork Chop Pork Gravy with Mushrooms Rice Pilaf Asparagus Roll Apricots	19 Frito Pie Pinto Beans Garnish Mexicorn Spanish Slaw Pineapple Tidbits	20 Chicken Parmesan over Linguini Broccoli & Cauliflower Bread Stick Fresh Orange	21 Green Chili Cheeseburger Garnish Baked Beans Potato Chips 3 Bean Salad Fresh Apple	22 Tuna Salad Cold Peas Coleslaw Crackers Brownie
25 All Centers Closed <div>No City Trash Pickup*</div>	26 Polish Sausage Sauerkraut Buttered Carrots Parsley Potatoes Roll Yogurt	27 Soft Beef Taco Garnish Chili Beans Calabacitas Fruit Cocktail	28 Pepper Steak Mushroom Gravy Brown Rice Broccoli & Carrots Roll Mixed Fruit in Jello	29 Turkey Sandwich Garnish Spinach Salad Cherry Tomatoes Vanilla Pudding w/ Cinnamon

*The City of Santa Fe no longer collects residential trash/recycling on holidays. Your collection will occur one day later after a holiday closure!

Call 505-955-2200 to learn more.





505-955-4721 | santafenm.gov/division_of_senior_services

Disclaimer: The material contained in this publication is provided for general information purposes and is meant to keep our readers informed. The content may or may not be sponsored by the City of Santa Fe Division of Senior Services, so we recommend that readers always refer to the contact and location information listed in each item. If you have questions for Senior Services staff, please refer to page 4 for the appropriate contact.