

THE SENIOR SCENE



Programs and Activities for Older Adults
Programas y Actividades para Adultos Mayores
Offered by: Division of Senior Services



www.santafenm.gov/senior_scene_newsletter

**APRIL
2018**



CITY OF SANTA FE, DIVISION OF SENIOR SERVICES

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

APRIL - 2018

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, simply type "Senior Scene" in the keyword search box at the top then click the purple underlined words "Senior Scene Newsletter."

| | | | |
|---|-----------------------|--|----------|
| Front Desk Reception | (505) 955-4721 | In Home Support Services: Respite Care, | |
| Toll-Free Administration Line | (866) 824-8714 | Homemaker | |
| Gino Rinaldi, DSS Director | 955-4710 | Theresa Trujillo, Program Supervisor | 955-4745 |
| Administration | | Katie Ortiz, Clerk Typist | 955-4746 |
| Cristy Montoya, Administrative Secretary | 955-4721 | Foster Grandparent/Senior Companion Program | |
| Sadie Marquez, Receptionist | 955-4741 | Melanie Montoya, Volunteer Prog. Admin. | 955-4761 |
| FAX Machine - Administration | 955-4797 | Romella Glorioso-Moss, Special Projects Admin. | 955-4744 |
| Senior Services Registration | | Retired Senior Volunteer Program (RSVP) | |
| Brenda Ortiz, Database Specialist | 955-4722 | Triston Lovato-Armstrong, RSVP Administrator | 955-4760 |
| Transportation Ride Reservations (page 3) | 955-4700 | Marisa Romero, Program Coordinator | 955-4743 |
| Linda Quesada-Ortiz, Acting Project Manager/ Dispatch | 955-4702 | 50+ Senior Olympics | |
| Linda Quesada-Ortiz, Administrative Assistant | 955-4700 | Cristina Villa, Program Coordinator | 795-3817 |
| Nutrition | | Miscellaneous | |
| Yvette Sweeney, Program Administrator | 955-4739 | Craft Room | 955-4736 |
| Enrique DeLora, Inventory Supervisor | 955-4750 | Pool (Billiard) Room | 955-4737 |
| Tebrina Roibal, Administrative Assistant | 955-4749 | Other Important Numbers | |
| FAX Machine - Nutrition | 955-4794 | Santa Fe Civic Housing Authority | 988-2859 |
| Meals On Wheels (for homebound individuals) | | Santa Fe County Information | 992-3069 |
| Carlos Sandoval, Program Supervisor | 955-4748 | Santa Fe County Mobile Health Van | 231-2382 |
| Robert Duran, MOW Assessments | 955-4747 | Newsletter Production | |
| Senior Center Programming (Activities) | | Triston Lovato-Armstrong, Editor/Distribution | 955-4760 |
| Lugi Gonzales, Center Program Manager | 955-4711 | trlovato@santafenm.gov | |
| Albert Chavez, Program Coordinator | 955-4715 | Gil Martinez, Graphic Artist | |
| Mary Esther Gonzales (M.E.G.), Ventana de Vida | | Mela Sanchez, Mailing Distribution | |
| Cristina Villa, Program Coordinator | 955-4725 | Christella Vigil, Mailing Distribution | |
| Luisa, Pasatiempo, Villa Consuelo | | | |

SENIOR SERVICES PROGRAM INFORMATION

APRIL - 2018

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.

SENIOR TRANSPORTATION INFORMATION

- To Reserve:** Call (505) 955-4700 before 4:00 pm to reserve a ride.
Rides must be requested at least three to five business days in advance of service, due to high demand. 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:** Suggested donation of 50¢ a ride (one-way trip) for seniors 60 & over. You may purchase a 25-ride ticket for \$10.00 from the Transportation Office or drivers.
- Schedule:** Rides are available 8:15 am to 4:15 pm Monday through Friday.
Please Note: Reduced hours on the first Tuesday of every month due to required staff training; last call for pick-up is 2:45 pm on these days.
Vans leave from the MEG Center at noon, 1:00, 2:00 and 3:00 pm every day (Please be seated in the lobby or outside patio benches).
Rides to medical appointments are given priority over all other rides.
- Notes:** Demand has increased and therefore so has the wait time. We appreciate and thank you for your patience.
- SF County:** For rides outside city limits but within Santa Fe County, call (505) 992-3069.
- SF Ride:** For weekend and evening transportation, call (505) 473-4444.

APRIL - 2018

By Gino
A message from the Division Director



I want to remind all of you that April 3, 2018, is National Service Recognition Day, and I encourage all of the City of Santa Fe's seniors to recognize the positive impact of national service in our community, to thank those who serve, including Foster Grandparent, Senior Companion and RSVP volunteers; and to find ways to give back to their communities.

Volunteers are the lifeline for the City of Santa Fe's Senior Programs. They volunteer tens of thousands of service hours in all five Santa Fe senior centers. They are in most of our city elementary schools tutoring/mentoring children, and out in the community providing companionship to many of our isolated seniors. Throughout the city and the county, hundreds of RSVP volunteers donate time in food pantries, museums, hospitals, schools, etc. I applaud each and every one of you!

The 1965 Older Americans Act (OAA) is one of the most important laws for older adults, and it is in need of greater recognition. While most people are familiar with Social Security, Medicare and Medicaid, few know about the OAA. The programs of the OAA are also extremely important in allowing older adults to age in dignity and the best possible health. The OAA authorizes a wide variety of programs focused on health, nutrition, job training and caregiver support. Though the law has been successful in improving the lives of older adults, it can be strengthened.

The population of older adults in New Mexico is growing rapidly and becoming more diverse. Although Social Security, Medicare and Medicaid are effective programs, the Older Americans Act is a vital piece of Santa Fe's aging infrastructure. New Mexico needs to modernize the OAA by adequately funding its work and making it responsive to the needs of the City of Santa Fe's diverse older adult population.

So why does the Older Americans Act matter? The Older Americans Act is important because of what it provides and the outcomes it produces. Its programs and services have achieved the main goal of the Act when it was passed — to allow older adults to remain independent, either in their community or in their homes.

Part of the requirement by our funders is keeping current with the assessments. Please help us to stay current by looking at your membership card and see if you are due. If you don't know, check with the front desk reception staff at the Mary Esther Gonzales Senior Center or call 505-955-4721. Also, please remember that your donations for meals and transportation are much appreciated! 😊

APRIL - 2018

Office of the Mayor
Official Proclamation of the City of Santa Fe
Bando Oficial de la Villa Real de Santa Fé de San Francisco de Asís Nuevo México

WHEREAS, Service to others is a hallmark of the American character, and central to how we meet our challenges; and

WHEREAS, the nation's cities are increasingly turning to national service and volunteerism as a cost-effective strategy to meet their needs; and

WHEREAS, Senior Corps Santa Fe participants address some of the challenges facing our community, from educating students for the jobs of the 21st century, to assisting frail or isolated senior citizens with independent living tasks, to fighting hunger; and

WHEREAS, national service expands economic opportunity by creating more sustainable, resilient communities and providing education, career skills, and leadership abilities for those who serve; and

WHEREAS, Senior Corps Santa Fe participants serve as Foster Grandparent, Senior Companion, and RSVP volunteers in more than 60 locations across the county, bolstering the civic, neighborhood, and faith-based organizations that are so vital to our economic and social well-being; and

WHEREAS, national service participants increase the impact of the organizations they serve, both through their direct service and by managing other volunteers; and

WHEREAS, national service participants increase the impact of the organizations they serve, both through their direct service and by managing other volunteers; and

WHEREAS, national service represents a unique public-private partnership that invests in community solutions and leverages non-federal resources to strengthen community impact and increase the return on taxpayer dollars; and

WHEREAS, national service participants demonstrate commitment, dedication, and patriotism by making an intensive commitment to service; and

WHEREAS, the Corporation for National and Community Service shares a priority with local leaders nationwide to engage citizens, improve lives, and strengthen communities; and is joining with the National League of Cities, National Association of Counties, Cities of Service, and local leaders across the country for National Service Recognition Day on April 3, 2018

NOW, THEREFORE, I, ALAN M. WEBBER, MAYOR OF THE CITY OF SANTA FE NEW MEXICO DO
HEREBY PROCLAIM TUESDAY, APRIL 03, AS

"NATIONAL SERVICE RECOGNITION DAY"

Promulgade en el ayuntamiento, el
Día Veinteseis de Marzo, del año 2018
Done at City Hall, this 26th day of March, 2018

Witness my hand: _____
Alcalde/Mayor



NEWS & VIEWS

APRIL - 2018

Santa Fe County Mobile Health Van

The health van's Registered Nurse offers basic health screenings: blood pressure/glucose, heart rate, general health information and immunizations. Schedule is subject to change so please check for the updates online at www.santafecounty.org or call (505) 231-2382. All services are free.

Dates for April:

* = Nurse will be inside.

| | |
|---|----------------|
| 01 – St. Elizabeth Shelter* | 9 am – 1 pm |
| 02 – Casa Rufina Apartments | 9 am – 1 pm |
| 03 – Eldorado Senior Center | 9 am – 1pm |
| 04 – Solana Shopping Center | 9 am – 1 pm |
| 05 – Chimayo Senior Center | 10 am – 2 pm |
| 06 – Nambe Senior Center | 9 – 11 am |
| Pojoaque Shopping Center | noon – 2:30 pm |
| 07 – Van not out | |
| 08 – Santa Fe Recovery Center* | 9 am – 1 pm |
| 09 – Fort Marcy | 9 am – 1 pm |
| 10 – St. John's United Methodist Church | 9 am – 1 pm |
| 11 – El Rancho Senior Center | 9 am – 1 pm |
| 12 – Santa Cruz Senior Center | 10 am – 2 pm |
| 13 – Mary Esther Gonzales Senior Center | 10 am – 2 pm |
| 14 – Van not out | |
| 15 – St. Elizabeth Shelter* | 9 am – 1 pm |
| 16 – Luisa Senior Center | 9 am – 1 pm |
| 17 – Cerrillos Village Park | 9 am – 1 pm |
| 18 – Brookdale Assisted Living | 9 am – 1 pm |
| 19 – Edgewood Senior Center | 10 am – 2 pm |
| 20 – Ventana de Vida | 10 am – 2 pm |
| 21 – Van not out | |
| 22 – Santa Fe Recovery Center* | 9 am – 1 pm |
| 23 – Encino Villa Apartments | 9 am – 2 pm |
| 24 – Pasatiempo Senior Center | 9 am – 1 pm |
| 25 – Genoveva Chavez Center | 10 am – 2 pm |
| 26 – Villa Alegre | 10 am – 2 pm |
| 27 – Casa Villita | 10 am – 2 pm |
| 28 – Van not out | |
| 29 – St. Elizabeth Shelter* | 9 am – 1 pm |
| 30 – Villa Consuelo Senior Center | 9 am – 1 pm |

Free Stroke Support Group

This group is for stroke survivors and their significant others. The group meets on the first Wednesday of every month from 11:00 am to noon in the Atrium Conference Room at Christus St. Vincent (first floor across from the elevators). For more information or if you have questions please call Anna at (505) 988-2583.

37 Local Restaurants, One Angelic Event



Local nonprofit organization Kitchen Angels is holding its 20th annual fundraising event, Angels Night Out, at 37 restaurants in Santa Fe. On Thursday, April 26, participating restaurants will contribute 25% of their revenue to Kitchen Angels. You can contribute to this special community event by dining out for breakfast, lunch or dinner at any one of the participating restaurants:

Breakfast: Joe's Dining

Lunch: Café Castro, Museum Hill Café

Breakfast, Lunch & Dinner: Café Fina, La Fogata Grill, Tecolote Café, the Teahouse

Lunch & Dinner: Cowgirl, El Meson, Izanami, Piccolino Italian Restaurant, TerraCotta Wine Bistro & the Ranch House

Dinner: Andiamo!, Arable, Arroyo Vino, Bouche Bistro, Bourbon Grill, Café Pasqual's, Counter Culture, El Callejon, Estevan Restaurant, Fire & Hops, India House, Jambo Café, L'Olivier, La Boca, Loyal Hound, Maize Restaurant, Mariscos Costa Azul, Paper Dosa, Plaza Café Southside, Santa Fe Bite, State Capital Kitchen, Trattoria A Mano, Tune Up Café & Vinaigrette.

Santa Feans can show their support by simply dining out at one of the 37 participating restaurants on Thursday, April 26. People are encouraged to invite their friends and fill the restaurants. Diners will also be able to enter a drawing for a \$500 gift card!

Kitchen Angels is a community-based, volunteer-driven agency that provides free, home-delivered meals to people in Santa Fe who are living with life-challenging health conditions. For the past 26 years, they have enhanced the quality of life and supported the dignity of homebound individuals who are unable to prepare their own meals.

Attention Grandparents Raising Grandchildren

Are you a grandparent raising/providing financial assistance to a grandchild(ren)? Financial assistance is available!

Eligibility requirements:

- 55 years of age or older;
- City of Santa Fe/County of Santa Fe resident;
- Actively raising/providing assistance to a grandchild(ren);
- Assisting with out-of-pocket expenses such as medical related expenses, food, clothing, etc., for the child(ren).

This program currently assists with an annual allowance of \$200.00 for expenses related to raising a grandchild(ren). For more information contact Melanie Montoya at 955-4761.

The Memory Club – A service of the Memory Care Alliance of Northern New Mexico

This weekly support group is for family members of a loved one with dementia. Having a weekly place to go, to share experiences, learn the latest brain information, and exchange helpful ideas can be just the break you need. If you would like to bring your loved one, there is a separate room for activities such as chatting, watching a video, playing a game, or just relaxing. One of the Comfort Keepers will be in the room.

The Memory Club is facilitated by Memory Care Alliance Executive Director David Davis and Eileen Joyce, Certified Coach/Grief Recovery Specialist®. Comfort Keepers sponsors the group. Please contact David at 310-9752 or david@memorycarenm.org or Eileen at 428-0670 or ej@eileenjoyce.com for questions and to reserve your place as space is limited.

Meeting is centrally located in Santa Fe at 1301 Luisa Street on Fridays, April 6, 13, 20, and 27 from 2:00–3:00 pm.



Flora's Corner

“A civilization flourishes when people plant trees under which they will never sit.”

--Greek proverb

Comfort Keepers Sponsors Support Groups

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

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

Sometimes just being safe to say what you are thinking and feeling without being judged or given unwanted advice is the best medicine. Listening to someone else can be a welcome break from your own situation and offer a new perspective. Through participation you will be better equipped to care for yourself, feel less isolated and afraid, and better able to communicate with your family, friends, and health team. As part of Comfort Keepers Community Outreach, the group is free and is facilitated by Eileen Joyce, Certified Coach/Grief Recovery Specialist. Please contact Eileen at (505) 428-0670, or ej@eileenjoyce.com to reserve your spot and get directions to the convenient location in Santa Fe.

The support group for people living with chronic illness such as: Cancer, autoimmune diseases, MS, and Parkinson's meet on the 2nd and 4th Tuesdays from 2:00–3:00 pm.

The family caregivers support group meets every 2nd and 4th Wednesdays from 2:00–3:00 pm.

Sign-up for Yardwork Assistance Now

Do you need help cleaning your yard? Youth volunteers with the Student Life Mission Project will be available again this July to assist with your needs! The group can also help with minor painting projects (you must supply the paint/supplies but they will provide the labor). Assistance is only available in the City of Santa Fe area on a first come first served basis. Dates include: July 7–9, July 11–13, and July 16–18. Reserve your spot by Friday, May 25. Call (505) 955-4760 or (505) 955-4743.

NEWS & VIEWS

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Support for Life Transitions...making effective changes

Whether you are retiring; or in a new relationship, health condition, or career; making needed changes can be difficult even for highly motivated people. Support for Life Transitions is a six-week program to help you restructure your daily life and make needed changes. It is a program of learning, sharing, and doing actions to transition from the past and create your life based on what is true for you now. The program, sponsored by Berardinelli Life Services is free of charge, and is facilitated by Eileen Joyce, Certified Coach/Grief Recovery Specialist®. Over the six weeks we will cover: the change process, identifying what's important, digging deeper into what you need and want, choosing what to keep and what to leave behind and reviewing and reflecting on results. There will be handouts to help you reflect and review, and to structure your time and energy. This will support you in creating your one-step-at-a-time plan and putting you in charge of your new life. Attending all six weeks is recommended. Please contact Eileen at 505-428-0670 or ej@eileenjoyce.com to reserve your space.

Six Tuesdays 4:30–5:30 pm
May 8, 15, 22, 29, June 5, 12
at the Berardinelli-McGee Life Center
1320 Luisa St., Santa Fe, NM 87505

Benefit Dance & Silent Auction

Ernie Gonzales



Saturday, April 14, 2018

7 pm to 11:00 pm

Fraternal Order of EAGLES

833 Early Street

Music by Freddy Chavez and Durango

For information call 470-7940 or 501-2901

ADULTS: \$10 CHILDREN UNDER 12: \$5

Let's Grow! Rose Pruning Clinic Saturday, April 7, 9:00 am – noon

Bring your handheld pruners, gloves and long sleeved clothing. Learn the correct way to prune roses from Master Gardeners and consulting rosarians Jack and Juanita Ortega and Katherine O'Brien of the SF Rose Society. Then practice in the historic Harvey Cornell Rose Garden at 1315 Galisteo Parkway. Instruction from 9:00–9:30 am and hands on pruning from 9:30 am – noon.

Let's Grow! Native Bee Basics

Saturday, April 28, 10:00 am – noon at the Randall Davey Audubon Center (Canyon Road). Learn to build bee houses and select plants that attract them.

Keeping our schools safe, sound and squeaky clean!

On March 14th students across our district exercised their free speech by joining in solidarity with students across the country, each student body finding their own way to express their sympathy, concern, hope and call for action to promote a safer place to grow and learn. I am proud of their self-advocacy and the manner in which they conducted themselves. I know safety is very much on the minds of everyone. While we are focused on enhancing our safety and security systems, the Board of Education and staff are also focused on prevention and supporting the behavior and mental health of our students, including anti-bullying programs and threat assessments on students who exhibit concerning behavior in order to provide additional support to the student and the family. We are also strengthening our training efforts for staff and students as to their response in emergency situations. I can't capture all that we are doing in this message so I urge you to go to our website and review the Frequently Asked Questions regarding safety and security at www.sfps.info.

Terrence G. Austin

AT - A - GLANCE

APRIL - 2018



(Top photos) A birthday celebration for volunteer of 18 years, Stella Gonzales, at the MEG Senior Center – Stella turned 90 on March 1st!

(Right – Bottom photos) Senior trip to Chimayo on a beautiful day!



RSVP (RETIRED SENIOR VOLUNTEER PROGRAM)

APRIL - 2018

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.**

Become a Literacy Volunteer Today

Do you want to join a dedicated group of people who work to improve literacy in the Santa Fe area? Join the Literacy Volunteers of Santa Fe as one of their English as a Second Language (ESL) tutors!

English as a Second Language (ESL) program tutors are needed to teach English language skills to students whose primary language is not English. It is not required for you to have proficiency in any language other than English in order to teach these students. Tutors are carefully interviewed, trained, and matched with students. They receive ongoing support from LVSF staff and opportunities to improve their tutoring skills through workshops and in-service trainings.

The next ESL tutor training will be:

- Thursday, April 26 from 4:00–6:00 pm; and continued on
- Friday, April 27 from 9:00 am – 5:00 pm

Please note that a background check is required and other materials fees may apply. Volunteers who enroll in RSVP and begin reporting hours to the program can get reimbursement for these costs. Call Triston at (505) 955-4760 to get started.

Happy Birthday Volunteers FGP/SCP

| | |
|--------------------|------|
| Bonnie Rice | 4/03 |
| Prescilla Martinez | 4/06 |
| Maria Duran | 4/16 |
| David Dominguez | 4/21 |
| Mela Delgado | 4/29 |



Kitchen Aide Needed at Ventana de Vida Senior Center

A volunteer is needed to assist staff in the kitchen and dining room at Ventana de Vida Senior Center (1500 Pacheco Street). Duties may include but are not limited to: serving meals, food prep assistance, help maintaining organization and cleanliness of kitchen/dining areas, and serve as the cashier when needed. Please note volunteers must follow all safety and health procedures and take direction from the lead cook and/or other nutrition program staff.

Please contact Triston at (505) 955-4760 to get started.



Feliz Cumpleaños *Voluntarios* *Que Nacieron en Marzo*

RSVP Voluntarios

| | |
|----------------------------|------|
| Martha Catanach | 4/01 |
| Charlie Lujan | 4/02 |
| Charles A. Marquez | 4/02 |
| Rita Garcia | 4/03 |
| Victor E. Montoya | 4/03 |
| Connie Sena | 4/06 |
| Virginia M. Lucero | 4/07 |
| Matilda Rios | 4/07 |
| Robert A. Fernandez | 4/08 |
| Manuel Valdez | 4/08 |
| Bernie Frimond | 4/09 |
| Esther Ann "Erica" Coleman | 4/10 |
| Robert Suspanic | 4/10 |
| Deborah Farson | 4/11 |
| Deolinda Montoya | 4/11 |
| Patsy Sena | 4/12 |
| Bernard Preskin | 4/13 |
| Clarice Getz | 4/14 |
| Benjamin Baca | 4/15 |
| Carmen J. Chavez | 4/16 |
| Maria E. Duran | 4/16 |
| Kathleen M. Farnan | 4/16 |
| Joanna Ipiotis-Romero | 4/16 |
| Kathy Martinez | 4/16 |
| Michael Robison | 4/17 |
| Joan Ferran | 4/21 |
| Marsha Reindorf | 4/22 |
| Ron Levy | 4/26 |
| Pat E. Garrett | 4/28 |
| Corrine Sanchez | 4/28 |
| Sally A. Rodriguez | 4/29 |
| Nazario Roybal | 4/29 |
| Linda J. Miller | 4/30 |
| Sister Jo Romero | 4/30 |

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

ONGOING ACTIVITIES

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All activities are open to registered seniors.

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

| Luisa Senior Center – 1500 Luisa Street (entrance on Columbia Street) | | | | |
|---|----------------------|-----------|--------------------|---------------|
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| | 11:45 am: Sing along | | 10-12 pm: Computer | 1-3 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 9:30 am: Yoga 1:30 pm: Oil painting 4/10 and 4/24 1:30 pm: Nia Technique (1 st & 3 rd Tuesday) | 8:15 am: Tai Chi 9:30 am: Enhance Fitness 9:30 am: Ceramics 10:30 am: DanceAbility 1-3 pm: Bingo 1-3 pm: Quilting (1 st & 3 rd Wednesday) | 8:15 am: Tai Chi 9:30 am: Wood carving 10-11 am: Chi Gung (gentle exercise) | 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 lab hours (Mondays, 10 am-noon, Internet & Computer Security/Maintenance; Wednesdays, 10 am-noon, General Computer Instruction; Fridays, 10 am-noon, Online job/application assistance) | | | | |

| 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 9:30-11:30 am: Guitar class 11 am: Line dance (Beginner) 1 pm: Line dance (High intermediate) | 8:30 am: Yoga (one spot available) Noon: Sing along | 9 am: Tai Chi 10 am: Zumba 10 am: Ceramics | 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 | 10 am: DanceAbility 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 | | |

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

UPCOMING ACTIVITIES

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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 1:00–5:00 pm but please arrive at 12:30 pm 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. Leave a message if you reach a recording. Let them know that you are registering for the Santa Fe Smart Driver course and the date you would like.

Upcoming dates are:

- April 10
- May 8

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.

- Luisa Center: Tuesday, April 3 at 9:00 am
- Pasatiempo: Monday, April 2 at 1:00 pm
- Ventana De Vida: Monday, April 2 at 9:30 am
- Villa Consuelo: Monday, April 2 at 10:00 am

Monthly Senior Services Committee Meetings

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

Senior Olympics: TBD

Advisory Board: Wednesday, April 18 at 9:30 am

Weekend Bingo at Luisa

The Luisa Senior Center (1500 Luisa St) will be hosting a Bingo on Sunday, April 8 from 1:00–4:00 pm. It is \$12.00 for package and a \$100 jackpot guarantee! Frito pies and a drink will be available for \$5.00. Everyone is welcome!

Ken from Home Instead Sings at MEG

Join us for lunch at the MEG Center on Monday, April 30 and have a fun time enjoying songs performed by Ken Hendricks from Home Instead Senior Care. Come sing along or just enjoy listening to some old time favorites! Home Instead Senior Care provides professional caregivers to help aging loved ones remain in their homes. Home Instead can be reached at 505-471-2777.

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 April are as follows on Wednesdays at 10:00 am:

- April 11 MEG
- April 18 MEG
- April 25 Pasatiempo



The haircut sign-in sheet at MEG will be available in the Program Coordinator's office door starting at 9:00 am.

Free Hair Cuts Now at Ventana De Vida Senior Center

Volunteer Nancy Quintana, a licensed beautician, will provide free haircuts to seniors (on a first come first serve basis – 20 seniors per day). She will be available on the 1st and 3rd Tuesday each month starting May 1 at 10:00 am. The haircut sign-in sheet will be at the lunch check in table starting at 9:00 am.

UPCOMING ACTIVITIES

APRIL - 2018

Movie Day at the MEG Senior Center Tuesday, April 24, 2018 at 1:00 pm "Murder on the Orient Express" (2017 • PG-13 • 1h 54m)



A lavish trip through Europe quickly unfolds into a race against time to solve a murder aboard a train. When an avalanche stops the Orient Express dead in its tracks, the world's greatest detective -- Hercule Poirot -- arrives to interrogate all passengers and search for clues before the killer can strike again.

Movie Day at Ventana De Vida Senior Center Wednesday April 25, 2018 at 1:00 pm "The Visitor" (2007 • PG-13 • 1h 44m)



Richard Jenkins received an Academy Award nomination for this film role as Walter, a widowed college professor in Connecticut, who at sixty-two has lost all interest in life. On a business trip to Manhattan where he plans to stay in his seldom used apartment,

he's shocked to discover an immigrant couple living there. Believing they had legitimately rented the place, the couple learns they are the victims of a real estate scam and prepare to leave the apartment. Then, Walter decides to help them. This is an extraordinary, uplifting film, but don't expect a gooey (sweet and sentimental) Hollywood ending.

Spanish Classes for Beginners

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

Let's Celebrate Your Birthday

Each Senior Center will be supplying cake to celebrate all seniors who have a birthday this month! Birthday celebrations take place on the following dates during the lunch hour:

- MEG: Wednesday, April 4
- Ventana de Vida: Wednesday, April 18
- Villa Consuelo: Tuesday, April 3

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 the Mary Esther Gonzales (MEG) or Ventana de Vida Senior Center.

- MEG: Wednesday, April 11 and April 25 at 10:30 am.
- Ventana De Vida: Thursday, April 12 and April 26 at 10:30 am.

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

Blood Pressure, Blood Sugar & Oxygen Level Tests Dates

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

Luisa: Thursday, April 5, 10:30 am–noon

MEG: Wednesday, April 18, 11:00–noon

Pasatiempo: Wednesday, April 4, 11:00–noon

Ventana: Wednesday, April 11, 10:30 – noon

Villa Consuelo: Tues., April 24, 10:00–11:00 am

UPCOMING ACTIVITIES

APRIL - 2018

Spring Dance at Eagles

Ventana De Vida will be sponsoring a Spring Dance at the Fraternal Order of Eagles Club (833 Early St.) on Thursday, April 19 from 1:00–4:00 pm. Music will be by El Ranchero y Su Amigos, admission is \$2.00, and light refreshments will be served.

Ventana de Vida Saturday Social

Friends and neighbors, you are invited to come congregate for conversation, conviviality, concerns and sometimes entertainment! The Ventana de Vida Saturday Social will begin in April and will take place from 2:00–4:00 pm in the Clubhouse Lounge every Saturday. Please use the patio entrance. Hope to see you there! For more information please contact 470-5022 or 820-1616.

Are you a History Buff?

Are you interested in Southwest History? If you are, then please consider joining the Southwest History Book Reading Club! The club will meet every other Wednesday (April 11 & 25) from 10:00 am to noon in the Mary Esther Gonzales Senior Center boardroom. Enrollment is limited, so please call Albert at 955-4715 to sign up.

Quilting Class – Let's Laugh & Learn to Quilt

There is a new craft class at the MEG Senior Center – a quilting class, which will meet on the first and third Wednesdays of each month from 1:00–3:00 pm in the craft room. The MEG Senior Center and the instructor will provide many of the supplies. Any skill level is welcome and plan to have lots of fun. Please call (479) 466-2692 for more information.

DanceAbility Class



Come dance! Feel good in your body and experience joy in movement. Open to all abilities and skill levels, this half-hour class will start with a basic warm-up before beginning a series of simple and fun improvisation exercises, allowing for each person to find their inner dancer. Classes are held at the Mary Esther Gonzales Senior Center on Wednesdays at 10:30 am and are now available at the Ventana de Vida Senior Center on Thursdays at 10:00 am.

Volunteer Benefits Counselor Available

Do you have questions about your healthcare coverage, choices you need to make about your Medicare or Medicaid coverage, the rising costs of dental care, hearing aids or eye care? Or do you have issues regarding housing or need assistance with utility expenses? If so, a volunteer from the NM Aging and Disability Resource Center (NM ADRC) is available to offer advice every Wednesday afternoon at the Mary Esther Gonzales Senior Center (1121 Alto Street). To reserve a free, individual 30-minute session please call (505) 955-4721. If you are unable to make an appointment or need more immediate assistance, call the NM ADRC at (505) 476-4846 or toll free at 1-800-432-2080.

Computer Instruction Available

Do you need help using computers and the Internet? If so, stop by the Mary Esther Gonzales (MEG) or Luisa Senior Center for assistance.

MEG: Mondays, 10:00 am–noon

Internet and Computer Security and Maintenance: Protect your home computer, tablet & phone. Learn about computer virus, malware, SPAM, phishing & identity theft – and how to avoid those. Use the Internet with skill, confidence & safety. There are many simple and easy no-cost ways to maintain personal security for your computer, your home, and your identity. Also learn ways to access free, easy-to-use software to maintain & enhance your computer's performance. Prerequisite: basic computer & keyboard skills; familiarity with email & basic Internet skills. Sign up required; please sign up by calling (505) 955-4715.

MEG: Wednesdays, 10:00 am–noon

Luisa: Thursday, 10:00 am–noon

Get assistance with basic browsing, email, Microsoft programs and other general computer questions. The volunteer instructor will be available during this time block; walk-ins are welcome!

MEG: Fridays, 10:00 am–noon

Get assistance with job searches, online applications, email, research and other general computer instruction. The volunteer instructor is available during this time block; walk-ins are welcome!

UPCOMING ACTIVITIES

APRIL - 2018

Are you 60 plus? Hike with us!



First Hike: Thursday, April 5, Black Canyon Ridge Trail

This hike begins at the campground about seven miles along Hyde Park Road. The first half is short (less than a mile) and easy as it goes through the Black Canyon Campground loop with

little elevation gain. The second half is more strenuous – it goes uphill away from the loop and up the ridge line that borders the Santa Fe Watershed. The trail is clear and easy to walk without any rock stepping, but it becomes steep and slippery in spots. It adds another mile to the hike for a total of about two miles one way (four miles roundtrip). If you prefer to skip the strenuous part, be sure to come to the regular hike instead (see below).

Second Hike: Thursday, April 19, Black Canyon Campground Loop Trail & Equipment Orientation Lecture This is an easy two-mile hike through the Black Canyon Campground and an earthy smelling forest of pine trees. The elevation gain will be less than 500 feet – a beautiful way to welcome the Spring season and get in shape for the May hike! The hike will also include a brief orientation talk and demonstration by the hike leader about what equipment is best for comfortable and safe summer hiking.

The hikes will be led by a volunteer with the van departing at 9:00 am from the Mary Esther Gonzales Senior Center (1121 Alto Street); 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 dress in layers. The maximum number of participants for these hikes is 13, so sign up now! Call Albert at (505) 955-4715 to reserve a spot. For cancellations, please call at least 24 hours in advance.

MEG Exercise Room

Please join volunteer trainer Gitta Mainland in assisting seniors in the MEG exercise room. She will be available for the month of April on Thursdays from 10:00 am to noon. Please come join her if you would like her assistance.

Nia Technique on 1st & 3rd Tuesdays

The Tuesday Nia Technique class at the MEG Senior Center will be at 1:30 pm on April 3 and April 17.

Yoga for Life

Join Bri. Shobana Disciple of Amma for a one time presentation, "Asana Class, Yoga Talk, and Meditation" on Thursday, April 12, 2018 at the MEG Senior Center from 12:30–2:30 pm in the dining room. Please bring a yoga mat & water.

SENIOR OLYMPICS SPOTLIGHT

This year we had a total of 354 participants register for local games. April Olympic events are as follows:

- April 4: Bowling Singles at Big Rock
- April 5: Bowling Doubles at Big Rock
- April 6: Table Tennis at GCCC
- April 7: Swimming at GCCC
- April 7: Handball at Ft. Marcy
- April 11: Bowling Mixed at Big Rock
- April 12: Bowling Team at Big Rock
- April 16: Shuffleboard Practice at County Extension Building (3229 Rodeo Rd)
- April 18: Huachas practice at County Ext
- April 19: Huachas at County Ext
- April 24: Badminton at GCCC
- April 26-27: Shuffleboard at County Ext
- April 28: Tai Chi at Ft Marcy

Everyone is invited to come and be a spectator for any event. It is great fun and helps encourage the athletes! If you have any questions regarding scheduled events please don't hesitate to call me at (505) 795-3817.

Good luck Olympians! Until next month!

Cristina Villa

HEALTH & SAFETY

APRIL - 2018

April is Stress Awareness Month so...Take Time to Unwind...

Stress happens. Sometimes it's unavoidable, at times it's unbearable. That's why taking time for yourself is invaluable. It's healthy to relax, renew, and rejuvenate.

Source: Federal Occupational Health

Stress does not merely afflict your mind; it can also affect you on a cellular level. In fact, long-term stress can lead to a wide range of illnesses—from headaches to stomach disorders to depression—and can even increase the risk of serious conditions like stroke and heart disease. Understanding the mind/stress/health connection can help you better manage stress and improve your health and well-being.

The Fight or Flight Response

The sympathetic stress response is a survival mechanism that is hardwired into our nervous systems. This automatic response is necessary for mobilizing quick reflexes when there is imminent danger, such as swerving to avoid a car crash.

When you perceive a threat, stress hormones rush into your bloodstream—increasing heart rate, blood pressure, and glucose levels. Other hormones also suppress functions like digestion and the immune system, which is one of the reasons why chronic stress can leave you more vulnerable to illness.

Danger triggers the stress response. Unfortunately, so can work conflicts, concerns over debt, bad memories, or anxiety in general. Although one bad day at work won't compromise your health, weeks or months of stress can dampen your immune response and raise your risk for disease.

Combat Your Stress

If you suffer from chronic stress and can't influence or change the situation, then you'll need to change your approach. Be willing to be flexible. Remember, you have the ability to choose your response to stressors, and you may have to try various options.

- Recognize when you don't have control, and let it go.
- Don't get anxious about situations that you cannot change.
- Take control of your own reactions and focus your mind on something that makes you feel calm and in control. This may take some practice, but it pays off in peace of mind.
- Develop a vision for healthy living, wellness, and personal growth, and set realistic goals to help you realize your vision.

Relax and Recharge

Be sure to carve out some time to relax and take care of yourself each day—even just 10 to 15 minutes per day can improve your ability to handle life's stressors. Also, remember that exercise is an excellent stress reliever. Everyone has different ways they like to relax and unwind. Here are a few ideas to get you started:

- * Take a walk
- * Read a book
- * Go for a run
- * Play a sport
- * Have a cup of tea
- * Spend time with a friend or loved one
- * Meditate
- * Do yoga

While you can't avoid stress, you can minimize it by changing how you choose to respond to it. The ultimate reward for your efforts is a healthy, balanced life, with time for work, relationships, relaxation, and fun.

Don't Wait — Check the Date!

Replace Smoke Alarms Every 10 Years



Age matters when it comes to your smoke alarms.
Check the manufacture dates on your smoke alarms today!

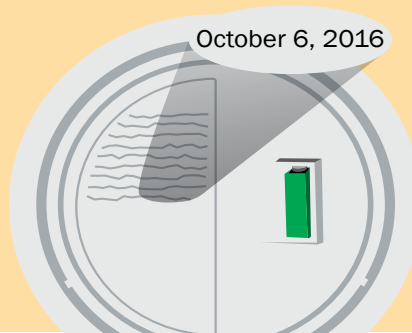
1

Remove the smoke alarm from the wall or ceiling.



2

Look at the back of the alarm for the date of manufacture.



3

Smoke alarms should be replaced 10 years from the date of manufacture.



4

Put the alarm back on the ceiling or wall if it is less than 10 years old.



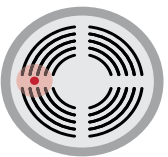
A closed door may slow the spread of smoke, heat and fire.



Test smoke alarms at least once a month by pushing the test button.



If the smoke alarm sounds, get outside and stay outside. Go to your outside meeting place.



Install smoke alarms in every bedroom, outside each separate sleeping area, and on every level of the home, including the basement. Larger homes may need more alarms. For the best protection, make sure all smoke alarms are interconnected. When one sounds, they all sound.



Call the fire department from a cellphone or a neighbor's phone. Stay outside until the fire department says it's safe to go back inside.

For more information about smoke alarms, visit usfa.fema.gov and www.nfpa.org.

CONSUMER & LEGAL

APRIL - 2018

IRS Unveils 'Dirty Dozen' Tax Scams

The list includes frauds against – and by – taxpayers
by Kent Allen, **AARP**, March 22, 2018

As tax season reaches its peak, the Internal Revenue Service (IRS) has issued its annual list of "Dirty Dozen" tax scams.

Some of the frauds on the government's list are examples of how taxpayers are being preyed upon, such as email phishing attempts or identity theft. Others are ways Americans are cheating on their returns, such as inflating refund claims or padding deductions.

"Taxpayers need to guard against ploys to steal their personal information," the IRS says in a statement announcing the list. "And they should be wary of shady promoters trying to scam them out of money or talk them into engaging in questionable tax schemes."

Although scamming is most popular as tax day — April 17 this year — approaches, the IRS advises taxpayers to be on the lookout throughout the year.

Hiya Inc., which monitors phone scamming, says on its blog that "from calls threatening to take legal action, sending arrest warrants, filing lawsuits, and requesting financial and personal information, Hiya still sees the oldest tricks in the book trending in 2018."

Here are the Dirty Dozen list's scams against taxpayers:

- **Phishing:** You should watch for potential fake emails or websites seeking personal information. The IRS will never send you an email about a bill or tax refund. Don't click on a message claiming to be from the IRS.
- **Phone Scams:** Scammers who impersonate IRS agents are an ongoing threat. Some con artists who use this ploy have threatened taxpayers with deportation, arrest and revocation of their licenses if they fail to follow the scammers' instructions.
- **Identity Theft:** You should guard against possible identity theft. While the IRS has worked to better detect tax-return related identity theft, it reminds taxpayers that they can help in preventing this crime by protecting their personal data.
- **Tax-Return Preparer Fraud:** Watch out for unscrupulous tax-return preparers. The vast majority of tax professionals are honest. But some dishonest preparers scam clients, perpetuating refund fraud, identity theft and other scams that hurt taxpayers.
- **Fake Charities:** Groups posing as charitable organizations solicit donations. Some of these groups use names similar to nationally known organizations to deceive consumers. The status of charities can be checked using tools found at IRS.gov.
- **Inflated Refund Claims:** Taxpayers should be wary of anyone promising inflated refunds. If a tax preparer asks you to sign a blank return, promises you a big refund before looking at your records, or charges fees based on a percentage of your refund, they are probably up to no good.

The Dirty Dozen list also includes these ways taxpayers are cheating the IRS, sometimes with a little help from con artists:

- **Excessive Claims for Business Credits:** Don't improperly claim the fuel tax credit. Taxpayers also should avoid misuse of the research credit. The IRS tends to closely scrutinize the use of these credits.
- **Padding Deductions:** You should avoid the temptation to illegally inflate deductions like charitable gifts.
- **Falsifying Income to Claim Credits:** Con artists may persuade unsuspecting taxpayers to invent income to wrongly qualify for tax credits, like the Earned Income Tax Credit.
- **Frivolous Tax Arguments:** Some schemes urge taxpayers to make unreasonable and outlandish claims. Those who file a frivolous tax return face a possible penalty of \$5,000.
- **Phony Tax Shelters:** The IRS says it is committed to cracking down on complex tax-avoidance schemes and the people who create and sell them. Be on the lookout for fraudsters promoting tax shelters that sound too good to be true.
- **Offshore Tax Avoidance:** It's a bad bet to hide money and income in offshore accounts because the IRS has had lots of success in thwarting these schemes.
- **AARP's Fraud Watch Network can help you avoid and learn more about scams and frauds.**

PUZZLE

APRIL - 2018

PUZZLE 60

ACROSS

1. Leaning to one side
5. Donations
9. Use a sieve
13. Comedienne Rudner
14. Low tide
15. Present receiver
16. Dr. Seuss book
19. Tyrant
20. Poet Aiken et al.
21. Smears
24. Singer Bush
25. Ready for harvest
28. Criticize
30. Designate
34. "Surfin' _____"
35. Beardlike growth
36. Lab lamps
37. Ringmaster's command?
41. Cornered
42. Fiery gem
43. Enzyme suffix
44. Psyche
45. Wrongdoing
47. Small bird
48. Furthermore
50. Very dry
52. Mending with patches
55. Skilled
58. Gershwin song
63. French river
64. Robert _____
65. Border lake
66. Strong taste
67. "Auld Lang _____"
68. Florida county

DOWN

1. Businessman Onassis
2. Skier's transport
3. Taylor of football
4. Procession
5. Actress Jillian
6. Diminutive suffix
7. _____jongg
8. Dots
9. Bay of Naples port
10. South American Indian
11. Quarrel
12. Kinski role
15. Force
17. Celestial altar
18. Winter garment
22. Wheat husk
23. Ilk
25. Plant diseases
26. Rhone feeder
27. Jury
29. Loathe
31. Mr. Sadat
32. Minister's home
33. Ruhr valley city
35. Invitation
36. Builder's wing
38. Spoiling
39. Epic poetry
40. Part of TLC
45. Laborer of old
46. Rascals

47. Ensnared
49. Similar
51. "The Facts of Life" actress
52. Attention-getting sound
53. Willow genus
54. Green land
56. Venezuelan state
57. Arthurian lady
59. Use
60. Countdown starter
61. "_____ Haw"
62. Welsh river

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|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 1 | 2 | 3 | 4 | | 5 | 6 | 7 | 8 | | 9 | 10 | 11 | 12 |
| 13 | | | | | 14 | | | | | 15 | | | |
| 16 | | | | 17 | | | | | 18 | | | | |
| | 19 | | | | | | | 20 | | | | | |
| | | | 21 | | 22 | 23 | | 24 | | | | | |
| 25 | 26 | 27 | | | 28 | | 29 | | | 30 | 31 | 32 | 33 |
| 34 | | | | 35 | | | | | | 36 | | | |
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| 41 | | | | | | | 42 | | | | | 43 | |
| 44 | | | | | 45 | 46 | | | | 47 | | | |
| | | | 48 | 49 | | | | 50 | | 51 | | | |
| 52 | 53 | 54 | | | | | | | | 55 | | 56 | 57 |
| 58 | | | | | | | | 59 | 60 | 61 | | | 62 |
| 63 | | | | | | 64 | | | | | 65 | | |
| 66 | | | | | | 67 | | | | | 68 | | |

PUZZLE

APRIL - 2018

88

Exclusive Rights

In 1933, heating engineer Charles Darrow created the board game that turns average Joes into real-estate moguls: Monopoly! He named the spaces on the game board for streets and places in Atlantic City, New Jersey, his favorite vacation spot. In 1935, Darrow sold the concept to Parker Brothers and the rest is history!

- BANKER
- BANKRUPTCY
- BOARD
- BUY
- CHANCE cards
- COMMUNITY Chest cards
- DARROW, Charles (B.) (creator)
- DICE
- FREE parking
- FUN
- GAME
- HOTELS
- HOUSES
- JAIL
- MONEY
- MONOPOLY
- MOVES
- OBJECTIVE
- PLAYERS
- POPULAR
- PROPERTIES
- RAILROADS
- REAL estate
- RENT
- RULES
- SELL
- SETS
- SPACES
- TITLE Deed cards
- TOKENS
- TURNS
- UTILITIES
- WINNER

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



PUZZLE ANSWERS
APRIL - 2018

PUZZLE 60

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

88

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

BREAKFAST MENU

APRIL - 2018

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 senior centers.

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|---|--|
| 2 Scrambled eggs Cheese Green chile Hash browns Toast, apple | 3 Cheerios French Toast w/syrup Grilled ham Cinnamon applesauce | 4 Scrambled eggs Sausage links Toast w/jelly Plums Apple juice | 5 Breakfast burrito w/egg, cheese, bacon, salsa, hash browns Applesauce | 6 Cheerios Waffles w/syrup Margarine Fruit cocktail Tomato juice |
| 9 Malt-O-Meal Scrambled egg Cheese, sausage Green chile English muffin Strawberries | 10 Pancakes w/syrup, margarine Breakfast potatoes Peppers Apple Tomato juice | 11 Cheerios Huevos Rancheros w/egg, red chile, cheese, tortilla Fruit cocktail | 12 Whole biscuit w/white gravy Sausage patty Banana | 13 Malt-O-Meal Yogurt w/granola English muffin w/margarine Orange |
| 16 Whole bagel w/cream cheese Bacon Mandarin oranges | 17 Oatmeal Scrambled eggs Potatoes Canadian Bacon Orange juice | 18 Corn flakes Banana Mini muffin Tomato juice | 19 Ham, egg & cheese croissant melon | 20 Cinnamon oatmeal Raisins Toast Margarine |
| 23 Scrambled eggs Cheese, potatoes Toast, sausage Red chile Applesauce | 24 Fruit cocktail Turkey bacon Toast Margarine | 25 Cottage cheese Tomato juice Oatmeal, toast Margarine Banana | 26 Ham & cheese biscuit Mandarin oranges | 27 Corn flakes Toast w/jelly Peanut butter Apple juice |
| 30 Cheerios Scrambled eggs Cheese Green chile Hash browns Apple | May 1 Cheerios French Toast w/syrup Grilled Ham Apple | May 2 Scrambled eggs Sausage link Toast w/jelly & Margarine Apple juice | May 3 Cheerios Waffles w/syrup Margarine Fruit cocktail Tomato juice | May 4 Breakfast burrito w/egg, cheese, bacon Hash browns Salsa Apple sauce |

Drinking Enough Fluids

It's important for your body to have plenty of fluids each day. Water helps you digest your food, absorb nutrients, and then get rid of the unused waste. With age, some people may lose their sense of thirst. To further complicate matters, some medicines might make it even more important to have plenty of fluids. Drinking enough fluids every day also is essential if you exercise regularly. Check with your doctor, however, if you've been told to limit how much you drink.

Go4Life has the following tips:

- Try to add liquids throughout the day.
- Take sips from a glass of water, milk, or juice between bites during meals.
- Have a cup of low-fat soup as an afternoon snack.
- Drink a full glass of water if you need to take a pill.
- Have a glass of water before you exercise or go outside to garden or walk, especially on a hot day.
- Remember, water is a good way to add fluids to your daily routine without adding calories.
- Drink fat-free or low-fat milk, or other drinks without added sugars.
- If you drink alcoholic beverages, do so sensibly and in moderation. That means up to one drink per day for women and up to two drinks for men.
- Don't stop drinking liquids if you have a urinary control problem. Talk with your doctor about treatment.

SENIOR CENTER LUNCH MENU

APRIL 2018

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|--|---|
| 2 Beef Tips White Rice Buttered Broccoli Tossed Salad Low Fat Dressing Whole Wheat Roll Margarine Pears | 3 Frito Pie Beef, Red Chile, Fritos Pinto Beans Lettuce & Tomato Mexicorn Cole Slaw Chilled Peaches | 4 Pork Roast Mashed Potatoes Brown Gravy Cauliflower Whole Wheat Roll Margarine Applesauce | 5 Teriyaki Chicken Fried Rice Oriental Veggies Whole Wheat Roll Margarine Mandarin Oranges Fortune Cookie | 6 Crunchy Beef Taco cheese, lettuce tomato Salsa Chile Beans Calabacitas Peaches |
| 9 Cheese Tortellini w/Marinara Sauce Italian Veggies Garlic Bread Low Fat Ice Cream | 10 Turkey Sandwich Lettuce & Tomato Macaroni Salad Peaches in Cottage Cheese | 11 Baked Ham w/Pineapple Yams Green Beans Whole Wheat Roll Margarine | 12 Chicken and Rice Casserole Peas & Carrots Cucumber & Tomato Salad Brownie | 13 Burrito Supreme w/Beef, Red Chile Spanish Rice Tossed Salad Low Fat Dressing Chilled Apricots |
| 16 Polish Sausage Sauerkraut Buttered Carrots Parsley Potatoes Whole Wheat Roll Margarine Apples in Strudel | 17 Chicken Fried Chicken Garlic Mashed Potatoes Cream Gravy Asparagus Whole Wheat Roll Margarine Cherries in Crisp | 18 Lasagna Meat Sauce Italian Veggies Tossed Salad Low Fat Dressing Garlic Toast Yogurt | 19 Beef Fajitas w/Peppers & Onions Tortilla Salsa Pinto Beans Fajita Veggies Oranges In Jell-O | 20 Baked Chicken Mushroom Sauce Rice Pilaf Green Beans Red Peppers Whole Wheat Roll Margarine Chocolate Pudding |
| 23 Sweet & Sour Pork Brown Rice Oriental Veggies Egg Roll Strawberries on Shortcake | 24 BBQ Chicken Potato Salad Cole Slaw Corn Bread Honey Dew Melon | 25 Red Chile Beef Enchiladas Salsa Corn Tossed Salad Low Fat Dressing Apples in Cobbler | 26 Breaded Fish Scalloped Potatoes Mixed Veggies Whole Wheat Roll Margarine Tropical Fruit Salad | 27 Swedish Meatballs Over Noodles Buttered Peas Spinach Salad Garlic Bread Tapioca Pudding |
| 30 Chicken Cordon Bleu White Cheese Sauce Broccoli, Cauliflower Rice Pilaf Watermelon | May 1 Hot Roast Beef Sandwich w/Swiss cheese Tossed salad 3 bean salad Banana | May 2 Meatloaf Scalloped Potatoes Carrot Raisin Salad Whole Wheat Roll Margarine Apple cobbler | May 3 Soft Fish Taco w/garnish, tartar sauce, Pico de Gallo Mexican slaw Black beans Vanilla pudding w/cinnamon | May 4 Chile Dog w/red chile meat sauce, garnish Onion rings Mixed veggies Fresh Orange |

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
 11:00 am – 12:30 pm Monday through Friday

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

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

City of Santa Fe

Senior Center Locations



Legend

- City Senior Center Location
- Down Town Plaza
- City Limits

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

Pasatiempo
(505) 955-6433
664 Alta Vista Street

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

Luisa
(505) 955-6898
1500 Luisa Street
(entrance on Columbia St)

Villa Consuelo
(505) 474-5431
1200 Camino Consuelo

