

# THE SENIOR SCENE



*Maria del Azteca*



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



## CITY OF SANTA FE, DIVISION OF SENIOR SERVICES

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

DECEMBER - 2017

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

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

The newsletter is available at all City of Santa Fe senior centers, fitness facilities, and public libraries, as well as various senior living communities and healthcare agencies. It is also available online at [www.santafenm.gov](http://www.santafenm.gov), simply type "Senior Scene" in the keyword search box at the top then click the purple underlined words "Senior Scene Newsletter."

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<b>Front Desk Reception</b>	<b>(505) 955-4721</b>	<b>In Home Support Services: Respite Care,</b>	
Toll-Free Administration Line	(866) 824-8714	<b>Homemaker</b>	
<b>Gino Rinaldi, DSS Director</b>	955-4710	Theresa Trujillo, Program Supervisor	955-4745
<b>Administration</b>		Katie Ortiz, Clerk Typist	955-4746
Cristy Montoya, Administrative Secretary	955-4721	<b>Foster Grandparent/Senior Companion Program</b>	
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
<b>Senior Services Registration</b>		<b>Retired Senior Volunteer Program (RSVP)</b>	
Brenda Ortiz, Database Specialist	955-4722	Triston Lovato-Armstrong, RSVP Administrator	955-4760
<b>Transportation Ride Reservations (page 3)</b>	<b>955-4700</b>	Marisa Romero, Program Coordinator	955-4743
Vacant, Project Manager/ Dispatch	955-4702	<b>50+ Senior Olympics</b>	
Vacant, Project/Fleet Manager	955-4702	Cristina Villa, Program Coordinator	795-3817
Linda Quesada-Ortiz, Administrative Assistant	955-4756	<b>Miscellaneous</b>	
<b>Nutrition</b>		Craft Room	955-4736
Yvette Sweeney, Program Administrator	955-4739	Pool (Billiard) Room	955-4737
Enrique DeLora, Inventory Supervisor	955-4750	<b>Other Important Numbers</b>	
Tebrina Roibal, Administrative Assistant	955-4749	Santa Fe Civic Housing Authority	988-2859
FAX Machine - Nutrition	955-4794	Santa Fe County Information	992-3069
<b>Meals On Wheels (for homebound individuals)</b>		Santa Fe County Mobile Health Van	231-2382
Carlos Sandoval, Program Supervisor	955-4748	<b>Newsletter Production</b>	
Robert Duran, MOW Assessments	955-4747	Triston Lovato-Armstrong, Editor/Distribution	955-4760
<b>Senior Center Programming (Activities)</b>		<a href="mailto:trlovato@santafenm.gov">trlovato@santafenm.gov</a>	
Lugi Gonzales, Center Program Manager	955-4711	Gil Martinez, Graphic Artist	
Albert Chavez, Program Coordinator	955-4715	Mela Sanchez, Mailing Distribution	
Mary Esther Gonzales (M.E.G.), Ventana de Vida		Christella Vigil, Mailing Distribution	
Cristina Villa, Program Coordinator	955-4725		
Luisa, Pasatiempo, Villa Consuelo			





# ***SENIOR SERVICES PROGRAM INFORMATION***

DECEMBER - 2017

## **SENIOR SERVICES REGISTRATION**

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

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

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

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

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## **SENIOR TRANSPORTATION INFORMATION**

- To Reserve: **Call 955-4700 at least 24 hours in advance, before 4:00 p.m.** Ride reservations can be made up to five business days in advance. Please specify if you require a wheelchair lift van. To avoid delays in service, call immediately if you need to cancel a scheduled ride.
- Senior Cost: Seniors 60 and over, a suggested donation of .50¢ per ride (one way trip). You may purchase a 25-ride ticket for \$10.00 from the Transportation Office or drivers.
- Schedule: **Rides are available 8:15 a.m. to 4:15 p.m. Monday through Friday. On the first Tuesday of every month, last call for pick up will be 2:45 p.m.** Rides to medical appointments are given priority over all other rides. Vans leave from the MEG Center at 12:00, 1:00, 2:00 and 3:00 p.m. (Be seated in lobby or patio chairs.)
- Notes: **Demand has increased and so has the wait time. We appreciate your patience. No rides on Monday December 25th, 2017 and Monday January 1st 2018. - closed for holiday.**  
**\* Temporary Notice: Rides for medical appointments must be requested at least five business days in advance of service, due to high-demand. Thank you for your patience.**
- SF County: For rides outside city limits but within Santa Fe County, call 992-3069.
- SF Ride: For weekend and evening transportation, call 473-4444.

DECEMBER - 2017

# By Gino

A message from the Division Director



First and foremost, I want to wish everyone a Happy Holiday! In addition, I want to remind folks about the importance of completing a reassessment when contacted by Division of Senior Services staff. We are required by our funders, the Non-Metro Area Agency on Aging to keep all assessments current for those receiving our services. This reassessment process is a tool used to document your or your loved one's eligibility for services and is required for us to receive funds.

**Section: VI #613 Non-Metro Area Agency on Aging Standards & Policy Manual. "All services performed under contract agreement with the Non-Metro AAA require performance reporting and assessments of consumers. The standards set forth in this section are minimum requirements for service provisions and performance tracking standards."**

So, you would do us a great service by coming in and getting your reassessment done when it is due. We have been experiencing reluctance from folks in complying with this requirement and I can't stress enough how important this process is to ensure we receive the funding needed to continue providing the services you enjoy.

I also want to thank everyone for the kind words and support given to me after the loss of my mom. I appreciate it very much. Stay safe and well this holiday season.

**The 12 DAYS of SAFETY**

- Never use lighted candles near trees or boughs
- Keep poisonous plants out of reach of children and pets
- Keep trees away from fireplaces, radiators and other heat sources
- Make sure your tree has a stable platform
- Choose an artificial tree that is labeled fire resistant
- If using a natural tree, make sure it is well watered
- Check holiday lights for fraying, bare spots, gaps in the insulation or excessive kinking in the wire
- Turn off all tree lights and decorations when not in use
- When putting up decorations, use a step stool or ladder to reach high places
- Designate a sober driver
- When preparing a meal, wash hands, utensils, sink and anything else that touches raw meat
- Reheat leftovers to at least 165°F

Happy Holidays  
nsc.org



# Happy Holidays

## From all of us at the Division of Senior Services

Susamaestas

Darlene George

Valee Inujillo

Bill Amy

Dee Ann Ortiz

Helen Calder

Happy Holidays  
Trish Lovatt - Armstrong

Merry Christmas  
God Bless you all  
Auntie Quinter

Den Johnson  
Merry Christmas

Happy Holidays  
Yvette Sweeney

Sharon C. Ramos  
Santa Rubio

Katie  
Cara Alunno  
Sara Cota

CRISTINA

Have a blessed  
Merry Christmas  
Brother Bob

To All on this

Blessed Holiday  
Season  
Dino Amalbi

Delilah Cebalca  
Merry Christmas  
Don Bell

MERRY CHRISTMAS  
To All  
Shelk'ia

Happy New Year  
Chagres  
Gloria

Linda Quesada-Ortuz  
Merry Christmas  
Don Bell

Merry Christmas  
Brenda Ortiz

God Bless!  
LUCY R

Theresa Suijillo  
Merry Christmas

Carlos Sanchez

WES MARTINEZ  
MERRY CHRISTMAS  
TO ALL!

Happy Holidays  
MARISA S. SANCHEZ

Merry X-Mas  
Albert Chavez

Lee Mendick  
Melamed Montoya

Romella

Debbie & Miguel Cardiel





# NEWS & VIEWS

DECEMBER - 2017

## 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](http://www.santafecounty.org) or call (505) 231-2382. All services are free.

### Dates for December:

01 – Villa Alegre	12:30 – 2:30 pm
<b>02 – Van not out</b>	
03 – Santa Fe Recovery Center (Nurse inside – no van onsite)	9 am – 1 pm
04 – Villa Consuelo Senior Center (Nurse inside)	9 am – 1 pm
05 – Eldorado Senior Center (Nurse inside)	10 am – 2 pm
06 – El Rancho Senior Center (Nurse inside)	10 am – 2 pm
07 – Chimayo Senior Center (Nurse inside)	10 am – 2 pm
<b>08 – 09 Van not out</b>	
10 – Santa Fe Recovery Center (Nurse inside – no van onsite)	9 am – 1 pm
11 – Casa Rufina Apartments (Nurse inside)	9 am – 1 pm
12 – St. John's United Methodist Church (Nurse inside)	9 am – noon
13 – Edgewood Senior Center (Nurse inside)	10 am – 2 pm
14 – Santa Cruz Senior Center (Nurse inside)	10 am – 2 pm
15 – Mary Esther Gonzales Senior Center (Nurse inside)	9 – 11 am
<b>16 – Van not out</b>	
17 – St. Elizabeth Shelter (Nurse inside – no van onsite)	9 am – 1 pm
18 – Pasatiempo Senior Center (Nurse inside)	9 am – 1 pm
19 – Luisa Senior Center (Nurse inside)	9 am – 1 pm
20 – Casa Villita (Nurse inside)	10 am – 2 pm
21 – Genoveva Chavez Community Center (Nurse inside)	10 am – 2 pm
<b>22 – 23 Van not out</b>	
24 – Santa Fe Recovery Center (Nurse inside – no van onsite)	9 am – 1 pm
<b>25 – Van not out – Holiday</b>	
<b>26 – Van not out</b>	
27 – Ventana de Vida Senior Center (Nurse inside)	10 am – 2 pm
28 – Camino Alegria	10 am – 2 pm
29 – Salvador Perez Pool	10 am – 2 pm
<b>30 – Van not out</b>	
<b>31 – Van not out – Holiday</b>	

## Senior Center Closures

Monday, December 25 – All City of Santa Fe Senior Centers will be closed in observance of Christmas Day; centers will reopen on Tuesday, December 26.

Monday, January 1 – All City of Santa Fe Senior Centers will be closed in observance of New Year's Day; centers will reopen on Tuesday, January 2.

## 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 a.m. 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.

## Los Pastores

The Christmas Season is upon us – please join the Sociedad Folklorica as they sponsor Los Pastores, the story about the shepherds seeking the Baby Jesus with all their problems and joys. This play is performed by La Gran Pastorela de Belen, a group from Belen, NM that the Sociedad have been fortunate to sponsor for the past 14 years. Join their wonderful choir with the singing of Christmas carols and be amused by Bartolo, the lazy shepherd. The performance will be at the historic Santuario de Guadalupe.

The play has been performed for hundreds of years, with this particular script handed down through many generations and though modifications have been made, the story remains the same. The manuscript that the Pastorela uses was found in a Las Nutrias home in 1973. Since then this group of parishioners of Nuestra Senora de Belen have been performing the play throughout the southwest. Join them on December 2, 2017 at the Santuario de Guadalupe at 1 p.m. Admission is free, but donations are accepted. For more information please call (505) 983-7839.

*Submitted by La Sociedad Folklorica, a non-profit whose mission is to collect, preserve and pass on the knowledge of the customs and traditions of their Spanish ancestors to younger generations and the general public.*

# NEWS & VIEWS

DECEMBER - 2017

## BECOME A MASTER GARDENER

- » learn current best practices from top gardening experts
- » connect with other avid gardeners
- » share knowledge with the community

### 17-WEEK INTENSIVE TRAINING

Courses taught by NMSU professors and local experts.

Evening classes start: Monday, Jan. 29 at 6pm. Morning classes start: Tuesday, Jan. 30 at 9am.



[sfmga.org](http://sfmga.org)

SANTA FE  
MASTER  
GARDENER  
ASSOCIATION

## Comfort Keepers Sponsors Support for the Holidays

Holidays can be an especially difficult time. We are bombarded with images of happy families together sharing the joy of the season. You may not be feeling that joyful. Having a place to talk about the frustration, isolation, and depression can make a big difference in how you go through each day. The purpose of the groups is to learn and share:

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.

As part of Comfort Keepers Community Outreach, the group is free and is facilitated by Eileen Joyce, Certified Coach/Grief Recovery Specialist. The support groups will meet on the following dates:

- People Living with Chronic Illness  
Tuesday, December 5 and 12, 2-3pm
- Family Caregivers  
Wednesday, December 6 and 13, 11-Noon

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

## Now Recruiting for 2018

Are you ready to get out of the house and make a difference? The Foster Grandparent and Senior Companion Programs are now recruiting senior volunteers for the New Year. Along with receiving the satisfaction of helping others, you may be eligible to receive a modest tax-free stipend, mileage reimbursement, training and other program benefits. If you are interested, contact Melanie at (505) 955-4761.

## Light up a Life with PMS Hospice Center

Celebrate the memory of a loved one by dedicating a farolito in their honor this New Year's Eve on the Santa Fe Plaza. You can reserve your farolito now for \$20; for more information visit [www.pmsnm.org](http://www.pmsnm.org) or call (505) 988-2211. Don't forget to visit the plaza on Sunday, December 31 beginning at 5 p.m. for this event!

## Be a Santa to a Senior

Each year Home Instead Senior Care offices throughout North America spread holiday cheer to lonely or financially-challenged seniors through the "Be a Santa to a Senior" program. The program has attracted thousands of volunteers over the years distributing gifts to deserving seniors. Since introducing the program, Home Instead Senior Care has helped provide 1.2 million gifts to more than 700,000 seniors around the country. Home Instead Senior Care will partner with the Division of Senior Services in Santa Fe and Santa Fe Care Center to identify seniors who might not otherwise receive gifts this holiday season. The company will then work to help facilitate the purchase and distribution of gifts by placing trees and ornaments at: Christus St. Vincent Regional Medical Center (near the gift shop), both Santa Fe Wal-Mart locations and the Santa Fe Place Mall. Each senior's gift requests are written on a "Be a Santa to a Senior" tree ornament which people then find and purchase. Volunteers collect, wrap, and deliver the gifts to the seniors. Trees will be up from November 12 through December 17, 2017. If you have any questions or are interested in attending our annual Gift Wrapping Party on December 21, please contact Ken Hendricks at Home Instead, (505) 471-2777.



# NEWS & VIEWS

DECEMBER - 2017

## Hopeful Hearts – Holiday Grief Support In service to our community

This special grief support is offered to the community by Berardinelli Family Funeral Services and is free to the public. Holiday refreshments (hot chocolate bar and cookies) will follow the session along with an opportunity to decorate an ornament in your loved one's memory. This will be facilitated by Eileen Joyce, Certified Grief Recovery Specialist, and is for anyone who is missing loved ones, especially at this time. The purpose of this group is to learn and share in a confidential setting.

We will cover:

- Grief and the holidays
- The conflicted feelings surrounding celebrations
- Helpful information on grieving
- Having the holiday spirit when your heart is breaking

It will take place on December 9 at the Berardinelli McGee Life Events Center (1320 Luisa St., Santa Fe). Grief support group will be from 10 – 11:30 a.m. and ornament decorating from 11:30 a.m. – 12:30 p.m. Please contact Eileen at 505.428.0670 or [ej@eileenjoyce.com](mailto:ej@eileenjoyce.com) to reserve your place.

## Are you 60 plus? Hike with us! PLEASE NOTE: Date change this month to the second Thursday (December 14)



Are you interested in exploring the Santa Fe area through a group hike? Sign up for this month's hike to Chamisa Trail, an easy 5 mile trail through evergreen forest leading to a grassy meadow beside Tesuque Creek.

The hike will be led by a volunteer on Thursday, December 14. Check-in will be at 8:30 a.m. at the Mary Esther Gonzales Senior Center (1121 Alto Street); the van will depart at 9 a.m. There is a suggested donation of 50 cents one-way. Be sure to wear sturdy, comfortable hiking/walking shoes, dress in layers, bring water and a snack or sack lunch, and it's recommended that you wear a hat, sunglasses and sun block. The maximum number of participants for this date 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. \*There will be no hike in January 2018.\*

## World Class City! World Class Schools!

It is that special time of year again, and to begin the holiday season, on November 30<sup>th</sup> Santa Fe Public Schools celebrated our students, our staff, and our bond with the community at the "State of the Schools" at the Santa Fe Convention Center. This special evening featured student musical and dance performances, appetizers, desserts, photographs, and videos of lively schools at work and play. It was festive, but also informative. During the program, we shared with the audience how we are developing the new district strategic plan. We fostered input from parents, teachers, principals, community members, and even students, and now the Board of Education will be meeting to develop the new plan. This venture has been a true collaborative effort, and just like this time of year, worth celebrating! I hope you have much to celebrate as well and we wish you a happy holiday season!

*Terrence G. Austin*





# AT - A - GLANCE

DECEMBER - 2017

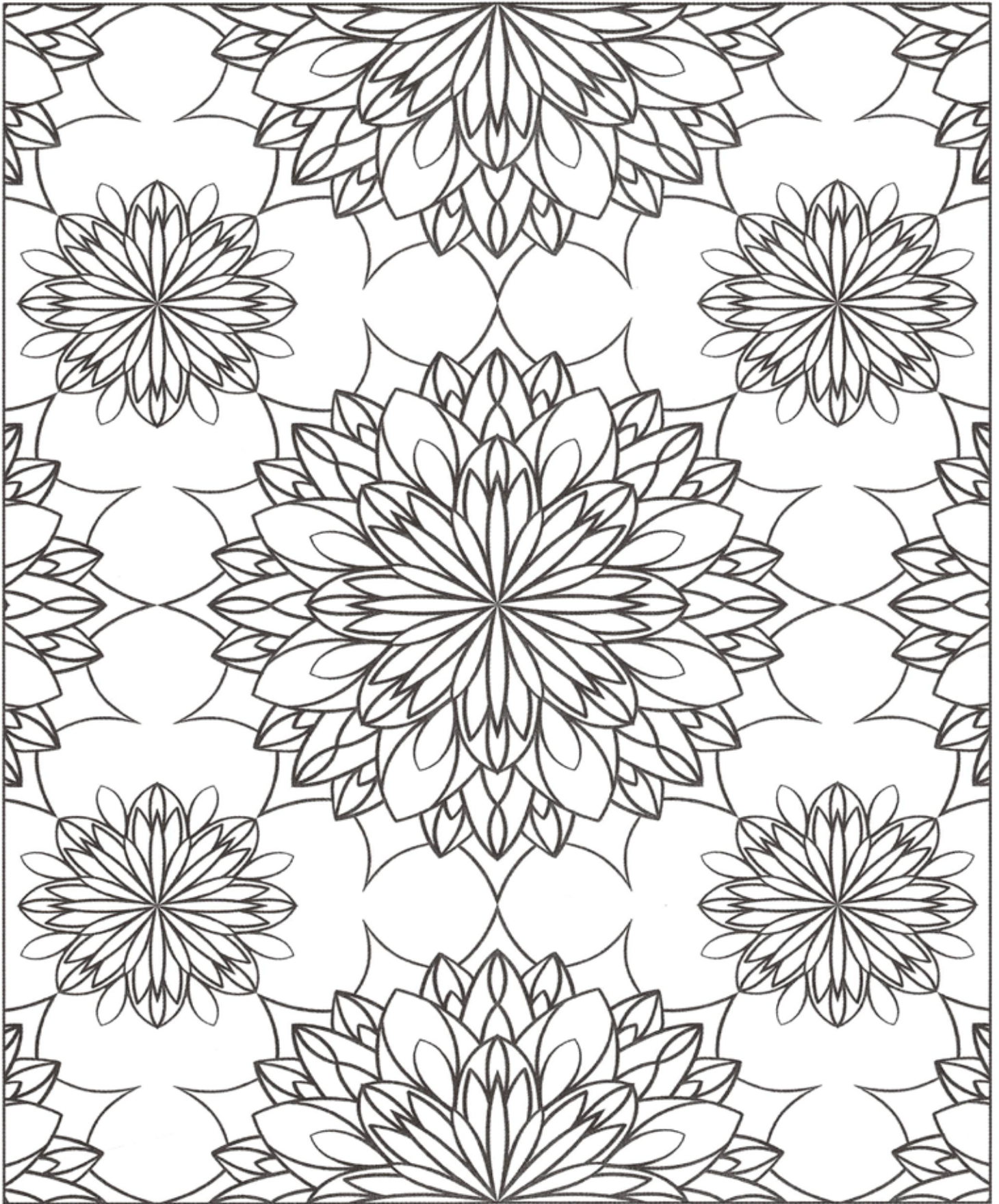


**Senior Services Halloween Dance and Costume Contest**





DECEMBER - 2017





DECEMBER - 2017

## Living at Pasatiempo – A “Moving” Experience

By D. Dante, a friend and neighbor

The renovation of the apartments at Pasatiempo senior housing is a huge undertaking, and it seemed like a good idea to visit one of the residents and talk about how it will affect him personally. The first person who came to mind was Bill Dally, a longtime resident and the “Meals on Wheels” man. He graciously accepted the invitation.

“One of the big constants in our lives is change,” Bill says. “For some of us, our constitutions are geared to go with the flow, while others find change extremely disruptive. Our challenge is to adapt. As we grow older, some may experience even more difficulty in change, especially when brought on by moving ones residence.”

Bill says that an important thing to note is that many people throughout the world flee their homes and we can be grateful to live in a peaceful nation. However, any homeowner knows that a home is work and must constantly be repaired to maintain its livability.

“This process of upgrading and remodeling is at play with Santa Fe Public Housing at Pasatiempo,” Bill says. “The apartment complex is estimated to be 40 years old or so and must be kept up to code. With this upgrade, tenants are being moved from one apartment to another, with advance notice, in order for the remodeling to take place.”

Bill says that housing is helping tenants have a smooth transition, providing boxes for belongings and even helping pack for those unable to pack for themselves.

“The move is designed to be quick and effortless and certainly will cost the tenant nothing, which is not the case for people who own their own homes and are moving,” Bill says. “But again, some will welcome the renewal and will adjust well to this change while others will meet it with resistance. Office personnel are available to help wherever they can. No matter our age, learning opportunities are ever present.”

Bill chose to remain at Pasatiempo, a place he calls home after living there happily for a number of years. As we finished our visit, I asked Bill if we could meet again when he is resettled in his newly remodeled apartment so he can share his experience and offer some helpful suggestions for fellow residents. He agreed, so thank you Bill for sharing with us and we look forward to our next visit!



# RSVP (RETIRED SENIOR VOLUNTEER PROGRAM)

DECEMBER - 2017

## COMMUNITY NEEDS



Are you interested in donating some of your time to make a difference in the community? If so, you can become an RSVP volunteer today!

Listed below are some current volunteer opportunities. **If you are interested, want to learn more and enroll in RSVP, please contact Triston Lovato-Armstrong at (505) 955-4760 or [trlovato@santafenm.gov](mailto:trlovato@santafenm.gov).**

## Childcare Volunteers Needed

Gerard's House offers peer-support groups and serves as a safe place for grieving children, teens and families, and they need your help! Childcare volunteers are needed to watch the children of those who may attend an evening support group.

Two opportunities are available:

- **Spanish Grief and Loss Support Group, Mondays 6–7:15 pm.** This group typically includes children ages 5–13 years old. Volunteers can put a movie on, play with the children, read with them or just provide supervision to ensure no one gets hurt.
- **Teen Parents Support Group, Wednesdays 6:30–7:30 pm.** This group includes babies who are ages 3 months – 3 years old. Volunteers are needed to feed them bottles, hold them, and change diapers (optional).

Both groups will have more than one person assigned to it so no one is ever alone with the children/babies; there will be either a longtime volunteer or staff member present for support. For the teen parents support group, a 1:1 ratio is usually the goal. You must pass a background check, which is free when you enroll with RSVP; please call Triston at (505) 955-4760 to get started!

## Volunteer Dishwasher Needed at MEG Senior Center

A volunteer is needed to help wash dishes at the Mary Esther Gonzales Senior Center daily. Volunteers are needed between 11 am and 1:30 pm; if you can only do some days we will work with your schedule. Please call Triston to get started.

## Volunteer Computer Instructor Needed

Are you familiar with computers, Microsoft Office programs, the Internet and email? If so, then we need you! A volunteer computer instructor is needed to offer guidance and answer basic questions to seniors who want to use the computer lab at the Mary Esther Gonzales Senior Center. The lab is open Monday – Friday from 8 a.m. to 4:30 p.m. We will work with your schedule to determine the best days/times to offer assistance. Please call Triston at (505) 955-4760 to get started!



*Feliz Cumpleaños*  
**Voluntarios**

## Que Nacieron en Diciembre

### RSVP Voluntarios

Gloria Pendlay	12/01
Gilbert T. Fuentes	12/02
Joseph S. Gonzales	12/02
Robert M. Michell	12/02
Patricia E. Penn	12/04
Cordelia Garcia	12/04
Pauline O. Foral	12/07
Laurie McGrath	12/07
Jean W. Marrs	12/09
Al Webster	12/09
Mary Jo Read	12/10
Percilla Lopez	12/10
Robert J. Montoya	12/10
Lydia Cordova	12/11
Mary Margaret Rael	12/11
Dennis E. Gonzales	12/12
Mary Mumford	12/13
Christine Lovato	12/13
Connie S. Valencia	12/14
Judi Beare	12/16
Flavia Pavia	12/16
Lou Miller	12/18
Bill J. Vaughn	12/20
Elaina K. Gonzalez	12/25
AJ Melnick	12/25
Dolores Mose	12/25
Raymond Willison	12/25
Rosario H. Torres	12/25
Bob Dorsett	12/29
Patricia M. Hummer	12/30
Eileen Levy	12/30
Virginia Soto	12/31

### FGP/SCP Voluntarios

Connie Valencia	12/14
Paul Montano	12/17
Margaret Trujillo	12/19
Rosario Torres	12/25
Virginia Soto	12/31

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



# ONGOING ACTIVITIES

DECEMBER - 2017

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

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

Luisa Senior Center – 1500 Luisa Street (entrance on Columbia Street)				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	11:45 am: Sing along			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 12/05 and 12/19 1:30 pm: Nia Technique (1 <sup>st</sup> & 3 <sup>rd</sup> Tuesday)	8:15 am: Tai Chi 9:30 am: Enhance Fitness 9:30 am: Ceramics 10:30 am: DanceAbility 1-3 pm: Bingo	8:15 am: Tai Chi 9:30 am: Wood 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 room hours (open use)				

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 1 pm: Line dance (Advanced)	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	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

DECEMBER - 2017

## AARP "Smart Driver" Course

Sign up for the AARP Smart Driver course today! Classes are held monthly in the dining room at the Mary Esther Gonzales Senior Center (MEG), located at 1121 Alto Street. The class is from 1 to 5 p.m. but please arrive at 12:30 p.m. to check-in and fill out any required paperwork.

The class is taught by a volunteer instructor who will go over safety tips for seniors on the road. Some New Mexico insurance companies give discounts to seniors with a completion certificate, and some may even begin discounts at age 50, but please check with your insurance company. You must complete the entire four hour course and be age 50 or over in order to obtain a certificate; it must be renewed every three years if you want to keep the discount.

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

Upcoming dates are:

- December 12
- January 9

## Monthly Senior Services Committee Meetings

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

Senior Olympics: Thursday, Dec. 7 at 11 a.m.  
Transportation/Nutrition: No meeting this month  
Advisory Board: Wed., Dec. 20 at 9:30 a.m.  
Travel Committee: Thursday, Dec. 21, 8:45 a.m.  
SAC Board: Thursday, Dec. 21 at 10 a.m.

## Weekend Bingo at Luisa

The Luisa Senior Center (1500 Luisa Street) will be hosting a Bingo on Sunday, December 3 from 1–4 p.m. It is \$12 for a package and there is a \$100 jackpot. We will be serving: Frito pies, dessert, and a drink for \$5. Please bring small bills and everyone is welcome!

## Monthly DSS Senior Center Meetings

The following meetings are open to all seniors. Please come and give your input about activities in your favorite senior center.

- Ventana De Vida: Monday, Dec. 4 at 9:30 a.m.
- Villa Consuelo: Monday, Dec. 11 at 10 a.m.
- Pasatiempo: Monday, Dec. 11 at 1 p.m.
- Luisa: Tuesday, Dec. 12 at 9 a.m.

## Snowball Dance

The Snowball Dance will be hosted by the Mary Esther Gonzales Senior Center on Thursday, December 14 from 1–4 p.m. The dance will be held at the Fraternal Order of Eagles Club (833 Early Street) and music will be by Bandalegre. Admission is \$2 and light refreshments will be served.

## Movie Day at the MEG Senior Center Tuesday, December 26, 2017 at 1 p.m. "The Christmas Shoes"

(2002 • NR • 1h 40m)

A young boy tries to get a pair of Christmas shoes for his dying mother, while a lawyer tries to deal with the break-up of his marriage. Starring Rob Lowe, Kimberly Williams-Paisley and Max Morrow.



## Spanish Classes for Beginners

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



# UPCOMING ACTIVITIES

DECEMBER - 2017

**Movie Day at Ventana De Vida Senior Center**  
**Wednesday December 27, 2017 at 1 p.m.**  
**"Ocean's Eleven"**  
(1960 • NR • 2h 7m)



With the precision of a military operation, a group of World War II veterans come up with an ingenious plan to rob five of the top Las Vegas casinos at the exact same time—midnight on New Year's Eve. Led by Danny Ocean, the men carry out the heist, which seems to have gone off without a hitch. But complications arise

when they try to smuggle the loot out of town! Sequels to this movie have been made, but none of them can match this original classic. Starring Frank Sinatra, Dean Martin, Peter Lawford, Sammy Davis, Jr., Angie Dickinson and Cesar Romero.

## Sing-Along with Ken from Home Instead Returns in January

Look out for that date in the January Senior Scene and then come sing along or just enjoy listening to some old time favorites! Home Instead Senior Care provides professional caregivers to help aging loved ones remain in their homes. Home Instead can be reached at 505-471-2777.

## Let's Celebrate Your Birthday

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:

- Luisa: Friday, December 1
- MEG: Wednesday, December 6
- Pasatiempo: Wednesday, December 13
- Ventana de Vida: Wednesday, December 20
- Villa Consuelo: Tuesday, December 5

## Free Hair Cuts at MEG & Pasatiempo

Senior Center 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 December are as follows on Wednesdays at 10 a.m.:

- December 6 MEG
- December 13 Pasatiempo

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

## ICAN Nutrition Classes Available at Senior Centers

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

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

Attend an ICAN class at the Mary Esther Gonzales (MEG) Senior Center! Flyers will be posted with details on the dates/times that classes will be held. For more information please contact Renee at (505) 471-4711.

## Blood Pressure, Blood Sugar & Oxygen Level Test 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 December:

- Pasatiempo: Wednesday, Dec. 6 10:30 – noon
- Luisa: Thursday, Dec. 7 11 a.m. – noon
- Ventana: Wednesday, Dec. 13 11 a.m. – noon
- MEG: Wednesday, Dec. 20 10:30 a.m. – noon
- Villa Consuelo: Tuesday, Dec. 26 10 – 11 a.m.

# UPCOMING ACTIVITIES

DECEMBER - 2017

## Veterans Oral History Project Expanded

The Veterans Oral History Project has been expanded to include non-Veteran Senior Citizens to those who might be interested. For Senior Oral Histories, a copy of the film/DVD will be sent to the state of NM Archives and one copy to the individual. The distribution for Veteran film/DVD will still be the Library of Congress, the University of Texas, one to the NM Military Museum and one for you or your family. To set up an appointment for an interview please call Albert at (505) 955-4715 and leave your name and contact information.



## MEG Exercise Room

Please join volunteer trainer Gitta Mainland in assisting seniors in the MEG exercise room. She will be available on Thursday, December 7 from 10 a.m. to noon. If you would like assistance please join her.

## Nia Technique on 1st & 3rd Tuesdays

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

- December 5
- December 19

### HOW TO PLAY SUDOKU:

The objective is to fill a 9x9 grid so that each column, each row, and each of the nine 3x3 boxes (also called blocks or regions) contains the digits from 1 to 9. There can be no repeat numbers on the same line or in the same box.

## Senior Olympic Spotlight

### Kick-Off Registration for Local Games

Mary Esther Gonzales Center

Monday, January 8, 2018

From 9 a.m. – noon

We welcome new faces and hope to see you there this year. Join us!

### Local games Registration

Monday, January 8 – Friday, February 16

Late Registration February 19 – February 23

Registration fee is \$20

Late Registration is \$30

### GCCC Registration days

Wednesday, January 10, from 8 a.m. – noon

Tuesday, January 23, from 8 a.m. – noon

Friday, February 2, from 8 a.m. – noon

Wednesday, February 7, from 8 a.m. – noon

If anyone is interested in being an event manager for any sport please contact me at (505)795-3817.

Happy Holidays! Until next month.  
Cristina Villa

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



## Rock Steady Boxing for Parkinson's Disease

There are more than fifty published evidence-based studies that attest to the benefits of exercise to improve daily living for persons with Parkinson's. The studies range from examining fitness programs necessary for things like household chores to more advanced fitness levels needed to ski, play golf or hike.

My personal favorite of the many published exercise methods is a program that has boxing as the core feature. Rock Steady Boxing is non-contact boxing and cross-training combined. Boxing may seem like a surprising exercise for women and men who struggle with balance and have motor coordination issues. However, the women and men in classes overcome many of their movement disorders when they start punching a heavy bag.

Studies of boxing, an activity that involves rapid movements in different planes and uses the right and left side of the brain and body, show remarkable benefits to slow Parkinson's symptoms. And it improves everyday functional activities like cleaning or fun activities like gardening. Research shows that people who exercise harder (within reason) get the greatest symptom relief in the shortest time. And it feels good to hit something and fight back against this terrible disease.

### What the Parkinson's Foundation says about exercise:

- "Exercise is one of your medicines;"
- "Exercise is one of the very best things you can do;"
- "Exercise is a vital component in helping to manage the symptoms of the disease."

### How does exercise and enhanced fitness help with symptoms?

- Reduces tremor, stiffness and gait freezing;
- Decreases risk of falling and joint injury;
- Improves movement and motor coordination in daily chores;
- Enhances mental acuity, concentration and focus;
- Improves socialization, mood and reduces anxiety.



### Be an active participant in your treatment.

Check out Rock Steady Boxing at [www.RockSteadyBoxing.org](http://www.RockSteadyBoxing.org) to learn more. To join class in Santa Fe, NM please visit <http://santafe.rsbaaffiliate.com/>.

Always check with your physician before starting any exercise program.

*This article is submitted by Sharon Tolleson, a Rock Steady Boxing Coach*

## **The Holidays**

By Leslie Van Pelt, Comfort Keepers® Franchise Owner in Santa Fe

The holidays are joyous times that inspire feelings of togetherness, fond recollections of past times and hopes for the future. Gatherings with family and friends are sure to lift spirits of all ages as new memories are forged among people.

The holidays may create certain challenges for seniors. Some challenges are common while others may be unique to the individual. In any case, immense stress and upheaval may be present during times of holiday cheer. If you have a senior in your life, whether family or friend, the following tips will help you recognize some of these challenges as well as offer ways to alleviate the stress they may cause.

### **Cooking for Holiday Gatherings**

Cooking large meals for holiday gatherings may be difficult for a senior to accomplish. The reasons may vary from not being accustomed to preparing large meals to the orchestration it involves to pull it off. Offer to help plan and prepare the meal together. This takes the pressure off of the senior of doing it all alone and provides bonding time for you both. A less stressful alternative may be to host the dinner in your own home or to ask guests to bring favorite prepared dishes to share.

### **Traveling to Holiday Events or Parties**

Occasionally gatherings may require travel, whether in or out of town. Sometimes, driving, especially at night, may be intimidating for seniors with troubled vision. Offer to attend parties or events with seniors so they feel more comfortable about going.

### **Dealing with Loneliness and Isolation**

Some seniors, especially those who have lost spouses or beloved friends may experience increased loneliness during the holidays. Others may become mildly depressed for the same reasons, which can lead to isolation. To help keep this from happening, make sure to visit seniors often during the holidays. Offer to take them to holiday events. Have fun baking holiday goodies together. Even helping address Christmas cards and chatting over a cup of warm apple cider can lift everyone's spirits.

### **Presents**

Giving gifts has become a hallmark of the holiday season. However, for seniors presents can cause stress for various reasons. Some may be on limited budgets and unable to purchase gifts for all family members, or they may become overwhelmed by shopping at crowded stores. Other seniors may have problems wrapping gifts because of arthritis and other medical issues. You can help by suggesting a gift drawing to alleviate cost burdens for all. Offer to join seniors on a shopping spree to assist in choosing gifts and navigating crowds. Or, ask the seniors in your life to provide you shopping lists and do the shopping for them. Encourage the use of gift bags instead of wrapping presents or plan a present wrapping afternoon so you can help.

### **Hire a Caregiver to Assist**

The bustling holiday season is the perfect time to consider hiring a temporary caregiver to help with all elements of holiday preparations. Companies such as Comfort Keepers® offer seniors assistance in areas of light housekeeping (including putting up decorations), meal preparation, accompanying seniors to social functions or taking them shopping and even helping with Christmas and Hanukkah cards and wrapping presents. This might be especially important if your senior loved one lives far away from family. As caregivers who specialize in understanding and working with seniors, Comfort Keepers® and other in home caregivers can provide help and company to help your loved one have a happy holiday season.



# PUZZLE

DECEMBER - 2017

## PUZZLE 58

### ACROSS

1. "Take a Chance On Me" group
5. Barn section
9. Cartoonist Al \_\_\_\_\_
13. Like some drafts
15. Out of the weather
16. Money premium
17. Terra \_\_\_\_\_
18. Charter
19. Powerful shark
20. Fast plane
21. Leaping insect
24. Gen. Robert \_\_\_\_\_
26. Arabian ruler
27. Amphitheater
28. Electrical unit
30. Switch positions
31. Hot dog garnish
33. Mortar trough
36. More pallid
38. Above, in verse
39. Solo
41. Attempt
42. Author Hemingway
45. Arrow poison
46. "\_\_\_\_\_ of singing birds . . ."
47. Marine eagles
49. Comedian Soupy \_\_\_\_\_
51. Tramp's love
52. Destructive insects
56. Youth gp.

59. Lotion ingredient
60. Desertlike
61. Primp
63. Blessing
64. Fork part
65. Spirited horse
66. Sothern and Sheridan
67. Understands
68. Spot

### DOWN

1. Circle segments
2. Shouts of disapproval
3. Social insect?
4. Rep.
5. Julie Christie role
6. Corrida cheers
7. Bogs

8. Leashes
9. Stayed in a tent
10. Wide open
11. Cheapskate
12. Inadequate
14. Golfer Walter \_\_\_\_\_
22. Back
23. Nebraska city
25. \_\_\_\_\_ majeste
27. To a distance
28. Swift
29. Haughtiness
30. Elect
32. Time periods
33. Buzzing insects
34. Singletons
35. Scottish river
37. Freshen

40. The Swedish Nightingale
43. Finds another chair for
44. Tattle
46. Woody and Steve
48. Files
49. Athenian statesman
50. Crazy as \_\_\_\_\_
52. Rum cake
53. Sandusky's lake
54. Grape plant
55. Bad day for Caesar
57. Leak
58. Artist Warhol
62. Map abbr.

1	2	3	4		5	6	7	8		9	10	11	12
13				14		15				16			
17						18				19			
20				21	22					23			
		24	25					26					
	27						28	29					
30					31	32					33	34	35
36				37		38				39	40		
41				42	43				44		45		
			46						47	48			
	49	50						51					
52						53	54	55			56	57	58
59					60					61	62		
63					64					65			
66					67						68		

# Time Machine: 1990

109

All of the events described below happened in the year 1990.

- BRITISH and
- FRENCH
- WORKERS
- SHAKE
- HANDS,
- HAVING
- DUG
- THROUGH to
- EACH
- OTHER
- IN THE
- CHANNEL
- TUNNEL.
- GARRY
- MARSHALL'S
- ROMANTIC
- COMEDY
- "PRETTY
- WOMAN,"
- STARRING
- RICHARD
- GERE and
- JULIA
- ROBERTS, is
- RELEASED.
- MARTINA
- NAVRATILOVA
- WINS a
- RECORD
- NINTH
- WIMBLEDON
- SINGLES
- TENNIS
- TITLE.

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





# PUZZLE ANSWERS

DECEMBER - 2017

## PUZZLE 58

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

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

## 109

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




# BREAKFAST MENU

DECEMBER - 2017

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

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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>City of Santa Fe Division of Senior Services</b> <b>Meal Take Out Policy</b> No meals shall be carried out for consumption outside the meal site by any individual other than trained staff or volunteer meal delivery personnel.				<b>1</b> French toast w/maple syrup Sausage Tomato juice
<b>4</b> Grilled ham Cheese, red chile Small roll Jelly	<b>5</b> Breakfast burrito w/scrambled egg, cheese, bacon Salsa	<b>6</b> Oatmeal Toast Jelly Fruit juice	<b>7</b> Huevos rancheros w/egg, cheese, corn tortilla, beans Salsa	<b>8</b> Scrambled egg Cheese, red chile Potatoes Margarine
<b>11</b> Scrambled egg Cheese, bacon Grilled peppers Hash browns, toast	<b>12</b> Cereal bowl Toast Jelly Fruit juice	<b>13</b> Sausage Cheese, red chile Small roll Jelly	<b>14</b> Ham & cheese biscuit Salsa, jelly	<b>15</b> French toast w/maple syrup Sausage Tomato juice
<b>18</b> Grilled ham Cheese, red chile Small roll Jelly	<b>19</b> Breakfast burrito w/scrambled egg, cheese, bacon Salsa	<b>20</b> Oatmeal Toast Jelly Fruit juice	<b>21</b> Huevos rancheros w/egg, cheese, corn tortilla, beans Salsa	<b>22</b> Scrambled egg Cheese, red chile Potatoes Margarine
<b>25</b> All Senior Centers CLOSED in observance of Christmas Day	<b>26</b> Cereal bowl Toast Jelly Fruit juice	<b>27</b> Sausage, cheese Red chile Small roll, jelly	<b>28</b> Ham & cheese biscuit Salsa, jelly	<b>29</b> French Toast w/maple syrup Sausage Tomato juice

## Cooking for One or Two

(Source: NDSU Extension Service, August 2016)

### Equip Your Kitchen

For quick cooking, organize your kitchen so your equipment is within easy reach. Many foods can be prepared quickly in a microwave oven or toaster oven, so those appliances are handy when cooking for one or two. If you're assembling a kitchen or downsizing, be sure to have these items on hand:

- Pots and pans
- Knives and plastic cutting board(s)
- Measuring cups and spoons
- Mixing bowls
- Stirring spoons, whisk, can opener
- Electric mixer, microwave

### Use Your Leftovers/"Planned-overs" Creatively

Making family-sized recipes can provide you with leftovers for future meals. Freeze the remaining food in meal-sized containers. Be sure to label the containers with the contents and date to avoid "surprise meals" later!

What if you don't like "leftovers"? Consider them as "planned-overs" and try them in completely different recipes. For example, add leftover fruit to muffin, quick bread or pancake batter. Freeze planned-over vegetables and use in stews, soups and other dishes. Use extra bread to make French toast, bread pudding or stuffing. Use planned-over meat in tacos, soup or stir-fry, or on salads.



# SENIOR CENTER LUNCH MENU

## DECEMBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>REMINDER: City of Santa Fe Division of Senior Services</b> <b>Meal Take Out Policy</b> No meals shall be carried out for consumption outside the meal site by any individual other than trained staff or volunteer meal delivery personnel.				<b>1</b> <b>Chicken Fettuccini</b> w/ Alfredo Sauce Buttered Carrots Garlic Bread Peanut Butter Cookie
<b>4</b> <b>Baked Chicken Breast Sandwich</b> Celery Sticks French Fries Cottage Cheese w/ Peaches	<b>5</b> <b>Beef Stir Fry</b> White Rice Stir Fry Veggies Egg Roll Fortune Cookie Mandarin Oranges	<b>6</b> <b>Chicken Strip Basket</b> Mashed Potatoes White Gravy Asparagus Biscuit Apple Crisp	<b>7</b> <b>Corned Beef</b> w/ Cabbage Glazed Carrots Boiled Potatoes Green Jello	<b>8</b> <b>Pork Posole</b> w/ Red Chile Sauce Spinach Salad Pinto Beans Tortilla Brownie
<b>11</b> <b>Salisbury Steak</b> with Brown Gravy Mashed Potatoes Buttered Peas Whole Wheat Roll Plums	<b>12</b> <b>Chicken Parmesan</b> Marinara Sauce Noodles California Veggies Whole Wheat Roll w/ Butter Tropical Fruit	<b>13</b> <b>Pork Roast</b> Mashed Potatoes w/ Brown Gravy Asparagus Tips Whole Wheat Roll Applesauce	<b>14</b> <b>Red Chile Beef Burrito Supreme</b> Spanish Rice Green Salad w/ Dressing Peaches	<b>15</b> <b>Baked Fish</b> Potatoes Au Gratin Coleslaw Chocolate Pudding Whole Wheat Roll
<b>18</b> <b>Ham &amp; Cheese Sandwich</b> Tater Tots Green Beans Pineapple	<b>19</b> <b>Meatloaf</b> w/ Veggie Topping Scalloped Potatoes Green Beans Strawberry Shortcake Whole Wheat Roll	<b>20</b> <u><b>Christmas Dinner</b></u> Roast Beef w/Gravy Mashed Potatoes Broccoli /Green Salad Cherry Cobbler Roll	<b>21</b> <b>Baked Chicken</b> w/ Mushroom Sauce California Veggies Wild Rice Sherbet Roll	<b>22</b> <b>Frito Pie</b> with Pinto Beans and Red Chile Sauce White Cake Chilled Apricots
<b>25</b> <b>All Senior Centers CLOSED</b> in observance of Christmas Day	<b>26</b> <b>Baked Chicken</b> over Garlic Noodles Peas & Carrots Cornbread Fruit Salad	<b>27</b> <b>Beef Chile Dog</b> with Red Chile Potato Wedges Mixed Veggies Pineapple Bits	<b>28</b> <b>BBQ Pork Ribs</b> Potato Salad Coleslaw Cornbread Banana Pudding	<b>29</b> <b>Green Chile Cheeseburger</b> Ranch Beans Onion Rings Ice Cream

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

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

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

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

Menu is subject to change.

City of Santa Fe

# Senior Center Locations



**Legend**

- City Senior Center Location
- Down Town
- City Limits

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

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

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

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

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

