

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

**MARCH
2018**



CITY OF SANTA FE, DIVISION OF SENIOR SERVICES

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

MARCH - 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

Toll-Free Administration Line

Gino Rinaldi, DSS Director

(505) 955-4721

(866) 824-8714

955-4710

Administration

Cristy Montoya, Administrative Secretary

Sadie Marquez, Receptionist

FAX Machine - Administration

955-4721

955-4741

955-4797

Senior Services Registration

Brenda Ortiz, Database Specialist

Transportation Ride Reservations (page 3)

Linda Quesada-Ortiz, Acting Project Manager/ Dispatch

Linda Quesada-Ortiz, Administrative Assistant

955-4722

955-4700

955-4702

955-4700

Nutrition

Yvette Sweeney, Program Administrator

Enrique DeLora, Inventory Supervisor

Tebrina Roibal, Administrative Assistant

FAX Machine - Nutrition

955-4739

955-4750

955-4749

955-4794

Meals On Wheels (for homebound individuals)

Carlos Sandoval, Program Supervisor

Robert Duran, MOW Assessments

955-4748

955-4747

Senior Center Programming (Activities)

Lugi Gonzales, Center Program Manager

Albert Chavez, Program Coordinator

Mary Esther Gonzales (M.E.G.), Ventana de Vida

Cristina Villa, Program Coordinator

Luisa, Pasatiempo, Villa Consuelo

955-4711

955-4715

955-4725

In Home Support Services: Respite Care, Homemaker

Theresa Trujillo, Program Supervisor

Katie Ortiz, Clerk Typist

955-4745

955-4746

Foster Grandparent/Senior Companion Program

Melanie Montoya, Volunteer Prog. Admin.

Romella Glorioso-Moss, Special Projects Admin.

955-4761

955-4744

Retired Senior Volunteer Program (RSVP)

Triston Lovato-Armstrong, RSVP Administrator

Marisa Romero, Program Coordinator

955-4760

955-4743

50+ Senior Olympics

Cristina Villa, Program Coordinator

795-3817

Miscellaneous

Craft Room

Pool (Billiard) Room

955-4736

955-4737

Other Important Numbers

Santa Fe Civic Housing Authority

Santa Fe County Information

Santa Fe County Mobile Health Van

988-2859

992-3069

231-2382

Newsletter Production

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955-4760

SENIOR SERVICES PROGRAM INFORMATION

MARCH - 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.
****Special notice: normal hours on March 6, reduced hours on March 13. ****
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.



The month of February sure flew by fast. We are knee deep in the city budget process, program evaluations, and trying to figure out how the 2018 legislative session will affect senior programs. All of these come together to get us ready for a new program fiscal year, which starts July 1, 2018. Make sure and thank your staff for their hard work and support.

As many of you may know the Senior Olympics are getting ready to start this month. We have over 370 folks signed up and I want to say this is great. This year athletes get to compete in the state games, which they can use to qualify for the national games in 2019. By the way, the national games are going to be held in Albuquerque in 2019. I for one am looking forward to attending, best of luck to all athletes!

Early voting has been underway, but if you have not voted, remember to vote on Tuesday, March 6, 2018 (take a look at the Election Day voting centers below). Our senior transportation services will be operating on a regular schedule during Election Day.

This month we will also see a change of seasons, with the beginning of spring on Tuesday, March 20. It's also that time of year to Spring Forward because Daylight Savings Time starts. So don't forget to change your clocks forward one hour on Sunday, March 11 and enjoy more light in the evenings.

Lastly, I want to remind folks that donations go directly back to the program. For example, for meals the funds could be used to buy cooking equipment, or go into the food budget. For transportation, the donations could be used for fuel, or maintenance. No matter the item your donation is appreciated. We are short in reaching our goal, so if you can donate please do – after all it is going for a great cause, serving you!

VOTING CONVENIENCE CENTERS

Montezuma Lodge 431 Paseo de Peralta
Gonzales Community School 851 W. Alameda
Salazar Elementary School 1231 Apache Avenue
Atalaya Elementary School 21 Camino Cabra
St. John's United Methodist Church 1200 Old Pecos Trail
Christian Life Church 121 Siringo Road
Nina Otero Community School 5901 Herrera Drive
Sweeney Elementary School 4100 S. Meadows Road
Southside Library 6599 Jaguar Drive
Nava Elementary School 2655 Siringo Road
Kearny Elementary School 901 Avenida de las Campanas
Genoveva Chavez Community Center 3221 Rodeo Road

NEWS & VIEWS

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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 March:

* = Nurse will be inside.

01 – Chimayo Senior Center	10 am – 2 pm
02 – Van not out	
03 – Van not out	
04 – St. Elizabeth Shelter*	9 am – 1 pm
05 – Fort Marcy	9 am – 1 pm
06 – St. John's United Methodist Church	9 am – 1 pm
07 – Nambe Senior Center	9:30 am – 12:30 pm
Opiate Overdose Prevention Education & Narcan Distribution	
08 – Santa Cruz Senior Center	10 am – 2 pm
09 – Mary Esther Gonzales Senior Center	10 am – 2 pm
10 – Van not out	
11 – Santa Fe Recovery Center*	9 am – 1 pm
12 – Luisa Senior Center	9 am – 1 pm
13 – Eldorado Senior Center	10 am – 2 pm
14 – Edgewood Senior Center	10 am – 2 pm
15 – Van not out	
16 – El Rancho Senior Center	9 am – 1 pm
17 – Van not out	
18 – St. Elizabeth Shelter*	9 am – 1 pm
19 – Pasatiempo Senior Center	9 am – 1 pm
20 – Casa Rufina Apartments	10 am – 2 pm
21 – Genoveva Chavez Community Center	10 am – 2 pm
22 – Villa Alegre	10 am – 2 pm
23 – Casa Villita	10 am – 2 pm
24 – Van not out	
25 – Santa Fe Recovery Center*	9 am – 1 pm
26 – Villa Consuelo Senior Center	9 am – 1 pm
27 – Ventana de Vida Senior Center	10 am – 2 pm
28 – Genoveva Chavez Community Center	9:30 am – 12:30 pm
Opiate Overdose Prevention Education & Narcan Distribution	
29 – Chimayo Santuario	8 am – 3 pm
30 – Chimayo Santuario	8 am – 3 pm
31 – Van not out	

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.

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 the 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.

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.

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.

NEWS & VIEWS

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Senior Services Transportation Notice

Due to the city election occurring on Tuesday, March 6, Senior Services transportation will be running on normal hours. Staff training was rescheduled for Tuesday, March 13 so last call for pick-up on the 13th will be at 2:45 pm.

The AARP Foundation Tax-Aide Program

AARP continues to offer tax assistance at two sites in Santa Fe: the Santa Fe Community College Fitness Center (6401 Richards Ave) and Our Lady of Guadalupe Parish Center (417 Agua Fria St).

SF Community College (January – April 17)

- Mondays & Tuesdays: 8:30 am – 4:30 pm
- Saturdays: 9:00 am – 1:00 pm

Please note: the College will be closed for Spring Break, March 19–25 and as a result there will be no tax services during that time.

Closed Saturday, March 31, for Easter weekend

Our Lady of Guadalupe (February – April 17)

- Monday – Friday: 9:00 am – 1:00 pm

Closed Friday, March 30, for Good Friday

The AARP Foundation Tax-Aide Program offers free tax preparation help to anyone who needs it – with special attention to those who are 50 or older or have low to moderate income. Tax-Aide volunteers are trained to assist people with a variety of tax forms and schedules but are limited to simple, straightforward returns. In certain situations, volunteers may be unable to provide assistance but will have on hand a list of other tax preparers who may be able to help. For more information on the Santa Fe AARP Tax-Aide program please call 505-469-5717 / 428-1780

Six-Week Grief Recovery Support

The purpose of this group is to learn and share in a confidential setting. Each week we will discuss grief and loss and how they affect work and relationships. Sometimes the best medicine is just being able to say what you are thinking and feeling without being judged or given unwanted advice.

Over the six weeks we will cover:

- Losses and how we deal with them;
- The myths about grief, loss, and healing;
- How unresolved grief affects our capacity for happiness;
- Caring for someone going through devastating loss;
- What to say and what not to say;
- Creating resilience even in times of great challenge.

This group is facilitated by Eileen Joyce, Certified Coach/Grief Recovery Specialist and is for those who have experienced the deaths of family, friends, or colleagues. It is sponsored by Berardinelli Family Funeral Service. Attending all six weeks is recommended. If not possible, please come as your schedule permits. Please contact Eileen at (505) 428-0670 or ej@eileenjoyce.com to reserve your space.

**Six Saturdays, 11am–12pm,
March 10, 17, 24 and April, 7, 14, 21
Berardinelli-McGee Life Event Center
1320 Luisa St., Santa Fe, NM 87505**

Keeping our schools safe, sound and squeaky clean!

On February 6th, our community renewed the SB9 Mill Levy, and I thank you for your continued support. This will positively impact EVERY school in the District, as well as every charter school in Santa Fe. Because of your support, SFPS will continue to have the necessary funding for local businesses to maintain our school buildings, playgrounds, playing fields and landscaping as well as update accessibility features and improve our security and student data systems. Thank you, Santa Fe for helping keep our school buildings safe, sound and squeaky clean!

Arnonia G. Alvarez

NEWS & VIEWS

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Attention 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.

Tax Help Santa Fe

Tax Help Santa Fe is providing tax services at the Santa Fe Place Mall on Cerrillos Road. To find their new location, enter between Forever 21 and Sketchers at the west end; they are open Monday – Saturday from 8:30 am to 5:00 pm. For more information on their services please contact (505) 990-7431 or visit their website at www.taxhelpsantafe.com.

Rail Runner Train FREE to Senior Citizens on Wednesdays

Are you 62 or over and looking to ride the Rail Runner train? Good news! The Rail Runner is FREE on Wednesdays now through September 2018 to those who are age 62+. You must have your ID ready to show. Questions? Please call (505) 245-7245.



Flora's Corner



"Love...must always create sunshine, filling the heart so full of radiance that it overflows upon the outward world."

– Nathaniel Hawthorne, American writer

In Remembrance



Ralph Perkins (Sarge)

Ralph Perkins, 76, passed on January 22, 2018. Ralph was born on March 6, 1941 in Cincinnati, Ohio to Lillian and Henry. He is preceded in death by his son Ralph G. Perkins Jr. and is survived by his loving wife Phyllis, son Tony, daughter Karen (Danny), grandchildren Josh, Shiela, Robert,

Jeremy, Gabe, and great grandson Eric. Ralph was always a friendly, committed volunteer at the Mary Esther Gonzales Senior Center, where he was well liked and loved by all. He volunteered for well over a decade, most recently volunteering with the food distribution program. He gave back to the community without any expectation of recognition or compensation. Ralph is dearly missed by all who knew him and by those that had the opportunity to volunteer alongside him.



Maria Leffelbein

died after a short illness on January 14, 2018, she was 86 years old, and was born in El Salvador, Central America. Maria was also known by her family and close friends as Pinita. She is preceded in death by first husband Frederico Alberto Herezi (Don Betio), her

parents, grandmothers and brother. She is survived by husband Donald Leffelbein, sister Rosa Molina (Daniel), daughter Ana LeBlanc, step daughter Lois Turner (David), step son Roy Leffelbein (Nancy), grandchildren, step-grandchildren, and many other nephews, nieces and great grandchildren. She led a long, happy and joyful life and always lived life to the fullest. She was very active and youthful for her age, she loved music, dancing and playing ping pong. But, most importantly of all she loved taking care of and was very proud of her husband of 12 years, Don. Along with Don, Maria served as a volunteer with the Retired Senior Volunteer Program (RSVP) at the Eldorado Senior Center for more than a decade. She will be missed dearly by all who knew her.

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Put Life Back in Your Life!



Paths to Health, NM and CHRISTUS St Vincent Presents A FREE Chronic Disease Self-Management Workshop

Week 1 – Session Activities:

- Introduction to workshop
- Group Introductions
- The Mind-Body Connection/
Distraction
- Getting a Good Night's Sleep
- Introduction to Action Plans

Week 2 – Session Activities:

- Feedback and Problem-Solving
- Dealing with Difficult Emotions
- Introduction to Physical Activity
- Preventing Falls/Improving Balance
- Making an Action Plan

Week 3 – Session Activities:

- Feedback
- Making Decisions
- Pain and Fatigue Management
- Endurance & Exercise
- Relaxation: Body Scan
- Making an Action Plan

Week 4 – Session Activities:

- Feedback
- Better Breathing
- Healthy Eating
- Communication Skills
- Problem-Solving
- Making an Action Plan
- Future

Week 5 – Session Activities:

- Feedback
- Making Healthy Food Choices
- Medication Usage
- Making Informed Decisions
- Dealing with Depression
- Positive Thinking
- Making an Action Plan

Week 6 – Session Activities:

- Feedback
- Working with Your Health Care
Professional
- Weight Management
- Planning for the

Thursdays, March 8 – April 12, 2018

1:30pm – 4:00pm

**Location: Mary Esther Gonzales Senior Center
1121 Alto Street, Santa Fe, NM 87501**

**SPACES ARE LIMITED! Call CHRISTUS Care Coordination 913-4256, Option 2
Can't make this class? Call for future class schedule**



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section spotlight



ACTIVITIES

Activities take place in each senior center Monday through Friday between 8:00 am and 4:30 pm. Please look at the *Activities* section of this newsletter, which is updated monthly, for the latest information. All activities are open to registered seniors; below are some examples of current activities available to you!

- Art classes (oil painting, ceramics)
- Billiards/cards
- Bingo
- Computer classes
- Dances
- Exercise & movement classes (Enhance Fitness, hiking, line dance, Nia technique, Tai-Chi, Yoga, Zumba, open fitness room)
- Movies (monthly)
- Music (guitar class, sing-along)
- Sewing/knitting/quilting



Contact Information

Lugi Gonzales, Center Program Manager, (505) 955-4711

Albert Chavez, Activities Program Coordinator, (505) 955-4715

Cristina Villa, Activities/Senior Olympics Program Coordinator, (505) 955-4725 or (505) 795-3817

MEET THE STAFF

It is our pleasure to introduce the Division of Senior Services Activities Program staff. These hard-working individuals schedule and organize activities and events that occur in the City of Santa Fe Senior Centers to keep participants active, engaged, and social.



Lugi Gonzales
Center Program Manager



Albert Chavez
Activities Program Coordinator



Cristina Villa
Activities Program Coordinator

AT - A - GLANCE

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January and February were busy with events! (Starting top-clockwise) Seniors enjoying the entertainment at the Valentines/Mardi Gras dance, attendants listening to speakers at "Senior Day" in the Roundhouse, a Ventana de Vida group enjoying the NM Museum of Art.



RSVP (RETIRED SENIOR VOLUNTEER PROGRAM)

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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.**

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. A volunteer is needed daily (Monday through Friday) from 9:00 am – 1:00 pm; if you can serve all five days or just a couple, we need you! Please contact Triston at (505) 955-4760 to get started.

Volunteer Wood Carving Instructor Needed

Do you have knowledge in wood carving? Please join us to assist and lead a group that meets once a week at the Mary Esther Gonzales Senior Center!

Experience/knowledge needed:

- General wood carving skills
- Chip carving

The group generally carves on flat surfaced wood to create traditional santeros and other small artistic woodwork items. The group needs someone who is able to provide guidance and tips. Volunteer is needed on Thursdays from 9:30–10:30 am. Please contact Triston at (505) 955-4760 if you're interested.



Reminder to Volunteers: Hours are Due

Please turn in your hours for January, February and March this month! They are due to our office by Wednesday, March 28. You can drop them off, mail in, email, or submit online. Please remember that ALL hours count toward meeting our program mission of addressing vital community needs, and are included in a state and nationwide service initiative. Your hours also help to secure funds so we can continue supporting you in your volunteerism!



feliz Cumpleaños Voluntarios Que Nacieron en Marzo

RSVP Voluntarios

Stella Gonzales	3/01
Harriet Levine	3/01
Alfredia Quick	3/02
Lucy O. Trujillo	3/02
Rita Walker	3/02
Carol Schwendimann	3/04
Howard Turner	3/04
Preston B. Ellsworth	3/06
Gloria P. Holladay	3/06
Jenny Mier	3/08
William A. Morrison	3/08
Andres V. Romero	3/08
Rita Cravens	3/09
Frankie C. Valencia	3/09
Suzanne A. Shaw	3/12
Dave McQuarie	3/13
Terri C. Gonzales	3/14
Carole Van Valkenburgh	3/14
Patricia A. Chavez	3/17
Luggie Romero	3/18
Meri Frauwrith	3/20
Pamela Valdez	3/20
John Martinez	3/22
Anke Mihalas	3/22
Claire Martinez	3/23
Carolyn K. Robinson	3/27
Waldo Anton	3/30

FGP/SCP Voluntarios

Michele Chrabot	3/02
Maria Montano	3/08
JoAnn Sena	3/13
Mary Lou Martinez	3/14
Della Spencer	3/14
Jane Sandoval	3/21
Bernadette Ramirez	3/29

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			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 3/13 and 3/27 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 (<u>Mondays</u> , 10 am-noon, Internet & Computer Security/Maintenance; <u>Wednesdays</u> , 10 am-noon, General Computer Instruction; <u>Fridays</u> , 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

MARCH - 2018

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:

- March 13
- April 10

Monthly Senior Services Committee Meetings

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

Advisory Board: Wed., March 21 at 9:30 am

Senior Olympics: Thursday, March 22, 1:30 pm

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 listed on the Ongoing Activities page.

- Luisa Center: Tuesday, March 6 at 9:00 am
- Pasatiempo: Monday, March 5 at 1:00 pm
- Ventana De Vida: Monday, March 5 at 9:30 am
- Villa Consuelo: Monday, March 5 at 10:00 am

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, March 2
- MEG: Wednesday, March 7
- Pasatiempo: Wednesday, March 14
- Ventana de Vida: Wednesday, March 21
- Villa Consuelo: Tuesday, March 6

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

- March 14 MEG
- March 21 MEG
- March 28 Pasatiempo

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

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.

Luisa: Thursday, March 1, 11:00 am–noon
MEG: Wednesday, March 14, 10:30 am–noon
Pasatiempo: Wed., March 7, 10:30 am–noon
Ventana: Wed., March 21, 11:00 am–noon
Villa Consuelo: Tue., March 27, 10:00–11:00 am

UPCOMING ACTIVITIES

MARCH - 2018

Movie Day at the MEG Senior Center
Tuesday, March 27, 2018 at 1:00 pm
"War Room"
 (2015 • PG • 2h)



With great jobs, a beautiful daughter (Alana Pitts) and a dream house, the Jordans seem to have it all. Appearances can be deceiving, however, as husband Tony (T.C. Stallings) flirts with temptation and wife Elizabeth (Priscilla Shirer) becomes increasingly bitter, crumbling under the strain of a failing marriage. Their lives take an unexpected turn for the better when

Elizabeth meets her newest client, Miss Clara (Karen Abercrombie), who encourages the couple to find happiness through prayer.

Movie Day at Ventana De Vida Senior Center
Wednesday March 28, 2018 at 1:00 pm
"Going In Style"
 (2017 • PG-13 • 1h 36m)



After working at a steelworks plant for thirty years and getting cheated out of their pension funds because of corporate greed, three elderly friends decide to extract justice from the system by robbing a bank. An endearing comedy about friendship and life after sixty, the film stars Morgan Freeman, Ann-

Margaret, Michael Caine and Alan Arkin.

Spanish Classes for Beginners

Do you want an introduction on conversational Spanish? Join Sister Jo from 9:30–10:30 am on Wednesdays at Ventana de Vida Senior Center.

Movie Day at Luisa Senior Center
Thursday, March 29, 2018 at 1:00 pm
"Wonder"
 (2017 • PG • 1h 53m)



A young boy with a facial deformity begins the fifth grade in a mainstream school with the help and support of his mother and father. The challenges he faces helps others learn to not judge a book by its cover.

Weekend Bingo at Luisa \$100.00 Guarantee

The Luisa Senior Center (1500 Luisa Street, enter off Columbia) will be hosting a Bingo on Sunday, March 4 from 1:00–4:00 pm. It is \$12.00 for a package, four specials at \$1 each, and blackout is \$2.00, with a \$100.00 jackpot. There will be Frito Pies and a drink for \$5.00; please bring small bills. Everyone is welcome, so don't miss out on a chance of winning!

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, March 14 and 28 at 10:30 am in boardroom

Ventana de Vida: Thursday, March 15 and 29 at 10:30 am

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

UPCOMING ACTIVITIES

MARCH - 2018

Veterans Oral History Project Expanded

The Veterans Oral History Project has been expanded to include non-veteran senior citizens. 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.

Trip to El Santuario de Chimayo

The Division of Senior Services will be taking its annual trip to El Santuario de Chimayo on Thursday, March 22, 2018. The mass on this day is at 11:00 am so the bus will leave from the MEG Senior Center at 9:30 am to arrive on time. There is a suggested donation of \$5 per person; the donation will only be taken the morning of the trip – not prior. Please bring the exact amount since we will not be able to provide change. Additionally, the group will stop at a Santa Fe County Senior Center for lunch (please bring the suggested donation of \$1.50 for a meal). Space is limited to 45 reservations only; to reserve your seat or for additional information please call Albert at (505) 955-4715.

Adult Protective Services Presentation

Please join Steven Lovato from the Adult Protective Services (APS) Division on Tuesday, March 27, 2018 from 9:30–10:30 am at the Mary Esther Gonzales Senior Center. He will share information about their services, the importance of awareness, and how to make a report. APS is committed to protecting the safety of adults who are unable to protect themselves.

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 (March 14 & 28) 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.

Thank you from the Mary Esther Gonzales Senior Center

The MEG Senior Center would like to thank Angelicque Chavez, Veronica Chavez and Yvonne Encinas for donating 40 “Baskets of Hope” to seniors on Valentine’s Day. They put a smile on the faces of 40 seniors, who were very thankful. Thank you again!

Computer Instruction Now Available at Two Senior Centers



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

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 in the computer lab or call (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

MARCH - 2018

Congressman Lujan's Staff Visit Pasatiempo

Congressman Ben Ray Luján of New Mexico's Third District will hold "Mobile Office Hours" on Thursday, March 29, 2018 from 10:00 am – noon at Pasatiempo Senior Center (664 Alta Vista). The Congressman's staff will be available to meet with constituents to assist them with casework and discuss issues of concern so he can continue to be a powerful voice on their behalf.

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.

Balance, Age and Fall Risk Presentation

Older adult falls are a serious public health problem. Often the public perception is that nothing can be done to prevent these falls as we get older. This is far from the truth. Falls are not a normal part of aging and many can be prevented with effective intervention. This presentation will review how the body controls balance, possible age and health-related changes that affect balance and strategies to reduce the changes of falling. The presenter, Janet Popp is a physical therapist employed by Brookdale Home Health and holds a master's degree in gerontology. She is an adjunct lecturer at UNM Health Sciences Center Division of Physical Therapy and Chair of the NM Adult Falls Prevention Coalition. In addition, she is a fall risk assessment trainer under a contract with the NM Department of Health. The presentation will take place on Thursday, March 29 at 9:00 am in the Mary Esther Gonzales dining room. Everyone is welcome to attend!

Ken from Home Instead Sings at MEG

Join us for lunch at the MEG Center on Monday, March 26 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.

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.



Chi Gung Session at MEG

Are you interested in attending this class, but aren't quite sure what Chi Gung is? According to WebMD, it is an ancient Chinese practice similar to Tai Chi that combines slow, deliberate movements, meditation and breathing exercises to help your circulation, balance and alignment. The low-impact exercise is said to put minimal stress on the joints and muscles making it an "excellent fitness activity for beginners and people with health conditions," according to WebMD. Although the gentle movements are easy on the joints, it's always best to check with your doctor if you have any health conditions or injuries to make sure this exercise is right for you. Still interested? Please join volunteer instructor, Rezi for "Chi Gung – energy medicine, still within move without, for health and harmony, sacred animal forms" at the Mary Esther Gonzales Senior Center dining room on Thursdays from 10–11 a.m. For more information call Rezi (505) 992-1909.

HEALTH & SAFETY

MARCH - 2018

MEG Exercise Room

Please note: volunteer trainer Gitta Mainland will not be available for the month of March, sorry for the inconvenience.

Nia Technique on 1st & 3rd Tuesdays

The Tuesday Nia Technique class at the MEG center is as follows at 1:30 pm:

March 6 and March 20

Senior Olympic Spotlight

Let the games begin! March Olympic events are as follows:

- March 14 Pickle ball at GCCC
- March 15 Basketball Free throw at GCCC
- March 16 Pickle ball at GCCC
- March 23-25 Racquetball at GCCC
- March 26-27 Air Pistol/Air Rifle at County Extension Building (3229 Rodeo Rd)

Eligible Senior Olympic participants will be given a 15 punch pass (for 15 free visits) to all three City of Santa Fe Recreational centers (GCCC, Ft. Marcy, and Salvador Perez). The cards will be issued in June at each of these locations.

On another note, I would like to personally thank the Senior Olympic Committee for the time and dedication that they give to making the City of Santa Fe's Senior Olympics such a success. The first mission of the Senior Olympic Committee is to increase registration especially in the 50-60 age groups. Recently, the Senior Olympic Committee declared that the second primary mission of the committee is to make the events both "fun and fair" while preparing athletes for state competition.

Please come support our local athletes. Spectators are welcome and encouraged to cheer on our senior athletes at any of the events! If you have questions regarding the scheduled events please contact Cristina Villa at 505-795-3817 or email cavilla@santafenm.gov.

Good luck Olympians – until next month!

-- *Cristina Villa*

Are you 60 plus? Hike with us!

There are two hikes this month.

First Hike: Thursday, March 1, Aspen Vista Trail.

This hike has excellent views and is considered easy to strenuous depending on the distance. During this hike plan to go higher and further than previous hike. The total roundtrip is 12 miles so this is a more strenuous hike.



Second Hike: Thursday, March 15, Tesuque Creek North Fork Trail.

This hike is a 3.1 mile moderately trafficked loop trail located near Santa Fe that is good for all skill levels. The trail is primarily used for hiking and walking and has an elevation gain of 1614 feet.

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.

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.

HEALTH & SAFETY

MARCH - 2018



Everyday Fitness Ideas from the National Institute on Aging at NIH
www.nia.nih.gov/Go4Life

Making Smart Food Choices

Regular physical activity and a healthy diet go hand in hand. Go4Life points you to wise food choices important for good health: eat a variety of healthy foods, fill up half of your plate with fruits and vegetables, and limit solid fats and added sugars.

The Dietary Guidelines for Americans suggest you:

- Try to choose grain products made from whole grains.
- Vary your veggies. Brighten your plate with vegetables that are red, orange, and dark green.
- Eat more fruit. Try some you haven't eaten before.
- Choose lean meats, poultry, seafood, beans, eggs, and nuts.
- Choose low-fat or fat-free dairy products.
- Get plenty of fluids each day such as water, fat-free or low-fat milk, and low-sodium broth-based soups.
- Limit saturated fats, trans fats, cholesterol, salt, and added sugars.

Some tips to help you get started:

- Breakfast is a good time to enjoy foods with fiber. Try unsweetened, whole-grain, or bran cereals and add fruit such as berries and bananas.
- Snack on unpeeled apples, pears, and peaches. Don't forget to rinse them before eating.
- Season foods with lemon juice, herbs, or spices.
- Broil, roast, bake, steam, microwave, or boil foods instead of frying.
- Use oils instead of solid fats, like butter, when cooking.
- Read *What's On Your Plate?*, the National Institute on Aging guide to healthy eating. Order your free copy at www.nia.nih.gov.



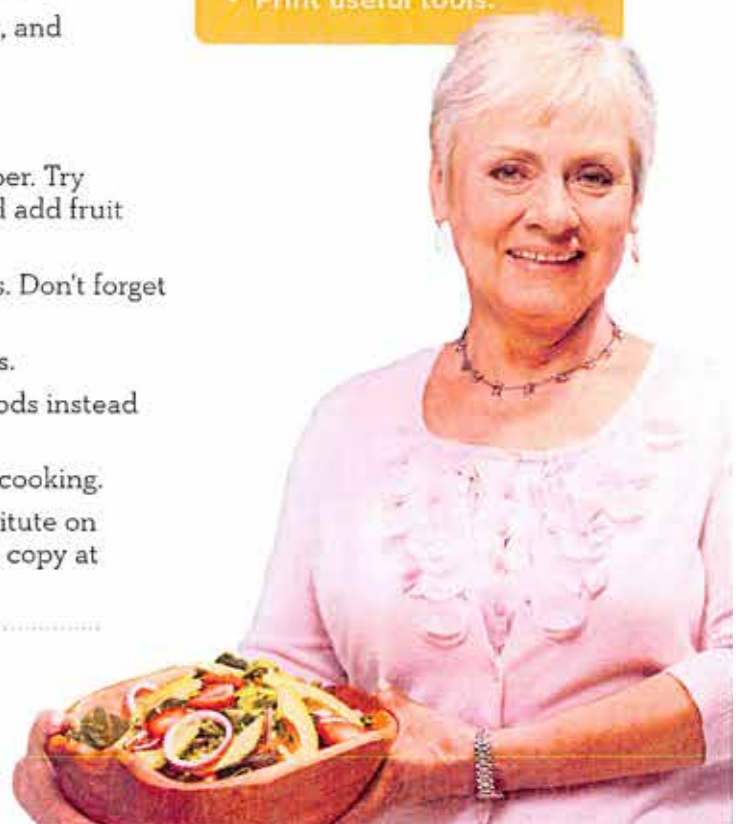
Quick Tip

To maintain a healthy weight, balance the calories you take in from food and beverages with the calories burned through physical activity.

VISIT

www.nia.nih.gov/Go4Life

- Read more tips for adding physical activity to your day.
- Print useful tools.



National Institute on Aging

Go4Life is a registered trademark of the U.S. Department of Health and Human Services.

PUZZLE

MARCH - 2018

PUZZLE 66

ACROSS

1. Mend
5. Speeder's downfall
10. Seance sounds
14. Woodwind
15. Secretly wed
16. Milky gem
17. Otherwise
18. Scenic view
19. The T of TV
20. "The Bad ____"
21. Actress Arden
22. Was merciful
24. Folk knowledge
26. Cheer

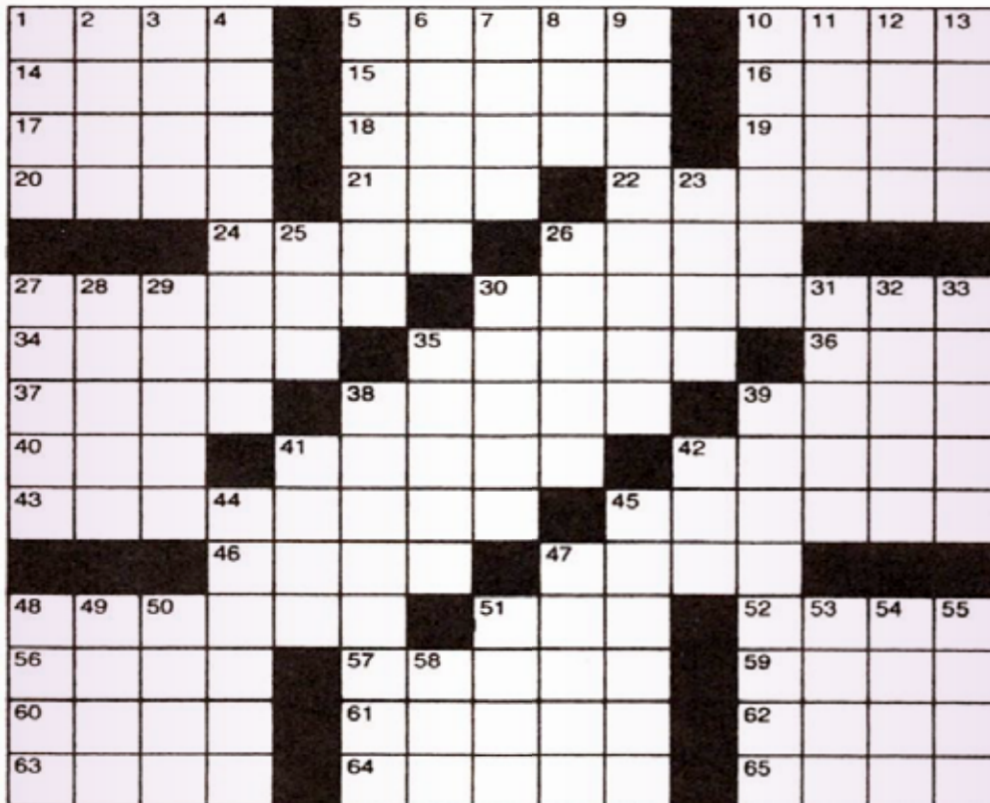
27. Natural ability
30. Trotted
34. Degrade
35. Lions' prides
36. Bullring shout
37. Reviews unfavorably
38. Read intently
39. Be patient
40. Common abbr.
41. Eat away
42. Savor
43. Comes in again
45. Good-natured railery

46. Comfort
47. Transmit
48. Entertain sumptuously
51. Govt. org.
52. Arabian prince
56. Prepare copy
57. "You'll ____ Know"
59. Teased
60. Headfirst plunge
61. Drift
62. Fencing weapon
63. Prophet
64. Diana or Tommy
65. Do a casino job

2. Competent
3. American Beauty
4. Unnecessary
5. Backslide
6. Full of life
7. Medicinal measure
8. Likely
9. Thought logically
10. Turn
11. Mimicker
12. Wan
13. Snow vehicle
23. Kettles
25. Individual
26. Hindu queen
27. Candle
28. Lessen
29. Spear
30. Playing and calling
31. Bake
32. Chosen few
33. Discourage
35. Singer Melba
38. Gifts
39. Roamed
41. And others: abbr.
42. Sunbathe
44. Tidier
45. Goatees
47. Use money
48. Communists
49. Songstress Adams
50. Donate
51. Kiln
53. Be dispirited
54. Thought
55. Rod and ____
58. Important age

DOWN

1. Performs



PUZZLE

MARCH - 2018

Rolling Stones . . .

76

Rolling along since 1962, England's Rolling Stones became international superstars in 1965 when their song "(I Can't Get No) Satisfaction" charted at number one. The group had a total of five number one hits in the '60s, including "Paint It Black" and "Ruby Tuesday." Included in this list about the group are titles of some of their songs.

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

- ☐ ALBUMS
- ☐ "AS TEARS GO BY"
- ☐ BAND
- ☐ BASS
- ☐ CONCERTS
- ☐ DRUMS
- ☐ FANS
- ☐ FESTIVALS
- ☐ "GIMME Shelter"
- ☐ GUITARS
- ☐ JAGGER, Mick
- ☐ JONES, Brian
- ☐ "JUMPIN' Jack Flash"
- ☐ "LADY JANE"
- ☐ "LITTLE RED Rooster"
- ☐ "NOT FADE AWAY"
- ☐ "PAINT IT BLACK"
- ☐ PERFORMANCES
- ☐ POPULAR
- ☐ RICHARDS, Keith
- ☐ ROCK music
- ☐ "RUBY Tuesday"
- ☐ "SHE'S a Rainbow"
- ☐ SINGLES
- ☐ "TELL ME"
- ☐ "TIME IS on My Side"
- ☐ TOURS
- ☐ "UNDER My Thumb"
- ☐ VOCALS
- ☐ WATTS, Charlie
- ☐ WYMAN, Bill

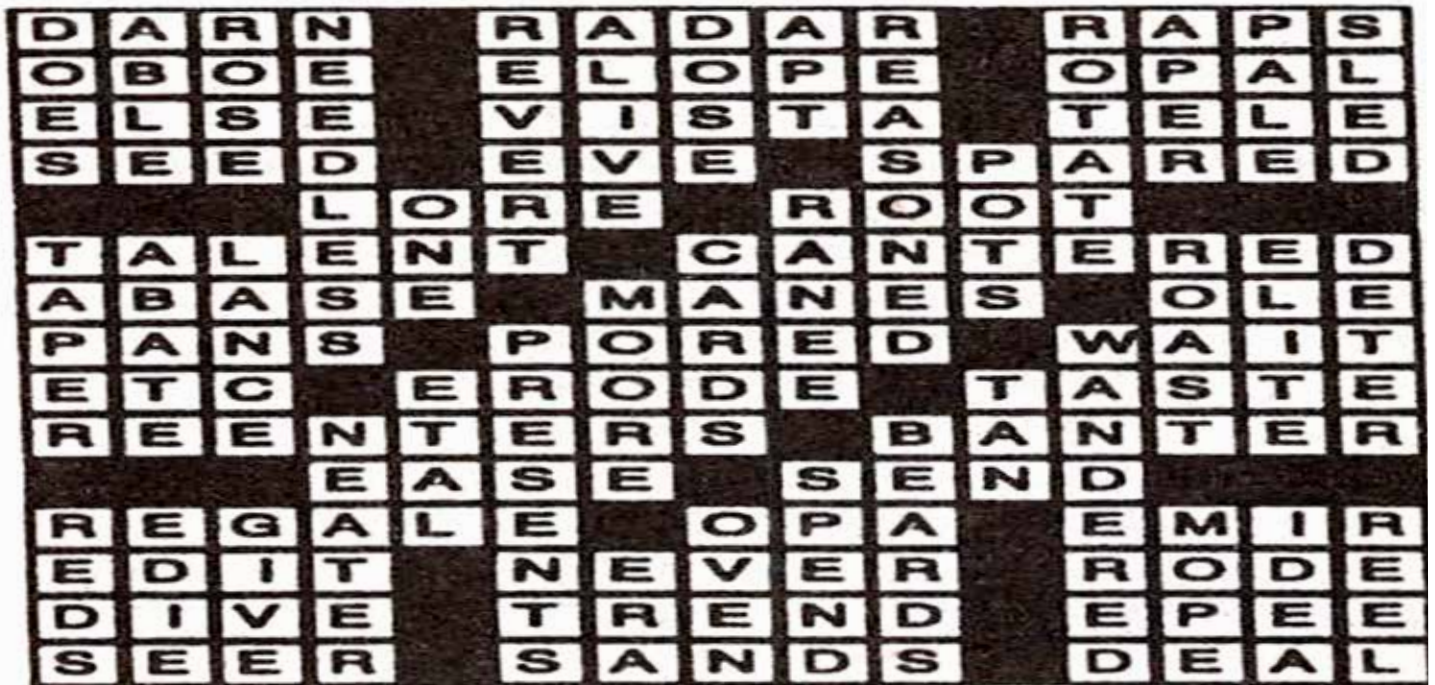


Photo: Getty

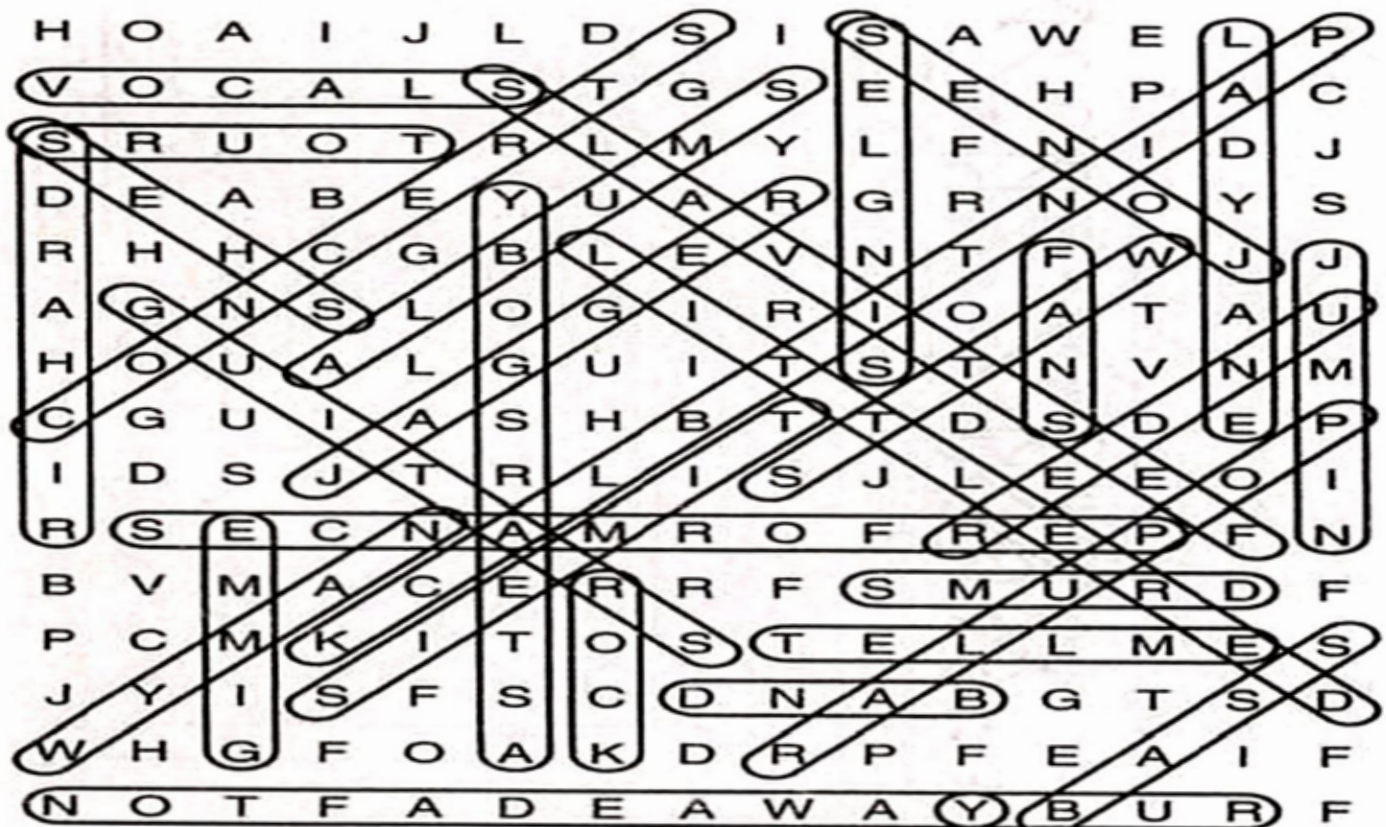
PUZZLE ANSWERS

MARCH - 2018

PUZZLE 66



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BREAKFAST MENU

MARCH - 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
REMINDER: City of Santa Fe Division of Senior Services Meal Take Out Policy No meals shall be carried out for consumption outside the meal site by any individual other than trained staff or volunteer meal delivery personnel.			1 Ham & cheese biscuit Tomato slice Pineapple	2 Corn Flakes Toast w/jelly & peanut butter Orange juice
5 Scrambled eggs w/cheese, bacon Green chile Hash browns	6 French toast w/syrup Grilled ham Apple	7 Scrambled eggs Sausage link Toast w/jelly & margarine Apple juice	8 Breakfast burrito w/egg, bacon, cheese, salsa, hash browns Applesauce	9 Waffles w/syrup Margarine Fruit cocktail Tomato juice
12 Scrambled eggs w/cheese Sausage patty English muffin Pineapple	13 Pancakes w/syrup Bacon Tomato juice	14 Huevos Rancheros w/egg, cheese, red chile Fruit cocktail	15 Biscuit w/white gravy Sausage patty Banana	16 Yogurt w/granola English muffin w/margarine
19 Bagel w/cream cheese Bacon Mandarin oranges	20 Oatmeal Scrambled eggs Potatoes Canadian bacon Orange juice	21 Corn Flakes Banana Mini muffin Tomato juice	22 Ham, egg & cheese croissant Melon	23 Cinnamon oatmeal w/raisins Toast w/margarine
26 Scrambled eggs w/cheese, potatoes Red chile, sausage Toast	27 Fruit salad Turkey bacon Toast w/margarine	28 Oatmeal Toast w/margarine Cottage cheese Tomato juice	29 Ham & cheese biscuit Mandarin oranges	30 Corn Flakes Toast w/jelly & peanut butter Apple juice

Serving Size vs. Portion Size: Is There a Difference?

Source: Academy of Nutrition and Dietetics

Healthy eating includes making healthful food choices, which means knowing what and how much you eat. Do you know the difference between serving and portion sizes? While the terms serving and portion often are used interchangeably, they actually mean different things.

A "serving" is the amount of food recommended in consumer education materials such as MyPlate. A "portion" is the amount of a food you choose to eat at any one time — which may be more or less than a serving. Here are some

everyday comparisons to help you figure out your serving sizes.

- 1 teaspoon of margarine is the size of one dice
- 3 ounces of meat is the size of a deck of cards
- 1 cup of pasta is the size of a baseball
- 1½ ounces of cheese is the size of four stacked dice
- ½ cup of fresh fruit is the size of a tennis ball

To overcome portion distortion and to downsize your helpings, try these tips.

- Eat from a plate, not a package, so you know how much you eat.
- Use smaller dishes, such as a lunch plate for your dinner, so less looks like more.
- Once you get a good sense of serving sizes, you can compare them to the portions you eat and make any necessary modifications.

SENIOR CENTER LUNCH MENU

MARCH 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
City of Santa Fe Division of Senior Services Meal Take Out Policy No meals shall be carried out for consumption outside the meal site by any individual other than trained staff or volunteer meal delivery personnel.			1 Chicken Tenders with White Gravy French Fries Coleslaw Biscuit Pineapple in Jello	2 Spaghetti Marinara Sauce Green Beans Tossed Salad Garlic Bread Peaches
5 Chicken Sandwich Celery Sticks Tater Tots Cottage Cheese with Peaches	6 Pork Posole Red Chile Sauce Spanish Rice Mixed Veggies Cherry Cobbler	7 Roast Beef Mashed Potatoes with Gravy Tossed Salad California Veggies Whole Wheat Roll Tapioca Pudding	8 Chicken Provencal White Rice Spinach Whole Wheat Roll Tropical Fruit	9 Red Chile Cheese Enchiladas Refried Beans Calabacitas Vanilla Pudding with Cinnamon
12 Chicken Fettuccini Alfredo Sauce Broccoli & Cauliflower Garlic Bread Pears	13 Pork Stir Fry Stir Fry Veggies Cucumber and Tomato Salad Whole Wheat Roll Mandarin Oranges	14 Green Chile Chicken Enchiladas Pinto Beans Spanish Rice Tossed Salad Tortilla Pineapple in Jello	15 Corned Beef Steamed Cabbage Buttered Carrots Parsley Potatoes Whole Wheat Roll Chocolate Pudding	16 Fish Sandwich Tartar Sauce Coleslaw Mixed Veggies Hushpuppies Banana
19 Carne Adovada Spanish Rice Country Blend Veg Tortilla Mixed Fruit	20 Green Chile Cheese Burger with Garnish Ranch Beans Onion Rings Applesauce	21 Turkey with Gravy Bread Stuffing Asparagus Cranberry Salad Whole Wheat Roll Pumpkin Pie	22 Salisbury Steak Mashed Potatoes Mushroom Gravy Spinach Whole Wheat Roll Tropical Fruit	23 Chile Relleno Green Chile Sauce Pinto Beans Calabacitas Tortilla Fruit Salad
26 Baked Pork Chop Rice Pilaf Peas & Carrots Whole Wheat Roll Strawberries	27 Ham & Cheese Sandwich Tater Tots Green Beans Pineapple	28 Meatloaf Scalloped Potatoes Carrot Raisin Salad Whole Wheat Roll Apple Cobbler	29 Beef Brisket Pork & Beans Carrots Coleslaw Garlic Toast Oatmeal Cookie	30 Tuna Salad Tossed Salad Potato Chips Crackers 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 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
- 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

Genoveva Chavez Community Center

