Senior Programs Facilities and Resources

<table>
<thead>
<tr>
<th>Facility</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Munson Senior Center</td>
<td>975 S. Mesquite St.</td>
<td>575-528-3000</td>
</tr>
<tr>
<td></td>
<td>Open Monday – Friday</td>
<td>8:00 am – 5:00 pm</td>
</tr>
<tr>
<td>Eastside Community Center</td>
<td>310 N. Tornillo St.</td>
<td>575-528-3012</td>
</tr>
<tr>
<td></td>
<td>Open Monday – Friday</td>
<td>8:00 am – 2:00 pm</td>
</tr>
<tr>
<td>Frank O'Brien Papen Dining Room</td>
<td>304 W. Bell</td>
<td>575-541-2454</td>
</tr>
<tr>
<td></td>
<td>Open Monday – Friday</td>
<td>10:30 am – 1:00 pm</td>
</tr>
<tr>
<td>Henry Benavidez Community Center</td>
<td>1045 McClure Rd.</td>
<td>575-541-2006</td>
</tr>
<tr>
<td></td>
<td>Open Monday – Friday</td>
<td>10:30 am – 1:00 pm</td>
</tr>
<tr>
<td>Sage Café</td>
<td>6121 Reynolds Dr.</td>
<td>575-528-3151</td>
</tr>
<tr>
<td></td>
<td>Open Tuesday – Friday</td>
<td>9:00 am – 2:00 pm</td>
</tr>
<tr>
<td></td>
<td>Limited Congregate Meals</td>
<td></td>
</tr>
</tbody>
</table>

Information and Referrals: 975 S. Mesquite Street, Las Cruces 575-528-3011
Meal Reservation and Cancellations: 975 S. Mesquite Street, Las Cruces 575-528-3012
Dial A Ride: 575-541-2777
Meals On Wheels Intake: 975 S. Mesquite Street, Las Cruces 575-541-2451
### Sage Café Activities:

<table>
<thead>
<tr>
<th>Activity</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Knitting (this is not a class)</td>
<td>Thu</td>
<td>10:15 am – 12:15 pm</td>
<td>No charge</td>
<td>Meeting Room 115</td>
</tr>
<tr>
<td>Enhance Fitness</td>
<td>Tue, Wed, Fri</td>
<td>9:45 am – 10:45 am</td>
<td>No charge</td>
<td>Sage Café, dining area</td>
</tr>
<tr>
<td>Beginning &amp; Intermediate Chess</td>
<td>Fri</td>
<td>11:00 pm – 1:45 pm</td>
<td>No charge</td>
<td>Sage Café, dining area</td>
</tr>
<tr>
<td>Hands N’ Feet</td>
<td>Wed</td>
<td>10:30 am – 1:45 pm</td>
<td>No charge</td>
<td>Meeting Room 115</td>
</tr>
<tr>
<td>Train Dominos</td>
<td>Tue</td>
<td>10:30 am – 1:45 pm</td>
<td>No Charge</td>
<td>Meeting Room 115</td>
</tr>
<tr>
<td>Jam Session</td>
<td>Fri</td>
<td>10:15 am – 1:00 pm</td>
<td>No Charge</td>
<td>Do you sing and/or play an instrument? Come join in on the music-making. And feel free to just come and listen!</td>
</tr>
</tbody>
</table>

### Eastside Community Center Activities:

<table>
<thead>
<tr>
<th>Activity</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Crocheting (this is not a class)</td>
<td>Tue &amp; Thu</td>
<td>8:30 am – 11:30 am</td>
<td>No Charge</td>
<td>Eastside Center classroom; items donated locally.</td>
</tr>
<tr>
<td>Wood Carving (this is not a class)</td>
<td>Wed &amp; Fri</td>
<td>8:00 am – 12:00 pm</td>
<td>No Charge</td>
<td>Eastside Center classroom. Join anytime.</td>
</tr>
<tr>
<td>Billiards – Daily</td>
<td>Mon – Fri</td>
<td>8:00 am – 2:00 pm</td>
<td>No Charge</td>
<td>Eastside Center.</td>
</tr>
<tr>
<td>Billiards – Wednesday</td>
<td>Wed</td>
<td>8:00 am – 2:00 pm</td>
<td>No Charge</td>
<td>Ladies day at Eastside Center!</td>
</tr>
</tbody>
</table>

### Henry Benavidez Community Center Activities:

<table>
<thead>
<tr>
<th>Activity</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bingo – Weekly</td>
<td>Wed</td>
<td>12:45 pm – 1:45 pm</td>
<td>No charge</td>
<td>Benavidez Community Center, Dining Room.</td>
</tr>
<tr>
<td>Grandparents Raising grandchildren – 2 x Tue</td>
<td>10:30 am – 11:30 am</td>
<td>No charge</td>
<td>Benavidez Community Center, Classroom.</td>
<td></td>
</tr>
</tbody>
</table>

### Munson Center Activities:

Classes with registration for 6-week sessions: Registration will be January 15-19 2017 at the Munson front desk.

<table>
<thead>
<tr>
<th>Activity</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lapidary Certification Class</td>
<td>Mon</td>
<td>12:00 pm – 3:30 pm</td>
<td>$12 per 6-week session</td>
<td>Munson Center, Studio 1. Limit of 6 students.</td>
</tr>
<tr>
<td>Silver Jewelry Class</td>
<td>Fri</td>
<td>9:00 am – 12:00 pm</td>
<td>$12 per 6-week session</td>
<td>Munson Center, Studio 1. Limit of 5 students. $50 supply kit required.</td>
</tr>
<tr>
<td>Stained Glass #3 (Beginner Only)</td>
<td>Wed</td>
<td>1:00 pm – 4:00 pm</td>
<td>$6 per 6-week session</td>
<td>Munson Center, Studio 1. Class limited to 6 new students. There will not be a drop-in class if there are 6 new students. $5 new student kit.</td>
</tr>
<tr>
<td>Faceting</td>
<td>Fri</td>
<td>9:00 am – 12:00 pm</td>
<td>$12 per 6-week session</td>
<td>Munson Center, Studio 4. $16.50 supply kit required.</td>
</tr>
<tr>
<td>Landscape Painting</td>
<td>Friday</td>
<td>12:00 pm – 2:00 pm</td>
<td>$6 per 6-week session</td>
<td>Eastside Center Classroom - Only 15 available slots.</td>
</tr>
</tbody>
</table>

Drop-in classes:

<table>
<thead>
<tr>
<th>Activity</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stained Glass #1</td>
<td>Mon</td>
<td>8:30 am – 11:30 am</td>
<td>$1 per session</td>
<td>Munson Center, Studio 1. Class limited to 12 students.</td>
</tr>
<tr>
<td>Stained Glass #2</td>
<td>Wed</td>
<td>8:30 am – 11:30 am</td>
<td>$1 per session</td>
<td>Munson Center, Studio 1. Class limited to 12 students.</td>
</tr>
<tr>
<td>Stained Glass #3</td>
<td>Wed</td>
<td>1:00 pm – 4:00 pm</td>
<td>$1 per session</td>
<td>Munson Center, Studio 1. Drop-in limited to returning students, if the limit of new students is below 6 with a maximum of 12 students. There will not be drop-in if there are 6 new students.</td>
</tr>
<tr>
<td>Stained Glass #4</td>
<td>Fri</td>
<td>1:00 pm – 4:00 pm</td>
<td>$1 per session</td>
<td>Munson, Studio 1. Class limited to 12 students.</td>
</tr>
<tr>
<td>Clay Works – Open Studio</td>
<td>Mon, Tue</td>
<td>8:00 am – 11:00 am</td>
<td>$1 per session</td>
<td>Munson Center, Studio 3. Class limited to 12 participants.</td>
</tr>
<tr>
<td>Clay Works – Open Studio</td>
<td>Thu</td>
<td>8:00 am – 11:00 am</td>
<td>$1 per session</td>
<td>Munson Center, Studio 3. Class limited to 12 participants.</td>
</tr>
<tr>
<td>Clay Works – Open Studio</td>
<td>Mon, Tue</td>
<td>12:00 pm – 4:00 pm</td>
<td>$1 per session</td>
<td>Munson Center, Studio 3. Class limited to 12 participants.</td>
</tr>
<tr>
<td>Clay Works – Open Studio</td>
<td>Thu</td>
<td>12:00 pm – 4:00 pm</td>
<td>$1 per session</td>
<td>Munson Center, Studio 3. Class limited to 12 participants.</td>
</tr>
<tr>
<td>Clay Works – Open Studio</td>
<td>Fri</td>
<td>8:00 am – 4:00 pm</td>
<td>$1 per session</td>
<td>Munson Center, Studio 3. Class limited to 12 participants.</td>
</tr>
</tbody>
</table>

### Supplies and Materials

<table>
<thead>
<tr>
<th>Activity</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lapidary and Silver Jewelry Open Lab</td>
<td>Tue &amp; Thu</td>
<td>8:00 am – 4:00 pm</td>
<td>$3 per day</td>
<td>Munson Center, Studio 1. Certification required to participate in open lab. Pay $3 per day at the front desk.</td>
</tr>
<tr>
<td>Gourd Painting</td>
<td>Wed</td>
<td>1:00 pm – 4:00 pm</td>
<td>$1 per session</td>
<td>Munson Center, Studio 3. Class limited to 12 participants.</td>
</tr>
<tr>
<td>Mosaic/Gourds – Open Studio</td>
<td>Fri</td>
<td>1:00 pm – 4:00 pm</td>
<td>$1 per session</td>
<td>Munson Center, Studio 4. Class limited to 10 participants.</td>
</tr>
<tr>
<td>Mosaics – Open Studio</td>
<td>Tue</td>
<td>1:00 pm – 4:00 pm</td>
<td>$1 per session</td>
<td>Munson Center, Studio 4. Class limited to 10 participants.</td>
</tr>
<tr>
<td>Painting – Open Studio</td>
<td>Mon</td>
<td>8:30 am – 11:30 am</td>
<td>$1 per session</td>
<td>Munson Center, Studio 2. Class limited to 10 participants.</td>
</tr>
<tr>
<td>Painting – Open Studio</td>
<td>Fri</td>
<td>8:30 am – 11:30 am</td>
<td>$1 per session</td>
<td>Munson Center, Studio 2. Class limited to 10 participants.</td>
</tr>
</tbody>
</table>
**Senior Programs Monthly Dance Meeting**

**Senior Programs Advisory Board**

**Essential Oils**

**Stroke Support Group**

**Low Vision Support Group**

**Extra Activities:**

- Pinochle
- Mah Jongg
- Horseshoes
- Chess
- Canasta
- Bridge
- Billiards

**Games:**

- Desert Writers
- Write Your Life Story
- Spanish

**Lifelong Learning:**

- Line Dancing
- Enhanced Fitness

Other activities offered at Munson Center:

<table>
<thead>
<tr>
<th>Activity</th>
<th>Days</th>
<th>Time</th>
<th>Cost</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Enhanced Fitness</strong></td>
<td>Mon, Wed, Fri</td>
<td>8:00 am – 9:00 am</td>
<td>No charge</td>
<td>Munson Center Auditorium.</td>
</tr>
<tr>
<td><strong>Line Dancing – Beginners</strong></td>
<td>Mon</td>
<td>2:00 pm – 3:00 pm</td>
<td>No charge</td>
<td>Munson Center Auditorium.</td>
</tr>
<tr>
<td><strong>Line Dancing – Intermediate</strong></td>
<td>Fri</td>
<td>2:00 pm – 3:00 pm</td>
<td>No charge</td>
<td>Munson Center Auditorium.</td>
</tr>
<tr>
<td><strong>Zumba Gold</strong></td>
<td>Mon</td>
<td>5:30 pm – 6:30 pm</td>
<td>$1 for 60+ $2 for under 60</td>
<td>Munson Center Auditorium.</td>
</tr>
</tbody>
</table>

**Community Garden Meeting for the Munson Center Garden**

- 3rd Wed
  - 10:00 am – 11:00 am
  - No charge
  - Munson Center, Meeting Room 1.

**Spanish – Conversational**

- Tue
  - 1:30 pm – 3:00 pm
  - No charge
  - Munson Center, Meeting Room 4. Join anytime! This is an informal Spanish conversation group. Some knowledge of Spanish is needed and a willingness to share and learn. Participants speak Spanish during the class.

**Spanish – Intermediate**

- Mon
  - 1:30 pm – 3:00 pm
  - No charge
  - Please see instructor if you are joining after the starting date.

**Spanish – Spoken for Beginners**

- Fri
  - 10:00 am – 11:00 am
  - No charge
  - Munson Center, Meeting Room 2. Join anytime!

**Write Your Life Story**

- Mon
  - 9:30 am – 11:00
  - No Charge
  - Write your own story! 6 Week Sessions.

**Desert Writers**

- Wed
  - 9:00 am – 11:00 am
  - No charge
  - Munson Center, Meeting Room 2. Join anytime!

**Munson Book Club**

- 3rd Wed
  - 10:00 am – 11:00 am
  - No charge
  - Munson Center, Meeting Room 4. Call Mark at 575-528-3406 for more information.

**Billiards – Daily**

- Mon-Fri
  - 8:00 am – 5:00 pm
  - No charge
  - Munson Center Multipurpose Room.

**Billiards Tournament**

- Last Wed
  - 9:00 am – 1:00 pm
  - $3 per person
  - Munson Center Multipurpose Room. The last Wednesday of the month. All are welcome to participate!

**Bridge**

- Mon & Wed
  - 11:30 am – 3:30 pm
  - No charge
  - Munson Center, Meeting Room 3.

**Canasta**

- Wed
  - 11:00 am – 3:00 pm
  - No charge
  - Munson Center, Meeting Room 3.

**Chess**

- Fri
  - 8:30 am – 12:00 pm
  - No charge
  - Munson Center, Meeting Room 4.

**Horseshoes**

- Tue & Fri
  - 9:00 am – 12:00 pm
  - No charge
  - Munson Center, outside on east side of Munson.

**Mah Jongg**

- Thu
  - 9:00 am – 12:00 pm
  - No charge
  - Munson Center, Meeting Room 3.

**Pinochle**

- Fri
  - 11:30 am – 4:30 pm
  - No charge
  - Munson Center, Meeting Room 3.

**Low Vision Support Group**

- 1st Tue
  - 2:30 pm – 4:00 pm
  - No charge
  - Munson Center, Meeting Room 2.

**Low Vision Support Group**

- 1st Tue
  - 9:30 am – 11:00 am
  - No charge
  - Good Samaritan, Oasis Room.

**Stroke Support Group**

- 1st Thu
  - 1:00 pm – 2:00 pm
  - No charge
  - Munson Center, Meeting Room 2.

**Essential Oils**

- 3rd Thu
  - 1:30 pm – 4:30 pm
  - No charge
  - December 7 - Munson Center, Meeting Room 4.

**Senior Programs Advisory Board Meeting**

- 2nd Thu
  - 9:00 am – 11:00 am
  - Open to the public
  - Join us for the SPAB meeting on December 14, at Frank O’Brien Papen 304 W. Bell Avenue - 575.528.3012

**Senior Programs Monthly Dance**

- 2nd Thu
  - 2:00 pm – 4:00 pm
  - $3 per person
  - December 14th – Christmas Dance! We will have snacks, drinks, and door prizes. Hope to see you there!

**Senior Programs Saturday Dance**

- 2nd Sat
  - 5:00 pm – 7:00 pm
  - $3 per person
  - December 9th - Please Join us for our Saturday Christmas Dance! Enjoy snacks and great Music! Hope to see you there!
Volunteer Happenings

Volunteer Groups Help for the Holidays by Ryan Steinmetz

Volunteer Groups are always a big help with the many tasks and events that lead up to the holidays. This year is no exception, and certainly, our volunteers came through!

On Saturday, November 4th, two groups came to the Munson Center to help out—the NMSU Student Foundation and the Burrell College of Osteopathic Medicine. The NMSU Student Foundation helped with a clean-up of the grounds around Munson Center and with tying bows on gift bags for our upcoming volunteer appreciation on December 8th. The Burrell College students came to help put us in the holiday spirit by hanging decorations at the center and helping to put up two holiday trees, one in the lobby and one in the dining room, here at Munson. Their decorating skills were on point!

On November 14th, Mesilla Valley Christian School came with a slew of students to participate in their annual Serve-a-thon. Half of the students that came helped out with the food distribution at Munson Center, helping to carry and organize food, and walk the food out to the cars of participants. The other half with students from the school’s Future Farmers of America group helped the Munson Center Community Gardeners with many garden projects.

Finally, on November 16th, all of our centers held our annual special Thanksgiving meal, and we had students on hand from culinary programs from three area high schools—Mayfield, Centennial, and Oñate. These students helped to deliver trays to tables, refill drinks, clean up spills, and make the day very special for our seniors.

If you know of a group that would like to participate in volunteer service, contact Ryan Steinmetz, volunteer coordinator, at 575-528-3035, or rsteinmetz@las-cruces.org to receive the group registration cover sheet and individual participant forms. Groups are great for our food distribution and yard assistance programs, and we often can work with each group to design a service project to fit their needs.

Volunteer Appreciation Holiday Breakfast, 12/8

Save the Date everyone! Our annual Holiday Breakfast in appreciation of all the great things our volunteers have done over the past year will be held on Friday, December 8th, at 8:30 am at the Benavidez Center this year! The Benavidez Center is located at 1045 McClure Rd. (on the corner of McClure and 2nd).

Space is limited, and we do want to get an accurate count for the event, so please RSVP!! You can call Ryan at 575-528-3035 or email him at rsteinmetz@las-cruces.org. This is always a fun event with lots of goodies for volunteers, so come and join the fun!

Thank You to all our Volunteers

Above Top: NMSU Student Foundation helps with an early outdoor clean-up and ribbon-tying project for volunteer gift bags. Directly above: Students from the Burrell College of Osteopathic Medicine help to put us in a festive spirit!

Above Left: Mesilla Valley Christian Students participate in their annual Serve-a-thon by helping with the food distribution at Munson Center and by getting their hands dirty at the Munson Center Community Garden. Directly left: Oñate, Centennial, and Mayfield culinary students help to serve the Thanksgiving meal at all the centers.
Food Distributions
Network Volunteer Center

Volunteer Opportunities—We have lots of places who have been waiting for a volunteer like you! Contact Ryan Steinmetz at rsteinmetz@las-cruces.org or 528-3035 to schedule a time to discuss volunteer possibilities and to sign up for a volunteer orientation.

Codes Enforcement—Senior Programs is developing a partnership with Codes Enforcement and is looking for groups of volunteers interested in helping with the Golden Shield Yard Assistance program helping seniors in need. Tuesdays and Fridays are available. There are a lot of seniors waiting on this list.

Juvenile Citation Program—Office Volunteers and tutors/mentors are needed for this important program working with youth in our community.

Museums—
- Railroad Museum—Volunteers are needed for the upcoming Winterfest in December.
- Museum of Nature and Science—Looking for new volunteers, especially on Saturdays

Parks and Recreation

Tree Steward Volunteers—Parks and Recreation will be putting together a team of Tree Stewards for the spring. Tree Stewards learn about caring for trees and have the opportunity to care for trees in their neighborhood and plant trees in specific areas throughout the year.

Senior Programs: General

- Quilting and Crochet Volunteer Groups—Want to learn how to quilt or crochet and help the community with the items you make? These groups are for you!
- Gardener—The Munson Center Community Garden is in need of new volunteers! We meet once a month for meetings and of course spend a lot of time in the garden. Don’t know much about gardens? That’s ok, we’ll teach ya!

Senior Programs: Nutrition and Meals

Dining Room Aides Munson, Benavidez, and Eastside Centers—Volunteers are needed to help at the centers serving meals and helping with clean-up of tables, especially Thursday and Friday.

- Kitchen Aide—Needed one day a week at Sage Café. Also needed at Munson and Benavidez Centers
- Bulletin Board Decorators—Volunteers are needed to help with decorating the bulletin board each month at the Senior Centers. The bulletin board usually displays important information and acknowledges those celebrating birthdays for that month. Volunteers can be responsible for one or multiple centers.

Thomas Branigan Memorial Library

- Shelf-cleaning Crew—Volunteers are needed for cleaning books and shelves at the library on a continuous basis. A variety of shifts available.

After-School Programs, Juvenile Citation Program, and Weed and Seed

- Tutor/Activity Support—Working on tutoring and other programming with area youth through Weed and Seed, especially needed for summer hours.
- Mentor—Working one-on-one with a youth matched with you through the Weed and Seed program

Network Volunteer Center

- Social Media Outreach Volunteers—Volunteers are needed to help with social media presence for the Network and Senior Programs.
- Volunteer Center Bulletin Board—A creative volunteer is needed to help us update our bulletin board outside the Volunteer Center office each month!
- Volunteer Fair Steering Committee—The Network Volunteer Center is developing its steering committee to put on the annual Volunteer Fair in April of 2018. Volunteers are needed for the Logistics, Hospitality, PR/Marketing, and Registration teams. Meetings are monthly with a few action items needing addressed as we lead up to the April 7th Volunteer Fair.

Food Distributions

Volunteers are needed to help with the food distributions at all five centers. See following for monthly schedule:

1st Monday—Sage Café
1st Thursday—Papen Center
1st Friday—Benavidez Center
4th Monday—Eastside Center
4th Wednesday—Munson Center

Other Community Opportunities

City of Las Cruces Tree Steward Program—Are you interested in conservation projects and volunteering outdoors? Do you want to learn about how to care for trees in our community and even in your own backyard? The Tree Steward Program might be just for you! Parks and Recreation will be starting a new crew of volunteers for the spring to be a part of the Tree Steward Program. The program requires several hours of training around tree education, pruning, etc. and a commitment to care for and plant trees in our community. Contact the Network Volunteer Center for information.

Community of Hope is looking for some much needed volunteers to help cover the reception desk, serve in the donation room, and help with general needs around the facility. Are you interested? Community of Hope serves the homeless population here in Las Cruces by connecting clients with case management and housing and helping people to get back on their feet. If you’re interested in this kind of work, we could

Muscular Dystrophy Association event—The local MDA is having an event at the Pecan Grill on Thursday, Dec. 7th. Volunteers are needed to help with registration during shifts that will take place from 11:00-3:00. If interested, contact the Network Volunteer Center office or Steven Lazarin at slazarin@mdausa.org.
Senior Programs will be serving a Christmas lunch meal on Thursday, December 21. Here are the details you need to know:

- One serving time from 10:30 a.m. – 12:30 p.m. at all meal sites.
- Meal sign-ups begin December 1 thru December 20.
- Sign-up sheets are available at each center.
- Specify which center you will eat at when reserving.
- The deadline for Christmas reservations is Wednesday, December 20.
- Advance reservations are required. If you do not have a reservation, you will be placed on the waiting list.
- Due to the limited availability of volunteers, seniors will be served through the lunch line as usual.
- Guests under the age of 60 will be charged $7.50.
- The suggested donation for seniors age 60+ and their spouses is $2.50.

Please call 528-3012 to make your reservations by the deadlines listed above. All participants must be registered with Senior Programs. If your Senior Program member card is expired, speak with the dining room Office Assistant or swing by the Munson Center and talk with a Case Manager.

Please do NOT give your donation to the Office Assistant/Hostess at the meal site. Instead place your donation into the lock box placed near the desk. This ensures the confidentiality of your donations and keeps our program in compliance by safeguarding your donations. If an Office Assistant asks you for your donation, tell a member of management or your case manager straight away.

The suggested donation is only $2.50 per meal. Place your donation directly in the secure donation box at the reception desk or mail to:

City of Las Cruces Senior Nutrition Program
PO Box 20000
Las Cruces, NM 88004

Checks should be made payable to City of Las Cruces, Senior Nutrition

Even though $2.50 per meal is the suggested donation we realize that this amount may be beyond your ability to afford. If that is the case, a donation in any amount that is affordable to you is greatly appreciated.

Please don’t hesitate to contact any Senior Programs staff member if you have any questions or comments about the service we provide. The main line is (575) 528-3000.

Thank you for your understanding and support of the meals you receive through the City of Las Cruces.

**NOTICE TO CONSUMERS**

Many thanks to all of our guests for continuing to donate to our program. Your generous donations help keep this program successful. The City of Las Cruces has strict cash handling policies to make sure your donations are handled correctly. Since City policy limits how much cash each site can handle, we are asking our guests to try and bring exact change whenever possible. We thank you for your understanding and appreciate your efforts in this area.

The SUGGESTED DONATION for Seniors 60 years of age and older their spouses is $2.50 each.

Person’s 59 years of age and under, the charge is $7.50.

Reservations: Call 575-528-3012 by 1 pm the day before

Cancellations: Call 575-528-3012 by 9 am the same day

Reserve Online: mealreservations@las-cruces.org

December 2017

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>The SUGGESTED DONATION for Seniors 60 years of age and older and their spouses is $2.50 each.</td>
<td>Person’s 59 years of age and under, the charge is $7.50.</td>
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<tr>
<td>Reservations: Call 575-528-3012 by 1 pm the day before</td>
<td>Meal Reservations for Monday: Please call on Friday by 1 pm</td>
<td>Cancellations: Call 575-528-3012 by 9 am the same day</td>
<td>Lunch Hours: 11am-12:30pm Sage Café. 11:30am-12:30pm.</td>
<td>T &amp; TH Reserve Online: <a href="mailto:mealreservations@las-cruces.org">mealreservations@las-cruces.org</a></td>
</tr>
<tr>
<td><strong>4</strong> Lime Grilled Chicken</td>
<td><strong>5</strong> Swiss Steak Baked Potato Seasoned Peas</td>
<td><strong>6</strong> Pork Roast Baked Yarn Apple Pie Mixed Veggies Jalapeno Cornbread Jello Chiffon</td>
<td><strong>7</strong> Beef Fajita Spanish Rice Pinto Beans Flora Tortilla Pico De Gallo Tropical Fruit</td>
<td><strong>8</strong> Spaghetti W/ Meat Sauce Cauliflower Dinner Roll Banana Pudding W/ Wafer</td>
</tr>
<tr>
<td><strong>9</strong> Hot Turkey Sandwich</td>
<td><strong>10</strong> Beef Stew Steamed Cabbage Broccoli W/ Cheese Sauce Cornbread Spiced Cake W/ Frosting</td>
<td><strong>11</strong> Chicken Salad Sandwich Macaroni Salad Sliced Tomato Sun Chips</td>
<td><strong>12</strong> Green Chili W/ Meat Sopa Pinto Beans Flora Tortilla Chocolate Chip Cookie</td>
<td><strong>13</strong> Beefaroni Chuckwagon Corn Summer Salad Cheese Biscuit Chilled Peaches</td>
</tr>
<tr>
<td><strong>14</strong> Green Enchilada Spanish Rice Pinto Beans</td>
<td><strong>15</strong> Teryaki Chicken Fried Rice Oriental Veggies Cucumber Salad Dinner Roll Brownie</td>
<td><strong>16</strong> Cheese Burger Lettuce, Tomato, &amp; Pickle Oven Roasted Potatoes Mixed Veggies Apple</td>
<td><strong>17</strong> Roast Beef Mashed Potatoes &amp; Gravy Garden Salad Baby Carrots Clover Roll Jello Cake</td>
<td><strong>18</strong> Chicken Alfredo Seasoned Broccoli Dinner Roll Oatmeal Cookie</td>
</tr>
<tr>
<td><strong>19</strong> Pineapple W/ Egg</td>
<td><strong>20</strong> Picadillo Spanish Rice Pinto Beans Flour Tortilla Chilled Apricots</td>
<td><strong>21</strong> Meat Loaf Mashed Potatoes W/ Gravy Spinach Salad w/ Egg Peas &amp; Carrots Dinner Roll Tropical Fruit</td>
<td><strong>22</strong> Posole Pinto Beans Garden Salad Dinner Roll Peanut Butter Cookie</td>
<td><strong>23</strong> Tangerine</td>
</tr>
</tbody>
</table>

**NOTA AL CONSUMIDOR**

Muchas gracias a todos nuestros clientes por sus donaciones. Su donación ayuda a continuar el éxito de nuestro programa. La Cuidad de Las Cruces tiene una póliza fuertemente endosada cuando se trata del dinero donado y limita la cantidad que nuestros empleados pueden administrar. Le estamos pidiendo que por favor trate de traer su donación exacta cuando sea posible. Le damos las gracias por su comprensión y apreciamos su esfuerzo en este tema.

Por favor NO le dé su donación a la recepcionista, ponga su donación directamente en la caja de donaciones. Esto asegura la confidencialidad y protección de su donación y mantiene nuestros programas en línea con la política. Si la recepcionista le pide su donación por favor repórtela a inmediatamente a un administrador o a cualquier miembro de los programas.

La donación sugerida solo es $2.50 por persona. Ponga su donación directamente en la caja de donaciones.

City of Las Cruces, Senior Nutrition Program
PO BOX 20000
Las Cruces, NM 88004

Por favor haga el cheque a City of Las Cruces, Senior Nutrition

Aunque la donación sugerida es $2.50 por comida reconocemos que esta cantidad pueda ser más de lo que pueda pagar. Si ese es el caso, una donación de cualquier cantidad que pueda hacer es muy agradecida.
10 tips for grandparents raising grandchildren

You probably didn’t see this coming at this stage of your life. You already raised children of your own. You’re in your 50s or 60s, and you may not have the energy levels you used to have. And now, possibly due to a plethora of heartbreaking reasons beyond your control, your grandchildren have come to live with you full-time.

More than 2.4 million grandparents across the country have stepped up when needed, taking their grandchildren into their homes and raising them as their own. If you’re among the grandparents in this situation, it’s quite likely that you’re consumed by seemingly relentless money worries. The following tips can help.

1. Seek out support and information. Even if support groups aren’t normally your cup of tea, it’s more important than you may realize for you to connect with other people who understand what you’re experiencing. You can find out about online and in-person support groups for grandparents in your area by tapping into these resources: AARP and the

- National Committee of Grandparents for Children’s Rights. This U.S. government site also provides links to numerous resources for grandparents across the country.

- 2. Don’t blow through all your savings. Many dedicated grandparents end up impoverished themselves paying for their grandchildren’s food, clothing, medical care and other needs. Instead of plunging head-long in this direction, find out whether your grandchild or your family qualifies for Social Security, your state’s Temporary Assistance for Needy Families (TANF) program or food stamps.

- 3. Determine your eligibility for help. An easy way to see what kind of government support might exist for you is to fill out a confidential questionnaire at BenefitsCheckUp.org. The Web site will highlight programs that could be available to you.

- 4. Consider your legal status. Ask a family law attorney to help you determine whether or not it would be beneficial for you to become your grandchild’s legal guardian. Such status would allow you to

- make key decisions about your child’s education and medical treatment.

- 5. Pursue tax credits. Adults who are raising children and living on low or fixed incomes can apply for the Earned Income Tax Credit. If you make too much money to qualify for the EITC, you may be able to apply for the Child Tax Credit. And if you’re raising three or more kids, you can try for the Additional Child Tax Credit.

- 6. If you’re a renter, be prudent. Some grandparents who live in senior or public housing try to hide their grandchildren’s presence so they don’t get booted out. Instead of taking such a risky approach, contact your local grandparents’ support group and your city’s or county’s housing office about rental options for grandparents raising grandkids.

- 7. If you’re a homeowner, consider a reverse mortgage. Such loans are an alternative to selling your home or borrowing against your home if you need money. They allow you to convert your home equity into cash without having to move out or assume debt. You typically must be

- at least 62 and must live in the home as a principal residence. You can learn more about reverse mortgages here.

- 8. Remember safety. How child-friendly is your home? Pay special attention to electrical and power cords, tub surfaces, handrails on staircases (or the lack thereof) and areas that might benefit from installation of a ramp.

- 9. Protect your grandchildren’s health. You can apply for free or low-cost health insurance for your grandchildren through your state government. (Click here to find the link to the health program offered in your state.) You also may be able to get help through Medicaid.

- 10. Take care of your own health. Do what you can to relieve stress and take breaks from round-the-clock caregiving. Accept help from relatives and friends, and line up day-care sessions. Recognize that depression is common among grandparents raising their grandkids. Talk to your doctor if you’re feeling depressed. https://www.today.com/money/10-tips-grandparents-raising-grandchildren-t5647867857

- Probably no vio venir en esta etapa de su vida

- Ya crio a sus propios hijos. Usted está en sus 50s o 60s, y usted puede que no tenga los niveles de energía que usted tenía. Y ahora, posiblemente debido a una plétera de razones más allá de su control, sus nietos han venido a vivir con usted.

- Más de 2.4 millones de abuelos de todo el país han llevado a sus nietos a sus hogares para criarlos como sus propios hijos. Si usted está entre los abuelos en esta situación, es muy probable que usted sea consumido por el dinero y se preocupe. Los siguientes consejos pueden ayudar.

- 1. buscar apoyo e información. Incluso si los grupos de apoyo no son normalmente su taza de té, es más importante de lo que puede darse cuenta para que usted pueda conectarse con otras personas que entiendan lo que está experimentando. Usted puede averiguar acerca de los grupos de apoyo en línea o en su ciudad o condado. Puede también ser capaz de alquilar para los abuelos que están criando a sus nietos.

- 2. No se gaste todos sus ahorrillos. Muchos abuelos dedicados terminan empobreciéndose pagando por la comida, la ropa, la atención médica y otras necesidades de sus nietos. En lugar de hundir la cabeza-larga en esta dirección, averigüe si su nieto o su familia califica para el programa de asistencia temporal de su estado para familias necesitadas (TANF) o cupones de alimentos.


- 4. Considere su estado legal. Pida a un abogado de la ley familiar que le ayude a determinar si sería o no beneficioso para usted convertirse en el guardián legal de su nieto. Convertirse en el guardián legal le permitirá tomar decisiones sobre la educación y el tratamiento del médico de sus nietos

- 5. perseguir créditos tributarios. Los adultos que crian niños y viven con ingresos bajos o fijos pueden solicitar el crédito tributario por ingreso devengado. Si usted ha usado algún dinero para calificar para el EITC, usted puede que sea capaz de solicitar el crédito tributario para niños. Si usted está criando tres o más niños, usted puede intentar para el crédito adicional del impuesto de niño. (www.irs.gov)

- 6. Si usted es un inquilino, sea prudente. Algunos abuelos que viven en la tercera edad o en el envejecimiento público tratan de ocultar la presencia de sus nietos para que no se arranquen los beneficios. En lugar de tomar un arriesgado, comuníquese con el grupo de apoyo de su abuelo local y con la oficina de vivienda de su ciudad o condado para ver las opciones de alquiler para los abuelos que están criando a sus nietos.

- 7. Si usted es un propietario de casa, considere una hipoteca inversa. Muchos abuelos que viven con los niños pueden estar en situación de considerar la hipoteca inversa. Los abuelos que viven con los niños pueden hacer un pliego de derechos inverso para tener el dinero que necesitan para vivir en su hogar.

- 8. Recuerde la seguridad. ¿Qué sabes que tan amigable es su hogar? Preste atención especial a las tomas eléctricas y los cables de alimentación, las superficies de la bañera, las bardas de las escaleras (o la falta de ellas) y las zonas que pueda beneficiarse de la instalación de una rampa.

- 9. Proteja la salud de sus nietos. Usted puede solicitar un seguro de salud gratuito o a bajo costo para sus nietos a través de su gobierno estatal. (www.insurekidsnow.gov) Usted también puede ser capaz de obtener ayuda a través de Medicaid

- 10. cuide su propia salud. Haga lo que pueda para aliviar el estrés y tomar descansos del cuidador durante todo el día. Acepte la ayuda de familiares y amigos, y alínea las sesiones de guardería. Reconocer que la depresión es común entre los abuelos que crian a sus nietos. Hable con su médico si se siente deprimido.

https://www.today.com/money/10-tips-grandparents-raising-grandchildren-t5647867857

PAGE 7 Long Term Care Services

You can find out more about the AARP website at www.aarp.org.
PLUS nearly 50 staff members consisting of office assistants, case managers, living assistance workers, hostesses, senior cooks, food service workers, supervisors, and delivery drivers who work to promote and enhance the physical, intellectual and social well being of people 50+ who live in Las Cruces.

**Healthy Holiday Eating Hints**

Cookies, fudge, parties, and gatherings; with all the temptations of holiday foods it can be hard to make healthy choices—give yourself permission to indulge, a little. Here are some healthy tips to keep the fun and feasting on your plates this holiday season.

- Provide a touch of sweetness with natural spices and ingredients. Reduce sugar by half and enhance the sweetness with citrus, vanilla, cinnamon, nutmeg, fresh or frozen fruit.
- When baking, substitute half the fat with applesauce, mashed bananas or prune puree, and try skim milk in place of whole.
- Cut back on salt by using fresh herbs and flavored vinegars to flavor your dishes.

And—December is National Pear Month!

- The popular fruit has less than 100 calories for a medium sized pear, 5 grams of fiber and 10% of the daily requirement of Vitamin C.  
  - Try a Pear Quesadilla with thin slices of pear, brie and mozzarella cheese—Tasty and Good for you!

**Consejos saludables para comer los días festivos**

Galletas, chocolates, fiestas y reuniones; con todas las tentaciones de comidas navideñas puede ser difícil tomar decisiones saludables. Dese permiso para disfrutar un poco. Aquí hay algunos consejos saludables para mantener la diversión en sus platos esta temporada festiva.

- Proporcione un toque de dulzura con especias y ingredientes naturales. Reduzca el azúcar por la mitad y remplace la dulzura con cítricos, vainilla, canela, nuez moscada, fruta fresca o congelada.
- Al hornear, sustituya la mitad de la grasa con puré de manzana, plátano machucado, o puré de ciruelas, y probar la leche descremada en lugar de leche gorda.
- Reduzca la sal usando hierbas frescas y vinagres para condimentar sus platos.

Diciembre es el mes nacional de la pera!

- La fruta popular tiene menos de 100 calorías como son las peras tamaño mediano, 5 gramos de fibra y el 10% del requerimiento diario de Vitamina C.  
  - Pruebe una quesadilla de pera con finas rebanadas de pera, queso Brie y mozzarella—sabroso y bueno para usted. ¡que!