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Visit us at:
Www.las-cruces.org
Or email us at:
seniorprograms@las-cruces.org

The Network Volunteer Center will be collecting new books for donations to area schools as a part of its partnership with Doña Ana Reads Across America program, celebrating Dr. Seuss and his impact on American literacy. Please bring your new books to the Network Volunteer Center Office during the month of February. We will present these books to the county to distribute as a part of their Read Across America program on March 1st.

Food Distribution

**SCHEDULE:**
Registration begins at 9 am. Distribution begins around 10 am. Depending on the arrival of the Roadrunner Food Bank Truck.

<table>
<thead>
<tr>
<th>Date</th>
<th>Center</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>FEBRUARY 1</td>
<td>PAPEN CENTER</td>
<td>304 W. BELL</td>
</tr>
<tr>
<td>FEBRUARY 2</td>
<td>BENAVIDEZ</td>
<td>1045 McClure</td>
</tr>
<tr>
<td>FEBRUARY 5</td>
<td>SAGE CAFE</td>
<td>6121 REYNOLDS DR.</td>
</tr>
<tr>
<td>FEBRUARY 26</td>
<td>EASTSIDE</td>
<td>310 N. TORNILLO</td>
</tr>
<tr>
<td>FEBRUARY 28</td>
<td>MUNSON</td>
<td>975 S. MESQUITE</td>
</tr>
</tbody>
</table>

Senior Programs Facilities and Resources

<table>
<thead>
<tr>
<th>Munson Senior Center</th>
</tr>
</thead>
<tbody>
<tr>
<td>975 S. Mesquite St.</td>
</tr>
<tr>
<td>575-528-3000</td>
</tr>
<tr>
<td>Open Monday – Friday</td>
</tr>
<tr>
<td>8:00 am – 5:00 pm</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Eastside Community Center</th>
</tr>
</thead>
<tbody>
<tr>
<td>310 N. Tornillo St.</td>
</tr>
<tr>
<td>575-528-3012</td>
</tr>
<tr>
<td>Open Monday – Friday</td>
</tr>
<tr>
<td>8:00 am – 2:00 pm</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Frank O’Brien Papen Dining Room</th>
</tr>
</thead>
<tbody>
<tr>
<td>304 W. Bell</td>
</tr>
<tr>
<td>Open Monday – Friday</td>
</tr>
<tr>
<td>10:30 am – 1:00 pm</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Henry Benavidez Community Center</th>
</tr>
</thead>
<tbody>
<tr>
<td>1045 McClure Rd.</td>
</tr>
<tr>
<td>Open Monday – Friday</td>
</tr>
<tr>
<td>10:30 am – 1:00 pm</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Sage Café</th>
</tr>
</thead>
<tbody>
<tr>
<td>6121 Reynolds Dr.</td>
</tr>
<tr>
<td>Open Tuesday – Friday</td>
</tr>
<tr>
<td>9:00 am – 2:00 pm</td>
</tr>
<tr>
<td>Limited Congregate Meals</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

**THURSDAY AFTERNOON NEW YEARS DANCE**

**WHEN/CUANDO:** Thursday February 15, 2018

**WHERE/DONDE:** Munson Senior Center

**TIME/TIEMPO:** 2:00—4:00 pm

**ENTRY FEE:** 3.00

Purchase your tickets the week of the dance!

**SATURDAY NIGHT NEW YEARS DANCE**

**WHEN/CUANDO:** Saturday February 17, 2018

**WHERE/DONDE:** Munson Senior Center

**TIME/TIEMPO:** 5:00—7:00 pm

**ENTRY FEE:** 3.00

Purchase your tickets the week of the dance!
### 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</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 – Monthly</td>
<td>2– Tue</td>
<td>10:30 am – 11:30 am</td>
<td>No charge</td>
<td>Benavidez Community Center, Classroom.</td>
</tr>
</tbody>
</table>

### Munson Center Activities:

Classes with registration for 8-week sessions: Registration will be MARCH 12-16 2018 at the Munson front desk. Classes will begin the week of MARCH 19, 2018.

<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>Mosaics/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>
## Other activities offered at Munson Center:

### Fitness Classes:

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

### Lifelong Learning:

#### Quilting (this is not a class)
- *Tue & Thu* 8:30 am – 11:30 am
- No charge
- Munson Center, Studio 2; items donated locally.

#### 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!

#### 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.

### Games:

#### 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 1:00 pm – 3:00 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.

### Extra Activities:

#### 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.

#### Matter of Balance
- Mon 9:00 am – 11:00 am
- No charge
- Starting February 26 Meeting Room 4.

#### Essential Oils
- 3rd Thu 2:00 pm – 3:30 pm
- No charge
- February 22 - 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 February 8, at Benavidez Center - 1045 McClure Road. 575.547.2005

#### Senior Programs Monthly Dance
- 3rd Thu 2:00 pm – 4:00 pm
- $3 per person
- February 15 – Valentines Dance! We will have snacks, drinks, and door prizes. Hope to see you there!

#### Senior Programs Saturday Dance
- 3rd Sat 5:00 pm – 7:00 pm
- $3 per person
- February 17 - Please Join us for our Saturday Valentines Day Dance! Enjoy snacks and great Music! Hope to see you there!

---

If you are a grandparent raising your grandchildren, we invite you to join this free support group. For more information, please call Luis Castro at 541-2365.

Si usted es un abuelo que cría a sus nietos, le invitamos a unirse a este grupo de apoyo gratuito. El grupo de apoyo se reúne el segundo martes de cada mes de 10:30 am a 11:30 AM en el centro comunitario Benavidez, 1045 McClure Road. Para más información o para ver si califica, por favor llame a Luis Castro al 541-2365.

Úsese a nosotros para nuestra próxima reunión el 13 de febrero de 2018.
Volunteer Happenings

Volunteer Spotlight—Eastside Crochet Volunteers

Once again, our Eastside Crochet team of volunteers came through with their annual donations of crocheted items to give to area community organizations and people in need.

In 2017, the Eastside Crochet volunteers donated 153 total items including 112 lap blankets, as well as ponchos, scarves, hats, sweaters, baby shoes and dresses for adults and children around the community. Their items were donated to Amnbicare Hospice, Good Samaritan Nursing Unit, Gospel Rescue Mission, La Casa, Inc. and Peace Lutheran Church for use in their ministry to refugee and asylum seekers.

We are proud of the continued commitment the crochet volunteers make to teaching the art of crafting and crocheting to newcomers and for making incredible products to share with the community. Thank you for this commitment.

If you are interested in learning how to crochet, or already know how to and are looking to do so in a more social environment, the Eastside Crochet Volunteers meet on Tuesdays and Thursdays at the Eastside Center, 310 N. Tornillo, from 9:00-11:00. They are always looking for new volunteers to join their group, as well as donations of new or gently used yarn of all different colors and kinds!

Volunteer Fair and Inspire to Serve

Anyone needing volunteers?? We all know the important role that volunteers have in our community and our respective organizations. Our Annual Volunteer Fair is a way to connect community organizations to the many volunteer opportunities these organizations have to offer!

The 2018 Volunteer Fair will take place on Saturday, April 7th, from 9:00 am-1:00 pm at the Plaza de Las Cruces! Last year, over 500 people came out to connect with community organizations and our organizations were able to network with each other to make new connections and partnerships. Registrations are due by March 16th (if later, check with us at 575-528-3035 to determine if space is still available!).

In an effort to promote more community volunteerism and impact, we are also hosting the “Inspire to Serve” Project, which is an optional initiative sponsored by The Network Volunteer Center and the entire Volunteer Fair Steering Committee. Organizations who are registering for the Volunteer Fair are encouraged to plan a creative service project to be held sometime during National Volunteer Week (April 15-21) incorporating volunteers that are recruited at the Volunteer Fair. The hope is that when volunteers are able to participate in a very clear and immediate way for short-term projects with your organizations, the more likely they will connect with your organization for long-term. Projects will be judged by the Volunteer Steering Committee on Ingenuity, Inspiration, and Impact with the winning project receiving $250 seed money sponsored by Thrivent Financial. The Network Volunteer Center will work with each project entered to promote the projects and recruit volunteers! Project entries are due no later than March 15th, 2018 at 5:00 pm. Many volunteers are needed the day of the event too! So, come on and get on board! The 2018 Volunteer Fair is waiting for YOU!

¿Qué Pasa? What’s Happening? Debut

Special thanks to Dave Lynch, President of our local AARP chapter who came to talk to the Munson Senior Center with the AARP presentation: Disrupt Aging. Participants challenged some of the negative perceptions of aging in this uplifting presentation. Mr. Lynch also gave the Munson Center Library a copy of Disrupt Aging: A Bold New Path to Living Your Best Life at Every Age, by AARP CEO Jo Ann Jenkins. Also special thanks to our Network Volunteers, Jennifer Thurston and Daniel Gonzales who help to put these Que Pasa events together.

We will continue to offer the Que Pasa educational presentations on a monthly basis. Our next presenter will be Paul Ford of the Las Cruces Fire Department who will be discussing fall prevention and fire safety at Munson on Tuesday, February 27th at 10:00 am. Come join us!

Special Garden Presentation

Master Gardener and Munson Center Community Garden Volunteer, Darrol Shillingburg will be providing a special workshop on Spring Food Gardening—How to Start a Cold Season Food Garden. The lecture will be held on Thursday, February 22nd; 3:00-4:30 pm at the Munson Senior Center, Meeting Room 1, with a garden demonstration held at the Munson Center Community Garden (On north side of building) held on Saturday, February 24th, 1000-11:30 am. Both parts of the presentation are free to the public, no reservations required. This event is sponsored by Munson Senior Center and Community Garden, and the Doña Ana Extension Master Gardeners.
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 to cover front desk duties on Thursday mornings, and Saturdays (both AM and PM Shifts).
- Museum of Nature and Science—Looking for new volunteers, especially on Saturdays

Rio Grande Theater: Front Desk Volunteers—Volunteers are needed every day to help with covering shifts at the information desk at the theater.

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!
- Gardeners—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. Specifically, we need more Network Volunteers on the Hospitality Committee.

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.

Doña Ana Reads Across America Program—On Thursday, March 1st, Network Volunteers will be participating in the annual Read Across America Program celebrating the birthday and contributions to child literacy of Dr. Seuss. Volunteers are needed to read Dr. Seuss books at schools across the county. If you are interested in being one of these volunteers, Contact the volunteer office at rsteinmetz@las-cruces.org, or 575-528-3035.
Staff and volunteers will now be verifying your Senior Programs Member Cards when you sign-in for lunch. Please bring your membership card with you every day to the center. Those who do not have their member card, or have an expired one, will need to have their eligibility verified by a staff member. In some cases, you will need to receive an assessment for the lunch program.

If you forget to bring your member card with you to the meal site, it may cause delays in the lunch line. Make sure to have it out and ready for the staff or volunteer to check. Be advised that your assessment needs to be up to date. It is your responsibility to update your member card.

Please feel free to contact any Senior Programs employee for information. Or call 528-3000.

A FRIENDLY REMINDER TO OUR GUESTS AT ALL 5 MEAL SITES:

Patrons may sit at any table where there is available space. Reserving/saving seats for others is not allowed.

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Taking Care of Your Heart

Eating fish high in Omega-3 fatty acids will reduce your blood pressure. Try herring, halibut, salmon and mackerel. Eating nuts like almonds and walnuts will keep your blood vessels healthy.

High blood pressure. This is the pressure of blood exerted in the artery walls as the heart pumps. The high pressure can increase the heart’s workload and cause the heart to thicken. This increase risks of stroke, heart attack and kidney failure. Physical inactivity doubles your risk of heart disease. But moderate physical activity can help prevent heart and blood vessel disease. Working out regularly can also help control high blood pressure, high cholesterol, diabetes and obesity. Take care of your heart. You don’t have to become the next Jack Lalanne. Simply walking 30 minutes every day will reduce your risks. Be sure to consult your doctor before you undergo any new physical activity.

Obesity and overweight. Have you ever huffed and puffed just trying your shoes? That spare tire will increase your risk even you have no other risk factors. When you’re heavier, your heart is working harder. Being overweight also increases your blood pressure, raises cholesterol levels and makes the risk of developing diabetes greater. Take care of your heart. Losing just 10 pounds will decrease your risk of heart disease. Start with a healthy diet. Then work in a regular exercise. Combined, you’ll see the weight come off and you’ll immediately have more energy.

Diabetes. This is a disease where the body’s blood sugar level is too high. The two kinds of diabetes are type 1 and 2. Diabetes increases your risk of heart disease and stroke. Being overweight raises your risk of type 2 diabetes. Take care of your heart. Weight loss and regular physical activity also can help control diabetes.

Summarize. Heart health risks are too high to ignore especially as we age. The bottom line: you can positively affect your heart’s health. Nearly everything you do and everything you eat in life influences your heart. Do the things that keep your heart healthy: lower your blood pressure cholesterol, exercise, and eat healthy. Maintaining a healthy heart is smart senior living.

Cuidando de tu corazón

Aunque el número de muertes por enfermedades del corazón recientemente cayeron 3.7%, sigue siendo la principal causa de mortalidad en los Estados Unidos Más de 600.000 estadounidenses mueren por la enfermedad cada año — más que mueren de cáncer. Con estas estadísticas, un objetivo primordial para la vida superior debe ser cuidando de tu corazón. ¿Cómo se puede mitigar los riesgos? ¿Quién está en riesgo? ¿Cómo puedo mejorar cuidar de mi corazón? Echemos un vistazo a estos riesgos y lo que puedes hacer para mitigarlos. Usted no puede controlar los factores de riesgo. Algunos riesgos que se pueden controlar, algunos que no se puede. Según la Asociación Americana del corazón, estos son los factores que están fuera de las manos: Aumento de edad. Alrededor del 84% que mueren de enfermedades del corazón tienen 65 años de edad. Género. Los hombres tienen un riesgo mayor de ataque cardíaco que las mujeres. Y tienen ataque cardíacos antes en su vida...

Raza herencia. Si tus padres tenían enfermedad cardíaca, el riesgo se incrementa. Afroamericanos están en mayor riesgo que los caucásicos debido a hipertensión hereditaria. Como son México-americanos, indios americanos y nativos de Hawai debido a mayores tasas de obesidad y la diabetes. Mitigar los factores de riesgo que se puede controlar. Fumar. Fumar cigarrillos aumenta el riesgo de desarrollar enfermedad coronaria en un 2 – 4 veces más que los no fumadores. Pipa y cigarro fumar también aumenta el riesgo aunque no mucho cigarrillos. Cuidar de tu corazón. Dejar de fumar. Sabemos que es más fácil decirlo que hacerlo. Pero si eres serio sobre un corazón sano, los doctores dicen que es el paso más inteligente que puede tomar. Colesterol alto. El colesterol es una sustancia grasa que se encuentra en la sangre. Cuanto más alto los niveles de colesterol mayor es el riesgo de enfermedad cardíaca y ataque al corazón. Los dos tipos de colesterol son lipoproteínas de baja densidad (LDL) y lipoproteínas de alta densidad (HDL). LDLs a veces se llaman "colesterol malo" porque deposita la grasa (placa) en las paredes de las arterias del corazón. Esto aumenta el riesgo de enfermedades del corazón. Esos lipoproteínas de baja densidad (LDLs) pueden ayudar a eliminar el colesterol de las arterias, pero no mucho. Cuidar de tu corazón. La clave es la dieta. En primer lugar, reducir la grasa total. Luego centrárese en comer alimentos que te ayudarán a reducir tu colesterol. Comer avena y alimentos ricos en fibra reduce las LDLs. piensa frijoles, manzanas, peras y ciruelas. Comer pescado alto en ácidos grasos Omega-3 reduce la presión arterial. Trate de ajenotes, halibut, salmón y cabaña. Comer frutos secos como almendras y nueces mantendrá sus vasos sanguíneos sanos.

Presión arterial alta. Esta es la presión de la sangre ejercida en las paredes de las arterias como las bombas de corazón. La presión alta puede aumentar la carga de trabajo del corazón y el corazón esfuerzo. Esto aumenta el riesgo de accidente cerebrovascular, ataque cardiaco e insuficiencia renal.

Inactividad física duplica el riesgo de enfermedades del corazón. Pero una actividad física moderada puede ayudar a prevenir enfermedades del corazón y vasos sanguíneos. Ejercitándose con regularidad también puede ayudar a controlar la presión arterial, colesterol alto, diabetes y obesidad. Cuidar de tu corazón. No tienes que ser el próximo Jack Lalanne. Simplemente caminando 30 minutos al día reducirá sus riesgos. Asegúrese de consultar a su médico antes de que se someta a cualquier actividad física nueva.

Obesidad y el sobrepeso. ¿Nunca sopló y sopló tratando sus zapatos? Esa llanta de repuesto aumentará su riesgo incluso sin otros factores de riesgo que usted tiene. Cuando eres mayor, tu corazón está trabajando más. El sobrepeso también aumenta la presión arterial, eleva los niveles de colesterol y hace que el riesgo de desarrollar diabetes más. Cuidar de tu corazón. Perder sólo 10 libras disminuirá su riesgo de enfermedad cardíaca. Comenzar con una nueva saludable. Trabajar en un ejercicio regular. Combinado, verás el peso salen y tendremos inmediatamente más energía.


Resumen. Riesgos de la salud del corazón son demasiado altos para ignorar, especialmente a medida que envejecemos. La línea de fondo: usted puede afectar positivamente la salud de su corazón. Casi todo lo hacemos y todo lo que comes en la vida influye en tu corazón. Hacer las cosas que mantienen sano su corazón: baje su presión arterial, colesterol, ejercicio y comer saludable. Mantener un corazón sano es smar senior living.

https://www.seniorliving.org/Healthcare/Heart-Care/
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.

January brings valentines, chocolates, and sparkling beverages. What guilty food pleasures increase your appetite, make your mouth water, and make those January resolutions to eat healthier evaporate like smoke in a breeze? A few tweaks in your recipes or cooking techniques can make a difference in how your favorites affect your taste buds and your health.

Do you yearn for a stack of chips and nacho sauce? Stephanie Greenspan, a New Jersey registered dietitian, recommends adding powdered cayenne pepper to nacho sauce and queso. Homemade nacho or queso sauce eliminates the list of chemical preservatives in store bought, theater and stadium sauces and the cayenne pepper adds a punch of antioxidants to cut down on inflammation. Make your chips in the oven with corn tortillas, a sprinkle of salt, chile, and other favored seasonings. Add a little lime juice to the oil for a fun flavor punch, then place the cut tortillas on a baking sheet and bake at 350° for 15 minutes or until the chips are crisp but not too toasted.

And, another way to cut the guilt out of nachos, add some red-hot chili pepper or powder to the mix. Richard Mattes, a Purdue University professor and Mary-Jon Ludly a doctoral student, found that adding a small amount of cayenne pepper to food resulted in people burning more calories.

For those with a sweet tooth (Hello fellow Chocoholics!) consider switching from white, and milk chocolate to dark chocolate. According to the Healthline Newsletter, a 100 gram bar of dark chocolate with 70-85% cocoa contains 11 grams of fiber, 67% of the RDA for iron, 58% of the RDA for magnesium, and plenty of potassium, phosphorus, zinc, and selenium. A 100 gram bar is pretty large, three and a half ounces to be exact, and carries 600 calories with all those nutrients. A one or two bite mini bar contains a smaller amount of minerals, but, the intense chocolate flavor can satisfy cravings. Bottom line: dark chocolate with 70% or higher cocoa content provides some powerful health benefits, enjoy it in moderation and ditch the guilt!

**Placeres culpables**

Febrero trae Valentines, chocolates, y bebidas chispantes. ¿Qué placeres de comida culpables aumentan tu apetito, hacen que tus bocas se sequen, y hacen que las resoluciones de enero para comer más saludable se evaporaran como el humo en una brisa? Algunos ajustes en tus recetas o técnicas de cocina pueden hacer una diferencia en cómo tus favoritos afectan a tus papilas gustativas y tu salud.

¿Anhelas un montón de papitas fritas y salsa de Nacho? Stephanie Greenspan, una dietista registrada de Nueva Jersey, recomienda la adición de cúrcuma en polvo a la salsa de Nachos. Homemade nacho o queso sauce elimina la larga lista de conservantes en las bebidas chispeantes. Para aquellos con un diente dulce (Hola compañeros adictos!) considerar el cambio de white, y milk chocolate a chocolate negro. Según el boletín Healthline, una barra de 100 gramos de chocolate negro con 70% o más de cacao contiene 11 gramos de fibra, el 67% de la RDA para el hierro, el 58% de la RDA para el magnesio, el 89% de la RDA para el cobre 98% de la RDA para el manganeso, y un montón de potasio, fósforo, zinc y selenio. Una barra de 100 gramos es bastante grande, tres onzas y media para ser exacto, para el cobre 98% de la RDA para el manganeso, y un montón de potasio, fósforo, zinc y selenio. Una barra de 100 gramos de chocolate negro con 70% de cacao contiene 11 gramos de fibra, 67% del RDA de hierro, 58% de la RDA de magnesio, 89% de la RDA de cobre 98% de la RDA de manganeso, y suficiente potasio, fósforo, zinc and selenio. Una barra de 100 gramos de chocolate negro con 70% de cacao contiene 11 gramos de fibra, 67% de la RDA para el hierro, el 58% de la RDA para el magnesio, el 89% de la RDA para el cobre, 98% de la RDA para el manganeso, y un montón de potasio, fósforo, zinc y selenio. Una barra de 100 gramos de chocolate negro con 70% de cacao contiene 11 gramos de fibra, 67% de la RDA para el hierro, el 58% de la RDA para el magnesio, el 89% de la RDA para el cobre, 98% de la RDA para el manganeso, y un montón de potasio, fósforo, zinc and selenio. Una barra de 100 gramos de chocolate negro con 70% de cacao contiene 11 gramos de fibra, 67% de la RDA para el hierro, el 58% de la RDA para el magnesio, el 89% de la RDA para el cobre, 98% de la RDA para el manganeso, y un montón de potasio, fósforo, zinc and selenio. Una barra de 100 gramos de chocolate negro con 70% de cacao contiene 11 gramos de fibra, 67% de la RDA para el hierro, el 58% de la RDA para el magnesio, el 89% de la RDA para el cobre, 98% de la RDA para el manganeso, y un montón de potasio, fósforo, zinc and selenio. Una barra de 100 gramos de chocolate negro con 70% de cacao contiene 11 gramos de fibra, 67% de la RDA para el hierro, el 58% de la RDA para el magnesio, el 89% de la RDA para el cobre, 98% de la RDA para el manganeso, y un montón de potasio, fósforo, zinc and selenio. Una barra de 100 gramos de chocolate negro con 70% de cacao contiene 11 gramos de fibra, 67% de la RDA para el hierro, el 58% de la RDA para el magnesio, el 89% de la RDA para el cobre, 98% de la RDA para el manganeso, y un montón de potasio, fósforo, zinc and selenio. Una barra de 100 gramos de chocolate negro con 70% de cacao contiene 11 gramos de fibra, 67% de la RDA para el hierro, el 58% de la RDA para el magnesio, el 89% de la RDA para el cobre, 98% de la RDA para el manganeso, y un montón de potasio, fósforo, zinc and selenio.