YOGA CLASS AT MUNSON SENIOR CENTER!

Munson Senior Center will be having a new Hatha Yoga class. We will start on the 7th of January from 5:30 to 6:30.

Class Details:
Tuesday’s from 5:30 –6:30
Ages 60+ - $1.00
Ages 59 and under -$2.00

Please call Munson Senior Center for any questions!
### 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>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>Train Dominos</td>
<td>Tue &amp; Thu</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>
<tr>
<td>Beading</td>
<td>Tue</td>
<td>12:00 am – 1:00 pm</td>
<td>No Charge</td>
<td>Third Tuesday (All participants MUST have their own supplies) Please let the front desk know if you will be attending</td>
</tr>
<tr>
<td>Sage Café Book Club</td>
<td>4th Thu</td>
<td>12:30 pm</td>
<td>No Charge</td>
<td>Meeting Room 115 (January 23, 2020)</td>
</tr>
</tbody>
</table>

### Eastside Community Center Activities:

<table>
<thead>
<tr>
<th>Activity</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Crocheting</td>
<td>Tue &amp; Thu</td>
<td>8:30 am – 11:30 am</td>
<td>No Charge</td>
</tr>
<tr>
<td>Wood Carving</td>
<td>Wed &amp; Fri</td>
<td>8:00 am – 12:00 pm</td>
<td>No Charge</td>
</tr>
<tr>
<td>Billiards – Daily</td>
<td>Mon – Fri</td>
<td>8:00 am – 2:00 pm</td>
<td>No Charge</td>
</tr>
</tbody>
</table>

### Henry Benavidez Community Center Activities:

<table>
<thead>
<tr>
<th>Activity</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>
</tr>
<tr>
<td>Grandparents Raising Grandchildren – Monthly</td>
<td>2– Tue</td>
<td>10:30 am – 1:30 am</td>
<td>No charge</td>
</tr>
</tbody>
</table>

### Munson Center Activities:

**Classes with registration for 6-week sessions: Registration will be February 10-14 at the Munson front desk. Starting Dates will be printed on receipts.**

<table>
<thead>
<tr>
<th>Activity</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>
</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>
</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>
</tr>
<tr>
<td>Faceting</td>
<td>Fri</td>
<td>9:00 am – 12:00 pm</td>
<td>$12 per 6-week session</td>
</tr>
<tr>
<td>Landscape Painting</td>
<td>Fri</td>
<td>12:00 pm – 2:00 pm</td>
<td>$6 per 6-week session</td>
</tr>
</tbody>
</table>

### Drop-in classes:

<table>
<thead>
<tr>
<th>Activity</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>
</tr>
<tr>
<td>Stained Glass #2</td>
<td>Wed</td>
<td>8:30 am – 11:30 am</td>
<td>$1 per session</td>
</tr>
<tr>
<td>Stained Glass #3</td>
<td>Wed</td>
<td>1:00 pm – 4:00 pm</td>
<td>$1 per session</td>
</tr>
<tr>
<td>Stained Glass #4</td>
<td>Fri</td>
<td>1:00 pm – 4:00 pm</td>
<td>$1 per session</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>
</tr>
<tr>
<td>Clay Works – Open Studio</td>
<td>Thu</td>
<td>8:00 am – 11:00 am</td>
<td>$1 per session</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>
</tr>
<tr>
<td>Clay Works – Open Studio</td>
<td>Thu</td>
<td>12:00 pm – 4:00 pm</td>
<td>$1 per session</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>
</tr>
</tbody>
</table>

### Supplies and Materials:

<table>
<thead>
<tr>
<th>Activity</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>
</tr>
<tr>
<td>Gourd Painting</td>
<td>Wed</td>
<td>1:00 pm – 4:00 pm</td>
<td>$1 per session</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>
</tr>
<tr>
<td>Mosaics – Open Studio</td>
<td>Tue</td>
<td>1:00 pm – 4:00 pm</td>
<td>$1 per session</td>
</tr>
<tr>
<td>Painting – Open Studio</td>
<td>Mon</td>
<td>8:30 am – 11:30 am</td>
<td>$1 per session</td>
</tr>
<tr>
<td>Painting – Open Studio</td>
<td>Fri</td>
<td>8:30 am – 11:30 am</td>
<td>$1 per session</td>
</tr>
</tbody>
</table>
Other activities offered at Munson Center:

**Fitness Classes:**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Enhanced Fitness</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>Line Dancing – Beginners</td>
<td>Mon</td>
<td>2:00 pm – 3:00 pm</td>
<td>No charge</td>
<td>Munson Center Auditorium.</td>
</tr>
<tr>
<td>Line Dancing – Intermediate</td>
<td>Fri</td>
<td>2:00 pm – 3:00 pm</td>
<td>No charge</td>
<td>Munson Center Auditorium.</td>
</tr>
<tr>
<td>Ballet Folklorico</td>
<td>Tue</td>
<td>2:30 pm – 3:30 pm</td>
<td>No charge</td>
<td>Munson Center Auditorium.</td>
</tr>
</tbody>
</table>

**Lifelong Learning:**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Quilting (this is not a class)</td>
<td>Tue, Thu</td>
<td>8:30 am – 11:30 am</td>
<td>No charge</td>
<td>Munson Center, Studio 2; items donated locally.</td>
</tr>
<tr>
<td>Crochet</td>
<td>Wed</td>
<td>1:30 pm – 3:30 pm</td>
<td>No charge</td>
<td>Munson Center, Studio 2</td>
</tr>
<tr>
<td>Community Garden Meeting for the Munson Center Garden</td>
<td>3rd Wed</td>
<td>10:00 am – 11:00 am</td>
<td>No charge</td>
<td>Munson Center, Meeting Room 1.</td>
</tr>
<tr>
<td>Spanish – Conversational</td>
<td>Tue</td>
<td>1:30 pm – 3:00 pm</td>
<td>No charge</td>
<td>Munson Center, Room 4. Join anytime! Level: Beyond Intermediate. A fun discussion group about topics chosen each week. For people who can converse in Spanish and want to improve their skills and vocabulary. There is no English or formal instruction.</td>
</tr>
<tr>
<td>Spanish – Intermediate</td>
<td>Mon</td>
<td>1:30 pm – 3:00 pm</td>
<td>No charge</td>
<td>Munson Center Meeting Room 2. Class has currently reached the maximum capacity of 25 students.</td>
</tr>
<tr>
<td>Spanish – Spoken for Beginners</td>
<td>Fri</td>
<td>10:00 am – 11:00 am</td>
<td>No charge</td>
<td>Munson Center, Meeting Room 2. Join anytime!</td>
</tr>
<tr>
<td>Guitar Lessons</td>
<td>Wed</td>
<td>1:00 pm – 2:30 pm</td>
<td>No charge</td>
<td>Munson Center, Meeting Room 2. Next Session will be from July 17 – August 21. Will then continue on Sept. 30.</td>
</tr>
<tr>
<td>Desert Writers</td>
<td>Wed</td>
<td>9:00 am – 11:00 am</td>
<td>No charge</td>
<td>Munson Center, Meeting Room 2. Join anytime!</td>
</tr>
<tr>
<td>Munson Book Club</td>
<td>3rd Wed</td>
<td>1:30 pm – 2:30 pm</td>
<td>No charge</td>
<td>Munson Center, Meeting Room 4. Call Mark at 575-528-3406 for more information.</td>
</tr>
</tbody>
</table>

**Games:**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Billiards – Daily</td>
<td>Mon-Fri</td>
<td>8:00 am – 5:00 pm</td>
<td>No charge</td>
<td>Munson Center Multipurpose Room.</td>
</tr>
<tr>
<td>Billiards Tournament</td>
<td>Last Wed</td>
<td>9:00 am – 1:00 pm</td>
<td>$3 per person</td>
<td>Munson Center Multipurpose Room. The last Wednesday of the month. All are welcome to participate!</td>
</tr>
<tr>
<td>Canasta</td>
<td>Wed</td>
<td>12:00 am – 3:00 pm</td>
<td>No charge</td>
<td>Munson Center, Meeting Room 3.</td>
</tr>
<tr>
<td>Chess</td>
<td>Fri</td>
<td>8:30 am – 12:00 pm</td>
<td>No charge</td>
<td>Munson Center, Meeting Room 4.</td>
</tr>
<tr>
<td>Horseshoes</td>
<td>Tue &amp; Fri</td>
<td>1:00 pm – 3:00 pm</td>
<td>No charge</td>
<td>Munson Center, outside on east side of Munson.</td>
</tr>
<tr>
<td>Mah Jongg</td>
<td>Thu</td>
<td>9:00 am – 12:00 pm</td>
<td>No charge</td>
<td>Munson Center, Meeting Room 3.</td>
</tr>
<tr>
<td>Game Day</td>
<td>Thu</td>
<td>12:30 am – 2:30 pm</td>
<td>No charge</td>
<td>Come Join us for different Games! Card Games, Dominoes, and board games! Munson Center, Meeting Room 3.</td>
</tr>
<tr>
<td>Pinochle</td>
<td>Fri</td>
<td>11:30 am – 4:30 pm</td>
<td>No charge</td>
<td>Munson Center, Meeting Room 3.</td>
</tr>
</tbody>
</table>

**Extra Activities:**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Low Vision Support Group</td>
<td>1st Tue</td>
<td>2:30 pm – 4:00 pm</td>
<td>No charge</td>
<td>Munson Center, Meeting Room 2.</td>
</tr>
<tr>
<td>Low Vision Support Group</td>
<td>1st Tue</td>
<td>9:30 am – 11:00 am</td>
<td>No charge</td>
<td>Good Samaritan, Oasis Room.</td>
</tr>
<tr>
<td>Stroke Support Group</td>
<td>1st Thu</td>
<td>1:00 pm – 2:00 pm</td>
<td>No charge</td>
<td>Munson Center, Meeting Room 2.</td>
</tr>
<tr>
<td>Essential Oils</td>
<td>3rd Thu</td>
<td>2:00 pm – 3:30 pm</td>
<td>No charge</td>
<td>Munson Center, January 16</td>
</tr>
<tr>
<td>Blood Pressure Monitoring</td>
<td>Mon</td>
<td>11:00 am – 1:00 pm</td>
<td>No charge</td>
<td>Munson Center</td>
</tr>
<tr>
<td>Senior Programs Saturday Dance</td>
<td>1st Sat</td>
<td>4:00 pm – 6:00 pm</td>
<td>$3 per person</td>
<td>January 4 – Please Join us for our Saturday Dance! Enjoy snacks and great Music! (Doors will not open until 3:45pm)</td>
</tr>
<tr>
<td>Senior Programs Advisory Board Meeting</td>
<td>2nd Thu</td>
<td>9:00 am – 11:00 am</td>
<td>Open to the public</td>
<td>Join us for the SPAB meeting on January 9 @ Frank O’Brien Papen Center 304 W. Bell Avenue – 575.528.3000</td>
</tr>
<tr>
<td>Senior Programs Monthly Dance</td>
<td>3rd Thu</td>
<td>2:00 pm – 4:00 pm</td>
<td>$3 per person</td>
<td>January 16 – join us for our Dance! This month we will be having it at Eastside Center!</td>
</tr>
</tbody>
</table>

**Entertainment**

If you are interested in performing at our Centers, Please see Jeneca Maya Montoya – 575.528.23017.
For any questions about activities, please contact Jeneca Maya Montoya at 575-528-3017.

Activities and programs at our centers are open to all who are age 50 plus. (Age 60+ for the nutrition program.) There are no income or residency requirements to participate in senior programs.

<table>
<thead>
<tr>
<th>Parks &amp; Recreation Activities</th>
<th>Fitness Classes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Walking Group</td>
<td>Mon, Wed, Fri</td>
</tr>
<tr>
<td></td>
<td>8:00 am</td>
</tr>
<tr>
<td></td>
<td>Drop in fee:</td>
</tr>
<tr>
<td></td>
<td>$2 per walk</td>
</tr>
<tr>
<td></td>
<td>$1 for Seniors</td>
</tr>
<tr>
<td></td>
<td>$12.00 for 4 week Session. During the Summer months, walks begin at 7:00/7:30 am.</td>
</tr>
<tr>
<td>50+ Indoor Cycling</td>
<td>Mon &amp; Wed</td>
</tr>
<tr>
<td></td>
<td>10:30 am - 11:20 am</td>
</tr>
<tr>
<td></td>
<td>$2 per Class</td>
</tr>
<tr>
<td></td>
<td>$1 for Seniors</td>
</tr>
<tr>
<td></td>
<td>Las Cruces Regional Aquatic Center</td>
</tr>
</tbody>
</table>

Senior Programs will be closed the following days:

January 1, 2020

January 20, 2020
Cultural Sites

**Railroad Museum:** Volunteers needed to welcome visitors at the information desk Saturdays from 2pm-4:30pm and Wednesdays from 12pm-2pm.

**Museum of Nature & Science:** Volunteer docents needed to assist with tour groups, Saturday morning activities, and on-call information desk coverage.

**Museum of Art:** Volunteer docents needed to assist with tour groups, and on-call information desk coverage.

**Branigan Cultural Center:** Volunteers needed for on-call information desk coverage and First Friday Art Ramble event assistants.

**Thomas Branigan Library:** Volunteers needed for shelf cleaning, special programs

**Rio Grande Theatre:** Tech and back stage help

Senior Programs

**Benavidez Senior Center:** Dining room aides/ Kitchen aides

**Eastside Senior Center:** Dining room aides/ Kitchen aides

**Papen Senior Center:** Dining room aides/ Kitchen aides

**Sage Café Senior Center:** Dining room aides/ Kitchen aides

**Munson Senior Center:** Dining room aides/ Kitchen aides

**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! (Eastside and Munson)

**Food 4 Paws:**

**Food Distributions:** Volunteers are needed to help with the food distributions at all five centers.

Community Services

**Golden Shield Yard Assistance:** Help clean yards for Senior Adults

**Keep Las Cruces Beautiful:** Light landscaping

**Juvenile Citation Program**—Office Volunteers and tutors/mentors are needed for this important youth program

**Weed & Seed:** Tutor/Activity Support & Mentor

**Teen Connection:** Tutor/Activity Support & Mentor

**Out of School Program:** Tutor/Activity Support & Mentor

**Tree Stewards:** Help plant and care for trees throughout Las Cruces

**Russ Boor Community Garden:** Gardener pros and newbies

City Departments

**Community Development:** Administrative support

**Human Resources:** Administrative support

**Las Cruces Airport:** Administrative support

**Las Cruces Police Dept:** Administrative support

**Network Volunteer Center:** Social Media Influencer

**Parks and Recreation:** looking for some great volunteers to help with the front desk at the Papen Center! Also see Park & Rec. community programs listed above.

**Transit:** Administrative support

**Utilities:** Administrative support

New opportunities coming...!

**Upcoming Volunteer Orientations**

Munson Center Meeting Room 1

- **January 2, 9 — 10:30 a.m.**
- **January 5, 5—6:30 p.m.**
- **February 13, 9 — 10:30 a.m.**
- **March 6, 9 — 10:30 a.m.**
- **March 27, 9 — 10:30 a.m.**
- **April 17, 5—6:30 p.m.**

Thank you to the many volunteers who helped with our many projects this month! Our city could not do all the wonderful things we do without your continued service to your community.

THANK YOU VERY MUCH!
### Lunch Menu

#### January

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>The <strong>Suggested Donation</strong> for Seniors 60 years of age or older and their spouses is $2.50 each. For persons 59 years of age and under, the charge is $7.50. <strong>Reservations:</strong> Call <strong>528-3012</strong> by 1pm the day before you want to eat. <strong>Meal Reservations for Monday:</strong> Please call on Friday by 1pm. <strong>Cancellations:</strong> Call <strong>528-3012</strong> as early as possible. <strong>Lunch Hours:</strong> 11am to 12:30pm <strong>Sage Café:</strong> 11:30-12:30 Tu. - F. <strong>Reserve Online:</strong> <a href="mailto:mealreservations@las-cruces.org">mealreservations@las-cruces.org</a></td>
<td><strong>Cranberry Chicken</strong>&lt;br&gt;<strong>Grape/Pecan Salad</strong>&lt;br&gt;<strong>Beet/Onion Salad</strong>&lt;br&gt;<strong>Sliced Tomatoes</strong>&lt;br&gt;<strong>Mandarin Orange Cup</strong>&lt;br&gt;<strong>Whole Wheat Roll Oatmeal Cookie</strong></td>
<td><strong>Beef Caldillo</strong>&lt;br&gt;<strong>Spanish Rice</strong>&lt;br&gt;<strong>Pinto Beans</strong>&lt;br&gt;<strong>Tortilla</strong>&lt;br&gt;<strong>Steamed Cabbage</strong>&lt;br&gt;<strong>Chilled Pineapple</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>6</strong> <strong>Baked Fish</strong>&lt;br&gt;Oven Dill Potatoes&lt;br&gt;Seasoned Spinach&lt;br&gt;Pineapple Coleslaw&lt;br&gt;Dinner Roll&lt;br&gt;Apple</td>
<td><strong>7</strong> <strong>Beefaroni</strong>&lt;br&gt;Baby Carrots&lt;br&gt;Spinach Salad/Egg&lt;br&gt;Cheese Biscuit&lt;br&gt;Banana</td>
<td><strong>8</strong> <strong>Yankee Pot Roast with Potatoes</strong>&lt;br&gt;Carrots, Celery, Onions&lt;br&gt;<strong>Garden Salad</strong>&lt;br&gt;<strong>Combread Tangerine</strong>&lt;br&gt;Pineapple Upside Down Cake</td>
<td><strong>9</strong> <strong>Roast Turkey with Gravy</strong>&lt;br&gt;<strong>Combread Stuffing</strong>&lt;br&gt;<strong>Seasoned Peas</strong>&lt;br&gt;<strong>Tossed Salad</strong>&lt;br&gt;<strong>Dinner Roll</strong>&lt;br&gt;<strong>Blueberry Crisp</strong></td>
<td><strong>10</strong> <strong>Sweet and Sour Chicken</strong>&lt;br&gt;<strong>Egg Noodles</strong>&lt;br&gt;<strong>Peas &amp; Carrots</strong>&lt;br&gt;<strong>Spinach Salad/Egg</strong>&lt;br&gt;<strong>Dinner Roll</strong>&lt;br&gt;<strong>Chilled Apricots</strong></td>
</tr>
<tr>
<td><strong>11</strong> <strong>Green Enchiladas</strong>&lt;br&gt;<strong>Spanish Rice</strong>&lt;br&gt;Lettuce &amp; Tomato&lt;br&gt;Pinto Beans&lt;br&gt;Oatmeal Cookie</td>
<td><strong>12</strong> <strong>Chicken Fried Steak</strong>&lt;br&gt;Mashed Potatoes with Gravy&lt;br&gt;Pea Salad&lt;br&gt;Mixed Vegetables&lt;br&gt;Whole Wheat Roll&lt;br&gt;Diced Pears</td>
<td><strong>13</strong> <strong>Meat Loaf with Gravy</strong>&lt;br&gt;Mashed Potatoes&lt;br&gt;Brussel Sprouts&lt;br&gt;Garden Salad&lt;br&gt;Whole Wheat Roll&lt;br&gt;Sliced Cinnamon Apples</td>
<td><strong>14</strong> <strong>Chicken Alfredo</strong>&lt;br&gt;Penne Pasta&lt;br&gt;<strong>Winter Mix Vegetables</strong>&lt;br&gt;<strong>Spinach Salad/Egg</strong>&lt;br&gt;<strong>Dinner Roll</strong>&lt;br&gt;<strong>Neiman Marcus Cookie</strong>&lt;br&gt;Orange</td>
<td><strong>15</strong> <strong>Hot Roast Beef Sandwich</strong>&lt;br&gt;Mashed Potatoes with Gravy&lt;br&gt;<strong>Seasoned Green Beans</strong>&lt;br&gt;<strong>Carrot Raisin Salad</strong>&lt;br&gt;<strong>Pear</strong></td>
</tr>
<tr>
<td><strong>16</strong> <strong>CLOSED MARTIN LUTHER KING JR DAY</strong></td>
<td><strong>17</strong> <strong>Rigatoni with Meat Sauce</strong>&lt;br&gt;Cauliflower&lt;br&gt;Garden Salad&lt;br&gt;Dinner Roll&lt;br&gt;Tropical Fruit</td>
<td><strong>18</strong> <strong>BBQ Beef Sandwich</strong>&lt;br&gt;Oven Roasted Potatoes&lt;br&gt;Vinaigrette Coleslaw&lt;br&gt;Seasoned Carrots&lt;br&gt;Banana</td>
<td><strong>19</strong> <strong>Rigatoni with Meat Sauce</strong>&lt;br&gt;Cauliflower&lt;br&gt;Garden Salad&lt;br&gt;Dinner Roll&lt;br&gt;Tropical Fruit</td>
<td><strong>20</strong> <strong>Cornflake Chicken Breast</strong>&lt;br&gt;Mashed Potatoes with Gravy&lt;br&gt;<strong>Mixed Vegetables</strong>&lt;br&gt;Cucumber Salad&lt;br&gt;<strong>Whole Wheat Roll</strong>&lt;br&gt;<strong>Cherry Crisp</strong></td>
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<td><strong>21</strong> <strong>Taco Salad</strong>&lt;br&gt;Spanish Rice&lt;br&gt;Garden Salad&lt;br&gt;Pinto Beans&lt;br&gt;Banana Bread</td>
<td><strong>22</strong> <strong>Baked Pork Chops</strong>&lt;br&gt;Baked Yam&lt;br&gt;Mixed Vegetables&lt;br&gt;Jalapeno Cornbread&lt;br&gt;Pineapple Coleslaw&lt;br&gt;Applesauce</td>
<td><strong>23</strong> <strong>Green Chili with Meat</strong>&lt;br&gt;Sopa&lt;br&gt;Pinto Beans&lt;br&gt;<strong>Mixed Vegetables</strong>&lt;br&gt;<strong>Summer Salad</strong>&lt;br&gt;Tortillas&lt;br&gt;Fruit Cocktail</td>
<td><strong>24</strong> <strong>Green Chili with Meat</strong>&lt;br&gt;Sopa&lt;br&gt;Pinto Beans&lt;br&gt;<strong>Mixed Vegetables</strong>&lt;br&gt;<strong>Summer Salad</strong>&lt;br&gt;Tortillas&lt;br&gt;Fruit Cocktail</td>
<td><strong>25</strong> <strong>Lime Grilled Chicken Breast</strong>&lt;br&gt;Calico Rice&lt;br&gt;Seasoned Squash with Corn&lt;br&gt;Tossed Salad&lt;br&gt;<strong>Whole Wheat Roll</strong>&lt;br&gt;<strong>Blueberry Crisp</strong></td>
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<td><strong>26</strong> <strong>Chicken Tetrazzini</strong>&lt;br&gt;Winter Mixed Vegetables&lt;br&gt;Spinach Salad/Egg&lt;br&gt;Whole Wheat Roll&lt;br&gt;Chilled Apricots</td>
<td><strong>27</strong> <strong>Taco Salad</strong>&lt;br&gt;Spanish Rice&lt;br&gt;Garden Salad&lt;br&gt;Pinto Beans&lt;br&gt;Banana Bread</td>
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<td><strong>31</strong> <strong>Lime Grilled Chicken Breast</strong>&lt;br&gt;Calico Rice&lt;br&gt;Seasoned Squash with Corn&lt;br&gt;Tossed Salad&lt;br&gt;<strong>Whole Wheat Roll</strong>&lt;br&gt;<strong>Blueberry Crisp</strong></td>
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The New Brings New Opportunities! Now’s the time to make changes and create new habits! Why not make a New Year’s Resolution for your health?

You Could:

Start a new Exercise routine!
Make plans to walk more often! Take the stairs, and park farther away from your destination!
Take control of your diet! Reduce calories, sugars, and processed foods and add more vegetables and fruit.
Have you been avoiding the Doctor? Now’s the perfect time to get back into routine appointments!
Become more aware of your blood pressure and cholesterol levels
Quit smoking! Nicotine does nothing to benefit your body.
How’s your hydration? Increase the amount of water you drink every day!
Consume less alcohol!

No matter the goal, anything is possible this year! Just choose a realistic goal, make a plan, and then stick to it!
El año nuevo trae nuevas oportunidades! ¡Ahora es el momento de hacer cambios y crear nuevos hábitos! ¿Por qué no hacer una resolución de año nuevo para su salud?

Podría:

Comenzar una nueva rutina de ejercicios.

Hacer planes para caminar más a menudo. Tome las escaleras, y estacionese más lejos de su destino.

Tome el control de su dieta y reduzca las calorías, el azúcar y los alimentos procesados y agregue más verduras y frutas.

¿Ha estado evitando al doctor? Ahora es el momento perfecto para volver a las citas de rutina.

Sea más consciente de su presión arterial y los niveles de colesterol.

Deje de fumar- la nicotina no hace nada para beneficiar a su cuerpo.

¿Cómo está su hidratación? Aumenta la cantidad de agua que beba todos los días.

Consuma menos alcohol.

No importa el objetivo, todo es posible este año. Sólo elija un objetivo realista, haga un plan, y luego realízelo.
<table>
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<th>PLACE</th>
<th>DISTRIBUTION DATES</th>
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| **Loaves and fishes senior housing delivery:**  
320 Southgate ct. Las cruces | 575.523.1272 |
| Montana Meadows | 3rd Friday of every other month (2 months of food) |
| Chaparral Apartments | 3rd Friday of every other month (2 months of food) |
| St. Genevieves Apartments | 3rd Friday of every other month (2 months of food) |
| Mira Vista Senior Apartments | 2nd Thursday of every other month (2 months of food) |
| Robledo Ridge Senior Apartments | 2nd Thursday of every other month (2 months of food) |
| Monte Vista Senior Village | 2nd Thursday of every other month (2 months of food) |
| Senior Center Food Distributions | Registration Begins at 9am, Distribution Begins around 10 AM. For information call 575.523.5542 |
| Sage Café –6121 Reynolds Drive | TBD |
| Frank O’Brien Papen Center - 304 W. Bell | TBD |
| Benavidez Center –1045 McClure | TBD |
| Eastside Community Center –310 N. Tomillo | TBD |
| Munson Center –975 S. Mesquite St. | TBD |
| Roadrunner Food Bank: 505 S. Main, Suite 149 A Las Cruces NM 88001—575.523.4390 | Partner with are agencies to provide food distributions. Can Receive information. Shelby Stuckel—Community Initiatives Manager—575.523.51.50 |
| Food Heart for the World Church 1605 S. Valley Dr. Las Cruces NM 88001—523.1113 | Mon—Thur from 8-4 pm. Food bags as needed. May limit |
| Calvary Baptist Church 1800 S. Locust St. Las Cruces NM 88001—575.526.5016 | Wednesdays 10-12 pm Current ID, current bill and recommended to arrive at 10:45 |
| http://www.cbclascruces.org/ | |
| The Ability Center for Independent Living—715 E. Idaho Ave. Ste 3E Las Cruces NM 88001—575.5226.5016 | Registration is on Wednesday’s 7am –6 pm. Food box pick up is Mon-Fri 7am –6 pm. Cater to elderly and disabled; proof of residence (bill) |
| Salvation Army 1590 California Ave. Las Cruces NM 88001 575.524.1044 | Summer Hours through September: Every 2nd and 4th Thursday 9-10 am. Regular hours are Thursdays 1-4 pm. Current—Thursdays @ 12 – Need ID and bill |
| United University Methodist Church 1590 California Ave. Las Cruces, NM 88001 575.5222.50 | 1st and 3rd Fridays of the month from 9-11am. Need ID and bill |
| Morningstar Lighthouse Pantry. 2941 Morning Star Dr Las Cruces, NM 88011 575-521-3770 | 1st & 3rd Tuesday 9am-11am |
| Butterfield - Butterfield Community Center. 9350 Berry Patch (previous Smith Ln) | 3rd Friday 11:30 am |
| Butterfield, NM 88011 575-932-9376 575.523.5542 | Mon, Wed, Fri: 9-11 am and 1-3 pm |
| Casa De Peregrinos Food Pantry 999 W. Amador Ave, Ste F Las Cruces, NM 88005 575.523-5542 | Thursdays 9-11 am |
| St. Genevieve’s Church (through) St. Vincent de Paul Ministry 1025 E. Las Cruces St. Las Cruces, NM 88001 (575) 524-9649 | ID, Proof of Residence, Proof of income |
| Gospel Rescue Mission 1050 W. Ammador Las Cruces, NM 88001 (575) 523-7727 | Provides meals at 6 am, 12 pm, and 6 pm (7 days a week) |
| El Caldito Soup Kitchen 999 W. Amador Las Cruces, NM 88005 575-523-3831 | Serves M-F 11:30 am-1 pm; Saturday- sack lunch 11:30 am-12 pm; Sun 11:30 am-1 pm |
| Dona Ana—De La O Visitors Center 5475 Ledesma Dona Ana, NM 88007 575.526.8807/575.523.5542 | Food boxes available for home bound individuals. First Thursday, 2:00 pm |
| Radium Springs 1206 Lindbeck Road Radium Springs, NM 88007 575.523.5542 | Second Thursday at 10:00 am |
| Tortugas - Our Lady of Guadalupe 3600 Paroquia St Mesilla Park, NM 88047 575-526-8171/575.523.5542 | Second Monday of the month at 2:30 - 4 pm |

**Other Food Source Information**

NM Human Services Dept. — Income Support Division – 877-993-3637  
NM Human Services Dept. — SNAP Food Assistance – 800-283-4465  
NM Human Services Dept. — Medicaid Client Services – 855-637-6574  
Summer Food Service Program – 800-328-2665  
United Way of Central New Mexico — Dial 2-1-1 or call 505-245-1735  
United Way of Southwest New Mexico — 575-524-7561  
Women Infant and Children Program (WIC) - visit www.nmwic.org
Cold Weather Safety for Older Adults  
www.nia.nih.gov/health/cold-weather-safety-older-adults

If you are like most people, you feel cold every now and then during the winter. What you may not know is that just being really cold can make you very sick.

Older adults can lose body heat fast—faster than when they were young. Changes in your body that come with aging can make it harder for you to be aware of getting cold. A big chill can turn into a dangerous problem before an older person even knows what’s happening. Doctors call this serious problem hypothermia.

What Is Hypothermia?
Hypothermia is what happens when your body temperature gets very low. For an older person, a body temperature colder than 95°F can cause many health problems, such as a heart attack, kidney problems, liver damage, or worse.

Being outside in the cold, or even being in a very cold house, can lead to hypothermia. Try to stay away from cold places, and pay attention to how cold it is where you are. You can take steps to lower your chance of getting hypothermia.

Keep Warm Inside
Living in a cold house, apartment, or other building can cause hypothermia. In fact, hypothermia can happen to someone in a nursing home or group facility if the rooms are not kept warm enough. If someone you know is in a group facility, pay attention to the inside temperature and to whether that person is dressed warmly enough.

People who are sick may have special problems keeping warm. Do not let it get too cold inside and dress warmly. Even if you keep your temperature between 60 and 65 degrees Fahrenheit, your home or apartment may not be warm enough to keep you safe. This is a special problem if you live alone because there is no one else to feel the chilliness of the house or notice if you are having symptoms of hypothermia.

Here are some tips for keeping warm while you’re inside:

- Set your heat at 68°F or higher. To save on heating bills, close off rooms you are not using. Close the vents and shut the doors in these rooms, and keep the basement door closed. Place a rolled towel in front of all doors to keep out drafts.
- Make sure your house isn’t losing heat through windows. Keep your blinds and curtains closed. If you have gaps around the windows, try using weather stripping or caulk to keep the cold air out.
- Dress warmly on cold days even if you are staying in the house. Throw a blanket over your legs. Wear socks and slippers.
- When you go to sleep, wear long underwear under your pajamas, and use extra covers. Wear a cap or hat.
- Make sure you eat enough food to keep up your weight. If you don’t eat well, you might have less fat under your skin. Body fat helps you to stay warm.

Drink alcohol moderately, if at all. Alcoholic drinks can make you lose body heat. Ask family or friends to check on you during cold weather. If a power outage leaves you without heat, try to stay with a relative or friend.

You may be tempted to warm your room with a space heater. But, some space heaters are fire hazards, and others can cause carbon monoxide poisoning. The Consumer Product Safety Commission has information on the use of space heaters. Read the following for more information: Reducing Fire Hazards for Portable Electric Heaters and Seven Highly Effective Portable Heater Safety Habits.

Bundle Up on Windy, Cold Days
A heavy wind can quickly lower your body temperature. Check the weather forecast for windy and cold days. On those days, try to stay inside or in a warm place. If you have to go out, wear warm clothes, and don’t stay out in the cold and wind for a long time.

Here are some other tips:
- Dress for the weather if you have to go out on chilly, cold, or damp days.
- Wear loose layers of clothing. The air between the layers helps to keep you warm.
- Put on a hat and scarf. You lose a lot of body heat when your head and neck are uncovered. Wear a waterproof coat or jacket if it’s snowy.

Illness, Medicines, and Cold Weather
Some illnesses may make it harder for your body to stay warm. Diabetes, thyroid problems, Parkinson’s disease, memory loss, and arthritis are problems that can make it harder for older adults to stay warm. Talk with your doctor about your health problems and how to prevent hypothermia.

Taking some medicines and not being active also can affect body heat. These include medicines you get from your doctor and those you buy over-the-counter. Ask your doctor if the medicines you take may affect body heat. Always talk with your doctor before you stop taking any medication.

Here are some topics to talk about with your doctor to stay safe in cold weather:
- Ask your doctor about signs of hypothermia.
- Talk to your doctor about any health problems and medicines that can make hypothermia a special problem for you. Your doctor can help you find ways to prevent hypothermia.

Ask about safe ways to stay active even when it’s cold outside.

What Are the Warning Signs of Hypothermia?
Sometimes it is hard to tell if a person has hypothermia. Look for clues. Is the house very cold? Is the person not dressed for cold weather? Is the person speaking slower than normal and having trouble keeping his or her balance?

Watch for the signs of hypothermia in yourself, too. You might become confused if your body temperature gets very low. Talk to your family and friends about the warning signs so they can look out for you.

Early signs of hypothermia:
- Cold feet and hands
- Puffy or swollen face
- Pale skin
- Shivering (in some cases the person with hypothermia does not shiver)

- Slower than normal speech or slurring words
- Acting sleepy
- Being angry or confused

Later signs of hypothermia:
- Moving slowly, trouble walking, or being clumsy
- Stiff and jerky arm or leg movements
- Slow heartbeat
- Slow, shallow breathing
- Blacking out or losing consciousness

Call 911 right away if you think someone has warning signs of hypothermia.

What to do after you call 911:
- Try to move the person to a warmer place.
- Wrap the person in a warm blanket, towels, or coats—whatever is handy. Even your own body warmth will help. Lie close, but be gentle.
- Give the person something warm to drink, but avoid drinks with alcohol or coffee, such as regular coffee.
- Do not rub the person’s legs or arms.
- Do not try to warm the person in a bath.
- Do not use a heating pad.

Grandparents Raising Grandchildren
If you are a grandparent raising your grandchildren, we invite you to join this free support group. The support group meets the 2nd Tuesday of each month from 10:30 am to 11:30 am at the Benavidez Community Center, 1045 McClure Road. For more information or to see if you qualify, please call Adrian Holguin at 541-2460 or Stephanie Fallert @ 541-2365.

Join us for our next meeting on January 7.
Seguridad para el tiempo de frío para los adultos mayores. Si es como la mayoría de la gente, de ves en cuando siente frío durante el invierno. Lo que no sabe es que cuando siente mucho frío puede enfermarse. Los adultos mayores pueden perder calor corporal rápidamente, más rápido que cuando eran jóvenes. Cambios en su cuerpo que vienen con el envejecimiento pueden hacer más difícil para que sea consciente de lo frío. Un gran escalofrío puede convertirse en un problema peligroso antes de que una persona mayor sepa incluso lo que está sucediendo. Los médicos llaman esta hipotermia grave.

¿Qué es la hipotermia? Hipotermia es lo que ocurre cuando la temperatura corporal se baja. Para una persona mayor, una temperatura inferior a los 95 grados puede causar muchos problemas de salud, como un ataque al corazón, problemas renales, daño de hígado o peor. Estar afuera en el frío, o incluso estando en una casa muy fría, puede conducir a la hipotermia. Trate de mantenerse alejado de lugares fríos y ponga atención a los lugares donde éste. Usted puede tomar medidas para reducir su probabilidad de contraer hipotermia.

Mantenga el calor dentro de su hogar. Vivir en una casa fría, apartamento u otro edificio puede causar hipotermia. De hecho, la hipotermia puede ocurrir en un hogar de ancianos si las habitaciones no se mantienen lo suficientemente calientes. Si alguien que usted conoce está en un hogar de ancianos ponga atención a la temperatura y si esa persona se viste con ropa adecuada. Las personas enfermas pueden tener problemas especiales manteniendo el calor. No deje que se ponga demasiado frío dentro y abrigarse. Incluso si se mantiene la temperatura entre 60 y 65 grados, su casa o apartamento puede no ser lo suficientemente caliente para mantenerse saludable. Este es un problema especial si vive solo porque no hay nadie que sienta lo frío de la casa o note si está teniendo síntomas de hipotermia. Estos son algunos consejos para mantener su hogar caliente mientras estás dentro:

- Temperatura de 68 grados o más alta. Para ahorrar en gastos de calefacción, cierra las habitaciones que no use. Cierre los orificios de ventilación y las puertas en las habitaciones y mantenga cerrada la puerta del sótano. Coloque una toalla enrollada frente a todas las puertas para evitar corrientes de aire.

- Asegúrese de que su casa no pierda calor a través de las ventanas. Mantenga sus persianas y cortinas cerradas. Si tiene huecos alrededor de las ventanas, utilice masilla para evitar que el aire aire entre.

- Abríguese en días fríos incluso si usted se hospeda en la casa pongase una cobija sobre las piernas. Use calcetines y zapatillas. • Cuando vaya a dormir use ropa interior larga debajo de su pijama y utilice cobijas para taparse. Use una gorra para dormir.

Puede ser tentado para calcular la habitación con un calefactor. Algunos calefactores tienen riesgo de incendio, y otros pueden causar envenenamiento de monóxido de carbono. La comisión de Productos de Seguridad tiene información sobre el uso de los calefactores. Lea lo siguiente para más información: Reducción de riesgos de incendio para calefactores eléctricos portátiles.


Tenga cuidado con los signos de la hipotermia en sí mismo. Usted puede llegar a confundirse si su temperatura del cuerpo es muy baja. Hable con su familia y amigos de las señales de advertencia.

Primera signos de la hipotermia: • Manos y pies fríos • Cara hinchada o inflamada • Palidez de la piel • Temblor (en algunos casos que la persona con hipotermia no tiemble) • Más lento que el habla normal o dificultad en decir palabras • Calidad del sueño o si esta enojado o confundido

Posteriormente signos de hipotermia: • Moviéndose lentamente, problemas para caminar o estar torpe • Movimientos espasmódicos y rígidos de brazos o piernas • Latidos cardíacos lentos • Respiración lenta y superficial • Desmayarse o perder el conocimiento

Llame al 911 inmediatamente si usted piensa que alguien tiene signos de hipotermia. ¿Qué hacer después de que usted llame al 911: • Trate de mover a la víctima a un lugar más cálido. • Envuelva a la persona en una cobija o toallas, lo que es útil. Incluso su propio calor corporal le ayudará. Darle a la persona algo caliente para beber, pero evite las bebidas con alcohol o cafeína, como café regular. • No sobar las piernas o los brazos de la persona. • No trate de calentar a la víctima en un baño. • No use una almohadilla térmica.

Abuelos criando nietos
Si usted es un abuelo que cria 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 Adrian Holguín al 541-2465 o Stephanie Fallert al 541-2365. Únase a nosotros para nuestra próxima reunión el 7 de Enero.
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.

SATURDAY NIGHT DANCE/BAILE DE SABADO
WHEN/CUANDO: Saturday January 4, 2020/Sabado 4 de Enero 2020
WHERE/DONDE: MUNSON CENTER
TIME/TIEMPO: 4:00-6:00 pm (Doors will not open until 3:45pm)
ENTRY FEE: $3.00

THURSDAY AFTERNOON DANCE/BAILE DEL JUEVES POR LA TARDE
WHEN/CUANDO: Thursday January 16, 2020/Jueves 16 de Enero 2020
WHERE/DONDE: EASTSIDE CENTER
TIME/TIEMPO: 2:00-4:00 pm
ENTRY FEE: $3.00

Purchase your tickets the week of the dance!

REMINDER: No outside drinks, containers, or food. Thank you!

Recordatorio: No se permite comida o bebidas externas. Gracias