

MONTHLY UPDATES / JUNE 2025

June is upon us, and I truly cannot believe how quickly this year is already passing us by! We have some beautiful new hummingbird feeders in front of our back windows and our little hummingbird friends have been taking advantage of them! I encourage everyone to take a minute out of your day to enjoy the feeders, and watch the families of birds flit in and out of the lovely bird houses that have been set-up in the “back yard” as well. It’s a great way to take a breather from the business of the day and just enjoy nature.

Please join us on our upcoming trips and guest speakers. There’s a ton of great info available and I encourage you all to take advantage!

See you at the center.

Lula

Here’s a glimpse of what’s happening in June...

UPCOMING CENTER EVENTS:



Watercolor Workshop with Jan Bain – First Friday of the month (March 7)- 12:30-3:00pm

This once-a-month workshop with our very own Jan Bain will explore a different subject every month utilizing the diverse medium of watercolor. Jan will guide us through painting, demonstrating tips and techniques through the process, before we get started on our own. Materials are provided, but feel free to bring your own if you already have preferred materials. All are welcome, but ***we do encourage you to sign-up on the available sign up sheet to ensure we have enough materials and space for all.***

Leather Crafting with Jim – Tuesdays @ 1:00pm

The wait for the long-awaited leather class is over!! Join us for our first class on Tuesday, June 3 as Jim Black assists us in exercising our creativity through the medium of leather! Jim started crafting with leather during COVID and never looked back! Now he’s ready to pass on his self-taught knowledge to anyone that’s interested in learning a new skill. All of our materials to start off are provided, but if you have your own, please bring them too! A sign-up sheet is available, so please reserve your spot in class so we know how many participants to anticipate.

Ageless Grace Workshop with Gloria Chavez – Fridays @ 1:00pm


Chair Aerobics Reimagined! The Ageless Grace Brain Health Program is based on consciously choosing to change the brain through physical movements similar to playful childhood activities that fired neurons and developed neural pathways from birth to mid-teens. All 21 Simple tools for lifelong comfort and ease can be practiced by almost anyone of any age or ability. The exercises are designed to be practiced seated, in order to simulate the five primary functions of the brain (strategic planning, memory and recall, analytical thinking, creativity and imagination and kinesthetic learning) by doing unfamiliar movements or creating new ways to do an activity that is already familiar. The movements are spontaneous and organic, with no need to learn any special coreography. Each of the brain-changing tools also focus on a primary physical skill necessary for lifelong optimal function (ie Joint mobility, balance, spinal flexibility, upper body strength, coordination) – and all promote the “three R’s” of Ageless Grace, the ability to respond, react and recover.


What's In The Wild Presentation – Protecting yourself from Plague, Hantavirus & Disease – Thursday June 12 @ 6:00pm (Max Coll Community Center)

What's in the Wild? Protecting Yourself from Plague, Hantavirus & Disease

Presentation Sponsored by Commissioner Hank Hughes and The Greater Eldorado Neighborhood Watch Program

Join us for an eye-opening community presentation about local health risks—including Plague, Hantavirus, and Tularemia—and how you can protect yourself, your family, and your pets.

 **Thursday, June 12**

 **6:00 – 7:30 PM**

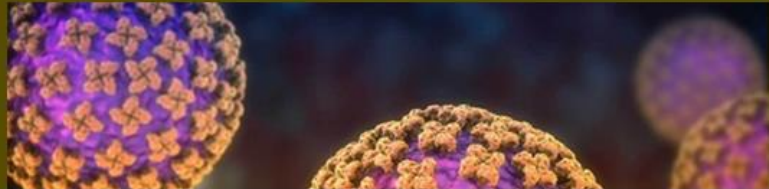
 **Max Coll Community Center**

 **Free Admission**

Given the first Hantavirus case was announced in March of this year, it's essential to learn to safeguard your family from these health risks. We are proud to invite Eldorado's own Infectious Disease Expert, Sandra Melman, M.S., to guide this discussion.

Get answers from a trusted local professional with deep expertise in the diseases affecting our region. This event is sponsored by Commissioner Hank Hughes and the Greater Eldorado Neighborhood Watch Program.

Don't miss this chance to get informed, ask questions, and stay safe!



Day Trip – Albuquerque Zoo & Seasons 52 – 9:00am

Everyone loves a day at the zoo! The sign-up sheet is filling up fast, so be sure to reserve your spot ASAP. We'll enjoy several hours perusing the zoo on your own, and meet back so we can head over to Seasons 52 which is quickly becoming one of our favorite lunch spots! Be sure to wear weather appropriate attire, comfortable walking shoes, sun protectant and bring your preferred method of hydration.

Guest Speaker – Doctor Carrie Stewart with Christus St. Vincent Urology Group – Friday June 13 @ 1:00pm

COMMUNITY HEALTH TALK

Are you tired of the frequent bathroom trips?

Live your life again without disruption





Say goodbye to embarrassing leaks.

Stop worrying about where the bathroom is.

It's time to regain control of your bladder and bowel, so you can get back to enjoying life to its fullest.

COMMUNITY HEALTH TALK

Regain Bladder Control

Join us for a **FREE In Person Community Health Talk**

LOCATION: El Dorado Senior Center
16 Avenida Torreon

DATE: Fri, June 13

TIME: 1:00-2:00pm MST

For more information email: hwilson@santafecountynm.gov

CALL EL DORADO SENIOR CENTER TO REGISTER TODAY!
505-992-3069



"There are so many things that I love about my Axonics Therapy. Number one is there's no more pads or pills for me."

- Melissa, Axonics Patient



This event will be presented by
Dr. Carrie Stewart

Important Safety Information:

Implantation and use of the Axonics System can result in various risks, including but not limited to risks normally associated with surgery, some of which may require surgical intervention, and risks related to patient use of the device. Results and experiences may vary and are unique to each patient. No promise or guarantee is made about specific results or experiences. Talk to your doctor about whether the Axonics System is right for you and to discuss the potential risks and benefits. For more information about safety and potential risks, go to: www.axonics.com/si.

Caution: Federal law (USA) restricts this device to sale and use by, or on the order of, a physician.

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COMMUNITY HEALTH TALK

Day Trip – Tai Chi in Taos + Lunch at Farmhouse Café & Bakery – Wednesday June 18 @ 9:00am

This class is for anyone interested in participating in Tai Chi in the park with Master Richard Leirer

Qi Gong: Master Richard Lirer is a certified instructor of Wu Ji Qigong and recognized authority on medical qigong therapy. He was a founding vice president of the national qigong association and served as chairman of the NQA Standards committee which created a consensus of national standards in Qigong.

Tai Chi: Master Lirer is a 3rd generation lineage holder of wu style tai chi with additional expertise in Yang Tai Chi Xing-yi and Baqua. He teaches Beijing 24 Posture Tai Chi form to beginning students.

Sign-up is required. For more information you can contact our Qi Gong instructor, Joe Dudley.

**Day Trip - Senior Prom Masquerade @ Santa Fe Convention Center –
Wednesday June 25 11:30-4:00pm**



“When you think everything is someone else’s fault, you will suffer a lot. When you realize that everything springs only from yourself, you will learn both peace and joy.”

-Dalai Lama

FROM THE FRIENDS OF THE ADAM SENIOR CENTER...

NEXT MEETING: Wednesday June 11 @ 1:00pm (meetings will take place on the 2nd Tuesday of the month at 1pm for the foreseeable future.)

Friends meetings are open to anyone and everyone that would like to join and help in any way they can. **We encourage all of our community members to attend, add a fresh, unbiased prospective, and help make our senior center & community a beautiful place**

SPECIAL THANKS TO...



A Big “Thank you!” to Annette Morreale for everything you do to bring joy, togetherness and create a sense of community within our senior center. From welcoming new participants and touring them around, to organizing lunch outings for the beaders and the Legal Tender “lunch bunch” and bringing fresh ideas for classes, groups, gatherings, and additional volunteer opportunities for our participants. We greatly appreciate all of the time you dedicate volunteering at our center, and making it “the place to be” in Eldorado.

From, The Friends of the Adam Senior Center.

ONGOING:

Sunshine Committee -

Our newly established Sunshine Committee is a group of individuals dedicated to just that: bringing sunshine to our senior center in small, easy ways every day. Anyone can participate in brightening up our center. You can be an Ambassador for the Day, donning a nametag and welcoming new members of our center, showing them around and helping them get situated at lunch. You could also organize a “card shower” for one of our participants that is having a birthday, is ill or in the hospital, lost a loved one, or just because they need a little cheering up. There are many ways you can participate and be a Sunshine Bringer! For more information please see Annette Morreale.

Donations for Bienvenidos Outreach -

In light of our future partnership with Bienvenidos Outreach, we will be holding a winter clothing drive to support their mission, and benefit the members of our community that Bienvenidos serves. Beginning November 1st we will be accepting donations of any new or lightly used winter appropriate clothing including jackets, sweaters, coats, gloves, scarves and hats for men, women and children, as well as new, unopened packs of socks. And as always we are continuing to accept donations of clean and empty egg cartons to assist in their food distributions as well.

Clothing donations can be left at the front desk so that they can be put aside, and egg cartons are being collected in the Kitchenette above the stove.

Thank you all for your continued support of our greater Eldorado and Santa Fe community.

For more information on Bienvenidos, please visit their website at www.bienvenidosfoodpantry.org

Paper Bag Collection

We continue to collect donations of paper bags with handles for Kitchen Angels. Donations can be put in the designated box in the kitchenette, and our volunteers will collect and deliver them to Kitchen Angels, who will then use them to distribute meals to elderly and disabled homebound community members.

Baby Blankets

If you are feeling crafty, or have been making blankets without an outlet for distribution, we continue to collect handmade baby blankets for the participants of Many Mothers. Donations can be turned in at the front desk, and when we have enough, our volunteers will collect and deposit them with Many Mothers. These blankets go to new moms in our community that are participating in the Many Mothers program.

ON THE LOOKOUT FOR...

Keurig donations – As many of you know, unfortunately, Santa Fe County does not provide pods for our Keurig coffee machine that many of us have come to love and use daily. So, we have to rely on the generosity of those that partake to keep it going. If you are interested in donating pods, or funds towards the purchase of pods, please let me know.

IMPORTANT NOTES



Parking Lot Etiquette:

As many of you are aware, there is limited space in our parking lot, and with the growing popularity of our classes, there are days when finding a parking spot can be difficult. *Please continue to reserve 4 the parking spots to the east of our building (next to the dumpsters) for Santa Fe County staff and vehicles.* This is to ensure that a secure area is available for County vehicles, and that staff has easy access to vehicles in the event of an emergency. Please also do not utilize a marked handicap parking spot unless you have a visible handicap placard or designated license plate. Occasionally the Sheriff's office does visit our parking lot and will issue tickets for those that are not parked appropriately. Additionally, please do not park in the handicap loading zones (spots marked with diagonal lines next to handicap spots.) These are specifically designed so that those with handicap ramps on their vehicles can load and unload into their vehicles. If you park there, they do not have enough room for ramps, wheelchairs or walkers to be loaded in and out. And finally, for your safety, please only park in designated parking spots. On busy days, the upper parking lot in front of the Max Coll center can be utilized, as well as the library parking lot. Please do not park in front of the dumpsters, beside curbs, along the retaining wall, or along the street. These areas do not allow for the safe exit/entry

from your vehicle, and in some cases open your vehicle up to damage from other vehicles, delivery trucks, or the doors to the dumpster area, which sometimes get caught by the wind and swing open.

Thank you for understanding and making our parking lot as safe as possible for everyone at the senior center.

Refrigerator Etiquette:

As many of you are aware, there is a refrigerator/freezer in the kitchenette for everyone to use as needed. Occasionally there will be items there that are for all to take, but also it is a space for participants and staff to store items that need to be refrigerated or frozen before taking them home. This could include lunches, groceries, snacks, drinks etc. Please remember that **communal snacks will always be designated as such with a note. Please, if an item is not designated as “free to take” do not take it unless it belongs to you, or you have clarified with staff.** We have recently had some items, and lunches “go missing” when our participants have stored them for the day. **This includes items in the freezer, as well.**

Classes: Just a friendly reminder that **all of the classes offered at Santa Fe County senior centers, including the Ken & Patty Adam Senior Center are offered free of charge for all participants over the age of 60.** At no time should an instructor or participant ask you for a fee for instruction or equipment use of any kind. All materials and equipment provided (including kilns, grinders, hand tools etc.) are, and should be provided by Santa Fe County. Our wish is to provide a fun and friendly environment for all older adults to enjoy, socialize and learn something new without the stress of purchasing materials, or worrying about keeping up with fees. Of course, all participants are welcome to bring their own materials and supplies for classes as well, but if ever anything is needed for a class all you need to do is make a request to your activities coordinator to make it happen! (in due time, of course...) Please note also, that in the event that a community member under the age of 60 is interested in participating in a class, and does not qualify for membership to the center via spouse, they are welcome to utilize the instructional aspect of our classes, but must provide their own materials such as art supplies, workout equipment etc. and may not utilize County owned or provided equipment or supplies. (We do not wish to turn away family members etc. wanting to spend more time with our participants by attending the center with them, but our funding only allows for so much. This is how we are able to work around it.)

Thanks, and we hope to see you at the center soon!

Please see email attachments for the lunch menu, activities calendar, & nutrition tips for this month.

