



MONTHLY UPDATES / MAY 2026

Here's what's happening in May...

Spring has sprung, and here at the Adam Senior Center we are embracing it in full force! Our garden club is hard at work getting our community garden up to snuff, working the soil, planting seedlings and getting ready for the big plant! There are some really good things in store with our garden this year so keep an eye out for changes! If you're interested in lending a hand to the garden club we'd be happy to have you! (it never hurts to have an extra pair of working hands, afterall!) Just let me know if you're interested and I'll put you in touch with the group facilitator!

This month we'll be celebrating Cinco de Mayo in style with a craft sale, salsa contest & non-alcoholic margaritas for all! Join us for the fun!

I look forward to seeing you all at the center soon!

-Lula

Quick note:

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 observe all posted signage regarding parking.*** 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 or beside the dumpsters, beside curbs, along the retaining wall, in the front loading/unloading area or along the street.** These areas do not allow for the safe exit/entry from your vehicle, or prevent the safety of those walking to their vehicles, 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.

Special Events:

A vibrant poster for a Cinco de Mayo event. The background is black with colorful floral and cactus patterns. At the top, it says "You are invited:" in orange. The main title "CINCO DE MAYO SALSA CONTEST & CRAFT SALE" is in large pink letters. Below this, it specifies the date and time: "¿WHEN? TUESDAY MAY 5 2026 11:30AM-1:00PM" and the location: "¿WHERE? KEN & PATTY ADAM SENIOR CENTER IN ELDORADO 16 AVE. TORREON". A central illustration shows a green cactus wearing a sombrero and playing a guitar, with a sombrero and a sombrero on either side. Below the illustration, it says "Food | Salsa | Music | Crafts" in yellow. Further down, it mentions "Homemade Salsa & Margaritas!" (with "non-alcoholic" above "Margaritas!") and "Handmade crafts just in time for Mother's Day!" with "1st, 2nd & 3rd place prizes!". A note for salsa contest entrants is included. At the bottom, there is a logo for Santa Fe County with three icons: a sombrero, a building, and a mountain.

UPCOMING DAY TRIPS:

Tuesday, 5/12 - Los Alamos History Museum & Fuller Lodge – You asked and we listened! We will be visiting Los Alamos again and hitting a couple of Los Alamos' best history stops. We'll stop in between for a delicious lunch at Pyramid Cantina & Café and enjoy our day in the spring sun! Don't forget to bring a comfortable pair of walking shoes and your preferred form of hydration for the day.

UPCOMING GUEST SPEAKERS:

Wednesday, May 6 @ 11:30am - Dale Lipp with Stellar Housing Group
Dale and Stellar Housing Group will once again be visiting us to help navigate senior housing options and what may be good for you. If you or someone you know

is looking for options in housing, Dale will be happy to answer all your questions and address any concerns you may have.

Thursday, May 7 @ 11:00am – NM Aging & Long-Term Services

Department – NMALTSO will be here to teach us about their services and how they are helping our community. If you have any questions or concerns for yourself or a friend regarding their services they will be happy to help!

Monday, May 11 @ 10:30am - Susan Perry & PEARLS Program – Susan will be joining us to educate us on their group for lonely & isolated individuals, as well as sign-up any who are interested in joining. If you have been looking for companionship or someone to talk and relate to please join us and sign up! This is a wonderful opportunity for all.

Wednesday, May 20 @ 1:00pm – Randy Egan “Faces of New Mexico” History through Caricature. Randy Egan is a historian and a wealth of information on New Mexico History. This fun and educational seminar will walk us through NM history with a touch of humor and wit. A “must attend” for all of our history buffs!

Wednesday, May 27 @ 1:00pm – Peace of Mind Planning Program With Cory Warden of The Legacy Lab App - Helping people prepare, organize, and reduce stress—for themselves and the people they love.

Audience Residents age 55+, caregivers, and adult children supporting aging parents.

The Problem Most families believe they are “mostly prepared,” yet when illness, incapacity, or death occurs, loved ones are left scrambling, unsure where documents are, what decisions have been made, or what someone’s wishes actually were. The result is unnecessary stress, conflict, and confusion during already difficult moments.

About the Presentation *Peace of Mind Planning* is an educational, conversational presentation designed to help adults understand what truly matters to have organized and how to create clarity for themselves and their families without overwhelm or legal jargon.

This presentation is not about selling products. It is about empowering attendees with knowledge, practical steps, and confidence.

What Attendees Will Learn

What key information and documents families need in an emergency or after a loss
Common gaps that cause stress for loved ones and how to avoid them
How to organize important details so they’re accessible when needed
How to start (and simplify) important conversations with family members
How preparation creates peace of mind and reduces burden on others

Why This Matters Families who plan ahead experience:

Less confusion and conflict
Faster decision-making during crises
Greater confidence that wishes will be honored
Preparation isn’t about fear—it’s about care.

Presenter Cory Warden, Founder of Legacy Lab

After experiencing firsthand how unprepared families can be after the loss of a loved one, Cory founded Legacy Lab to help people organize critical information

and create clarity for those they leave behind. Her approach is compassionate, practical, and rooted in real-life experience.

NEW classes!

Mondays @ 10:00am – Memoir Writing with Alfredo Lujan–

accomplished author and former teacher Alfredo Lujan will be leading us in a 3-week workshop to get you started in writing your memoir. If you've ever been interested in putting your history to paper, or simply would like to learn how this is the class for you!

Thursday May 28 @ 1:00pm – Buteyko Breathing with Clara Evans -

Want to experience an increase in better sleep, energy, quality of focus, concentration, ability to deal with stress, and enjoy a better quality of life? Then, join us in learning to overcome the factors at the root of dysfunctional breathing patterns. This functional breathing class is based on the Buteyko Clinic international method and focuses on addressing issues related to dysfunctional breathing such as anxiety, panic disorders insomnia, snoring fatigue, high blood pressure, sleep apnea and asthma. In this course you will learn the practical and theoretical applications of the method. You will practice and be guided through unique, safe, simple and easy to apply breathing techniques that are essential to healthy breathing and healthy living, and you will understand why they work and how to use them. You will also learn how to assess the health of your breathing and choose the exercises most suitable for you. You will see the difference that functional, healthy breathing habits can make to your life!

“As a dedicated Buteyko certified instructor since 2021, helping people breathe better is more than a profession – it's my true calling. My mission is to alleviate discomfort caused by issues like anxiety, snoring, panic attacks and various sleep disorders bringing relief to individuals of all ages and backgrounds.

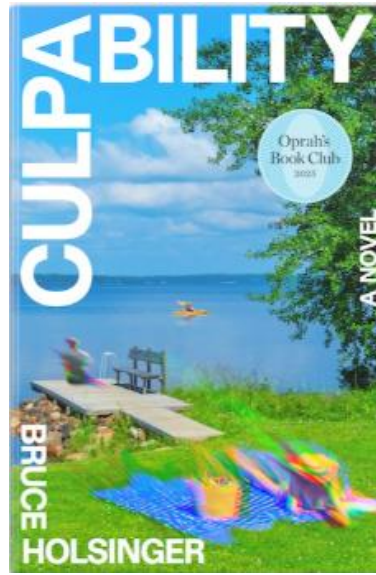
How do I accomplish this? Let's embark on a transformative journey of breath together!

With extensive experience as an educator, director and administrator – both domestically and internationally – I've seen firsthand the profound impact that breathing challenges can have on learning and overall well-being./ Whether practicing at sea level in Los Angeles, at high altitudes in Santa Fe, or even in Mexico, my commitment to fostering healthier breathing is steadfast.

Join me on this path toward freedom and vitality – let's breathe better, together.” - Clara Evans.

KPASC Book Club Pick:

Culpability by Bruce Holsinger



Feel free to join us on 5/26 @ 1:00pm for discussion, or read along at home!

“Queer things happen in the garden in May. Little faces forgotten to appear, and plants thought to be dead suddenly wave a green hand to confound you.”

-Elizabeth von Arnim

BIENVENIDOS OUTREACH GROCERY DISTRIBUTION:
WWW.BIENVENIDOSFOODPANTRY.ORG

**Please note that this is not a “pick and choose” distribution. You will be given 2 bags of groceries to take home with an intuitively curated mix of groceries. Due to the nature of the program, and the growing number of participants we cannot accommodate participants shopping from the storage shelves. Thanks.*

***Thursday May 7 – 11:30am – 1:00pm You MUST fill out an application with Bienvenidos Outreach before you can pick up your groceries – applications are available in the center.**

***Thursday May 21 – 11:30am – 1:00pm You MUST fill out an application with Bienvenidos Outreach before you can pick up your groceries – applications are available in the center.**

Donations for Bienvenidos Outreach -

In light of our ongoing partnership with Bienvenidos Outreach, we are accepting donations of clothing to support their mission, and benefit the members of our community that Bienvenidos serves. We are currently accepting donations of any

new or lightly used clothing 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 and food donations can be left at the front desk with a note so that they can be put aside, and egg cartons are being collected in the kitchenette near the stove.

Thank you all for your continued support of our greater Eldorado/285 and Santa Fe community.

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

FROM THE FRIENDS OF THE ADAM SENIOR CENTER...

NEXT MEETING: Tuesday May 12 @ 1:00pm (meetings will take place on the 2nd Tuesday of the month at 1pm for the foreseeable future.)

WELCOME NEWLY NOMINATED BOARD MEMBER CAROL HORN!

The Board of the Friends of the Adam Senior Center is a group of volunteers. The elected positions are shown below:

Gloria Pendlay – President
Patti Harris – Vice President
Linda Gloria – Secretary
Carol Horn – Board Member

Nina Wells, Board Member
Yolanda Brewer, Board Member
Pat Berssen Treasurer

One of the main goals of the Board is to provide funds for equipment and/or services that the County does not provide. The Friend's funds are gathered from the Eldorado Flea Market sale of donated goods, donations from individuals and the EACA and sales of items sold from the display case. This last December a craft sale was held and \$1,000 in donated craft items were sold.

At this point in the budget year, the County no longer is available to process any requests for items/projects. The budget is used up and the new fiscal year starts on July 1st. As many know, the process of obtaining funding through the County can take time and there will be many requests starting the beginning of July.

In the interim, the Board is available to review requests for funds for equipment and/or services. The process is outlined below for proposed requests:

1. Research the items or services necessary and the cost;
2. Talk to the Activities Director for class approval or possible County purchase;
3. If the County is unable to purchase, come to the Board meeting and present a request for the funds and approval;
4. Purchase the items or services and then obtain reimbursement from the Board;
5. If the need is immediate, rather than waiting for a Board meeting, the request can be submitted to Lula (Activities Director) who will contact the Board members for a telephone or email vote on the request for reimbursement.

To avoid any confusion, it is necessary for the requests be made to the Board **before** the purchase.

SPECIAL THANKS TO...



A Big “Thank you!” to Michael Mason, our Nutrition Inventory Specialist for filling in as cook while the County Senior Services navigated some gaps in coverage. Your smile and friendly demeanor was greatly appreciated, as was your food!

And also...

A big thanks to Barb Kastner and the KPASC Garden Club! Your hard work and dedication to our center and community garden shines as you all work hard to get our garden ready for another season! May your soil be fertile, your spades sharp, and the sun provide nourishment and warmth.

*“May The Wind be Always At Your Back,
May The Sun Shine Warm Upon Your Face,
And The Rain Fall Soft Upon Your Fields.”*

-Traditional Irish Blessing

ANNOUNCEMENTS

Center Etiquette Reminder: SHARE AND SHARE ALIKE

Our activities and classes are quickly outgrowing our space, and that means that we will have to share. No classroom or area is specifically earmarked for any one group or class except during the specific scheduled time allotted for that group or class. For example, Ceramics class is scheduled on Monday. The Art studio/classroom is not off limits to everyone else all day Monday; only while it is in use by the ceramicists between the time of 1:00pm and 3:00pm. Anyone else is welcome to use the space before that time for painting, sewing, glass, drawing etc. This applies to all other spaces including the back exercise room, library, flex room, and lunchroom. That being said, if the ceramics class is cancelled for the day, or on an extended hiatus, the room is no longer reserved for the ceramicists at their designated time and anyone that would like to use the space for their needs, is welcome to. Eventually if the building is expanded we may have the privilege of reserving specific spaces for specific groups or people, but until then all rooms and areas are and will continue to be, multi purpose.

That being said...

Senior center equipment and supplies can not and should not be stored in the Max Coll center AKA the exercise room. This area is locked off from the rest of the senior center in the evenings and weekends and rented to the public

for meetings, birthday parties, receptions, classes etc. and, with the exception of the equipment closet in which we store the exercise equipment, the rest of the Coll center is available to anyone that rents the center and any supplies or equipment therein can and will be used by those renting the Coll center. This opens our equipment to damage and theft that is best avoided by storing all items on the Senior Center side of the building.

PLEASE KEEP IN MIND...

Inclement Weather:

Don't let our recent bout of beautiful weather fool you, we are not quite out of the winter weather yet! In the case of inclement weather, *there is the possibility that the County & senior centers will be on a 2-hr delay or even be closed due to unsafe driving conditions.* If there is snow or ice outside, and you are unsure of whether the center will be open, please visit the Santa Fe County Website at www.santafecountynm.gov There will be a bright red banner at the top of the homepage that will state whether offices are closed or on a 2-hr delay. **If offices are closed, senior centers will be as well. If Offices are on a 2-hr delay, Senior centers will open at 10am, and all 9am classes will be cancelled.** There is occasionally the possibility that a delay can be upgraded to a closure depending on weather conditions, and the final determination is always posted to the website by 8:00am, so it's always worth a second look, just in case. Also please note that if you try to call the center, and we are on a delay, or closed, staff will not be at the center to answer phones. The County website is the most reliable way to gain that information, and will reflect final updates by 8:00am. If you need to call, you can call our main office at 505-992-3069 or the County Manager's office at 505-986-6200

If you find yourself in any kind of emergency during winter or severe weather, please do not hesitate to call 911 – Power outages, no heat and no water can turn into very serious situations in a very short amount of time in any circumstance, but particularly during the winter. If you are in need of assistance of any kind in paying utilities, getting firewood, propane etc. please call our senior navigator at the CONNECT program. 505-986-6239. They have resources to help you in any way you may need.

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.)

“Good Manners Will Open Doors That The Best Education Cannot.”

-Clarence Thomas

ONGOING:

Sunshine Committee -

Our newly established Sunshine Committee is a group of individuals dedicated to just that: bringing sunshine to our senior center community 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. The newly established “Sunshine Sewers” create placemats and rug mugs for our homebound community that need a little uplifting and are always looking for extra hands as well! There are many ways you can participate and be a Sunshine Bringer! For more information please see Lula.

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.

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.

