

MONTHLY UPDATES / SEPTEMBER

September is here! I'm not sure if anybody else feels this way, but it sure seems as though summer just flew right on by. Or maybe it's just the cooler temps brought on by the evening rains, but it sure feels like Autumn showed up in a hurry!

Harvest season is going to be upon us soon! If you have any extra produce that your garden has produced, but you're not quite sure how to use it, or have too much, you're welcome to bring it to the center. If you place extra foodstuffs on the table where the coffee maker is housed, our participants will know that it's free for the taking, and you'll know your hard work isn't going to waste.

There are lots of new events taking place this month so be sure to study the activities calendar for something new.

Lula

Here's a glimpse of what's happening in September...



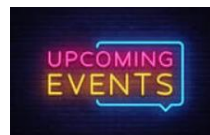
UPCOMING CLOSURES:

SANTA FE COUNTY AND ALL SENIOR CENTERS WILL BE CLOSED ON MONDAY, SEPTEMBER 1 IN OBSERVANCE OF LABOR DAY. REGULARLY SCHEDULED CLASSES WILL BE CANCELLED, AND LUNCH WILL NOT BE SERVED. OPERATIONS WILL RESUME AS NORMAL ON TUESDAY SEPTEMBER 2.

UPCOMING CENTER EVENTS:

****PLEASE NOTE** Monday Weight training classes will now be held at 9:30am, and Monday Stretch & Balance class will now be held at 10:30am.**

Friday Weight Training classes will now be held at 9:30am and Friday Yoga classes will now be held at 10:30am.



Watercolor Workshop with Jan Bain – First Friday of the month (September 5)- 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.***

NEW! Chess Group – Wednesdays @ 1:00

If you know how to play chess, or are wanting to learn, we have set aside a time and place for you to get together with some other chess players in the

community and hone your skills. Join us in our library, bring your chess set and put your skills of strategy to the test. It's a great way to keep your mind sharp, and socialize.

NEW! Listen & Talk with Pet Outreach

Do you ever feel like you need to talk a little to someone about something, but just don't have an outlet to do so? Whether you're ranting about something that happened during the day, working through grief, trying to problem solve an issue or just want to talk to someone this is your chance! Facilitator Katherine Kozik will bring her certified therapy dog to ease the tension, and help the group work through their troubles! All are welcome to join, but we ask that no other pets join the conversation. Our Pet Outreach therapy animal is trained and certified, but we can't guarantee that all pets will get along.

NEW! Walking group – Fridays @ 10:30am

Join us for our new walking group every Friday morning! We'll start at the center, and utilize our local walking trails to explore the area and get in some extra steps. If you are participating, please be sure to wear comfortable walking shoes, bring your preferred form of hydration, and protect yourself against the sun! Meet new friends and get in shape, then join us for a delicious lunch back at the center.

DAY TRIP – Thursday 9/4 @ 10:30am – El Baile del Oro at the Santa Fe Convention Center

Join us for lunch and a dance!



The poster for the 'Baile de ORO' event features a circular seal on the left with the text 'FIESTA DE SANTA FE' and '1712' around a central emblem. To the right, the title 'Baile de ORO' is written in a large, stylized font. Below the title, the event details '1 - 3 p.m. Thurs., Sept. 4, 2025' are listed. The central illustration depicts a man in a black suit and hat dancing with a woman in a blue dress on a pink circular dance floor. To the right of the illustration, the text 'Free 55+ event' is displayed, followed by 'The Santa Fe Community Convention Center'. At the bottom, a yellow banner contains logos for 'CHRISTUS ST. VINCENT', 'Garcia Tires LLC', 'state EMPLOYEES CREDIT UNION', 'First National', 'Santa Fe ANTIQUES', and 'SANTA FE COUNTY'. A small note at the bottom right states: 'Lunch provided by City of Santa Fe Senior Services and Santa Fe County Senior Services from 11 AM to 12:30 PM.'

FIESTA DE SANTA FE
1712

Baile de ORO

1 - 3 p.m.
Thurs., Sept. 4, 2025

Free 55+ event
The Santa Fe
Community Convention
Center

Lunch provided by City of Santa Fe
Senior Services and
Santa Fe County Senior Services
from 11 AM to 12:30 PM.

CHRISTUS ST. VINCENT
CELEBRATING 150

Garcia Tires LLC

state EMPLOYEES CREDIT UNION

First National

Santa Fe ANTIQUES

SANTA FE COUNTY

DAY TRIP – NM State Fair – Monday 9/8 –

9:00am

Join us for a trip to the State Fair! Entry (and parking) is free for anyone on the County van. We will puruse the fair at our leisure and meet back at the entrance to head home. Please bring comfortable walking shoes, weather appropriate attire and your preferred form of hydration. Don't forget money for shopping and food too! Please sign up to reserve your spot on the van today.

WORKSHOP – Abstract Painting with Susannah VanDyke - Friday 9/12 @ 12:30am

Join us to explore abstract and color! Play with color & make a mess! Anyone can do it and create a fantastic work of art. Materials

DAY TRIP – New Mexico Conference On Aging – 9/23, 24 & 25 9:00am

Join us for the annual conference on aging. Network with providers in the area, learn about aging gracefully and what services are available to you, as well as meet other older adults from around the state. Registration is officially open and we'd love to see you there! (you do have to regisred to attend.) This event is hosted by New Mexico Aging and Long-Term Services. Your \$40 registration includes:

- Access to all 3 days of conference programming
 - 7 meals and 4 snacks
 - A social dance featuring Al Hurricane Jr.
 - Free shuttle service between Santa Fe and the Glorieta Conference Center
- Spots will fill up quickly. Register today and secure your seat!

***“Autumn Leaves Don’t Fall They Fly.
They Take Their Time And Wander
On This Their Only Chance To Soar.”***

-Delia Owens

FROM THE FRIENDS OF THE ADAM SENIOR CENTER...

NEXT MEETING: Tuesday September 9 @ 1:00pm
(meetings will take place on the 2nd Tuesday of the month at 1pm for the forseeable 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 Jim Black for everything you do to bring joy, togetherness and create a sense of community within our senior center. From taking over the front desk when staff is out, to welcoming new participants to our center, and helping out with sales at the flea market. We appreciate all you do to help us bring a sense of inclusivity and togetherness, and encourage our community to do their best every day, while bringing your best every day. We appreciate all that you do, and all that you are.

POLLINATOR GARDEN AND HABITAT –

our center has recently been awarded some beautiful native plants to start our very own pollinator garden and habitat by the Xerces Society For Invertebrate Conservation. (xerces.org) In the next coming weeks we will be planting them for all to enjoy, and encourage native and local pollinators to peruse our habitat. If anyone is willing or able to donate some materials to frame the flower garden area (wood for beds, or rocks, flagstone etc. for edging) we would greatly appreciate the efforts! We won't need soil for this round of planting as all of our plants are bred and conditioned for the natural high-desert soil our ground has to offer. Luckily our plants are hardy and drought resistant requiring very little water until they are fully established, so they should thrive in no time! Stop by and see our beautiful baby plants!

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 – We are currently out of K-Pods for our keurig. While we do have regular coffee on-hand for everyone it's sometimes nice to have a choice of something different through the keurig. If you are willing and able, donations of K-pods in your desired roast or flavor are welcome and encouraged, and if you're not able to donate pods, you can contribute to the K-fund which goes directly to the purchase of K-pods for the center.

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 the 4 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.

