



April 2026 Newsletter

Rio Arriba County Senior Services



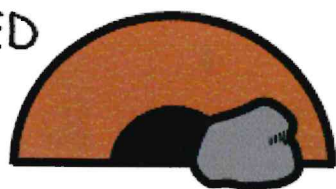
HAPPY
EASTER



Easter Word Search

T H O R N S W Y S M L A P N G
K R I S E N Y C E N O T S E C
R E T S O O R D R K H O T V R
B E L I E V E S E O N H B I U
Y T P M E Z D X S Y S O C G C
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W V G F A E N P I L A T E E S
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ALIVE
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BREAD
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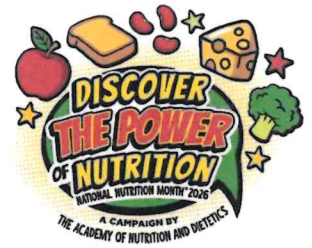
GETHSEMANE
GUARDS
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NAILS
PALMS
PILATE
PRAYED
RISEN
ROOSTER



SACRIFICE
SIN
SON
STONE
THORNS
TOMB

Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics



Eating Right on a Budget

Getting the most nutrition for your food budget starts with a little extra planning before you shop. There are many ways to save money on the foods that you eat. Here are some budget-friendly tips for eating right.

Cook more, eat out less

Eating out can be expensive. Many foods can be prepared for less money (and more healthfully) at home. Pre-packaged foods, like frozen dinners and packaged pasta or rice mixes can also add up when you calculate the cost per serving. Find a few simple, healthy recipes your family enjoys and save eating out for special occasions.

Plan what you're going to eat

Deciding on meals and snacks before you shop can save both time and money. Review recipes and make a grocery list of what ingredients are needed, then check to see what foods you already have and make a list for what you still need to buy. When shopping with a list you will be less likely to buy things that are not on it.

Decide how much to make or buy

Making a large batch by doubling a recipe will save time in the kitchen later on. Extra portions can be used for lunches or meals later in the week, or frozen as leftovers in individual containers for future use. Plus, purchasing ingredients in bulk is often cheaper.

Determine where to shop

Check the local newspaper and online or at the store for sales and coupons, especially when it comes to more expensive ingredients, such as meat and seafood. While at the store, compare prices of different brands and different sizes of the same brand to see which has a lower unit price. The unit price is usually located on the shelf directly below the product.



Shop for foods that are in season

Fresh fruits and vegetables that are in season are usually easier to get and may be less expensive. Frozen and canned produce are also good options and may be more affordable at certain times of the year. Look for fruit that is canned in 100% juice or water and canned vegetables that are labeled "low in sodium" or "no salt added".

Watch portion sizes

Eating too much of even lower cost foods and beverages can add up to extra dollars and calories. Use smaller plates, bowls and glasses to help keep portions under control. Fill half your plate with fruits and vegetables and the other half with grains and protein foods such as lean meat, poultry, seafood or beans. This is an easy way to eat a balanced meal while controlling portions and cost. To complete the meal, add a glass of fat-free or low-fat milk or a serving of fat-free yogurt for dessert.

Focus on nutritious, low-cost foods

Certain foods tend to be less expensive than others. Make the most of your food dollars by finding recipes that use the following ingredients: beans, peas, and lentils; sweet or white potatoes; eggs; peanut butter; canned salmon, tuna or crabmeat; grains such as oats, brown rice, barley or quinoa; and frozen or canned fruits and vegetables.

Make your own healthy snacks

Convenience costs money. Many snacks, even healthy ones, usually cost more when sold individually. Make your own snacks by purchasing large tubs of low-fat yogurt or cottage cheese and dividing them into smaller containers. For trail mix, combine unsalted nuts, dried fruit and whole grain pretzels or cereal; store small portions in airtight containers. Air-popped popcorn and whole fresh fruits in season also tend to cost less compared to pre-packaged items.

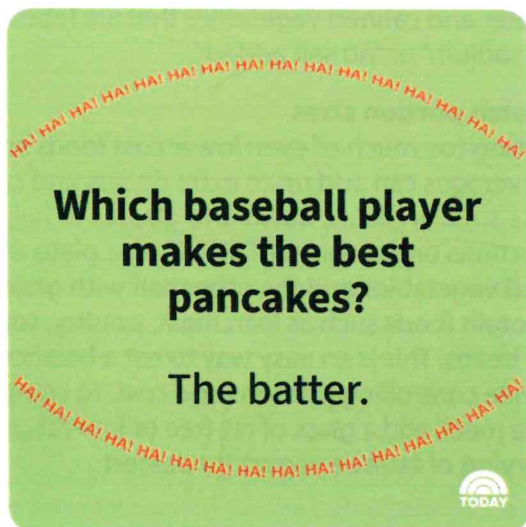
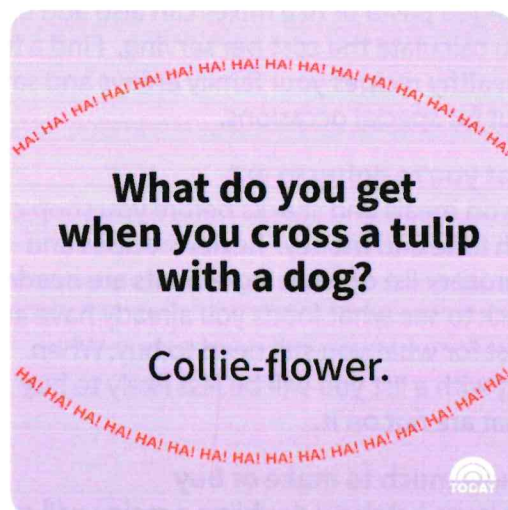
Start a garden or visit a Farmers Market

A garden can be a lot of fun, especially for kids. It's also an affordable way to eat more fruits and vegetables. Plants can be started from seed or purchased at a low price.

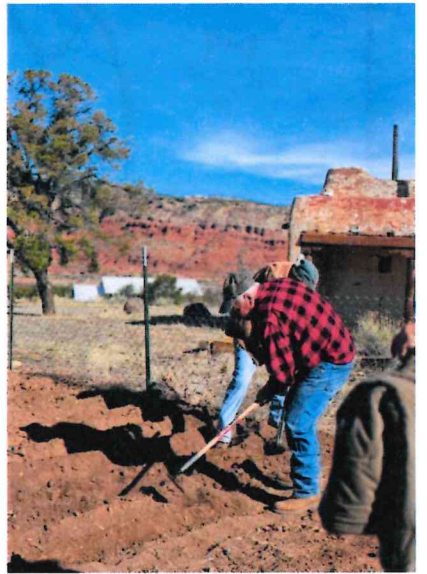
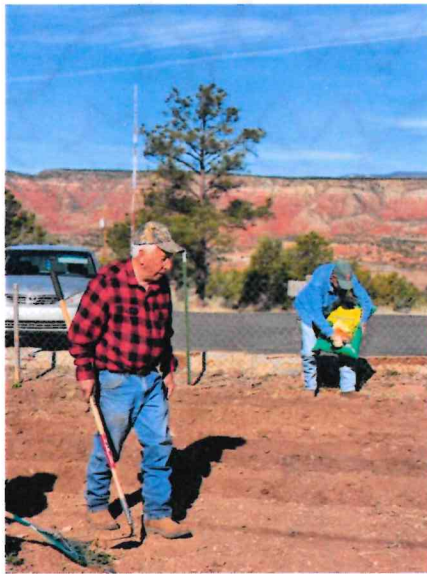
Another way to increase your family's variety of produce is to visit a farmers market. Locally grown fruits and vegetables are often available for less money than at the grocery store. Check and see where the closest farmers market is in your area.

Quench your thirst with water

Water from the tap is a low cost way to stay hydrated. Substituting plain water in place of sweetened beverages not only saves you money but may also help you reduce extra calories from added sugars.



Springtime in Coyote



HAPPY EASTER





YOU ARE INVITED TO

LA ARBOLEDA SENIOR CENTER

**SPRING
FESTIVAL**



**FOOD AND DRINK - MUSIC BY TED GARCIA -
GAMES - DOOR PRIZES - 50/50 RAFFLE**

APRIL 17, 2026

10:00 AM - 11:00 AM BINGO

11:00 AM - 12:00 LUNCH


12:00 PM - 2:00 PM DANCE





Search & find



4  18

8  12

6  15

APRIL FOOLS' DAY



Are the Statements Below **FACT** or **FICTION**?

Circle the correct answer		
1	Consuming raw milk can cause serious health risks.	FACT or FICTION
2	A vegetarian diet can provide adequate protein and energy for adults.	FACT or FICTION
3	Seed oils can be found in a healthful, balanced diet.	FACT or FICTION
4	Sugars found naturally in fruit and milk are the same as sugars added to foods, like candies and cookies.	FACT or FICTION
5	Dietary fiber is a beneficial type of carbohydrate found in fruits, vegetables, whole grains, beans, nuts and seeds.	FACT or FICTION
6	Individuals who are pregnant or breastfeed should avoid fish.	FACT or FICTION
7	It's important to use soap whenever washing hands.	FACT or FICTION
8	Doing some physical activity is better than doing none.	FACT or FICTION
9	Everyone should take a vitamin or mineral supplement.	FACT or FICTION
10	Registered dietitian nutritionists are experts in food and nutrition.	FACT or FICTION





ANSWERS

1	Raw milk is milk that has not been pasteurized. Pasteurization removes dangerous bacteria from the milk without compromising milk's nutritional benefits.	FACT
2	A vegetarian eating style can meet nutrient needs, including protein, for adults across all activity levels, if it's well-planned and includes a variety of foods and adequate calories.	FACT
3	Current research supports using seed oils as part of a balanced diet, particularly as alternatives to saturated fats. As with any fat, seed oils are best used in moderation alongside a diet that emphasizes whole, minimally processed foods.	FACT
4	Foods and beverages that contain naturally occurring sugars, such as fruit, milk and yogurt provide important nutrients. In comparison, foods and drinks with added sugars, such as desserts and soft drinks, often contain no beneficial nutrients.	FICTION
5	Although the body can't use fiber efficiently for fuel, it's an important part of a healthy diet. Fiber may help reduce cholesterol levels, help us to feel full longer, help with blood sugar control and improve digestive health.	FACT
6	Consuming low-mercury fish, one to two times per week, is recommended for individuals who are pregnant or breastfeeding. Moderate scientific evidence suggests that consuming lower-mercury fish during pregnancy and breastfeeding can help with baby's cognitive development.	FICTION
7	Using soap is important to fully remove bacteria and other germs from hands each time you wash your hands.	FACT
8	Research has shown that even a little physical activity is better than being sedentary.	FACT
9	For most people, nutrient needs should be obtained through food sources. When a person's diet is lacking in certain foods and nutrients, a vitamin or mineral supplement may be required. There are also higher requirements in some cases, such as during pregnancy or with a diagnosed deficiency. Always check with a health care provider before taking a dietary supplement.	FICTION
10	Registered dietitian nutritionists, also known as RDNs, are the food and nutrition experts. RDNs work in a variety of settings and help people live healthier lives.	FACT

For more information or to Find a Nutrition Expert, visit eatright.org.





DIXON SENIOR CENTER

MAY 8 2026

LUNCH 10:00 TO 11:00

DANCE 12:00 TO 2:00

\$5.00 AT THE DOOR

MUSIC BY LLUVIA NEGRA

JOIN THE SENIORS FOR A GOOD TIME DANCING

RSVP BY EMAIL OR CALL 505-579-9176

Rio Arriba County Adult Day Services Program

Proudly Presents

SUPER

★ BINGO ★

WIN
PRIZES!

DON'T FORGET YOUR DABBERS!

50/50
FOR \$1

\$6.00 PER PACKAGE
\$1.00 ADDITIONAL CARDS

Friday, April 24, 2026

12:00pm - 2:00pm

320 Hunter Street, Espanola, NM 87532

A 60+
EVENT





April 2026

Rio Arriba County Senior Program, April, 2026

 <p>All Meals Served With 8oz 2% Milk</p> <p>Menu subject to change</p>	<p>Monday 6th 3oz Baked Chicken 1/2c Fresh Mashed Potatoes 1oz Low Sodium Gravy 1/2c Green Beans 1/2c Carrots 1 Dinner Roll w/1/2c Pineapple Tidbits</p>	<p>Monday 13th 4oz BBQ Chicken 1/2c Buttered Rice 1c Mixed Vegetables 1 wheat Roll w/TSP Margarine 1/2c Apple Sauce</p>	<p>Monday 20th 1/2c Spaghetti w/ 4oz Meat Sauce 1c Green Beans w/Mushrooms 1.5L Garlic Toast 1c Tossed Salad w/2T LF Dressing 1/2c Apricots</p>	<p>Monday 27th Hamburger Mac 3oz Beef, 1oz Sauce 1/4c Macaroni 1 mixed green Beans 1 wheat Roll 1/2c Cherry Crisp</p>	<p>Tuesday 7th Green Chile G-Beef Stew (3oz Ground Beef, 2oz Green Chile, ¼ Potatoes, 1/4c Onion, 1oz sauce) 1c Tossed Salad w/ 1 Biscuits w/ 1TBSP Margarine 1/2c Pears</p>	<p>Tuesday 14th Cheese Burger (3oz Beef, 1oz Cheese, 1 Bun, 1/4c Lettuce, 1oz Tomato, 1oz Onion) 1/2c Coleslaw 1c Watermelon</p>	<p>Tuesday 21st 3oz Chopped Steak 1/2c Mashed Potato 1oz Low Sodium Gravy 1/2c Carrots Raisin Salad 1 Wheat Roll w/ 1TSP Margarine 1/2c Mandarin Oranges</p>	<p>Tuesday 28th Glazed Ham 3oz 4oz Mashed Potatoes 2oz gravy 4oz Tossed Salad 4oz Broccoli Normandy 1 Wheat Roll 4oz Apricots</p>	<p>Wednesday 1st G.C Chicken Enchiladas (3oz Chicken, 2oz Green Chile, 1oz Cheese, 2 Corn Tortillas) 1/2c Spanish Rice 1c Tossed Salad w/2T LF Dressing 1/2c Mandarin Oranges</p>	<p>Wednesday 8th Chicken Posole (3oz Chicken, 2oz Green Chile 1/4c Potatoes, 1/4c Onion) 1/2c Zucchini 6Crackers 1/2c Mandarin Oranges</p>	<p>Wednesday 15th Chicken Quesadilla (3oz Chicken, 1oz Cheese, 1 Tortilla, 1/2c Lettuce & Tomato) 1/2c Corn Salsa 1/2c Pineapple Tidbits</p>	<p>Wednesday 22nd Chicken Noodle Soup (3oz Chicken, 2oz Low Sodium Broth, 1/2c Noodles) 1c Green Beans w/ Tomatoes 6 Crackers 1/2c Strawberries on Cake</p>	<p>Wednesday 29th Tuna Salad Sandwich (4oz Tuna salad, 1.5L Bread) 1/2c Cucumber Coins 1/2c Cold Beets 1/2c Plums</p>	<p>Thursday 2nd Pork Red Chile Stew (3oz Pork, 2oz Red Chile ¼c Carrots, 1/4c Potatoes) 1 Tortilla 1c Tossed Salad w/2T LF Dressing 1/2c Spiced Apples</p>	<p>Thursday 9th 3oz Low Sodium Grilled Ham 1/2c Mashed Potatoes w/1oz Low sodium Gravy 1c Tossed Salad w/ 2T LF Dressing 1 Dinner Roll w/ 1/2c Peach Crisp</p>	<p>Thursday 16th 4oz Adovada Pork Chop 1/2c Buttered Rice 1/2c Broccoli 1/2c Carrots 1 Wheat Roll w/ 1TSP Margarine 1/2c Fruit Cocktail</p>	<p>Thursday 23rd 4oz Carne Adovada 1/2c Papas Freitas 1/2c spinach 1 Tortilla 1/2c Sliced Apples</p>	<p>Thursday 30th Chile Dog (1oz Frank, 2oz Beef Chile, 1Bun) 1/2c Coleslaw 1/2c Peas and Carrots 1/2c Pineapple Tidbits</p>	<p>Friday 3rd CLOSED FOR EASTER</p>	<p>Friday 10th 8oz Spinach Lasagna 4oz Tossed Salad 1 Whole Wheat Roll 4oz Apricots</p>	<p>Friday 17th 1c Chile Beans 3oz Beef, 2oz Red Chile 1/2c Beans 1/2c Spinach 1.6inch Tortilla 1/2c Vanilla Pudding</p>	<p>Friday 24th Sloppy Joes 3oz Beed, 1oz Sauce, 1 Bun 1c Carrots Raisin Salad 1/2c Potatoes salad 1/2c Apricots</p>	
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North Central New Mexico Economic Development District

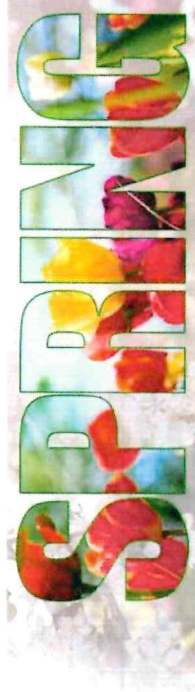
Council of Governments

Non-Metro Area Agency on Aging

3900 Paseo del Sol Santa Fe NM 87507

505-827-7313

April 2026 Chama/TA



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1 Easter egg Hunt @ 9:30 Chama Bingo 10:00 am	2 T.A. Bingo 10:00	3 Pool, games, Cards	4
5	6 Mind Stimulating puzzles T.A./ Chama	7 Pool Games Diamond Art Puzzles	8 Chama Bingo 10:00 am	9 T.A. Bingo 10:00	10 Pool, games, Cards	11
12	13 Mind Stimulating puzzles T.A./ Chama	14 Pool Games Diamond Art Puzzles	15 Senior Olympics in Chama @ 9:00am	16 T.A. Bingo 10:00	17 Pool, games, Cards	18
19	20 Mind Stimulating puzzles T.A./ Chama	21 Pool Games Diamond Art Puzzles	22 Chama Bingo 10:00 am	23 T.A. Bingo 10:00	24 Pool, games, Cards	25
26	27 Mind Stimulating puzzles T.A./ Chama	28 Pool Games Diamond Art Puzzles	29 Chama Bingo 10:00 am	30 T.A. Bingo 10:00	1	2
3	4	Notes				

30 DAYS TO A DECLUTTERED HOME

Stay motivated by dividing your spring-cleaning project into achievable tasks

BY MATT PAXTON

Spring is a popular time for decluttering. But a big reason many older people resist is because after years or decades of acquiring stuff—some of which has emotional value—the task just seems daunting.

I'm here to break it down for you. As a downsizing expert, I've seen almost every challenging decluttering situation.

My best advice: Take it one room at a time, one decision at a time. Make it manageable. In 30 days, your house won't be perfect. But it will feel better: less heavy, less frustrating. You'll spend less time managing stuff and more time actually living in the space.

And remember this: Once you get moving, it gets easier. Progress is contagious. That's why I recommend decluttering in this order. It will create the confidence and momentum you need.

Week 1: BATHROOMS, ENTRYWAYS AND CARS

TIME COMMITMENT: 20 minutes a day. Stick to the time. If you do too much at the beginning, it may cause you to quit later.

We start with these spots for a reason: The things here don't usually tug at your emotions, so they're perfect for getting quick wins.

Start in the bathroom: Toss expired medications, old makeup, shampoos, body washes and special skin creams you tried once and didn't use again.

Then move to the entryway. Donate shoes and jackets that you haven't worn in more than a year, even if they were expensive, or that don't fit anymore (they pile up). Go through seasonal items like gloves and umbrellas and pare down to what you really need. Entryway closets often contain bags of stuff you've been meaning to donate. Now's the time!

And then it's time to tackle your car. This may not seem like decluttering, per se, but it's an easy win to get a sense of accomplishment. And sometimes you'll find a lost coffee cup or some spare change under the seat.

Week 2: KITCHEN AND PANTRY

TIME COMMITMENT: 30 minutes a day. Honor the time limit so you don't get frustrated and quit.

Kitchen clutter is sneaky—it builds over time. Too many mugs, too many spatulas, and that drawer of containers with no matching lids. It's the silent frustration that rarely gets addressed, and cleaning this up can make daily life easier.

This week, look for duplicates. Got five spatulas? Keep one. Let those "someday" gadgets go. You don't need a grapefruit spoon if you eat one grapefruit a year.

Tackle drawers and cabinets on weekdays. Save the pantry or big cabinets for a weekend. If your adult children now host the holidays—this is a tough one—it's time to give away or donate some of the large, holiday-focused dish sets and glasses.

Week 3: BEDROOMS, CLOSETS AND PERSONAL SPACES

TIME COMMITMENT: Don't focus on time limits here. Do what feels good. If you are making progress and want to keep going, go for it. It can help to create rewards. Schedule a drink, dinner or ice cream with your friends after this process. It's important to celebrate and share the stories you have from the work you accomplished.

Closets are especially tough. They're full of versions of ourselves—jobs we once had, bodies we once lived in, familiar smells we miss, seasons that mattered. This is where the feelings show up. If you are sorting through the clothes of a deceased loved one, it's OK to keep one sweater as a positive memory, but you can donate the rest. Your loss can be someone else's gain.

As for your clothes, be realistic about fit—both in terms of physical size and your lifestyle. If it doesn't fit, let it go. It's OK, really.

Week 4: LIVING AREAS, PAPER AND MEMORY ITEMS

TIME COMMITMENT: No more than one hour at a time, for up to four sittings. It shouldn't take more than four hours. Be diligent.

We have saved the toughest tasks for last. But by now, you've built confidence—and that matters, because this is the emotional core of the house, which makes it more difficult. Start with the living room surfaces. Reduce decor (take pictures of what you get rid of if it has emotional value) so that what's left can be enjoyed. Then tackle paper: old manuals, outdated files, stacks of mail. Keep only what's absolutely necessary. You can scan or photograph most documents rather than storing physical copies. Shred anything that has important identification information on it.

When you get to photos and keepsakes, slow down. This isn't about clearing everything out. It's about choosing intentionally. Here's the question I ask every family I work with: What do you want your loved ones to inherit—boxes or stories? Most people don't want to pass down piles of stuff. They want their family to know why something mattered. That's why I recommend choosing a small number of truly meaningful items—your top five legacy list items—and letting the rest go.

If You Have More Time: ATTICS, BASEMENTS AND GARAGES

TIME COMMITMENT: No more than two hours at a time. Take breaks of an hour in between sessions. This is a weekend task and may take more than one day, but any progress is progress.

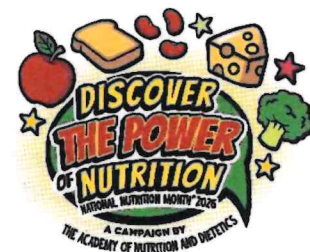
Attics and basements are where we often need help and an additional body for heavy lifting. These storage spaces are also where we stash emotionally charged items to deal with another time. Well, now is "another time."

Refer to that legacy list from when you decluttered your living areas. You still have those five most important items that tell your family story. You'll likely find that many of the items in your storage areas are no longer so triggering and are easier to let go of. And you can take lots of pictures of the items you discard and use those to share your stories with loved ones.

Matt Paxton is one of the top downsizing and decluttering experts in the country. He hosts the hit show *Filthy Fortunes* on Discovery and was an extreme cleaner on *Hoarders* for 15 seasons. He is also the founder of Clutter Cleaner, a company dedicated to helping families downsize and clean out their estates.

FIVE MISTAKES I SEE ALL THE TIME

- ▶ Holding on to things because you feel guilty that a dead person will be mad if you got rid of them (yeah, I said that).
- ▶ Saving stuff "for someone else" who may never want it (your kids).
- ▶ Paying to store things you're never going to use (storage units are a colossal waste of money).
- ▶ Organizing clutter instead of just letting it go (shuffling is not organizing; it's just wasting time).
- ▶ Waiting around for motivation (you have to be the reason it starts). —M.P.



Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics

20 Health Tips

1. **Eat Breakfast**

Start your day with a healthy breakfast that includes lean protein, whole grains, fruits and vegetables. Try making a breakfast burrito with scrambled eggs, low-fat cheese, salsa and a whole wheat tortilla or a parfait with low-fat plain yogurt, fruit and whole grain cereal.

2. **Make Half Your Plate Fruits and Vegetables**

Fruits and veggies add color, flavor and texture plus vitamins, minerals and dietary fiber to your plate. Make 2 cups of fruit and 2 ½ cups of vegetables your daily goal. Experiment with different types, including fresh, frozen and canned.

3. **Watch Portion Sizes**

Use half your plate for fruits and vegetables and the other half for grains and lean protein foods. Complete the meal with a serving of fat-free or low-fat milk or yogurt. Measuring cups may also help you compare your portions to the recommended serving size.

4. **Be Active**

Regular physical activity has many health benefits. Start by doing what exercise you can. Children and teens should get 60 or more minutes of physical activity per day, and adults at least two hours and 30 minutes per week. You don't have to hit the gym – take a walk after dinner or put on music and dance at home.

5. **Get to Know Food Labels**

Reading the Nutrition Facts panel can help you choose foods and drinks to meet your nutrient needs.

6. **Fix Healthy Snacks**

Healthy snacks can sustain your energy levels between meals, especially when they include a combination of foods. Choose from two or more of the food groups: grains, fruits, vegetables, dairy, and protein. Try raw veggies with low-fat cottage cheese or hummus, or a tablespoon of nut or seed butter with an apple or banana.

7. **Consult an RDN**

Whether you want to lose weight, lower your health-risks or manage a chronic disease, consult the experts! Registered dietitian nutritionists can help you by providing sound, easy-to-follow personalized nutrition advice.

8. **Follow Food Safety Guidelines**

Reduce your chances of getting sick with proper food safety. This includes: regular hand washing, separating raw foods from ready-to-eat foods, cooking foods to the appropriate internal temperature, and refrigerating food promptly. Learn more about home food safety at eatright.org.

9. **Drink More Water**

Quench your thirst with water instead of drinks with added sugars. Stay hydrated and drink plenty of water, especially if you are active, an older adult or live or work in hot conditions.

10. **Get Cooking**

Preparing foods at home can be healthy, rewarding and cost-effective. Master some kitchen basics, like dicing onions or cooking dried beans.

11. Order Out without Ditching Goals

You can eat out and stick to your healthy eating plan! The key is to plan ahead, ask questions and choose foods carefully. Compare nutrition information, if available, and look for healthier options that are grilled, baked, broiled or steamed.

12. Enact Family Meal Time

Plan to eat as a family at least a few times each week. Set a regular mealtime. Turn off the TV, phones and other electronic devices to encourage mealtime talk. Get kids involved in meal planning and cooking and use this time to teach them about good nutrition.

13. Banish Brown Bag Boredom

Whether it's for work or school, prevent brown bag boredom with easy-to-make, healthy lunch ideas. Try a whole-wheat pita pocket with veggies and hummus or a low sodium vegetable soup with whole grain crackers or a salad of mixed greens with low-fat dressing and a hard boiled egg.

14. Reduce Added Sugars

Foods and drinks with added sugars can contribute empty calories and little or no nutrition. Review the new and improved Nutrition Facts label or ingredients list to identify sources of added sugars.

15. Eat Seafood Twice a Week

Seafood – fish and shellfish – contains a range of nutrients including healthy omega-3 fats. Salmon, trout, oysters and sardines are higher in omega-3s and lower in mercury.

16. Explore New Foods and Flavors

Add more nutrition and eating pleasure by expanding your range of food choices. When shopping, make a point of selecting a fruit, vegetable or whole grain that's new to you or your family.

17. Experiment with Plant-Based Meals

Expand variety in your menus with budget-friendly meatless meals. Many recipes that use meat and poultry can be made without. Vegetables, beans, and lentils are all great substitutes. Try including one meatless meal per week to start.

18. Make an Effort to Reduce Food Waste

Check out what foods you have on hand before stocking up at the grocery store. Plan meals based on leftovers and only buy perishable foods you will use or freeze within a couple of days. Managing these food resources at home can help save nutrients and money.

19. Slow Down at Mealtime

Instead of eating on the run, try sitting down and focusing on the food you're about to eat. Dedicating time to enjoy the taste and textures of foods can have a positive effect on your food intake.

20. Supplement with Caution

Choose foods first for your nutrition needs. A dietary supplement may be necessary when nutrient requirements can't be met or there is a confirmed deficiency. If you're considering a vitamin, mineral or herbal supplement, be sure to discuss safe and appropriate options with an RDN or another healthcare provider before taking.

For a referral to a registered dietitian nutritionist and for additional food and nutrition information, visit eatright.org.

Academy of Nutrition and Dietetics

The Academy of Nutrition and Dietetics is the world's largest organization of food and nutrition professionals. The Academy is committed to improving health and advancing the profession of dietetics through research, education and advocacy.

This tip sheet is provided by:

Spring



ACROSS

3. these hatch from eggs
5. a bird with a red chest
6. it makes kites fly
9. a fuzzy insect that makes honey
10. it starts as a tadpole
12. yellow flowers that turn into white puffs
15. baby cows
16. it has colorful wings
19. these small creatures have six legs
21. you can jump in these after it rains



22. baby deer
23. many families travel during spring ___
25. another word for dirt

DOWN

1. a bug with a long body and two pairs of wings
2. birds like to eat them
3. this insect has a long, fuzzy body
4. opposite of cloudy
6. you plant this in the soil, and it grows into a flower

7. a young horse, less than 4 years old
11. planting flowers and vegetables
13. bees love to visit them
14. you hold this to stay dry in the rain
17. a red insect with black spots
18. they carry their homes on their backs
20. a flower that blooms in spring
21. baby dog
24. baby goat



Outdoor Adventures With Grandparents



Go on a walk

An easy walk down the street can be a lot of fun for grandparents and kids. This low-impact physical activity can be done anywhere, and it's always free. Walk to a park, walk around the block, or walk somewhere fun for a little treat. We've also got a dozen suggestions that help turn an everyday walk into an adventure.

Take a bike ride

Even if the grandparents aren't on bikes, they'll still enjoy a stroll with their favorite little bikers around the neighborhood or to a local park. Better yet? Have grandparents teach kids to ride a bike! It's a memory everyone will treasure.

Plant flowers

Gardening is a fun and low-impact activity for grandchildren and grandparents to do outside. Whether planting flowers in a garden or pots, this is a great one-off or regular activity they can enjoy together. Make these wildflower seed bombs together, and then plant them!

Go on a picnic

A picnic gets everyone outside to enjoy the fresh air and do something different. Half the fun is packing a bag or picnic basket together filled with lunch and favorite treats to share.

Pick wildflowers

Go on an adventure to find pretty flowers (even if some flowers end up being weeds!) to put in vases around the house.

Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics



Smart Snacking Tips for Adults and Teens

Snacks can fit into a healthy eating plan and provide an energy boost between meals, if they're planned right. Choosing nutritious foods from all the food groups can help increase variety and reduce sources of empty calories and added sugars.

Find the right snack for your eating style and activity level. Keeping snacks to 200 calories or less can be a reasonable goal for most people. Adults and teens who are more active, or eat smaller meals throughout the day may want to aim for 200 to 300 calories per snack.

Make snacking a smart habit by:

- **Snacking only when you're hungry.**
Eating out of boredom or for emotional reasons can lead to weight gain. Rate your hunger before reaching for a snack and avoid mindless eating.
- **Having snacks planned and portioned out ahead of time.**
Fixing snacks in advance, like washed and cut-up fruits and vegetables, air-popped popcorn, and low-fat cheese, can save time later on.
- **Practicing food safety.**
Keep perishable foods refrigerated or in a cooler bag with ice packs to help reduce the risk of food poisoning.



Make snacking simple by choosing different fruits and vegetables, depending on what is in season or on sale. Fresh, frozen, canned, or dried are all good options. Compare labels to limit items high in sodium, saturated fat and added sugars.

Keep your snacking lively by including snacks that contain grains, especially whole grains, lean protein and healthy fats. Some examples include fat-free yogurt with fruit, whole-grain crackers with low-fat cheese, or raw veggies with hummus.

Eating different combinations of foods can be very satisfying and help to curb hunger. Snacks that include fruit can also satisfy a craving for something sweet.

Ways to make your own convenient and ready-to-eat snacks at home:

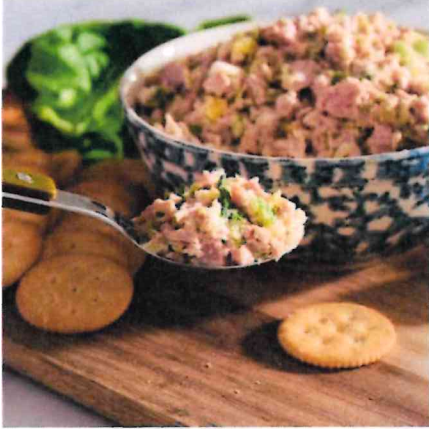
- Make your own trail mix by combining whole grain cereals, unsalted nuts or seeds and dried fruit. (Tip: portion into ¼ cup servings)
- Blend your own smoothie by adding 1 cup fat-free milk and frozen fruit to a blender.
- Mix 3 cups air-popped popcorn with grated cheese or dried spices.
- Bake vegetable chips, like kale or beets.
- Roast chickpeas (or garbanzo beans) and season with spices.
- Make a dip using low-fat cottage cheese or Greek yogurt for raw vegetables.
- Mash an avocado with salsa and eat with whole-grain tortilla chips or spread on a whole wheat tortilla, sprinkle with low-fat cheese, then roll it up and enjoy.
- Cut up fruit to make kebobs and serve with low-fat yogurt dip.
- Slice a medium apple and eat with 1 tablespoon of peanut, almond, or sunflower seed butter.
- Mix equal amounts of fat-free plain or flavored yogurt with 100% fruit juice, then pour into paper cups and freeze for a tasty treat.
- Top graham crackers with nut or seed butter or dunk them in low-fat vanilla yogurt.
- Cut a whole wheat pita into wedges and serve with 2 tablespoons of hummus or bean dip.
- Make a veggie pizza by topping a whole wheat English muffin or pita with 2 tablespoons tomato sauce, ½ cup diced fresh veggies, and 1 ounce low-fat mozzarella cheese.
- Create a scrumptious yogurt parfait by layering 6 ounces of fat-free yogurt with ½ cup fresh or frozen fruit, then sprinkle ¼ cup (or less) low-fat granola on top.
- Prepare instant oatmeal using fat-free milk, 1 tablespoon maple syrup, a sprinkle of cinnamon, and ¼ cup dried fruit.
- Dress up a salad with a hard cooked egg or edamame, tomato, and 2 tablespoons reduced-fat dressing.
- Whip up a quesadilla in the microwave using a whole wheat tortilla, ¼ cup black beans, 1-2 tablespoons low-fat cheese and 1 ounce of salsa.
- Build veggie skewers with cherry or grape tomatoes and cubes of low-fat cheese or cooked tortellini and lean luncheon meat.
- Make a tuna apple sandwich by combining a 5-6 ounce can of tuna packed in water (drained), 1 small apple (peeled and sliced into chunks), 1 tablespoon light mayo, then spread it on 2 slices of whole wheat bread.

For a referral to a registered dietitian nutritionist and for additional food and nutrition information, visit eatright.org.

Academy of Nutrition and Dietetics

The Academy of Nutrition and Dietetics is the world's largest organization of food and nutrition professionals. The Academy is committed to improving health and advancing the profession of dietetics through research, education and advocacy.

This tip sheet is provided by:



Ham Salad

Scoop it up with crackers for a quick snack!

By [Leah Perez](#) Updated: Apr 6, 2025

Ingredients

- 1 lb. cooked ham or ham steak, cut into 1-inch pieces (about 3 cups)
- 2 green onions, roughly chopped
- 1 celery stalk, roughly chopped
- 1 hard-boiled egg, roughly chopped
- 1/3 cup roughly chopped dill pickles (about 2 ounces), plus 1 tablespoon liquid from pickle jar
- 1/3 cup mayonnaise
- 2 Tbsp. dijon mustard
- 1/2 tsp. black pepper
- Dash of hot sauce (optional)
- Kosher salt, to taste
- Crackers, lettuce, or bread, for serving

Directions

1. Pulse the ham, green onions, celery, egg, and pickles in a food processor until just finely chopped but not puréed.
2. In a large bowl, whisk together the mayonnaise, mustard, pepper, pickle jar brine, and hot sauce, if using. Fold in the ham mixture. Season to taste with salt.
3. Serve on crackers, lettuce, or bread.

APRIL DIXON 26



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4
			bingo exercise	bingo exercise	bingo exercise	
5	6	7	8	9	10	11
	bingo exercise	bingo exercise	bingo exercise	bingo exercise	bingo exercise	
12	13	14	15	16	17	18
	bingo exercise	bingo exercise	bingo exercise	bingo exercise	bingo exercise	
19	20	21	22	23	24	25
	bingo exercise	bingo exercise	bingo exercise	bingo exercise	bingo exercise	
26	27	28	29	30	1	2
	bingo exercise	bingo exercise	bingo exercise	bingo exercise		
3	4	Notes				

2026

APRIL

CALENDAR YEAR

CALENDAR MONTH



EL RITO

2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30	31	01	02	03 SENIOR CENTER CLOSED FOR GOOD FRIDAY	04	05
06	07 ADVISORY COUNCIL MEETING 10AM BINGO 12:1	08 El Rito Seniors to SANTA CLARAN Casino 9-1	09 BINGO 12-1	10 CORN HOLE PLANTING AT GREENHOUSE 9-10	11	12
13	14 BINGO 12-1	15	16 BINGO 12-1	17 CORN HOLE PLANTING AT GREENHOUSE 9-10	18	19
20	21 BINGO 12-1	22	23 BINGO 12-1	24 ESPANOLA SUPER BINGO	25	26
27	28 BINGO 12-1	29	30 BINGO 12-1	01	02	03
04	05	06	07	08	09	10

AVAILABLE DAILY

POOL TABLE TV, SEWING WALKING TRACK TREADMILL EXERCISE BIKE



APRIL 2026



Don't trust the forecast or the Easter chocolate portion size.

April

SUN	MON	TUE	WED	THU	FRI	SAT
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COYOTE
SENIOR
CENTER

Birthday
Party

Bingo

Closed for
Easter

05	06	07	08	09	10	11
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Meeting

Sewing

Art

Bingo

Social
Day

12	13	14	15	16	17	18
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Bingo

Art

Bingo

Social
Day

19	20	21	22	23	24	25
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Bingo

Sewing

Art

Bingo

Social
Day

26	27	28	29	30		
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Art

Bingo

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