

SENIOR PROGRAMS NEWSLETTER



CITY OF LAS CRUCES

July 2026 Edition

Editor: Emily Kebabjian



Announcements



All centers will be closed Friday, July 3 in observance of Independence day.

Table Of Contents



Nutrition

- 4th of July Word Search
Page 1



Long Term Care

- Heatwaves and Senior Health
Page 2
- Olas de calor y salud en la tercera edad
Page 3



Recreation

- Senior Recreation Programs
Page 4-5

Scan to Learn More at
Our Website



Facilities & Resources

Munson Senior Center

975 S. Mesquite St.
[575-528-3000](tel:575-528-3000)
Open Monday – Friday
8:00 am – 5:00 pm

Eastside Community Center

310 N. Tornillo St.
[575-528-3012](tel:575-528-3012)
Open Monday – Friday
8:00 am – 2:00 pm

Frank O’Brien Papen Dining Room

304 W. Bell
[575-541-4315](tel:575-541-4315)
Open Monday – Friday
11:00 am – 12:30 pm

Sage Café

6121 Reynolds Dr.
[575-528-3151](tel:575-528-3151)
Open Monday – Friday
9:00 am – 2:00 pm

Henry Benavidez Community Center

1045 McClure Rd.
[575-541-2006](tel:575-541-2006)
Open Monday – Friday
10:30 am – 1:00 pm

Dial A Ride

[575-541-2777](tel:575-541-2777)

Intake & Assessment

975 S. Mesquite Street
[575-541-2451](tel:575-541-2451)

- Congregate Meals
- Home Delivered Meals
- Homecare
- Respite Care & Grandparents Raising Grandchildren

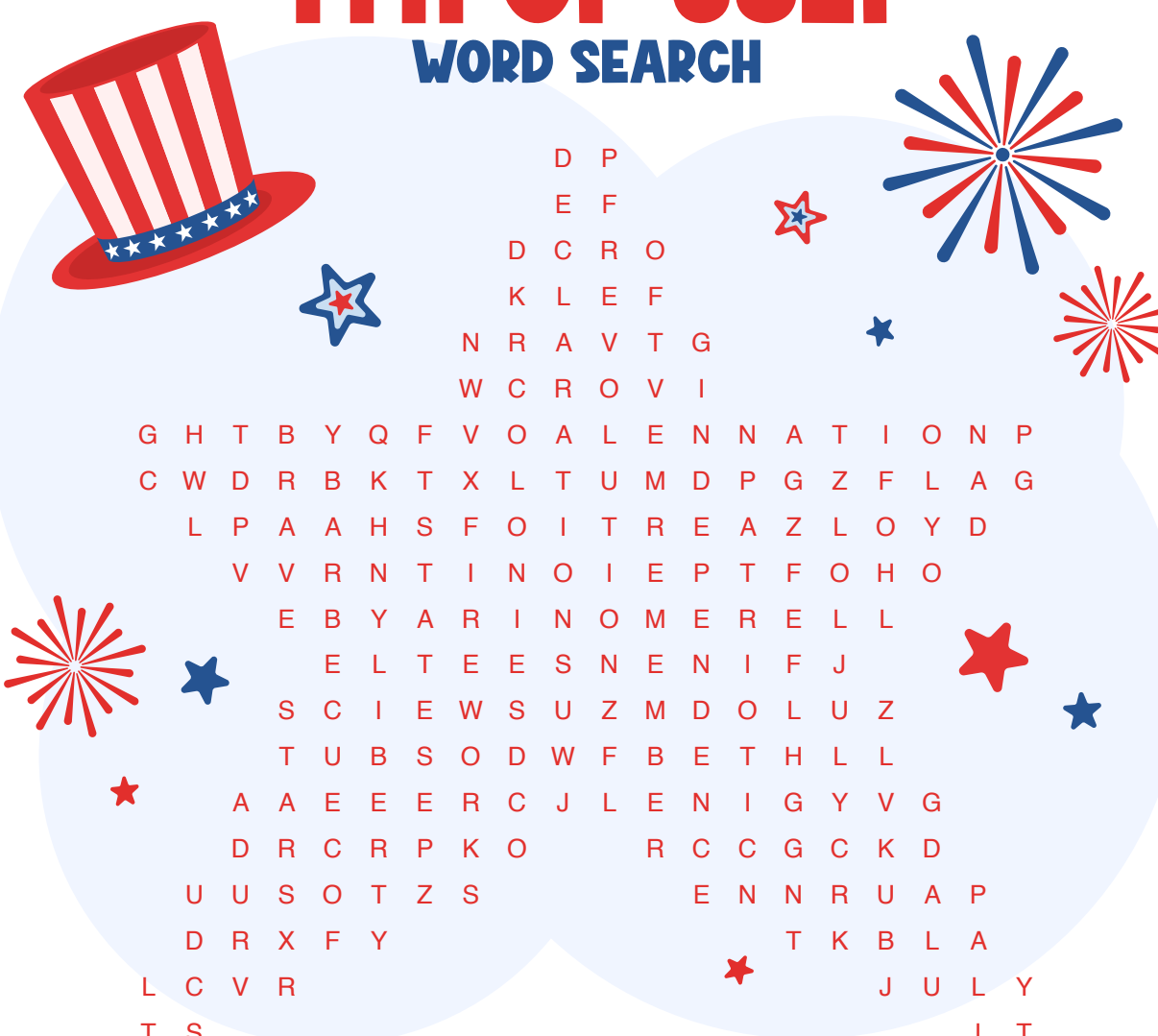
A Unit of the National Council on Aging



ACCREDITED BY
NATIONAL INSTITUTE OF
SENIOR CENTERS

4TH OF JULY

WORD SEARCH



D P
E F
D C R O
K L E F
N R A V T G
W C R O V I

G H T B Y Q F V O A L E N N A T I O N P
C W D R B K T X L T U M D P G Z F L A G
L P A A H S F O I T R E A Z L O Y D
V V R N T I N O I E P T F O H O
E B Y A R I N O M E R E L L
E L T E E S N E N I F J
S C I E W S U Z M D O L U Z
T U B S O D W F B E T H L L
A A E E E R C J L E N I G Y V G
D R C R P K O R C C G C K D
U U S O T Z S E N N R U A P
D R X F Y T K B L A
L C V R J U L Y
T S I T

BARBECUE
REMEMBER
BRAVE
REVOLUTION
NATION
INDEPENDENCE

FIREWORKS
LIBERTY
DECLARATION
PATRIOTIC
JULY
FLAG

STARS
JULY
COLONIES
STATES

Access The **Lunch Menu** Conviniently In Your Phone



Menu subject to change without notice.

The suggested donation for seniors 60 years of age and older and their spouse is \$2.50 each. The charge for persons under 60 years of age is \$7.50 per person.

Questions: Call (575) 528-3012 or email us at seniornutritioninfo@las-cruces.org

Lunch Hours: 11:00am to 12:30pm

****Foods prepared may contain:** Milk, Eggs, Wheat, Soybean, Peanut/Tree Nuts & Fish/Shellfish

KEEP US IN THE KNOW!

Life changes—so do phone numbers,

email addresses, and mailing addresses.

Help us stay connected with you!



PLEASE REMEMBER:

If your contact information has changed, please contact the front desk to update your information in our system.

SENIOR PROGRAMS

575 528 3000



THANK YOU
for helping us serve you better!

Accurate information helps us communicate important updates and provide the best service possible.

STOP BY THE FRONT DESK TODAY!

New Mexico Grown

Senior programs use New Mexico Grown foods when possible. Due to weekly changes in availability, it is difficult to predict what we will be able to order and serve in our menus. The program purchases locally grown, raised, and harvested foods from approved farmers, ranchers, and food hubs across New Mexico The asterisk on the item denotes a component that could be made with New Mexico Grown products based on availability. Ask your kitchen staff for more details.

Heatwaves and Senior Health

[Kathleen Doheny/Senior Planet](#)

The summer of 2021, deadly heatwaves over the US and Canadian Pacific Northwest claimed the lives of more than 100 people, many of them seniors over 70. In Washington state alone, the early summer heat wave killed [more than 100 people](#), making it the deadliest weather-related event in the state’s history.

Seniors are More Heat Sensitive

Several factors may make seniors more sensitive to heat, even when temps don’t soar to heat-wave heights.

Heatwaves needn’t be extreme

While the triple-digit temperatures were hard on everyone, experts warn that the very young, along with older adults, are at especially high risk of problems.

Your ability to compensate, to dissipate heat, declines with age

Macular degeneration affects a part of your retina known as the “Your ability to compensate, to dissipate heat” declines with age, says James Williams, DO, MS, an emergency physician at Northwest Texas Healthcare System and clinical associate professor of emergency medicine at Texas Tech University in Amarillo. and spokesperson for The American College of Emergency Physicians.

Add to that physiologic reality the fact that many older adults take a multitude of medications for chronic conditions such as high blood pressure and diabetes. Those make managing exposure to high temperatures even more challenging, he says.

Older adults with chronic health issues may be at higher risk

Recently, researchers looked at the [medical records](#) of more than 9,700 older adults who had at least one chronic condition and were hospitalized for heat-related problems.

They found that older adults with chronic health issues may be at higher risk for heat-related issues due to the use of medications that could potentially sensitize them to heat—even when no extreme heat wave is present.

Heatwave-sensitive meds

Among the medicines they looked at were those for blood pressure, anticholinergics (for overactive bladder, other diagnoses), stimulants, antipsychotics. It’s important, though, not to stop or adjust the dose of these medicines without physician input, says study researcher and epidemiologist



Soko Setoguchi, MD, DrPH, of Robert Wood Johnson Medical School.

Research on whether certain minorities are more or less vulnerable to high temperatures is far from definitive, but one review of published studies suggests that African-Americans may be more [vulnerable](#).

Heat-related warning signs

For everyone, heat-related illness is on a continuum, according to the [CDC](#). Problems may begin with **heat rash**, when clusters of pimple-like blisters form, may progress to sunburn, then on to **heat cramps** (heavy sweating during exertion, muscle pain or spasms), **heat exhaustion** (cold and clammy skin with a fast, weak pulse, nausea, even fainting or more). The most serious and last stage is **heat stroke**.

Heat stroke is a **medical emergency**, with the body temperature rising to 103 degrees Fahrenheit or more. At this stage, the pulse is rapid, confusion sets in and the person may pass out.

Keep your Cool!

To keep your cool, Drs. Williams and Setoguchi suggest:

- **Be aware of the forecast** by checking your phone or other sources. Keep in mind, the temperature the app says is “not healthy for sensitive groups” may have to be adjusted downward if you are older. And that saying that “It’s not the heat, it’s the humidity” has some truth to it. “The humidity prevents you from dissipating the heat,” Williams says.
- **Hydrate!** Be sure you have access to water and keep drinking throughout the day. Don’t wait until you feel thirsty to sip. Think that’s all there is to it? Wrong! [Get the facts about hydration here](#).
- **Scale back.** Remember that with age, none of us—not even the fittest among us—respond as well to the heat. Adjust your activities.
- **Other factors.** The medications you are on may complicate your response to heatwaves. If you’re overweight or obese, your response to the heat may be further challenged.
- **Check in with others.** Adults who live alone should check up on friends during heat waves and ask them to reciprocate. The heat can get you into trouble quickly.
- **Find a cooling center.** They are usually sited at multiple locations throughout a municipality. They are often found in public libraries or you can call your city’s Agency for the Aging for other locations.

Olas de calor y salud en la tercera edad

Kathleen Doheny/Senior Planet

Durante el verano de 2021, las olas de calor mortales en el noroeste del Pacífico de Estados Unidos y Canadá se cobraron la vida de más de 100 personas, muchas de ellas mayores de 70 años. Solo en el estado de Washington, la ola de calor de principios de verano cobró la vida de más de 100 personas, convirtiéndola en el fenómeno meteorológico más mortífero en la historia del estado.

Las personas mayores son más sensibles al calor

Varios factores pueden hacer que las personas mayores sean más sensibles al calor, incluso cuando las temperaturas no alcanzan los niveles de una ola de calor.

Las olas de calor no tienen por qué ser extremas

Si bien las temperaturas de tres dígitos fueron duras para todos, los expertos advierten que los muy jóvenes, junto con los adultos mayores, corren un riesgo especialmente alto de sufrir problemas.

La capacidad para compensar, para disipar el calor, disminuye con la edad

“La capacidad para compensar, para disipar el calor” disminuye con la edad, afirma James Williams, DO, MS, médico de urgencias del Northwest Texas Healthcare System y profesor clínico asociado de medicina de urgencias en la Universidad Tecnológica de Texas en Amarillo, y portavoz del Colegio Americano de Médicos de Urgencias.

A esta realidad fisiológica se suma el hecho de que muchos adultos mayores toman numerosos medicamentos para enfermedades crónicas como la hipertensión y la diabetes. Esto dificulta aún más el manejo de la exposición a altas temperaturas, afirma.

Los adultos mayores con problemas de salud crónicos podrían tener un mayor riesgo.

Recientemente, investigadores analizaron los historiales médicos de más de 9700 adultos mayores que padecían al menos una enfermedad crónica y fueron hospitalizados por problemas relacionados con el calor.

Descubrieron que los adultos mayores con problemas de salud crónicos podrían tener un mayor riesgo de sufrir problemas relacionados con el calor debido al uso de medicamentos que podrían sensibilizarlos al calor, incluso en ausencia de una ola de calor extrema.

Medicamentos sensibles a las olas de calor

Entre los medicamentos analizados se encontraban los destinados para la presión arterial, los anticolinérgicos (para la vejiga hiperactiva y otros diagnósticos), los estimulantes y los antipsicóticos. Sin embargo, es importante no suspender ni ajustar la dosis de estos medicamentos sin la opinión de un médico, afirma la investigadora del estudio y epidemióloga Soko Setoguchi, MD, DrPH, de la Facultad de Medicina Robert Wood Johnson.

La investigación sobre si ciertas minorías son más o menos vulnerables a las altas temperaturas dista mucho de ser definitiva, pero una revisión de estudios publicados sugiere que los afroamericanos podrían ser más vulnerables. Señales de advertencia relacionadas con el calor.

Según los CDC, las enfermedades relacionadas con el calor son un proceso continuo para todos. Los problemas pueden comenzar con sarpullido por calor, cuando se forman grupos de ampollas similares a granos, progresar a quemaduras solares y luego a calambres por calor (sudoración intensa al hacer ejercicio, dolor o espasmos musculares), agotamiento por calor (piel fría y húmeda con pulso acelerado y débil,

náuseas, incluso desmayos, etc.). La etapa más grave y última es el golpe de calor.

El golpe de calor es una emergencia médica, en la que la temperatura corporal sube a 40 °C o más. En esta etapa, el pulso se acelera, se produce confusión y la persona puede desmayarse.

¡Mantén la calma!

Para mantener la calma, los Dres. Williams y Setoguchi sugieren:

- **Manténgase al tanto del pronóstico** consultando su teléfono u otras fuentes. Tenga en cuenta que la temperatura que la aplicación indica como “no saludable para grupos sensibles” podría tener que ajustarse a la baja si es mayor. Y eso de que “no es el calor, es la humedad” tiene algo de cierto. “La humedad impide que disipes el calor”, dice Williams.

- **¡Hidrátate!** Asegúrate de tener acceso a agua y sigue bebiendo durante todo el día. No esperes a tener sed para beber. ¿Crees que eso es todo? ¡Te equivocas! Infórmate sobre la hidratación aquí.

- **Reduce la temperatura.** Recuerda que con la edad, nadie, ni siquiera los más en forma, responde tan bien al calor. Adapta tus actividades.

- **Otros factores.** Los medicamentos que toma pueden complicar su respuesta a las olas de calor. Si tiene sobrepeso u obesidad, su respuesta al calor podría verse aún más afectada.

- **Manténgase en contacto con los demás.** Los adultos que viven solos deben estar pendientes de sus amigos durante las olas de calor y pedirles que les ayuden. El calor puede causarle problemas rápidamente.

- **Busque un centro de enfriamiento.** Suelen estar ubicados en varias ubicaciones de un municipio. Suelen encontrarse en bibliotecas públicas o puede llamar a la Agencia para la Tercera Edad de su ciudad para obtener información sobre otras ubicaciones.



Senior Recreation Programs

Eastside Community Center: Activities

Henry Benavidez Community Center

Frank O'Brien Community Center

Sage Café: Activities

Munson Center: Extra Activities

ACTIVITY	DAY	TIME	PRICE	LOCATION
Crocheting (this is not a class)	Tue & Thu	8:15am - 12:00pm	Free	Eastside Center, Classroom; items donated locally.
Wood Carving (this is not a class)	Wed & Fri	8:15am - 12:00pm	Free	Eastside Center, Classroom. Join anytime!
Guitar Jamming (this is not a class)	Tue & Thu	12:30pm - 1:30pm	Free	Eastside Center
Billiards – Daily	Mon – Fri	8:00am - 2:00pm	Free	Eastside Center
Guitar Basics Beginner	Mon	12:00pm - 1:00pm	Free	Eastside Center, Pre-registration required, bring your own guitar.
Guitar Basics Intermediate	Mon	11:00am - 12:00pm	Free	Eastside Center, Pre-registration required, bring your own guitar.
Bingo – Weekly	Wed	1:00pm - 2:00pm	Free	Benavidez Community Center, Dining Room
Game Day	Tue & Thu	10:00am - 1:00pm	Free	Benavidez Community Center, Dining Room
Painting Class	Mon & Wed	12:30pm - 2:30pm	\$6 per 6-week session	Benavidez Community Center, Pre-registration required. Stop by the Munson Center to register and pick up class supply list.
Dancercise	Tue & Wed	9:00am - 10:00am	Free	Frank O'Brien Papen Center, Auditorium
Beginner Line Dancing	Thu	11:00am - 12:00pm	Free	Frank O'Brien Papen Center, Auditorium
Intermediate Line Dancing	Wed	11:00am - 12:00pm	Free	Frank O'Brien Papen Center, Auditorium
Enhanced Fitness	Tue & Thu Fri	9:15am - 10:15am	Free	Sage Café, Dining Room. Join anytime for group exercises that focus on the cardiovascular, strength training, balance, and flexibility.
Jam Session	Wed	11:00am - 2:00pm	Free	Sage Café, Classroom. Come in with your instrument and join anytime!
Train Dominoes	Tue & Thu	10:00am - 12:30pm	Free	Sage Café, Classroom
Line Dancing	Mon	1:00pm - 2:00pm	Free	Sage Café, Dining Room
Dancercise	Wed	1:15pm - 2:00pm	Free	Sage Café, Dining Room
Sage Café Book Club: The Fine Whiners	Mon	2:00pm - 4:00pm	Free	Sage Café, Call Branigan Library @ 575.528.4000 for more info
Card Making Class A	Mon	9:30am - 12:00pm	\$4 per 5-week course	Sage Café, Classroom. Pre-registration at the Munson Center required.
Card Making Class B	Fri	11:30am - 2:00pm	\$4 per 5-week course	Sage Café, Classroom. Pre-registration at the Munson Center required.
Trivia Tuesday	Tue	12:30pm - 1:30pm	Free	Sage Café, Classroom
Cribbage	Thu	12:30pm - 2:00pm	Free	Sage Café, Classroom
Grandparents Raising Grandchildren – Monthly	2nd Tue	9:15am - 10:15am	Free	Munson Center, Meeting Room 3
Alzheimer's Support Group for Men – Monthly	2nd & 4th Thu	2:00pm - 3:00pm	Free	Munson Center, Studio 2; items donated locally
Quilting (this is not a class)	Tue & Thu	8:30am - 11:30am	Free	Munson Center, Studio 2; items donated locally



Senior Recreation Programs



Munson Center:
Classes that require
pre-registration



Munson Center:
Lifelong Learning



Munson Center:
Arts & Craft



Munson Center:
Fitness



Munson Center:
Games

ACTIVITY	DAY	TIME	PRICE	LOCATION
Lapidary Certification Class	Mon	12:00pm - 3:00pm	\$12 per 6-week session	Munson Center, Studio 1. Class limited to 6 students.
Silver Jewelry Beginner Class	Fri	9:00am - 12:00pm	\$12 per 6-week session	Munson Center, Studio 1. Class limited to 5 students. \$50 supply kit required.
Clay Works Class – Beginners (Mon) – Intermediate (Fri)	Mon & Fri	1:00pm - 3:00pm	\$6 per 6-week session	Munson Center, Studio 3 Class limited to 8. Clay available for \$13 per 25 LB bag.
Stained Glass - Beginners & Intermediate	Wed	1:00pm - 4:00pm	\$4 per 4-week session	Munson Center, Studio 1. Each class limited to 6 students. \$5 supply kit required.
Beginners Mosaics	Wed	1:00pm - 4:00pm	\$4 per 5-week course	Munson Center, Studio 4. Class limited to 6 participants. Beginners only.
Intermediate Mosaics	Mon	1:00pm - 4:00pm	\$4 per 6-week course	Munson Center, Meeting Room 4.
Painting Class	Mon & Wed	9:00am - 11:00am	\$6 per 6-week session	Munson Center, Studio 2. Stop by the Munson Center to register and pick up class supply list.
Silver Jewelry Intermediate Class	Fri	9:00am - 12:00pm	\$12 per 6-week course	Munson Center, Meeting Room 1.
Beginners Spanish 1	Fri	1:30pm - 3:00pm	Free	Munson Center, Meeting Room 2. Limited to 20 participants
Beginners Spanish 1	Mon	3:00pm - 4:30pm	Free	Munson Center, Meeting Room 2. Limited to 20 participants
Beginners Spanish 2	Wed	2:30pm - 4:00pm	Free	Munson Center, Meeting Room 2. Limited to 20 participants
Intermediate Spanish 1	Mon	1:30pm - 3:00pm	Free	Munson Center, Meeting Room 2. Limited to 20 participants
Intermediate Conversational Spanish	Wed	9:30am - 10:30am	Free	Munson Center, Meeting Room 2. Limited to 20 participants
Advanced Conversational Spanish	Fri	9:30am - 10:30am	Free	Munson Center, Meeting Room 2. Limited to 20 participants
Clay Works – Open Studio	Tue & Thu Fri	8:00am - 4:00pm 8:00am - 12:00pm	\$1/session	Munson Center, Studio 3
Lapidary and Silver Jewelry - Open Lab	Tue & Thu	8:00am - 4:00pm	\$3/day at front desk	Munson Center, Studio 1. Certification required to participate in open lab
Stained Glass - Open Studio	Mon Wed Fri	8:00am - 11:30am 8:00am - 12:00pm 1:00pm - 4:00pm	\$1/session	Munson Center, Studio 1.Limited to 10 students
Mosaics – Open Studio	Tue & Thu Wed	1:00pm - 4:00pm 9:00am - 12:00pm	\$1/session	Munson Center, Studio 4. Limited to 8 participants
Painting – Open Studio	Mon & Fri	1:00pm - 4:00pm	\$1/session	Munson Center, Studio 2. Limited to 8 participants
Beading Group	Thu	9:00am - 12:00pm	Free	Munson Center, Meeting Room 3. Join anytime!
Crochet	Wed & Thu	1:30pm - 3:30pm	Free	Munson Center, Studio 2; items donated locally.
Karaoke	Mon	12:45pm - 2:45pm	Free	Munson Center, Meeting Room 3. Join anytime!
Desert Writers	Wed	9:00am - 11:00am	Free	Munson Center, Meeting Room 2. Join anytime!
Conversational Spanish Group	Tue	9:30am - 10:30am	Free	Munson Center, Meeting Room 2. (& on Zoom)
Horseshoes	Mon – Fri	8:00am - 4:00pm	Free	Munson Center, Horseshoe Area
Billiards – Daily	Mon, Wed, Thu, Fri Tue	8:00am - 5:00pm 8:00pm - 1:30pm	Free	Munson Center, Multipurpose Room
Billiards Tournament – Monthly	Fri	9:00am - 11:00am	\$3/entry	Munson Center, Billiards Room (Limited 16)
Chess	Fri	8:00am - 12:00pm	Free	Munson Center, Meeting Room 3
Game Day	Thu	1:00pm - 4:00pm	Free	Munson Center, Meeting Room 3
Pinochle	Fri	11:30am - 4:30pm	Free	Munson Center, Meeting Room 3
Mahjong	Thu	9:00am - 12:00pm	Free	Munson Center, Studio 4
Dungeons & Dragons	Tue	1:00pm - 4:00pm	Free	Munson Center, Meeting Room 3
Canasta	Tue	1:00pm - 4:00pm	Free	Munson Center, Meeting Room 1
Enhanced Fitness	Mon, Wed, Fri	8:00am - 9:00am	Free	Munson Center, Munson Gym.
Enhanced Fitness 2	Tue & Thu Wed	8:00am - 9:00pm 9:00am - 10:00pm	Free	Munson Center, Munson Gym.
Chair Qigong	Wed	1:30pm - 2:30pm	Free	Munson Center, Meeting Room 2
Gentle Motion Stretch	Fri	1:00pm - 1:30pm	Free	Munson Center, Munson Gym
Shibashi Qigong	Fri	1:30pm - 2:30pm	Free	Munson Center, Munson Gym. Shibashi Qigong can be practiced both seated or standing.
Line Dance Class	Tue	3:00pm - 4:00pm	Free	Munson Center, Munson Gym
Intermediate Line Dance Class	Thu	3:00pm - 4:00pm	Free	Munson Center, Munson Gym
Ballroom Dance Class	Tue	4:00pm - 5:00pm	Free	Munson Center, Munson Gym
Open Gym	Mon - Thu	10:00am - 3:00pm	Free	Munson Center, Munson Gym
Open Gym	Fri	9:00am - 1:00pm	Free	Munson Center, Munson Gym