

# October 2024



Bosque Farms Community Center

505-869-5133

ccdirector@bosquefarmsonm.gov

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 9:30 Yoga 10:30 Coffee & Donuts <b>Rockhounds</b> 12:00 Senior Meals 12:30 Bridge & Dominoes 4:00 Chair Yoga	2 8 AM ZUMBA 9:00 Tai Chi Practice <b>9-10 Waffle Breakfast</b> 10:15 Strength & Balance 12:00 Senior Meals 1:00 Line Dance 6:00 ZUMBA	3 9:30 Yoga 10:30 Spanish Class 12:00 Senior Meals 12:30 Bingo <b>4:00 Mat Yoga</b>	4 8 AM ZUMBA 9:00 Tai Chi Practice 10:15 Strength & Balance 12:00 Senior Meals	5 8 AM ZUMBA
6	7 8 AM ZUMBA 9:00 Tai Chi Practice 10:15 Strength & Balance 12:00 Senior Meals  6:00 ZUMBA	8 9:30 Yoga <b>10:30</b> Coffee & Donuts <b>Enchantment Band</b> 12:00 Senior Meals 12:30 Bridge & Dominoes 4:00 Chair Yoga	9 8 AM ZUMBA 9:00 Tai Chi Practice 10:15 Strength & Balance 12:00 Senior Meals 1:00 Line Dance 6:00 ZUMBA <b>7:00 Writer's Group</b>	10 9:30 Yoga 10:30 Spanish Class 12:00 Senior Meals 12:30 Bingo <b>2:00 Teeniors:</b> <b>Intro to Technology Part I</b> <b>4:00 Mat Yoga</b>	11 8 AM ZUMBA 9:00 Tai Chi Practice 10:15 Strength & Balance 12:00 Senior Meals	12 8 AM ZUMBA
13	14 8 AM ZUMBA 9:00 Tai Chi Practice 10:15 Strength & Balance 11:30 Trip to Pappadeaux Valencia County Closed <b>NO SENIOR MEALS</b>  6:00 ZUMBA	15 9:30 Yoga 10:30 Coffee & Donuts 12:00 Senior Meals 12:30 Bridge & Dominoes 4:00 Chair Yoga	16 8 AM ZUMBA 9:00 Tai Chi Practice 10:15 Strength & Balance 12:00 Senior Meals 1:00 Line Dance  6:00 ZUMBA	17 9:30 Yoga 10:30 Spanish Class 12:00 Senior Meals 12:30 Bingo <b>4:00 Mat Yoga</b>	18 8 AM ZUMBA 9:00 Tai Chi Practice 10 am-1 pm State Health Insurance Program (SHIP) Medicare Counselor appts. & walk ins 10:15 Strength & Balance 12:00 Senior Meals	19 8 AM ZUMBA   \$5 7-9 PM <b>Plumb Adequate</b>
20	21 8 AM ZUMBA 9:00 Tai Chi Practice 10:15 Strength & Balance 12:00 Senior Meals 12:30 Q&A with Probate Judge & County Assessor 6:00 ZUMBA	22 9:30 Yoga 10:30 Coffee & Donuts 12:00 Senior Meals 12:30 Bridge & Dominoes 4:00 Chair Yoga	23 8 AM ZUMBA 9:00 Tai Chi Practice 10:15 Strength & Balance 12:00 Senior Meals 1:00 Line Dance 6:00 ZUMBA <b>7:00 Writer's Group</b>	24 <b>8:00 Breakfast at Rutilios</b> 9:30 Yoga 10:30 Spanish Class 12:00 Senior Meals 12:30 Bingo <b>4:00 Mat Yoga</b>	25 8 AM ZUMBA 9:00 Tai Chi Practice 10:15 Strength & Balance 12:00 Senior Meals 12:30-4:30 AARP Driver Safety Class	26 8 AM ZUMBA
27   \$3 2-5 PM <b>Fiddlers &amp; Musicians</b>	28 8 AM ZUMBA 9:00 Tai Chi Practice 10:15 Strength & Balance 12:00 Senior Meals  6:00 ZUMBA	29 9:15 Trip to Belen: Halloween Dance/lunch 9:30 Yoga 10:30 Coffee & Donuts 12:00 Senior Meals 12:30 Bridge & Dominoes 4:00 Chair Yoga	30 8 AM ZUMBA 9:00 Tai Chi Practice 10:15 Strength & Balance 12:00 Senior Meals <b>12:00 Birthday Party</b> 1:00 Line Dance   6:00 ZUMBA	31 9:30 Yoga 10 am-1 pm (tentative) State Health Insurance Program (SHIP) Medicare Counselor appts & walk ins 10:30 Spanish Class 12:00 Senior Meals 12:30 Bingo <b>4:00 Mat Yoga</b>		



**VALENCIA COUNTY OCTOBER 2024**

	<b>TUESDAY 1, 2024</b> Meat Ball Casserole California blend vegetables Roll Yogurt	<b>WEDNESDAY 2, 2024</b> Chicken & Vegetables Brown Rice Squash Gelatin Fruit cocktail	<b>THURSDAY 3, 2024</b> Beef Soft Tacos Vegetable Medley Cantaloupe	<b>FRIDAY 4, 2024</b> 1c Mexican Goulash Italian blend vegetables Cornbread Grapes
<b>MONDAY 7, 2024</b> Kielbasa & Cabbage Herb Roasted Potatoes Wheat roll Yogurt Strawberries	<b>TUESDAY 8, 2024</b> BBQ Pork on a Bun Coleslaw Stewed Tomatoes, w/ GC Mandarin Oranges & Pineapple	<b>WEDNESDAY 9, 2024</b> Green Chile Beef Stew Pinto beans Broccoli Salad Tortilla Banana Gelatin	<b>THURSDAY 10, 2024</b> Baked Fish Scalloped Potatoes Roasted brussel sprouts Three Bean Salad wheat bread w/ butter Cantaloupe	<b>FRIDAY 11, 2024</b> Sloppy Joes Chateau Blend black beans and red bell pepper Tropical Fruit salad
<b>MONDAY 14, 2024</b>  <b>CLOSED</b>  <b>COLUMBUS DAY</b>	<b>TUESDAY 15, 2024</b> Posole w/Pork Calabacitas Flour Tortilla w/ margarine Mixed Fruit	<b>WEDNESDAY 16, 2024</b> Maque Choux Scandinavian Blend Vegetables Wheat roll w/ 1 tsp margarine Peaches Light nonfat vanilla yogurt	<b>THURSDAY 17, 2024</b> Salisbury Steak mashed potatoes green beans Tossed salad w/ Dressing Fruit Salad	<b>FRIDAY 18, 2024</b> Turkey & Cheese Sandwich Broccoli Salad <del>Chateau blend</del> vegetables Pears
<b>MONDAY 21, 2024</b> Beef and Bean Burrito Salsa Brown Rice <del>Appicots</del>	<b>TUESDAY 22, 2024</b> Chef Salad w/ Chicken and Egg Crackers spiced pears	<b>WEDNESDAY 23, 2024</b> Hot Dog Sweet potatoes Broccoli Watermelon Yogurt	<b>THURSDAY 24, 2024</b> Frito Pie Roasted Cauliflower w/ red bell pepper Pineapple Tidbits	<b>FRIDAY 25, 2024</b> Tuna Salad Sandwich Creamy Cucumber Salad Beet & Onion Salad 1c Strawberries and <del>Bananas</del>
<b>MONDAY 28, 2024</b> BBQ Chicken stewed okra with tomatoes and onions Chuckwagon Corn LF Cornbread w/ 1 tsp margarine Fresh Pear	<b>TUESDAY 29, 2024</b> Red Chile Beef Enchiladas Capri Vegetables Spanish Rice Pinto Beans Berries in Cream, graham Cracker crumb sprinkle Halloween Party Day.	<b>MONDAY 30, 2024</b> Tamale W/Red Chile <del>Quelites</del> Squash Orange	<b>THURSDAY 31, 2024</b> Meatloaf Mashed Potatoes &Gravy Green beans & Carrots Wheat bread Fruit cocktail	Menu Subject to Change





# Come Join the Valencia County Writers

We meet the 2nd and 4th Wednesdays of  
the month at 7:00 pm at the  
Bosque Farms Community Center.  
950 North Bosque Loop



Whether you've been at it a while or are just starting out,  
we all need support and encouragement.

For more information contact Barb  
at 505 357-7228 or [Symbar@q.com](mailto:Symbar@q.com)



The New Mexico Aging and Long-Term Services Department

State Health Insurance Assistance Program (SHIP)

## One-on-one Medicare Counseling

October 18, 2024, 10:00am-1:00pm  
Bosque Farms Community Center  
950 North Bosque Loop, Bosque Farms

Get free, unbiased, expert information and assistance with  
your Medicare decisions as well as help with enrollment from  
NM Aging and Long-Term Services Department SHIP  
Counselors.

If you can't be at the in-person event, phone appointments  
are available, call the ADRC at 1-800-432-2080 to schedule.

# PLUMB ADEQUATE



DANCE

October 19th

7-9 pm

\$5

DANCE



Donation

Bosque Farms Community Center

**AARP**

## REFRESH YOUR DRIVING SKILLS



Take the AARP Smart Driver™ classroom course and you could save money on your auto insurance!\*

- » Learn techniques for handling left turns, right-of-way and roundabouts.
- » Understand how to reduce traffic violations, crashes and the risk of injury.
- » Discover proven driving methods to help keep you and your loved ones safe on the road.

### THERE'S A CLASSROOM COURSE IN YOUR NEIGHBORHOOD!

#### Date & Time:

Friday, October 25, 2024  
12:30 pm - 4:30 pm

#### Location:

Bosque Farms Community Center  
950 North Bosque Loop  
Bosque Farms, NM 87068

#### Register Now:

505-869-5133

#### CLASSROOM COURSE

**\$20** for AARP members  
**\$25** for non-members

#### FOR MORE INFORMATION

Call: 1-888-773-7160  
Visit: [www.aarp.org/driving36](http://www.aarp.org/driving36)

\*Upon completion you may be eligible to receive an auto insurance discount. Other restrictions may apply. Consult your agent for details.

# **Fiddlers & Musicians of NM**

**Jam Sessions/Dance**

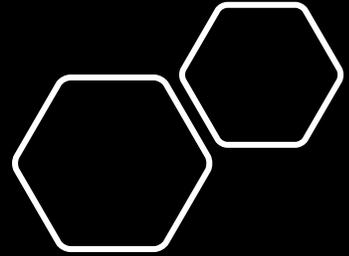
**Sunday, October 27**

**2-5 pm**

**\$3 at the Door**



**Bosque Farms Community Center**



Library Hours: Monday - Friday  
10:00 a.m. - 4:30 p.m.

# Bosque Farms Public Library

## October 2024

1455 West Bosque Loop  
505-869-2227

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 3:30 p.m. - Board Game Club 3:30 p.m. - Read to the Dogs	2 10:30 a.m. - Family Storytime	3 3:30 p.m. - Read to the Dogs	4 10:30 a.m. - Library Crafting 1:00 p.m. - Read to the Adults	5 
6	7 10:00 a.m. - Adult Handi Crafts 10:00 a.m. - Tai Chi 12:00 p.m. - Book Worms Book Club 4:30 p.m. - Dance	8 3:30 p.m. - Board Game Club	9 10:30 a.m. - Family Storytime	10 3:30 p.m. - Read to the Dogs	11 10:30 a.m. - Library Crafting 1:00 p.m. - Read to the Adults	12 11:00 a.m. - Genealogy Workshop
13	14 10:00 a.m. - Adult Handi Crafts 10:00 a.m. - Tai Chi 4:30 p.m. - Dance	15 3:30 p.m. - Board Game Club 3:30 p.m. - Read to the Dogs	16 10:30 a.m. - Family Storytime	17 3:30 p.m. - Read to the Dogs	18 10:30 a.m. - Library Crafting 1:00 p.m. - Read to the Adults	19 11:00 a.m. - 2:00 p.m. - Fall Carnival in the Park
20 	21 10:00 a.m. - Adult Handi Crafts 10:00 a.m. - Tai Chi 4:30 p.m. - Dance	22 3:30 p.m. - Board Game Club	23 10:30 a.m. - Family Storytime	24 3:30 p.m. - Read to the Dogs	25 10:30 a.m. - Library Crafting 1:00 p.m. - Read to the Adults	26
27 	28 10:00 a.m. - Adult Handi Crafts 11:00 a.m. - Tai Chi 4:30 p.m. - Dance	29 3:30 p.m. - Board Game Club	30 10:30 a.m. - Family Storytime	31 3:30 p.m. - Read to the Dogs		
<a href="https://bosquefarms.biblionix.com">https://bosquefarms.biblionix.com</a>				<b>BrainFuse - Free Online tutoring available through our website.</b>		

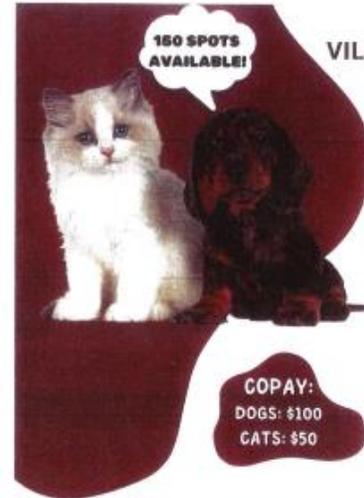


# HALLOWEEN PARTY

October 29, 2024 / 10a-12pm

Join us for a Spooky party!  
FOOD | Live Band by Suavacito  
Costume Contest! BOO!

Belen Senior Center, Belen New Mexico  
This is a 60+ Event only.



150 SPOTS AVAILABLE!

VILLAGE OF BOSQUE FARMS



and  
ROCKY MOUNTAIN PUPPY RESCUE

## SPAY & NEUTER CLINIC

NOVEMBER 2ND-4TH

COPAY:  
DOGS: \$100  
CATS: \$50



Village of Bosque Farms Animal Control and Rocky Mountain Puppy Rescue present:

### SPAY IT FORWARD!

The clinic will be open to healthy animals under the age of 7. To secure an appointment, please pay fees in advance via money order made out to Rocky Mountain Puppy Rescue or payment to Bosque Farms Animal Control in cash. Appointments scheduled with a completed waiver will be admitted

#### STERILIZATION SURGERY FOR DOGS INCLUDE:

- ✓ Parvo/Distemper Vaccine
- ✓ Pain shot (post surgery)
- ✓ Rabies vaccine (if needed)
- ✓ Protective medical cone

#### STERILIZATION SURGERY FOR CATS INCLUDE:

- ✓ FCP vaccine
- ✓ Rabies vaccine (if needed)

#### BOOK TODAY!

(505) 869-2358  
1355 W Bosque Loop  
Bosque Farms NM



No credit cards or personal checks accepted!  
X No walk-ins! By appointment only!



## Protecting Yourself from Misleading Medicare Marketing & Marketing Violations



Health insurance companies try to reach people in various ways, like television commercials, radio ads, events, mailings, phone calls, and texts. The Centers for Medicare & Medicaid Services (CMS) has rules for marketing Medicare Advantage plans and Part D plans, though. These rules are in place to protect Medicare beneficiaries from aggressive or misleading marketing.

### Watch out for people who:



**Ask for your Medicare number, Social Security number, or bank information, especially before you decide to enroll.** Someone can use this information to enroll you in a plan without your permission.



**Say they represent Medicare.** Plans are never allowed to state they represent or are endorsed by Medicare or any other government agency. They cannot use the Medicare name or logo on their marketing materials in a way that implies this.



**Send you unsolicited text messages or phone calls.**



**Pressure you to enroll in their plan.** You can use the entire Open Enrollment Period to make your decisions. You will not receive extra benefits for signing up early.



**Offer you gifts to enroll in their plan.** Gifts must be given to everyone at an event regardless of their enrollment choice, and cannot be worth more than \$15.

**NEW!** Plans must provide you with the option to opt out of communications about Medicare products. It must be done annually and in writing. Also, before enrolling you, plan representatives must explain the plan's effect on your current coverage. For example, if you have a Medigap, a plan representative must explain how you will lose that Medigap if you enroll in Medicare Advantage.



**Tips for avoiding unwanted enrollment:** Never provide your Medicare information to anyone but your trusted health care providers. Confirm everything that a plan agent tells you before making a final decision about a plan. Ask for everything in writing. Call your doctors to make sure they are in network for the plan you want to join. You can also call your local SHIP for unbiased answers to coverage questions.

Plans can	Plans cannot
<ul style="list-style-type: none"> <li>✓ Send you mail</li> <li>✓ Have educational exhibits at public events</li> <li>✓ Call or email you about other health plans and products, as long as you are already a plan member and haven't asked them not to call or email</li> <li>✓ Schedule an appointment to discuss plan options with you, but:               <ul style="list-style-type: none"> <li>• Before the appointment, you must formally decide which topics will be discussed</li> <li>• The appointment must occur 48 hours or more after it is scheduled (unless you walk into their office or it's the very end of the Open Enrollment Period)</li> <li>• The plan agent must stick to the topics you have agreed on in advance</li> <li>• The plan agent may not use your appointment or the time before or after to market or sell plans to other people in your building or neighborhood</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>✗ Call, send text messages, or leave voicemail messages, unless you are already a plan member or you gave the plan permission</li> <li>✗ Email you or call you (even if you are a plan member) if you opt out of this communication</li> <li>✗ Ask for your personal information or try to sell you a plan at an educational exhibit</li> <li>✗ Approach you in public areas, such as a parking lot, hallways, or sidewalks</li> <li>✗ Give you prizes or gifts worth over \$15               <ul style="list-style-type: none"> <li>• Cannot be in the form of cash</li> <li>• Cannot require enrollment or an appointment to get the gift</li> </ul> </li> <li>✗ Conduct promotional activities worth over \$15 per expected event attendee. (For example, a raffle prize at an event for 10 people must be valued at or below \$150.)</li> <li>✗ Provide full meals at sales/marketing events</li> </ul>

Report potential marketing violations to **your Senior Medicare Patrol (SMP) or State Health Insurance Assistance Program (SHIP) at 1-800-432-2080.**

**1<sup>st</sup> Wednesday**  
**of every month**

**9 - 10:15 am**

**Bring your  
favorite topping or  
prepared side dish.  
Waffles, butter, syrup  
and coffee will be  
provided.**

