Greetings Senior Circle members! As 2016 comes to an end, I wanted to thank each of you for allowing MountainView Senior Circle to be a part of your year. With over 2,300 members, many of you have been a part of Senior Circle for several years, and many of you joined us just this year. Either way, we’re grateful that you share your time, energy, and talents with our staff and other members. This year was a big year for Senior Circle, and I want to thank Terry and Alejandra for working hard to coordinate all of the classes and events for you!

This year at Senior Circle, we grew by almost 600 members. Because of the continued growth, we were able to offer some new and unique classes and events -- you enjoyed a Valentine’s Day Party, the Anniversary Event at the park, new classes like photography, martial arts, knitting, chair exercise, book club and more! Many of the established classes continue including guitar, Spanish, line dancing, Tai Chi Chih, Yoga and others.

While Senior Circle has grown this year, so has MountainView. We opened a sleep lab, finished our long awaited ER Expansion project, began a residency program to train the next generation of physicians, and are putting the finishing touches on our new Outpatient Plaza building. We were also incredibly successful with physician recruitment – we welcomed several family practice physicians and nurse practitioners, a physical medicine and rehabilitation doctor, a hand surgeon, a general surgeon, a bariatric surgeon and a cardiovascular surgeon.

One of our goals with Senior Circle is to make sure that you, our members, have access to the medical care you need. We try to provide education for you about the resources that are available in our community, but we hope that you will act on that education. We hope you will continue to keep your mind and body active, and get the preventative care that you need, whether it is a wellness exam with your primary care provider, or the many cancer screenings that are available. At MountainView, we’re working hard every day to make sure that care is easier for you to access.

With that in mind, you’ll notice several changes at MountainView in 2017. We’re pleased to announce that we will be opening Las Cruces’ first Women’s Imaging Center in just a few short months. Our goal is to make this a comfortable place to receive a mammogram, bone density test, tomosynthesis (a 3D breast imaging technique) and any follow-up needed. Our Outpatient Plaza building will open to the public for easier access to lab services, cardiac rehab, wound care, sleep lab and more. And above all, we will be placing a renewed focus on customer service so that every time any patient comes in contact with our staff, they will have an exceptional experience.

As you can see, at MountainView, we’re passionate about providing care to our community. As valued members of our MountainView family, we want to make sure that you, our Senior Circle members, have direct access to the physicians and services that you need. If you ever have any questions about what services we offer, or need help connecting with a physician, please connect with our staff – they’re here to help you!

Thank you again, Senior Circle. Here’s to a happy and healthy 2017!
Catch the Quarterly Update

New Osteo Yoga Class!
We are offering a new yoga class that, done correctly every day or every other day, can increase bone density! Class based on the findings of Dr. Loren Fishman, a physiatrist at Columbia University.

A Bitter-Sweet Farewell
We say good bye this year to our Marketing Coordinator, Alejandra Pulido-Castillo and to Sherri Jeska, our Dancercise instructor. Both are moving from the Las Cruces area.

New History Class: American West Series
Join us for a wild ride! Our very own member, Bob Beauford, will lead us through a series of topics rich in the American West territory!
Topics to include the Outlaw Gangs, Ok Corral- Tombstone, New Mexico-The Indian Wars, New Mexico-the Civil War, the Colt 45.
Meets Thursday’s at 2:00 PM

New Workshops!!
Intro to Clay Shaping
Learn to create and mold clay art with just your hands! Clay Shaping is a magnificent way to stimulate creativity and learn a new art form!
Wednesdays at 2:00 PM in January.
(Class size limited but other sessions may be added)

Learn the Facts: Prostate Cancer
Presented by Ron Childress
January 18 at 10:00 AM
1 of 6 men in America will be diagnosed with prostate cancer. Learn the stats and strategies to fight prostate cancer. This presentation could lead to a Monthly Prostate Support Group.

Even more Workshops!
Stories from the Heart- Memoir Writing Workshop
Dorothy Webb guides us through class exercises designed to sharpen our memories and help us reflect on our lives. Weekly assignments will be shared with others in class.
Thursday afternoons at 2:00 PM

On the Road to Living Well With Diabetes
Meets every Thursday, March 9th – March 30th at 1:30 PM F
Follow up meeting on Thursday, June 22nd at 1:30PM
Get started on living well with diabetes with this 16 week program that meets only 5 times out of the 16 weeks. Learn about physical activity and nutrition information that could help your A1C change with set goals and determination. Participants are highly encouraged to attend the first and all meetings in order to achieve better results.
<table>
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<th>Activity</th>
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<th>Instructor</th>
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<tbody>
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<td>Monday</td>
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<td>Pi-Yoga Ball</td>
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<td>Osteo vs. Yoga</td>
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*Jason Shoberg will teach Tai Chi Chuan on Wednesdays and Thursdays through March 9. Starting Monday, March 13, Jason will teach on Mondays and Thursdays.
Exercise Classes

**Classes instructed By Annette Morales: Certified Fitness Instructor**

**Dancercise**
Low Impact, full body workout set to music. Strength training included with upper and lower body workouts. Bring a mat, water bottle and free weights.

**Wellness Class**
This low impact workout is designed to improve muscle tone, strength and balance. Wear comfortable clothing, supportive shoes and don’t forget your water.

**Classes instructed by Rose Alvarez-Diosdado: Accredited T’ai Chi Chih teacher**

**T’ai Chi Chih - Joy Thru Movement**
A series of 19 disciplinary movements and 1 pose that together make up a meditative form of exercise to which practitioners attribute physical, personal and spiritual health benefits.

**Meditation for Healing and Relaxation**
Reduce stress, lower blood pressure, balance your nervous system and slow Alzheimer’s disease by daily practice in Mindful Meditation. Meditation is about being in the NOW.

**Classes instructed by Brenda Loera: (575)680-019/BrendaLoera558@yahoo.com**

**Zumba**
Take the "work" out of work-out, by mixing low-intensity and high-intensity moves for an interval-style, calorie burning dance fitness party. Workout combining cardio, muscle conditioning, balance and flexibility.

**Classes instructed by Cheryl Lither: MA Dance**

**Line Dancing**
Exercise made fun! Learn different Line Dance steps within easy dances and be motivated by the music! No Sandals, please!

**Classes instructed by Beth LeBlanc: AFAA Group Fitness, Silver Sneakers, RYT 200**

All yoga classes are gentle and teach full deep body breathing and postural alignment of your body. Connect body, mind and spirit. Please bring Yoga mat, blanket, 2 blocks, and strap or tie.

**Gentle Yoga**
Includes standing, sitting and supine plus prone poses. You may use a chair for balance.

**Yin Yoga**
Floor poses with props to apply moderate stress to the connective tissues-tendons, fascia, and ligaments-with the aim of increasing circulation in the joints and improving flexibility. Poses held for 3 to 5 minutes.

**Stretch Gentle Yoga**
Uses sitting, kneeling and supine plus prone poses that frequently use the wall as a prop. Stretch to reverse tightness and weakness in opposing muscle groups caused by modern life activities.

**Chair Yoga**
Includes a chair for seated and standing support.
Exercise Classes

Pi-Yoga Stability Ball
Have a ball learning controlled breathing and build flexibility and strength that will leave you feeling centered.

Osteo vs. Yoga
This new class will practice 20 poses that, done every day or every other day, have shown to increase bone density in participants.

Classes instructed by Robert Yee:
Martial Arts
Revitalizing through martial arts, this class will walk you through basic forms of Martial Arts poses, stretches and defensive techniques.

Classes instructed by Jason Shoberg:
Tai Chi Chuan
Classic Yang style meditative exercise, characterize by methodically slow circular and stretching movements and positions of bodily balance.

Classes instructed by Lisa Gonzales:
Chair Fitness
Chair based work out combines cardio and strength training along with balance and flexibility.
Wear comfortable clothing and don’t forget your water.

Senior Cardio
Involves a mixture of cardio routines, incorporating hand weights, resistance bands, and ball which help target all muscle groups. Please bring weights, band and ball.

Laugh Your Abs off!
A 30 minute express class to sculpt and tone your entire abdomen using a variety of core exercise with a small ball, body ball and 2-3 lbs free weights and resistance bands.

Young @ Heart
These are heart moving/balancing cardio/strength routines to your favorite tunes incorporating hand weights, resistance bands and ball.

Body Balance and Stretch
A series of stretch routines and poses for a thoroughly refreshing workout that will help with balance. Please bring your yoga mat and body ball with you, and can’t forget the water!

Trails West Schedule:

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<tr>
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<td>8:30 – 9:15 am</td>
<td>Tuesday and Thursdays</td>
</tr>
<tr>
<td>Senior Core</td>
<td>9:20 – 9:50 am</td>
<td>Tuesday and Thursdays</td>
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</tbody>
</table>
Weekly Classes

**Spanish Classes**  
Instructor: Olga Rodriguez  
Spanish I  Monday and Tuesday  9:00 AM  
Spanish II  Monday and Tuesday 10:00 AM  
Spanish III  Monday and Tuesday 11:00 AM

**French Classes**  
Instructor: Margaret Speer  
Meets every Monday at Noon: starts again on September 5th

**Porcelain Artists Club**  
Meets every Monday at 1:00 PM  
Join the local LC Porcelain Artist Club to paint on porcelain and china. Anyone who is interested in porcelain and china painting should stop by to observe and or speak with the group. New painters are welcome! For more information call Ida at 575.312.7834

**Chess Club**  
Meets every Tuesday at 1:00 PM  
Beginners, intermediate and advanced players welcomed!

**Guitar Lessons**  
Instructor: Olga Rodriguez  
Beginning Guitar  Wednesday at 10:00 AM  
Advanced Guitar  Wednesday at 11:00 AM

**Photography Workshops**  
Instructor: Robert Yee  
Meets every Wednesday at 1:00 PM  
An interactive series of photography classes for amateurs. Learn camera basics and learn how to better photograph people

**Crochet/Knitting Class**  
Meets every Tuesday and Thursday at 10:00

**American West History Class**  
Instructor: Bob Beauford  
Meets every Thursday at 11:00 AM  
Join us as we take a “Wild Ride through the Southwest!”
Each week visit a new topic such as the Gunfighters, Kit Carson, Doc Holiday, the Code of the West, Custer and the Little Big Horn and more!

Weekly Discussion Groups

**Brain Pump**  
Meets every Thursday at 10:00 AM  
Ever pondered the complexities of the universe? Had discourse about the time-space Continuum? If so, join like-minded members for stimulating conversations about a variety of topics. Suggestions welcome!

**Blast from the Past**  
Presented by Stan Blitz and Jim Gibson  
Join us to reminisce about entertainment, music, sports and fashion of the 1950's and 1960's.  
Meets every Friday at 2:00 PM

Weekly Workshops

**Stories from the Heart: A Memoir Writing Workshop**  
Meets every Thursday at 2:00 PM  
Senior Circle member, Dorothy Webb will use in-class exercises to sharpen our memories and help us reflect on our lives. Weekly assignments will be shared with others in the class. Bring notebook and writing instrument.

**Intro to Clay Shaping**  
Meets every Wednesday in January at 1:00 PM  
In this 4 session workshop, Senior Circle member, Stan Furber, leads us through a casual and brief introduction into the shaping of clay and the creative stimulation that can ensue. This class is only open to those members who have had NO experience in clay and class size is limited to the first 6 people to register (additional classes may be offered later).

**On the Road to Living Well with Diabetes**  
Meets every Thursday, March 9th – March 30th at 1:30 PM  
Follow up meeting on Thursday, June 22nd at 1:30 PM  
Get started on living well with diabetes with this 16 week program that meets only 5 times out of the 16 weeks. Learn about physical activity and nutrition information that could help your A1C change with set goals and determination. Participants are highly encouraged to attend the first and all meetings in order to achieve better results.
Monthly Classes

Southern New Mexico Diabetes Outreach
Support Group Meetings-1st Tuesday of each Month at 6:00 PM; January 3rd, February 7th, March 7th.
Please contact June Donohue for more information at 575-522-0289

National Osteoporosis Foundation/New Mexico Affiliate Bone Boosters
Meetings held --1st Thursday of the month; January 5th, February 2nd, March 2nd at 11:30 AM
January--Foods That Help Fractures Heal (held at Natural Grocers Classroom)-Marianne McLaughlin
February--RA and Its Association with Osteoporosis-Dr. Adrian Michaels
March--Newest Prescriptions for Treating Osteoporosis-John Gallegos, Pharm D, MVRMC
Please contact Marge Peterson for more Information at 575-522-5106; Call Senior Circle at 575-522-0503 to RSVP

Parkinson’s Disease Support Group
Meetings held the 3rd Tuesday of each month: January 17th, February 21st, March 21st
9:00–10:00 AM Meet and Greet  10:00–12:00 PM Support Group Meeting
Please contact Sarah Stegall for more information at 575-496-2550

AARP Meetings
Las Cruces AARP Chapter; Meetings held on the 3rd Wednesday of the month at 2:00 PM
January 18th, February 15th, March 15th
Please contact Dave Lynch for more information at 317-385-8874

Book Club
Meets 2nd Friday of each month at 11:00 AM to discuss that month’s selection
January 13th - “My Kitchen Year,” Ruth Reichl
February 10th - “Underground Railroad,” Colson Whitehead
March 10th - “The Winter People,” Jennifer McMahon

Place your RSVP by calling 575-522-0503
Sully
Rated: PG-13
1hr 36min
Showtime: Noon
On January 15, 2009, the world witnessed the “Miracle on the Hudson” when Captain “Sully” Sullenberger glided his disabled plane onto the frigid waters of the Hudson River, saving the lives of all 155 aboard. However, even as Sully was being heralded by the public and the media for his unprecedented feat of aviation skill, an investigation was unfolding that threatened to destroy his reputation and his career.
Movie stars: Tom Hanks, Laura Linney, Aaron Eckhart, Sam Huntinton
Monday, January 16- Please RSVP by Thursday January 12
Monday, January 30- Please RSVP by Thursday January 27

Loving
Rated: PG-13
2hr 3min
Showtime: Noon
Loving celebrates the real-life courage and commitment of an interracial couple, Richard and Mildred Loving, who married and then spent the next nine years fighting for the right to live as a family in their hometown. Their civil rights case, Loving v. Virginia, went all the way to the Supreme Court, which in 1967 reaffirmed the very foundation of the right to marry - and their love story has become an inspiration to couples ever since.
Movie stars: Joel Edgerton, Ruth Negga, Michael Shannon, Marton Csokas
Monday, February 13- Please RSVP by Thursday, February 9
Monday, February 27- Please RSVP by Thursday, February 23

Hacksaw Ridge
Rated: R
2hr 11min
Showtime: Noon
Desmond T. Doss is a World War II army medic who has seen, first-hand, too much of the misery that violence causes. As he strives to save badly injured patients from dying, he finds that he is unwilling to inflict that kind of damage of another person. Despite the pressures on him to conform to the realities of war, Doss is adamant about refusing to take up arms against others. While he faces many challenges, his stance eventually earns him the respect of many as he becomes the first Conscientious Objector in America.
Movie stars: Andrew Garfield, Vince Vaughn, Teresa Palmer, Sam Worthington, Rachel Griffiths
Monday, March 13- Please RSVP by Thursday, March 9
Monday, March 27- Please RSVP by Thursday, March 23
Luncheons

January Luncheon
Thursday, January 26, 2016
Time: 11:30 - 12:30 PM
Please RSVP by Thursday, January 19 or before capacity of 300 is reached.

February Luncheon
Thursday, February 23, 2016
Time: 11:30 - 12:30 PM
Please RSVP by Thursday, February 16 or before capacity of 300 is reached.

March Luncheon
Thursday, March 23, 2016
Time: 11:30 - 12:30 PM
Please RSVP by Thursday, March 16 or before capacity of 300 is reached.

Your help with the following make for a smooth Luncheon:

• RSVP or cancel your reservation a week in advance by calling 575-522-0503
• A printed list of RSVP’s will need your initial next to your name
• Food Safety Policy: leftover food and desserts cannot be taken home
• Leftover food is always donated to local Food Shelters
• All exercise classes are cancelled on Luncheon Days

Coffee and Conversation
Join Denten Park, CEO, and Veronica Peery, Marketing Director, for coffee and conversation on Tuesday, January 10th at 11:30 AM

Find out what is planned for the MVRMC family during 2017
### JANUARY PRESENTATIONS

**Wednesday, January 4, Minding Your Mind**
1:30-2:30 PM, Presented by Sandhi Scott, Ordained Minister and Red Cross Chaplain
Explore the intention and energy of your thoughts in the moment, in the past, and in the future. Explore thoughts through daily life while standing in line, being put on hold, or dealing with challenging people, places and things.

**Monday, January 9, Smart Driver Course**
1:00 – 5:00 PM, Presented by Dave Lynch, AARP Las Cruces Chapter President
Attendees of this driver refresher class will receive a 3 year Smart Driver Course Certification. Check with your insurance company to see if this course qualifies you for a reduction in your car insurance. Fee is $15 for AARP members and $20 for non-members.

**Tuesday, January 10, Coffee & Conversation with the CEO**
11:30 AM-12:30 PM, Presented by Denten Park, CEO, MountainView Regional Medical Center
Join Denten Park and Veronica Peery for a Town Hall type presentation. Denten will discuss the accomplishments of 2016 and what we can expect for 2017.

**Thursday, January 12, Lunch and Learn - Cardiac Series--Stroke: A Treatable Emergency**
Noon-1:00 PM, Presented by Erin Martin, RN, BSN, Stroke Coordinator, and Chelsie Carter, RN, BSN, Chest Pain Coordinator, MountainView Regional Medical Center
Join us for this “Cardiac Series” and receive information that could save your life or that of a loved one. This presentation will include information on how strokes can be treated through medication, exercise, anatomy.

**Wednesday, January 18, Facts about Prostate Cancer**
10:00 – 11:00 AM Presented by Ron Childress, Survivor; Chairman, Us Too Prostate Cancer Support and Education Group of Southern New Mexico
Only 14% of all men diagnosed with prostate cancer will die from the disease! Learn the six strategies to fight prostate cancer. It is hoped that this presentation will lead to a support system for men that are currently facing this disease.

**Wednesday, January 18, Using Your Own Energy to Self-Heal**
Noon-1:00 PM, Presented by Dawn Chaney, Energetic Healer, Reiki Master and Teacher
Using your own ethereal energy, learn to heal and improve your overall health. No previous training or equipment is required.

**Thursday, January 19, Lunch and Learn, Introducing Dr. Charles Metzger, Hand Surgeon**
Noon – 1:00 PM Presented by Charges Metzger, MD, MountainView Orthopedics and Musculoskeletal Care
Meet with Dr. Metzger as he discusses treatments of conditions of the hand, wrist, and elbow such as carpel tunnel syndrome, trigger finger, rotator cuff repairs, etc.

**Friday, January 20, Makeup Application for the Mature Woman**
10:30-11:30 AM, Presented by Therese Gurule-Montenegro, Licensed Cosmetologist, Walgreens
Make-up can do wonders for our skin, especially when we’re looking for a different look or wanting to highlight certain features we have. Or who knows, hide a thing or two! Learn these techniques and more to refresh your daily make-up routine.

**Tuesday, January 24, Lunch and Learn- Palliative Care**
Noon – 1:00 PM Presented by Dr. Frederich, Board Certified Palliative Care, MountainView Regional Medical Center.
Please join us in welcoming Dr. Frederich and the Palliative Care Program to our hospital. Palliative care is not hospice but is there to serve as an additional resource for seriously ill patients and their families.

### FEBRUARY PRESENTATIONS

**Thursday, February 2, Immune Support 101**
11:00 - Noon Presented by Marianne McLaughlin, Certified Nutrition Therapist, Natural Grocers
Just like the rest of our body, the immune system requires optimal nutrition to function at its best. Keeping your immune system fed with proper nutrition will ensure that your body is ready to handle whatever comes its way during the winter months.

**Friday, February 3, Mind Your Matters: If something’s the matter, then matter matters too much!**
1:30-2:30 PM, Presented by Sandhi Scott, Ordained Minister and Red Cross Chaplain
During this workshop, observe how and when “matter matters,” and how intentional thinking can “mind” it. Participants will be given time to interpret their “matters” and, perhaps, “re-think” them. It is suggested that you bring writing materials and your sense of humor!

**Friday, February 3, Cooking for Two with Paul!**
1:00-2:00 PM Presented by Paul McKim, Director of Dietary, MountainView Regional Medical Center
The hospital's Director of Dietary and Hospital Chef, Paul McKim, will teach us easy and healthy ways to cook for two or a few! Please join us for this fun and delicious class.

**Monday, February 6, Learning How to Use the Earth to Maintain a Healthy Life**
11:30 AM-12:30 PM, Presented by Denten Park, CEO, MountainView Regional Medical Center
Join with Dawn Chaney as she discusses some of the recent studies that show how our brain is entrained with the corresponding frequencies of the earth to reduce stress, depression, and maintain a healthy life.

**Tuesday, February 7, Lunch and Learn- Dysphagia/Feeding and Swallowing Disorders**
Noon – 1:00 PM, Presented by Dora Jasso, M.A., CCC-SLP, CBIS, Therapy Services, MountainView Regional Medical Center
Join Dora Jasso as she explains the feeding and swallowing disorders that are associated with various neurological diagnoses.
PRESENTATIONS
Place your reservations by calling 575-522-0503

Wednesday, February 8, Lunch and Learn—Using Robotic Surgery Techniques to Perform Heart Operations
Noon – 1:00 PM, Presented by Robert Poston, MD, Cardiac, Thoracic, and Cardiovascular Surgeon, MountainView Cardiac Surgery
Meet Dr. Robert Poston, one of 20 physicians in the country with the training and experience to perform robotic heart surgery! When used, for the appropriate patient, robotic surgery can greatly reduce recovery time compared to traditional open heart surgery.

Thursday, February 9, Lunch and Learn—Stroke: A Treatable Emergency
Noon – 1:00 PM Presented by Erin Martin, RN, BSN, Stroke Coordinator, and Chelsie Carter, RN, BSN, Chest Pain Coordinator, MountainView Regional Medical Center
Join us for this “Cardiac Series” and receive information that could save your life or that of a loved one. This presentation will include information on how strokes can be treated through medication, exercise, anatomy. Dona Ana statistics will also be shared.

Monday, February 13, Yoga with the Doctor!
3:00-4:30 PM, Presented by Tariq Ibrahim, MD, Vista Surgical Associates at MountainView Regional Medical Center
Dr. Ibrahim, the hospital’s Medical Director of Trauma, specializes in General Surgery and is a Yoga enthusiast. Join him for a Yoga class with a physician’s perspective to the medical and health benefits of restorative Yoga. The last 15 minutes of the class will be set aside for Q & A. Wear comfortable clothing and don’t forget your mat.

Tuesday, February 14, AARP Information Table
10:00 -Noon, Presented by Dave Lynch and Jerry Gunderson, Local AARP Volunteers
This is an excellent source for information about Medicare, social security, caregiving, and many other topics for those of us 50 years old and better.

Thursday, February 16, AARP Smart Driver Course
1:00 – 5:00 PM, Presented by Dave Lynch, AARP Las Cruces Chapter President
Attendees of this driver refresher class will receive a 3 year Smart Driver Course Certification. Check with your insurance company to see if this course qualifies you for a reduction in your car insurance. Fee is $15 for AARP members and $20 for non-members.

MARCH PRESENTATIONS

Thursday, March 2, AARP Smart Driver Course
1:00 – 5:00 PM, Presented by Dave Lynch, AARP Las Cruces Chapter President
Attendees of this driver refresher class will receive a 3 year Smart Driver Course Certification. Check with your insurance company to see if this course qualifies you for a reduction in your car insurance. Fee is $15 for AARP members and $20 for non-members.

Friday, March 3, Cooking for Two with Paul!
1:00-2:00 PM Presented by Paul McKim, Director of Dietary, MountainView Regional Medical Center
The hospital’s Director of Dietary and Hospital Chef, Paul McKim, will teach us easy and healthy ways to cook for two or a few! Please join us for this fun and delicious class.

Friday, March 3, Expanding Mindfulness: Exploring Classic and Current Philosophies on Mindfulness
1:30-2:30 PM, Presented by Sandi Scott, Ordained Minister and Red Cross Chaplain
During this workshop, Sandi will present various writings as she guides us to explore and interpret our personal use of “Mindfulness,” such as mindful walking, eating, listening and speaking…also driving, waiting in line, and being put on hold. Handouts will be provided for your exploration. It is suggested that you bring writing materials and your sense of humor!

Thursday, March 9, Advanced Directives and Why You Need One
11:00 AM- Noon, Presented by Jamie Johnson, RN, Director, MountainView Home Health
Learn why an advanced directive is important and why and when you would use one. Also included will be instructions on how to fill out an Advanced Directive.

Thursday, March 9, Lunch and Learn—Cardiac Series—Stroke: A Treatable Emergency
Noon -1:00 PM, Presented by Erin Martin, RN, BSN, Stroke Coordinator, and Chelsie Carter, RN, BSN, Chest Pain Coordinator, MountainView Regional Medical Center
Join us for this “Cardiac Series” and receive information that could save your life or that of a loved one. This presentation will include information on how strokes can be treated through medication, exercise, anatomy. Dona Ana statistics will also be shared.

Monday, March 13, Full Cycle of Health
11:00 AM - Noon, Presented by Dawn Cheney, Energetic Healer, Reiki Master and Teacher
Dawn will explain how our emotions directly impact our health, the diseases we may contact, and how our energetic systems fit into all this.

Thursday, March 16, Don’t Worry, Be Happy!
11:00-Noon Presented by Marianne McLaughlin, Certified Nutrition Therapist, Natural Grocers
How to Support a Healthy Mood by gaining a new understanding of the many complexities that play a role in supporting a healthy mood or hindering it. Nutritional, supplemental, environmental, lifestyle and other key factors will be discussed.

Friday, March 17, Lunch and Learn—Common Pain Generators of the Spine
Noon – 1:00 PM Presented by L. T. Sloan, MD, MountainView Orthopedics and Musculoskeletal Care
One of MountainView’s newest providers of Physical Medicine and Rehabilitation, Dr. L. T. Sloan, will discuss the common causes of back pain—specifically discs and arthritis, how they cause pain, and how to treat them.

Wednesday, March 22, Understanding Depression: Signs and Symptoms
2:00-3:00 PM, Presented by Judy Baca, National MHFA Instructor, Mesilla Valley Hospital
Join Judy for a discussion on what triggers depression and the difference between moods, feelings and medical depression. Learn how staying active with friends and community projects can help you cope effectively with depression triggers.
Staffing Changes

We’re so sad to say goodbye to Alejandra, our marketing coordinator and Senior Circle greeter/planner/delivery driver/food server/tech guru/book club leader/graphic designer/Wonder Woman EXTRAORDINAIRE! Alejandra will be moving to Albuquerque with her husband, who got a new job. We’ll miss her, but hope that she’ll drop in every once in a while to say hi when she is in Las Cruces to visit family and friends! Good luck Alejandra!

While Alejandra can never be replaced, we’re thrilled to welcome Valerie Stiles to our Senior Circle family! Valerie is a Las Cruces native who has returned to town after living in New York and California for more than 20 years. She has a background in graphic design and advertising, has been a realtor, taught CPR, and most recently served as an educator at the USS Midway Museum in San Diego, CA. In her spare time, Valerie enjoys painting and quilting. Please take a few minutes to welcome Valerie when you see her!

FREE MEMBERSHIP?!  
- Sign me up!

When you volunteer with MountainView the rewards become greater!

- Free flu shot
- 1 free meal for each shift that is served.
- Free Senior Circle membership for those 50+
- Recognition during National Volunteer Week
- Uniform will be provided

Those who can, do
Those who can do more, Volunteer
Meet the Newest MVRMC Doctors

Charles Metzger, M.D., specializes in hand surgery and will be practicing at MountainView Orthopedics and Musculoskeletal Care. We welcome him to the MountainView family as he will provide surgical care and ongoing management for a broad range of orthopedic and sports injuries. Dr. Metzger, a fellowship trained, board-certified orthopedic hand surgeon specializes in complex hand, wrist, forearm, elbow and shoulder surgery, including carpal tunnel. To schedule an appointment with Dr. Metzger please call MountainView Orthopedics and Musculoskeletal Care at 575-532-9755.

Brenda M. Cuellar, M.D. specializing in family medicine has joined our team and is accepting patients at Family Care Associates located on Main Street. Dr. Cuellar attended medical school at the Universidad Evangelica De El Salvador and completed her residency at Southern New Mexico Family Medicine Program. To schedule an appointment with Dr. Cuellar, please call Family Care Associates at 575-525-4000.

Robert Poston, M.D. is a cardiac, thoracic, and cardiovascular surgeon new to MountainView Cardiac Surgery. Dr. Poston, a board-certified cardiothoracic surgeon, specializes in minimally invasive and robotic surgical techniques to perform a variety of heart operations. As one of only about 20 physicians in the country with the training and experience to perform robotic heart surgery, patients come from all over the country to see Dr. Poston. While Robotic heart surgery isn’t an option for every patient, when it is appropriate, it can greatly reduce recovery time compared to a traditional open heart surgery. To schedule an appointment with Dr. Poston, please call MountainView Cardiac Surgery at 575–526-7139.
CATTLEMAN’S STEAKHOUSE-INDIAN CLIFFS RANCH  
Date: Saturday, January 21, 2017     Cost: $30.00 pp     Payment due at sign-up     Sign up by January 10, 2017  
Trip includes travel by 15 passenger van. Lunch will be on your own.

PALOMAS APPRECIATION PARTY  
Date: Friday, February 10, 2017     Cost: $25 pp     Payment due at sign-up     Sign up by February 1, 2017  
Trip includes travel by 15 passenger van to Palomas and party with entertainment. Lunch at the Pink Store will not be included.

ISLETA CASINO & INDIAN PUEBLO CULTURAL CENTER  
Date: Tuesday, January 23–January 25, 2017     Cost: $148p-Double     $200pp-Single     2Days/1/Night  
Full payment due at sign-up     Sign up by January 3, 2017  
Trip includes travel by 12 passenger van & hotel accommodations for 1 night stay at Isleta Resort & Casino. No meals included.

BISBEE/TOMBSTONE/DOUGLAS  
Wednesday, February 15 – Friday, February 17, 2017    Cost: $372pp-Double     $450pp-Single     3 Days/2 Nights     $100pp at sign-up  
Final Due February 1, 2017  
Trip includes travel by 12 passenger van, 2 nights at Copper Queen Hotel and a tour of the Queen Mine Underground.

ORLANDO FLORIDA/EPCOT CENTER with Diamond Tours  
Date: Friday, May 5 – Monday, May 15, 2017     Cost: $1,106pp-Double     $1,400pp-Single     11Days/10Nights     Deposit $75pp  
Final Due Feb 26, 2017  
Trip includes travel by motor coach, 10 nights lodging including 4 nights in Orlando, 17 meals: 10 breakfasts and 7 dinners, Cost includes admission into HOLY LAND EXPERIENCE, EPCOT, BOK TOWER GARDENS, FLORIDA NATURAL GROVE HOUSE, DAVIDSON of DUNDEE CITRUS CANDY FACTORY and more.

VENICE TO ROME CRUISE ON CELEBRITY CONSTELLATION  
Date: June 14 – 25, 2017    12 Days/11 Nights     Deposit $550 pp double     Due at sign-up     Second deposit due 9/15/2016  
Cost: Inside Cabin from $4,794–4,850 pp       Outside Cabin-$5,070pp       Outside Cabin from $5,970–6,310 pp  
Cruise includes roundtrip airfare from El Paso, 1 pre-night in Venice with city tours. Cost includes hotel, complimentary breakfast buffet, transfers, port charges and government fees. While on board you will enjoy a cocktail party with gifts for all including $50 on board credit per person, 1 bottle of champagne per stateroom, and chocolate covered strawberries in your room.

ALASKA CRUISE ON THE CELEBRITY SOLSTICE  
Date: September 1–8, 2017     8Days/7Nights     Deposit $350pp due at sign-up     Final due June 3, 2017  
Trip includes roundtrip airfare from El Paso, cruise, port charges, and transfers to/from the ship, taxes, and government fees. Complimentary bottle of champagne per stateroom. If you book an outside cabin category or a balcony cabin category, you can “pick one perk” from $150 On-Board Credit per person: Unlimited Classic Beverages, Pre-Paid Gratuities, or Unlimited Internet Package. This applies only to first and second passengers in a cabin; guests in the same cabin must select the same perk. Ports visited: Ketchikan, Tracy Arm Fjord, Juneau, Skagway, Inside Passage.

PORT OF CALLS:  
- Ketchikan, Alaska  
- Juneau, Alaska  
- Skagway, Alaska  
- Juneau, Alaska  
- Ketchikan, Alaska

WESTERN CARIBBEAN CRUISE ON THE HARMONY OF THE SEAS  
Date: November 10 – 18, 2017     9Days/8Nights     Deposit $350pp due at sign-up     Final Due July 13, 2017  
Cost: Inside Cabin-$2,538pp       Outside Cabin $2,648pp       Balcony $2,889pp  
Trip includes roundtrip airfare from El Paso, cruise, port charges, and transfers to/from the ship, taxes, and government fees. Ports visited: Labadee, Haiti; Felmouth, Jamaica; Cozumel, Mexico

Working on for 2017  
1. Socorro-Very Large Array-Pie Town     March,  2017     2 Days/1 Night  
2. Branson Show Trip     October 28-November 5, 2017     Motorcoach $875 pp Double     $1115 single
MEMBERSHIP BENEFITS

Membership in the Senior Circle offers many benefits join today and enjoy:

• All exercise classes provided free
• All health topic discussions are free
• Members receive a 30% discount in our cafeteria
• Members caring for a spouse or loved one, while in the hospital, receive one complimentary meal pass per day.
• Members receive other national discounts on everything from travel to hearing aids
• Quarterly newsletter with list of monthly events and activities
• Free copying, faxing and notarizing
• Discounted travel
• Low-cost day trips

Call our Senior Circle Office at 575.522.0503

YOUR NATIONAL PARTNERS

Senior Circle members are entitled to exclusive discounts offered by national preferred partners. Remember to take advantage of these special membership perks designed just for you!

SCRIPTSAVE PRESCRIPTIONS
1-800-700-3957
ScriptSave.com
(reference Group #208)

ADDITIONAL DISCOUNTS AVAILABLE THROUGH SCRIPTSAVE:
The Diabetic Program
1-877-233-9425
DiabetesMedPlan.com
(use code SS70)
Fitness/Safety/Medical Supplies
ActiveForever.com
(use code V07)
Gym Memberships
GlobalFit.com/fitwss
(use code best Rx savings plus)

VSP VISION CARE DISCOUNTS
1-800-877-7195
VSP.com

BELTONE HEARING CARE DISCOUNTS
1-888-447-8829
Beltone.com

ADT PERSONAL EMERGENCY RESPONSE UNITS
1-800-417-2238
(use code 4949983 and mention Senior Circle)

CAR RENTAL DISCOUNTS
1-800-462-5266
Alamo.com/offer/seniorcircle
(use code SCIRCLE at time of phone reservation)

1-800-227-7368
NationalCar.com/offer/seniorcircle
(use code SCIRCLE at time of phone reservation)

CAREINGTON DENTAL DISCOUNTS
1-877-376-8958
Careington.com/co/sca
APPLICATION

There are two ways to pay for your Senior Circle membership
1. Sign up and pay online at www.seniorcircle.com
2. Complete the application below and return it with a check to the address at the bottom of the form.
Checks should be made out to Senior Circle Association.

Date submitted with payment:  

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Date of Birth: ___ ___ / ___ ___ / ___ ___ ___ ___  

Social Security # (Remains confidential; Last four digits required)  

Address: Apt #

City State Zip

E-mail Address (For us to send event info and news)  

2nd Application, SAME ADDRESS ONLY

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Social Security # (Remains confidential; Last four digits required)  

E-mail Address (For us to send event info and news)  

□ One person; one year $15 [NEW 101] □ Two people; one year each $27 [NEW 201] Save 10%  
□ One person; two years $27 [NEW 102] Save 10% □ Two people; two years each $51 [NEW 202] Save 15%

For questions call us at 575-522-0503

We value our relationship with you and will never share or sell your personal information to any outside organization without your permission.

Benefits subject to change without notice. Memberships non-transferable. Senior Circle Association is a non-profit organization, and reserves the right to deny or terminate the membership of any individual based on Senior Circle’s sole discretion.

Make Check Payable To: Senior Circle Association

Return Your Completed Application & Check To:

MountainView Senior Circle Association
3948 E. Lohman Ave., Suite 1
Las Cruces, New Mexico 88011