Happy spring, Senior Circle members! I hope you’re enjoying the longer days and warmer temperatures as much as I am! This time of year always gives me renewed energy—as evidenced by my frenzied spring cleaning and garden planting over the past couple of weekends. It’s a good thing I have that burst of energy because things at MountainView have been even busier than usual.

We began seeing patients in the MountainView Outpatient Plaza back in February. This is the new building on top of the hill on the MountainView campus. We’re excited because this gives patients easier access to many of our outpatient services like lab testing, cardiac rehab, wound care, and infusion therapy. If you have an order for lab testing, this should be a quick, easy way for you to walk in and get testing done without having to go inside the hospital. The building is also home to our sleep lab, and our new Coumadin clinic, which can help patients on blood thinners make sure that their dosages are correct. Soon, our hyperbaric oxygen chamber and a vascular lab will also open in the new building.

On April 3, we will begin seeing patients at our Women’s Imaging Center located at 4351 E. Lohman Avenue, Ste. 101, inside the MountainView Medical Office Building. The center features 3D mammography, which provides clearer images, reducing the need for call backs. Several studies have shown that 3D mammography catches more breast cancer than standard, 2D mammograms. In addition to the latest technology, we’ve spent a lot of time making sure that the center is comfortable and convenient for women—we have plush robes, beautiful artwork and calming music. It will also feature reserved parking and a separate scheduling and reception area to make your visit the most convenient. In addition to mammography, the Women’s Imaging Center will feature ultrasound, bone density screening and imaging guided breast biopsy. A breast nurse navigator will have an office on-site to help answer any questions you may have and to guide you through the entire process. To schedule your mammogram or other women’s imaging study, call 575-556-7257.

On March 1, we officially broke ground on our long-awaited Free Standing Emergency Room. Located at 2811 N. Main St. next to Citizen’s Bank, the ER is the first of its kind in New Mexico. It will function just like a regular emergency room with physicians, nurses, imaging, lab and more. We’ll also work closely with EMS to make sure that anyone who is having an active heart attack or stroke, or has an injury or illness that requires surgery or an inpatient admission is transported quickly and efficiently to the main hospital campus. We anticipate completion this fall.

Things are also busy at Senior Circle, and we hope that you’re enjoying some of the new classes and activities we have added. Every year during June, we celebrate our Senior Circle Anniversary, and this year is no different. On June 22, we’ll host a Sock Hop to celebrate with dancing, games, a photo booth, cake walk, snacks and more! We encourage you to put on your best blue suede shoes, buddy holly glasses, and poodle skirts because we’ll be crowning the best dressed man and woman. The format of this event will be similar to last year’s Valentine’s Day party, with different activities in each room, so come ready to mingle! As always, please make sure to RSVP so we can make sure we have enough goodies for all!

On April 29, MountainView will once again sponsor the March of Dimes’ March for Babies event to raise awareness for prematurity and to raise money for research. The 5.5 mile walk begins at 8:00 a.m. at Young Park. During the month of April, we’ll be selling t-shirts, accepting registrations to walk with the MountainView team, and accepting donations for the March of Dimes. If you are interested in this event, please talk with Terry or Valerie for more details.

As we gear up for another fun-filled and busy few months, I want to thank each of you for your continued membership in Senior Circle. Your enthusiasm for our program, support of our hospital, and kind interactions with our staff and each other continues to impress me each day.
Catch The Quarterly Update

Calling All Gourd Artists
Maryln Zahler is offering lessons in gourd painting. Learn how to prepare a gourd for painting and techniques to create a unique objet d’art. Classes held every Thursday in May at 1:00pm.

Guitar Jam Session
Enjoy acoustic guitar music? Sing along with our Senior Circle guitar-playing members for weekly jam sessions every Monday at 10:00am.

SCRAMBLE
Study your dictionary and learn those two-letter words. Senior Circle is happy to introduce Scrabble gaming. Test your spelling skills and enjoy the company of other orthographers. Meets Mondays from 1:00 to 3:00pm.

Gaming is Alive!
We have several game groups at Senior Circle. Enjoy playing Mexican Train, Pinochle, Euchre, Mahjong, Canasta, and Hand and Foot.

It’s Show Time!
Our movie schedule has changed. We now show Friday Matinees three times per month. Enjoy a light snack with your film viewing!

Chess Club
The Chess Club is actively seeking new members. Experienced and beginning players (and all levels in between) are welcome. Please stop by the front desk for contact information.

History Class: American West Series
Take a wild ride! Our very own member, Bob Beauford, leads us through a series of topics rich in the American West territory! Topics include the Outlaw Gangs and Area Forts. Meets Thursdays at 11:00am.

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 2:00pm.

SENIOR CIRCLE SOCK HOP!
On Thursday, June 22, Senior Circle will celebrate its anniversary with a Sock Hop. Bring your bobby socks, saddle oxfords and poodle skirts and let’s dance to your favorite oldies and goodies.
<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Room Location</th>
<th>Instructor</th>
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</thead>
<tbody>
<tr>
<td><strong>Monday</strong></td>
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<tr>
<td>8:30-9:30 a.m.</td>
<td>Wellness Class</td>
<td>Conference Room</td>
<td>Instructor: Annette Morales</td>
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<td>9:00-10:00 a.m.</td>
<td>T’ai Chi Chih</td>
<td>Ventanas Room</td>
<td>Instructor: Rose Diosdado</td>
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<tr>
<td>9:00-9:45 a.m.</td>
<td>Pi-Yoga Ball</td>
<td>Conference Room</td>
<td>Instructor: Beth LeBlanc</td>
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<td>Dancercise</td>
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<td>Laugh Your Abs Off</td>
<td>Exercise Room</td>
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<td>10:30-11:05 a.m.</td>
<td>Body Balance &amp; Stretch</td>
<td>Exercise Room</td>
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<tr>
<td>1:30-2:30 p.m.</td>
<td>Osteo vs. Yoga</td>
<td>Exercise Room</td>
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<td>3:00-4:00 p.m.</td>
<td>Zumba</td>
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<td>Gentle Yoga</td>
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<td>Osteo vs. Chair Yoga</td>
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<td>Line Dancing</td>
<td>Conference Room</td>
<td>Instructor: Cheryl Lither</td>
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<td>Martial Arts</td>
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**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 Through 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 Beth Le Blanc: AFAA Group Fitness, 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.

**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 12 poses that, done every day or every other day, have shown to increase bone density in participants.

**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!
Exercise Classes

Classes instructed by Brenda Loera: Certified Zumba Basic, Gold & Aqua Instructor

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 Jason Shoberg: Certified Instructor, Black Belt Taekwondo

Tai Chi Chuan
Classic Yang-style meditative exercise characterized by methodically slow circular and stretching movements and positions of body balance.

Classes instructed by Robert Yee: Certified Hapkido, 5th Dan Level Black Belt

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 Lisa Gonzales: Certified Silver Sneakers, IFTA, AFAA

Chair Fitness
Chair based workout 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 2-3lbs 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 don’t forget your water!

Trails West Schedule:

<table>
<thead>
<tr>
<th>Class</th>
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<th>Days</th>
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</thead>
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<tr>
<td>Senior Cardio</td>
<td>8:15–9:05am</td>
<td>Monday, Wednesday and Friday</td>
</tr>
<tr>
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<td>8:55–9:20am</td>
<td>Tuesday and Thursday</td>
</tr>
<tr>
<td>Senior Core</td>
<td>8:15–8:55am</td>
<td>Tuesday and Thursday</td>
</tr>
</tbody>
</table>
Weekly Classes

**Spanish Classes**  
*Instructors: Lupe Cano and Adela Eaton*  
Spanish 1 Tuesday and Wednesday  9:00 AM  
Spanish 2 Tuesday and Wednesday  10:00 AM  
Spanish 3 Tuesday and Wednesday  11:00 AM

**French Classes**  
*Instructor: Margaret Speer*  
Beginning French meets Monday at 11:00 AM  
Intermediate French meets Monday at 12:00 PM

**Porcelain Artists Club**  
*Meets every Monday at 1:00 to 2:30 PM*  
Join the local Las Cruces Porcelain Artist Club to paint on porcelain and china. Anyone who is interested in porcelain and china painting should stop by to observe and speak with the group. New painters are welcomed! For more information call Ida at 575-312-7834.

**Chess Club**  
*Meets every Thursday at 1:00 PM*  
Beginners, intermediate and advanced players welcomed! Instruction can be provided for those desiring to learn or increase existing abilities.

**Guitar Jam Session**  
*Meets every Monday at 10:00 AM*  
Get together with other guitar-playing members to keep in practice.

**Photography Workshops**  
*Instructors: Robert Yee*  
*Meets every Wednesday at 1:30 PM*  
An interactive series of photography classes for amateurs. Learn camera basics and learn how to better photograph people.

**Knitting and Crocheting Classes**  
*Instructor: Kim Hretz*  
*Meets every Tuesday and Thursday at 10:00 AM*  
Beginners, intermediate and advanced stitchers welcomed. Learn basic and more complex stitches through weekly lessons and assignments. Get tips on troubleshooting and correcting mistakes.

**American West History Class**  
*Instructor: Bob Beauford*  
*Meets every Thursday at 11:00 AM*  
Join us for a wild ride through the Southwest! Each week visit a new topic about history in the Southern New Mexico region.

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 welcomed!

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

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.

**Gourd Painting**  
*Meets every Thursday in May at 1:00 PM*  
Maryln Zahler is offering lessons in gourd painting. Learn how to prepare a gourd for painting and techniques to create a unique objet d’art. Wear clothing that can get dirty. Space is limited so sign up early.
Group Meetings

Southern New Mexico Diabetes Outreach
Support Group Meetings—1st Tuesday of each Month at 6:00 PM; April 4th, May 2nd, June 6th
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 at 11:30 AM
No April Meeting
May 4th—Celebration of National Osteoporosis Month
No June Meeting
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: April 18th, May 16th, June 20th
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;
April 19th—Disrupt Aging, May 17th—TBA, June 21st—TBA
Please contact Dave Lynch for more information at 317-385-8874.

Prostate Cancer Support Group
Tuesday, April 18th, 10:00—11:00 AM
Jim Harbison, recent proton radiation therapy recipient, will discuss what he thinks are some of the benefits of this non-invasive prostate cancer treatment.

Book Club
Meets 2nd Friday of each month at 11:00 AM to discuss that month’s selection;
April 14th—“The Wives of Los Alamos,” TaraShea Nesbit
May 12th—“Gentleman in Moscow,” Amor Towles
June 9th—“Magic Strings of Frankie Presto,” Mitch Albom
Place your RSVP by calling 575-522-0503.
Florence Foster Jenkins
PG-13 (for brief suggestive material)
1hr 50min
Showtime: Noon
A wealthy New York heiress attempts to become an opera singer despite her horrible singing voice.
Movie stars: Meryl Streep, Hugh Grant, Simon Helberg, Rebecca Ferguson, Nina Arianda, Stanley Townsend and Kevin Costner.

Friday, April 7; Please RSVP by Thursday, March 30
Friday, April 14; Please RSVP by Thursday, April 6
Friday, April 21; Please RSVP by Thursday, April 13

Hidden Figures
PG (for thematic elements and some language)
2hr 7min
Showtime: Noon
HIDDEN FIGURES is the incredible untold story of Katherine G. Johnson, Dorothy Vaughan, and Mary Jackson, brilliant African-American women working at NASA, who served as the brains behind one of the greatest operations in history: the launch of astronaut John Glenn into orbit, a stunning achievement that restored the nation’s confidence, turned around the Space Race, and galvanized the world. The visionary trio crossed all gender and race lines to inspire generations to dream big.
Movie stars: Taraji P. Henson, Octavia Spencer, Janelle Monáe, Kirsten Dunst, Mahershala Ali, Jim Parsons, and Kevin Costner.

Friday, May 5; Please RSVP by Thursday, April 27
Friday, May 12; Please RSVP by Thursday, May 4
Friday, May 19; Please RSVP by Thursday, May 11

Lion
PG-13 (for thematic material and some sensuality)
2hr
Showtime: Noon
Five-year-old Saroo gets lost on a train which takes him thousands of kilometers across India, away from home and family. Saroo must learn to survive alone in Kolkata, before ultimately being adopted by an Australian couple. Twenty-five years later, armed with only a handful of memories, his unwavering determination, and a revolutionary technology known as Google Earth, he sets out to find his lost family and finally return to his first home.
Movie stars: Dev Patel, Rooney Mara, Nicole Kidman, David Wenham, Sunny Pawar, Abhishek Bharate, Priyanka Bose, Tannishtha Chatterjee, Nawazuddin Siddiqui, Deepti Naval,

Friday, June 2; Please RSVP by Thursday, May 25
Friday, June 16; Please RSVP by Thursday, June 8
Friday, June 30; Please RSVP by Thursday, June 22
Senior Circle Anniversary Celebration!

Thursday, June 22, 2017
Time: 2:00—4:00pm
Please RSVP by Thursday, June 15

Senior Circle will honor its anniversary with a Sock Hop. Help us celebrate with dancing, finger foods, and some fun ’50s-era activities. Wear your leather jackets, bobby socks, cardigans, saddle oxfords and poodle skirts and participate in the best-dressed contest and celebrity look-alike contest. Commemorate the occasion with your friends in our photo booth. There will be dancing to your favorite oldies as well. Join us for the party!

Monthly Luncheons
Please RSVP by calling 575-522-0503

April Luncheon
Thursday, April 27, 2017
Time: 11:30—12:30pm
Please RSVP by Thursday, April 20 or before capacity of 300 is reached.

May Luncheon
Thursday, May 25, 2017
Time: 11:30—12:30pm
Please RSVP by Thursday, May 18 or before capacity of 300 is reached.

Your help with the following make for a smooth Luncheon:

- Please RSVP or cancel your reservation a week in advance
- Printed list of RSVPs will need your initial next to your name upon entering
- 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
APRIL PRESENTATIONS

Monday, April 3, Using Your Own Energy to Self Heal
12:00-1:00 PM, Presented by Dawn Cheney, Energetic Healer, Reiki Master and Teacher
Using your own etheric energy, learn how to heal and improve your overall health. No previous training or equipment required.

Monday, April 3, AARP Smart Driver Course
1:00-5:00 PM, Presented by David Lynch, AARP Chapter President
Receive a 3-year Smart Driver Course Certification. This course may qualify you for a reduction in your car insurance. Fee is $15 for AARP members and $20 for non-members.

Tuesday, April 4, Importance of Colon Cancer Screening
12:00-1:00 PM, Presented by Dr. Stephen Striegel, General Surgeon, MountainView Vista Surgery Center
Discussion of the importance of colon cancer screening and treatments with time to answer your questions on general surgery topics such as hernias, gallbladders, and breasts.

Wednesday, April 5, Makeup Application for the Mature Woman
1:00-2:00 PM, Presented by Therese Gurule-Montenegro, Licensed Cosmetologist, Walgreens
Makeup can do wonders for our skin, especially when we’re seeking a different look or wanting to highlight certain features. Learn techniques and more to refresh your daily makeup routine.

Thursday, April 6, Advanced Directives: Protecting and Sharing Your Healthcare Decisions
9:30-10:30 AM, Presented by Julie A. Stanton, Community Liaison, Ambercare, BS Community Health
Learn the parts of a medical advance directive document and terminology. Get a copy of a New Mexico Advance Directive document, glossary and supportive materials and learn to complete a medical advance directive to share your decisions with family, friends and healthcare providers.

Thursday, April 6, Fraud Prevention
2:00-3:00 PM, Presented by Patrick Gillespie, AARP Volunteer
Discussion of how thieves steal identities and current scams and frauds. Strategies on how to avoid getting victimized.

Friday, April 7, Don’t Leave Home Without It
1:30-2:45 PM, Presented by Sandhi Scott
Update your vital statistics and renew your license for living. Carry it with you at all times.

Monday, April 10, Safe Passage: History of Mesilla Valley Hospice
11:00-12:00 PM, Presented by Terry Meyer, M.D., Founder of Mesilla Valley Hospice, Associate Medical Director, MVH, Fellow of American Academy of Family Physicians
Author of the recently published book, “Safe Passage,” will discuss development of local hospice and the history of hospice nationally.

Wednesday, April 12, Lunch and Learn: Trauma Injury Prevention
12:00-1:00 PM, Presented by Nikki Hawkins, RN, Trauma Coordinator, MVRMC
Discussion about how to prevent falls and other situations that could cause serious injury.

Wednesday, April 12, It Happened at Bakers Creek—Australia
1:30-2:30 PM, Presented by Robert S. Cutler, Retired Professor of Engineering Management, Air Force Reservist
Video documentary illustrating the wartime life of a B-17C Flying Fortress; a full account of the worst aviation accident in the Southwest Pacific during World War II. True stories, rare photographs, biographies of the fallen, and reactions of their Gold Star families.

Thursday, April 13, Lunch and Learn: Stroke and Cardiac Education
12:00-1:00 PM, Presented by Erin Martin, RN, BSN, Stroke Coordinator and Chelsie Carter, RN, BSN, Chest Pain Coordinator, MountainView Regional Medical Center
Continuing informational series on stroke and cardiac issues.

Wednesday, April 19, When Nothing Else Helps Your Pain
11:00-1:00 PM, Presented by Patricia N. Gray, BA, Licensed Massage Therapist, Associate Practitioner, Society of Ortho-Bionomy International
Using comfortable body positioning for release, Ortho-Bionomy addresses painful, debilitating physical conditions such as headache, back pain, sprains, sports injuries, knee problems, and neuromuscular dysfunction. Gentle, effective self-care techniques demonstrated.

Wednesday, April 19, The Importance of Organ Donation
11:00-12:00 PM, Presented by Rebecca Dipietro, NM Donor Services
Discussion of the importance of organ donors in Las Cruces and how valuable this resource is to those in need.

Thursday, April 20, It’s In The Air
11:15-12:15 PM, Presented by Marianne McLaughlin, Certified Nutrition Therapist, Natural Grocers
1 of 5 people suffer from runny noses, itchy eyes and sinus congestion every spring, often caused by our immune system reacting to airborne substances like pollen. Learn what nutrients and foods help support a balanced immune response to airborne irritants. Breathe deeply!

Friday, April 21, Alternative Techniques With Those Living With Memory Loss
10:00-11:00 AM, Presented by Lupe Rios, BS Sociology, Executive Director and Mary Lopez, BS Sociology, Social Services Director, Arbors of Del Rey
This presentation will address the loneliness, boredom and helplessness for those affected with Alzheimer’s and dementia.

Tuesday, April 25, Lunch and Learn: Gastroesophageal Reflux
12:00-1:00 PM, Presented by Dr. Leonard Metildi, General Surgeon, MountainView Vista Surgical Associates
Discussion of gastroesophageal reflux disease and the Transoral Incisionless Fundoplication (TIF) procedure for treatment of the underlying cause of GERD. He also performs robotic surgery and will answer your questions about those procedures as well.

Friday, April 28, Lunch and Learn: Health Care for Baby Boomers!
12:00-1:00 PM, Presented by Sarah Martin, Certified Nurse Practitioner, MountainView Internal Medicine
There are over 76 million baby boomers in the United States. Learn what to expect as we age, which preventative screenings are recommended, and how to manage diseases like diabetes and high blood pressure.

Friday, April 28, Tech Savvy Workshop
1:00-3:00 PM, Presented by Teeniors from Albuquerque and Las Cruces AARP
Teens will show seniors how to use smart phones, tablets, and laptops one-on-one.

MAY PRESENTATIONS

Monday, May 1, How to Use the Earth to Maintain a Healthy Life
12:00-1:00 PM, Presented by Dawn Cheney, Energetic Healer, Reiki Master and Teacher
Learn some recent studies that show how our brain is entrained with the Earth. Through meditation, breathing and other exercises, we can synchronize brainwaves to corresponding Earth frequencies to reduce stress, depression, and maintain a healthy life.
PRESENTATIONS
Place your reservations by calling 575-522-0503

Thursday, May 4, The Sleeping Giant
10:00-11:00 AM, Presented by Manny Almeraz, CNA, EMT, Marketing Representative for MountainView Home Health
COPD Awareness; including a discussion of the background, identifiers and treatments of COPD and what to do if you are diagnosed with it.

Friday, May 5, Take Time 2 B U
1:30-2:45 PM, Presented by Sandhi Scott
Explore how genuine you are with a variety of people, places things and situations. How genuine are you with your family and friends, at home, restaurants, social gatherings? How do you decline invitations?

Monday, May 8, AARP Smart Driver Course
1:00-5:00 PM, Presented by David Lynch, AARP Chapter President
Attendees of this driver refresher class will receive a 3-year Smart Driver Course Certification. This course may qualify you for a reduction in your car insurance. $15 for AARP members, $20 for non-members.

Wednesday, May 10, Lunch and Learn: Trauma Injury Prevention
12:00-1:00 PM, Presented by Nikki Hawkins, RN, Trauma Coordinator, MountainView Regional Medical Center
Discussion about how to prevent falls and other situations that could cause serious injury.

Thursday, May 11, AARP Information Table
10:00-11:00 AM, Presented by Cathie Lockman, Voyagers Travel Center
Get the latest information on events coming to our local playhouses. Find out how to get involved in the area’s theatre community; either on stage or behind the scenes!

Thursday, May 11, How Medications Affect Alzheimer’s and Dementia Patients
10:00-11:00 AM, Presented by Vanessa Bost, LVN and Mary Lopez, Social Services Director, Arbors of Del Rey
DOs and DON’Ts of medications with those affected by Alzheimer’s and dementia. Learn the side effects of the different medications and some alternative treatments other than medications.

Thursday, May 11, Lunch and Learn: Stroke and Cardiac Education
12:00-1:00 PM, Presented by Erin Martin, RN, BSN, Stroke Coordinator, and Chelsie Carter, RN, BSN, Chest Pain Coordinator, MountainView Regional Medical Center
Continuing informational series on stroke and cardiac issues.

Friday, May 12, Pack Your Bags! Travel Hacks
10:00-11:00 AM, Presented by Mike Cook, Writer and Editor
Need some travel tips? Learn some helpful hints on how to pack efficiently, how to find special outings at your destination, and how to eat like the locals and other secrets of the well-traveled.

Tuesday, May 16, AARP Information Table
10:00-12:00 PM, Presented by David Lynch and Jerry Gunderson, Las Cruces AARP Volunteers
An excellent source for answers to questions, brochures on Medicare, Social Security, care-giving, and many other topics. Attendees come and go as you please during this two-hour period.

Thursday, May 18, What Is Durable Medical Equipment
10:00-11:00 AM, Presented by Julie Stanton, AmberCare
Durable Medical Equipment: What it is, if you need it, and if insurance covers the cost.

Thursday, May 18, Why Exercise?
12:00-1:00 PM, Presented by Denise Hernandez, RN MSN, MountainView Regional Medical Center Cardiac Rehab Coordinator
Learn if you qualify for cardiac rehab, why you should be exercising, what types of exercise improve your heart, and how to incorporate daily exercise. She’ll end by giving us a short introduction to the clinics available at MountainView’s new Outpatient Plaza, including the Infusion Therapy, Lab and what’s to come later in the year.

Monday, May 22, AARP Smart Driver Course
1:00-5:00 PM, Presented by David Lynch, AARP Chapter President
Receive a 3-year Smart Driver Course Certification. This course may qualify you for a reduction in your car insurance. $15 for AARP members, $20 for non-members.

Friday, May 26, Lunch and Learn: How to Boost Immunity
12:00-1:00 PM, Presented by Brenda Cuellar, MD, Family Medicine, MountainView Regional Medical Center
Strategies for strengthening your immune system.

JUNE PRESENTATIONS

Monday, June 5, Health Tools
12:00-1:00 PM, Presented by Dawn Cheney, Energetic Healer, Reiki Master and Teacher
Learn how and why visualizations and affirmations work to help us to maintain healthy lives.

Monday, June 5, AARP Smart Driver Course
1:00-5:00 PM, Presented by David Lynch, AARP Chapter President
Receive a 3-year Smart Driver Course Certification. This course may qualify you for a reduction in your car insurance. $15 for AARP members, $20 for non-members.

Wednesday, June 8, Lunch and Learn: Stroke and Cardiac Education
12:00-1:00 PM, Presented by Erin Martin, RN, BSN, Stroke Coordinator and Chelsie Carter, RN, BSN, Chest Pain Coordinator, MountainView Regional Medical Center
Continuing informational series on stroke and cardiac issues.

Friday, June 9, Take a Mystic Journey Between Your Ears!
1:30-2:45 PM, Presented by Sandhi Scott
Take a fabulous vacation, any where, any time, without leaving home! Choose a destination, enjoy the trip and return refreshed without moving a muscle!

Wednesday, June 14, Lunch and Learn: Trauma Injury Prevention
12:00-1:00 PM, Presented by Nikki Hawkins, RN, Trauma Coordinator, MountainView Regional Medical Center
Discussion about how to prevent falls and other situations that could cause serious injury.

Thursday, June 15, Hospice and Your Medicare Benefits
10:00-11:00 AM, Presented by Ruth Amezquita, Provider Relations Executive, Hospice of the Southwest
If you’ve ever wondered about how to pay for hospice if it were needed, then this class is for you.

Thursday, June 15, Probiotics: Because Whole Body Health Begins in Your Gut
11:15-12:15 PM, Presented by Marianne McLaughlin, Certified Nutrition Therapist, Natural Grocers
Your gut bacteria influence how every part of your body works: how easily you lose (or gain) weight, how your immune system functions, even your ability to focus.

Monday, June 19, AARP Smart Driver Course
1:00-5:00 PM, Presented by David Lynch, AARP Chapter President
Attendees of this driver refresher class will receive a 3-year Smart Driver Course Certification. This course may qualify you for a reduction in your car insurance. $15 for AARP members, $20 for non-members.

Wednesday, June 21, Using Home Health Care When Hospice Is Needed
10:00-11:00 AM, Presented by Julie Stanton, AmberCare
Discussion of options for hospice services and if insurance covers it.

Thursday, June 29, Challenges of Being a Caregiver
10:00-11:00 AM, Presented by Vanessa Bost, LVN and Mary Lopez, Social Services Director, Arbors of Del Rey
You already know the challenges of being a caregiver; now learn how to redirect yourself to keep from getting “caregiver burnout.”
MountainView Regional Medical Center is sponsoring the March of Dimes’ March for Babies event to raise awareness for prematurity and to raise money for research. The 5.5 mile walk begins at 8:00 a.m. at Young Park. During the month of April, we’ll be selling t-shirts, accepting registrations to walk with the MountainView team, and accepting donations for the March of Dimes. If you are interested in this event, please talk with Terry or Valerie for more details.

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
MountainView’s Newest Practitioners

Stephen Striegel, MD, MountainView Vista Surgical Associates, is a general surgeon providing a wide range of surgical services, from emergency care to treatment of disease in nearly all of the body’s organs, often using minimally invasive surgical techniques. Dr. Striegel is board-certified surgeon with a special interest in robotic surgery. He trained at the Medical College of Ohio and the Cleveland Clinic Foundation.

Jessica Soucy, CNP, MountainView Prime, is a nurse practitioner specializing in walk-in visits for acute issues and comprehensive primary care. She received her bachelor of science in nursing from New Mexico State University and her master of science in nursing from the University of Texas at El Paso. She has spent several years working in emergency rooms and urgent care centers, so she is well-versed in treating a broad array of illnesses.

Sarah Martin, CNP, MountainView Internal Medicine, is a nurse practitioner specializing in internal medicine. She also has a special interest in palliative care and holistic health. Sarah received her degree as an adult/geriatric nurse practitioner from the University of Cincinnati College of Nursing. Prior to becoming a nurse practitioner, she spent several years as an ICU and hospice nurse, so she is familiar with caring for complex patients.

Coffee and Conversation

Join Veronica Peery, Marketing Director, for coffee and conversation on Friday, June 9 at 10:00am. Find out what MountainView Regional Medical Center has planned for this summer and fall!
PALOMAS PINK STORE
Date: Friday, April 7, 2017 Payment due at sign-up
Cost: $25 pp
Trip includes travel by 15 passenger van. Shopping and lunch at the Pink Store (cost of lunch not included). Passport required.

ATOMIC CITY OF LOS ALAMOS, CHIMAYO AND BUFFALO THUNDER
Date: April 18 – 19, 2017 2 Days/1 Night Sign up by April 1, 2017
Cost: $197 pp double; $237 pp single
Travel by van to Los Alamos, Chimayo and Buffalo Thunder. Tour the Atomic city and visit the Bradbury museum in Los Alamos. Then on to the Santuario de Chimayo at the Rancho de Chimayo with an overnight stay at Buffalo Thunder Resort and Casino outside of Santa Fe. Tentative stop at Trader Joe’s in Albuquerque on the way home. Two breakfasts included; other meals (on your own).

TorC RIVERBEND HOTSPRINGS
Date: Tuesday, April 25, 2017 Sign up March 28, 2017 Deposit $20 Final due April 5, 2017
Cost: $52 pp
Spend the afternoon relaxing in the Riverbend Hot Springs (2 hrs included) with a river view. Box lunch (on your own).

PALOMAS
Date: Friday, June 2, 2017 Sign up by May 15, 2017
Cost: $25 pp
Travel by 15-passenger van to Palomas. Lunch will be at the Pink Store (on your own). Passport or travel card will be required.

VENICE TO ROME CRUISE ON Celebrity Constellation
Date: June 14 – 25, 2017 12 Days/11 Nights Deposit $550 pp double Due at sign-up
Cost: Inside Cabin from $4,794 – 4,850 pp Outside Cabin $5,070 pp Outside Cabin from $5,970 – 6,310
Cruise includes roundtrip airfare from El Paso, 1 pre-night in Venice with city tours. 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.

SANTA FE OPERA
Date: July 20 – 22, 2017 $200 pp deposit by June 15 Final due July 15
3 Days/2 Nights **limited number of seats available**
Cost: $545 pp double; $800 pp single
Travel by 12-passenger van to see Lucia Di Lammermoor on Friday. Two nights in Santa Fe hotel; 2 breakfasts included as well as tickets to the opera, tailgate party before the opera and backstage tour of the opera house the next day; all other meals on your own. On Thursday and Friday there will be time for visiting Santa Fe galleries, museums and shopping.

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. You will enjoy a complimentary bottle of champagne. 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. It applies only to first and second passengers in a cabin. Guests in the same cabin must select the same. Ports visited: Ketchikan, Tracy Arm Fjord, Juneau, Skagway, Inside Passage.

WESTERN CARIBBEANN 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 2017-18 Spain/Portugal, Washington DC, National Parks, Maritime Coastal Wonders, Copper Canyon

Contact: Voyagers Travel Center, Cathy Lockman, Tour Coordinator only Tuesday–Thursday 9–2, 575-523-1152, 205 W. Boutz Blvd.#6, Las Cruces, NM 88004, Open Monday–Friday, 9:00am–2:00pm
Email: lcscvoyagers@gmail.com, Website:lascrucesvoyagerstravelcenter.com
Membership Benefits

Membership in 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

Don’t Miss These Discounts!

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!

SCRIPTS SAVE PRESCRIPTIONS
DRUG DISCOUNTS
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 TV07)
- 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)

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

MOUNTAINVIEW SENIOR CIRCLE

APPLICATION

MOUNTAINVIEW REGIONAL MEDICAL CENTER

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: ____________________________

Check one: □ New □ Renewal

Last Name ____________________________

Middle Initial □ Mrs. □ Ms. □ Mr. □ Dr.

First Name ____________________________

□ M □ F

Day Phone (___) ____-____-____

DATE OF BIRTH: REQUIRED

_______/_______/_________ [SSN: ** **** **]

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

Last Name ____________________________

Middle Initial □ Mrs. □ Ms. □ Mr. □ Dr.

First Name ____________________________

□ M □ F

DATE OF BIRTH: REQUIRED

_______/_______/_________ [SSN: ** **** **]

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) Save 10%
□ 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

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

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.