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Autism
& Parenting

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& Bliss
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2024 AFTER
SCHOOL ACTIVITIES &
PROGRAMS DIRECTORY

PG. 21

CALENDAR OF EVENTS

PG. 26

PATIENT EDUCATION

VOLUME 3: ECC

Dentistry for Kids has a goal this year of educating our patient families. Early Childhood Caries (ECC) and the more advanced version, Severe Early Childhood Caries (S-ECC), are childhood dental diseases. The conditions exist when a child has more teeth with cavities than their age in years, and/or has visible cavities on their front teeth.

This is very serious condition. One way that we New Mexicans can best understand is by comparing it to a forest fire. When environmental conditions are most severe, a small fire can lead to quick destruction of the entire forest. Similarly, what may begin as a minor cavity can quickly escalate, leading to cavities on almost all of a child's teeth.

The development of cavities relies on 3 factors: cavity causing bacteria, carbohydrate, and a tooth to grow on. An imbalance in any of these factors will increase risk of cavity development. For example, too much carbohydrate could lead to ECC as well as too much bacteria, or if a child has teeth that are challenging to clean, this could also lead to ECC.

Bacteria: there are two different ways a child may end up with bacteria. Vertical transmission is when

bacteria transfer from a parent to a child. Horizontal Transmission is when bacteria transfers from a sibling, friend, or person in the community. In this way, cavities are contagious.

Carbohydrate: this sounds simple, but it's important to think of all the different sources of dietary carbohydrates. You may think only of soda or candy as being a problem but fruits, milk, and crackers are common childhood snacks, all of which have loads of carbohydrate.

Teeth: you guessed it; teeth must be kept clean to avoid the development of cavities. All too often young children do not get their teeth brushed. And even when they are brushed they often need to be brushed even better.

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VOLUME 30 | NUMBER 2

MAGAZINE

Cover Kid Q&A

ON THE COVER:

MOM RILEE BURGAN
WITH 1½ YEAR OLD
DAUGHTER ARTEMIS

What are your hopes for Artemis?

Rilee: My hopes for Artemis are that she will remain a free spirit, walk her path in alignment with her vision, and inspire others with her gifts. She already exhibits a strong personality and is eager to learn new things. She came into this world through a free birth, and I hope she continues to encompass that primal energy, while living in humility and service to the greater good.

What was the first year of motherhood like for you?

Rilee: My first year of motherhood was very dreamlike or surreal. Working from home allowed me to have time and energy for Artemis, without the pressure from the outside world. My husband offered his loving support on a daily basis, and for that I was truly grateful. I would have to say that my mom's commuting to visit us at our rural abode, about once a month, panned out to be one of the most important parts of my early motherhood.

Read more on [TumbleweedsMag.com](https://tumbleweedsmag.com)



Rilee Burgan and her daughter, Artemis, loving nature at their northern New Mexico farm.

JOIN THE CONVERSATION

Connect with us on social media or write to us at HELLO@TUMBLEWEEDSMAG.COM. Letters, artwork, and articles from our readers on personal and professional experiences with children are welcome. Tumbleweeds Magazine strives to connect families to resources and to each other.

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ON THE COVER:

Rilee Burgan lives on a farm in Northern New Mexico. Her one and a half year old daughter, Artemis, loves to hang out while she works in the garden, enjoying the movement, the blue skies and fresh mountain air.

Photo by Kitty Leaken.

ARTWORK IN THIS ISSUE:

Tumbleweeds Magazine partnered with Art School Santa Fe, Dragonfly Art Studio and JF Mazur Studio to share children and teen artwork. Art School Santa Fe offers courses in numerous genres including illustration, creature design, fantasy art, comic book drawing, animals, landscapes and cartooning. Dragonfly Art Studio is a place where kids and adults develop their creative talent in a fun and stimulating environment. JF Mazur Studio offers children's art workshops and private painting classes. See more artwork on our website, TumbleweedsMag.com.

POSTED



CHAMPIONING Youth, Families, and THROUGH *La Fonda Foundation*

LETICIA BERNAL

La Fonda on the Plaza's Commitment to Community

La Fonda on the Plaza, a historic hotel in Santa Fe, is not just a landmark of hospitality but also a beacon of community support and empowerment. Recognizing the critical role of economic stability and career advancement for its employees and the local community, the ownership of La Fonda on the Plaza took a transformative step in early 2023 by launching La Fonda Foundation. This foundation is dedicated to promoting upward economic mobility, improving living standards, and driving systemic change, specifically focusing on the hourly wage workers in New Mexico's hospitality industry.

La Fonda Foundation was conceived with a mission to address the economic



Courtesy photo: La Fonda on the Plaza recognizes that its employees are the bedrock of its success. La Fonda Foundation was created to support hourly wage earners of the hospitality industry by driving positive social change.

and social challenges faced by hourly wage workers of the hospitality industry. The foundation aims to create a lasting, positive impact by collaborating with local philanthropic organizations, implementing innovative strategies, and offering complimentary services to foster meaningful change. Initially targeting the employees of La Fonda on the Plaza, the foundation envisions extending its successful initiatives to benefit the broader hospitality industry of Northern New Mexico.

The foundation is guided by three core values.

Data-Driven Decisions: The foundation relies on data rather than sentiment to guide its initiatives and measure success. This ensures that the programs are effective and meet the real needs of the community.

Collaborative Efforts: La Fonda Foundation leverages the work of community partners, focusing on the impact rather than seeking credit or publicity. This approach fosters stronger collaborations and maximizes resources.

Entrepreneurial Spirit: Embracing an entrepreneurial mindset, the foundation is willing to take calculated risks to discover new opportunities and drive change, understanding that innovation often comes from stepping outside the comfort zone.

La Fonda Foundation offers a range of programs and services designed to support the employees of La Fonda on the Plaza to begin with and then to extend support to all hourly wage earners of the hospitality industry of Northern New Mexico. These initiatives aim to increase upward economic mobility by providing educational opportunities and connecting individuals with essential resources.

Recognizing the language barriers that many employees face, La Fonda Foundation offers English as a Second Language classes onsite at the hotel. Led by a certified tutor from Literacy Volunteers, these classes are available on a drop-in basis every Tuesday, Wednesday, and Thursday from 3:30 to 4:30 P.M. Employees receive their hourly wage while attending these classes, ensuring that financial constraints do not hinder their participation. This program helps employees improve their English

proficiency, which is crucial for career advancement and personal growth. By strengthening existing skills or building new ones, exposure to the English language will empower employees within the roles and, hopefully, will allow employees to utilize their skills when interacting with their families, exposing the next generation to spoken English.

In partnership with the Santa Fe Public Library, the Foundation provides employees with the opportunity to earn a high school diploma through a 100 percent online program. The tuition for this program is \$1,500 per student, but through this partnership, it is offered free of charge to La Fonda employees. The program is self-paced and can be completed via computer or smartphone, making it accessible and convenient. Additionally, each student is paired with a counselor who provides ongoing support to ensure their success and completion of the program. This program's flexibility makes it more appealing to the busy and often unconventional schedules common in the hospitality industry and of busy families known to juggle child and household responsibilities.

La Fonda Foundation facilitates regular visits from community partners to



Courtesy photo: La Fonda Foundation is working closely with this family of four to create a path of endless career opportunities, educational success, home buyer dreams, and general economic mobility.

meet with employees in the workplace. These sessions, held in the employee cafeteria during work hours, allow staff to learn about and access numerous services and resources. One key partner is Homewise, an organization that offers homebuyer education, financial coaching, real estate services, and mortgage lending. By eliminating barriers to access, this initiative helps employees pursue homeownership and other personal goals. Since January 1, 2024, Homewise has supported two La Fonda on the Plaza households with the purchase of new homes through the program, and there are twelve additional families at the preliminary stages of the home buying process.

Beyond specific programs, La Fonda Foundation provides comprehensive support to employees, helping them navigate challenges related to housing, food, healthcare, transportation, and childcare, among other critical areas. The Foundation assists with phone calls, accompanies employees to meetings, finds solutions, and acts as their advocate, ensuring they have the resources needed to overcome obstacles and improve their quality of life. The Foundation has supported two rising middle schoolers—children of La Fonda staff members—through the application and financial aid processes to attend private schools in Santa Fe. To date, both students have been accepted into the schools of their choice. One will be attending on a full ride scholarship for the next six years and the other's financial assistance is still being assessed.

In collaboration with Apple, Santa Fe Public Schools, and Santa Fe Community College, La Fonda Foundation is helping to facilitate the launch of the Santa Fe Creative Coding Initiative. This community partnership provides challenge-based learning opportunities in the digital creativity and coding fields to learners and educators throughout Santa Fe, providing not only educational opportunities, but real-world experience. Two high students will participate in this internship this

summer. This experience not only enhances the students' resumes but also exposes them to technology-based careers, inspiring the next generation of innovators in the hospitality sector.

Since its inception, the La Fonda Foundation has made remarkable strides in improving the lives of its employees and the broader community. The programs and services provided have been instrumental in enhancing the skills and education of the participants, which in turn has improved their job performance and opened new career opportunities. Employees who have participated in the ESL classes have reported better communication skills, leading to improved interactions with guests and colleagues.

While the initial focus of La Fonda Foundation is on the employees of La Fonda on the Plaza, the goal is to extend its successful programs and initiatives to benefit the wider hospitality industry in Northern New Mexico. By sharing best practices and collaborating with other organizations, the Foundation aims to create a ripple effect, driving systemic change and improving the lives of hourly wage workers and their families throughout the state.

As the Foundation grows and expands its reach, it will become a model for other organizations seeking to positively impact their communities. Through data-driven decisions, collaborative efforts, and an entrepreneurial spirit, La Fonda Foundation is paving the way for a brighter future for New Mexico's hospitality industry and beyond.

By nurturing the potential of its employees and investing in their future, La Fonda on the Plaza is not only enhancing its own operations but also contributing to the overall well-being of the community. La Fonda Foundation stands as a testament to what can be achieved when businesses take an active role in supporting their workforce and driving positive social change. As more organizations look to La Fonda's example, the ripple effects of such initiatives will continue to grow, creating a more equitable and prosperous society for all.

For more information, contact Leticia Bernal, executive director of La Fonda Foundation, at lbernal@lafondasantafe.com.

Leticia Bernal is La Fonda Foundation's executive director. She is a former restaurant owner and entrepreneur, employing hourly wage earners in New Mexico. Additionally she has more than ten years of nonprofit leadership experience. She is passionate about making New Mexico a place where families can thrive, including her three children.



Dragonfly Art Studio courtesy photo.

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MIGUEL CASTILLO

Tips and stories to be one with the water

The skill of swimming has been very impactful in my life, and I know each family has their personal swim story. As I share some stories and some easy tips, you can start this summer by helping your family write their own swim story.

I cannot remember a time when I could not swim. We lived in the middle east from when I was a baby until I was about 5 years old. The only way to escape the heat of the desert was for my mom to take us every day to the pool down the street. My mom told me that one day I just jumped in the water and began swimming. At the time, I was probably about 2 years old, and I have been swimming ever since.

When we moved to Santa Fe, one of the first things my mom did was to get me on the local swim team. My mom had grown up in Taos and learned to swim in the river. She would pedal her bike eight miles out to the Ponce de Leon hot springs because she just loved the water so much, and she wanted all of her kids to be strong swimmers, too.

When my two youngest daughters were born, one of the first things I wanted to teach them was to swim. Starting when they were just babies, we would go to the Fort Marcy pool where they have a

small, warm-water tot pool. My girls became very happy being in the water, and as they grew older, swimming was always one of the top things they wanted to do. We spent many Sundays at the Lamplighter Motel swimming in the Plant Pool and then eating lunch at India House. They joined the Santa Fe Seals, where they learned to love the sport of competitive swimming along with swimming for fun. They took private lessons from a great coach, and we traveled to many meets together and many of our family vacations centered around their competitions. They met many friends along the way that they still communicate with today.

When my youngest daughter was 6, we went on a trip to Cancun. I wanted them to swim in warm ocean water and learn to love swimming in the ocean like I did. We went to a water park and enjoyed swimming and seeing beautiful ocean fish. As we were swimming, my friend lost his ear gauge and asked me if I could dive down and try to find it. I told my girls to hang tight and stay put while I swam down a couple of times to find the gauge, and I did. When I came up, my older daughter said her little sister swam out towards the bay. What? Oh no! She didn't listen! I immediately started swimming and yelling her name

but I could not see her. Fear struck me and I picked up the pace and swam as hard as I could! Where was she? Did she go under? What has happened to my little one? I was about to swim to shore and tell the park staff to send an emergency crew. Just then, I saw a raft with two adults on it and a little kid. As I swam closer I saw the little pink suit my daughter was wearing. I swam up to the raft and the man on board said, "This little girl was just swimming by and my wife and I just plucked her out of the water and gave her some food." What an amazing feeling of relief, she had swum about half a mile, and she was only 6 years old but a strong swimmer. I remembered all those swim lessons she had and being on the swim team and it really paid off. I cried tears of joy that she was OK.

This last winter, we put our 9-month-old puppy out in our courtyard in the morning. She was running around and playing in the snow. We have a pond in the courtyard that was covered mostly with snow and ice. Normally, after a few minutes our pup starts scratching at the door to come back in. Not this time. My wife got up to check and she didn't see her. We heard a bark, and then several sharp barks. My wife got up and after scanning the yard a bit, she screamed,

Courtesy photo: Jen & Zac - Daughter & Grandson

"She is in the pond, she fell through the ice!" I jumped up and the thought of me jumping into the freezing water flashed through my mind. Fortunately, I didn't have to. Our pup was dog paddling, bobbing to keep her head above water, but she was seconds away from going under. I layed down in the snow and was able to reach her and pull her in. I took her inside, and she could barely



Courtesy photo: Layla with her swim fins.

walk as the cold had set into her body. We wrapped her in a towel and held her close and dried her off with the hair dryer. It took about an hour before she stopped shivering. We were so lucky to not lose her, I still have trauma from that day. Just a couple of months earlier, we had taken her to a little swimming hole along the Rio Grande near the old train station. I kept taking her out to the middle of the river, and she would paddle back to my wife on the shore. She did it many times and really got the hang of it. Those trips to the river and practicing her dog paddle may have just saved her life.

There are many statistics that show how dangerous the water can be. Drowning is one of the top causes of accidental death for children in the U.S. but still it seems that it is not a high public safety priority to teach kids to be water safe. Years ago, when many kids were being injured or killed in auto accidents, engineers created what we now call a child safety seat. Huge ad campaigns highlighted how car seat use could save your child. Car seats are given to you at the hospital after your child is born, and daycares give away car seats and boosters. There is still a huge national mandate to make sure kids are safe in cars. Probably no parent reading this article would think about driving their kids anywhere without making sure they were buckled in. We need the same national mandate about saving kids' lives in the water. It only takes a second for a kid to fall in a pool, the river, or a lake, or encounter a rogue ocean wave, a rip tide, or an irrigation ditch. Think of teaching your child to be water safe as their own personal car seat.

Please understand that being water safe is a true life skill, and you never know when that skill may be needed. I hope that this article encourages parents to get their children water safe. Let's begin writing your positive water story.

Seven Swim Tips

1. **Do** have your kids shower versus taking a bath in the bathtub. Kids that shower and have water in their faces learn to swim at an earlier age.
2. **Don't** use floaties unless you are in the water with the kids. They are the training wheels of swimming, and they instill a false sense of security. Your child could jump in the water without them thinking they will float and they don't.
3. **Do** get your kids in the water at an early age. Warm water is fine for very young kids as old as 6 to 9 months, and colder water lessons at 12 to 18 months. Being water safe by 2 to 4 years old should be the goal. After 4 years old, kids develop a natural fear of water. But, if your child is over 4 years old, start them in lessons now for this summer.
4. **Do** your research about private swim lesson companies. Find one that is more focused on the skills with some play. Be consistent for at least a six-month stretch. Small groups of three or fewer kids are the ideal size.
5. **Do** observe the lessons. If there are several kids in the lesson, an instructor could become distracted and it only takes a second for a kid to drown.
6. **Do** check the credentials of the instructors. They should be certified in first aid and CPR, be background screened, be a USA Swimming coach, or be WSI certified. One-on-one private lessons are best. A weekly 20-minute lesson may be all your child can manage in the beginning, and that's perfectly fine.
7. **Do** pay close attention to your child whenever you are close to the water, even if they can swim.

Miguel Castillo is the head swim coach for St. Michael's High School and the Star Aquatics Otters, a USA Swimming Club. Coach Miguel was named New Mexico High School Coach of the Year, and was voted USA Swimming Coach of the year in New Mexico. Coach Miguel was also the New Mexico Zones All Star Coach for five years and coached them in Hawaii, California, Utah, and Texas. He shares a passion for water safety and competitive swimming for kids.



Courtesy photo: Layla ready to swim with her snorkel.



JF Mazur Studio courtesy photo.



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Courtesy photo: Sofie and Mom on an outdoor adventure.

SHE'LL GROW *Out of It*

AMANDA ZENGEL

Adventures in Parenting: Girls with Autism

When I had my first daughter, Sofie, in 2016, it was a dream birth. My waters broke at 34 weeks and she was ready. After an easy delivery, I looked in her eyes and thanked her for such a beautiful experience. When I returned to work as a middle school teacher, my husband's parents cared for her and she was such a happy baby. She ate, played, and slept on a schedule, she enjoyed meeting new people, and she loved cuddles. Sofie met all her milestones and her pediatrician never had any concerns. When I mentioned her fascination with light coming through the blinds, her inability to hang on when being carried, and her lack of fear, I was assured that those were new-mom worries.

Like many families, we moved to Los Alamos when my husband was hired at the lab. Also, like many families, we had to find alternative housing for the first few weeks and ended up at Buffalo Thunder Casino. I had an adorable cockapoo dog and an adorable 22 month old toddler who charmed everyone. Sofie made eye contact, said hi to strangers, and pretty much ran the resort by the time we checked out. Everyone commented on how independent and confident she was. She was confident, that's for sure. When we got in the pool, she refused to hang on and sank straight down. Rather than change strategies, she preferred to physically fight any effort by me to prevent drowning. We

stuck to the splash pad. Sofie also had a hard time staying together with mom, dad, or any caretaker. Once she stayed in the elevator when everyone else got off, the door closed, and off she went. When I finally caught back up with her, she was calm and unconcerned about her solo trip. My new-mom worries were piling up.

As we settled into life on the mesa, I realized I was parenting on super hard mode. Sofie was easy to potty train but held it for 12 hours. She started refusing foods she had eaten many times before, and was reluctant to try new foods. Her preferred activities were digging in the mud and dumping lotion. She had to do everything herself but could not copy if someone showed her how. She made up her own way to get stuff done, with many, many hours of frustration. Her tantrums could last up to an hour.

The pandemic forced us outside for hours of hiking and exploring playgrounds, and I realized she did not understand pointing (joint attention). She couldn't follow my finger if I was showing her something, and she did not use pointing to show me things. She also did not want to be carried. She took so many risks I had to be within arms length to prevent injuries. Sofie would follow other kids around, but not engage or respond if they tried to engage with her. Other parents said I didn't need to

hover and she would work things out on her own, like their toddlers, but I knew from the look of terror on her face, she needed extra support.

At her in-home play-school, she got along with the other children and seemed to enjoy herself. Eventually she started having extreme separation anxiety at drop-off. I was assured this was normal. Sofie started to become hyper focused on anything she did not feel was fair and any perceived slight. When she was so overwhelmed she started name calling and attacking the

other kids, I pulled her out in favor of a more structured Montessori preschool. With only four children (thanks, COVID!) and a very experienced teacher, I was hoping she would thrive. This teacher was the first adult to comment on her challenging behavior. She told me Sofie was one of the smartest students she had worked with, but she did not have the coping skills to handle the demands of a classroom. The Montessori school closed permanently because of COVID, so with the recommendation of her teacher, I asked the Los Alamos Public Schools to evaluate Sofie for



Courtesy photo: A happy baby: Sofie at three months old.



Courtesy photo: Baby sister arrived June 2021.

developmental delays to see if she qualified for Pre-K3.

Sofie has always been extremely verbal. She could listen to read-aloud books for hours. She could identify the emotions of characters, discuss plot lines, and guess what might happen next. Her memory was insane. The challenge came when talking with other children. She was terrified. She usually avoided talking completely unless it was someone she was comfortable with, and then she couldn't stop talking. The public school evaluation confirmed my suspicion that Sofie's verbosity could not be understood by people outside of our family and friends. She qualified for PreK3 for unintelligible speech. Even this qualification was a stretch: she did amazing on every part of the evaluation, and the speech language pathologist had to take my word for her skills in a typical situation. Sofie can pass any test given her optimal environment.

In addition to children, Sofie became scared of many other things including footsteps coming closer (even if she knew who it was), bathing, bugs, hanging upside down, unexpected sounds, crowds of people, bathrooms, and being alone. Her reaction to these fears was to either zone out or run. Most of the time she appeared calm on the outside, but I knew something was wrong. Sofie also did not register pain like most kids. Adults could not believe her ability to fall and get right back up. She was so tough. Unfortunately, that also meant not knowing if she was sick or injured until it became severe.



Courtesy photo: Sofie loves to climb—no fear.

As her main caretaker I suspected she had injuries and illnesses she was not complaining about, but taking her to the doctor because I had a feeling did not seem rational. Sofie even repressed any sign of pain when we took her in for an elbow injury. I took her back for an X-ray after she brought me a blanket and asked me to wrap up her arm. The elbow was broken. My new-mom worries were turning into feelings of overwhelm and desperation.

At this point I was pregnant and tired. Sofie needed my constant supervision. I tried everything. Reward charts, visual schedules, strict routines, relaxed schedules, increasing outdoor time, bribing, simplifying my language, zero screen time, vitamins, more socialization, less socialization, sleep clocks, changing her diet, validating feelings, kids yoga, and reading books about emotions and coping and being nice. Nothing had much of an impact on Sofie, and some strategies backfired completely.

The stress of the pandemic, a high-risk pregnancy, and no opportunity to relax meant my relationship with my husband became frayed. It took me a year to completely recover after a traumatic birth with my second daughter. During this time my husband was working full time, taking care of regular household duties and attempting to supervise Sofie. Our house was dirty and disorganized. Our new baby wouldn't sleep unless I held her. Sofie was causing chaos in PreK 4. Maintaining any semblance of a romantic relationship was impossible. And if we were struggling to put in a grocery pick-up order before we ran out of coffee, how could we possibly be thoughtful partners? This is an ongoing struggle.

I will be forever grateful for the school employees who spent hours with Sofie while she melted down, screamed, ran away, and tried to attack anyone who came near her. Their notes and academic records helped give me the courage to contact Layne Kalbfleisch at 2E Consults in Española. Dr. K works with neurodivergent people of all ages who are highly intelligent, creative, or exceptional in other ways and who also struggle with antisocial behaviors, communication, and learning difficulties.

After a three-day in-person evaluation with Sofie, two parent interviews, and surveys completed by Sofie's teachers, we received a 75-page report. Sofie is autistic and highly intelligent with ADHD and possibly dyslexia. My parenting world changed that day. I felt validated for the first time in six years. I felt guilty about not getting an evaluation earlier and ashamed about the demands I placed on my daughter that were clearly not appropriate. Thanks to a good therapist (shout out to Francesca!) I processed my initial feelings of failure quickly, and started researching Sofie's place on the autism spectrum.

According to a meta analysis published in *The Journal of the American Academy of Child and Adolescent Psychiatry*, boys outnumber girls with an autism

diagnosis by three to one. Many pediatricians, who are often the gatekeepers for referrals for further evaluations, do not recognize the behaviors that may indicate autism in girls. I never saw the stereotypical signs of autism in Sofie, such as lining items up, robotic speech, hand-flapping, avoiding eye contact, limited fine motor skills, or not enjoying pretend play. She wasn't into wheels or things that moved. She was passionate about cutting up paper into tiny pieces, and making massive multimedia art projects.

Sofie is considered autistic with Pathological Demand Disorder (PDA). PDA is a nervous system disorder that is caused by an overactive amygdala. The result is a child whose brain is sending constant danger signals and activating the nervous system in preparation for the fight for survival. Neurotypical brains can usually distinguish danger from safety, and children are typically very sensitive to the reactions of the more experienced people around them. Autistic people with a PDA profile do not take in information the same way. Their amygdala sends the danger signal for everything. Eventually, similar to people with PTSD, they can be triggered by any loss of control. My daughter was triggered by hearing "no" in any context, not being able to choose activities, not being line leader, and anything she determined to be unfair. Sofie would run (flight) and attack or destroy (fight), but her main stress responses in public were freezing (zoning out) or fawning (focusing on people pleasing). In girls, this appears as absent-minded, spacey, people-pleasing, and clingy. It also

means they are repressing emotions and using every ounce of self control in school and extracurriculars. The meltdowns at home, seemingly about nothing, increase in severity and length. They lose any trust they had in their caregivers and often shut down completely. As social and academic demands increase, some kids lose their ability to speak, regress with toilet training, and become socially isolated.

As soon as I understood how my daily demands were overwhelming Sofie, I stopped making so many demands on her. We are slowly building trust and having fun again. She is still struggling with emotional regulation but over reactions don't phase me as often. I don't know if my youngest will be diagnosed with autism, but experience has shown me how important it is to have all the information in order to support kids as individuals.

I am not perfect. I've second guessed myself, and failed in so many different ways. But in the end, I know I'm the perfect mom for my girls. I will always be thankful to them for this beautiful—if challenging—adventure.

Amanda Zengel is a former middle school teacher, a stay at home super parent, and a local childcare coordinator for Cultural Care Au Pair, and works at the STEAM Lab in Los Alamos.

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Foto de cortesía: Sofie y mamá en una aventura al aire libre.

Lo superará

AMANDA ZENGEL

Los desafíos al criar niñas con autismo

Cuando nació Sofie, mi primera hija, en el 2016, fue un alumbramiento de ensueño. Se me rompió la fuente a las 34 semanas y la niña estaba lista. Después de un parto fácil, la miré a los ojos y le agradecí tan sutil experiencia. Cuando regresé a mi trabajo de maestra, mis suegros la cuidaron; Sofie era una niña feliz. Comía, jugaba y dormía a horas fijas, le gustaba conocer gente y los mimos. Cumplió todas las etapas de crecimiento y su pediatra nunca tuvo ninguna preocupación. Cuando mencioné la fascinación de Sofie con la luz que venía de las persianas, su incapacidad para agarrarse cuando se le cargaba y su intrepidez, me aseguraron que esas eran preocupaciones comunes de mamás primerizas.

Como muchas familias, nos mudamos a Los Álamos cuando contrataron a mi esposo en los laboratorios. También, como muchas familias, tuvimos que encontrar vivienda y las primeras semanas terminamos en el hotel del casino Buffalo Thunder. Yo tenía una adorable niña de 22 meses y un adorable perro cockapoo que a todos atraían. Sofie miraba a los ojos, saludaba a los desconocidos y prácticamente para cuando dejamos ese centro turístico todos estaban encantados con ella. Comentaban lo independiente y segura que era. Sí, era segura. Cuando nos metimos en la piscina se negó a agarrarse y se hundió. En lugar de

cambiar estrategias, prefería luchar físicamente contra mis esfuerzos para evitar que se ahogara. Nos mantuvimos en el área de recreación. A Sofie también le costaba quedarse junto a mamá, papá o cualquier cuidadora. Una vez no salió del elevador con todos y se cerró la puerta. Finalmente, cuando la encontré, estaba calmada sin preocuparse de su ascenso sola. Mis preocupaciones de mamá primeriza seguían aumentando.

Conforme nos establecimos en los Álamos, comprendí lo súper difícil que era criarla. Fácilmente aprendió a ir al baño, pero se aguantaba 12 horas. Empezó a negarse a comer lo que había comido muchas veces antes y se negaba a probar nuevos alimentos. Sus actividades preferidas eran cavar en el lodo y regar la loción. Lo tenía que hacer todo ella sola y no podía copiar si alguien le enseñaba cómo hacerlo. Inventaba su manera de hacer las cosas, con muchísimas horas de frustración. Sus berrinches podían tardar hasta una hora.

La pandemia nos forzó al exterior por horas de caminatas y exploración de parques y me di cuenta que Sofie no entendía el señalar (la atención compartida). No podía seguir mi dedo si trataba de mostrarle algo y ella no señalaba para mostrarme cosas. Tampoco quería que la cargaran. Se arriesgaba mucho; yo tenía que estar muy cerca para evitar lesiones. Sofie

podía seguir a otros niños, pero no respondía cuando ellos querían jugar con ella. Otros padres decían que yo no tenía que andar encima, que ella figuraría qué hacer por su cuenta, como otros niños de su edad, pero yo podía reconocer la mirada de terror en su cara. Sofie necesitaba apoyo extra.

En su escuela en casa se llevaba bien con los otros niños y parecía disfrutar jugar con ellos. Con el tiempo empecé a sentir gran ansiedad de separación cuando la dejábamos. Me aseguraban

que eso era normal. Sofie empezó a súper enfocarse en cualquier cosa que le parecía injusta o desprecio. Cuando estaba muy agobiada empezó a insultar y atacar a los otros niños. La retiré para ponerla en el ambiente más estructurado de una escuela preescolar Montessori. Con sólo cuatro niños (gracias, COVID) y una maestra con mucha experiencia, yo esperaba que progresara. Esta maestra fue la primera que comentó sobre el comportamiento desafiante de Sofie. Me dijo que era una de las estudiantes más inteligentes que había tenido,



Foto de cortesía: Una niña feliz: Sofie cuando tenía tres meses de edad.



Foto de cortesía: La cuidadora llegó en junio del 2021.

pero que carecía de las habilidades necesarias para enfrentar las demandas de un aula. La escuela Montessori cerró permanentemente debido a COVID, entonces —con la recomendación de su maestra— pedí que las Escuelas Públicas de Los Álamos evaluaran a Sofie para determinar su retraso de desarrollo y ver si calificaba para el PreK3.

Sofie siempre ha tenido gran capacidad verbal. Podía escuchar audiolibros por horas. Podía identificar las emociones de los personajes, discutir tramas y adivinar lo que iba a suceder. Su memoria era una locura. El desafío se presentaba cuando hablaba con otros niños. Se aterrorizaba. Generalmente evitaba hablar del todo al menos que fuese alguien con quien se sintiese cómoda y entonces no podía dejar de hablar. La evaluación de la escuela pública confirmó mis sospechas de que la verbosidad de Sofie no la podían entender más que nuestra familia y amigos. Reunió los requisitos para PreK3 por habla incomprensible. Incluso esta calificación fue amplia: sus resultados fueron admirables en cada parte de la evaluación y el patólogo del habla tuvo que confiar en mi palabra sobre sus habilidades en una situación típica. Sofie puede pasar cualquier prueba dado un óptimo entorno para ella.



Foto de cortesía: A Sofie le fascina trepar — no teme.

Además de que le asustaban los niños, empezó a asustarse de otras cosas, incluso de pasos cercanos (aunque supiera quién era), bañarse, bichos, colgarse de cabeza, sonidos inesperados, gentíos, baños y estar a solas. Su reacción a estos temores era desconectarse o correr. La mayor parte del tiempo parecía calmada por fuera, pero yo sabía que algo andaba mal. Ella tampoco sentía dolor como la mayoría de los niños. A los adultos les parecía increíble su habilidad de caerse y levantarse en seguida. Era tan fuerte. Desafortunadamente, eso también significaba que no se sabía si estaba enferma o lesionada hasta que el caso era severo. Como su cuidadora principal sospechaba que tenía lesiones y enfermedades

de las cuales no se quejaba, pero la llevaba al médico porque yo sentía algo que no parecía racional. Incluso, Sofie reprimió cualquier señal de dolor cuando la llevamos por una lesión en el codo. Fuimos a que le tomaran una radiografía después de que me llevó una frazada y me pidió que le envolviera el brazo. Tenía el codo quebrado. Mis preocupaciones de mamá primeriza se estaban convirtiendo en sentimientos de agobio y desesperación.

En este punto me encontraba embarazada y cansada. Sofie necesitaba mi supervisión constante. Lo traté todo. Diagramas de incentivos, horarios visuales, rutinas estrictas, horarios relajados, más tiempo al aire libre, sobornos, simplificar mi lenguaje, nada de pantallas, vitaminas, más socialización, menos socialización, relojes para dormir, cambio de su dieta, validar sus sentimientos, yoga para niños, lectura de libros sobre emociones, adaptación y amabilidad. Nada tuvo mucho impacto en Sofie y algunas estrategias fracasaron completamente.

La tensión causada por la pandemia, un embarazo de alto riesgo y la falta de oportunidad para relajación resultó en que la relación marital se desgastara. Me tomó un año recuperarme completamente de un alumbramiento traumático con el nacimiento de mi segunda hija. Durante este tiempo, mi esposo trabajaba un horario completo, se encargaba de las tareas regulares de la casa y trataba de supervisar a Sofie. La casa estaba sucia y desorganizada. La bebé no dormía al menos que estuviera en mis brazos. Sofie causaba caos en PreK4. Mantener un semejo de relación romántica era imposible. Y si nos costaba hasta ordenar los abarros para recogerlos antes de que el café se nos acabara, ¿cómo podíamos ser compañeros atentos? Ésta es nuestra lucha constante.

Eternamente estaré agradecida por los empleados escolares que pasaron horas con Sofie cuando colapsaba, gritaba, salía corriendo y trataba de atacar a cualquiera que se le acercara. Sus

notas y récords académicos ayudaron a darme el valor de comunicarme con Layne Kalbfleisch, en 2E Consults, en Española. La Dra. K trabaja con personas neuroatípicas de todas las edades que son muy inteligentes, creativas o excepcionales en otras formas y que también luchan con comportamientos antisociales y dificultades de comunicación y aprendizaje. Después de una evaluación presencial de tres días con Sofie, dos entrevistas con los padres y sondeos con los maestros de Sofie, recibimos un informe de 75 páginas. Sofie es autista, altamente inteligente con TDAH (trastorno por déficit de atención con hiperactividad) y posiblemente dislexia. Mi mundo como madre cambió ese día. Me sentí validada por primera vez en seis años. Me sentí culpable por no obtener una evaluación antes y avergonzada por las demandas que le puse a mi hija que no eran apropiadas claramente. Gracias a una buena terapeuta (¡lo digo a gritos, Francescal!) rápidamente procesé mis sentimientos iniciales de fracaso y empecé a investigar el lugar de Sofie en el espectro autista.

Según un meta análisis publicado en la Revista de la Academia Americana de Siquiatría de Niños y Adolescentes son tres veces más los chicos que las chicas con un diagnóstico de autismo. Muchos pediatras, que con frecuencia son los que se encargan de ordenar evaluaciones adicionales, reconocen los comportamientos que pueden indicar autismo en las niñas. Yo nunca vi las señas estereotípicas de autismo en Sofie, tales como alinear objetos, habla robótica, agitar las manos, evitar contacto con los ojos, habilidades motoras finas limitadas o no disfrutar juegos de imitación. No le atraían las ruedas o cosas que se movieran. Le apasionaba cortar papel en pedacitos minúsculos y hacer enormes proyectos de arte de múltiples medios.

A Sofie se la considera autista con trastorno de evitación patológica de la demanda (PDA, por sus siglas en inglés). PDA es un trastorno del sistema nervioso a causa de una amígdala hiperactiva. El resultado es un niño cuyo cerebro envía señales de peligro constantemente, lo cual activa el sistema nervioso en preparación para la lucha por sobrevivir. Generalmente, los cerebros neurotípicos pueden distinguir el peligro y los niños son generalmente muy sensitivos a las reacciones de las personas con más experiencia que les rodean. Los autistas con un perfil de PDA no reciben información en la misma forma. Su amígdala envía señales de peligro por todo. Finalmente, de manera similar a personas con trastorno de estrés postraumático (PTSD, por sus siglas en inglés), cualquier falta de control puede provocarles. A mi hija la provocaba “no” en cualquier contexto la provocaba — no ser capaz de escoger actividades, no estar a la cabeza de la fila y cualquier situación que le pareciera injusta. Sofie huía y atacaba o destruía, pero en público su respuesta principal a la tensión era desconectarse o ser complaciente. En las niñas, esto se manifiesta como despiste, andar en las nubes, ser complaciente y dependencia. También quiere decir que reprimen emociones y usan todo su autocontrol en la escuela

y otras actividades extracurriculares. Los colapsos en casa, aparentemente sin razón, aumentan en severidad y duración. Pierden toda confianza en sus cuidadores y, con frecuencia, se cierran completamente. Conforme las demandas académicas y sociales aumentan, algunos niños pierden la habilidad de hablar y retroceden en su aprendizaje para ir al baño y se aíslan socialmente.

Tan pronto entendí cómo mis exigencias agobiaban a Sofie, dejé de exigirle tanto. Lentamente, estamos creando confianza y divirtiéndonos nuevamente. Todavía le cuesta regular sus emociones, pero las reacciones exageradas no se me presentan con tanta frecuencia. No sé si mi hija menor será autista, pero la experiencia me ha mostrado lo importante de tener toda la información posible para poder apoyar a los chicos como individuos.

No soy perfecta. Me he cuestionado y errado en muchas formas. Al final, sé que soy la mamá perfecta para mis niñas. Siempre les estaré agradecida por esta bella aunque desafiante aventura.

Amanda Zengel, exmaestra de escuela media, cuida a sus hijas en casa, coordina una guardería para el programa Cultural Care Au Pair y trabaja en el Laboratorio STEAM en Los Álamos.



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CHOOSE YOUR OWN *Food* *Adventure*

RACHEL SHREVE

How choices can help reframe picky eating

As you might imagine, providing cooking classes to more than 6,000 public school kids throughout Northern New Mexico means our Cooking with Kids educators have encountered a wide variety of eating preferences. We love to talk about likes and dislikes. Talking with kids about preferences (rather than “pickiness”) allows some wiggle room for kids to explore. It opens the door to the idea that everyone is allowed different likes and dislikes—and the idea that those preferences can change.

These changes may take time, but there are a couple of things we’ve discovered that can help along the way. For example, throughout the school year, we cook a variety of foods in a variety of ways. One student might like the fresh tomatoes of salsa fresca, while another student prefers cooked tomatoes in the sauce for fettuccine. Or one child may prefer carrots cooked in ginger-soy broth and another may like carrots seasoned with cumin and coriander. Another student may not like tomatoes or carrots at all. These are all equally important discoveries—especially if they are not assigned value. Liking a food is not better than disliking a food. Allowing kids to choose what they want to taste also has a positive effect. It’s not uncommon for a kindergartner to go the entire school year without ever taking a single bite of food in Cooking with Kids. This, too, is a preference—and it’s OK. In the meantime, they get their hands messy kneading tortilla dough, mashing beans, peeling cucumbers, or tearing up basil leaves. With each fun hands-on experience, new foods become a little less strange and scary and a little closer to something they

might just want to eat—as long as the choice always remains entirely theirs.

Patience and consistency pay off. Here are some things we heard this year from our 5th and 6th grade seasoned tasters, who have participated in Cooking with Kids throughout the span of their time in elementary school:

“Even though I made this hummus, I didn’t think I was going to like it, but I learned that it takes several times to try a new food, so I bit it seven times and guess what? Now I like hummus!”
“I tried foods from different places, which I thought I would not like, but did!”

“I have enjoyed so many new foods from around the world and better yet I have become a much braver person. I used to be really picky.”

If you have a little one (or a not-so-little one) at home who is actively choosing to refuse, hang in there. In the meantime, consider finding ways to invite them into the kitchen that will allow them to explore and be creative. Here are a couple of recipes that present choices as an active part of the process.



Making Hummus in CWK Cooking Class. Credit: Kerry Sherck

Courtesy Watermelon Pizza - CWK Photo Library

Infused Water

Kids love to come up with their own combinations—mix and match from the list in the box to discover your favorites. Not sure where to start? Some of our favorites are strawberry-basil, cucumber-lime, and watermelon-mint. Here are the basics to making infused water:

- Add sliced fruits and herbs to a glass or pitcher of cold water.
- Gently crush the herbs to release their aroma and flavor.
- Keep a pitcher of infused water in your fridge to make drinking water a special treat.
- Strain before you store. Some fruits—especially citrus—can add a bitter taste if left in the water too long.



Find Your Favorite Flavors



<i>Basil Leaves</i>	<i>Mint Leaves</i>
<i>Blueberries</i>	<i>Oranges</i>
<i>Cantaloupe</i>	<i>Pineapple</i>
<i>Cucumbers</i>	<i>Pomegranate</i>
<i>Grapefruits</i>	<i>Rosemary Sprigs</i>
<i>Lemons</i>	<i>Strawberries</i>
<i>Limes</i>	<i>Watermelon</i>

Infused Water - CWK Photo Library

Watermelon Pizza

Here's a fun and creative way to make and eat a fruit salad! Kids can also take the eat-a-rainbow challenge by choosing a variety of colorful fruit toppings to add to their watermelon pizza. Make as many slices as you like.

For each slice of pizza:

- 1 triangular wedge of watermelon (rind on)
- Your choice of fruit toppings (see below for ideas)
- Shredded coconut, optional
- 1 small lime wedge

Choose your fruit toppings:

Bananas
Blackberries
Blueberries
Grapes
Mandarin oranges
Mango
Raspberries
Strawberries

Directions

- Slice up the fruit. If using berries or grapes, make sure to cut them in half (or slice if they are big enough) so they don't roll off of your pizza.
- Place toppings on your watermelon slice.
- Sprinkle with shredded coconut and a squeeze of lime, and enjoy.



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Adventures in Hummus



The word "hummus" means chickpea in Arabic, but chickpeas are just a jumping-off point for what you can do with this delicious, protein-rich dip. Here's a formula for putting your family's own personal spin on a basic hummus recipe.

Too many choices? Go back to basics with this no-frills hummus recipe we recently made in our cooking classes.

Basic Hummus

- 1 (15-ounce) can garbanzo beans
- 2 tablespoons liquid from the canned garbanzos (drain the remaining liquid)
- 1 garlic clove, minced
- 1 tablespoon tahini, optional
- 3 tablespoons olive oil
- 3 tablespoons lemon juice
- 1/2 teaspoon ground cumin
- 1/4 teaspoon salt

Directions

In a bowl, use a potato masher to mash the garbanzo beans until they are almost smooth. Stir in the remaining ingredients and mix until well combined. **A couple of homemade hummus tips:** Kids love to mash. However, you can also use a blender, food processor, or immersion blender to puree whichever legumes you choose to use. Spread hummus on crackers or flatbread or enjoy as a dip with carrots, celery, bell pepper, snap peas, or other favorite vegetables.

Ideas for Adding Flavor:

- 1 tablespoon:** tahini, minced garlic, minced fresh parsley
- 1 teaspoon:** tatin, curry powder, garam masala
- 1/2 teaspoon:** ground cumin, red chile powder, green chile powder, dried thyme, dried oregano
- 5. Add 3 tablespoons of olive oil and 1/4 teaspoon salt.**
- 6. Blend everything together.** If hummus is too thick, add a little bit of water, one tablespoon at a time, until you get the desired consistency.



Slicing Bananas in CWK Cooking Class.
Credit: Kerry Sherck

Rachel Shreve is the communications director for Cooking with Kids, a nonprofit organization that provides nutrition education programs in school classrooms and cafeterias in Rio Arriba, San Miguel, and Santa Fe Counties. Visit cookingwithkids.org for kid-tested recipes, how-to videos, and other resources.



KATIE MACAULAY

How to get your kids hiking and having a blast on the trails around Santa Fe

Courtesy photo: Kids hiking on the Norski Trail.

You are going on an adventure, not a hike. For kids, an adventure sounds much more exciting than a hike, so be sure to frame it properly from the start. There are plenty of great adventuring spots in and around Santa Fe. I'll share a few that are appropriate for all ages from toddler to teen. I'll also share some fun activities which can be done on (almost) any trail.

FIRST: PREPARING FOR A HIKE

Before you head out, talk about how to prepare for a hike. Proper preparation means that you have checked the weather before you go and everyone has a backpack, ideally with a whistle, water, snacks, and a rain jacket. Extra socks and/or a fleece jacket are a good idea, too. Let someone know where you are going, and be sure to have a map or good directions before you get out of cell phone range.

Teach your child that if they get lost or separated from the group, the best practice is to STOP AND STAY PUT. If you get separated, sit down, drink some water, put on extra layers, and think about the best next steps. If you have a whistle, blow it three times at a time, over and over, and wait. If you aren't found right away, consider what kind of natural shelter is nearby and make yourself comfortable until you are found. The key is to stay found in the first place, so use a buddy system and always keep your young ones within sight.

OK, now that we are feeling prepared, let's get going—there are adventures to be had.

IN-TOWN ADVENTURE: SANTA FE CANYON PRESERVE

The Santa Fe Canyon Preserve is an in-town favorite. If you want an adventure that is close and accessible for all abilities (wheelchair access is in the works); this hike offers wonderful variety: shade and sun, desert and "jungle," water, bird life, and a special place called Fossil Hill.

Upon arrival in the parking lot of the Preserve (check Google for directions), the main trail goes northeast toward Two-mile Reservoir, the old water reservoir for the city. After walking up a short incline, you will be met with a beautiful view up the canyon with Picacho Peak to your right. Pause to enjoy the view. Walk through a field of four-wing saltbush (look for the seeds with, you guessed it, four wings). Stay left and you will arrive at a bench overlooking a small pond where you may see waterfowl, red-winged blackbirds, and, if you are lucky, a great blue heron.

Activity: A Fistful of Sounds

This is a great place to sit for a few minutes. With kids, I like to do a Fistful of Sounds, which involves closing your eyes, sitting quietly, and using your fingers to count ten sounds that you hear. Afterward, share what you heard with each other. This is a fun and easy way to build a bit of mindfulness into your adventure and give everyone a

chance to slow down and be present in this beautiful place.

Leaving the pond and the bench, head up the canyon (northeast) where you'll find a trail on your left that heads down into a willow jungle and home of beaver-sign galore. (Sadly, the beavers moved on, but there is plenty of evidence, and signage regarding their residence here for many years.) At the fork in the trail labeled "Enjoy the Mud" and "Avoid the Mud," you can choose your own adventure. This is a nice spot to sit for a snack and some water, drop packs, and explore the area. Be sure to let children know they must be accompanied by an adult near the water. It's more fun that way, anyway.

Activity: Nature Detectives

Put on your Nature Detective hat and look for signs of beaver and other animals. Do you see the beaver-chewed

logs? Can you find a large bird nest up in the tall cottonwood trees? Do you see the cattails, a useful plant for Native people and primitive skills enthusiasts? Can you find a spotted leopard frog, tadpole, or tiny eggs (small gelatinous circles with a black dot in the middle) in the marshy area? The re-introduction of the spotted leopard frog here in the past decade means you should leave their marshy habitat undisturbed. It is super fun to explore this area, like the jungle it is, with little ones; just stay on land and look for clues. Who else do you think lives here or passes through?

After exploring the pond and making your way through the willow jungle, you'll head uphill toward a branch of the Santa Fe River crossing, complete with a small waterfall and a bench where you can safely enjoy the view—another good spot for a snack and water break.



Courtesy photo: Children examining a worm.



Courtesy photo: Kids hiking on the Norski Trail.

Activity: Natural Forts and Shelters

On the far side of the river here, there are thickets of willows where kids will find natural forts to let their imaginations roam. If you are inclined, get ready to become an animal or enjoy a tiny tea party. You can also imagine using one of these for an impromptu shelter in a storm. The river crossing is a great place to cool off on a hot summer's day, depending on the flow, which varies. The icy cold water was snow not so long ago, so a little goes a long way toward dropping your core temp.

If your crew is tired or done, this is a good place to turn around. If you are up for a longer adventure, carry on and you will emerge from the jungle to find a large meadow. The meadow can be a great game field, or you can continue to your right (look for the cottonwoods along the river to give you a clue) to enjoy water play by the river. (Leopard frogs do not live in the fast flowing river here, so water play is welcome.) After you cross over the river, you will eventually reach the road and the Audubon Center. Turn back to go back the same way you came, or take the trail up toward Fossil Hill.

If your crew wants to adventure to Fossil Hill, be sure they are surefooted and well supervised. There is a metal barrier between you and the slope down to the old reservoir, but in a few spots the sediment has filled in, so the wall is very short as to be basically nonexistent. Walk with care and keep littles within reach. The flat trail undulates along the hillside, with views to the pond below, and can be hot on a warm summer's day. Everyone should be well watered, with hats and sunscreen before taking this adventurous route.



Courtesy photo: Kids hiking on the Norski Trail.

Activity: Fossil Hunting

and Leave No Trace
After walking for ten minutes or so, depending on your pace, look for large rock panels on your right with fossils embedded in them. You'll see tiny lifeforms and shell shapes from when Santa Fe and the entire region were under an ocean. You may find some loose rocks. Please leave them there for others to enjoy, and teach your kids Leave No Trace principles: Leave only footsteps, take only pictures, and pack-in pack-out.

After exploring Fossil Hill as young archeologists, follow the trail as it winds back down to the stream level (consult the map, but basically, stay left and go downhill) toward a replanted meadow with several old apple trees standing guard. (Harvest season is late-summer/early fall, so you'll have to come back then for a fresh, tart apple.) Walk toward the tall cottonwoods, where a wooden footbridge crosses the river; a great place for a water break or a picnic. (Do you see a theme here? Snacks are KEY to a great adventure.) Enjoy this last cool, shady spot before taking the trail up the hill toward the parking lot where your adventure began.

Nice work. High five each other for a great adventure.

MOUNTAIN ADVENTURE: NORSKI TRAILS

On a hot summer's day, getting up into the mountains will get you into temperatures about ten degrees cooler than in town. This can make the difference between grumpiness and joy in most humans, especially small ones. The Norski Trail is one such location where the elevation is high and the hiking is relatively easy.

In the parking lot, find the map and picnic table to start your adventure. (Snacks, water, hat, sunscreen, and backpack with rain jacket or other supplies. Check? Check!)

On the map, you'll notice the trail is a series of intersecting loops. This can be a bit confusing at times, but there are maps at every junction, so just keep an eye on them. This is a good opportunity to engage your kids in wayfinding with landmarks, map reading, and talking about the four directions (Never Eat Soggy Waffles is a favorite way to remember the order of the four directions starting with North, clockwise to East, South and then West).

If you start on the trail trail to the left (not the one that goes down; this is the Winsor Trail, and will take you down, down, down into Tesuque), you will encounter a small meadow. On the right you will not. Both lead to the same junction, which is a favorite fort building location.

Activity: Forts and Leave No Trace
Downed aspen logs make great material for forts. Just remember to Leave No Trace and take down what you build. (I know this can be a joy-stealer for some, but the process of dismantling can

also be very fun when done with gusto and care.) Remember, it's all about how you frame it.

Activity: Meet a Tree

For this activity, it is helpful to have a bandana or other material for a blindfold, but you can also pull a hat down low or just close your eyes. Buddy up and decide who will Lead and who will be the blindfolded Buddy. The Leader will ensure their Buddy can't see, and then very carefully guide them to a tree. The Leader will guide their Buddy by the hand or elbow and give verbal directions for all changes in terrain, logs, or other obstacles. The goal is to get them safely to a special tree you would like them to meet. Once there, the Leader will let their blindfolded Buddy know, so they can commence getting fully acquainted with their tree. Encourage the Buddy to take their time; touch the tree high and low, feeling for any bumps or branches, smell it, walk around it. Once the Buddy has met their tree, the Leader will take their Buddy back to where they started, again, carefully. The Buddy will remove their blindfold and try to find their tree. Switch roles and do it over and over again, as kids may request.

If you are keen to hike farther and your kids are dragging, a game

called Camouflage gets everyone moving. Suddenly, tired grumpy kids will be running down the trail and shrieking with delight.

Activity: Camouflage

The premise is simple. As you hike, one person, typically an adult, is walking along the trail looking for the others who have hidden just off the trail no more than 20 feet. Kids, or the hiders, may also drop their backpacks, or another item of your choice, just beside the trail where they go in, so you know to start looking (and you don't lose anyone). Kids love sneaking and hiding games, and this one has the added benefit of them sitting quietly in nature for a few minutes at a time. Young children should be buddied up with an adult for safety, and ensure there is no poison ivy along the trail. Kids will get so enthused about hiding, they will run from spot to spot. Wait: I thought you were tired?! Haha. Not anymore.

There are plenty of other great hikes up the ski basin road; the Big Tesuque campground and Aspen Vista also offer great opportunities to get out and play in the forest. All it takes is a little preparation; check the weather, grab some good snacks, water, proper attire, and bring along your sense of playfulness and adventure.

Katie Macaulay is the founder and director of Mountain Kids!, a 16-year-old outdoor education program in Santa Fe. Mountain Kids! offers summer camps, home and after school programs, and classroom field trips for kids in the Santa Fe area.

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Courtesy artwork: One of Dorman's most recognizable designs for Meow Wolf.

LUKE DORMAN

How creativity and imagination can take shape in our lives and with our families

It's an understatement to say that I was excited when I joined Santa Fe's immersive art luminaries, Meow Wolf, in 2018. For a decade or so, I'd watched the collective slowly transform from a scrappy band of artists hosting art shows and parties in a warehouse, to a more mature and ambitious group building increasingly grand and complex installations around Santa Fe. They had reached a crescendo, at that point, with the opening of the House of Eternal Return in 2016; an experience

that had become a frequent weekend activity for me and my two children.

Our annual pass allowed us to sometimes stop by on a whim and wander the exhibition, while other times we'd skip the exhibition altogether and go straight to making art in the learning center (now called Rainbow Rainbow). Meow Wolf was a special place for us, so I was understandably thrilled to be able to contribute to something that felt so meaningful to me and my kids.

What I believed then, and still believe now, is that there's immense transformative power in creating and experiencing art, in all its varied forms. I believe that art-making is a force for good, and I believe that creating art, of any sort, is an act of hope. I think that the creative act helps us recognize our ability to contribute to and shape the world around us, well beyond the specific art we are creating at that moment. When we have meaningful experiences with someone else's art it helps us recognize one of the best

parts of our humanity: Our instinct to create and shape the world around us to (ideally) become a better place. The acknowledgement of our innate creative impulse is at the core of the inspiration we feel from moving art experiences—it's a reminder that the ability to create isn't reserved for a select few, it's something accessible to all of us.

For example: I remember the first time I stood in the canopy of the forest at the House of Eternal Return and noticed that the leaves of all the trees were made of cut paper. I marveled at the idea that someone actually cut this massive amount of paper and strung it together in an absurd and possibly heroic act of patience and perseverance. To spend so much time and energy on something that could go unnoticed, all for the sake of creative expression—to work so tirelessly on one beautiful moment inside 20,000 square feet densely packed with beautiful moments—I found that truly inspiring. In this moment I also saw how accessible creativity can be. This moment didn't succeed because

of some special artistic prowess, it wasn't the result of years of study in artistic techniques. It was the result of a creative vision followed up with dedication—two things that are accessible to everyone.

What I also appreciated about this moment and, by extension, what I appreciated about the entirety of the House of Eternal Return is that in the face of all the choices we have for how we use our time, the artists who built the exhibition chose to spend their time making something beautiful. The fact that a hundred or so people collectively chose to create rather than consume—to build a piece of the world that they wanted to see exist, was incredibly impactful and inspirational to me. This inspiration was deepened through a recognition that Meow Wolf wasn't built by an individual, but was built by a community. It speaks to the importance of being able to work together to achieve things you cannot do on your own and, as illustrator John Kascht said recently, "Working through differences towards a common



Courtesy photo: The author and his kids, Bella and Cleo, during a visit to Omega Mart in 2024.



Courtesy photo: The author and his oldest child, Bella, at The Real Unreal.

purpose is practically an act of defiance these days.”

In one of my favorite books, *Art and Fear* by David Bayles and Ted Orland, they write that “You make your place in the world by making part of it—by contributing some new part to the set.... Each new piece of your art enlarges our reality. The world is not done yet.” This is where I see a connection between my passion for art and my duty as a parent. I not only have a desire, for myself, to help contribute to building a better world for my kids, but I also want to teach them that they have an ability and obligation to do the same. The world is not done yet—they, too, will help shape the world through their own contributions, and so it’s important that my kids see and understand that what we put into the world matters.

So much of what we do, whether we recognize it or not, builds the future—either by maintaining the status quo, or by imagining something new. The lesson of Meow Wolf is that we build worlds, and so it’s imperative that the worlds we build are ones we want to be a part of. Of course, Meow Wolf’s creations are temporary respites from the “real” world, but it’s an important example nonetheless since the immersive spaces we create represent a world we want to inhabit. We work hard to create spaces that manifest the things we care about, and the recognition of our ability to do this in our everyday lives is something I want to pass along to my children.

Art, as a creative act, is an empowering activity. While the transformation of a stack of paper to a full sized tree canopy cannot be done in an afternoon, the transformation of a blank piece of canvas to a colorful landscape can be done with much more ease. At the core of art-making is a transformative way of looking at the world—to see that



Courtesy artwork: One of Dorman's drawings for Meow Wolf.

paper can be leaves, that cardboard can be boulders, that steel can be a tree, that a refrigerator can be a portal, that paint can be magic. The tasks our kids will undergo to manifest what they care about through the rest of their lives will likely be more of a challenge than these artful transformations, but the lessons they can learn through art-making root them in the ability we all have to transform the world around us. All of what we do—from the way we treat the people in our lives, the way we show up for others, the way we care for our planet, etc. all helps create the world. It’s important that we create a world we want to be a part of.

I hope that my work with Meow Wolf has helped serve as an example, for my kids, of what can be accomplished when a whole lot of people work together to do something improbable and bring a vision of a fantastical world into reality. I hope to teach them, through the creative act, that great things can happen when we work together with our community, that beauty exists even if sometimes we have to work hard for it, and that we all have an ability to make a future that we want to see, even if it starts with a pair of scissors and a whole lot of paper.

Luke Dorman is the principal graphic designer at Meow Wolf, a Santa Fe arts and entertainment company. At Meow Wolf, Dorman leads design teams in the creation of immersive, interactive narrative experiences that transport audiences of all ages into fantastic realms of story and exploration. Dorman also maintains an independent creative practice focused on design and illustration, creating poster designs for clients like Animal Collective, the Telluride Film Festival, and Red Wing Roots Music Festival. Prior to joining Meow Wolf, Dorman worked in design education and carries his passion for teaching, mentorship, and community building into his work today.

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Dragonfly Art Studio courtesy photo.

Conversations

IN CASTLE PARK

ANNABELLE BLACK DELFIN

Back at the Children's Museum...



Courtesy photo: A four-year-old arranges the furnishings of the dollhouse at the Santa Fe Children's Museum.

Castle Park is under a slow de-construction. Due to this, this edition of Conversations in Castle Park actually took place at the Santa Fe Children's Museum.

Recently, I found myself sitting with several other parents and grandparents watching our little ones play with the giant dollhouse at the Santa Fe Children's Museum. As usual, our conversation turned to observations about the children, especially since this group of four-year-olds have been friends for years and that meant we

adults had the opportunity to observe their growth and development over time. A grandmother remarked that her granddaughter was beginning to comprehend and point out symbols. Another was amazed by how adept her granddaughter is with navigating the smart phone to find the photo file. We all laughed when we acknowledged that comprehension of technology already seemed to come easily for these young children.

This observation often comes up and is one of the research questions being examined in a research project which began at the First Presbyterian Child Development Center in Santa Fe that observes young children as they participate in activities centered on symbolic representation, map-use, and map-making. The research project, called the Treasure Map Experience, emanates out of the *New Mexico Center of Excellence for Early Childhood Education* in Silver City, was launched in September 2022 with two sites, Santa Fe and the WNMU Child Development Center. The focus of the project is on children's cognitive development as they make sense of symbols and navigate technology.

As an early childhood researcher, I spend a lot of time in early childhood settings where I have observed hundreds of children over the years. Along with my

research partner, Dr. Wenjie Wang of Western New Mexico University, we have studied language development in dramatic play, children's symbolic development in learning Chinese characters, and children's use of mental representation, among other topics. Our latest research project is focused on cognitive development, particularly in looking at how children discern meaning from symbols. We thought that map use and map making would be a good way to examine this with preliterate children. The child participants have fun using maps to seek 'treasure', making maps of their classroom and neighborhoods and learning about the many types of maps and ways they can be used. Back at the Children's Museum, one of my former students, now employed as a Home Visitor, was working with a family with two young children. She introduced me to the parents. One parent showed her son a visual timer app on her phone and said, "Five more minutes, then we have to go home." Her four year old looked at the screen, nodded and re-entered play in the pretend grocery store. He told his little brother, "Five more minutes". The adults laughed because the children displayed understanding of the abstract concept of time and the visual display on the phone screen. This brief interaction demonstrates much about this current research project.

As Dr. Wenjie Wang notes, "One of the things that we are exploring is if general exposure to technology, where preliterate children are using symbols to access and interact with technology, may be decreasing the age at which children begin to make meaning from symbols and use of symbols to convey meaning." In other words, we suspect that the pervasiveness of technology in society may be making children develop abstract thought and symbolic representational abilities at younger ages than children in the past who were not exposed to technology. The implication for this is that children may be learning the concepts of



Courtesy photo: Four-year-old seeking treasure as part of the Treasure Map Experience research project.



Courtesy photo: A child makes a map of her neighborhood at First Presbyterian Child Development Center.

symbolic representation earlier, in turn, constructing a neural foundation that facilitates earlier literacy acquisition.

Understanding how children interpret and use symbols is important as symbolic representation is the basis of language and literacy. Literacy and how to teach children to read have become paramount in Governor Lujan Grisham's legislative and policy agenda. Back at the Children's Museum, one of the parents mentioned that they have been following this initiative and asked what is meant by the term 'structured literacy' in relation to early childhood.

An ongoing debate in early childhood education concerns when children are old enough to learn to read. Some people say young children are in a concrete stage of development and are not ready for abstraction until they are older. And some people think that children will incorporate abstraction, such as understanding symbols, if they are exposed to it.

In the reading debate, one side is focusing on environmental exposure- this is the Whole Language perspective- giving children many varied experiences in language-rich environments and they will absorb language, and thus reading. The other side, coming to be called the 'Science of Reading' and 'structured literacy' sees direct instruction of phonics and letter recognition as necessary for learning to read. We suspect the answer involves both perspectives- exposure and direct instruction. In early childhood circles, it has been seen as developmentally inappropriate to introduce letters and numbers (i.e. symbols) before children were developmentally ready for them. But we are seeing more and more young children who know how to navigate a smart device by way of symbols- logos, icons, 'tabs', etc. We want to see how this early use of symbols may be changing with young children who are exposed to technology.

Our preliminary findings suggest that the best way parents and families can support their young children in learning to read is two-part: 1. exposure in a language-rich and symbol-infused environment. From the child's point of view, this means *hearing* oral language and interacting with others (in conversations, telling/retelling stories, singing, music and verbal descriptions...) It also means having access to a great deal of print, books, pictures, maps, and other symbolic depictions of meaning. The second part, 2. direct instruction in fun activities that make the connection between the *sounds* of letters and how they combine in words. This is as simple as playing rhyming games, segmenting the sounds in the words, movement associated with syllabic sounds in common words, and matching card games of words that start or end with the same sound. Young children who learn to hear, identify and produce the distinct sounds of the letters have been shown to do better when it is time to take up reading and writing.

Back at the Children's Museum, the timer went off on the mom's phone app. She showed the screen to her sons and they began to prepare to leave. Another parent laughed and said, 'That timer app worked like magic!' Whether we call it literacy, language, or tech skills, everyone could agree that children nowadays are readily understanding more and more meaning from symbols on screens. This early understanding of symbolic representation becomes the basis for literacy, and later, academic content. Parents can support this through conversation and play, verbal interactions and intentionally exposing their kids to lots of books, stories and different types of print and symbols.

The Treasure Map Experience research project is expected to run through 2024. It is a research project of the *New Mexico Center of Excellence in Early Childhood*, with funding from the New Mexico State University Glass Family Research Institute, in collaboration with the First Presbyterian Child Development Center of Santa Fe.

Annabelle Black Delfin has spent her life in New Mexico. Since starting her first babysitting enterprise as a teen, she has been interested in how young children grow and develop. She has run after-school programs, summer camps, youth-service nonprofits, and child care, among other programs for kids in Santa Fe. Annabelle is a mom of two and has a three-year-old granddaughter. Annabelle is currently a researcher, writer, and instructor at the New Mexico Center of Excellence in Early Childhood Education of WNMU.



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13th

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24th 25th 26th

25th

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JF Mazur Studio courtesy photo.

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● HIGH SCHOOL

PASEO POTTERY

Unlock your creativity and get your hands dirty in our fun-filled after school pottery class! Designed for young artists, our class offers an exciting introduction to the world of pottery. Join us for the full 5 weeks or drop in for a single class—each session is packed with fun and learning! Come and explore the joy of pottery with us every Tuesday from 3:30 pm to 5 pm. Price per class is \$50.00, and includes all materials, firing, and glazing.
1273 Calle de Comercio, Santa Fe NM 87507 | 505-988-7687
info@paseopottery.com | paseopottery.com

● PRE-KINDERGARTEN ● KINDERGARTEN
● ELEMENTARY SCHOOL ● MIDDLE SCHOOL
● HIGH SCHOOL

POMEGRANATE SEEDS® YOUTH MENTORSHIP PROGRAM

Pomegranate SEEDS® (Self-Esteem, Empowerment and Education through Dance) is an innovative after-school program which combines the study of dance alongside the development of social and fiscal life skills, career mentorship, and an emphasis on self-discovery and self-actualization for female-identifying and non-binary teens ages 13-18. Curriculum includes dance classes and performance opportunities, talking circles, journal writing, and guest speakers from the community. Class meets Wed-Thur 5-7 pm. Tuition is \$200.00 per month. Financial aid available.
535 Cerrillos Rd #C2, Santa Fe NM 87501 | 505-501-2142
pomegranatesfm@yahoo.com
pomegranatestudio.org/about-the-program

● MIDDLE SCHOOL ● HIGH SCHOOL

QUEEN BEE MUSIC ASSOCIATION

It's time to make some music! Kids develop their musical knowledge while learning new skills in a fun environment. Queen Bee Music Association offers a variety of group class options for kids, including: percussion and ukulele for ages 5-7; guitar, ukulele, violin and singing for ages 7+, and classes for intermediate musicians ages 8+ like songwriting and Kids Ensemble. Classes are offered in 10-Week Sessions. Fall schedule will be released in August! Registration opens in August. Cost: \$180-\$200 for 10 Weeks, meets Mon-Thur 4 pm-8 pm. Financial aid available.
1596 Pacheco St, Santa Fe NM 87505
hello@queenbeemusicassociation.org
505-287-0012 | queenbeemusicassociation.org

● KINDERGARTEN ● ELEMENTARY SCHOOL



Art School Santa Fe courtesy photo.

TUTORING & LEARNING

BOYS & GIRLS CLUBS OF SANTA FE / LAS VEGAS AFTER SCHOOL PROGRAM

Santa Fe Boys & Girls Clubs After School Program provides a safe, positive and engaging environment that prepares and inspires our children to achieve great futures. Core values include youth first, commitment to quality, integrity,

outcome-driven, professionalism, teamwork and collaboration. The program is available to children ages 6-12, for \$330.00 per child per month. Meets Mon-Thur 3-5:30 pm, Fri 1-5:30 pm. Financial aid available.
6600 Valentine Way, Santa Fe NM 87507 | 505-204-0303
179 Bridge St, Las Vegas NM 87701
505-429-7702 | bchavez@bgcsantafe.org
bgcsantafe.org

- EARLY CHILDHOOD ● PRE-KINDERGARTEN
- KINDERGARTEN ● ELEMENTARY SCHOOL
- MIDDLE SCHOOL ● HIGH SCHOOL

CHILDREN'S ADVENTURE COMPANY AFTER SCHOOL

Children's Adventure Company's After School provides activities for kids grades K-6 in science and nature study, cooking, art, sports, crafts, interactive group projects, gardening, indoor and outdoor play. Friday field trips include hiking, ice-skating, roller-skating, themed weeks with an end of the week party, water play, bingo, hot dog roasts, bowling, shelter building, plant study and more! Available Mon-Fri from school pick-up until 6 pm.
935 Alto St, Santa Fe NM 87051
87507 | 505-988-7201
childrensadventurecompany@gmail.com
santafechildrensadventure.org

- KINDERGARTEN ● ELEMENTARY SCHOOL
- MIDDLE SCHOOL



Dragonfly Art Studio courtesy photo.

FREE FAMILY FUN!

Every Second Sunday at the Georgia O'Keeffe Museum

Family Fun Day
217 Johnson Street
Second Sunday | 10:30 AM-2:30 PM

Bring the whole family to the Georgia O'Keeffe Museum for fun activities happening throughout the day including hands-on art-making, storytime, and other surprises! Families can also enjoy free access to the Museum Galleries.

This event is free and open to the public.

Family Fun Day is offered in partnership with the Santa Fe Children's Museum and Santa Fe Public Libraries.



505-946-1000 | gokm.org



Calendar of Events

July

LEGEND

★ SPOTLIGHT



SPECIAL EVENTS



SUPPORT & COMMUNITY



SPORTS & ACTIVITY



VISUAL ARTS



PERFORMING ARTS



EDUCATION/ENRICHMENT



NATURE



ENTERTAINMENT

Sunday	Monday	Tuesday	Wednesday
	1 <u>Origami in the Garden 9 AM - 1 PM</u> <u>Queen Bee Sing-along with Sarah Jane 9:30 - 10 AM</u> <u>Nature Playtime 10 - 11 AM</u> <u>Toddler Free Swim at GCCC 10:45 AM - 12 PM</u> <u>Animal Encounters 11:30 AM - 12:30 PM</u> <u>Many Mothers' Play Area 12 - 2 PM</u> <u>Monday Funday at Meow Wolf 3 - 8 PM</u>	2 <u>Origami in the Garden 9 AM - 1 PM</u> <u>Music and Movement in Los Alamos 9:30 - 10 AM</u> <u>Storytime and Craft at Southside Library 10:30 - 11:30 AM</u> <u>Toddler Free Swim at GCCC 10:45 AM - 12 PM</u> <u>Animal Encounters 11:30 AM - 12:30 PM</u> <u>Many Mothers' Play Area 12 - 2 PM</u> <u>After School Art at Main Library 3:30 - 4:30 PM</u> <u>Wags & Words at Main Library 6 - 7 PM</u>	3 <u>Origami in the Garden 9 AM - 1 PM</u> <u>Queen Bee Sing-along with Sarah Jane 9:30 - 10 AM</u> <u>Music and Movement in Los Alamos 9:30 - 10 AM</u> <u>Bilingual Books and Babies at Main Library 10 - 11 AM</u> <u>Storytime at La Farge Library 10:30 - 11:30 AM</u> <u>Storytime and Craft at White Rock Library 10:30 - 11:30 AM</u> <u>Wee Wednesdays 10:30 - 11:30 AM</u> <u>Toddler Free Swim at GCCC 10:45 AM - 12 PM</u> <u>Animal Encounters 11:30 AM - 12:30 PM</u> <u>Many Mothers' Play Area 12 - 2 PM</u> <u>What's Up Wednesdays 1:30 - 3 PM</u> <u>Teen Lounge at La Farge Library 1:30 - 3:30 PM</u> <u>Youth Chess at the Main Library 5:45 - 7:45 PM</u>
7 <u>Dawn 'til Dusk Day All Day</u> <u>Free First Sundays All Day</u> <u>Elements of Art: Storytime 10 - 11 AM</u> <u>Family Art Making at New Mexico Museum of Art-Vladem Contemporary 10 AM - 12 PM</u> ★ <u>Arts Alive! Museum of Indian Arts and Culture 10 AM - 2 PM</u> <u>Animal Encounters 11:30 AM - 12:30 PM</u> ★ <u>Arts Alive! Wheelwright Museum of the American Indian 12 - 3 PM</u>	8 <u>Origami in the Garden 9 AM - 1 PM</u> <u>Queen Bee Sing-along with Sarah Jane 9:30 - 10 AM</u> <u>Nature Playtime 10 - 11 AM</u> <u>Many Mothers' Play Area 10 AM - 12 PM</u> <u>Toddler Free Swim at GCCC 10:45 AM - 12 PM</u> <u>Animal Encounters 11:30 AM - 12:30 PM</u> <u>Monday Funday at Meow Wolf 3 - 8 PM</u> <u>Young Creators Project 3:30 - 5:30 PM</u> <u>Birth Talk Los Alamos 6:30 - 8:30 PM</u>	9 <u>Origami in the Garden 9 AM - 1 PM</u> <u>Music and Movement in Los Alamos 9:30 - 10 AM</u> <u>Babytime Los Alamos 10:15 - 11 AM</u> <u>Storytime and Craft at Southside Library 10:30 - 11:30 AM</u> <u>Toddler Free Swim at GCCC 10:45 AM - 12 PM</u> <u>Art Explored! NM Museum of Art Library 11 AM - 12 PM</u> <u>Animal Encounters 11:30 AM - 12:30 PM</u> <u>Many Mothers' Play Area 12 - 2 PM</u> <u>After School Art at Main Library 3:30 - 4:30 PM</u> <u>Night Wonders Fort Union National Park 4 - 10:30 PM</u> <u>Lantern-lit Legacies Ft Union Natl Park 4 - 10:30 PM</u> <u>Wags & Words at Main Library 6 - 7 PM</u> <u>Special Needs/Autism Support Group 6:30 - 8:30 PM</u>	10 <u>Origami in the Garden 9 AM - 1 PM</u> <u>Queen Bee Sing-along with Sarah Jane 9:30 - 10 AM</u> <u>Music and Movement in Los Alamos 9:30 - 10 AM</u> <u>Bilingual Books and Babies at Main Library 10 - 11 AM</u> <u>Storytime at La Farge Library 10:30 - 11:30 AM</u> <u>Storytime at White Rock Library 10:30 - 11:30 AM</u> <u>Wee Wednesdays 10:30 - 11:30 AM</u> <u>Toddler Free Swim at GCCC 10:45 AM - 12 PM</u> <u>Can You Dig It? 11 AM - 3 PM</u> <u>Animal Encounters 11:30 AM - 12:30 PM</u> <u>Many Mothers' Play Area 12 - 2 PM</u> <u>What's Up Wednesdays 1:30 - 3 PM</u> <u>Teen Lounge at La Farge Library 1:30 - 3:30 PM</u> <u>Youth Chess at the Main Library 5:45 - 7:45 PM</u>
14 ★ <u>International Folk Art Market All Day</u> ★ <u>Georgia O'Keeffe Museum Family Day 10:30 AM - 2:30 PM</u> <u>Can You Dig It? 11 AM - 3 PM</u> <u>Animal Encounters 11:30 AM - 12:30 PM</u>	15 <u>Origami in the Garden 9 AM - 1 PM</u> <u>Queen Bee Sing-along with Sarah Jane 9:30 - 10 AM</u> <u>Nature Playtime 10 - 11 AM</u> <u>Many Mothers' Play Area 10 AM - 12 PM</u> <u>Toddler Free Swim at GCCC 10:45 AM - 12 PM</u> <u>Monday Funday at Meow Wolf 3 - 8 PM</u> <u>Paws and Pages 4:30 - 5:30 PM</u> <u>Grandparents Raising Grandchildren 6 - 7 PM</u> <u>Trans + Nonbinary Family Support Group 6:25 - 7:30 PM</u>	16 <u>Origami in the Garden 9 AM - 1 PM</u> <u>Music and Movement in Los Alamos 9:30 - 10 A</u> <u>Babytime Los Alamos 10:15 - 11 AM</u> <u>Storytime and Craft at Southside Library 10:30 - 11:30 AM</u> <u>Toddler Free Swim at GCCC 10:45 AM - 12 PM</u> <u>Puzzling Adventures Scavenger Hunt 11 AM - 11 PM</u> <u>Animal Encounters 11:30 AM - 12:30 PM</u> <u>Many Mothers' Play Area 12 - 2 PM</u> <u>Circus Play for Families at Wise Fool 2:30 - 3:30 PM</u> <u>After School Art at Main Library 3:30 - 4:30 PM</u> <u>Wags & Words at Main Library 6 - 7 PM</u> <u>Special Needs/Autism Support Group 6:30 - 8:30 PM</u>	17 <u>Origami in the Garden 9 AM - 1 PM</u> <u>Queen Bee Sing-along with Sarah Jane 9:30 - 10 AM</u> <u>Music and Movement in Los Alamos 9:30 - 10 AM</u> <u>Bilingual Books and Babies at Main Library 10 - 11 AM</u> <u>Storytime at La Farge Library 10:30 - 11:30 AM</u> <u>Storytime at White Rock Library 10:30 - 11:30 AM</u> <u>Wee Wednesdays 10:30 - 11:30 AM</u> <u>Toddler Free Swim at GCCC 10:45 AM - 12 PM</u> <u>Animal Encounters 11:30 AM</u> <u>Many Mothers' Play Area 12 - 2 PM</u> <u>What's Up Wednesdays 1:30 - 3 PM</u> <u>Teen Lounge at La Farge Library 1:30 - 3:30 PM</u> <u>Youth Chess at the Main Library 5:45 - 7:45 PM</u>
21 ★ <u>Elements of Art: Storytime 10 - 11 AM</u> <u>Arts Alive! Museum of Indian Arts and Culture 10 AM - 2 PM</u> ★ <u>Fiesta de los Niños 10 AM - 4 PM</u> <u>Puzzling Adventures Scavenger Hunt 11 AM - 11 PM</u> <u>Animal Encounters 11:30 AM - 12:30 PM</u>	22 <u>Origami in the Garden 9 AM - 1 PM</u> <u>Queen Bee Sing-along with Sarah Jane 9:30 - 10 AM</u> <u>Nature Playtime 10 - 11 AM</u> <u>Many Mothers' Play Area 10 AM - 12 PM</u> <u>Toddler Free Swim at GCCC 10:45 AM - 12 PM</u> <u>Monday Funday at Meow Wolf 3 - 8 PM</u> <u>Young Creators Project 3:30 - 5:30 PM</u>	23 <u>Origami in the Garden 9 AM - 1 PM</u> <u>Music and Movement in Los Alamos 9:30 - 10 AM</u> <u>Babytime Los Alamos 10:15 - 11 AM</u> <u>Storytime and Craft at Southside Library 10:30 - 11:30 AM</u> <u>Toddler Free Swim at GCCC 10:45 AM - 12 PM</u> <u>Art Explored! Storytime at the New Mexico Museum of Art Library 11 AM - 12 PM</u> <u>Animal Encounters 11:30 AM - 12:30 PM</u> <u>Many Mothers' Play Area 12 - 2 PM</u> <u>After School Art at Main Library 3:30 - 4:30 PM</u> <u>Wags & Words at Main Library 6 - 7 PM</u> <u>Special Needs/Autism Support Group 6:30 - 8:30 PM</u>	24 <u>Origami in the Garden 9 AM - 1 PM</u> <u>Queen Bee Sing-along with Sarah Jane 9:30 - 10 AM</u> <u>Music and Movement in Los Alamos 9:30 - 10 AM</u> <u>Bilingual Books and Babies at Main Library 10 - 11 AM</u> <u>Storytime at La Farge Library 10:30 - 11:30 AM</u> <u>Storytime at White Rock Library 10:30 - 11:30 AM</u> <u>Wee Wednesdays 10:30 - 11:30 AM</u> <u>Toddler Free Swim at GCCC 10:45 AM - 12 PM</u> <u>Animal Encounters 11:30 AM - 12:30 PM</u> <u>Many Mothers' Play Area 12 - 2 PM</u> <u>What's Up Wednesdays 1:30 - 3 PM</u> <u>Teen Lounge at La Farge Library 1:30 - 3:30 PM</u> <u>Youth Chess at the Main Library 5:45 - 7:45 PM</u>
28 ★ <u>Traditional Spanish Market All Day</u> ★ <u>Arts Alive! Museum of Indian Arts and Culture 10 AM - 2 PM</u> <u>Animal Encounters 11:30 AM - 12:30 PM</u>	29 <u>Origami in the Garden 9 AM - 1 PM</u> <u>Queen Bee Sing-along with Sarah Jane 9:30 - 10 AM</u> <u>Nature Playtime 10 - 11 AM</u> <u>Many Mothers' Play Area 10 AM - 12 PM</u> ★ <u>Santa Fe Chamber Festival Family Day! 10 AM - 3 PM</u> <u>Toddler Free Swim at GCCC 10:45 AM - 12 PM</u> <u>Monday Funday at Meow Wolf 3 - 8 PM</u> <u>Young Creators Project 3:30 - 5:30 PM</u> <u>Paws and Pages 4:30 - 5:30 PM</u> MEMORIAL DAY	30 <u>Origami in the Garden 9 AM - 1 PM</u> <u>Music and Movement in Los Alamos 9:30 - 10 AM</u> <u>Many Mothers' Play Area 10 AM - 12 PM</u> <u>Babytime Los Alamos 10:15 - 11 AM</u> <u>Storytime and Craft at Southside Library 10:30 - 11:30 AM</u> <u>Toddler Free Swim at GCCC 10:45 AM - 12 PM</u> <u>Art Explored! Storytime at the New Mexico Museum of Art Library 11 AM - 12 PM</u> <u>Animal Encounters 11:30 AM - 12:30 PM</u> <u>Many Mothers' Play Area 12 - 2 PM</u> <u>After School Art at Main Library 3:30 - 4:30 PM</u> <u>Wags & Words at Main Library 6 - 7 PM</u> <u>Special Needs/Autism Support Group 6:30 - 8:30 PM</u>	31 <u>Origami in the Garden 9 AM - 1 PM</u> <u>Queen Bee Sing-along with Sarah Jane 9:30 - 10 AM</u> <u>Music and Movement in Los Alamos 9:30 - 10 AM</u> <u>Bilingual Books and Babies at Main Library 10 - 11 AM</u> <u>Storytime at La Farge Library 10:30 - 11:30 AM</u> <u>Storytime at White Rock Library 10:30 - 11:30 AM</u> <u>Wee Wednesdays 10:30 - 11:30 AM</u> <u>Toddler Free Swim at GCCC 10:45 AM - 12 PM</u> <u>Can You Dig It? 11 AM - 3 PM</u> <u>Animal Encounters 11:30 AM - 12:30 PM</u> <u>Many Mothers' Play Area 12 - 2 PM</u> <u>What's Up Wednesdays 1:30 - 3 PM</u> <u>Teen Lounge at La Farge Library 1:30 - 3:30 PM</u> <u>Youth Chess at the Main Library 5:45 - 7:45 PM</u>



Thursday	Friday	Saturday
<div>4</div> <div><div>★</div><div>Fourth of July Celebration in Chama 9 - 10 PM</div><div>★</div><div>Fourth of July Parade and Celebration in Red River 10 AM - 4 PM</div><div><u>Yoga and Movement for Kids at La Farge Library 10:30 AM - 11:30 AM</u></div><div><u>Seeds and Sprouts Backyard Program 10:30 - 11:30 AM</u></div><div><u>Toddler Free Swim at GCCC 10:45 AM - 12 PM</u></div><div><u>Fun With Firefighters at Santa Fe Children's Museum 1 - 2 PM</u></div><div>★</div><div><u>Fireworks Train - Cumbres & Toltec Scenic Railroad 3 - 10 PM</u></div><div><u>Hands-on Art Making with the Georgia O'Keeffe Museum 3:30 - 5 PM</u></div><div><u>INDEPENDENCE DAY</u></div></div>	<div>5</div> <div><div><u>Bilingual Books and Babies at La Farge Library 10 - 10:30 AM</u></div><div><u>Toddler Free Swim at GCCC 10:45 AM - 12 PM</u></div><div><u>Animal Encounters 11:30 AM - 12:30 PM</u></div><div><u>Fine Art Fridays at Santa Fe Children's Museum 2 - 4 PM</u></div><div><u>Paseo Pottery Throw Down 5 - 8 PM</u></div><div><u>First Friday Fractals 8 - 9 PM</u></div></div>	<div>6</div> <div><div><u>Music and Movement in Los Alamos 9:30 - 10 AM</u></div><div><u>Bilingual Books and Babies at Southside Library 10 - 10:30 AM</u></div><div><u>Baby and Toddler Play Hour at the Main Library 10:30 - 11:30 AM</u></div><div><u>Animal Encounters 11:30 AM - 12:30 PM</u></div><div><u>Read to a Pup! At the Southside Library 11:30 AM - 12:30 PM</u></div><div><u>Science Saturdays 2 - 4 PM</u></div><div>★</div><div><u>Fireworks Show at Elephant Butte Lake 9 - 10 PM</u></div></div>
<div>11</div> <div><div><u>Origami in the Garden 9 AM - 1 PM</u></div><div>★</div><div><u>International Folk Art Market All Day</u></div><div><u>Music and Movement in Los Alamos 9:30 - 10 AM</u></div><div><u>Yoga and Movement for Kids at La Farge Library 10:30 AM - 11:30 AM</u></div><div><u>Storytime and Craft at Main Library 10:30 - 11:30 AM</u></div><div><u>Seeds and Sprouts Backyard Program 10:30 - 11:30 AM</u></div><div><u>Toddler Free Swim at GCCC 10:45 AM - 12 PM</u></div><div><u>Animal Encounters 11:30 AM - 12:30 PM</u></div><div><u>Many Mothers' Play Area 12 - 2 PM</u></div><div>★</div><div><u>Arts Alive! Santa Fe Botanical Garden 12 - 3 PM</u></div><div><u>Meet Cornelius the Snake 1 - 2 PM</u></div><div><u>Hands-on Art Making with the Georgia O'Keeffe Museum 3:30 - 5 PM</u></div><div><u>Anime Club 5:30 - 7:30 PM</u></div><div><u>Pajama Storytime at Southside Library 6:30 - 7:30 PM</u></div></div>	<div>12</div> <div><div>★</div><div><u>International Folk Art Market All Day</u></div><div><u>Bilingual Books and Babies at La Farge Library 10 - 10:30 AM</u></div><div><u>Toddler Free Swim at GCCC 10:45 AM - 12 PM</u></div><div><u>Animal Encounters 11:30 AM - 12:30 PM</u></div><div><u>Fine Art Fridays at Santa Fe Children's Museum 2 - 4 PM</u></div><div>★</div><div><u>Movies in the Park at Swan Park 6:30 - 10 PM</u></div></div>	<div>13</div> <div><div>★</div><div><u>International Folk Art Market All Day</u></div><div><u>Santa Fe Conservation & Trust 2024 Vamonos Walks 9 - 11 AM</u></div><div><u>Music and Movement in Los Alamos 9:30 - 10 AM</u></div><div><u>Bilingual Books and Babies at Southside Library 10 - 10:30 AM</u></div><div><u>Storytime at Mesa Public Library 10:15 - 10:45 AM</u></div><div><u>Baby and Toddler Play Hour at the Main Library 10:30 - 11:30 AM</u></div><div><u>Animal Encounters 11:30 AM - 12:30 PM</u></div><div><u>Read to a Pup! At the Southside Library 11:30 AM - 12:30 PM</u></div><div><u>Science Saturdays 2 - 4 PM</u></div></div>
<div>18</div> <div><div><u>Origami in the Garden 9 AM - 1 PM</u></div><div><u>Music and Movement in Los Alamos 9:30 - 10 AM</u></div><div><u>Yoga and Movement for Kids at La Farge Library 10:30 AM - 11:30 AM</u></div><div><u>Storytime and Craft at Main Library 10:30 - 11:30 AM</u></div><div><u>Seeds and Sprouts Backyard Program 10:30 - 11:30 AM</u></div><div><u>Toddler Free Swim at GCCC 10:45 AM - 12 PM</u></div><div><u>Animal Encounters 11:30 AM - 12:30 PM</u></div><div><u>Many Mothers' Play Area 12 - 2 PM</u></div><div><u>Meet Cornelius the Snake 1 - 2 PM</u></div><div><u>Hands-on Art Making with the Georgia O'Keeffe Museum 3:30 - 5 PM</u></div><div><u>Pajama Storytime at Southside Library 6:30 - 7:30 PM</u></div></div>	<div>19</div> <div><div><u>Bilingual Books and Babies at La Farge Library 10 - 10:30 AM</u></div><div><u>Toddler Free Swim at GCCC 10:45 AM - 12 PM</u></div><div><u>Animal Encounters 11:30 AM - 12:30 PM</u></div><div><u>Fine Art Fridays at Santa Fe Children's Museum 2 - 4 PM</u></div></div>	<div>20</div> <div><div><u>Music and Movement in Los Alamos 9:30 - 10 AM</u></div><div><u>Bilingual Books and Babies at Southside Library 10 - 10:30 AM</u></div><div>★</div><div><u>Fiesta de los Niños 10 AM - 4 PM</u></div><div><u>Storytime at Mesa Public Library 10:15 - 10:45 AM</u></div><div>★</div><div><u>Family Story Hour with Joe Hayes 10:30 AM</u></div><div><u>Baby and Toddler Play Hour at the Main Library 10:30 - 11:30 AM</u></div><div><u>Animal Encounters 11:30 AM - 12:30 PM</u></div><div><u>Read to a Pup! At the Southside Library 11:30 AM - 12:30 PM</u></div><div><u>Science Saturdays 2 - 4 PM</u></div></div>
<div>25</div> <div><div><u>Origami in the Garden 9 AM - 1 PM</u></div><div><u>Music and Movement in Los Alamos 9:30 - 10 AM</u></div><div><u>Yoga and Movement for Kids at La Farge Library 10:30 AM - 11:30 AM</u></div><div><u>Storytime and Craft at Main Library 10:30 - 11:30 AM</u></div><div><u>Seeds and Sprouts Backyard Program 10:30 - 11:30 AM</u></div><div><u>Toddler Free Swim at GCCC 10:45 AM - 12 PM</u></div><div><u>Animal Encounters 11:30 AM - 12:30 PM</u></div><div><u>Many Mothers' Play Area 12 - 2 PM</u></div><div><u>Meet Cornelius the Snake 1 - 2 PM</u></div><div><u>Hands-on Art Making with the Georgia O'Keeffe Museum 3:30 - 5 PM</u></div><div><u>Random Fandom 6 - 7 PM</u></div><div><u>Pajama Storytime at Southside Library 6:30 - 7:30 PM</u></div></div>	<div>26</div> <div><div><u>Bilingual Books and Babies at La Farge Library 10 - 10:30 AM</u></div><div><u>Toddler Free Swim at GCCC 10:45 AM - 12 PM</u></div><div><u>Animal Encounters 11:30 AM - 12:30 PM</u></div><div><u>Fine Art Fridays at Santa Fe Children's Museum 2 - 4 PM</u></div></div>	<div>27</div> <div><div>★</div><div><u>Traditional Spanish Market All Day</u></div><div><u>Music and Movement in Los Alamos 9:30 - 10 AM</u></div><div><u>Queen Bee Sing-along with Sarah Jane 9:30 - 10 AM</u></div><div><u>Bilingual Books and Babies at Southside Library 10 - 10:30 AM</u></div><div><u>Baby and Toddler Play Hour at the Main Library 10:30 - 11:30 AM</u></div><div><u>Animal Encounters 11:30 AM - 12:30 PM</u></div><div><u>Read to a Pup! At the Southside Library 11:30 AM - 12:30 PM</u></div><div><u>Science Saturdays 2 - 4 PM</u></div></div>

Calendar of Events

August

LEGEND

★ SPOTLIGHT



SPECIAL EVENTS

SUPPORT & COMMUNITY

SPORTS & ACTIVITY

VISUAL ARTS



PERFORMING ARTS

EDUCATION/ENRICHMENT

NATURE

ENTERTAINMENT

Sunday	Monday	Tuesday	Wednesday
4	5	6	7
<p>Dawn 'til Dusk Day All Day</p> <p>Free First Sundays All Day</p> <p>Elements of Art: Storytime 10 - 11 AM</p> <p>Family Art Making at New Mexico Museum of Art-Vladem Contemporary 10 AM - 12 PM</p> <p>Can You Dig It? 11 AM - 3 PM</p> <p>Animal Encounters 11:30 AM - 12:30 PM</p> <p>★ Arts Alive! Wheelwright Museum of the American Indian 12 - 3 PM</p>	<p>Origami in the Garden 9 AM - 1 PM</p> <p>Queen Bee Sing-along with Sarah Jane 9:30 - 10 AM</p> <p>Nature Playtime 10 - 11 AM</p> <p>Many Mothers' Play Area 10 AM - 12 PM</p> <p>Toddler Free Swim at GCCC 10:45 AM - 12 PM</p> <p>Many Mothers' Play Area 12 - 2 PM</p> <p>Monday Funday at Meow Wolf 3 - 8 PM</p> <p>Young Creators Project 3:30 - 5:30 PM</p> <p>Birth Talk Los Alamos 6:30 - 8:30 PM</p>	<p>Origami in the Garden 9 AM - 1 PM</p> <p>Music and Movement in Los Alamos 9:30 - 10 AM</p> <p>Many Mothers' Play Area 10 AM - 12 PM</p> <p>Babytime Los Alamos 10:15 - 11 AM</p> <p>Storytime and Craft at Southside Library 10:30 - 11:30 AM</p> <p>Toddler Free Swim at GCCC 10:45 AM - 12 PM</p> <p>Animal Encounters 11:30 AM - 12:30 PM</p> <p>Many Mothers' Play Area 12 - 2 PM</p> <p>After School Art at Main Library 3:30 - 4:30 PM</p> <p>Wags & Words at Main Library 6 - 7 PM</p> <p>Special Needs/Autism Support Group 6:30 - 8:30 PM</p>	<p>Origami in the Garden 9 AM - 1 PM</p> <p>Queen Bee Sing-along with Sarah Jane 9:30 - 10 AM</p> <p>Bilingual Books and Babies at Main Library 10 - 11 AM</p> <p>Storytime at La Farge Library 10:30 - 11:30 AM</p> <p>Storytime at White Rock Library 10:30 - 11:30 AM</p> <p>Wee Wednesdays 10:30 - 11:30 AM</p> <p>Toddler Free Swim at GCCC 10:45 AM - 12 PM</p> <p>Animal Encounters 11:30 AM - 12:30 PM</p> <p>What's Up Wednesdays 1:30 - 3 PM</p> <p>Teen Lounge at La Farge Library 1:30 - 3:30 PM</p> <p>Youth Chess at the Main Library 5:45 - 7:45 PM</p>
11	12	13	14
<p>Animal Encounters 11:30 AM - 12:30 PM</p>	<p>Origami in the Garden 9 AM - 1 PM</p> <p>Queen Bee Sing-along with Sarah Jane 9:30 - 10 AM</p> <p>Nature Playtime 10 - 11 AM</p> <p>Many Mothers' Play Area 10 AM - 12 PM</p> <p>Toddler Free Swim at GCCC 10:45 AM - 12 PM</p> <p>Many Mothers' Play Area 12 - 2 PM</p> <p>Monday Funday at Meow Wolf 3 - 8 PM</p> <p>Young Creators Project 3:30 - 5:30 PM</p> <p>Paws and Pages 4:30 - 5:30 PM</p> <p>Grandparents Raising Grandchildren 6 - 7 PM</p> <p>Trans + Nonbinary Family Support Group 6:25 - 7:30 PM</p>	<p>Origami in the Garden 9 AM - 1 PM</p> <p>Music and Movement in Los Alamos 9:30 - 10 AM</p> <p>Many Mothers' Play Area 10 AM - 12 PM</p> <p>Babytime Los Alamos 10:15 - 11 AM</p> <p>Storytime and Craft at Southside Library 10:30 - 11:30 AM</p> <p>Toddler Free Swim at GCCC 10:45 AM - 12 PM</p> <p>Animal Encounters 11:30 AM - 12:30 PM</p> <p>Many Mothers' Play Area 12 - 2 PM</p> <p>After School Art at Main Library 3:30 - 4:30 PM</p> <p>Wags & Words at Main Library 6 - 7 PM</p> <p>Special Needs/Autism Support Group 6:30 - 8:30 PM</p>	<p>Origami in the Garden 9 AM - 1 PM</p> <p>Queen Bee Sing-along with Sarah Jane 9:30 - 10 AM</p> <p>Bilingual Books and Babies at Main Library 10 - 11 AM</p> <p>Storytime at La Farge Library 10:30 - 11:30 AM</p> <p>Storytime at White Rock Library 10:30 - 11:30 AM</p> <p>Wee Wednesdays 10:30 - 11:30 AM</p> <p>Toddler Free Swim at GCCC 10:45 AM - 12 PM</p> <p>Can You Dig It? 11 AM - 3 PM</p> <p>Animal Encounters 11:30 AM - 12:30 PM</p> <p>What's Up Wednesdays 1:30 - 3 PM</p> <p>Teen Lounge at La Farge Library 1:30 - 3:30 PM</p> <p>Youth Chess at the Main Library 5:45 - 7:45 PM</p>
18	19	20	21
<p>★ Santa Fe Indian Market All Day</p> <p>Elements of Art: Storytime 10 - 11 AM</p> <p>Can You Dig It? 11 AM - 3 PM</p> <p>Animal Encounters 11:30 AM - 12:30 PM</p>	<p>Origami in the Garden 9 AM - 1 PM</p> <p>Queen Bee Sing-along with Sarah Jane 9:30 - 10 AM</p> <p>Nature Playtime 10 - 11 AM</p> <p>Many Mothers' Play Area 10 AM - 12 PM</p> <p>Toddler Free Swim at GCCC 10:45 AM - 12 PM</p> <p>Puzzling Adventures Scavenger Hunt 11 AM - 11 PM</p> <p>Monday Funday at Meow Wolf 3 - 8 PM</p> <p>Young Creators Project 3:30 - 5:30 PM</p>	<p>Origami in the Garden 9 AM - 1 PM</p> <p>Music and Movement in Los Alamos 9:30 - 10 AM</p> <p>Babytime Los Alamos 10:15 - 11 AM</p> <p>Storytime and Craft at Southside Library 10:30 - 11:30 AM</p> <p>Toddler Free Swim at GCCC 10:45 AM - 12 PM</p> <p>Animal Encounters 11:30 AM - 12:30 PM</p> <p>Many Mothers' Play Area 12 - 2 PM</p> <p>After School Art at Main Library 3:30 - 4:30 PM</p> <p>Wags & Words at Main Library 6 - 7 PM</p> <p>Special Needs/Autism Support Group 6:30 - 8:30 PM</p>	<p>Origami in the Garden 9 AM - 1 PM</p> <p>Queen Bee Sing-along with Sarah Jane 9:30 - 10 AM</p> <p>Bilingual Books and Babies at Main Library 10 - 11 AM</p> <p>Storytime at La Farge Library 10:30 - 11:30 AM</p> <p>Storytime at White Rock Library 10:30 - 11:30 AM</p> <p>Wee Wednesdays 10:30 - 11:30 AM</p> <p>Toddler Free Swim at GCCC 10:45 AM - 12 PM</p> <p>Animal Encounters 11:30 AM - 12:30 PM</p> <p>What's Up Wednesdays 1:30 - 3 PM</p> <p>Teen Lounge at La Farge Library 1:30 - 3:30 PM</p> <p>Youth Chess at the Main Library 5:45 - 7:45 PM</p>
25	26	27	28
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Back to School 2024

Calendar of Events

LEGEND

**CELEBRATION & HOLIDAY**

**SUPPORT & COMMUNITY**

**SPORTS & MOVEMENT**

**VISUAL ARTS**

**PERFORMING ARTS**

**EDUCATION/ENRICHMENT**

**NATURE**

**ENTERTAINMENT**

SPOTLIGHT EVENTS

CELEBRATION & HOLIDAY

★ 4TH OF JULY PARADE AND CELEBRATION IN RED RIVER

JULY 4 | 10 AM - 4 PM
Red River is the perfect place for families and no time is this more obvious than during the annual 4th of July Parade & Celebration! The day begins at 10 a.m. with the largest parade in northern New Mexico, followed by a full day of family-friendly activities all over town. After the parade stroll down to Brandenburg Park where you can enjoy fun and games in the

park, along with music and good food. Then head on over to the Red River Community House for family fun!

★ FIREWORKS TRAIN - CUMBES & TOLTEC SCENIC RAILROAD

JULY 4 | 3 - 10 PM
Join us for a special evening train ride Leaving our Chama Depot at 3 PM, we'll take you up to Cumbres Pass, the highest operational railroad pass in America, and return to Chama where you will then enjoy dinner. After a delightful dinner, you will enjoy a world-class fireworks display hosted by the Village of



JF Mazur Studio courtesy photo.

Chama from aboard the train. Passengers are then returned by train to the Chama Depot after the fireworks display at approximately 10 PM.

★ FOURTH OF JULY CELEBRATION IN CHAMA

JULY 4 | 9 - 10 PM
Come and celebrate the 4th in Chama. Enjoy a day of fishing or hiking in the back country where it is always cool and comfortable. Then have a good dinner and find a parking place to watch the fantastic hour-long fireworks show.

★ FIREWORKS SHOW AT ELEPHANT BUTTE LAKE

JULY 6 | 9 - 10 PM
To celebrate the 4th of July, fireworks are launched from Rattlesnake Island to celebrate the founding of our country. Come and see the state's biggest fireworks show reflected off the largest body of water in New Mexico! Park fees waived for the fireworks display only.

SUPPORT & COMMUNITY

★ FIESTA DE LOS NIÑOS

JULY 20 - 21 | 10 AM - 4 PM
Join us for a fiesta that's fun for all ages! Step into a living,

breathing journey through New Mexico's vibrant past. From tin stamping to rope making, tortilla making to constructing mini adobe houses, every corner offers an opportunity to get your hands on history. Kids 12 and Under are FREE!

★ SUMMER SPRAY DOWN AT SWAN PARK

JULY 20, AUGUST 10 | 11 - 11:30 AM
Community Engagement and the Santa Fe Fire Department will host four Summer Spray Downs. Spray downs at Swan Park last for approximately 15 minutes. Bring the kids and some towels, play in the water, meet our firefighters, and check out the fire trucks.

SPORTS & MOVEMENT

★ SANTA FE CONSERVATION & TRUST 2024 VAMONOS WALKS

JULY 13, AUGUST 10, SEPTEMBER 14 | 9 - 11 AM
A free urban walking program on public trails in the Santa Fe community. 7/13: Norski Trails NM 475/Hyde Park Road just past Vista Grande Overlook and before Ski Basin. 8/10: SFCT's Galisteo Property Loop. 9/14: La Cieneguilla Petroglyphs.



Play Area

Caregivers and their little ones are invited to visit the Family Center's indoor play area! The space is designed for 0 - 3 year old children to safely explore and have fun.

Monday - Thursday | 12 PM - 2 PM
4001 Office Court Dr., Suite 207, Santa Fe, NM 87507





VISUAL ARTS & CULTURE

★ ARTS ALIVE! AT MUSEUM OF INDIAN ARTS AND CULTURE

JULY 7, 21, & 28 | 10 AM - 2 PM

Join us for FREE Hands-on Workshops for Ages 3-103! Art making activities are from 10am to 2pm. Children must be accompanied by an adult. Museum and Garden entrance free for Arts Alive! participants during workshop hours. 7/7 Loom Weaving, 7/21 Pottery Decorating, 7/28 Canvas Painting with Ehren Kee Natay (Diné/Kewa).

★ ARTS ALIVE! AT WHEELRIGHT MUSEUM OF THE AMERICAN INDIAN

JULY 7, AUGUST 4 | 12 - 3 PM

Join us for FREE Hands-on Workshops for Ages 3-103! Art making activities are from 12pm to 3pm. Children must be accompanied by an adult. Museum and Garden entrance free for Arts Alive! participants during workshop hours. 7/7 Make Mixed Media Earrings with Kateri Smith (Blackfeet/Greek), 8/4 Come Paint! Canvas Arts.

★ ARTS ALIVE! AT SANTA FE BOTANICAL GARDEN

JULY 7 | 10 AM - 1 PM

Join us for FREE Hands-on Workshops for Ages 3-103! Art making activities are from 10am to 1pm. Children must be accompanied by an adult. Museum and Garden entrance free for Arts Alive! participants during workshop hours. 7/11 Plant Art.

★ INTERNATIONAL FOLK ART MARKET

JULY 11 - 14 | ALL DAY

Join us for a celebration at the 20th Annual International Folk Art Market. We're thrilled to welcome 167 master folk artists from over 50 countries for a thrilling weekend of cultural exchange in the Land of Enchantment.

★ GEORGIA O'KEEFFE MUSEUM FAMILY DAY: GIFTS FROM GEORGIA'S GARDEN

AUGUST 17 - 18 | ALL DAY

We are pleased to announce that our 2024 Santa Fe Indian Market is free and open to the public!

We have packed our 102nd Santa Fe Indian Market with a full and exciting schedule! See below for our full list of events. Tickets to our marquee events will go on sale June 3rd and are sure to sell out fast!

★ FAMILY STORY HOUR WITH JOE HAYES

JULY 20 | 10:30 AM

As part of the Tierra + Cosmos // Land + Cosmos Benefit Weekend, celebrated New Mexico storyteller Joe Hayes presents a family story hour featuring tales for all ages, inspired in part by the exhibition. Free. RSVP not required.

★ TRADITIONAL SPANISH MARKET

JULY 27 - 28 | ALL DAY

Join us at the 72nd annual Traditional Spanish Market. As the only event of its kind worldwide – the oldest and largest juried art show in the nation – Traditional Spanish Market draws thousands of visitors each summer to experience the Hispanic culture right here in the heart of Santa Fe, New Mexico. With local food and entertainment, this is a cultural event you won't want to miss!

★ SANTA FE CHAMBER FESTIVAL FAMILY DAY!

JULY 29 | 10 AM - 3 PM

Young People's Concert and other fun activities on Monday, July 29 at the St. Francis Auditorium of the New Mexico Museum of Art. The day begins at 10:00 AM with a Summer Young People's Concert with Festival artists Ran Dank, piano; Daniel Phillips, violin; and Eric Kim, cello. A meet-and-greet with musicians, free museum art tours, and art activities follow the concert. Food discounts all day at Café des Artistes, La Lechería Ice Cream, Señor Murphy's, and Taos Ale House!

★ SANTA FE INDIAN MARKET

AUGUST 17 - 18 | ALL DAY

We are pleased to announce that our 2024 Santa Fe Indian Market is free and open to the public! We have packed our 102nd Santa Fe Indian Market with a full and exciting schedule! See below for our full list of events. Tickets to our marquee events will go on sale June 3rd and are sure to sell out fast!

EXPERIENCE THE WONDER



Looking for a fun getaway with the kiddos this summer?

Raton, New Mexico is your hidden mountain oasis of the Wild West. Situated along the Santa Fe Trail, visitors can enjoy affordable activities, exciting events, and immersive history. Start planning your trip today and Explore Raton!



Scan QR Code
or visit our website
[ExploreRaton.com](https://www.exploreRaton.com)

Follow us for more ideas!

f i X d y | [ExploreRaton](https://www.exploreRaton.com)



EDUCATION & ENRICHMENT

★ LANTERN-LIT LEGACIES AT FORT UNION NATIONAL PARK

AUGUST 9 | 4:30 - 9:00 PM

Why preserve these ruins? Discover this site's legacy as the sun has set and lanterns now shine during this 45-minute tour. This tour immediately precedes the dark sky program. (Historic area only open for this tour's participants after 4 PM on these dates.)

★ NIGHT WONDERS PROGRAM AT FORT UNION NATIONAL PARK

AUGUST 9 | 4 - 10:30 PM

Experience the night sky as rangers share fun facts, celestial stories and guide you in the observation of deep sky objects through park-provided telescopes. 90 minutes. (Historic area trails closed at 4:00 pm. All grounds and gates will close at 10:30 PM.



ENTERTAINMENT

★ MOVIES IN THE PARK AT SWAN PARK

JULY 12 | 6:30 - 10 PM

The Community Engagement Department will host its free summer movie-in-the-park series with movie nights beginning May 31. Bring your blankets and snacks, and join us for a fun summer evening at a park close to you!



JF Mazur Studio courtesy photo.

► RECURRING ACTIVITIES



SUPPORT & COMMUNITY

BABY AND TODDLER PLAY HOUR AT MAIN LIBRARY

10:30 - 11:30 AM

Free, unstructured play where children can explore and interact with other children and new educational toys. Learn and make social connections together with your toddler.

DATES: Every Saturday

BABYTIME IN LOS ALAMOS

10:15 - 11 AM

Babytime is best for ages 0 to 2 and their caregivers at Mesa Public Library. Library staff shares songs, bounces, and rhymes to help babies develop early literacy skills. The program might include scarves, bells, or rattles. It includes focused play and free play. Free admission.

DATES: Every Tuesday

BIRTH TALK LOS ALAMOS

6:30 - 8:30 PM

A free community talk circle for pregnant women and mothers. Birth Talk Los Alamos is a safe place to learn about options in pregnancy and childbirth. Hosted virtually.

DATES: First Mondays

DAWN 'TIL DUSK DAY

SUNRISE TO SUNSET

Los Luceros Historic Site will extend its hours on the first Sunday of each month. During this time, entrance into Los Luceros is free for New Mexico residents and includes access to the site's visitor center, historic buildings, trails, and picnic areas.

DATES: First Sundays

SANTA FE FARMERS' MARKET - DEL SUR

3 - 6 PM

The Santa Fe Farmers' Market, in partnership with Presbyterian Santa Fe Medical Center, is

excited to bring local growers together with families all across Santa Fe! Join us at the Santa Fe Farmers' Market - Del Sur for a fun-filled experience where you can shop for fresh, healthy food and enjoy a lively community atmosphere. It's the perfect way for parents and kids to connect with local farmers, discover delicious produce, and make new friends while having a great time!

DATES: Every Tuesday

SPECIAL NEEDS/

AUTISM SUPPORT GROUP

6 - 7 PM

All parents and caregivers raising children with an Autism diagnosis are welcome. This is an in-person meeting at the Los Alamos Center (1060 Nugget St, Los Alamos). Email Abbie. Nelson@lccs-nm.org with any questions about this group.

DATES: Every Tuesday

TEEN LOUNGE AT

LA FARGE LIBRARY

1:30 - 3:30 PM

A safe space for teens to decompress after school. La Farge Library has art supplies, homework tables, laptops and Wi-Fi, board games, tea, and snacks.

DATES: Every Wednesday

THURSDAYS ARE

YOURS AT SANTA FE CHILDREN'S MUSEUM

4 - 7 PM

Extended hours and free admission for children under 17 at the Santa Fe Children's Museum.

DATES: Every Thursday

TRANS + NONBINARY

FAMILY SUPPORT GROUP

6:25 - 7:30 PM

A space to connect with others who are parents, caregivers, or family members of someone who is trans, genderqueer, or gender nonconforming. Meets at the Unitarian Church of Los Alamos.

DATES: Second Mondays



SPORTS & MOVEMENT

TODDLER

FREE SWIM AT GCCC

10:45 AM - 12 PM

No registration needed, \$2/toddler (under age 4), \$9/accompanying adult.

DATES: Mondays-Fridays

YOGA AND MOVEMENT

FOR KIDS AT

LA FARGE LIBRARY

10:30 - 11:30 AM

A yoga class designed specifically with young children in mind. Joyful movement and kinesthetic creativity are explored. Yoga mats are provided if needed. All children must be accompanied by an adult. Recommended for preschool and early school-age children.

DATES: Every Thursday



VISUAL ARTS & CULTURE

AFTER SCHOOL ART

AT MAIN LIBRARY

3:30 - 4:30 PM

Practice your creative skills at the library with themed art sessions. Art is beneficial for building creative problem-solving, out-of-the-box thinking, expressiveness, and a rich imagination.

DATES: Every Tuesday

ART EXPLORED!

STORYTIME AT

THE NEW MEXICO

MUSEUM OF ART LIBRARY

11 AM - 12 PM

This summer, the Museum Library will step up its offerings for children aged 5-8 with a new program called Art Explored! Story Time at the New Mexico Museum of Art Library. Every Tuesday in June and July, children and their caregivers are invited to take a break in the cool recesses of the Museum Library to listen to a volunteer read from the library's collection of books for children.

DATES: Every Tuesday until 7/30

YOUR PASS TO *Summer Fun!*



Heading Back to School? Head Back in Time First!

Raton, New Mexico is your hidden mountain oasis of the Wild West. Situated along the Santa Fe Trail, visitors can enjoy modern amenities, affordable activities, exciting events, and immersive history!



Plan Your Trip Today and Explore Raton!

Scan QR Code or visit ExploreRaton.com/Family-Fun
Facebook Instagram Twitter YouTube | [ExploreRaton](https://ExploreRaton.com)

ELEMENTS

OF ART: STORYTIME

10 - 11 AM

Children ages 3 to 5 are invited to the New Mexico Museum of Art Library to learn about a basic element of art through story, song, and craft. This program will introduce children to concepts such as color, line, and form. This is a free program.

DATES: Every other Sunday (7/7, 7/21, 8/4, 8/18)

FINE ART FRIDAYS

AT SANTA FE

CHILDREN'S MUSEUM

2 - 4 PM

A weekly exploration into the arts with special guests and hands-on activities.

DATES: Every Friday

FREE FIRST SUNDAYS AT NEW MEXICO MUSEUMS

10 AM - 5 PM

Admission is free on the first Sunday of every month to New Mexico residents with ID to the Museum of Indian Arts and Culture, the Museum of International Folk Art, the New Mexico History Museum, and the New Mexico Museum of Art.

DATES: First Sundays

HANDS-ON ART MAKING WITH THE GEORGIA O'KEEFFE MUSEUM

3:30 - 5 PM

Make art with the Georgia O'Keeffe Museum at LaFarge Library.

DATES: Every Thursday

MONDAY FUNDAY: NM APPRECIATION DISCOUNT AT MEOW WOLF

3 - 8 PM

Make the first day of the workweek a little less Monday and a lot more Funday with Meow Wolf's weekly New Mexico 50% off appreciation discount.

DATES: Every Monday

PASEO POTTERY THROW DOWN

5 - 8 PM

The first Friday of every month Paseo Pottery hosts a Pottery Throw Down to celebrate our local non-profit organizations. Each month we will invite a local non-profit and proceeds from the event are donated to them as our way of saying THANKS for the

important work they do in Santa Fe. There will be live pottery demos, libations, music, and a chance for newbies to try their hand at the wheel with the help of our volunteers. Grab a friend, and come play in the mud with us! Cost: \$25/person.

DATES: First Fridays



PERFORMING ARTS

KIDS SING-ALONG WITH SARAH JANE

9:30 - 10 AM

Join us every Monday for joyful music and games with Sarah-Jane at Queen Bee Music Association.

DATES: Every Monday

KIDS SING-ALONG WITH SARAH JANE

9:30 - 10 AM

Join us for joyful music and games with Sarah-Jane at the Railyard Park.

DATES: Every Wednesday

KIDS SING-ALONG WITH SARAH JANE

9:30 - 10 AM

Join us for joyful music and games with Sarah-Jane at Randall Davey Audubon Center.

DATES: Last Saturdays

MUSIC AND MOVEMENT IN LOS ALAMOS

9:30 - 10 AM

Musical fun for children ages 0 to 6 and their caregivers. Music and Movement (M&M) is great for brain and body development. M&M uses songs, scarves, bells, rhythm sticks, and more to count, clap, sing, jump, and wiggle together.

DATES: Tuesdays, Thursdays, & Saturdays at Mesa Public Library, Wednesdays at White Rock Library

YOUNG CREATORS PROJECT

3:30 - 5:30 PM

LiveArts Santa Fe Presents the Young Creators Project for ages 9 to 16. Every other Monday at Southside Library, kids and teens will explore improvisation, creative writing and performance through a variety of games and structured exercises to learn improvisation skills, create character monologues, and write short plays.

DATES: Every other Monday (7/8, 7/22, 8/5, 8/19)

**MEOW
WOLF
SANTA FE**

**ANNUAL
PORTAL PASS**

**The new Meow Wolf Santa Fe
Annual Portal Pass
offers fans of all ages perpetual
access to House of Eternal Return
for one year.**

**Learn more at santafe.meowwolf.com
1352 Rufina Cir, Santa Fe**



SCIENCE WEEK

Paleontology, Geology, Astronomy and More.
Workshops run August 4-9, August 4-10, August 9-11, August 9-12
to accommodate many schedules.

Photo by William Helms

Visit GhostRanch.org for more information.



EDUCATION & ENRICHMENT

BILINGUAL BOOKS AND BABIES AT LA FARGE LIBRARY

10 - 10:30 AM

The power of music and song is used as an introduction to language in this program for babies and toddlers. Exposure

to new and different language sounds in early childhood can help children with language acquisition skills as they grow.
DATES: Every Friday

BILINGUAL BOOKS AND BABIES AT MAIN LIBRARY

10 - 11 AM

The power of music and song is used as an introduction to language in this program for babies and toddlers. Exposure

to new and different language sounds in early childhood can help children with language acquisition skills as they grow.
DATES: Every Wednesday

BILINGUAL BOOKS AND BABIES AT SOUTHSIDE LIBRARY

10 - 10:30 AM

The power of music and song are used as an introduction to language in this program for babies and toddlers. Exposure to new and different language sounds in early childhood can help children with language acquisition skills as they grow.
DATES: Every Saturday

FUN WITH FIREFIGHTERS

1 - 2 PM

Join the Santa Fe Fire Department for story time at the Santa Fe Children's Museum and then go outside to visit their fire truck. Free with admission to the museum.
DATES: First Thursdays

MANY MOTHERS' PLAY AREA

12 PM - 2 PM

Did You know Many Mothers have an indoor play area for children 0-3 years old? Monday through Thursday, 12 to 2 PM, you and your little one are invited to stop by to play, have fun, and explore indoors.
DATES: Mondays-Thursdays

ORIGAMI IN THE GARDEN - SCULPTURE GARDEN!

9 AM - 1 PM

We are so excited to be open for our 2024 season with our biggest, boldest, brightest traveling exhibition to date - FLORIGAMI!! Our Cerrillos, NM sculpture garden and garden welcome gallery will be open Mon-Fri 9 am-1 pm. We hope that you will have the opportunity to visit our gardens for a very unique experience where you can explore, discover, and engage all of your senses!
DATES: Mondays-Thursdays



Art School Santa Fe courtesy photo.



JF Mazur Studio courtesy photo.

**PAJAMA STORYTIME AT
SOUTHSIDE LIBRARY**

6:30 - 7:30 PM

A social storytime where parents can receive parenting information and chat with other parents. This program is for preschool-age children and their adults. A meal is provided on the first Thursday of the month.

DATES: Every Thursday

**READ TO A PUP! AT
SOUTHSIDE LIBRARY**

11:30 AM - 12:30 PM

Children can practice their reading skills by sharing a story with a furry friend. A local therapy dog will be here at the library eagerly waiting. This program is for early school-age children.

DATES: Every Saturday

SCIENCE SATURDAYS

2 - 4 PM

Scientists and STEM instructors visit the Santa Fe Children's Museum to conduct experiments, explorations, and demonstrations. Free with admission. Presented in the Woods Family Outdoor Classroom.

DATES: Every Saturday

**STORYTIME AND CRAFT
AT LA FARGE LIBRARY**

10:30 - 11:30 AM

Created with early childhood teaching techniques, this story hour and craft provide social, physical, and cognitive skill practice for kindergarten readiness. This program is for preschool-age children.

DATES: Every Wednesday

**STORYTIME AND CRAFT
AT MAIN LIBRARY**

10:30 - 11:30 AM

Created with early childhood teaching techniques, this story hour and craft provide social, physical, and cognitive skill practice for kindergarten readiness. This program is for preschool-age children.

DATES: Every Thursday

**STORYTIME AND
CRAFT AT SOUTHSIDE
BRANCH LIBRARY**

10:30 - 11:30 AM

Created with early childhood teaching techniques, this story hour and craft provide social, physical, and cognitive skill practice for kindergarten readiness. This program is for preschool-age children.

DATES: Every Thursday

**STORYTIME AT
WHITE ROCK LIBRARY**

10:15 - 10:45 AM

Children ages 3 to 5 years old are invited to attend storytime at White Rock Library. Storytime is meant to teach and affirm early literacy concepts, songs, and fun with kids who can listen to a few books and are starting to put the world together in story form. Babies and older siblings are welcome, but caregivers should be aware of the program's focus.

DATES: Every Wednesday

**WAGS & WORDS
AT MAIN LIBRARY**

6 - 7 PM

Children can practice their reading skills by sharing a story with a furry friend. This program is for early school age children. No registration required. These wonderful dogs are from the Santa Fe Animal Shelter Pet Outreach Program.

DATES: Every Tuesday

WEE WEDNESDAYS

10:30 - 11:30 PM

Santa Fe Children's Museum offers storytime for toddlers and special exploration and activities.

DATES: Every Wednesday

**WHAT'S UP WEDNESDAY
AT MESA PUBLIC LIBRARY**

1:30 - 3 PM

Activities for elementary-age kids weekly. It might be Legos, an art project, board games, physical games, a special guest, or something else. Best for children 6 to 11 years old. Children 5 and under must have a caregiver with them.

DATES: Every Wednesday

**YOUTH CHESS AT
THE MAIN LIBRARY**

5:45 - 7:45 PM

Youth chess is a weekly chance for school-age youth to continue to improve their critical thinking skills through the game of chess. While playing with other youth, new techniques, strategies, and tricks are introduced. This program is for youth of all ages who know the basic elements of chess and can play without aid.

DATES: Every Wednesday



Dragonfly Art Studio courtesy photo.



JF Mazur Studio courtesy photo.



NATURE

ANIMAL ENCOUNTERS AT THE NEW MEXICO WILDLIFE CENTER

11:30 AM - 12:30 PM

Meet an animal ambassador.

DATES: Tuesdays - Sundays

CAN YOU DIG IT? HANDS- ON ARCHAEOLOGY FOR FAMILIES

11 AM - 3 PM

Calling all junior explorers! Unearth the wonders of the past at the Can You Dig It? program, an exciting hands-on archaeology dig designed especially for kids and families. The program is included in regular museum admission (member families and kids 12 and under always receive

free admission). New Mexico residents get free admission to the museum on Wednesdays, with a valid state ID. The program is suitable only for ages 5 and older. Parent supervision is required.

DATES:

Wednesdays: 7/10, 7/31, 8/14, 8/28

Saturdays: 7/14, 8/4, 8/18, 9/1

FIRST FRIDAY FRACTALS

8 - 9 PM, 9 - 10 PM

First Friday Fractals is the spectacular, award-winning full dome planetarium show that takes viewers on a tour of the fractals in nature and zooms through infinitely complex mathematical fractals. Featuring original music, the show is both educational and highly entertaining and suitable for audiences aged 3 and up.

DATES: First Fridays

MEET CORNELIUS THE SNAKE

1 - 2 PM

Come say hello to beloved corn snake Cornelius and watch him eat his weekly dinner at the Santa Fe Children's Museum. Please be aware that Cornelius will not be able to come out when he is shedding or not feeling well.

DATES: Every Thursday

NATURE PLAYTIME

10 - 11 AM

Start the week off by playing outside at the Pajarito Environmental Education Center. An opportunity for toddlers, preschoolers, and their caregivers to explore the nature center and explore the natural world. Each playtime features outdoor play, sensory exploration, and activities focused on a theme in nature. Dress for the weather, we will be outside year-round. Admission is free.

DATES: Every Monday

SEEDS AND SPROUTS BACKYARD PROGRAM

10:30 - 11:30 AM

Hands-on gardening and nature-themed craft projects in the Earthworks Garden (weather permitting) at the Santa Fe Children's Museum.

DATES: Every Thursday



ENTERTAINMENT

ANIME CLUB

5:30 - 7:30 PM

Anime Club is for anyone in grades 7 to 12. This chill program provides snacks and a comfortable place with friendly people to watch two hours of anime at the Zone at Mesa Public Library. Anime may be rated TV-14/PG-13. Art and freebies.

DATES: Second Thursdays

RANDOM FANDOM

6 - 7 PM

Hang out time for youths in grades 7 to 12 to make stuff, play games, eat, and talk. Held at the Zone at Mesa Public Library.

DATES: Fourth Thursdays



Art School Santa Fe courtesy photo.



YOU'RE INVITED TO OUR BACKYARD BASH!

STARTING JULY 5

Our acre-plus outdoor playscape is re-opening
with new & engaging exhibits!



The Trail ~ A fully accessible circular pathway

The Sandbox ~ Pump, dig, and play in our new
spacious sandbox

Picnic Point ~ Relax and snack in a cozy
shaded area

Creative Corner ~ Build, sort, and tinker in this
interactive space

The Rotary Club of Santa Fe Centennial
Amphitheater~ A versatile performance space

The Learning Lab ~ Spark your curiosity in our
educational classroom

Soundscape ~ Harmonize and play with outdoor
instruments inspired by nature

THE RE-ENVISIONING OF THE BACKYARD HAS BEEN MADE POSSIBLE BY:

Sharon Woods



Jay and Donna Ralph

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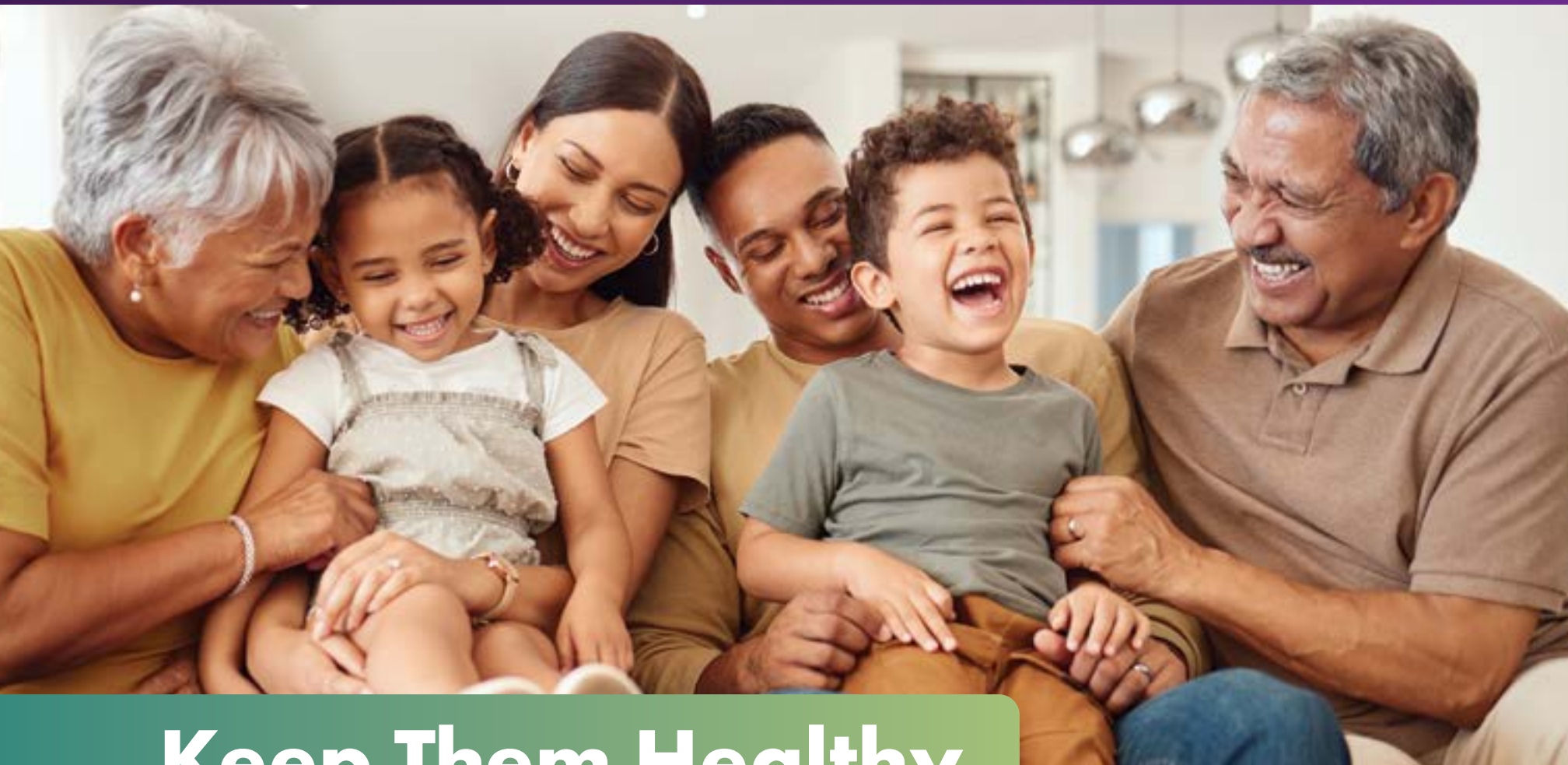
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Santa Fe, NM 87505

Call (505) 913-DOCS (3627) to schedule your primary care appointment today.