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SUMMER 2024 | FREE

MAGAZINE

ROUTE
66 &
New Mexico
Experiences



*A Summer
to Savor*

Digital Technology
& Children

Nature's
RESILIENCY

LOCAL, FAMILY-FRIENDLY
RESTAURANT DIRECTORY

PG. 15

CALENDAR OF EVENTS

PG. 26

PATIENT EDUCATION

VOLUME 2: CAVITIES

Dentistry for Kids has a goal this year of educating our patient families. Lots of parents and caregivers ask when at a child's checkup: "Does my kid have any cavities?" This is probably one of the most frequently asked questions in a pediatric dental office and it should be!

The presence — or absence — of cavities is an indicator of many things relating to a child's oral health. You can make assumptions about their brushing, diet and how often they visit the dentist. Additionally, cavities are a progressive oral disease and require intervention to be treated.

Cavities, however, are just one aspect of oral health. Many times our dentists will examine children with high levels of plaque, obvious poor brushing habits and diet. These are obvious indicators of poor oral health, but if the

child doesn't have any cavities that need to be treated at that time, the child and often the parents too will interpret this as a victory and negative habits can be reinforced. We want the community to understand there is much more to oral health than simply the presence or absence of cavities.

At Dentistry for Kids we are teaching kids about how better habits result in better health. Learning from your dentist is important! Avoiding dental checkups can be harmful as it prevents dentists from detecting and treating dental problems early on which can make a world of difference in your child's comfort level and their smile. Please watch for the next article in this series and learn more about what you can do to improve your child's dental health at the link below.



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VOLUME 30 | NUMBER 1

MAGAZINE

Cover Kid Q&A

ON THE COVER:

LEO WEBB AGE 10 &
LUCY WEBB AGE 3

How do you like to spend your time?

Leo: Playing video games, hanging out with family, and sitting down and relaxing.

Lucy: Doing homework.

What do you think will be different about the world when you are an adult?

Leo: My football team will have a different quarterback.

Lucy: I will grow big and live in a castle.

Who are your best friends and why do you like each other?

Leo: My best friend is Kahia. We always have fun together. She is the best.

Lucy: I like kitties and puppies.

What do you think your parents do at work all day?

Leo: Mom gets on meetings, and dad catches bad guys.

Lucy: Call somebody, mom draws and dad gets on his computer.

What's the most important rule that you know of?

Leo: Be nice to each other.

Lucy: Drink water.



Leo and Lucy Webb having fun in the park while enjoying each other's company.

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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2024 Calendar**

Be a Part of Tumbleweeds Magazine!

July 2024 Issue Deadlines

Tumbleweeds continues to seek new local voices to include in the magazine. Check out how you can get involved.

ARE YOU INTERESTED IN CONTRIBUTING AN ARTICLE? OR DO YOU HAVE A STORY IDEA?

Contact Jen@TumbleweedsMag.com
Article Submissions Deadline: **May 27, 2024**

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The Tumbleweeds Magazine May issue will be published July 1, 2024.

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ON THE COVER:

The Chavez children are coyotes, campers, and cute! Frankie age 8, Martin age 6, Penelope age 4 and Stevie 4 months old. Photo by Jane Phillips.
Photo by Jane Phillips.

ARTWORK IN THIS ISSUE:

Tumbleweeds Magazine partnered with Art School Santa Fe 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. JF Mazur Studio offers children's art workshops and private painting classes. See more artwork on our website, TumbleweedsMag.com.

POSTED

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Notes
from *Jen*

Honoring *Notable Progress*

JEN SCHROER

When acknowledged, small wins can build us up and propel us forward.

Our firstborn, Ryker, experienced a right of passage: He lost his first tooth.

For months he had been talking about his friends at school losing teeth and asking questions about the process. He had his annual doctor's visit in March and even asked his pediatrician when he would lose a tooth. Hearing the deep desire in Ryker's voice brought back my memories of desperately wanting to join the gap smile club at school when I was his age and how it felt like forever before it finally happened.

Ryker proudly showed us his bottom wiggly tooth on a Thursday night. He knew this one wiggly tooth meant he was maturing and was about to join the gap smile club at school. Hazel apparently had already lost a lot of teeth, and Ulysses lost two teeth and has two more wiggly teeth ready to come out. Ryker talked about how the Tooth Fairy visited his friends and left a gift under their pillows. And he was deeply concerned about how the Tooth Fairy would be able to get into our house—"Does she have magic like Santa Claus?"

Not only was it a fun conversation around the magic of the Tooth Fairy and Ryker becoming a big guy, but it was a good opportunity to talk to Ryker about oral hygiene and how he really needed to take care of the adult teeth that were

on their way. I explained that humans only get two sets of teeth, not like sharks who continue to get new teeth if one falls out. My daughter, Aviva, listened and watched her older brother wiggle his tooth with cheerful interest and a hint of envy.

Within a couple of days, Ryker had made significant progress on that tooth. With a wide smile, he showed Pappa and Grammie the wiggly tooth and explained that he had an adult tooth coming through. When we went out for dinner, he kept smiling at the waiter and proudly wiggled his tooth with his tongue. At the Santa Fe Children's Museum, he stopped climbing the slide and flashed a smile at another kid, explaining that he had a wiggly tooth. In anticipation of achieving this universal milestone, Ryker was sharing his joy and progress with the world around him. It was so innocent and pure.

I have to compliment Ryker's determination and wiggling abilities, because by Sunday morning it was really loose. Later that afternoon, he was jumping on the trampoline with Aviva when quickly the kids came racing into the house. Aviva was yelling, "It's gone! It's gone!" Ryker smiled and indeed, the tooth was gone. "Where is it?" I asked. He shrugged his shoulders, turned around, and ran back outside. We never

found the tooth, but of course the Tooth Fairy still came in the middle of the night and left Ryker a dollar for his tooth.

While it took less than a week from the wiggly tooth discovery to its exit, I am certain it felt like eternity to Ryker. Everytime he flashed a smile and wiggled his tooth with his tongue, Ryker made more progress toward his goal of joining the gap smile club.

In a world where we all want things immediately, the power of progress can help fuel us long term. We all have times when we feel overwhelmed, swamped or just burnt out. The daily routine of waking up, getting ready, getting the kids out the door, getting into work, doing the assignments, picking kids up, making it to their activities on time, making dinner, getting kids down for bed, and getting ready to do it all again the next day can be tiresome and feel monotonous. The hardest part for

me is the to-do list that I couldn't get done and the worry that adding more was inevitable.

Because I stew over whether I got enough check marks next to each item on my to-do list, I lose track of my family's progress and blessings. Therefore, I am sharing a different kind of list to memorialize and celebrate how our hard work has made progress in meaningful work.



Down one tooth, Ryker, age 6, is flashing his new smile.

Schroer Family Progress and Blessings

- ✓ With the publishing of this issue, *Tumbleweeds* enters its 30th year and has extended its frequency to six times per year.
- ✓ Ryker and Aviva attend a fantastic charter school and both kids were accepted into its aftercare program, which saved us when our au pair returned to Argentina.



Together, we picked up her new dog, Violet, in Utah and started her journey training her service dog.

- ✓ My mom, Terry, successfully passed the first phase of training her service dog, Violet.



Ronnie Schroer (right) joins others in volunteering for Presbyterian Healthcare Foundation's 2024 Daffodil Days fundraiser.

- ✓ Justin's mom, Ronnie, completed her training to become a volunteer at Presbyterian Hospital.



The Schroer Foundation presented multiple student athletic scholarships this spring, including one to West Mesa High School cheerleader, Alexa Ordenez. From left to right, Justin Schroer, Ryker Schroer, Jen Schroer, Aviva Schroer, Alexa's mom, Alexa Ordenez, Alexa's dad, Ronnie Schroer, Shonn Schroer, and Michelle Schroer.

- ✓ After the passing of Justin's father, his family came together to establish the Schroer Foundation and awarded several high school senior athletes scholarships this year in Phil Schroer's name. (Phil was an athletic director and basketball coach in Las Vegas and Rio Rancho.)
- Justin has completed many home projects and maintenance needs.
- ✓ My agency was awarded a strong budgetary increase, and we passed an important bill during the 2024 legislative session.
- We have a plan for child care for the summer. Woot!
- ✓ Ryker is reading. Woot! Woot!
- ✓ My standard poodle's show coat is so close to being grown out properly. So much work!

If you love to read, I recommend *The Progress Principle*. While it is a leadership book, I found the principle helps me in my personal life and supports my personal motivation at work. As explained by its authors, Teresa Amabile and Steven Kramer, seemingly mundane workday events can make or break employees' inner work lives. But it's forward momentum in meaningful work-progress that creates the best inner work lives.

Whether it is my personal to-do list or my work to-do list, celebrating small wins boosts my emotions and fuels my motivation. We all have meaningful work as it takes all of us for the world to go around, but we often forget to pause and embrace the progress we are making. The small wins matter!

So, I encourage you to pull a Ryker and show off your symbolic loose tooth that you've made progress on. Or, pull a Jen and make a list of the small wins you've made over the past six months. Not only will this lift your spirits, it will likely make you more productive, creative, and fulfilled along the way.

We hope these articles continue to support your family as you make progress in your family's life. One article outlines incredible New Mexico family road trips along Route 66 for you to consider (page 00). Keeping our kiddos' health in mind while they are out of school this summer is critical and an article about digital technology and children's health is included as a helpful reminder of the pros and cons of digital technology (page 00). Be inspired by the incredible work of adaptive sports as its team builds wonderful experiences for youth and adults who have physical disabilities in our community (page 00).

Justin and I hope you enjoy this *Tumbleweeds* issue as you make progress planning your summer.

To your continued progress,

Jen

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Art School Santa Fe courtesy photo.

EARLY CHILDHOOD



ROBYN COVELLI-HUNT

Wrap-around services for our youngest clients and their families.

Courtesy photo: Confident Parenting team members observe during a collaborative family meeting.

Las Cumbres Community Services was incorporated as a nonprofit organization in 1971 and offers family-focused programs across five Northern New Mexico counties. In response to community needs, the agency now offers 18 distinct programs to support infant, early childhood, and youth services, parenting groups, fatherhood and grandparents raising grandchildren services, immigrant and refugee services, and programming for adults with developmental disabilities.

For one newly arrived immigrant family, finding help when they first arrived in a new city was a challenge. Circumstances

presented hurdles when they arrived with few personal possessions, speaking a foreign language, and traveling with an infant who was born prematurely.

The Lopez family (surname changed) journeyed from Central America to New Mexico due to economic struggles in their home. They were referred to Las Cumbres through a collaborative partner who initially helped them access resources for diapers, formula, and other necessities for their baby.

The Lopez family first enrolled in the Las Cumbres' Confident Parenting Home Visiting (CPHV) Program.

Through the agency's internal wraparound care model, two additional programs were quickly enlisted to support the family's most pressing needs: The Community Based Prevention, Intervention, and Reunification program (CBPIR), and the Family Infant Toddler Early Intervention program (FIT/EI). Each program offered the family a bilingual provider to ensure their access to secure housing and food, address the baby's developmental needs, and support their resilience amidst migration and acculturation stressors.



Courtesy photo: Confident Parenting home visiting program manager Silvia Romero coaxes the child to interact and play.

Bilingual and bicultural staff across Las Cumbres programs are skilled at working with families to build and strengthen relationships, especially those with young children. This is the foundational focus of all the agency's services. Specifically, CPHV home visitors receive specialized training in evidence-based parenting curriculums, lactation consultation, and safe sleep practices. The team supporting the Lopez family worked together to build trust, first by connecting them to tangible items including winter-weather clothing and shoes, housing and food resources, medical care, and more. Emergency discretionary funds were leveraged to help purchase items for their apartment and other essentials.

Additionally, the home visitor introduced the family to important safety measures, such as the proper use of their car seat and stroller, and other regulations within the US that differed from their home country. Through the safety and security of the mother's relationship with her Home Visitor, she built confidence to explore and access community resources such as Santa Fe Ride for transportation to medical and other appointments. In addition, the baby is putting on weight and becoming playful as he also feels reassured that his family is safe, cared for, and supported to meet his needs.

The family's CBPIR Navigator also met with the family weekly. This navigator focused on supporting the father, who was detained and joined the family after they initially enrolled in Las Cumbres services. Once the father joined his family, the navigator witnessed the infant become more expressive. CBPIR services focused on helping the family access resources and referrals that exceeded the scope of the Home Visiting Program. These include medical, counseling, and parenting class coordination, access to interpretation and translation services, rental assistance, and additional emergency funds. CBPIR families typically receive assistance for up to six months. This family, presenting needs for medical care, was referred to La Familia Medical Center where they will receive updated vaccines and a wellness check-up for the child. CBPIR Navigators are also accredited to provide the Circle of Security Parenting curriculum, aimed at strengthening parent-child relationships and increasing a child's self-esteem.

The family now has their own room in a safe multi-family home. There, the now 15-month-old is able to socialize with other young children, encouraging him to crawl and slowly pull up to stand and walk, a developmental milestone urged by the support of a third Las Cumbres



Courtesy photo: Mother and son take a spin around the block together.

program, Family Infant Toddler Early Intervention (FIT/EI).

FIT/EI providers deliver specialized services to families with infants and toddlers up to age 3 who are at risk for developmental delays. Baby boy Lopez received an EI evaluation, revealing delays with his gross and fine motor skills. Fine motor skills include the child's small muscle development and use of hands, for example, to manipulate objects around him. Gross motor skills focus on crawling and walking. Today, a FIT Family Service coordinator sees the family monthly and a developmental specialist sees them twice a month. Parents receive day-to-day strategies to work on, which include "tummy time" (to develop strength and neck muscles while also expanding the child's vision perspective) and placing the infant in positions to promote crawling. Goals are outlined in an Individualized Family Service Plan (ISP) updated regularly with the family. The family learns additional developmental interventions during mealtime with mother modeling words and (serious and silly) facial expressions, and at bedtime by pointing to pictures in storybooks to support language development and bonding. Home Visiting hosts a monthly book club for its clients and other program families as well as the public. Monthly book selections are read in both Spanish and English and accompanied by a kid-friendly activity. Children are treated to a snack and given a book to take home with them to build their library.



Courtesy photo: Mother engages with her son.

Speaking to the ongoing interface between multiple program teams, the CBPIR Navigator explains that through regular jointly staffed meetings that include the family, there is real-time coordination of care. This allows for determining which program is best suited to address a particular concern while simultaneously identifying new barriers and immediately collaborating to find the best answers.

When asked about how the family is contributing to the community that they now call home, each navigator lit up. They described the mother who primarily works to clean houses as "not sitting around and waiting for anything to just come to her," but that she is busy with other engagements. As a skilled Mayan weaver, she hopes to access materials soon so she can produce and sell her exquisite tapestry. Her current endeavors include caring for others' children and preparing and distributing traditional food—a hearty lunch of chicken [ITAL]desebrada[/ITAL] (shredded beef), potatoes, salad, yellow rice, and bread. As she has been nourished by this agency and the community, so too does she nourish those around her.

To find out more about Las Cumbres Programs, visit their website at lascumbres-nm.org. To view infant and early childhood programs, visit lascumbres-nm.org/infant-early-childhood.

Robyn Covelli-Hunt is the director of development and communications at Las Cumbres Community Services. She has worked with the agency for 18 years doing outreach and securing funding for the organization's Child and Family as well as Adult Service programs. She boastfully acknowledges the exceptional teamwork at the organization's core assuring that all families connect and thrive in their community.



JF Mazur Studio courtesy photo.

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It Really Is About the Journey

ERIN MITCHELL

Learn how to enjoy one of the most magical stretches of Route 66 right here in New Mexico.

Photo credit: New Mexico True.

U.S. Route 66 was commissioned in 1926, when New Mexico's statehood was just 14 years old. In the wake of World War I, the economy was quickly moving toward a reliance on automobiles for the transportation of goods across vast expanses of land, and the existing road systems were sparse. The United States was challenged by the need to connect cities that were rapidly urbanizing to the spread-out rural counterparts across the west. Route 66 began as an ambitious plan to utilize as much of the existing road system as possible, ultimately emerging from gravel and dirt as a clear path connecting Chicago all the way to Santa Monica, California.

Geographically, New Mexico sits on the western side of Route 66. The state's varying topography made road-building efforts arduous, resulting in a series of threatening switchbacks that traversed the 2,000-foot drop in elevation between Santa Fe and Albuquerque. From 1926 to 1937, the road veered north through the Pecos Valley to Santa Fe and all the way down to Los Lunas, but this loop was straightened out for efficiency's sake in 1938 when the fully paved alignment of Route 66 was completed. It's interesting to note that Albuquerque boasts the only intersection of Route 66 where the current version of the road and a previous version of the road actually overlap.

Now, I-40 has taken over much of the original Route 66, but there are over 260 miles of the old route that remain drivable in the state, giving way to some of New Mexico's original boomtowns that popped up in Route 66's prime: Tucumcari, Santa Rosa, Grants, and Gallup are among them. As you'll find out, taking a drive through this historical stretch of quintessential mid-20th-century Americana can prove to be quite the adventure. Getting your kicks could yield a stay in a vintage motel marked by an iconic neon sign, sipping a milkshake at a classic diner, snapping photos of picturesque red sandstone bluffs, stepping into adobe churches that predate Route 66 by centuries, or exploring museums and monuments and ghost towns alike. While this iconic highway stretches across eight states, there is no better place to experience the nostalgia, discovery, and glamor of the Mother Road than right here in the Land of Enchantment.

Santa Fe is located right at the top of Route 66's original alignment, providing the perfect starting point for an adventure that explores the western or eastern regions of the state. Begin your journey eastbound by driving 166 miles to the town of Tucumcari. Stop by the Tucumcari Historical Museum, delving into the area's rich history and Route 66 heritage, before snapping photos at the Route 66 monument at the Tucumcari Convention Center and the world's largest Route 66 mural. As the sun sets and Route 66 transforms into a glowing trail of neon signs, check in to the Blue Swallow Motel, a restored vintage gem built in 1929 that allows

you to live within the story of Route 66, even if just for a night. That evening, dine at Del's Restaurant, known for its homestyle cooking and retro atmosphere as much as for the cow atop its neon sign.

The next day, before departing town, take a visit to Mesalands Dinosaur Museum, a first-class museum housing the world's largest collection of spectacular full-scale bronze dinosaur skeletons. For lunch, stop into Watson's BBQ, renowned for its smoked meats and rustic feel. On your way out of Tucumcari, don't miss the glowing green cactus that marks TeePee Curios to pick up a souvenir. Hop back onto Route 66 and head west to the nearby ghost town of Cuervo, taking in the expansive ranchlands and abandoned buildings frozen in time. Before returning to Santa Fe, stop at the charming town of Santa Rosa for the night. Enjoy breakfast at the Silver Moon Café, a Route 66 landmark eatery, before visiting the Blue Hole. There, discover a natural swimming hole with water so blue, you'll forget you're in the desert. If you're not in the mood for swimming, check out the Route 66 Auto Museum and grab a bite to eat at Comet II Restaurant and Drive-In that delivers chile-smothered fare right to your car before you head back to Santa Fe.

Looking west, you'll find an entirely new adventure. Your first stop is Albuquerque, where Route 66's charm is found everywhere from the motels that line Central Avenue to the unique restaurants in Nob Hill. Stop for lunch at Albuquerque's Dog House Drive-In, marked by a glowing dachshund sign



Photo Credit: New Mexico True.



Photo Credit: New Mexico True.

that wags its neon tail. From there, explore the historic Old Town plaza to browse the shops and art galleries. Spend the day perusing or visit the nearby Explora Children's Museum and the New Mexico Museum of Natural History. In the evening, check in to one of New Mexico's first motels: the El Vado. Here at this restored vintage Route 66 motel, you can grab a snack or drink from a changing lineup of food pods just steps away from your room.

On your way out of Albuquerque, drive through Nine Mill Hill to marvel at the Rio Grande Valley before continuing west toward Gallup. There, you'll check into the historic El Rancho

Motel for a taste of Hollywood history, as it was home to Hollywood stars back in the mid-1900s when Gallup was the Western film capital. From there, explore downtown Gallup with its Native American art galleries and numerous souvenir shops. Consider venturing out to Red Rock Park for a hike or a picnic among picturesque red bluffs formed more than 200 million years ago, and then settle in for dinner at Jerry's Café for some hearty comfort food. Begin the following day with a visit to the Gallup Cultural Center, where you can learn about the rich heritage of the Navajo Nation and other indigenous peoples of the region that predate Route 66 by centuries. Before

you return to Santa Fe, be sure to save your appetite for the World Famous Laguna Burger, located roughly 40 miles west of Albuquerque.

There you have it: More than 465 miles of history, nostalgia, and good times. A trip along Route 66 in New Mexico blurs the lines of time, from the adobe mission churches to the restored neon-lit signs. The Route 66 Centennial is coming up in 2026, so now is the perfect time to celebrate the Mother Road of America and discover what it

has in store for you. Let New Mexico's stretch of Route 66 be living proof that sometimes, it really is more about the journey than the destination.

Erin Mitchell serves as the communications and content coordinator for the New Mexico Tourism Department. Erin received her MBA from the University of New Mexico and was born and raised in Farmington.



Photo Credit: New Mexico True.

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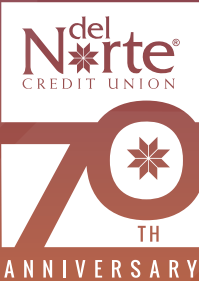
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Raising Children *in the* Era of Digital Technology



LORETTA TORRES

Creating healthy boundaries and balance.

The hectic everyday life of parents and children alike has created a norm for escaping to a place that eases the mind and calms the soul: digital technology. The baby cries, the toddler screams, and what do we tend to reach for? Our phone or computer, to watch something soothing that will help pacify our children. Is this a band-aid type of answer or a long-term solution?

Digital technology plays an important role in our everyday life. For many of us, it is not uncommon to be online for eight hours of our workday and a few more hours at best in our downtime. This has passed on to our children, who sometimes know more about computers than their parents do. The fact remains that more and more of our life will be online. The ability to work remotely continues to have its advantages for busy parents—and for our children. We can't forget how imperative it was to have digital technology during the

COVID pandemic. Being able to have our children continue their education online may not have been quite the ideal situation, but it was the only alternative available. The digital world has shown its positivity to parents and children.

But children need to have time to unplug from the online world and connect with themselves and nature. Finding a book that interest them, taking a walk in the sunshine, connecting to another place outside of the digital technology of today will create a child who can find an outlet that will bring them a sense of calmness and quiet the mind, which will have great impact on the mental and physical health of the child. The next time you want to reach for the phone or computer to aid in the stillness of your child, instead try to have a variety of books or games on hand that will entertain them. Encourage them to write or draw, and then have them tell you about what they have created. In the age of digital technology, encouraging and helping your child unplug digitally will offer them a space

of creativity and connection to the world around us.

Although we can also see the benefits from technology, let us not forget the human connection we need to have with our children, too. It is imperative that parents continue reading books to their children, along with sitting down and enjoying meals and conversation. There is an element of connection that cannot be found in computers, phones, or tablets. There are also many tactile senses engaged by holding a book. For children there are many books that introduce at a young age the sense of smell, touch, and visual stimulation which are not provided by electronics.

Engaging our children into the world of technology is a must, although we need to have our parameters, including the age at which we should introduce phones and computers, how much screen time is appropriate, making sure that parents are able to limit what content can be viewed, and ending screen time an hour prior to bedtime. The long-term sequelae to digital technology on the developing brain



Courtesy photo: Siblings sharing a moment of screen time.



Courtesy photo: Passing time while waiting to be seen.

continues to be researched, and although there are many articles written on the pros and cons, let us remember that handing your crying child a phone or computer and using these as a source of pacifying them may be a short-term solution to a long term problem. Let us not forget the influence that the internet has on our children. Kids are entering into a world of influencers. Influencers that can positively or negatively affect the way our children view themselves or

others. Social media can impact what kids want to wear, the latest trends, the new fashions along with the dark side of it including alcohol, drugs, and coping mechanisms that may not be positivity inspiring. As parents we need to remember what we view as social media may be completely different than what our children watch, and what older siblings look at their younger siblings may be prone to viewing, which may not be age appropriate including violence and explicit language.

Parents may be viewing cooking videos or landscaping, and what parents need to remember is that this may not be what children are viewing. How we perceive social media is entirely different. Smartphones allow children to view certain social media sites that can increase anxiety, depression, body shaming, and self-doubt.

Let us discuss in more detail the impact excessive screen time has on our physical health. Not only can there be cognitive and emotional effects, but the physical effects of excessive screen time can be noted in vision changes, obesity, headaches, back pain, neck pain, and vitamin deficiencies to name a few. Dry eyes and sensitivity to light is often seen with increased screen time. Obesity has increased in children due to the lack of physical activity associated with computer and phone use. This sedentary side effect of digital devices means many children are depriving themselves of exercise and other outdoor sports activities. The lack of outdoor activity and exposure to sunlight lends itself to the high risk for vitamin D deficiencies. Vitamin D deficiencies often present with increased fatigue, muscle weakness, and mood changes.

Keeping your 2 to 5 year old with no more than one hour a day with co-viewing with a parent or sibling and 5 to 7 year old generally recommended to no more than two hours per day except for homework. These are not hard and fast rules, only guidelines to help parents put acceptable boundaries

to phones and computers. Various different literature may present with similar or possibly contrasting advice, but nevertheless parents need to set boundaries and add parental controls to limit screen time and monitor content. For older children, know who your child is in communication with online and have open communication about screen time.

Digital technology poses a great challenge to parents. It can be looked at as a wealth of opportunity for learning and creativity, and conversely seen as a risk to a child's development. By creating healthy boundaries and a balance of online and outdoor activities, we can maintain the best of both worlds in turn creating healthy, happy, and successful children and parents alike. Let us keep our children connected to themselves and the world around us all while providing a safe space for learning and entertainment.

Loretta Torres PA-C is a physician assistant and chief executive officer of Pure Life Family Practice and Medispa. A graduate from the University of New Mexico School of Medicine, Loretta's Santa Fe-based practice includes family medicine. She specializes in preventing and treating human illness and injury by providing a broad range of care.



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Criar hijos en la Era de la Tecnología Digital



LORETTA TORRES

Se necesitan límites y equilibrio saludables.

—
La agitada vida cotidiana de padres e hijos por igual ha creado una norma para escaparse a un lugar que tranquiliza la mente y calma el alma: la tecnología digital. El bebé llora, el chiquito grita y ¿cuál es nuestra tendencia?

Recurrir al teléfono o computadora para mirar algo que calme, que ayude a apaciguar a nuestros niños. ¿Es ésta una respuesta tipo curita o una solución a largo plazo?

La tecnología digital juega un papel importante en nuestra vida diaria. Para muchos de nosotros, no es raro estar en línea ocho horas del día de trabajo y unas cuantas más a lo sumo en nuestro tiempo de inactividad. Esto se les ha pasado a nuestros hijos, quienes, a veces, saben más de computadoras que sus padres. El hecho es que más y

más de nuestras vidas será en línea. La habilidad de trabajar a distancia sigue teniendo sus ventajas para los ocupados padres de familia —y nuestros hijos. No podemos olvidar lo imperioso que fue tener tecnología digital durante la pandemia de COVID-19. Que los niños pudieran seguir sus estudios en línea tal vez no fue la situación ideal, pero fue la única alternativa disponible. El mundo digital ha mostrado su positividad para padres y niños.

Sin embargo, los niños necesitan tener tiempo para desconectarse del mundo en línea y conectarse con ellos mismos y la naturaleza. Encontrar un libro que les interese, dar un paseo bajo el sol, conectarse con otro lugar fuera de la tecnología digital de hoy creará un niño que pueda encontrar un escape que ofrezca un sentido de calma y paz mental, el cual tendrá un gran impacto en su salud física y mental.

La próxima vez que usted quiera agarrar el teléfono o la computadora para ayudar a la tranquilidad de su hija, trate a cambio de tener una variedad de libros

o juegos a mano que la entretengan. Anime a los niños a escribir o dibujar y luego pídeles que le hablen de lo que han creado. En la edad de la tecnología digital, animar y ayudar a sus chicos a desconectarse digitalmente les ofrecerá un espacio de creatividad y conexión con el mundo que nos rodea.

Si bien podemos ver los beneficios de la tecnología, no olvidemos la conexión humana que necesitamos tener con nuestros hijos también. Es imperativo que los padres de familia sigan leyéndoles libros a sus hijos, así como que se sienten con ellos a disfrutar las comidas y a conversar. Hay un elemento de relación que no se puede encontrar en computadoras, teléfonos o tabletas.

También hay muchos sentidos táctiles involucrados en tener un libro abierto en la mano. Para los niños hay muchos libros que los introducen desde una temprana edad a los sentidos del olfato, del tacto y a la estimulación visual que los aparatos electrónicos no proveen. Involucrar a los niños en el mundo de la tecnología es necesario, aunque hemos

de tener parámetros. Estos parámetros incluyen la edad en la cual introducir teléfonos y computadoras, cuánto tiempo frente a la pantalla es apropiado, asegurar que los padres son capaces de limitar el contenido de lo que los niños pueden mirar, y terminar el tiempo frente a una pantalla una hora antes de irse a acostar.

Las secuelas a largo plazo de la tecnología digital en el cerebro en desarrollo siguen siendo tema de investigación y, a pesar de que hay



Foto de cortesía: Un momento fraternal frente a la pantalla.



Foto de cortesía: Esperando que alguien me vea.

muchos artículos escritos sobre las ventajas y desventajas, recordemos que darle a un niño que llora un teléfono o computadora y usarlos para calmarle puede ser una solución inmediata y un problema a largo plazo. No olvidemos la influencia que la Internet tiene en los niños. Los chicos están entrando en un mundo de “influencers”, quienes pueden afectar positiva o negativamente la forma en que los niños se ven a sí mismos o a

los demás. Los medios sociales pueden tener un impacto en lo que los chicos quieren usar, las últimas tendencias, las nuevas modas, junto con su lado oscuro que incluye el alcohol, las drogas y mecanismos de afrontamiento que posiblemente no inspiren positividad. Como padres hemos de recordar que lo que nosotros consideramos medios sociales puede ser completamente diferente a lo que los niños miran; lo que los hermanos mayores miran puede hacer a los menores propensos a mirarlo, lo cual posiblemente no es apropiado para su edad, como por ejemplo, violencia y lenguaje explícito.

Los padres pueden estar viendo vídeos de cocinar o jardinería y lo que necesitan recordar es que puede que no sea eso mismo lo que los niños están mirando. La forma en que percibimos los medios sociales es totalmente diferente. Los teléfonos inteligentes permiten que los niños miren ciertos sitios de medios sociales que pueden aumentar la ansiedad, depresión, crítica del cuerpo y autoestima. Hablemos en más detalle del impacto que el excesivo tiempo frente a la pantalla tiene en nuestra salud física. No sólo puede haber efectos cognitivos y emocionales, sino que los efectos físicos del tiempo excesivo frente a una pantalla se pueden observar en cambios en la visión, obesidad, dolores de cabeza, de espalda, del cuello y deficiencias vitamínicas, para mencionar sólo unos cuantos.

Ojos secos y sensibilidad a la luz se observan con frecuencia con el aumento en el tiempo frente a la pantalla. La obesidad ha aumentado en los niños debido a la falta de actividad física asociada con el uso del teléfono y la computadora. Este efecto secundario sedentario de los aparatos digitales significa que muchos niños se están privando del ejercicio y otras actividades deportivas al aire libre. La falta de actividad al aire libre y exposición a la luz solar se presta a un alto riesgo de deficiencias de vitamina D. Las deficiencias de vitamina D a menudo se presentan con un aumento de fatiga, debilidad muscular y cambios de humor.

Generalmente se recomienda para niños de dos a cinco años de edad no más de una hora al día frente a la pantalla en compañía de un adulto —padre de familia o hermano— y no más de dos horas por día para los de cinco a siete años de edad, excepto para tareas escolares. No se trata de reglas rígidas y universales, simplemente pautas para ayudar a los padres de familia a establecer límites aceptables para el uso de teléfonos y computadoras. Diferente literatura puede presentar recomendaciones similares o posiblemente opuestas; no obstante, los padres de familia necesitan establecer límites y controles para restringir el tiempo frente a la pantalla y supervisar el contenido. Para niños mayores, sepa

con quién están en comunicación en línea y mantenga una comunicación abierta con ellos sobre el tiempo que pasan en la pantalla.

La tecnología digital presenta un gran desafío para los padres de familia. Se le puede ver como una gran oportunidad para aprendizaje y creatividad o como un riesgo al desarrollo del niño. Al crear límites saludables y un equilibrio de actividades en línea y al aire libre, podemos mantener lo mejor de los dos mundos y, a la vez, criar niños saludables, felices y exitosos al igual que padres. Mantengamos a los niños conectados consigo mismos y con el mundo a su alrededor al mismo tiempo que les proporcionamos un espacio seguro para aprender y divertirse.

Loretta Torres Loretta Torres es asistente médica y directora general de Pure Life Family Practice & Medusa. Graduada de la escuela de medicina de la Universidad de Nuevo México, su práctica, con sede en Santa Fe, incluye la medicina familiar. Como especialista en la prevención y tratamiento de enfermedades y lesiones humanas, provee una amplia gama de atención médica.

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2024 LOCAL, FAMILY-FRIENDLY RESTAURANT GUIDE

The **#1 Guide** for Family-Friendly Restaurants
for all dining interests across Santa Fe

2024 LOCAL, FAMILY-FRIENDLY RESTAURANT GUIDE

LEGEND



VEGETARIAN



VEGAN



GLUTEN-FREE



HALAL



ORGANIC

CAFÉS

BETTERDAY COFFEE AND KITCHEN

INDOOR & OUTDOOR SEATING

Straight forward, made-from-scratch breakfast and lunch featuring hand-held breakfast burritos with red or green NM chile. Located in the Solana Center on W. Alameda Street. There is a kids area as well as patio seating. Coffee is done right with attention to detail but is not fussy. In-person, carryout, and online ordering are available.

Amenities: *Children's Menu, Cups With Lids, Play Area, & Changing Table in Women's Restroom*

Menu Options:

● VEGETARIAN ● VEGAN
● GLUTEN-FREE ● ORGANIC

505-780-5638

CAFÉ FRESH

INDOOR SEATING

Café Fresh, nestled within the Santa Fe Farmers' Market pavilion, offers a refreshing pause from shopping at the Santa Fe Farmers' Market on Saturdays or the Railyard Artisan Market on Sundays. With hearty snacks and fresh

drinks, seasonal delights keep the menu lively. Every purchase supports the Santa Fe Farmers' Market, ensuring its sustainability. Eat fresh, support locals, and enjoy the vibrant market experience.

Amenities: *Cups With Lids, Changing Table in Women's Restroom, & Family Restroom*

Menu Options:

● VEGETARIAN
347-693-8271

CAFÉ HALL

INDOOR & OUTDOOR SEATING

Visit Café Hall in the Santa Fe Farmers' Market pavilion for breakfast burritos, pastries, donuts, juice, and coffee sourced from local businesses like Whoo's Donuts, Chocolate Maven, Angel's Bakery, and Aroma Coffee. Enjoy a delicious breakfast and support the Santa Fe Farmers' Market, as all purchases help underwrite its operating costs. Open during the Santa Fe Farmers' Market hours.

Amenities: *Cups With Lids, Changing Table in Women's Restroom, & Family Restroom*

Menu Options:

● VEGETARIAN ● VEGAN
● GLUTEN-FREE ● ORGANIC

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CHOCOLATE MAVEN BAKERY AND CAFÉ

The Maven is an artisanal bakery and café that has been providing scrumptious lunch, brunch, and baked treats to Santa Fe for 30 years. In that time it has grown to become an award-winning bakery and a must-visit restaurant where customers have a view into the bakery in action.

Amenities: *Highchairs and Booster Seats, Cups With Lids, & Coloring Placemats and Crayons*

Menu Options:

● VEGETARIAN ● VEGAN
● GLUTEN-FREE ● ORGANIC

505-984-1980

OHORI'S COFFEE ROASTERS

*INDOOR & OUTDOOR SEATING,
DRIVE-THRU*

—
Crafting its own freshly roasted beans, Ohori's also serves a wide range of drinks, pastries, and locally made burritos. Come enjoy its St. Francis location's renovated seating: new booths and a couch area. At Luna, it shares space with Chomp dining hall. Ohori's loves to see happy children enjoying themselves with grandparents, aunts, and friends, hanging out between transitions and after school.

Amenities: *Cups With Lids & Changing Table in Both Restrooms*

Menu Options:

● VEGETARIAN ● GLUTEN-FREE
● ORGANIC

505-699-9622

REVOLUTION BAKERY *INDOOR SEATING*

—
If you're looking for stellar gluten-free loaves made in small batches, seek no further than Revolution Bakery. This is a small, woman-owned bakery located in historic downtown Santa Fe.

Amenities: *Cups With Lids*

Menu Options:

● VEGETARIAN ● GLUTEN-FREE

505-346-2669

SWEET SANTA FE *INDOOR & OUTDOOR SEATING*

—
New Mexico's most awarded chocolate shop with a boutique café menu.

Amenities: *Cups With Lids, Play Area, Children's Menu, Changing Table in Both Restrooms*

Menu Options:

● VEGETARIAN ● GLUTEN-FREE

505-428-0012

TRIBES *INDOOR & OUTDOOR SEATING*

—
Tribes coffeehouse offers breakfast, lunch, and dinner all day every day from 7 a.m. to 5 p.m. daily. Family-friendly relaxed atmosphere with muffins, scones, and cinnamon rolls. In addition, there's a beautiful patio to enjoy.

Amenities: *Highchairs, Cups With Lids*

Menu Options:

● VEGETARIAN ● VEGAN
● GLUTEN-FREE ● HALAL

505-570-0723



Art School Santa Fe courtesy photo.

2024 LOCAL, FAMILY-FRIENDLY RESTAURANT GUIDE

WILD LEAVEN BAKERY - SANTA FE & TAOS

INDOOR & OUTDOOR SEATING

Established by André Kempton in 2012, Wild Leaven Bakery is a small family-owned and operated business that specializes in long-fermentation sourdough bread using organic, local grains and ingredients. With his wife Jessica by his side, André aims to strengthen the local food economy in Northern New Mexico, one loaf at a time. **Amenities:** Highchairs, Cups With Lids **Menu Options:**

● VEGETARIAN ● VEGAN
● GLUTEN-FREE ● ORGANIC

505-395-6661

CASUAL

CRAFT DONUTS & COFFEE

INDOOR SEATING

Featuring fresh made donuts to order and premium coffee and espresso drinks. Also Italian sodas and cocoa for little ones.

Amenities: Cups With Lids, Changing Tables in Both Restrooms **Menu Options:**

● VEGETARIAN

505-658-6515

JOE'S DINING
INDOOR & OUTDOOR SEATING
One-of-a-kind and family-owned, Joe's has been the locals' favorite since 2002. Serving you the highest quality locally-sourced, European-influenced, and utterly delicious American comfort food including pizza. Full bar. Reserve for Joe's very popular Sunday Brunch. A year-round patio is dog friendly. The Red Room can be reserved for large parties. Joe's mission statement says it all: Serving local sustainable food to strengthen our health, to protect our land, and to grow our economy. **Amenities:** Children's Menu, Highchairs, Cups With Lids, & Coloring Placemats and Crayons **Menu Options:**

● VEGETARIAN ● VEGAN
● GLUTEN-FREE ● ORGANIC

505-471-3800

FAST CASUAL

BACK ROAD PIZZA

INDOOR & OUTDOOR SEATING

Local neighborhood award-winning pizzeria in the Triangle District. **Amenities:** Children's Menu, Highchairs, Cups With Lids, Coloring Placemats and Crayons, & Changing Tables in Both Restrooms **Menu Options:**

● VEGETARIAN ● VEGAN
● GLUTEN-FREE

505-955-9055

ROWLEY FARMHOUSE ALES

INDOOR & OUTDOOR SEATING

A farm-to-table Gastropub and brewery. **Amenities:** Children's Menu **Menu Options:**

● VEGETARIAN ● VEGAN
● GLUTEN-FREE ● ORGANIC

505-428-0719

CASUAL FINE DINING

APOTHECARY DINING

INDOOR SEATING

Apothecary delights in sharing delicious, organic, high-nutrition meals with families. Kids will love the cheese pizza, vegan nachos, grilled cheese, and more. Quench your thirst with a nourishing fruit smoothie or milkshakes. Easy parking in the Sandoval Parking Garage across from the Linsic. **Amenities:** Children's Menu, Highchairs, Cups With Lids, Live Music **Menu Options:**

● VEGETARIAN ● VEGAN
● GLUTEN-FREE ● ORGANIC

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Caring *for* Caregivers

KATE NOBLE

Supporting home-based childcare in New Mexico.

Courtesy photo: A happy baby at Elvira's home.

Jamie Aranda is the mother to twin girls who were born premature. As a working mom, Jamie struggled to find childcare that would meet the unique needs of her daughters while also covering a full working day for her and her husband. She was relieved to connect with Lucia, who happened to have two open slots in her childcare home.

There are thousands of children in home-based care in Northern New Mexico. Despite the crucial role they play, these caregivers are often not recognized as part of the system. As Lucia puts it, "As providers, we give with love so that the parents can go to work with peace of mind."

Home-based childcare (sometimes referred to as family childcare) is a type of care that features smaller groups of children in a residential setting. This care is often provided by a trusted friend, family member, or neighbor in the community.

In working with Lucia, not only did Jamie find a reliable and attentive caregiver for her two girls, but she found that her daughters had a loving place to spend their days.

"It's a great feeling to know our girls love to be there," says Jamie, adding that often her daughters don't want to leave when she picks them up.

So many parents—and especially those who work to juggle the demands of a career with the demands of raising a young child or children—appreciate the support of caregivers who enhance

their children's development and provide safe and loving care. Making sure these caregivers have the support they need has exponential benefits for every working family in New Mexico.

As childcare continues to be in an ongoing crisis, studies have demonstrated what most families already know: There is a clear connection between reliable child care and parental well being. In a June 2020 national survey, the *American Journal of Pediatrics* found a strong connection between pandemic-driven loss of regular childcare with deteriorating mental health for parents and deteriorating behavioral health for kids. And a 2022 study in the *Journal of Developmental Behavioral Pediatrics* found that access to child care may significantly ease parenting stress and even protect new mothers against symptoms of depression.

As a response to this childcare crisis, in 2020 Growing Up New Mexico launched a program to support home-based childcare providers throughout the state. The goal was to find out what this large and underrepresented community of caregivers needed in order to keep doing their work and, ultimately, to grow and thrive. Growing Up New Mexico began with surveys and conversations in which providers could share needs, resources, and experiences with each other. These networks have continued and now feature information from experts in the field, professional development, and individualized coaching. Providers are paid stipends for their time participating as well as for other

training to increase the quality of care or strength of their business.

Home-based childcare makes up a significant portion of the childcare industry. According to a National Survey of Early Care and Education, there are one million home-based childcare providers, caring for just under three million children from birth to age 5. Roughly 30% of all U.S. infants and toddlers are being cared for in these small groups in people's homes.

In New Mexico, almost all of these caregivers are women, and a majority speak Spanish as their preferred language. Home-based caregivers are often experienced and trusted

members of communities and neighborhoods. Growing Up New Mexico found through survey data that nearly half of the providers (48%) had more than ten years of experience caring for children.

On February 1, 2024, Growing Up New Mexico hosted a panel of Family, Friend, and Neighbor (FFN) caregivers, attended by legislators and staff, local elected leaders, staff from the Early Childhood Education and Care Department (ECECD), early childhood advocates, and community members. The four childcare providers on the panel shared deeply moving and personal stories about their work caring for children in their



Courtesy photo: FFN caregiver Xochil speaks to the audience.



Courtesy photo: Lucia, helping children down the slide.

communities. They also advocated for policy makers to continue to support families and childcare providers throughout the state.

The group highlighted their most critical needs through their own stories: Emphasizing the need for language equity, better wages, and less bureaucratic complexity. Many attendees in the room were deeply moved to hear the provider's heartfelt experiences, from the challenges of getting licensed, to the way the caregivers spoke about the children in their care, and the families they relate to everyday.

"I do it because I love children," Lucia says. "I like to be a part of their development. I like to see them grow, and I learn from them, too."



Courtesy photo: Snack time in a caregiver's home.

Because home-based care is provided in smaller groups, children receive more personalized, attentive care. Research has shown that young children's attachment to loving and available caregivers who engage them in responsive relationships is crucial to healthy brain development and resilience.

Plus, home-based care is often provided during nontraditional hours, including evenings, overnight, weekends, and/or holidays. As another provider, Elvira, puts it, "Family childcare providers are flexible. If a mom says she needs care at 5 a.m., we open our doors."

New Mexico has made incredible progress and emerged as a national leader in early childhood, with establishment of the cabinet-level ECECD expansion of Child Care Assistance, and continued state investment in early childhood initiatives made possible through the Early Childhood Trust Fund and Land Grant Permanent Fund. But there is still much work to be done and much support that is needed. Many providers who try to become licensed encounter barriers and confusion in state and local regulations. Also, resources and trainings are often not available in Spanish for a population that is largely Spanish speaking, and low wages continue to be a foundational issue.

In a 2019 Workforce Survey by Latino Decisions and Growing Up New Mexico, 85% of home-based care providers reported earning less than \$30,000 a year. In 2023, New Mexico's Child Care Assistance (CCA) rates increased and improved pay for the providers who are able to accept CCA. "We need wages that match the work that we do," was caregiver Martha's comment at the February panel discussion.

For all the ways that these home-based care providers care for the community, Growing Up New Mexico believes we owe them increased support and recognition.

As panelist Xochil Calix said to the audience, "This is our life. We are not well paid but we take care of children with love and with care."

To learn more about home-based care, and how we can support home based care providers, you can go to the Growing Up New Mexico website: growingupnm.org/hbcc.

Calixte Raifsnider is the policy operations and communications manager at Growing Up New Mexico. She believes deeply in the power of community and is grateful to have the opportunity to support and uplift the voices of caregivers in New Mexico.



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Wildlife & WATER

*Black-billed magpie Pica dries her feathers after bathing.
Courtesy photo: New Mexico Wildlife Center.*

RACHEL BRUNTON

How wildlife handles the extreme heat in New Mexico.

In the world of birds, things are starting to slow down after spring migration, but their rest does not last for long. Birds have mated or are trying to look and sound their best to acquire a mate, and they may be already raising young chicks or waiting for their appearance. Compared to migration for species that partake, simply raising a nest sounds much easier than migrating and not as energy taxing, but that is not always the case. Producing eggs, building and protecting a nest, foraging or hunting to provide nutrients for young that eat so frequently, all while existing in the heat of New Mexico, is a challenging feat. The summer heat in the Southwest can be cruel to even the best adapted animal. Especially in the warmest months in the Southwest, lack of freshwater can be devastating to wildlife—and humans for that matter. Whether it be due to pollution, invasive species, or the climate crisis, learning about native wildlife in our backyards, how they handle the heat, how they utilize and depend on freshwater sources, and how we can create and encourage resources and habitat for wildlife in our own yards is the beginning steps for citizens to change our country's approach to protecting our most valuable assets, water being one of the most valuable.

Plentiful water provides such obvious benefits for both humans and wildlife; without water, there is no life. Riparian habitats may be the best representative of water supporting life. According to Audubon Southwest,

southwest riparian habitats support more than 100 state and federally listed threatened and endangered bird species, and they are home to the highest density of breeding birds in North America. During migration, wetlands and riparian habitat are highly sought after stopover sites for thousands of birds. To name a few, sandhill cranes and snow geese flock

to New Mexico's freshwater resources from the north, specifically relying on the Bosque del Apache National Wildlife Refuge and the Rio Grande Corridor. In the summer, wetlands are a hotbed of activity for waterfowl, songbirds, hummingbirds, and raptors resting in the warmer hours, while active in the early morning or evening.

Outside of choosing to be active in the cooler times of the day, and without the ability to sweat for cooling effect, birds are equipped with other physical qualities and behaviors to adapt to heat, and we can see these at play almost any day in the summer. Some birds practice gular fluttering, almost mimicking a dog panting as their mouth is open, they breathe in and



Courtesy photo: Bald eagle ambassador Dyami takes a bath after a training session. Credit: New Mexico Wildlife Center



Courtesy photo: A pied billed grebe patient in the hospital paddles around in the water.
Credit: New Mexico Wildlife Center

out rapidly, and as air exchanges and evaporates over moist membranes, a cooling effect is produced. You can see birds bathing, dipping even their head in the waters, and after, perching in a safe spot with feathers fluffed, allowing air to pass over wet feathers and cool them in effect. As feathers keep heat in during winter months, they can act in reverse by keeping heat out. The raven, with its black plumage, seems an interesting choice of color in a desert. This black color does draw in the sun's rays, but concentrates the warmth to the surface of the feathers. As they fly or a breeze comes by, the warm surroundings are simply blown away. Typically seen with vultures, urohidrosis—or urinating on one's own bare legs—has a cooling effect through evaporative cooling. However, in the hot sun, nothing can replace the availability of clean water for wildlife.

Providing a shallow bath of water for your backyard birds (and cleaning it frequently) is a simple way to support your local wildlife. Planting shade-producing native flora in your yard will encourage birds to rest at a cooler perch. Awareness of local activism and legislation helps protect those freshwater sources we cannot replace. This protection is not only for the direct benefit of wildlife, but for humans as well. If you have ever woken up on an early morning in May, put on your hiking boots, grabbed your camera, and taken a stroll along a river, stream, or bosque, you have directly benefited from the incredible beauty that freshwater provides. It nourishes not only our bodies but our souls. On larger bodies, you can see an osprey steep down head first to grab its prey where only moments before it breaks the water, it flips its talons to the water's surface and plunges into it to grasp its prey. In quiet streams, you can see a belted kingfisher performing its well-known flight pattern as it patrols its territory and looks for a suitable nesting sight on the bank. So many other witnessings of wildlife living their most successful and beautiful lives can be seen by freshwater.

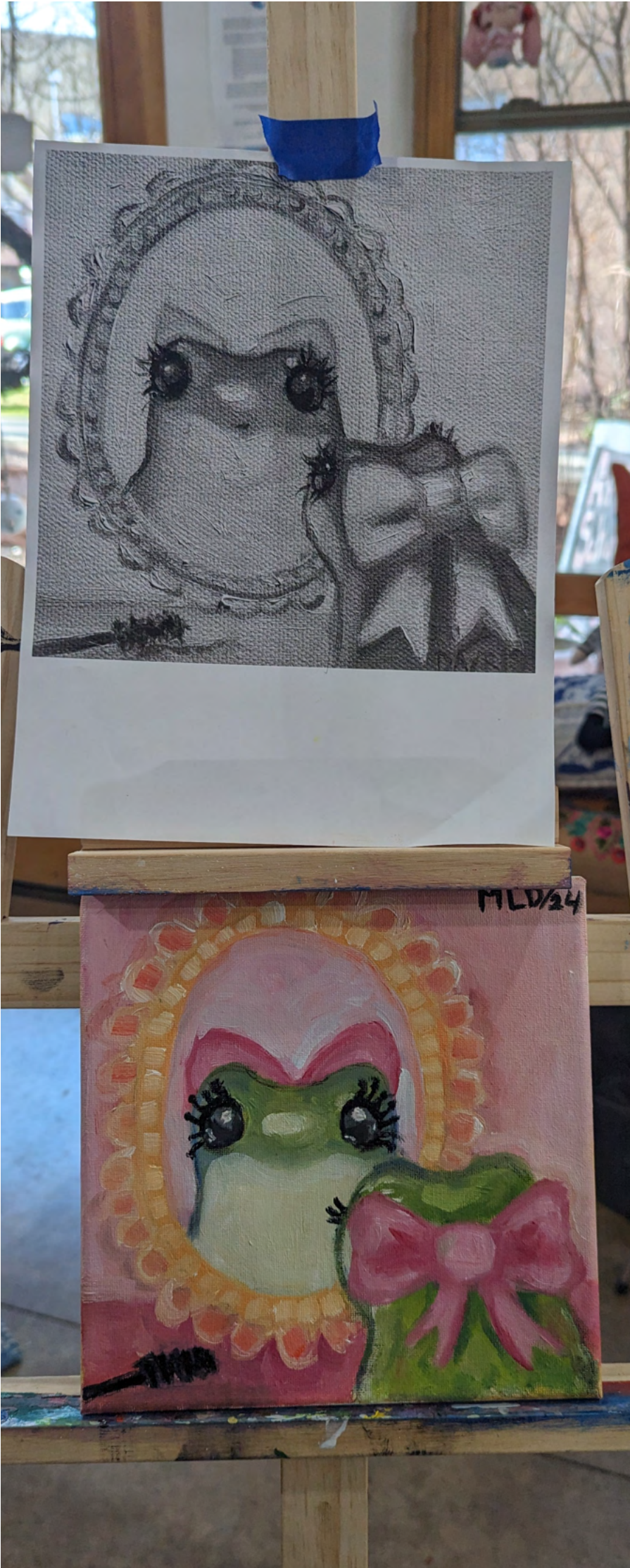
Outside of the need for water for cooling effect, the need for constant water for daily survival for invertebrate species, fish, semi aquatic mammals, and other water reliant animals, is huge. Conserving habitat like the Rio Chama, Rio Grande, and Pecos

River, habitats right in our own backyards, protects an outstanding amount of wildlife. A single individual may have the impression that they can't contribute effectively to improve conservation efforts for our wildlife, but with beginning in our own backyards and conserving our immediate habitat and wildlife, we can be successful bringing awareness to our neighbors and aiding wildlife that seek safe keeping on our property.

At New Mexico Wildlife Center, our hospital sees hundreds of wildlife patients every year, and we are the home to multiple ambassador animals. Providing water and shaded spaces for the animals is not groundbreaking, but nonetheless it is essential for the care of our animals. Often, after a training session in the summer, after flying with a trainer, or even after purposefully sunbathing, the birds will often seek out their water dishes and perform the most awkward baths, but also the most satisfying I'm sure. After receiving an intake in the hospital, hydration is always a focus. We have an obligation to conserve and improve our freshwater for all wildlife, not just for myself and many other New Mexico residents, but also the wildlife we care for at NMWC. Through only working together with individual residents, legislature, native tribes, conservation groups, farmers, and landowners will we make progress for the animals and humans that rely on freshwater.

If you find yourself around Espanola, you can drop by New Mexico Wildlife Center Tuesday through Sunday from 9 to 4 and learn about native New Mexico wildlife. You can also see how our non-releasable ambassadors cope with the heat in their enclosures, and what we as caretakers can do to help.

Rachael Brunton is the senior raptor trainer at New Mexico Wildlife Center. She and the Education department cares for and trains the Ambassador animals at the Center. Rachael is passionate about the wildlife in New Mexico and loves to educate the public about threats they face today and how we can be good stewards for conservation.



Art School Santa Fe courtesy photo.

Expanding
Possibilities
through

Adaptive Sports

CAMILLE ROMERO

From skiing to rock climbing to sailing, the Adaptive Sports Program New Mexico makes sports and recreation accessible to all.

As the development director for the Adaptive Sports Program New Mexico (ASPNM), a nonprofit organization dedicated to enhancing the lives of children and adults with disabilities through recreation, I have the privilege of working with many unique individuals and families around the state. Since its founding in 1985, ASPNM has placed a special emphasis on working with youth with special needs, encouraging them to develop a healthy lifestyle

while developing new skills and, most importantly, having fun in our beautiful outdoors. With activities ranging from adaptive skiing and snowboarding to rock climbing, waterskiing, archery, sailing, rafting, paddleboarding, and more, ASPNM gives those living with disabilities year-round opportunities to stay active and engaged while building a community of support and friendship.

While concepts like inclusion and accessibility are very common today, that wasn't necessarily the case in the mid-eighties, when a group of dedicated skiers got together to form the Adaptive Ski Program at Sandia Peak in Albuquerque. Those founders recognized that the ski slopes weren't physically accessible to all and took steps to open the door for everyone to experience the joy and exhilaration that accompanies a day on the slopes. For many years, the organization functioned exclusively as an adaptive ski program; however, recognizing that the need for recreational activities existed year-round, ASPNM expanded the scope of its services ten-plus years ago, adding a variety of new activities that place throughout the year and at locations throughout the state.

Today, inclusivity continues to be at the very heart of ASPNM's mission and values. ASPNM's programs are open to everyone with disability, no matter their age, ethnicity, race, gender, financial status, or location. If someone wants to attend, ASPNM makes every effort to ensure that they can safely do so, whether they use a wheelchair, have vision impairments, or are on the autism spectrum. ASPNM's programs are available for children as young as 5. While youth account for the largest

percentage of our participant base, ASPNM's programs are open to individuals of any age. In fact, our most senior participant during the most recent 2023-24 ski season is 88 years young. We highlight our age range to demonstrate that our programs can have long-term impact over the course of our participants' lifetimes. Our athletes never age out of their participation with ASPNM and can continue to build their skills and enhance their physical and mental health at any life stage.

Over my tenure with the organization, I've been on many adventures at ASPNM's programs throughout the state, forming strong friendships with the volunteers, participants, and family members that are the heart of ASPNM. One such friendship is with 13-year-old Lisette, a Santa Fe 7th grader, and her mom, Natalie Runyan. I've known Lisette since she was 6, and she has always been a great conversationalist, fun and funny, and very confident. She loves to swim and would swim to the middle of a lake if you let her. She enjoys going for long meandering walks, swinging super high on a swing, and playing with her dogs and cats. In other words, Lisette is a typical young teen with lots of interests and activities.



Courtesy photo: Camille Romero & Lisette Runyan at Ute Lake.



Courtesy photo: Lisette and mom Natalie Runyan in their element at Ute Lake.



Courtesy photo: Lisette and Natalie Runyan, middle center, having some fun with other participants at the Ute Lake Watersports Camp.

What differentiates Lisette from her peers is the fact that she was born with Down syndrome and had complications in her first eight years involving her heart, lungs, and leukemia. While it would be natural for any parent to want to keep their child somewhat sequestered to protect their health, Natalie felt it was equally important that Lisette experience the outdoor adventures that abound in New Mexico. "Our first ASPNM event was at Ute Lake near Tucumcari in 2016, where Lisette mostly swam until she was blue and shivering. She loved it. As a solo parent, I was relieved to be able to explore new activities that I wouldn't have felt confident doing with her otherwise. Over time, I've learned to let Lisette have adventures on her own with the other athletes and volunteers, which enriches her life immensely and gives me a chance to rest and relax, too." Today, Lisette is a regular at many ASPNM events, including skiing, climbing, and of course ASPNM's various water sports activities. ASPNM strives to be a resource for families like the Runyans, who might need a few adaptations or a bit of extra support in order to partake safely in various sports and recreational activities. While our staff and volunteers tailor each experience to the needs of a given athlete, ASPNM events are organized in a way that creates a community where persons with disabilities feel empowered, accepted, and supported.

Children and adults with special needs often feel isolated and overlooked. In New Mexico, recreational options, organized activities, and accessible facilities are limited for those with disabilities despite the state's immense pride in its recreation offerings. For these individuals, exercise is often relegated to physical therapy settings, with little beyond. Inactivity and social isolation can lead



Courtesy photo: Climbing at Cattle Call Wall.

to poor physical and mental health, which impacts not only the individuals but their caregivers and families. By creating the opportunity for individuals with disabilities to be active and engaged at any age, ASPNM empowers them to lead a happy and healthy lifestyle. Beyond the physical health benefits afforded by ASPNM's programs, many of our youth participants

report an increased sense of self-confidence and independence that permeates into their lives outside of ASPNM. Through ASPNM, our participants develop a large circle of support that includes fellow participants and their families, our dedicated staff members and committed volunteers.

Ginger Williams, ASPNM Board Member and parent of another 13-year-old ASPNM athlete, puts it thusly: "Ephraim has been faced with a world that has told him all the ways he doesn't fit in and isn't capable. He's been measured against peers in settings that are not built for him. Through his participation with ASPNM he feels like an athlete, he knows that he excels at something, he is supported and loved and celebrated. We are so grateful for the organization, the volunteers, and the supporters who make it all possible."

Community support is the lifeblood of ASPNM. In order to provide 1,000-plus adaptive lessons to nearly 300 athletes each year, ASPNM relies on a dedicated network of over 250 volunteers throughout the state. There are countless roles for volunteers within ASPNM; some receive special training to teach skiing, snowboarding, and climbing lessons to ASPNM's athletes; others help with administrative and fundraising efforts; and others conduct outreach on ASPNM's behalf. In addition to volunteer support, ASPNM receives generous in-kind support from Ski Santa Fe, which serves as the homebase for ASPNM's largest program, its annual winter sports program, in which over 150 athletes participate annually. Collectively, these efforts enhance the diversity and inclusivity within the abundant recreational opportunities in our state, creating an environment where individuals of all abilities can actively participate and flourish.

To learn more or get involved with ASPNM, please visit ASPNM.org.

Camille Romero has been the director of development of the Adaptive Sports Program New Mexico since 2015. Camille has worked in nonprofit leadership and development for nearly 20 years and is an avid outdoor enthusiast.

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

Calendar of Events

May

LEGEND

★ SPOTLIGHT



SPECIAL EVENTS

SUPPORT & COMMUNITY

SPORTS & ACTIVITY

VISUAL ARTS



PERFORMING ARTS

EDUCATION/ENRICHMENT

NATURE

ENTERTAINMENT

Sunday	Monday	Tuesday	Wednesday
			<div>1</div> <div><div><div><div>Origami in the Garden 9 AM - 1 PM</div><div>DaVinci Machines Exhibit Every Day 9 AM - 5 PM</div><div>Music and Movement in Los Alamos 9:30 - 10 AM</div><div>Bilingual Books and Babies at Main Library 10 - 11 AM</div><div>Many Mothers' Play Area 10 AM - 12 PM</div><div>Storytime at White Rock Branch Library 10:15 - 10:45 AM</div><div>Toddler Tunes 10:30 - 11 AM</div><div>Wee Wednesdays 10:30 - 11:30 AM</div></div><div><div><div>Storytime and Craft at La Farge Library 10:30 - 11:30 AM</div><div>Puzzling Adventures Scavenger Hunt Every Day 11 AM - 11 PM</div><div>Animal Encounters Every Day Except Mondays 11:30 AM</div><div>What's Up Wednesday 1:30 - 3 PM</div><div>Teen Lounge at La Farge Library 1:30 - 3:30 PM</div><div>Youth Chess at Main Library 5:45 - 7:45 PM</div></div></div></div></div>
<div>5</div> <div><div><div>Dawn 'til Dusk Day All Day</div><div>Free First Sundays All Day</div><div>DaVinci Machines Exhibit 9 AM - 5 PM</div><div>Family Art Making at New Mexico Museum of Art-Vladem Contemporary 10 AM - 12 PM</div><div>Puzzling Adventures Scavenger Hunt 11 AM - 11 PM</div><div>Animal Encounters 11:30 AM</div></div></div>	<div>6</div> <div><div><div>Origami in the Garden 9 AM - 1 PM</div><div>DaVinci Machines Exhibit 9 AM - 5 PM</div><div>Elements of Art: Storytime 10 - 11 AM</div><div>Nature Playtime 10 - 11 AM</div><div>Many Mothers' Play Area 10 AM - 12 PM</div><div>Queen Bee Sing-along with Sarah Jane 10:30 - 11:15 AM</div><div>Toddler Free Swim at GCCC 10:45 AM - 12 PM</div><div>Puzzling Adventures Scavenger Hunt 11 AM - 11 PM</div><div>Monday Funday at Meow Wolf 3 - 8 PM</div><div>Birth Talk Los Alamos 6:30 - 8:30 PM</div><div>TEACHER APPRECIATION WEEK</div></div></div>	<div>7</div> <div><div><div>Origami in the Garden 9 AM - 1 PM</div><div>DaVinci Machines Exhibit 9 AM - 5 PM</div><div>Music and Movement in Los Alamos 9:30 - 10 AM</div><div>Chit-Chat Playtime 9:30 - 10:30 AM</div><div>Babytime Los Alamos 10:15 - 11 AM</div><div>Storytime and Craft at Southside Library 10:30 - 11:30 AM</div><div>Toddler Free Swim at GCCC 10:45 AM - 12 PM</div><div>Puzzling Adventures Scavenger Hunt 11 AM - 11 PM</div><div>Animal Encounters 11:30 AM</div><div>Circus Play for Families at Wise Fool 2:30 - 3:30 PM</div><div>After School Art at Main Library 3:30 - 4:30 PM</div></div></div>	<div>8</div> <div><div><div>Origami in the Garden 9 AM - 1 PM</div><div>DaVinci Machines Exhibit 9 AM - 5 PM</div><div>Music and Movement in Los Alamos 9:30 - 10 AM</div><div>Bilingual Books and Babies at Main Library 10 - 11 AM</div><div>Many Mothers' Play Area 10 AM - 12 PM</div><div>Storytime at White Rock Branch Library 10:15 - 10:45 AM</div><div>Wee Wednesdays 10:30 - 11:30 AM</div><div>Storytime and Craft at La Farge Library 10:30 - 11:30 AM</div></div><div><div><div>Toddler Free Swim at GCCC 10:45 AM - 12 PM</div><div>Puzzling Adventures Scavenger Hunt 11 AM - 11 PM</div><div>Animal Encounters 11:30 AM</div><div>Adventures in STEM 1:30 - 2:30 PM</div><div>What's Up Wednesday 1:30 - 3 PM</div><div>Teen Lounge at La Farge Library 1:30 - 3:30 PM</div><div>Youth Chess at Main Library 5:45 - 7:45 PM</div></div></div></div>
<div>12</div> <div><div><div>DaVinci Machines Exhibit 9 AM - 5 PM</div><div>★ Family Day: Celebrate Art to G.O.! At the Georgia O'Keeffe Museum 10:30 AM - 2:30 PM</div><div>Puzzling Adventures Scavenger Hunt 11 AM - 11 PM</div><div>Animal Encounters 11:30 AM</div><div>★ Spring into Summer Music Festival 12 PM</div><div>MOTHER'S DAY</div></div></div>	<div>13</div> <div><div><div>Origami in the Garden 9 AM - 1 PM</div><div>DaVinci Machines Exhibit 9 AM - 5 PM</div><div>Nature Playtime 10 - 11 AM</div><div>Many Mothers' Play Area 10 AM - 12 PM</div><div>Queen Bee Sing-along with Sarah Jane 10:30 - 11:15 AM</div><div>Toddler Free Swim at GCCC 10:45 AM - 12 PM</div><div>Puzzling Adventures Scavenger Hunt 11 AM - 11 PM</div><div>Monday Funday at Meow Wolf 3 - 8 PM</div><div>Young Creators Project 3:30 - 5:30 PM</div><div>Paws and Pages 4:30 - 5:30 PM</div><div>Grandparents Raising Grandchildren 6 - 7 PM</div><div>Trans + Nonbinary Family Support Group 6:25 - 7:30 PM</div></div></div>	<div>14</div> <div><div><div>Origami in the Garden 9 AM - 1 PM</div><div>DaVinci Machines Exhibit 9 AM - 5 PM</div><div>Music and Movement in Los Alamos 9:30 - 10 AM</div><div>Chit-Chat Playtime 9:30 - 10:30 AM</div><div>Babytime Los Alamos 10:15 - 11 AM</div><div>Storytime and Craft at Southside Library 10:30 - 11:30 AM</div><div>Toddler Free Swim at GCCC 10:45 AM - 12 PM</div><div>Puzzling Adventures Scavenger Hunt 11 AM - 11 PM</div><div>Animal Encounters 11:30 AM</div><div>Circus Play for Families at Wise Fool 2:30 - 3:30 PM</div><div>After School Art at Main Library 3:30 - 4:30 PM</div></div></div>	<div>15</div> <div><div><div>Origami in the Garden 9 AM - 1 PM</div><div>DaVinci Machines Exhibit 9 AM - 5 PM</div><div>Music and Movement in Los Alamos 9:30 - 10 AM</div><div>Bilingual Books and Babies at Main Library 10 - 11 AM</div><div>Toddler Craft Time 10 - 11 AM</div><div>Many Mothers' Play Area 10 AM - 12 PM</div><div>Storytime at White Rock Branch Library 10:15 - 10:45 AM</div><div>Wee Wednesdays 10:30 - 11:30 AM</div></div><div><div><div>Storytime and Craft at La Farge Library 10:30 - 11:30 AM</div><div>Toddler Free Swim at GCCC 10:45 AM - 12 PM</div><div>Puzzling Adventures Scavenger Hunt 11 AM - 11 PM</div><div>Animal Encounters 11:30 AM</div><div>Adventures in STEM 1:30 - 2:30 PM</div><div>What's Up Wednesday 1:30 - 3 PM</div><div>Teen Lounge at La Farge Library 1:30 - 3:30 PM</div><div>Youth Chess at Main Library 5:45 - 7:45 PM</div></div></div></div>
<div>19</div> <div><div><div>DaVinci Machines Exhibit 9 AM - 5 PM</div><div>Puzzling Adventures Scavenger Hunt 11 AM - 11 PM</div><div>Animal Encounters 11:30 AM</div></div></div>	<div>20</div> <div><div><div>Origami in the Garden 9 AM - 1 PM</div><div>DaVinci Machines Exhibit 9 AM - 5 PM</div><div>Elements of Art: Storytime 10 - 11 AM</div><div>Nature Playtime 10 - 11 AM</div><div>Many Mothers' Play Area 10 AM - 12 PM</div><div>Queen Bee Sing-along with Sarah Jane 10:30 - 11:15 AM</div><div>Toddler Free Swim at GCCC 10:45 AM - 12 PM</div><div>Puzzling Adventures Scavenger Hunt 11 AM - 11 PM</div><div>Monday Funday at Meow Wolf 3 - 8 PM</div></div></div>	<div>21</div> <div><div><div>Origami in the Garden 9 AM - 1 PM</div><div>DaVinci Machines Exhibit 9 AM - 5 PM</div><div>Music and Movement in Los Alamos 9:30 - 10 AM</div><div>Chit-Chat Playtime 9:30 - 10:30 AM</div><div>Babytime Los Alamos 10:15 - 11 AM</div><div>Storytime and Craft at Southside Library 10:30 - 11:30 AM</div><div>Toddler Free Swim at GCCC 10:45 AM - 12 PM</div><div>Puzzling Adventures Scavenger Hunt 11 AM - 11 PM</div><div>Animal Encounters 11:30 AM</div><div>Circus Play for Families at Wise Fool 2:30 - 3:30 PM</div><div>After School Art at Main Library 3:30 - 4:30 PM</div></div></div>	<div>22</div> <div><div><div>Origami in the Garden 9 AM - 1 PM</div><div>DaVinci Machines Exhibit 9 AM - 5 PM</div><div>Music and Movement in Los Alamos 9:30 - 10 AM</div><div>Bilingual Books and Babies at Main Library 10 - 11 AM</div><div>Many Mothers' Play Area 10 AM - 12 PM</div><div>Storytime at White Rock Branch Library 10:15 - 10:45 AM</div><div>Wee Wednesdays 10:30 - 11:30 AM</div></div><div><div><div>Storytime and Craft at La Farge Library 10:30 - 11:30 AM</div><div>Toddler Free Swim at GCCC 10:45 AM - 12 PM</div><div>Puzzling Adventures Scavenger Hunt 11 AM - 11 PM</div><div>Animal Encounters 11:30 AM</div><div>What's Up Wednesday 1:30 - 3 PM</div><div>Teen Lounge at La Farge Library 1:30 - 3:30 PM</div><div>Youth Chess at Main Library 5:45 - 7:45 PM</div></div></div></div>
<div>26</div> <div><div><div>DaVinci Machines Exhibit 9 AM - 5 PM</div><div>★ Mayfest in the Mountains - Visit Red River All Day</div><div>Puzzling Adventures Scavenger Hunt 11 AM - 11 PM</div><div>Animal Encounters 11:30 AM</div></div></div>	<div>27</div> <div><div><div>Origami in the Garden 9 AM - 1 PM</div><div>DaVinci Machines Exhibit 9 AM - 5 PM</div><div>Nature Playtime 10 - 11 AM</div><div>Many Mothers' Play Area 10 AM - 12 PM</div><div>Queen Bee Sing-along with Sarah Jane 10:30 - 11:15 AM</div><div>Toddler Free Swim at GCCC 10:45 AM - 12 PM</div><div>Puzzling Adventures Scavenger Hunt 11 AM - 11 PM</div><div>Monday Funday at Meow Wolf 3 - 8 PM</div><div>Young Creators Project 3:30 - 5:30 PM</div><div>Paws and Pages 4:30 - 5:30 PM</div><div>MEMORIAL DAY</div></div></div>	<div>28</div> <div><div><div>Origami in the Garden 9 AM - 1 PM</div><div>DaVinci Machines Exhibit 9 AM - 5 PM</div><div>Music and Movement in Los Alamos 9:30 - 10 AM</div><div>Chit-Chat Playtime 9:30 - 10:30 AM</div><div>Many Mothers' Play Area 10 AM - 12 PM</div><div>Babytime Los Alamos 10:15 - 11 AM</div><div>Storytime and Craft at Southside Library 10:30 - 11:30 AM</div><div>Toddler Free Swim at GCCC 10:45 AM - 12 PM</div><div>Puzzling Adventures Scavenger Hunt 11 AM - 11 PM</div><div>Animal Encounters 11:30 AM</div><div>Circus Play for Families at Wise Fool 2:30 - 3:30 PM</div><div>After School Art at Main Library 3:30 - 4:30 PM</div></div></div>	<div>29</div> <div><div><div>Origami in the Garden 9 AM - 1 PM</div><div>DaVinci Machines Exhibit 9 AM - 5 PM</div><div>Music and Movement in Los Alamos 9:30 - 10 AM</div><div>Bilingual Books and Babies at Main Library 10 - 11 AM</div><div>Many Mothers' Play Area 10 AM - 12 PM</div><div>Storytime at White Rock Branch Library 10:15 - 10:45 AM</div><div>Wee Wednesdays 10:30 - 11:30 AM</div></div><div><div><div>Storytime and Craft at La Farge Library 10:30 - 11:30 AM</div><div>Toddler Free Swim at GCCC 10:45 AM - 12 PM</div><div>Puzzling Adventures Scavenger Hunt 11 AM - 11 PM</div><div>Animal Encounters 11:30 AM</div><div>What's Up Wednesday 1:30 - 3 PM</div><div>Teen Lounge at La Farge Library 1:30 - 3:30 PM</div><div>Youth Chess at Main Library 5:45 - 7:45 PM</div></div></div></div>

Thursday		Friday		Saturday	
2	<div>Origami in the Garden 9 AM - 1 PM</div> <div>DaVinci Machines Exhibit 9 AM - 5 PM</div> <div>Music and Movement in Los Alamos 9:30 - 10 AM</div> <div>Many Mothers' Play Area 10 AM - 12 PM</div> <div>Seeds and Sprouts 10:30 - 11:30 AM</div> <div>Storytime and Craft at Main Library 10:30 - 11:30 AM</div> <div>Yoga and Movement for Kids 10:30 - 11:30 AM</div> <div>Puzzling Adventures Scavenger Hunt 11 AM - 11 PM</div> <div>Animal Encounters 11:30 AM</div> <div>Fun With Firefighters 1 - 2 PM</div> <div>Thursdays are Yours 4 - 7PM</div> <div>Pajama Storytime at Southside Library 6:30 - 7:30 PM</div>	3	<div>DaVinci Machines Exhibit 9 AM - 5 PM</div> <div>Bilingual Books and Babies at La Farge Library 10 - 10:30 AM</div> <div>Animal Encounters 11:30 AM</div> <div>First Friday Fractals 8 - 9 PM</div> <div>Puzzling Adventures Scavenger Hunt 11 AM - 11 PM</div>	4	<div>DaVinci Machines Exhibit 9 AM - 5 PM</div> <div>Music and Movement in Los Alamos 9:30 - 10 AM</div> <div>Parent and Tot Creative Movement at the Main Library 10 - 10:30 AM</div> <div>★ Mother's Day Arts & Crafts Extravaganza at Early Learning Center at Kaune 10 AM - 2 PM</div> <div>Storytime at Mesa Public Library 10:15 - 10:45 AM</div> <div>Collected Works Kids Storytime 10:30 - 11:30 AM</div> <div>Baby and Toddler Play Hour at the Main Library 10:30 - 11:30 AM</div> <div>Puzzling Adventures Scavenger Hunt 11 AM - 11 PM</div> <div>Animal Encounters 11:30 AM</div> <div>Read to a Pup! At the Southside Library 11:30 AM - 12:30 PM</div> <div>Meet Cornelius the Snake 1 - 2 PM</div> <div>Science Saturdays 2 - 4 PM</div>
9	<div>Origami in the Garden 9 AM - 1 PM</div> <div>DaVinci Machines Exhibit 9 AM - 5 PM</div> <div>Music and Movement in Los Alamos 9:30 - 10 AM</div> <div>Many Mothers' Play Area 10 AM - 12 PM</div> <div>Seeds and Sprouts 10:30 - 11:30 AM</div> <div>Storytime and Craft at Main Library 10:30 - 11:30 AM</div> <div>Yoga and Movement for Kids 10:30 - 11:30 AM</div> <div>Toddler Free Swim at GCCC 10:45 AM - 12 PM</div> <div>Puzzling Adventures Scavenger Hunt 11 AM - 11 PM</div> <div>Animal Encounters 11:30 AM</div> <div>Fun With Firefighters 1 - 2 PM</div> <div>Hands-On Art Making with Georgia O' Keeffe Museum 3:30 - 5 PM</div> <div>Anime Club 5:30 - 7:30 PM</div> <div>Thursdays are Yours 4 - 7PM</div> <div>Pajama Storytime at Southside Library 6:30 - 7:30 PM</div>	10	<div>DaVinci Machines Exhibit 9 AM - 5 PM</div> <div>Bilingual Books and Babies at La Farge Library 10 - 10:30 AM</div> <div>Toddler Free Swim at GCCC 10:45 AM - 12 PM</div> <div>Animal Encounters 11:30 AM</div> <div>Puzzling Adventures Scavenger Hunt 11 AM - 11 PM</div> <div>Opera Basics with Oliver Prezant at Collected Works 5:30 - 7:30 PM</div>	11	<div>DaVinci Machines Exhibit 9 AM - 5 PM</div> <div>Music and Movement in Los Alamos 9:30 - 10 AM</div> <div>Parent and Tot Creative Movement at the Main Library 10 - 10:30 AM</div> <div>Storytime at Mesa Public Library 10:15 - 10:45 AM</div> <div>Baby and Toddler Play Hour at the Main Library 10:30 - 11:30 AM</div> <div>Puzzling Adventures Scavenger Hunt 11 AM - 11 PM</div> <div>Animal Encounters 11:30 AM</div> <div>Read to a Pup! At the Southside Library 11:30 AM - 12:30 PM</div> <div>Meet Cornelius the Snake 1 - 2 PM</div> <div>Science Saturdays 2 - 4 PM</div>
16	<div>Origami in the Garden 9 AM - 1 PM</div> <div>DaVinci Machines Exhibit 9 AM - 5 PM</div> <div>Music and Movement in Los Alamos 9:30 - 10 AM</div> <div>Autism Support Group 10 - 11 AM</div> <div>Many Mothers' Play Area 10 AM - 12 PM</div> <div>Seeds and Sprouts 10:30 - 11:30 AM</div> <div>Storytime and Craft at Main Library 10:30 - 11:30 AM</div> <div>Yoga and Movement for Kids 10:30 - 11:30 AM</div> <div>Toddler Free Swim at GCCC 10:45 AM - 12 PM</div> <div>Puzzling Adventures Scavenger Hunt 11 AM - 11 PM</div> <div>Animal Encounters 11:30 AM</div> <div>Thursdays are Yours 4 - 7 PM</div> <div>Pajama Storytime at Southside Library 6:30 - 7:30 PM</div>	17	<div>DaVinci Machines Exhibit 9 AM - 5 PM</div> <div>Bilingual Books and Babies at La Farge Library 10 - 10:30 AM</div> <div>Toddler Free Swim at GCCC 10:45 AM - 12 PM</div> <div>Animal Encounters 11:30 AM</div> <div>Puzzling Adventures Scavenger Hunt 11 AM - 11 PM</div>	18	<div>DaVinci Machines Exhibit 9 AM - 5 PM</div> <div>Music and Movement in Los Alamos 9:30 - 10 AM</div> <div>Parent and Tot Creative Movement at the Main Library 10 - 10:30 AM</div> <div>Storytime at Mesa Public Library 10:15 - 10:45 AM</div> <div>Collected Works Kids Storytime 10:30 - 11:30 AM</div> <div>Baby and Toddler Play Hour at the Main Library 10:30 - 11:30 AM</div> <div>Puzzling Adventures Scavenger Hunt 11 AM - 11 PM</div> <div>Animal Encounters 11:30 AM</div> <div>Read to a Pup! At the Southside Library 11:30 AM - 12:30 PM</div> <div>Meet Cornelius the Snake 1 - 2 PM</div> <div>Science Saturdays 2 - 4 PM</div>
23	<div>Origami in the Garden 9 AM - 1 PM</div> <div>DaVinci Machines Exhibit 9 AM - 5 PM</div> <div>Music and Movement in Los Alamos 9:30 - 10 AM</div> <div>Many Mothers' Play Area 10 AM - 12 PM</div> <div>Seeds and Sprouts 10:30 - 11:30 AM</div> <div>Storytime and Craft at Main Library 10:30 - 11:30 AM</div> <div>Yoga and Movement for Kids 10:30 - 11:30 AM</div> <div>Toddler Free Swim at GCCC 10:45 AM - 12 PM</div> <div>Puzzling Adventures Scavenger Hunt 11 AM - 11 PM</div> <div>Animal Encounters 11:30 AM</div> <div>Thursdays are Yours 4 - 7PM</div> <div>Random Fandom 6 - 7:30 PM</div> <div>Pajama Storytime at Southside Library 6:30 - 7:30 PM</div>	24	<div>DaVinci Machines Exhibit 9 AM - 5 PM</div> <div>★ Mayfest in the Mountains - Visit Red River All Day</div> <div>Bilingual Books and Babies at La Farge Library 10 - 10:30 AM</div> <div>Toddler Free Swim at GCCC 10:45 AM - 12 PM</div> <div>Animal Encounters 11:30 AM</div> <div>Puzzling Adventures Scavenger Hunt 11 AM - 11 PM</div> <div>Opera Basics with Oliver Prezant at Collected Works 5:30 - 7:30 PM</div>	25	<div>DaVinci Machines Exhibit 9 AM - 5 PM</div> <div>★ Mayfest in the Mountains - Visit Red River All Day</div> <div>Music and Movement in Los Alamos 9:30 - 10 AM</div> <div>Parent and Tot Creative Movement at the Main Library 10 - 10:30 AM</div> <div>Storytime at Mesa Public Library 10:15 - 10:45 AM</div> <div>Baby and Toddler Play Hour at the Main Library 10:30 - 11:30 AM</div> <div>Puzzling Adventures Scavenger Hunt 11 AM - 11 PM</div> <div>Animal Encounters 11:30 AM</div> <div>Read to a Pup! At the Southside Library 11:30 AM - 12:30 PM</div> <div>★ Children's Theatre Festival 1 - 3:30 PM</div> <div>Meet Cornelius the Snake 1 - 2 PM</div> <div>Science Saturdays 2 - 4 PM</div>
30	<div>Origami in the Garden 9 AM - 1 PM</div> <div>DaVinci Machines Exhibit 9 AM - 5 PM</div> <div>Music and Movement in Los Alamos 9:30 - 10 AM</div> <div>Many Mothers' Play Area 10 AM - 12 PM</div> <div>Seeds and Sprouts 10:30 - 11:30 AM</div> <div>Storytime and Craft at Main Library 10:30 - 11:30 AM</div> <div>Yoga and Movement for Kids 10:30 - 11:30 AM</div> <div>Toddler Free Swim at GCCC 10:45 AM - 12 PM</div> <div>Puzzling Adventures Scavenger Hunt 11 AM - 11 PM</div> <div>Animal Encounters 11:30 AM</div> <div>Thursdays are Yours 4 - 7PM</div> <div>Pajama Storytime at Southside Library 6:30 - 7:30 PM</div>	31	<div>DaVinci Machines Exhibit 9 AM - 5 PM</div> <div>Bilingual Books and Babies at La Farge Library 10 - 10:30 AM</div> <div>Toddler Free Swim at GCCC 10:45 AM - 12 PM</div> <div>Animal Encounters 11:30 AM</div> <div>Puzzling Adventures Scavenger Hunt 11 AM - 11 PM</div> <div>★ Movies in the Park 7:30 - 10 PM</div>		

Calendar of Events

June

LEGEND

★ **SPOTLIGHT**



SPECIAL EVENTS

SUPPORT & COMMUNITY

SPORTS & ACTIVITY

VISUAL ARTS



PERFORMING ARTS

EDUCATION/ENRICHMENT

NATURE

ENTERTAINMENT

Sunday	Monday	Tuesday	Wednesday
2	3	4	5
<div>DaVinci Machines Exhibit 9 AM - 5 PM</div> <div>Dawn 'til Dusk Day All Day</div> <div>Free First Sundays All Day</div> <div>Family Art Making at New Mexico Museum of Art-Vladem Contemporary 10 AM - 12 PM</div> <div>★ Santa Fe Spring Festival at El Rancho De Las Golondrinas 10 AM - 4 PM</div> <div>Family Mornings at Folk Art 11 AM - 1 PM</div> <div>Animal Encounters 11:30 AM</div>	<div>Origami in the Garden 9 AM - 1 PM</div> <div>DaVinci Machines Exhibit 9 AM - 5 PM</div> <div>Nature Playtime 10 - 11 AM</div> <div>Elements of Art: Storytime 10 - 11 AM</div> <div>Many Mothers' Play Area 10 AM - 12 PM</div> <div>Queen Bee Sing-along with Sarah Jane 10:30 - 11:15 AM</div> <div>Toddler Free Swim at GCCC 10:45 AM - 12 PM</div> <div>Monday Funday at Meow Wolf 3 - 8 PM</div> <div>Birth Talk Los Alamos 6:30 - 8:30 PM</div>	<div>Origami in the Garden 9 AM - 1 PM</div> <div>DaVinci Machines Exhibit 9 AM - 5 PM</div> <div>Music and Movement in Los Alamos 9:30 - 10 AM</div> <div>Chit-Chat Playtime 9:30 - 10:30 AM</div> <div>Many Mothers' Play Area 10 AM - 12 PM</div> <div>Babytime Los Alamos 10:15 - 11 AM</div> <div>Storytime and Craft at Southside Library 10:30 - 11:30 AM</div> <div>Toddler Free Swim at GCCC 10:45 AM - 12 PM</div> <div>Art Explored! Storytime at the New Mexico Museum of Art Library 11 AM - 12 PM</div> <div>Animal Encounters 11:30 AM</div> <div>Circus Play for Families at Wise Fool 2:30 - 3:30 PM</div> <div>After School Art at Main Library 3:30 - 4:30 PM</div>	<div>Origami in the Garden 9 AM - 1 PM</div> <div>DaVinci Machines Exhibit 9 AM - 5 PM</div> <div>Music and Movement in Los Alamos 9:30 - 10 AM</div> <div>Bilingual Books and Babies at Main Library 10 - 11 AM</div> <div>Many Mothers' Play Area 10 AM - 12 PM</div> <div>Storytime at White Rock Branch Library 10:15 - 10:45 AM</div> <div>Toddler Tunes 10:30 - 11 AM</div> <div>Wee Wednesdays 10:30 - 11:30 AM</div> <div>Storytime and Craft at La Farge Library 10:30 - 11:30 AM</div> <div>Toddler Free Swim at GCCC 10:45 AM - 12 PM</div> <div>Adventures in STEM 1:30 - 2:30 PM</div> <div>What's Up Wednesday 1:30 - 3 PM</div> <div>Teen Lounge at La Farge Library 1:30 - 3:30 PM</div> <div>Youth Chess at Main Library 5:45 - 7:45 PM</div>
9	10	11	12
<div>DaVinci Machines Exhibit 9 AM - 5 PM</div> <div>Family Day: Flower Power At the Georgia O'Keeffe Museum 10:30 AM - 2:30 PM</div> <div>Animal Encounters 11:30 AM</div>	<div>Origami in the Garden 9 AM - 1 PM</div> <div>DaVinci Machines Exhibit 9 AM - 5 PM</div> <div>Nature Playtime 10 - 11 AM</div> <div>Many Mothers' Play Area 10 AM - 12 PM</div> <div>Queen Bee Sing-along with Sarah Jane 10:30 - 11:15 AM</div> <div>Monday Funday at Meow Wolf 3 - 8 PM</div> <div>Young Creators Project 3:30 - 5:30 PM</div> <div>Paws and Pages 4:30 - 5:30 PM</div> <div>Grandparents Raising Grandchildren 6 - 7 PM</div> <div>Trans + Nonbinary Family Support Group 6:25 - 7:30 PM</div>	<div>Origami in the Garden 9 AM - 1 PM</div> <div>DaVinci Machines Exhibit 9 AM - 5 PM</div> <div>Music and Movement in Los Alamos 9:30 - 10 AM</div> <div>Chit-Chat Playtime 9:30 - 10:30 AM</div> <div>Many Mothers' Play Area 10 AM - 12 PM</div> <div>Babytime Los Alamos 10:15 - 11 AM</div> <div>Storytime and Craft at Southside Library 10:30 - 11:30 AM</div> <div>Art Explored! Storytime at the New Mexico Museum of Art Library 11 AM - 12 PM</div> <div>Animal Encounters 11:30 AM</div> <div>Circus Play for Families at Wise Fool 2:30 - 3:30 PM</div> <div>After School Art at Main Library 3:30 - 4:30 PM</div>	<div>Origami in the Garden 9 AM - 1 PM</div> <div>DaVinci Machines Exhibit 9 AM - 5 PM</div> <div>Music and Movement in Los Alamos 9:30 - 10 AM</div> <div>Bilingual Books and Babies at Main Library 10 - 11 AM</div> <div>Many Mothers' Play Area 10 AM - 12 PM</div> <div>Storytime at White Rock Branch Library 10:15 - 10:45 AM</div> <div>Wee Wednesdays 10:30 - 11:30 AM</div> <div>Storytime and Craft at La Farge Library 10:30 - 11:30 AM</div> <div>Can You Dig It? Hands-on Archaeology 11 AM - 3 PM</div> <div>Animal Encounters 11:30 AM</div> <div>What's Up Wednesday 1:30 - 3 PM</div> <div>Teen Lounge at La Farge Library 1:30 - 3:30 PM</div> <div>Youth Chess at Main Library 5:45 - 7:45 PM</div>
16	17	18	19
<div>DaVinci Machines Exhibit 9 AM - 5 PM</div> <div>Animal Encounters 11:30 AM</div> <div>FATHER'S DAY</div>	<div>Origami in the Garden 9 AM - 1 PM</div> <div>DaVinci Machines Exhibit 9 AM - 5 PM</div> <div>Nature Playtime 10 - 11 AM</div> <div>Elements of Art: Storytime 10 - 11 AM</div> <div>Many Mothers' Play Area 10 AM - 12 PM</div> <div>Queen Bee Sing-along with Sarah Jane 10:30 - 11:15 AM</div> <div>Toddler Free Swim at GCCC 10:45 AM - 12 PM</div> <div>Puzzling Adventures Scavenger Hunt 11 AM - 11 PM</div> <div>Monday Funday at Meow Wolf 3 - 8 PM</div>	<div>Origami in the Garden 9 AM - 1 PM</div> <div>DaVinci Machines Exhibit 9 AM - 5 PM</div> <div>Music and Movement in Los Alamos 9:30 - 10 AM</div> <div>Chit-Chat Playtime 9:30 - 10:30 AM</div> <div>Many Mothers' Play Area 10 AM - 12 PM</div> <div>Babytime Los Alamos 10:15 - 11 AM</div> <div>Storytime and Craft at Southside Library 10:30 - 11:30 AM</div> <div>Toddler Free Swim at GCCC 10:45 AM - 12 PM</div> <div>Art Explored! Storytime at the New Mexico Museum of Art Library 11 AM - 12 PM</div> <div>Puzzling Adventures Scavenger Hunt 11 AM - 11 PM</div> <div>Animal Encounters 11:30 AM</div> <div>Circus Play for Families at Wise Fool 2:30 - 3:30 PM</div> <div>After School Art at Main Library 3:30 - 4:30 PM</div>	<div>Origami in the Garden 9 AM - 1 PM</div> <div>DaVinci Machines Exhibit 9 AM - 5 PM</div> <div>Music and Movement in Los Alamos 9:30 - 10 AM</div> <div>Queen Bee Sing-along with Sarah Jane 9:30 - 10 AM</div> <div>Bilingual Books and Babies at Main Library 10 - 11 AM</div> <div>Toddler Craft Time 10 - 11 AM</div> <div>Many Mothers' Play Area 10 AM - 12 PM</div> <div>JUNETEENTH</div> <div>Storytime at White Rock Branch Library 10:15 - 10:45 AM</div> <div>Storytime and Craft at La Farge Library 10:30 - 11:30 AM</div> <div>Toddler Free Swim at GCCC 10:45 AM - 12 PM</div> <div>Animal Encounters 11:30 AM</div> <div>What's Up Wednesday 1:30 - 3 PM</div> <div>Teen Lounge at La Farge Library 1:30 - 3:30 PM</div> <div>Youth Chess at Main Library 5:45 - 7:45 PM</div>
23	24	25	26
<div>DaVinci Machines Exhibit 9 AM - 5 PM</div> <div>Puzzling Adventures Scavenger Hunt 11 AM - 11 PM</div> <div>Animal Encounters 11:30 AM</div> <div>DaVinci Machines Exhibit 9 AM - 5 PM</div> <div>Puzzling Adventures Scavenger Hunt 11 AM - 11 PM</div> <div>Animal Encounters 11:30 AM</div>	<div>Origami in the Garden 9 AM - 1 PM</div> <div>DaVinci Machines Exhibit 9 AM - 5 PM</div> <div>Nature Playtime 10 - 11 AM</div> <div>Many Mothers' Play Area 10 AM - 12 PM</div> <div>Queen Bee Sing-along with Sarah Jane 10:30 - 11:15 AM</div> <div>Toddler Free Swim at GCCC 10:45 AM - 12 PM</div> <div>Monday Funday at Meow Wolf 3 - 8 PM</div> <div>Young Creators Project 3:30 - 5:30 PM</div> <div>Paws and Pages 4:30 - 5:30 PM</div>	<div>Origami in the Garden 9 AM - 1 PM</div> <div>DaVinci Machines Exhibit 9 AM - 5 PM</div> <div>Music and Movement in Los Alamos 9:30 - 10 AM</div> <div>Chit-Chat Playtime 9:30 - 10:30 AM</div> <div>Many Mothers' Play Area 10 AM - 12 PM</div> <div>Babytime Los Alamos 10:15 - 11 AM</div> <div>Storytime and Craft at Southside Library 10:30 - 11:30 AM</div> <div>Toddler Free Swim at GCCC 10:45 AM - 12 PM</div> <div>Art Explored! Storytime at the New Mexico Museum of Art Library 11 AM - 12 PM</div> <div>Animal Encounters 11:30 AM</div> <div>Circus Play for Families at Wise Fool 2:30 - 3:30 PM</div> <div>After School Art at Main Library 3:30 - 4:30 PM</div>	<div>Origami in the Garden 9 AM - 1 PM</div> <div>DaVinci Machines Exhibit 9 AM - 5 PM</div> <div>Music and Movement in Los Alamos 9:30 - 10 AM</div> <div>Bilingual Books and Babies at Main Library 10 - 11 AM</div> <div>Many Mothers' Play Area 10 AM - 12 PM</div> <div>Storytime at White Rock Branch Library 10:15 - 10:45 AM</div> <div>Storytime and Craft at La Farge Library 10:30 - 11:30 AM</div> <div>Toddler Free Swim at GCCC 10:45 AM - 12 PM</div> <div>Can You Dig It? Hands-on Archaeology 11 AM - 3 PM</div> <div>Animal Encounters 11:30 AM</div> <div>What's Up Wednesday 1:30 - 3 PM</div> <div>Teen Lounge at La Farge Library 1:30 - 3:30 PM</div> <div>Youth Chess at Main Library 5:45 - 7:45 PM</div>

FAMILY-FRIENDLY EVENTS CALENDAR IS
BROUGHT TO NORTHERN NEW MEXICO BY:



DOG
TRAINING
ELITE

Thursday	Friday	Saturday
		<div>1</div> <div><div><div><div>DaVinci Machines Exhibit</div><div>Every Day in June</div></div><div><div>★ Dineh Tah' Cultural Program at Fort Union National Monument</div><div>Music and Movement in Los Alamos 9:30 - 10 AM</div><div>Parent and Tot Creative Movement at the Main Library 10 - 10:30 AM</div><div>★ Santa Fe Spring Festival at El Rancho De Las Golondrinas 10 AM - 4 PM</div><div>Storytime at Mesa Public Library 10:15 - 10:45 AM</div></div><div><div>Baby and Toddler Play Hour at the Main Library 10:30 - 11:30 AM</div><div>Collected Works Kids Storytime 10:30 - 11:30 AM</div><div>Animal Encounters 11:30 AM</div><div>Read to a Pup! At the Southside Library 11:30 AM - 12:30 PM</div><div>Meet Cornelius the Snake 1 - 2 PM</div><div>Science Saturdays 2 - 4 PM</div><div>★ 3rd Annual Honey Pot Hootenanny 2 - 5 PM</div></div></div></div>
<div>6</div> <div><div><div><div>Origami in the Garden 9 AM - 1 PM</div><div>DaVinci Machines Exhibit 9 AM - 5 PM</div><div>Music and Movement in Los Alamos 9:30 - 10 AM</div><div>Many Mothers' Play Area 10 AM - 12 PM</div><div>Seeds and Sprouts 10:30 - 11:30 AM</div><div>Storytime and Craft at Main Library 10:30 - 11:30 AM</div><div>Yoga and Movement for Kids 10:30 - 11:30 AM</div></div><div><div>Toddler Free Swim at GCCC 10:45 AM - 12 PM</div><div>Animal Encounters 11:30 AM</div><div>Fun With Firefighters 1 - 2 PM</div><div>Thursdays are Yours 4 - 7PM</div><div>Pajama Storytime at Southside Library 6:30 - 7:30 PM</div></div></div></div>	<div>7</div> <div><div><div><div>DaVinci Machines Exhibit 9 AM - 5 PM</div><div>Bilingual Books and Babies at La Farge Library 10 - 10:30 AM</div><div>Toddler Free Swim at GCCC 10:45 AM - 12 PM</div><div>Animal Encounters 11:30 AM</div><div>Opera Basics with Oliver Prezant at Collected Works 5:30 - 7:30 PM</div><div>First Friday Fractals 8 - 9 PM</div></div></div></div>	<div>8</div> <div><div><div><div>DaVinci Machines Exhibit 9 AM - 5 PM</div><div>Music and Movement in Los Alamos 9:30 - 10 AM</div><div>Parent and Tot Creative Movement at the Main Library 10 - 10:30 AM</div><div>★ Gallup Lion Club 74th Annual Open Show Rodeo 10 AM - 3 PM</div><div>★ Discover Questa: Art & History 10 AM - 3 PM</div><div>★ Fort Union Day at Fort Union National Monument 10 AM - 3 PM</div><div>Storytime at Mesa Public Library 10:15 - 10:45 AM</div><div>Baby and Toddler Play Hour at the Main Library 10:30 - 11:30 AM</div><div>Summer Spray Down at Swan Park 11 - 11:30 AM</div><div>Animal Encounters 11:30 AM</div><div>Read to a Pup! At the Southside Library 11:30 AM - 12:30 PM</div><div>Meet Cornelius the Snake 1 - 2 PM</div><div>Science Saturdays 2 - 4 PM</div></div></div></div>
<div>13</div> <div><div><div><div>Origami in the Garden 9 AM - 1 PM</div><div>DaVinci Machines Exhibit 9 AM - 5 PM</div><div>Music and Movement in Los Alamos 9:30 - 10 AM</div><div>Seeds and Sprouts 10:30 - 11:30 AM</div><div>Storytime and Craft at Main Library 10:30 - 11:30 AM</div><div>Yoga and Movement for Kids 10:30 - 11:30 AM</div><div>Toddler Free Swim at GCCC 10:45 AM - 12 PM</div></div><div><div>Animal Encounters 11:30 AM</div><div>Hands-On Art Making with Georgia O' Keeffe Museum 3:30 - 5 PM</div><div>Thursdays are Yours 4 - 7PM</div><div>Anime Club 5:30 - 7:30 PM</div><div>Pajama Storytime at Southside Library 6:30 - 7:30 PM</div></div></div></div>	<div>14</div> <div><div><div><div>DaVinci Machines Exhibit 9 AM - 5 PM</div><div>Bilingual Books and Babies at La Farge Library 10 - 10:30 AM</div><div>Toddler Free Swim at GCCC 10:45 AM - 12 PM</div><div>Animal Encounters 11:30 AM</div><div>★ Movies in the Park 7:30 - 10 PM</div></div></div></div>	<div>15</div> <div><div><div><div>DaVinci Machines Exhibit 9 AM - 5 PM</div><div>Music and Movement in Los Alamos 9:30 - 10 AM</div><div>Parent and Tot Creative Movement at the Main Library 10 - 10:30 AM</div><div>Storytime at Mesa Public Library 10:15 - 10:45 AM</div><div>Baby and Toddler Play Hour at the Main Library 10:30 - 11:30 AM</div><div>Animal Encounters 11:30 AM</div><div>Read to a Pup! At the Southside Library 11:30 AM - 12:30 PM</div><div>Meet Cornelius the Snake 1 - 2 PM</div><div>Science Saturdays 2 - 4 PM</div></div></div></div>
<div>20</div> <div><div><div><div>Origami in the Garden 9 AM - 1 PM</div><div>DaVinci Machines Exhibit 9 AM - 5 PM</div><div>Music and Movement in Los Alamos 9:30 - 10 AM</div><div>Autism Support Group 10 - 11 AM</div><div>Many Mothers' Play Area 10 AM - 12 PM</div><div>Seeds and Sprouts 10:30 - 11:30 AM</div><div>Storytime and Craft at Main Library 10:30 - 11:30 AM</div><div>Yoga and Movement for Kids 10:30 - 11:30 AM</div></div><div><div>Toddler Free Swim at GCCC 10:45 AM - 12 PM</div><div>Animal Encounters 11:30 AM</div><div>Thursdays are Yours 4 - 7PM</div><div>Random Fandom 6 - 7:30 PM</div><div>Pajama Storytime at Southside Library 6:30 - 7:30 PM</div></div></div></div>	<div>21</div> <div><div><div><div>DaVinci Machines Exhibit 9 AM - 5 PM</div><div>Bilingual Books and Babies at La Farge Library 10 - 10:30 AM</div><div>Animal Encounters 11:30 AM</div><div>Fine Art Fridays 2 - 4 PM</div><div>Opera Basics with Oliver Prezant at Collected Works 5:30 - 7:30 PM</div></div></div></div>	<div>22</div> <div><div><div><div>DaVinci Machines Exhibit 9 AM - 5 PM</div><div>Music and Movement in Los Alamos 9:30 - 10 AM</div><div>Parent and Tot Creative Movement at the Main Library 10 - 10:30 AM</div><div>★ 70th Anniversary of Fort Union National Monument 10 AM - 1 PM</div><div>Storytime at Mesa Public Library 10:15 - 10:45 AM</div><div>Baby and Toddler Play Hour at the Main Library 10:30 - 11:30 AM</div><div>Summer Spray Down at Swan Park 11 - 11:30 AM</div><div>Animal Encounters 11:30 AM</div><div>Read to a Pup! At the Southside Library 11:30 AM - 12:30 PM</div><div>Meet Cornelius the Snake 1 - 2 PM</div><div>Science Saturdays 2 - 4 PM</div></div></div></div>
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Calendar of Events

LEGEND



CELEBRATION & HOLIDAY

SUPPORT & COMMUNITY

SPORTS & MOVEMENT

VISUAL ARTS



PERFORMING ARTS

EDUCATION/ENRICHMENT

NATURE

ENTERTAINMENT

SPOTLIGHT EVENTS



CELEBRATION & HOLIDAY

★ MOTHER'S DAY ARTS & CRAFTS EXTRAVAGANZA AT EARLY LEARNING CENTER AT KAUNE

MAY 4 | 10 AM - 2 PM

Featuring over 50 local makers, crafters, and artists. Come and find the perfect gift for the mother, grandmother, or mother figure in your life.

★ SPRING INTO SUMMER MUSIC FESTIVAL

MAY 12 | 12 PM

Spring into Summer Music Festival will feature four of New Mexico's most beloved bands: Nosotros, Todd and the Fox, Boomroots Collective, and JJ & The Hooligans. There will also be a silent auction, art and activity booths, food, drinks, and other fun activities for everyone to enjoy. This family-friendly Festival will be held on Sunday, May 12, 2024, beginning at noon at Santa Fe Brewing Company.

★ 3RD ANNUAL HONEY POT HOOTENANNY

JUNE 1 | 2 PM - 5 PM

Join us for our annual spring fundraiser on Saturday, June 1, benefitting our Scholarship Fund, at Tumbleroot Brewery & Distillery. This fun and family-

friendly event features live music, prizes, and more as we fill the honey pot for our Scholarship Fund, in time for summer camps.

★ DINEH TAH' CULTURAL PROGRAM AT FORT UNION NATIONAL MONUMENT

JUNE 1 | 8 AM - 4 PM

Experience the presentation "William T. Sherman: War Maker/Peacemaker" by Director Shawn Price and traditional and semi-contemporary Navajo dancers. Photography/videography may be limited during performances of this special program.

★ SANTA FE SPRING FESTIVAL AT EL RANCHO DE LAS GOLONDRINAS

JUNE 1 - 2 | 10 AM - 4 PM

Celebrate all things spring at the Santa Fe Spring Festival, the kickoff of the 2024 season. Learn about New Mexico's rich cultural heritage through an array of fun activities and demonstrations. Experience traditional New Mexican ranch activities like sheep shearing, spinning, and weaving, plus a fiber arts marketplace featuring local artisans and craftsmen, herb demonstrations, home bread baking, crafts for children, and more.

Excited about a new sports season?

IF YOU NEED AN UPDATED SPORTS PHYSICAL we've got you covered



Let us help keep your young athlete at the top of their game!

A sports physical may be needed for the following activities:

- Fall Sports • JROTC
- Band • Cheer/Dance



Santa Fe Family Health Center

4730 Beckner Road, Santa Fe, NM 87507

505.989.4500

Call to Schedule or Scan the QR Code!

ONLY \$25



PMS

PRESBYTERIAN MEDICAL SERVICES



pmsnm.org

★ FORT UNION DAY AT FORT UNION NATIONAL MONUMENT

JUNE 8 | 10 AM - 3 PM

Come see the military uniforms and weapons of a bygone era. Living history, historic weapons demonstrations, and other special programming will highlight this all-day event.

★ 70TH ANNIVERSARY OF FORT UNION NATIONAL MONUMENT

JUNE 22 | 10 AM - 1 PM

Celebrate the Monument's 70th anniversary with a 60-minute program that includes a black powder weapons demonstration. Programs at 10 AM and 1 PM.



SUPPORT & COMMUNITY

★ MAYFEST IN THE MOUNTAINS - VISIT RED RIVER MAY 24 - 26 | ALL DAY

This celebration embraces family-friendly activities and pays tribute to veterans through cultural engagements. Activities include a Wall of Honor Display, Plein Air Competition, Outdoor Recreation Workshops, Family-Friendly Games, NM Game & Fish Department Exhibit, and Live Music performances by local talents. With a focus on community

engagement, all offerings are locally sourced, and the event will span multiple venues across town. Come experience the beauty of the mountains and honor our veterans this Memorial Day weekend.

VISUAL ARTS

★ **2ND ANNUAL CHILDREN'S THEATRE FESTIVAL AT UNITED UNIVERSALIST CHURCH SPONSORED BY THEATRE SANTA FE** **MAY 25 | 1 - 3:00 PM**

Live theater performances for children indoors, circus acts, face painting, music and crafts, and more.

★ **MOVIES IN THE PARK** **7:30 - 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.

DATES:
5/31 SWAN Park: Costume Night
6/14 Villa Linda Park

EDUCATION & ENRICHMENT

★ **FAMILY DAY: CELEBRATE ART TO G.O.! AT THE GEORGIA O'KEEFFE MUSEUM**
MAY 12 | 10:30 AM - 2:30 PM
Since its launch in Spring 2023, the Art to G.O. truck has been anywhere and everywhere from Santa Fe to Roswell! Join us to celebrate this wonderful initiative, meet the team behind the truck, and take part in a variety of activities that are fun for the whole family. Stop by the art truck on Family Day for a celebratory cupcake, while supplies last.

★ **DISCOVER QUESTA: ART & HISTORY**
JUNE 8 | 10 AM - 3:00 PM
Discover a microcosm of Northern New Mexico History in

this remote village surrounded by protected wilderness. A rare Saturday Art Market exhibits arts and crafts from area artists, with live local music and traditional foods. Plus, celebrate National Trails Day along the Questa History Trail. This 0.6-mile route with interpretive signage is a fairly easy walk* that starts at Questa's only traffic light, passes the Market location, and continues through the historic plaza with its recently restored church. Walking-tour guides and guest experts will further illuminate topics from prehistory to multicultural settlement, native conflicts along the Kiowa Trail, acequia culture, mining, and more. *The entire route is not handicap-accessible, but most points of interest can be driven to.

★ **FAMILY DAY: FLOWER POWER AT THE GEORGIA O'KEEFFE MUSEUM**
JUNE 9 | 10:30 AM - 2:30 PM
In honor of the summer season, join us in exploring the power of florals. Why did flowers captivate Georgia O'Keeffe so much? What makes them so special? Is it their color, their shape, or the meaning we give them? Through a variety of hands-on artmaking, creative activities with the Santa Fe Children's Museum, and story time with the Santa Fe Public Library, celebrate the natural beauty of the flowers all around us.

ENTERTAINMENT

★ **GALLUP LION CLUB 74TH ANNUAL OPEN SHOW RODEO AT RED ROCK PARK**
JUNE 8 | 10 AM - 3 PM
Courthouse square battle of the bands starts at 10 AM, BBQ starts at 12. Legends autograph session parade starts at 1 PM.



MAY 13th Back to Nature at the Riverside Nature Center 2PM-4PM
24th 25th 26th Riverfest at Berg & Animas Parks
25th Bisti Bay Waterpark and The Beach & Aqua Park at Lake Farmington
OPEN FOR THE SUMMER

JUNE 7th Downtown Stroll & Art Walk in Historic Downtown 5PM-8PM
JUNE-AUGUST SATURDAY EVENINGS AT 6PM
Summer Terrace Concert Series at the Farmington Museum & Visitor Center

JUNE-SEPTEMBER THURSDAYS 3PM TO DUSK
Downtown Maker's Market at Orchard Park

JUNE 15th-OCTOBER SATURDAYS 8AM TO 12PM
Grower's Market at the Farmington Museum & Visitor Center

OPEN YEAR-ROUND
E3 Children's Museum & Science Center

For more event info and other ways to play in Farmington, visit: FarmingtonNM.org.



► RECURRING ACTIVITIES



SUPPORT & COMMUNITY

AUTISM SUPPORT GROUP

10 - 11 AM

All parents and caregivers raising children with an Autism diagnosis are welcome. Contact facilitator with questions or to sign up: abbie.nelson@lccs-nm.org. Meets via Zoom.

DATES: Third Thursdays

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

CHIT-CHAT PLAYTIME

9:30 - 10:0 AM

A casual meet-up for kiddos and caregivers at Family Strengths Network in Los Alamos.

Adults can chat and relax as kids play with all of Family Strength Network's toys and the occasional play experiences.

DATES: Every Tuesday

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

GRANDPARENTS RAISING GRANDCHILDREN

6 - 7 PM

This kinship care group meets via zoom to discuss the many challenges associated with kinship. Connect with

others who are navigating the challenges of raising a grandchild and learn about resources that can help. Although this group is geared to grandparents, any family that finds themselves in the world of kinship care is welcome. Registration required. lafsn.org

DATES: Second Mondays

SUMMER SPRAY DOWN AT SWAN PARK

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.

DATES: Saturdays: 6/8, 6/22, 7/20, & 8/10

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.

Georgia
O'Keeffe
Museum

SANTA FE
CHILDREN'S
MUSEUM



SANTA FE
PUBLIC LIBRARY

505-946-1000 | gokm.org



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

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

PARENT AND TOT CREATIVE MOVEMENT AT MAIN LIBRARY

10 - 11 AM

Using fun music and stories, early preschool-age children can exercise their young bodies and minds in a relaxed and joyful environment with their special adult

DATES: Every Friday

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

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

FINE ART FRIDAYS

2 - 4 PM

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

DATES: Every Friday

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

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 (5/12, 5/26, 6/9, 6/23)

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 the Santa Fe Public Library LaFarge Branch.

DATES:

Every Second Thursday (5/9, 6/13)

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

TODDLER CRAFT TIME

10 - 11 AM

Family Strength Network holds a monthly toddler crafts workshop. It includes hands-on activities which are a pleasure for grown-ups and kids alike.

DATES: Third Wednesdays



PERFORMING ARTS

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 Branch 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 (5/13, 5/27, 6/10, 6/24)

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

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

Help your loved ones excel beyond their dreams with a 529 plan!

The sooner you start saving for a child's future with a 529 education savings plan from The Education Plan, the more time the money has to grow. And there are significant benefits to a 529 plan, too. A 529 plan can be used to pay for qualified expenses associated with attending college or vocational school, as well as K-12 private tuition and apprenticeship expenses. Get started today with The Education Plan to help your loved ones excel.

Learn more at: TheEducationPlan.com

For more information about The Education Plan, call 1.877.337.5268 or visit theeducationplan.com to obtain a Plan Description and Participation Agreement, which includes investment objectives, risks, charges, expenses, and other important information; read and consider it carefully before investing. The Education Plan® and The Education Plan® Logo are registered trademarks of The Education Trust Board of New Mexico used under license.



The Education Plan®
A little today goes a long way





2nd Annual

THEATRE SANTA FE
presents the



Children's Theatre Festival

- Live theatre performances for children indoors
- Entertainers and activities kids love, all in the courtyard
...Circus Acts, Music and Crafts, Face Painting & more

Saturday, May 25 *Bring the whole family!*

1:00 Children's theatre performances
2:00-3:30 Arts, crafts, face painting, circus acts and more!

- Entrance by Donation -
United Universalist Church
107 W. Barcelona Road





Learn more at
www.TheatreSantaFe.org

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

OPERA BASICS WITH OLIVER PREZANT AT COLLECTED WORKS

5:30 - 7:30 PM

Join conductor and educator Oliver Prezant for a series of fun, informative talks on opera. Each talk will introduce you to opera basics while previewing one of the five operas of the Santa Fe Opera's 2024 season. For more than 25 years, Oliver Prezant's unique presentations have helped thousands of newcomers

and established opera lovers deepen their experience of music and opera.

DATES: 5/10, 5/24, 6/7, & 6/21

TODDLER TUNES

10:30 - 11 AM

Children and parents sing and dance together while Lauren Marcus shares simple ways to engage children in music and movement at Family Strength Network in Los Alamos.

DATES: First Wednesdays



EDUCATION & ENRICHMENT

ADVENTURES IN STEM

1:30 - 2:30 PM

Kid friendly STEM (science, technology, engineering, and math) activities hosted by STEAM Lab at the Family Strengths Network in Los Alamos. All ages welcome.

DATES: Second Wednesdays and Second Saturdays

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: Tuesdays, starting 6/4

BILINGUAL BOOKS AND BABIES AT LA FARGE 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. This program is for babies and toddlers.

DATES: Every other Friday
(5/10, 5/24, 6/7, 6/21)

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 Other Saturday
(5/11, 5/25, 6/8, 6/22)

COLLECTED WORKS BOOKSTORE & COFFEEHOUSE KIDS STORYTIME

10:30 - 11:30 AM

Bring your kids, grandkids, nieces, and nephews for a fun story hour with our bookseller Sarah. Alongside Sarah, talented storytellers and authors will whisk the kiddies away on magical adventures through the pages of cherished tales! Nestled amongst our bookshelves, in our haven of literature, young minds will be nurtured, fostering a lifelong love for reading and storytelling.

DATES: Every Other Saturday
(5/4, 5/18, 6/1, 6/15)

DAVINCI MACHINES: THE EXHIBITION AT THE NATIONAL MUSEUM OF NUCLEAR SCIENCE & HISTORY

9 AM - 5 PM

The exhibit features thought-provoking and interactive displays celebrating the creativity and incredible feats of engineering of the acclaimed thinker of the Renaissance, Leonardo Da Vinci. The exhibit is included with the price of admission to the museum.

DATES: Every Day

FAMILY ART MAKING AT NEW MEXICO MUSEUM OF ART- VLADEN CONTEMPORARY

10 AM - 12 PM

The first Sunday of each month we invite families to join us in a fun art-making session at the new Vladem Contemporary. Explore the galleries to find inspiration and enjoy the power of creating with your loved ones and friends. Light snacks will be available. These events are free for all New Mexico residents.

DATES: First Sundays

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

GENTLE SHEPHERD PRESCHOOL SUMMER CAMP

June 4 through June 27 (Four weeks)

Mon, Wed & Thurs
7:30 AM to 12:30 PM
\$125/week \$500/month

- Gardening Camping and Planting
June 4, 5 & 6
- The Ocean and Beach
June 11, 12 & 13
- New Mexico and the Desert
June 18, 19 & 20
- Fairytales and Drama
June 20, 26 & 27

[Register Now](#)

Contact Us
505-577-5344

MANY MOTHERS' PLAY AREA

10 AM - 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



JF Mazur Studio courtesy photo.

PASEO POTTERY THROW DOWN

6:30 - 7:30 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

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

TODDLER CRAFT TIME AT FAMILY STRENGTH NETWORK

10 - 11 AM

Family Strength Network holds a monthly toddler crafts workshop. It includes hands-on activities which are a pleasure for grown-ups and kids alike. Learn more at www.lafsn.org

DATES: Third Wednesdays

TODDLER TIME AT MESA PUBLIC LIBRARY

10 - 10:30 AM

Toddler time incorporates stories, music, and movement into an engaging storytime for children. This program is for ages 16 to 36 months.

DATES: Every Thursday

WEE WEDNESDAYS

10:30 - 11:30 PM

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

DATES: Every Wednesday

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WHAT'S UP WEDNESDAY

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



NATURE

ANIMAL ENCOUNTERS AT THE NEW MEXICO WILDLIFE CENTER

11:30 AM - 12:30 PM

Meet an animal ambassador.

DATES: Tuesdays - Sundays



JF Mazur Studio courtesy photo.

CAN YOU DIG IT? HANDS-ON ARCHAEOLOGY FOR FAMILIES AT EL RANCHO DE LAS GOLONDRINAS

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: Every other Wednesday starting 6/12 & 6/26
Every other Sunday starting 6/126 & 6/30

FIRST FRIDAY FRACTALS

8 - 9 PM, 9 - 10 PM

First Friday Fractals is the spectacular, award-winning fulldome 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 age 3 and up.

DATES: First Fridays



JF Mazur Studio courtesy photo.

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 the Mesa Public Library. Anime may be rated TV-14/PG 13. Art and freebies.

DATES: Second Thursdays

PUZZLING ADVENTURES SCAVENGER HUNT - SANTA FE

8 AM - 8 PM

Puzzling Adventures are a cross between a scavenger hunt, an adventure race, and an informative self-guided tour.

DATES: Every Day

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

SANTA FE SCAVENGER HUNT WALKING TOUR & GAME

8 AM - 8 PM

Santa Fe Scavenger Hunt Walking Tour & Game is happening daily at Historic Santa Fe.

DATES: Every Day



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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

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Jay and Donna Ralph

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