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Tumbleweeds

HOLIDAYS 2024 | FREE

MAGAZINE

EXPLORING FEELINGS:
BOOKS TO HELP
KIDS CONNECT

Local Love &
Holiday Shopping



Generations of Joy:
Holiday Edition

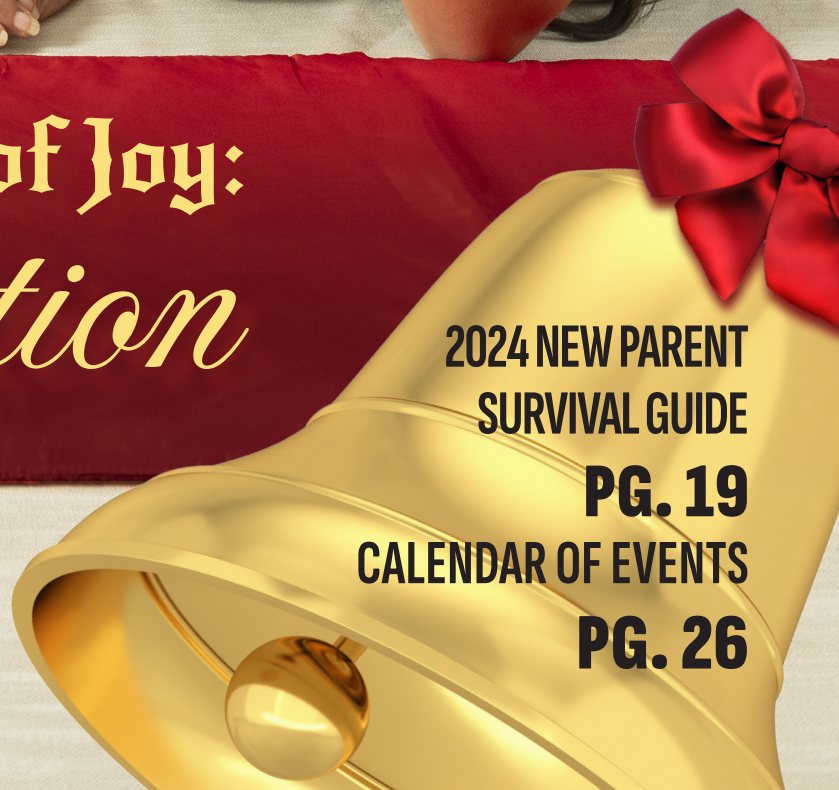
TASTY TRADITIONS
WITH *Cooking with Kids*

2024 NEW PARENT
SURVIVAL GUIDE

PG. 19

CALENDAR OF EVENTS

PG. 26



PATIENT EDUCATION

VOLUME 5: WHY DO KIDS HAVE CAVITIES?

The solution for avoiding cavities seems so straight forward: brush your teeth, don't eat too much sugar. Yet, dentists and scientists all over the world still struggle to find that magic formula that makes for certain that a person doesn't get cavities.

Despite this, we see strong patterns in our patients that greatly affect the likelihood that the children get cavities. I'm going to highlight some of the most common problems at different age groups, with a hope that maybe it will help some readers avoid caries in their kids.

FIRST TEETH:

- Continued infant feeding patterns after teeth erupt
- Using carbohydrate containing liquids for emotional soothing or to fall asleep (le milks, juices, etc)
- While common for infants to eat when stressed or to sleep, these behaviors can quickly decay teeth.

TODDLER/ELEMENTARY SCHOOL AGE:

- Flossing, flossing, flossing!!! Kids in this age group have broad, flat contacts between their teeth, which can decay very quickly if not cleaned with floss.



- Frequent snacks high in carbohydrate (carbohydrates fuel the cavity causing bacteria)
- Brushing independently before they have the skills to really clean the teeth
- Just because it looks like brushing, doesn't mean the teeth are getting adequately cleaned.

MIDDLE/HIGH SCHOOL:

- Frequent consumption of teas, energy drinks, sodas (Even version without sugar have a lot of acid)
- Brushing in the mornings only—many kids get tired and go to bed without brushing, leaving the day's buildup to decay overnight.
- Not flossing—cavities in the contact areas between the teeth are the most common cavities in this age group.

While avoiding these high risk behaviors will not guarantee that a child doesn't get cavities, when combined with consistent professional cleanings and fluoride treatments, it greatly reducing the risk of dental disease.

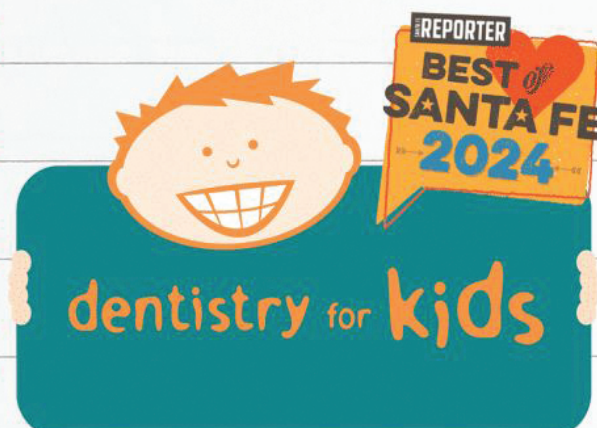
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MAGAZINE

VOLUME 30 | NUMBER 4

Cover Kid Q&A

ON THE COVER:

RUTH ORTIZ,
TERESA ORTIZ,
SERENA RODRIGUEZ,
KRISTA SERRANO (19 YRS),
ALICIA SERRANO (13 YRS)

Can you share the story of how your family originated?

Ruth: My father's family originated from Germany, and my mother's family came from Spain. I was born and raised in Santa Fe, New Mexico, and met my future husband at a dance. After dating for a couple years, we were married and had six children.

What family traditions do you cherish the most?

Ruth: I have always tried to make holidays very special for family. I believe spending time with my children, grandchildren and great-grandchildren is the best tradition you can have.

What values did you prioritize in raising your children?

Ruth: I tried to make sure that my children learn the value of hard work, respect and honesty.

What accomplishments are you most proud of within your family?

Ruth: I'm proud that each of my children found something that they are passionate about and went after it without hesitation. I am also proud of the amazing parents that they are.

What hopes do you have for the future generations of your family?

Ruth: To continue our traditions and prioritize family.

What wisdom would you like to share with younger family members?

Ruth: To remember the importance of family, to love unconditionally and to be the best person they can be.



The holiday cover features four generations of resilient Northern New Mexican women dedicated to public service and the traditions of the Land of Enchantment. At the center of this family is matriarch Ruth Ortiz, who takes great pride in her large, loving clan. Though she grew up as an only child, she now enjoys the blessings of 6 children, 14 grandchildren, 19 great-grandchildren (with another on the way this December), and 2 great-great-grandchildren (with another expected in May 2025).

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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THE TEAM

PUBLISHER
Schroer Media

EDITOR
Jen Paul Schroer

ASSISTANT EDITOR
Aleta Burchyski

SPANISH EDITOR
Flor de Maria Oliva

CONTRIBUTORS
Zoey Barnes, Annabelle Black Delfin,
Bridget Dixon, Leba Freed, Clarie Miller,
Rachel Shreve, Olivia Thompson

COVER PHOTOGRAPHER
Kitty Leaken

GRAPHIC DESIGNER
Sarah Miles

PRODUCTION COORDINATOR
Jennifer Szpak

MARKETING COORDINATOR
Andreana Mendoza

ADVERTISING REPRESENTATIVE
Uma Platz Bensak

THE PUBLICATION

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Tumbleweeds MAGAZINE

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TUMBLEWEEDS MAGAZINE
P.O. Box 29162 Santa Fe, NM 87592
(505) 500-4676
Hello@TumbleweedsMag.com

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Be a Part of Tumbleweeds Magazine!

2025 Winter Issue Deadlines



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

Contact Jen@TumbleweedsMag.com
Article Submissions Deadline: **November 18, 2024**

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Schools & Educational Support Guide Deadline: **November 20, 2024**

Print Ad Reservations Deadline: **November 22, 2024**

Print Artwork Deadline: **November 27, 2024**

The Tumbleweeds Magazine 2024 Winter issue will be published January 1, 2025.

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ON THE COVER:

Front Row (left to right): Krista Serrano (19), Ruth Ortiz, Alicia Serrano (13). Back Row (left to right): Serena Rodriguez, Teresa Casados. Photo by Kitty Leaken.

ARTWORK IN THIS ISSUE:

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

POSTED



TRADITIONS

Kids can Help *with* **Holiday Meals**

RACHEL SHREVE

Safe and Fun Ways to Involve Kids in Your Next Celebration

At Cooking with Kids, we know the benefits of inviting kids into the kitchen any time of year, and the holidays are no exception. The holidays can be a special time for families to come together, learn about traditions (and sometimes start new ones!), build intergenerational relationships, and create lasting memories. Involving children in the preparation of a meal during this time allows kids of all ages to contribute to their holiday experience in a meaningful way. Plus, it can be lots of fun.

Here are some age-appropriate and safe ways kids can help with holiday meals.

1. Setting the Table

Setting the table is one of the simplest yet most important tasks. Kids of all ages can help with this job. Young kids can place napkins, forks, and spoons, and older kids can arrange plates, glasses, and decorative centerpieces. Let them get creative with folding napkins or adding personalized touches, such as decorated placemats or place cards, to make it extra special.

2. Washing Vegetables

Washing fruits and vegetables is a safe and straightforward task that younger children can handle. Have them stand on a step stool by the sink and show them how to scrub veggies like carrots, potatoes, and peppers.

3. Measuring Ingredients

Measuring ingredients is a practical way to involve kids while teaching them basic math skills like fractions and quantities. Plus, it helps with precision in cooking and baking. With supervision, even little kids can help measure dry ingredients like flour, sugar, and spices, and liquids like milk and broth.

4. Mixing Ingredients

Mixing and stirring ingredients are essential steps in many recipes, and it's a task that gives kids a sense of ownership over the meal. They'll love knowing they helped create a dish. Provide them with a sturdy spoon or a whisk and let them stir to their heart's content. (Just make sure it's not a recipe that will be compromised by overmixing—mashed potatoes, tamale masa, and salad dressing can all handle some extra enthusiasm.)

5. Tearing Lettuce or Herbs

Tearing lettuce for salads or herbs for seasoning is a safe, hands-on task for younger kids. They can see the direct result of their work in the final dish, boosting their confidence. Show kids how to carefully tear lettuce into bite-size pieces or pluck herbs like parsley or basil. Avoid using sharp knives at this stage and let them use their hands.

6. Kneading Dough

Kneading dough for breads or rolls is an enjoyable, tactile task that also

Serving food. Photo credit: Kerry Sherck



With some guidance, kids can help plate food to be served at celebrations. Photo credit: Kerry Sherck

develops motor skills. Plus, kids love getting their hands a little messy. Teach them the basics of kneading by folding and pressing the dough. Let them work with small batches and encourage them to keep kneading until the dough is smooth and elastic.

7. Peeling or Cutting Fruits and Vegetables (With Supervision)

For slightly older children, peeling vegetables or learning to safely use a knife can be a fun (and supervised) activity. These tasks are also a step up in responsibility and allow older kids to practice fine motor skills.

Peeling Tips:

Use a safe, child-friendly peeler and show them the correct technique: Always peel away from the hand holding the food, and, depending on the peeler, either to the side or down and away from your body.

When peeling with beginners, opt for vegetables like cucumbers and zucchinis that are easier to hold and peel while holding flat on a cutting board.

Cutting Tips:

Many soft foods can be cut with a butter knife, and there are also kid-safe knives available that are designed to cut through food without being sharp enough to harm fingers.



Fifth graders measuring ingredients for flatbread. Photo credit: Kerry Sherck

Even when using practice knives, make sure to emphasize safety and proper technique. Once kids have had some practice, mincing garlic can be a safe way to introduce a sharp knife, since kids can pinch the top of the knife with both hands and mince with an up and down motion (no little fingers near the blade).

8. Helping with Baking

Baking is often a big part of holiday meals, and baking together can be a wonderful way to pass down family recipes and traditions. Kids of all ages can help measure and mix, and with help, even the littlest of hands can roll dough, press cookie cutters, and decorate baked goods.

9. Being in Charge of a Simple Recipe

Many holiday dishes, such as salads, fruit bowls, and side dishes like cranberry sauce, are simple enough for kids to prepare independently (with a smidge of guidance). You can give them easy recipes with just a few ingredients and let them follow the steps. Younger kids can make a festive fruit salad by combining chopped fruit. Older kids can try their hands at holiday-themed treats like cookies and no-bake desserts.



Young kids can practice cutting softer vegetables, like cucumbers or zucchini, with a butter knife. Photo credit: Kerry Sherck

10. Clearing the Table

Once the meal is finished, cleaning up is just as important as preparing the meal. Children can help clear plates, take out the trash, wipe down surfaces, and even wash the dishes. This teaches responsibility and the importance of teamwork in family celebrations.

11. Creating Holiday Food Traditions

Finally, one of the most meaningful ways kids can help is by being involved in creating or continuing family traditions. Whether it’s a secret family recipe passed down through generations or a new dish you create together, the holidays are a great time to make cooking memories that last. Consider letting kids choose a dish they’d like to make every year, or involve them in planning the meal, so they can feel a deeper connection to the holiday celebration.

Safety Tips to Keep in Mind

Always supervise children closely when they are in the kitchen, especially when they are near sharp objects or hot surfaces. Assign age-appropriate tasks to ensure your child is both safe and successful. Younger kids should focus on simple, low-risk activities, while older kids can handle more advanced tasks. Teach hygiene from the start: ensure kids wash their hands before handling food and after touching raw ingredients like eggs and meat. Encourage creativity by letting children take charge of specific elements, such as dessert decoration or making place cards. Their unique touch can make the meal even more special.

Check out cookingwithkids.org for recipes and kid-friendly how-to videos with tips about knife safety, measuring, using herbs and spices, and more.

Rachel Shreve is the communications director for Cooking with Kids, Inc., a non-profit organization that provides nutrition education programs in school classrooms and cafeterias in Rio Arriba, San Miguel, and Santa Fe counties.



Washing dishes is a favorite activity in Cooking with Kids classes. Photo credit: Kerry Sherck



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Silver Linings Books

ZOEY BARNES

Charming and gorgeous new books about emotions for Preschool to First Grade Readers

There are some days when I do not know what to say to my daughter's big emotions. Even as a therapist myself. Even as her mom. Sometimes, it is enough to sit with my child through her big emotions and hold her and soothe her while she cries. But as my six-year-old has become more verbal and perceptive about her

emotions, she will demand an answer. "What's your hypothesis?" she asks, or "Why, mama?"

Many times, I still do not have the answer. Then I feel stuck. I wish I could be like a TV mom, always there with the right calming answer at the right time. I say, "I don't know," and I keep holding her.

The other night my daughter called us into her room. She was crying, tears down her face, sad about something that had upset her that day. It seemed small, but it was big to her. No amount of explanations I offered helped. Silence only invited more questions, and then I said, "Honey, do you know Mommy and Daddy will always be your Mommy and Daddy?"

She stopped crying. "Yes," she said, with a little smile, "I definitely knew that."

"Did you know Mommy and Daddy will always love you?"

"Yes," she said, "I definitely know that, too."

"Did you know that we will always be here and always be around?"



Zadie reading 'Bookie and Cookie.'

Kindergartener Zadie Barnes tries to sound out some words.

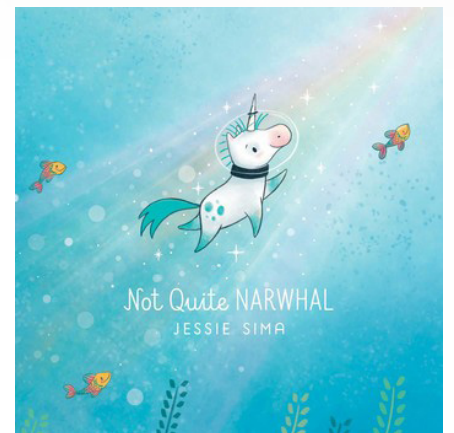
"Yes," she said. And, then, somehow, miraculously, she let out a little sigh, turned over, and let me snuggle her as she fell asleep.

Honestly, I know this won't always work, and I won't always have the right words. I like these books below—all about social-emotional themes in their own way—because they help me and my daughter to grow our vocabulary for hard moments. There have been some hard moments over the past few weeks, unusual circumstances, changes, big emotions. I'm glad that books will always be there to show us a steady path.

Bookie and Cookie by Blanca Gomez (2024) ages 3 to 7

My child was immediately drawn to *Bookie and Cookie*, written and illustrated by Blanca Gómez, an illustrator living in Spain. We both adore her chubby, round, colorful, and cute illustrations in *Red House*, *Tree House*, *Itty Bitty Brown Mouse*, *Very Good Hats*, *Lejos/Far*, and *Cerca/Near*. In this book, Bookie and Cookie are best friends. Bookie reads books to Cookie, and Cookie bakes yummy goodies for Bookie. Cookie is afraid of change and fearful to try what he's never known.

Just as good a message for adults as small children, this book explores what it takes to open our minds up to new experiences especially for the sake of special friendships.



'Not Quite Narwhal' by Jessie Sima.

Ready to Soar by Cori Doerrfeld (2024) ages 3 to 5

My child came home from school one day excited to tell me that the school counselors had read to her class *The Rabbit Listened*, the first book about emotions by Cori Doerrfeld. In that

book a little kid is grieving and most of the animals are no help. In this book, Riley has built a paper airplane and is ready to take off when many pesky animals tell Riley exactly how the plane should be in their eyes. The sweet twist at the end reminds us as caregivers that often the best advice is to hold our charge's hand and remind them that they got this.

The Verts by Ann Patchet,
illustrations by Robin Preiss Glasser
(2024) ages 4 to 8

If you're a fan of *Fancy Nancy*, you will immediately recognize the illustrations by Robin Preiss Glasser. And, if you're a fan of adult books, Ann Patchet might be a household name. This book is, as it says on the cover, a story of introverts and extroverts. Ivan wants a quiet birthday party. Estie adores a riotous party full of friends and neighbors... and babies, rabbits, parakeets, and a Chihuahua named Moose. If you're an introvert like me or Ivan, this might be giving you heart palpitations. If you're an extrovert like Estie, it's the perfect party where Estie is having a fabulous time. It takes Estie a while to realize her brother is nowhere to be found. When Estie finds Ivan, even though they don't understand each other, they can respect each other, honor each other's needs, and love each other. That's what we all need out of a sibling or a friend.



Getting lost in a good book.

Silver Linings by Fiona Woodcock
(2023) ages 4 to 8

Silver Linings is a book about friendship, specifically about friends who have different temperaments. Pip has a little bit of a harder time with challenges. Parker turns most lemons into strawberry lemonade, literally. Throughout the book, we see Pip gently beginning to see the possibility in difficult moments. When, at the end of the story Parker is the one who now needs consoling, Pip knows exactly what to do. Like *The Verts*, this is a helpful story to share how two friends (or family members) can be so different but can also help each other in their own way.



The 2023 Caldecott-winning book by Doug Salati.

Hot Dog by Doug Salati
(2022) ages 4 to 8

This winner of the Caldecott Medal and the Ezra Jack Keats Award is the third from writer and illustrator Doug Salati. It might seem an unusual addition to this list at first, but if you have a child who gets overstimulated (or, if like many of us, you sometimes get overstimulated yourself), this book has the perfect antidote. The illustrations paint a striking story about a city Daschund who has had it. The pictures are energetic, unique, and moving and carry along the minimal text. I hope this book inspires you to change your plans when things get a little too frantic, and that coming back home is all the more precious because of your little break. I hate to spoil it, so you'll have to experience this breath-of-fresh-air tale for yourself.

Not Quite Narwhal by Jessie Sima
(2017) - ages 4-8

My daughter was quite upset that this book was in *my* pile as it is *her* book—that's how much she loves it. We received this sweet story as a present, and it is definitely in our most-read pile. Kelp was born in the ocean and has always felt a little different from his narwhal family despite feeling loved all the same. A remarkable discovery leads Kelp on a mini journey of self-exploration. Will Kelp stay in the ocean or seek out something new? This sweet tale reminds us that it's OK to be who you are and that everyone is actually better off because of it.

A final note: Support your local independent bookshops! Thank you to Christian at Bee Hive Books who helped me to pick out these excellent selections.

Zoey Ariel Barnes is an LMSW and practicing psychotherapist and writer living in Santa Fe. Prior to receiving her masters in social work at the University of Denver, Zoey was an adult and children's bookseller for five years. Zoey also holds a masters in fine arts in creative writing, nonfiction from the University of Montana. She loves snuggling up with her daughter and a good book.



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Celebrate Small Business Saturday - in the - Capital City

BRIDGET DIXSON

How Santa Fe's small businesses make a big impact

As the holiday season approaches, the Santa Fe Chamber of Commerce and its membership of more than 800 local businesses remind you that Small Business Saturday is a pivotal shopping day—and it's just around the corner, on November 30. This special occasion celebrates the heart and soul of our community and communities all over the country: small businesses. Every gift you buy locally brings more meaning to the holidays, as you support the backbone of Santa Fe's distinctive charm and character. Our community embraces buying from neighbors and people we know, and that is one of the things that makes Santa Fe so special.

Did you know that 80% of businesses in Santa Fe have fewer than ten employees? These small enterprises rely on local support, and your shopping choices this season can make a significant impact in sustaining them.

While online shopping is convenient, shopping locally fuels our city's economy by creating and maintaining jobs, fostering community pride, and preserving the essence of Santa Fe. By choosing to shop at local stores, your dollars stay within the community, enriching your neighbors, and supporting those who keep the cultural spirit of the City Different alive.

The Impact of Shopping Local

When you shop locally, \$68 of every \$100 stays within the community, compared with only \$43 when you shop at national chains. These additional dollars help fund city services, support schools, and create local jobs. Local businesses also reinvest in our community by donating to local charities, sponsoring school activities, and ensuring Santa Fe's vibrant business scene continues to thrive.

This holiday season, your decision to shop locally will have a lasting impact, ensuring that Santa Fe's small businesses remain a vital part of the community.

Discover Santa Fe's Local Treasures

Make this holiday season special by exploring some of Santa Fe's hidden gems. Whether it is a handcrafted piece of jewelry, a locally produced delicacy, or artisan textiles, our local shops offer distinctive, meaningful gifts that you cannot find anywhere else.

From the historic Plaza to the renowned galleries along Canyon Road, the Siler-Rufina art district, and our vibrant Southside, each neighborhood has its own flavor. Challenge yourself to visit five new local stores this holiday season where you might discover an

Enjoy holiday markets throughout Santa Fe.



Shop The City Different.

unexpected treasure or that perfect gift for a loved one.

Shop Local from the Comfort of Home

With the Santa Fe Marketplace For those who prefer the convenience of online shopping, the Santa Fe Chamber of Commerce and the City of Santa Fe Tourism Department have made it easier than ever to shop local through the Santa Fe Marketplace: SantaFe.ShopWhereILive.com. With over one hundred local businesses featured on the platform—offering items such as New Mexico chile, locally produced foods, and unique art—your purchases will support small businesses in our community.

Visit Local Holiday Markets, Events, and Family-Friendly Restaurants

When it comes to markets and special holiday events, Santa Fe boasts a variety of options that feature local artisans

Shop online through Santa Fe Marketplace and support locals.



Celebrating 25 years in Santa Fe.

and makers. The whole family can enjoy ArtWalk Santa Fe on November 16 and December 10, or the Feria Mercado on December 14.

Those interested in sustainability will want to attend the Recycle Santa Fe Art Festival, November 8 through 10, at the Convention Center. This annual event is the place to score fabulously creative and useful gift items for special people on your list. Artists must use at least 75% recycled items in order to be a vendor and their ingenuity is beyond impressive.

On December 7, the Kitchen Table, a community-focused kitchen, will host its second Annual Holiday Market where you will find everything from flavored butter and bagels to biscochitos and freeze-dried treats—all perfect gifts for your foodie friends. For a complete list of markets, visit santafe.org.

At the Railyard, classic holiday movies will be shown at the Violet Crown theater, along with the much-anticipated holiday blockbuster movies. Visit the Santa Fe Farmers Market, which will move indoors for the season, and introduce the kids to farmers and fresh, locally grown produce, along with edible holiday gift ideas. Or venture to Nuckoll's where the holiday spirit will be alive in the food hall with plenty of music, food, drinks, and fun for all.

Or take a break from shopping and head to one of Santa Fe's many family-friendly venues, such as the Santa Fe Children's Museum and the Botanical Gardens, where the holidays come to life through colored lights, music, and activities for the whole family.

Looking for a festive café to enjoy with the family? Cake's Café, located near the Plaza, is a great spot to grab coffee or a quick bite. Known for its Mexican Mocha and Monte Cristo, Cake's Café also hosts family-friendly events, including Kids Karaoke every Saturday. They are also planning to host Santa's Corner, where

children can take photos with Santa Claus. Follow Cake's Café on social media for event details.

The Cowgirl is always a hopping spot where the family can have some grub and listen to live music. And a stroll along Guadalupe with the festive holiday streetlights promise to lure you directly to the Plaza for the holiday light display that attracts locals and visitors to celebrate the season.

Invest in Santa Fe
When you dine and shop locally this holiday season, you are investing in the future of Santa Fe. Our small businesses have overcome incredible challenges in recent years, and your support ensures that the vibrant, creative, and unique spirit of the city continues to thrive.

Wishing you a joyous, locally inspired holiday season! Let us make this year's gift-giving a celebration of all that makes Santa Fe special—its people, creativity, and local businesses.

As the President and CEO of the Santa Fe Chamber of Commerce, Bridget Dixson leads efforts to support and advocate for local businesses in Santa Fe. With more than a decade of experience in the Chamber, she is passionate about strengthening the local economy through innovative initiatives, including Small Business Saturday. Under her leadership, the Chamber promotes economic growth, fosters community connections, and ensures that Santa Fe's small businesses continue to thrive.



JF Mazur Studio courtesy photo.

FAMILY RESOURCE SUMMIT

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- Career resources
- Low-income home energy enrollment
- Food and cash assistance programs
- Enrollment in student academic tutoring
- Information about adult education
- Financial literacy opportunities



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- Children's bike helmets
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Free photos with Santa!

Event Details

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12:00 - 3:00 p.m.

Children's Museum
1050 Old Pecos Trail
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For more information visit:
<https://www.lafondasantafe.com/lafonda-foundation-events>

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Celebremos

los pequeños negocios el sábado

- en la -

capital

BRIDGET DIXSON

Las pequeñas empresas tienen un gran impacto en Santa Fe

Ahora que se acercan las fiestas de fin de año, la Cámara de Comercio de Santa Fe y sus miembros —más de 800 negocios locales— le recuerdan que el Sábado de los negocios pequeños es un día de compras importante y ya está cerca: el 30 de noviembre. Esta ocasión especial celebra el corazón y el alma de las comunidades del país: los pequeños negocios. Cada regalo que usted compra localmente le da más significado a las fiestas de fin de año, mientras apoya el carácter e inconfundible encanto de Santa Fe. Con entusiasmo nuestra comunidad compra de los vecinos y gente que conocemos y esa es una de las características que hacen de Santa Fe un lugar tan especial.

¿Sabía que el 80 por ciento de los negocios en Santa Fe tienen menos de 10 empleados? Estas pequeñas empresas dependen del apoyo local y lo que usted elija comprar en esta temporada puede tener un impacto significativo en sostenerlas.

Si bien comprar en línea es conveniente, comprar localmente alimenta la economía de nuestra ciudad, pues crea y mantiene empleos, fomenta el orgullo comunitario y conserva la esencia de Santa Fe. Cuando usted elige comprar en las tiendas locales, sus dólares se quedan en la comunidad, enriquecen a sus vecinos y sostienen a quienes mantienen vivo el espíritu cultural de la Ciudad Diferente.

El impacto de comprar localmente Cuando usted compra localmente, \$68 de cada \$100 se quedan en la comunidad, comparados con sólo \$43 que se quedan cuando uno compra en las cadenas nacionales. Estos dólares extra ayudan a financiar los servicios municipales, apoyar las escuelas y crear empleos. Los negocios locales también reinvierten en nuestra comunidad con sus donativos a caridades locales, su patrocinio de actividades escolares y aseguran que el dinamismo de los negocios de Santa Fe siga floreciendo.

En esta temporada festiva, su decisión de comprar en los negocios locales tendrá un impacto duradero, al asegurar que los pequeños negocios de Santa Fe sigan siendo una parte vital de la comunidad.

Descubra los tesoros locales de Santa Fe Haga especial esta temporada festiva explorando algunas de las gemas ocultas de Santa Fe. Ya sea una joya hecha a mano, un manjar producido localmente o textiles artesanales, nuestras tiendas locales ofrecen regalos singulares y significativos que no se pueden encontrar en cualquier otro lado.

Desde la histórica plaza hasta las reconocidas galerías de Canyon Road, el distrito de arte Siler-Rufina y nuestro pujante vecindario del sur, cada lugar tiene su propio toque. Anímese a visitar unas cinco nuevas tiendas locales en esta temporada festiva, en ellas podría

Disfrute los mercados de las fiestas por toda Santa Fe.



Santa Fe

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descubrir un tesoro imprevisto o ese regalo perfecto para un ser querido.

Compre lo nuestro desde la comodidad de su hogar con el Santa Fe Marketplace Para quienes prefieren la conveniencia de comprar en línea, la Cámara de Comercio de Santa Fe y el Departamento de Turismo de la ciudad hacen posible que comprar productos locales sea más fácil que nunca por medio del Santa Fe Marketplace: SantaFe.ShopWhereILive.com. La plataforma cuenta con más de 100 negocios locales que ofrecen artículos que van desde el chile de Nuevo México y alimentos producidos localmente hasta su inconfundible arte. Sus compras sostendrán los pequeños negocios en nuestra comunidad.

Visite mercados, eventos y restaurantes para la familia Cuando se trata de mercados y eventos especiales para las fiestas de fin de año, Santa Fe se enorgullece de una variedad de opciones que los artesanos

Disfrute los mercados de las fiestas por toda Santa Fe.



La Galería Patina celebra 25 años en Santa Fe.

locales presentan. Toda la familia puede disfrutar de ArtWalk Santa Fe el 16 de noviembre y el 10 de diciembre y de la Feria Mercado el 14 de diciembre.

Los interesados en la sostenibilidad querrán asistir al festival de arte Recycle Santa Fe, del 8 al 10 de noviembre, en el Centro de convenciones. Este evento anual es el sitio para encontrar artículos para regalos fabulosamente creativos y útiles para las personas especiales en su lista. Los artistas participantes deben usar por lo menos un 75 por ciento de artículos reciclados para poder vender en el evento y su genialidad es más que impresionante.

El 7 de diciembre, la Kitchen Table, una cocina que se enfoca en la comunidad, será anfitriona de su segundo mercado anual, donde usted encontrará de todo —desde mantequilla de sabores y bagels hasta bizcochitos y antojitos liofilizados— todos perfectos obsequios para sus amigos amantes de la buena comida. Para una lista completa de mercados, visite: santafe.org.

En el vecindario de la terminal de trenes, el cine Violet Crown exhibirá películas clásicas de la temporada festiva de fin de año al igual que otros éxitos cinematográficos de la temporada. Por ahí también puede visitar el mercado de los agricultores locales, que estarán bajo techo durante la temporada. Aproveche para que sus chicos conozcan a los agricultores y aprendan de los productos que se cultivan localmente, junto con ideas para regalos comestibles. Pueden pasar por Nuckoll's donde el espíritu de las fiestas se dejará sentir en el salón de comida, con música, alimentos, bebidas y diversión para todos.

Para descansar un poquito de las compras, visite alguno de los muchos lugares donde puede disfrutar en familia, como el Museo de los Niños de Santa Fe y el Jardín Botánico. Ahí las fiestas cobran vida con un despliegue de luces, música y actividades para todos.

Si quiere tomar un cafecito con la familia, Cake's Café está ubicado cerca de la plaza y es un gran sitio para el café o un bocadillo. Conocido por su moca mexicano y Monte Cristo, Cake's Café lleva a cabo eventos para toda la familia, incluso karaoke para los niños todos los sábados. Planean un espacio especial

para recibir a Santa Claus para que los niños puedan tomarse fotos con él. Para más detalles sobre esos eventos pueden seguir Cake's Café en los medios sociales.

El restaurante Cowgirl es siempre popular para que la familia deguste su platillo favorito y escuche música en vivo. Su paseo a lo largo de la calle Guadalupe, con su festiva iluminación, le conducirá directamente a la plaza para admirar el despliegue de luces que atrae a la gente local y visitantes para celebrar la temporada.

Invierta en Santa Fe
Cuando usted cena y compra localmente en esta temporada de fiestas, usted invierte en el futuro de Santa Fe. Nuestros pequeños negocios han superado grandes desafíos en los últimos años y el apoyo suyo asegura que el espíritu dinámico, creativo y extraordinario de la ciudad siga prosperando.

Le deseamos una temporada festiva gozosa e inspirada localmente. Hagamos que este año nuestros regalos sean una celebración de lo que hace Santa Fe tan especial — su gente, creatividad y negocios locales.

Como presidente y directora general de la Cámara de Comercio de Santa Fe, Bridget Dixon encabeza los esfuerzos para apoyar a los pequeños negocios locales en Santa Fe y abogar por ellos. Con más de una década de experiencia en la Cámara de Comercio, le apasiona fortalecer la economía local por medio de iniciativas innovadoras, como lo es la celebración del Sábado de los negocios pequeños. Bajo su dirección, la Cámara de Comercio fomenta el crecimiento económico de la ciudad, estimula las conexiones entre la comunidad y se asegura de que los negocios pequeños sigan progresando.

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WE CAN *Do Better*

CLAIRE MILLER

A sad truth too many of us are touched by

Adobe Stock photo.

Suicide. It's an awkward and uncomfortable topic to discuss. It shouldn't be. The fact is New Mexico is fourth in the country in suicide and second in adolescent suicide. Though our state suicide numbers went down slightly from 2021 to 2022 - from 520 to 513 - we can do better. Because suicide is a public health crisis.

Suicide is also preventable. As a suicide loss survivor, that can be painful to say. One in four of us in New Mexico has been directly impacted by suicide.

That I just have really really really low self-confidence and I'm always picking myself apart for things I can & can't control and I "kinda" think I'm not enough for anyone or anything I do and I'm aware of it, it's just hard to think any different of myself. I just kinda hate myself. 25

Messages from youth.

Thankfully, society is becoming more willing to acknowledge mental health issues and has begun to normalize talking about mental health just as we do physical health. We still have a long way to go. We often think that we don't need to talk to little ones about suicide. The truth is it is necessary in an age-appropriate manner. There is no time in one's life span that one is not susceptible to suicidal thoughts.

In New Mexico we are higher than the national average in several categories when it comes to suicide, including among adolescents, middle aged men and late life suicide. In fact, late life suicide is the highest demographic in New Mexico for death by suicide. It is important to note the rate for late life suicide does not include

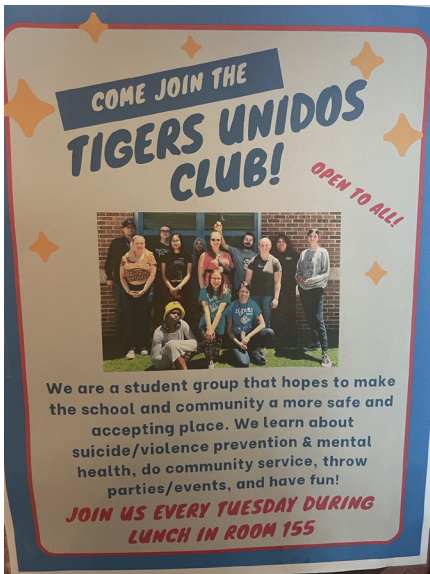
medically assisted suicide, which is legal in New Mexico.

The stigma around suicide makes it particularly difficult to reach those in some of our highest risk categories, including men dealing with mental health challenges. There is still a stigma revolving around men asking for help. It is often more acceptable for women to express their feelings and challenges than men. But being able to navigate through life in a healthy way is something all are entitled to. The truth is we are all human beings, we all have emotions and good and bad days and deal with a wide array of emotions.

New Mexico is a very culturally diverse state and a multigenerational approach to suicide prevention is essential in most communities. We must keep our kids alive to support parents and elders. We must keep elders and parents alive to support our next generation. Traveling through New Mexico you can meet many fine humans, including members of the younger generation who have used their voices to demand validation of their mental health challenges and concerns. Well done.



Bulletin Board in September to promote mental health resources.



Tigers Task Force.

Adults may often feel like adolescents, or littles, have no pressures and thus may discount their level of despair. Often adolescents will be seen as attention-seeking when expressing concern for their mental health. Most of the time people are faking mental wellness, not mental illness. There is no room in the suicide conversation for this way of thinking. If someone tells us they want to die by suicide 100 times, we should believe them every single time.

Then what do we do? There is not enough discussion around what we as community members, caregivers and educators can do to support suicide

prevention and reduce stigma. Many New Mexico parents have expressed regret that mental health wasn't talked about in school, and they may not know they need to talk about it with elementary schoolers or middle schoolers. But it's OK to talk about suicide. The conversation could save the life of someone you love.

It's a difficult conversation to have, but it can be done effectively. The best evidence-based approach is direct, honest, straightforward conversation. The words we use matter as they can change the narrative. Being intentional and present for the conversation is warranted. Even the language we use to talk about suicide can create a stigma. The term "committed suicide" is often used. But let's break it down. Committed sounds like someone perpetrated a crime, right? Anyone who has lost a loved one to suicide knows that it was not a criminal act. When someone dies of cancer, we don't say they committed cancer, right? Straightforward language will reduce stigma. "My mother died by cancer; my husband died by suicide." There is no stigma there.

So how do we reduce suicide and save lives? The nation and New Mexico are underserved when it comes to mental health providers. It is necessary to use resources at all levels- local, state and federal. As with our physical health it may take some work to find the best way to support and address one's

mental health challenges. Be diligent and advocate just as we do for physical health. In New Mexico we have more and more facilities opening throughout the state to treat acute mental health diagnosis and substance use, which helps support communities and provides local resources. But that isn't the only answer to this crisis. Communities are the answer. People leaning in and supporting each other without stigma or judgment is the answer.

Every one of us can save a life. It starts with kindness and compassion. Most people considering suicide do give warning signs, and it doesn't always look like what we know to be depression. It can be something as seemingly insignificant like suddenly giving away prized possessions.

Have resources ready (apps on a cell phone are handy) and be direct. Ask the question, "Are you thinking of killing yourself?" Do not be afraid to ask. The fact is someone is either thinking of suicide or they are not. If the person responds in an affirmative manner, the next question is, "Do you have a plan, and what have you done to put the plan into motion?" When a person responds to both in the affirmative, they are in a crisis and should not be left alone. You need to respond with urgency as if responding to someone who is having a heart attack or some physical health crisis. Not every person with suicidology will require emergency

crisis response, however. So sometimes sharing space, offering support and genuine care of this person can mitigate a potential crisis.

Through stigma reduction and open discussions on mental health and suicide prevention we can move the needle. There is HOPE and SUPPORT just a call or text away: 24/7 anywhere in New Mexico at 9-8-8.

Meanwhile, be kind to each other. The world is a better place with each of us in it.

Born in Hawaii and raised in New Mexico, Clarie brings a deep passion for New Mexicans, specifically their mental health autonomy and equity. Clarie joined New Mexico Department of Health, Office of Student and Adolescent Health in 2022 as the Statewide Youth Suicide Prevention Coordinator and accepted the position of Lead Suicide Prevention Coordinator with Office of Injury and Violence Prevention in May 2024. Clarie is a relentless advocate of suicide prevention and mental health awareness globally.



Go for a Spin

LEBA FREED

Wheels transportation museum in downtown Albuquerque's railyard is serious fun



Plane.

Train in Museum.

Wheels is a mecca for parents and children to learn the history of rail in the west, and the stories of the development of automobiles, airplanes, bicycles, and every mode of transportation of our past, present, and even the future.

To understand how we got here, the museum showcases rare vehicles such as the Star Durant car that was found buried in California, dug up, and put on exhibit to enlighten visitors about the trauma of the dust bowl. Or the 1883 bike from France, the first to have brakes

and pedals. There's also the Farmhall tractor, on which many folks rode as they plowed fields.

More than 425 occupations called men and women to work in railyards, to move to America from 27 countries, to build this country. Our state evolved from early agriculture to a modern world with the advent of boilermakers, machinists, and track men. At the museum, you will learn about these workers. Women came to work during World War II, cleaning million-pound locomotives at

midnight when they came in from runs. Each day, 1,500 to 2,000 men worked at the railyards, repairing 40 locomotives a month. You will learn their stories and more. You can watch a movie showing the last men who worked here. The museum also gives presentations about early autos, racing, and the first dealership here in New Mexico in 1900. Airplanes joined us about the same time, and there were three airports in Albuquerque at one time.

Many parents and grandparents visit Wheels every week, bringing babies in strollers, teens, and all ages in between to see more than 10,000 full-size and

model-scale exhibits. Children can learn how to run model trains of every gauge. Everyone has free admission and gets a train ride around the exhibits as they learn about fire trucks, race cars, and an early Chalmers car built for the owner of the company—complete with a place for the chauffeur in front of the passengers.

Inspiration comes to visitors of all ages as they learn about airplanes—both model and full size—and the history of the first planes in New Mexico. The museum recently hung a full-size wooden plane created by Wheels volunteers with more than 800 hours of labor. This amazing plane allows



Railroad workers.



Vintage cars.

visitors to see the inside of such a transportation mode.

Special docents give detailed tours of our rare exhibits. You can also explore antique trucks, learn how to run an O-gauge model train, and read about specific families who worked here. We offer field trips, and provide scavenger hunts, so students and adults can glean information about tiny items on exhibit—find the wedding, or a horn on a 1942 Seagraves fire truck.

Wheels is the perfect place to learn the history of moving—from walking and riding a horse, to the electric car,

to travel to Mars. Visitors come away with the understanding that 25,000 gallons of water were needed every 100 miles for a steam locomotive to reach a destination, that bikes are a fabulous way to get around, that new sources of power are being developed to take us to our destinations. All of these facets are part of what will drive your imagination when you visit Wheels.

Visit Wheels Monday through Thursday from 9 to 12, Saturday from 9 to 2, and some Sundays. Please call for information, 505-243-6269.



Roundhouse Aerial Photo

Leba Freed, an Albuquerque native, began saving the downtown Albuquerque railyards in 1994. She was instrumental in the purchase of the site in 2007 by the city. Leba has won many awards including NM Hero and the State Historic Preservation Award, and has been the president of Wheels since 1994.

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FREE SCHOOL MEALS

ANNABELLE BLACK DELFIN

New Mexico leads the way in making access to healthy school meals a reality for children

A scratch-made school lunch.

It was a sunny afternoon, the outdoor space at the Santa Fe Children's Museum had just opened, and children and families were enjoying the new picnic area. The sand pit was full with children exploring the interaction of water and sand while family members sat close by, watching them play. On the grassy area by the Rubik's cube climbing structure, several children began to play dragon riders, pretending to fly around on dragons with the climbing structure as the castle. I listened as the children negotiated their roles, titles, and types of dragons for the play scenario. At first they flew around, but soon a storyline emerged as they worked out their familial relationships and goals as dragon riders.



Children at the end of the lunch line, getting ready to have lunch with their friends.

"Let's be twin sisters, and we have dragons that can fly! My dragon is blue, it can fly to the castle."

This spontaneous play episode, among children who had not met before, is something that is quite commonly seen. When we think of play, this type of pretend role-play (or dramatic play, as it is called in early childhood circles) often comes to mind. Children will seek and produce opportunities to engage in dramatic play without much prompting.

Child developmental psychologist Lev Vygotsky noted that dramatic play serves multiple purposes for children, all of which drive cognitive, linguistic, and social development. Dramatic play includes role play, where children take on a role and maybe even dress up in a costume that exemplifies that role. It also includes any type of play where a child gives voice to an object, such as toy cars or miniature people in a doll house, and operates those items as they interact with other similar items. Sometimes children can even be seen engaged in dramatic play by themselves where the dialogue is inaudible.

In dramatic play, children demonstrate understanding that an item can be symbolically substituted by using an item to represent another item, such as using a banana as a telephone or lock blocks to create a climbing harness. They are also aware that some play props have a symbolic function, such as a firefighter hat, where the symbolism of the play



Children showing excitement for their delicious and nutritious scratch-made school lunch.

prop informs the role the child takes up. As children come to understand symbols and symbolic representation, they engage in dramatic play of more depth, utilizing and fashioning items in the environment to further the storyline.

"The cube is the castle! We can land the dragons right here while we go inside. Come on, sister."

Another way that dramatic play fosters development is in the social-emotional area. In order to engage in role play, children have to understand a great deal about social relationships and emotional responses. They have to be able to generate dialogue, negotiate roles, and

plot direction with the other players. For example, if a child is playing dragon rider and is developing their character through the play dialogue with other players in the game, this indicates that the child can hold and manage multiple mental representations and relations between them simultaneously.

"Let's pretend that your dragon gets hurt and you have to land, and we will land by you so we can help your dragon, OK?"

"OK, you be the dragon doctor and I will be sad because Minxie is hurt."

When a storyline like this takes hold as the children enact the storyline, a

meta-cognitive aspect enters the play where the children map out the plot through negotiation and then act out the plan. This is cognitively heavy work for young children. The child has to differentiate between what is real and what is not, what is a normative conversation that would occur between these fictional characters, and what are normative actions in which the child's pretend character would engage. Understanding symbolic functions and actions reveals the presence of abstract or symbolic thought.

Besides, dramatic play is fun. It is a risk-free zone to try out different roles, actions, behaviors, and language. When pretending with others, there is constant novelty, as each child can change the direction of the play episode, resulting in children adapting to and negotiating the change in plot direction. Interactions such as this that involve mental representation, language production, emotional regulation, social knowledge, and creative expression are cognitive exercises that foster growth and development.

Parents can support their children's growth and development by encouraging and maybe even joining in dramatic play. This can occur spontaneously, such as selecting a toy car to drive around when a child is playing with cars. Maybe having one car strike up a conversation with another car, or a parent agreeing to be the sibling in a play version of home living. Providing access to play props and accessories such as hats, scarves, boots, gloves, bags, and costumes can inspire role play. Items such as this can be purchased inexpensively from thrift stores or specific occupational costumes can be purchased, such as police officer, firefighter, chef, or doctor. Parents and others can expand the play episode by asking questions or making suggestions, such as, "Let's pretend the sisters make pizza." This could lead to making pizza from other symbolically substituted items like mud or playdough.

Families can also join in dramatic play in community events, such as the Annual Santa Fe Renaissance Faire at Rancho de los Golondrinas. This highly attended event is so fun because everybody dresses up and engages in role play all day—adults and children alike. In addition to the royal court, there are knights, princesses, elves, fairies, pirates, and mermaids. There are booths and exhibits, and they are made to look like magical destinations in this pretend world. Even among the adult



Child getting ready to take a bite of spaghetti.

participants, novel storylines emerge, such as where is Peter Pan? That results in other characters searching for Peter Pan and ending up in Never, Never Land with the Lost Boys. These kinds of events provide information and inspiration for subsequent play scenarios at home.

- It is fun and easy to promote your children's engagement in dramatic play. Here are some tips.
- o Make small dramatic play spaces with props such as pretend cell phone, keyboard, and office supplies, or a miniature kitchen with supplies and pretend food.
 - o Provide costumes and dress-up items like wings, capes, etc.
 - o Keep these on hand for making a fort: Baskets, binder clips, twine, and small blankets or pieces of cloth.
 - o Join pretend play, but don't take the lead.
 - o Ask open ended questions to expand the plot: "What would happen if we...?"

There are many types of play, but the benefits of dramatic play—where a child takes on an imaginary role or gives voice to an object—are profound and drive other areas of development and growth in all of the early learning domains.



Children enjoying their scratch-made school lunch, especially the fresh watermelon.

Dr. Olivia M. Thompson, PhD, MPH is a nutritional scientist with more than 20 years of public health experience in both private and public sectors. She earned her Masters of Public Health degree in behavioral sciences and health education from Emory University and her doctorate in nutritional sciences from the University of Washington, and she is board certified in public health (CPH). Dr. Thompson currently serves as an associate professor with the University of New Mexico's College of Population Health, where she teaches public health courses and conducts research designed to improve food systems, reduce food insecurity and hunger, and prevent and control chronic diseases.



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Painted portrait by Bobbi, age 14. Art School Santa Fe courtesy photo.

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Conversations in Castle Park

ANNABELLE BLACK DELFIN

The developmental benefits of dramatic play

It was a sunny afternoon, the outdoor space at the Santa Fe Children’s Museum had just opened, and children and families were enjoying the new picnic area. The sand pit was full with children exploring the interaction of water and sand while family members sat close by, watching them play. On the grassy area by the Rubik’s cube climbing structure, several children began to play dragon-on riders, pretending to fly around on dragons with the climbing structure as the castle. I listened as the children negotiated their roles, titles, and types of dragons for the play scenario. At first they flew around, but soon a storyline emerged as they worked out their familial relationships and goals as dragon riders.

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A four year old mermaid gets a ride on Dad's shoulders.

with other similar items. Sometimes children can even be seen engaged in dramatic play by themselves where the dialogue is inaudible.

In dramatic play, children demonstrate understanding that an item can be symbolically substituted by using an item to represent another item, such as using a banana as a telephone or lock blocks to create a climbing harness. They are also aware that some play props have a symbolic function, such as a firefighter hat, where the symbolism of the play prop informs the role the child takes up. As children come to understand symbols and symbolic representation, they engage in dramatic play of more depth, utilizing and fashioning items in the environment to further the storyline.

“The cube is the castle! We can land the dragons right here while we go inside. Come on, sister.”

Another way that dramatic play fosters development is in the social-emotional area. In order to engage in role play, children have to understand a great deal about social relationships and emotional responses. They have to be able to generate dialogue, negotiate roles, and plot direction with the other players. For example, if a child is playing dragon rider and is developing their character through the play dialogue with other players in the game, this indicates that the child can hold and manage multiple mental represen-



A mom and daughter have fun dressing as a forest fairy and a mermaid at the SF Renaissance Faire.



Little Monsters getting ready for the Meow Wolf Monster Battle Bash.

tations and relations between them simultaneously.

“Let’s pretend that your dragon gets hurt and you have to land, and we will land by you so we can help your dragon, OK?”

“OK, you be the dragon doctor and I will be sad because Minxie is hurt.”

When a storyline like this takes hold as the children enact the storyline, a meta-cognitive aspect enters the play where the children map out the plot through negotiation and then act out the plan. This is cognitively heavy work for young children. The child has to differentiate between what is real and what is not, what is a normative conversation that would occur between these fictional characters, and what are normative actions in which the child’s pretend character would engage. Understanding symbolic functions and actions reveals the presence of abstract or symbolic thought.

Besides, dramatic play is fun. It is a risk-free zone to try out different roles, actions, behaviors, and language. When pretending with others, there is constant novelty, as each child can change the direction of the play episode, resulting in children adapting to and negotiating the change in plot direction. Interactions such as this that involve mental representation, language production, emotional regulation, social knowledge, and creative expression are cognitive exercises that foster growth and development.

Parents can support their children’s growth and development by encouraging and maybe even joining in dramatic play. This can occur spontaneously, such as selecting a toy car to drive around when a child is playing

with cars. Maybe having one car strike up a conversation with another car, or a parent agreeing to be the sibling in a play version of home living. Providing access to play props and accessories such as hats, scarves, boots, gloves, bags, and costumes can inspire role play. Items such as this can be purchased inexpensively from thrift stores or specific occupational costumes can be purchased, such as police officer, firefighter, chef, or doctor. Parents and others can expand the play episode by asking questions or making suggestions, such as, “Let’s pretend the sisters make pizza.” This could lead to making pizza from other symbolically substituted items like mud or playdough.

Families can also join in dramatic play in community events, such as the Annual Santa Fe Renaissance Faire at Rancho de los Golondrinas. This highly attended event is so fun because everybody dresses up and engages in role play all day—adults and children alike. In addition to the royal court, there are knights, princesses, elves, fairies, pirates, and mermaids. There are booths and exhibits, and they are made to look like magical destinations in this pretend world. Even among the adult participants, novel storylines emerge, such as where is Peter Pan? That results in other characters searching for Peter Pan and ending up in Never, Never Land with the Lost Boys. These kinds of events provide information and inspiration for subsequent play scenarios at home.

It is fun and easy to promote your children’s engagement in dramatic play. Here are some tips.

- Make small dramatic play spaces with props such as pretend cell phone, keyboard, and office supplies, or a miniature kitchen with supplies and pretend food.
- Provide costumes and dress-up items like wings, capes, etc.
- Keep these on hand for making a fort: Baskets, binder clips, twine, and small blankets or pieces of cloth.
- Join pretend play, but don’t take the lead.
- Ask open ended questions to expand the plot: “What would happen if we...?”

There are many types of play, but the benefits of dramatic play—where a child takes on an imaginary role or gives voice to an object—are profound and drive other areas of development and growth in all of the early learning domains.

Annabelle Black Delfin has spent her life in New Mexico. Since starting her first babysitting enterprise as a teen, she has been interested in how young children grow and develop. She has run after-school programs, summer camps, youth-service nonprofits, and childcare, among other programs for kids in Santa Fe. Annabelle is a mom of two and has a 5-year-old granddaughter. Annabelle is currently the director of research at the New Mexico Center of Excellence in Early Childhood Education of WNMU.

DOULA, BREASTFEEDING AND LACTATION SERVICES, PREGNANCY CARE, CHILDBIRTH CLASSES

ELENA SHELTON BIRTH WORK

As a birth doula, I support you prenatally with in-depth appointments. I am on-call during your due window until the birth of your baby and come to your home for postpartum visits. We work closely together to find a balance of care, ranging from hands-on labor support, partner empowerment, detailed education of the birth process and labor interventions. As a postpartum doula, I help with everything from breastfeeding support, sleep support, laundry, dishes, light meal preparation, child care, and more.

elenasheltonbirthwork.com

FULL-SPECTRUM COMMUNITY DOULA

My name is Julia Martinez, and I’m a granddaughter, daughter, sister, auntie, and a multi-community member from Northern NM. I’m a full spectrum community doula who supports all bodies and reproductive health choices for those who live or receive services in Albuquerque and Northern NM. I practice free, prior, and informed consent to help people make the best decisions for themselves during their reproductive experiences.

50 Charlotte Lane
Placitas, NM 87043
505-280-7826
ohsidoula@gmail.com

LACTATION CONSULTANT

I provide in-home and virtual lactation consultant services to families across northern New Mexico. My passion lies in working with breast/chest feeding families to help support new roles as the journey of parenting unfolds. My work is inspired by the magic and mystery of birth, and I strive to bring breastfeeding and postpartum support to families in a way that holds loving space.

Santa Fe, NM 87505
505-490-1549
lilliejoy@gmail.com

LAS CUMBRES COMMUNITY SERVICES

Las Cumbres ¡Que Cute! Healthy Baby Program serves pregnant women and newborns in Santa Fe and Rio Arriba Counties. Maternal navigators partner with pregnant women to improve maternal and child health. ¡Que Cute! services are at no charge to pregnant mothers and their families. Spanish-speaking navigators on board!

505-753-4123
lascumbres-nm.org

NEW MEXICO DOULA ASSOCIATION

The New Mexico Doula Association is a birth and reproductive-justice focused organization led by community activists, Black, Indigenous, and People of Color (BIPOC) who represent our diverse statewide communities. Our mission is to continue the legacy of community-based doula services while advocating for systemic change in healthcare to ensure equitable access and outcomes for all. We do this through direct services, advocacy, and education. We believe that everyone has the right to affordable, obtainable, gender-affirming, and culturally-humble support for the full-spectrum of reproductive experiences including pregnancy, birth, postpartum, abortion, and loss. Visit the NMDA Doula Directory at nmdoula.org/nm-doula-directory/

NMDA Las Cruces Office
715 E. Idaho. BCS3
Las Cruces, NM 88001
admin@nmdoula.org
nmdoula.org

ONE HEART DOULA SERVICES, LLC

Wrap-around services for families including fertility and preconception, pregnancy, labor and birth, postpartum care, miscarriage and infant loss, breastfeeding, development, and parent education.

P.O. Box 609
Santa Cruz, NM 87567
oneheartdoula@gmail.com

ROOTED BIRTH SERVICES

Personalized childbirth education, customized to your needs. Birth and postpartum planning and postpartum doula services. In-person and virtual services available.

505-557-5561
rootedbirthabq@gmail.com

THE BIRTHING TREE

The Birthing Tree provides compassionate, high-quality classes and doula support services for labor, birth, and postpartum. Our classes provide practical, real-life tools to help build your confidence as new parents. We offer evidence-based and family-centered doula support: labor doulas guide you, support you, and advocate for you during labor and birth. Postpartum doulas help with newborn care, parent education, and postpartum recovery (days and overnights).

4001 Office Court Suite #207
Santa Fe, NM 87507
505-552-2454
info@thebirthingtree.com
thebirthingtree.com

2024 NEW PARENT SURVIVAL GUIDE

MATERNAL FETAL MEDICINE

PERINATAL ASSOCIATES

Every once in a while, a pregnancy takes an unexpected turn and more than routine prenatal care is needed. Perinatal Associates of New Mexico provides the best high-risk pregnancy care in the Southwest in a comfortable, soothing environment. Whether you're expecting more than one baby, experiencing premature labor, or need care for diabetes or any other maternal medical condition, we work closely with your doctor to help you every step of the way. Visit our website for a list of offices and outreach locations.

201 Cedar SE Suite #405
Albuquerque, NM 87106
505-764-9535
info@panm.com
panm.com

FERTILITY MEDICINE

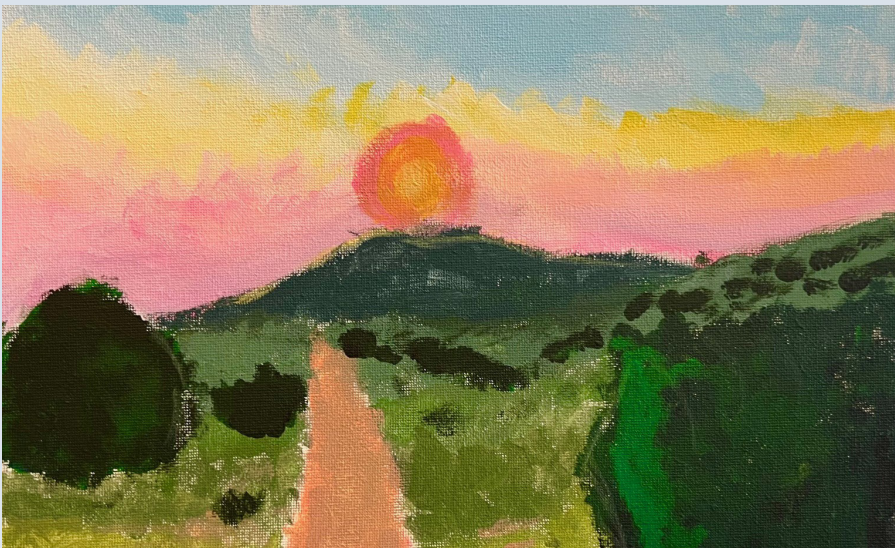
FERTILITY OF NEW MEXICO

Dr. Thompson and the staff at the Fertility Center of New Mexico are known across the state for their expertise in helping patients start families, but we're also known for providing compassionate care at a time when patients need it most. Although our office is located in Albuquerque, we have patients who travel from all over New Mexico for our high-quality care.

201 Cedar St SE, Suite S1-20
Albuquerque, NM 87106
505-248-0000
info@nmfertility.com
fertilitysantafe.com

CAPERTON FERTILITY INSTITUTE

Our fertility specialists are proud to serve the community at our Albuquerque



JF Mazur Studio courtesy photo.

fertility clinic. If you're based in Santa Fe and are starting your search for a fertility specialist, surrogate, and/or a sperm donor, Caperton Fertility Institute can help. The experienced team of fertility specialists at Caperton Fertility Institute has successfully turned thousands of patients with infertility issues into parents with our combination of compassionate care, deep clinical expertise and the Southwest region's most advanced medical technology.

6500 Jefferson Suite, Suite #250
Albuquerque, NM 87109
505-702-8020
capertonfertility.com

Fe and Rio Arriba Counties, our Home Visiting program can begin prenatally and continue until age five. During initial visits, trained home visitors help parents, caregivers, and families master feeding, caring for, and bonding with a new baby. Once healthy growth and development are established, Home Visiting expands to build a foundation for early learning, literacy, and social-emotional growth.

440 Cerrillos Road
Santa Fe, NM 87501
505-982-2002
info@growingupnm.org
growingupnm.org

LAS CUMBRES COMMUNITY SERVICES

Las Cumbres Community Services' Family Infant Toddler Program (FIT) Early Intervention (EI) program serves Santa Fe, Los Alamos, and Rio Arriba County. Our team of developmental specialists serve children 0-3 years old with developmental delays or established conditions. Comprehensive multidisciplinary evaluations are completed to guide Individual Family Service Plans. Services are at no charge to families.

Multiple NM Locations
505-901-7227
lascumbres-nm.org

LAS CUMBRES CONFIDENT PARENTING HOME VISITING PROGRAM

Las Cumbres Confident Parenting Home Visiting Program serves families with children ages prenatal to five in Santa Fe and Rio Arriba Counties. Home visitors are bilingual/bicultural and skilled at working with families to build and strengthen relationships in which children can flourish. They promote healthy child development by helping parents and caregivers create an environment in which children learn to relate to others, regulate their emotions, communicate their needs, and think creatively. Services are at no charge to families.

505-753-4123
lascumbres-nm.org

HOME VISITING

FIRST BORN LOS ALAMOS

First Born Program of Los Alamos (FBPLA) is a nonprofit organization that provides parents and primary caregivers with education and support to encourage normal growth and development. FBPLA provides free home visitation services to all families in Los Alamos County. Services may be requested at any time during pregnancy, at the birth of the baby, or until the baby is two months of age, and continue until the child is five years of age, or until the family no longer requests program services.

190 Central Park Sq, Suite #216
Los Alamos, NM
505-661-4810
welcome@firstbornla.org
firstbornla.org

GROWING UP NEW MEXICO

Covering the most critical developmental period in a child's life, Growing Up New Mexico's Home Visiting program delivers an integrated curriculum of support and resources that inform a confident, healthy, and stable family life. Open to all families in Santa



Fox watercolor painting by Zora, age 11. Art School Santa Fe courtesy photo.

MANY MOTHERS

Our long-standing Maternal Support Program* provides practical, hands-on support to all families in Santa Fe, Rio Arriba or Los Alamos counties with infants 0-6 months. By connecting families to trained volunteers, we are able to ensure parents have guidance and an extra pair of hands when caring for new babies. Families will receive at least 36 hours of in-home support for a 12-week period within the baby's first six months.

4001 Office Court Drive, Suite #207
Santa Fe, NM 87507
505-983-5984
manymothers.org

PB&J FAMILY SERVICES

Our programming empowers and assists families in creating and implementing frameworks that lead to improved parent-child relationships, positive parenting practices, optimal child development, family safety, and increased knowledge of and access to community programs and services. PB&J family services serves children and families across Bernalillo, Sandoval, and Valencia counties. The stories of the children and families that work with PB&J are an inspiration of hope, perseverance, and resiliency.

Multiple NM Locations
505-877-7060
pbjfamilyservices.org

PRESBYTERIAN MEDICAL SERVICES HOME VISITING PROGRAM

PMS offers a home visiting program that serves expectant, adoptive, and teen parents with the goal of providing educational services and child rearing guidance to ensure babies are born healthy and grow into physically, emotionally, and mentally healthy children. It helps parents learn how to better nurture their children, as well. Parents and caregivers are connected to formal and informal supports in the community, so children are prepared to start school when they are of age.

Flores del Sol Head Start
5600 Agua Fria St., Santa Fe, NM 87507
505-660-7454
pmsnm.org

TAOS FIRST STEPS HOME VISITING

First Steps is a free program for families who are expecting and/or with children up to the age of 5. We provide resources and support to help you raise a strong, happy family. We discuss parenting triumphs and trials, listen to joys and concerns, and connect you to resources within your community. We want to ensure you have access to the services that will help your family not only survive, but thrive!

413 Sipapu Street
Taos, NM 87571
575-751-8938
jimberger@taoshospital.org
taoshospital.org

MENTAL HEALTH SERVICES

ARTESANA COUNSELING

Isabel Ribe is a licensed therapist certified in maternal mental health, EMDR, art therapy and more. A former doula, she loves supporting parents through pregnancy, postpartum and beyond.

1629 State Road, Suite #502
Santa Fe, NM 87506
505-819-9966
ceryndipity@gmail.com
isabelribe.com

FATHERS NEW MEXICO

Our focus is on the role of the father, and developing the strategies for supporting healthy fatherhood. Most of our outreach is directed at young fathers and folks who become fathers in their teens. These young men have inspired us with countless stories illustrating profound dedication, perseverance through challenging circumstances and consistent support for their children.

P.O. Box 22254
Santa Fe, NM 87502
505-377-8950
johnny@fathersnewmexico.org
fathersnewmexico.org

GERARD'S HOUSE

Gerard's House is a safe place for grief support groups serving children, teens and families, where healing happens through acceptance and peer support. Our services are offered free to any family with children ages 3-21 who have experienced the death of a close family member or friend.

P.O. BOX 28693
Santa Fe, NM 87592
505-424-1800
info@gerardshouse.org
gerardshouse.org

PRENATAL MASSAGE & PHYSICAL THERAPY

THE BALANCED MOMTALITY

After you receive the green light from your OB-GYN or midwife for exercise around the six-week mark, it is necessary to also get cleared by a Pelvic Health Physical Therapist. We will evaluate the function of your pelvic floor and core



You can't predict their talent. You can protect their future with a 529 education savings plan.

It's great to dream about your child earning an athletic scholarship. Reality is less than 2% actually earn one. It's even better to plan for their future with a 529 education savings plan from The Education Plan. A 529 plan not only covers costs of going to college, but it can also be used for K-12 tuition, apprenticeships, and trade school. There are also tax benefits and the flexibility to change beneficiaries. The sooner you start the closer you'll be to helping your child's dreams come true.

Learn more at TheEducationPlan.com.

 **The Education Plan®**
A little today goes a long way



JF Mazur Studio courtesy photo.



Landscape painting by Daniel, age 12. Art School Santa Fe courtesy photo.

QUEEN BEE

music association

Let's Make Some MUSIC

Join our free Kids Song Along classes this winter!

Weekly Classes at:
Queen Bee Music Association
Railyard Park Conservancy

BRINDLE FOUNDATION

queenbeemusicassociation.org

system, and its ability to perform during your daily demands. Your therapist will examine your tissues for appropriate healing, strength, control, and presence of scar tissue, trigger points, pain, prolapse, DRA, hemorrhoids, and hernias. This will make sure that you safely return to sports and exercise to avoid any injury, pain or incontinence.

190 Central Park Square, Suite #214A
Los Alamos, NM 87544
505-803-2142
balancedmortality.com

BODY

Choose from the best massages and facials in Santa Fe at Body wellness center. Tailored to reduce stress, promote relaxation during pregnancy, and decrease inflammation and discomfort. Services available only after the first trimester.

333 W Cordova Road
Santa Fe, NM 87505
505-986-0362
guestservices@bodyofsantafe.com
bodyofsantafe.com

MASSAGE OF SANTA FE

Pregnancy can be a time of great stress. Many women experience back pain, neck pain, and headaches during pregnancy. Prenatal massage can help you get the relief you need to enjoy your pregnancy and prepare for childbirth. Our prenatal massages help reduce the stress and tension accompanying pregnancy. We have found that many of our clients who have received prenatal massages report feeling fewer aches and pains and sleeping better.

1441 S. St. Francis, Suite C
Santa Fe, NM 87505
505-428-0336
info@massageofsantafe.com
massageofsantafe.com

RHYTHM OF TOUCH WELLNESS

Pregnancy is a time when a woman's body endures tremendous stress due to dramatic physical and emotional changes. Using various techniques specially developed for the expecting mother, pregnancy massage helps release the pain and discomfort experienced throughout pregnancy. The benefits are profound, including emotional support, the relief of joint pain due to extra weight and postural imbalance, and improved breathing and relaxation.

3228 Richards Lane, Suite A
Santa Fe, NM 87507
505-690-0788
santa-fe-massage.com

STILLWATER MASSAGE AND BODYWORK

Prenatal massage therapy can help reduce anxiety, decrease symptoms of depression, relieve muscle aches and joint pains, and improve labor outcomes

and newborn health. Please schedule once you are past your first trimester.

460 St. Michaels Drive, Suite 1205
Santa Fe, NM 87505
505-490-6160
stillwater@stillwaterbodywork.com
stillwaterbodywork.com

HIGH DESERT HEALTHCARE & MASSAGE

Swedish massage, combined with other techniques, can create deep relaxation and ease while helping relieve the discomforts and pains of pregnancy. Many expectant mothers find that by receiving massage their connection to their baby deepens and they have an easier time adjusting to the constant changes that pregnancy creates. Treatments can be received either side lying with supporting pillows, or face down on a specially designed body pillow.

Multiple Santa Fe Locations
505-984-8830
feelbetter@highdesertsantafe.com
highdesertsantafe.com

SPECIAL IMAGING

NEW MEXICO SONOGRAPHICS

New Mexico Sonographics provides Obstetrical and Gynecological 3D/4D ultrasounds throughout the state of New Mexico and Arizona. Ultrasounds (sonograms) are performed by Registered Diagnostic Medical Sonographers in accordance with the American Institute of Ultrasound in Medicine guidelines. Ultrasounds are interpreted by highly specialized physicians: Perinatologists who are Board Certified in Maternal Fetal Medicine and OB/GYN specialized Radiologist. Maternal Fetal Medicine physician specialists are available for consults of your condition. Genetic Screening and Diagnostic Services when indicated and/or requested.

Multiple NM Locations
505-938-2229
nmsonographics.com

SANTA FE IMAGING

We are a team of board certified radiologists, registered technologists, and patient-focused administrative staff committed to providing Northern New Mexico's highest level of radiologic imaging services for diagnosing disease and injury.

Multiple NM Locations
505-983-9350
santafeimaging.com

FAMILY PLANNING & RESOURCE CONNECTION

DESERT ROSE

In addition to free pregnancy services, we help you put a plan together for your future. By presenting you with all of your pregnancy options, you will have the information necessary to make a confident decision. Our goal is to give women the peace, strength, and confidence to make informed decisions concerning their bodies.

4001 Office Court Drive, Suite #705
Santa Fe, NM 87507
505-995-1998
info@desertrosewrc.com
desertrosewrc.com

FAMILY STRENGTHS NETWORK

A private, non-profit organization that has served the families of Los Alamos and Northern New Mexico since 1989 through our Family Resource Center and programs.

FSN's mission is to provide education, support groups, and activities to all types of families, parents, teens, and children. Through our work, FSN improves the quality of family life for generations. Scholarships are available for all programs.

3540 Orange Street
Los Alamos, NM 87544
505-662-4515
lafsn.org

LA FAMILIA HEALTH

La Familia Medical Center is a community health center providing high quality comprehensive medical, dental, and health-education services to everyone, with special emphasis on the uninsured and underserved. It serves residents of Los Alamos, Mora, Rio Arriba, San Miguel, and Santa Fe. Services include prenatal care.

1035 Alto Street
Santa Fe, NM 87501
505-982-4425
lafamiliasf.org

NEW MEXICO EARLY CHILDHOOD EDUCATION AND CARE DEPARTMENT

New Mexico Early Childhood Education and Care Department's (ECECD) mission is to optimize the health, development, education, and well-being of babies, toddlers, and preschoolers through a family-driven, equitable, community-based system of high-quality prenatal and early childhood programs and services. ECECD can



JF Mazur Studio courtesy photo.

connect your family to numerous resources and services.

P.O. Drawer 5619
Santa Fe, NM 87502
800-832-1321
nmececd.org

PLANNED PARENTHOOD

Planned Parenthood is one of the nation's leading providers of high-quality affordable health care, and the nation's largest provider of sex education. With or without insurance, you can always come to us for your health care needs.

730 St. Michaels Drive, Suite 4B
Santa Fe, NM 87505
505-982-3684
plannedparenthood.org

PARENT GROUP

MANY MOTHERS

Our long-standing Maternal Support Home Visiting Program provides practical, hands-on support for families in Santa Fe, Rio Arriba and Los Alamos counties with infants 0-6 months. Our goal is to ensure parents have guidance and an extra pair of hands when caring for new babies. Many Mothers has also expanded to offer The Family Center, which is geared towards pregnant women, infant/toddlers 0-3

years old, and their families. We offer a myriad of classes, events, a family gathering space, same day basic needs assistance, and an indoor play space for babies and toddlers.

4001 Office Court Drive, Suite 207
Santa Fe, NM 87507
505-983-5984
marissa@manymothers.org
manymothers.org

REEL FATHERS

Reel Fathers' work is inspired by a vision of communities where fathers are valued and respected. They enjoy being vibrantly engaged with their children and work with their partners as skilled and nurturing co-parents. Children grow up in close-knit families, succeed in school, and become healthy, productive members of a flourishing community.

6 Torneo Court
Santa Fe, NM 87508
505-466-2295
deborah.reelfathers@gmail.com
reelfathers.org

THE HORME STUDIO

This is a space for caregivers and their children to learn and explore together in the comfort of a developmentally appropriate Montessori environment.

3022 Cielo Court, Suite B
Santa Fe, NM 87507
505-395-6390
julia@hormemontessori.org
hormemontessori.org

Dragonfly
Art Studio

Art provides skills for self-expression, strengthens self-confidence, adds appreciation for the world, and nurtures creative thinking!

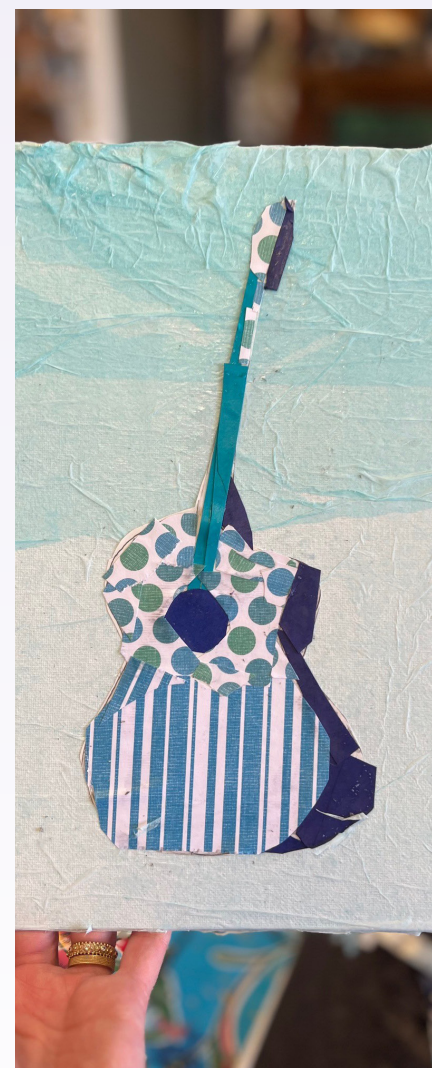


A PLACE WHERE KIDS CAN
EXPRESS THEMSELVES
THROUGH ART AND
DISCOVER THEIR CREATIVITY

- [Summer Camps](#)
- [After School Art Classes](#)
- ["No School" Art Days](#)
- [Birthday Parties](#)
- [Private and Group Classes](#)
- [Holiday Workshops](#)

www.Dragonflyartsf.com

505-670-5019



JF Mazur Studio courtesy photo.

Calendar of Events

November

LEGEND



SPECIAL EVENTS



SUPPORT & COMMUNITY



SPORTS & ACTIVITY



VISUAL ARTS



PERFORMING ARTS



EDUCATION/ENRICHMENT



NATURE



ENTERTAINMENT

Sunday	Monday	Tuesday	Wednesday
3	4	5	6
<div><div></div><div><div><div>Dawn 'til Dusk Day Los Luceros All Day</div><div>Dawn 'til Dusk Day Coronado All Day</div><div>★ Día de los Muertos All Day</div><div>Family Art Making 10 AM - 12 PM</div><div>Free First Sundays 10 AM - 5 PM</div><div>Animal Encounters 11:30 AM - 12:30 PM</div></div></div></div>	<div><div></div><div><div><div>Elements of Art: Storytime 10 - 11 AM</div><div>Nature Playtime 10 - 11 AM</div><div>Queen Bee Sing-Along 10:30 - 11:15 AM</div><div>Many Mothers' Play Area 12 - 2 PM</div><div>Monday Funday at Meow Wolf 3 - 8 PM</div><div>Paws and Pages 4:30 - 5:30 PM</div><div>Birth Talk Los Alamos 6:30 - 8:30 PM</div></div></div></div>	<div><div></div><div><div><div>Santa Fe Farmers' Market 8 AM - 1 PM</div><div>Tot Time at GCCC 8:15 - 9:30 AM</div><div>Music and Movement in Los Alamos 9:30 - 10 AM</div><div>Parents & Preschoolers 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>Animal Encounters 11:30 AM - 12:30 PM</div><div>Many Mothers' Play Area 12 - 2 PM</div><div>Wags & Words at Main Library 6 - 7 PM</div><div>Special Needs/Autism Support Group 6 - 7 PM</div></div></div></div>	<div><div></div><div><div><div>Bilingual Books and Babies at Main Library 10 - 11 AM</div><div>Storytime and Craft at White Rock Library 10:15 - 10:45 AM</div><div>Toddler Tunes at LAFSN 10:30 - 11 AM</div><div>Queen Bee Sing-Along 10:30 - 11:15 AM</div><div>Storytime at White Rock Library 10:30 - 11:30 AM</div><div>Wee Wednesdays 10:30 - 11:30 AM</div><div>Animal Encounters 11:30 AM - 12:30 PM</div><div>Many Mothers' Play Area 12 - 2 PM</div><div>What's Up Wednesday 1:30 - 3 PM</div><div>Teen Lounge at La Farge Library 2 - 4 PM</div><div>Youth Chess at the Main Library 5:45 - 7:45 PM</div></div></div></div>
10	11	12	13
<div><div></div><div><div><div>Free Family Fun at O'Keeffe Museum</div><div>10:30 AM - 2:30 PM</div><div>Animal Encounters 11:30 AM - 12:30 PM</div></div></div></div>	<div><div></div><div><div><div>Nature Playtime 10 - 11 AM</div><div>Queen Bee Sing-Along 10:30 - 11:15 AM</div><div>Many Mothers' Play Area 12 - 2 PM</div><div>Monday Funday at Meow Wolf 3 - 8 PM</div><div>Paws and Pages 4:30 - 5:30 PM</div><div>VETERANS' DAY</div></div></div></div>	<div><div></div><div><div><div>Santa Fe Farmers' Market 8 AM - 1 PM</div><div>Tot Time at GCCC 8:15 - 9:30 AM</div><div>Music and Movement in Los Alamos 9:30 - 10 AM</div><div>Parents & Preschoolers 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>Animal Encounters 11:30 AM - 12:30 PM</div><div>Many Mothers' Play Area 12 - 2 PM</div><div>Wags & Words at Main Library 6 - 7 PM</div><div>Special Needs/Autism Support Group 6 - 7 PM</div></div></div></div>	<div><div></div><div><div><div>Bilingual Books and Babies at Main Library 10 - 11 AM</div><div>Storytime and Craft at White Rock Library 10:15 - 10:45 AM</div><div>Queen Bee Sing-Along 10:30 - 11:15 AM</div><div>Storytime at White Rock Library 10:30 - 11:30 AM</div><div>Wee Wednesdays 10:30 - 11:30 AM</div><div>Animal Encounters 11:30 AM - 12:30 PM</div><div>Many Mothers' Play Area 12 - 2 PM</div><div>What's Up Wednesday 1:30 - 3 PM</div><div>Teen Lounge at La Farge Library 2 - 4 PM</div><div>Youth Chess at the Main Library 5:45 - 7:45 PM</div></div></div></div>
17	18	19	20
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24	25	26	27
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Thursday	Friday	Saturday
	1 ★ <u>Día de los Muertos All Day</u> ★ <u>Monster Mansion All Day</u> <u>Bilingual Books and Babies at La Farge Library 10 - 10:30 AM</u> <u>Animal Encounters 11:30 AM - 12:30 PM</u> <u>Fine Art Fridays at Santa Fe Children's Museum 2 - 4PM</u> ★ <u>Friday Afternoon Art: Día de los Muertos Crafts 2:30 - 4:30 PM</u> <u>Paseo Pottery Throw Down 5 - 8 PM</u>	2 ★ <u>Día de los Muertos All Day</u> <u>Santa Fe Farmers' Market 8 AM - 1 PM</u> <u>Music and Movement in Los Alamos 9:30 - 10 AM</u> <u>Bilingual Books and Babies at Southside Library 10 - 10:30 AM</u> <u>Caregiver and Tot Creative Movement at Main Library 10 - 11 AM</u> <u>Queen Bee Sing-Along 10:30 - 11:15 AM</u> <u>Read to a Pup! At the Southside Library 11:30 AM - 12:30 PM</u> <u>Animal Encounters 11:30 AM - 12:30 PM</u> <u>Science Saturdays 2 - 4 PM</u>
7 <u>Tot Time at GCCC 8:15 - 9:30 AM</u> <u>Music and Movement in Los Alamos 9:30 - 10 AM</u> <u>Storytime and Craft at Main Library 10:30 - 11:30 AM</u> <u>Seeds and Sprouts Backyard Program 10:30 - 11:30 AM</u> <u>Animal Encounters 11:30 AM - 12:30 PM</u> <u>Many Mothers' Play Area 12 - 2 PM</u> <u>Fun With Firefighters at Santa Fe Children's Museum 1 - 2 PM</u> <u>Meet Cornelius the Snake 1 - 2 PM</u> <u>Thursdays are Yours at Santa Fe Children's Museum 4 - 7 PM</u> <u>Pajama Storytime/Hora del cuento 6:30 - 7:30 PM</u>	8 <u>Bilingual Books and Babies at La Farge Library 10 - 10:30 AM</u> <u>Animal Encounters 11:30 AM - 12:30 PM</u> <u>Fine Art Fridays at Santa Fe Children's Museum 2 - 4PM</u> ★ <u>Hands-on STEM 3:30 - 4:30 PM</u>	9 <u>Santa Fe Farmers' Market 8 AM - 1 PM</u> <u>Music and Movement in Los Alamos 9:30 - 10 AM</u> <u>Bilingual Books and Babies at Southside Library 10 - 10:30 AM</u> <u>Baby and Toddler Play Hour at the Main Library 10:30 - 11:30 AM</u> <u>Animal Encounters 11:30 AM - 12:30 PM</u> <u>Science Saturdays 2 - 4 PM</u>
14 <u>Tot Time at GCCC 8:15 - 9:30 AM</u> <u>Music and Movement in Los Alamos 9:30 - 10 AM</u> <u>Storytime and Craft at Main Library 10:30 - 11:30 AM</u> <u>Seeds and Sprouts Backyard Program 10:30 - 11:30 AM</u> <u>Animal Encounters 11:30 AM - 12:30 PM</u> <u>Many Mothers' Play Area 12 - 2 PM</u> <u>Meet Cornelius the Snake 1 - 2 PM</u> <u>Create With O'Keeffe at La Farge Library 3:30 - 4:30 PM</u> <u>Thursdays are Yours at Santa Fe Children's Museum 4 - 7 PM</u> <u>Anime Club 5:30 - 7:30 PM</u> <u>Pajama Storytime/Hora del cuento 6:30 - 7:30 PM</u>	15 <u>Bilingual Books and Babies at La Farge Library 10 - 10:30 AM</u> <u>Animal Encounters 11:30 AM - 12:30 PM</u> <u>Fine Art Fridays at Santa Fe Children's Museum 2 - 4PM</u>	16 <u>Santa Fe Farmers' Market 8 AM - 1 PM</u> <u>Music and Movement in Los Alamos 9:30 - 10 AM</u> <u>Bilingual Books and Babies at Southside Library 10 - 10:30 AM</u> <u>Caregiver and Tot Creative Movement at Main Library 10 - 11 AM</u> <u>Read to a Pup! At the Southside Library 11:30 AM - 12:30 PM</u> <u>Animal Encounters 11:30 AM - 12:30 PM</u> <u>Science Saturdays 2 - 4 PM</u>
21 <u>Tot Time at GCCC 8:15 - 9:30 AM</u> <u>Music and Movement in Los Alamos 9:30 - 10 AM</u> <u>Storytime and Craft at Main Library 10:30 - 11:30 AM</u> <u>Seeds and Sprouts Backyard Program 10:30 - 11:30 AM</u> <u>Animal Encounters 11:30 AM - 12:30 PM</u> <u>Many Mothers' Play Area 12 - 2 PM</u> <u>Meet Cornelius the Snake 1 - 2 PM</u> <u>Create With O'Keeffe at Southside Library 3:30 - 4:30 PM</u> <u>Thursdays are Yours at Santa Fe Children's Museum 4 - 7 PM</u> <u>Throwback Movie Night at La Farge Library 5:30 -7:30 PM</u> <u>Pajama Storytime/Hora del cuento 6:30 - 7:30 PM</u>	22 <u>Bilingual Books and Babies at La Farge Library 10 - 10:30 AM</u> <u>Animal Encounters 11:30 AM - 12:30 PM</u> <u>Fine Art Fridays at Santa Fe Children's Museum 2 - 4PM</u>	23 <u>Santa Fe Farmers' Market 8 AM - 1 PM</u> <u>Music and Movement in Los Alamos 9:30 - 10 AM</u> <u>Bilingual Books and Babies at Southside Library 10 - 10:30 AM</u> <u>Animal Encounters 11:30 AM - 12:30 PM</u> <u>Science Saturdays 2 - 4 PM</u>
28 ★ <u>Atalaya PTA Turkey Trot 8 AM - 12 PM</u> THANKSGIVING	29 <u>Animal Encounters 11:30 AM - 12:30 PM</u> <u>Fine Art Fridays at Santa Fe Children's Museum 2 - 4PM</u> ★ <u>Annual Holiday Plaza Lighting 4:30 - 8 PM</u> PRESIDENTS' DAY	30 <u>Santa Fe Farmers' Market 8 AM - 1 PM</u> <u>Music and Movement in Los Alamos 9:30 - 10 AM</u> <u>Bilingual Books and Babies at Southside Library 10 - 10:30 AM</u> <u>Queen Bee Sing-Along 10:30 - 11:15 AM</u> <u>Animal Encounters 11:30 AM - 12:30 PM</u> <u>Science Saturdays 2 - 4 PM</u>

Calendar of Events

December

LEGEND

★ SPOTLIGHT



SPECIAL EVENTS

SUPPORT & COMMUNITY

SPORTS & ACTIVITY

VISUAL ARTS



PERFORMING ARTS

EDUCATION/ENRICHMENT

NATURE

ENTERTAINMENT

Sunday	Monday	Tuesday	Wednesday
1 Dawn 'til Dusk Day Los Luceros All Day Dawn 'til Dusk Day Coronado All Day Family Art Making 10 AM - 12 PM Free First Sundays 10 AM - 5 PM Animal Encounters 11:30 AM - 12:30 PM	2 Music and Movement in Los Alamos 9:30 - 10 AM Elements of Art: Storytime 10 - 11 AM Nature Playtime 10 - 11 AM Queen Bee Sing-Along 10:30 - 11:15 AM , Many Mothers' Play Area 12 - 2 PM Monday Funday at Meow Wolf 3 - 8 PM Paws and Pages 4:30 - 5:30 PM Birth Talk Los Alamos 6:30 - 8:30 PM	3 Santa Fe Farmers' Market 8 AM - 1 PM Tot Time at GCCC 8:15 - 9:30 AM Music and Movement in Los Alamos 9:30 - 10 AM Babytime Los Alamos 10:15 - 11 AM Storytime and Craft at Southside Library 10:30 - 11:30 AM Animal Encounters 11:30 AM - 12:30 PM Many Mothers' Play Area 12 - 2 PM Wags & Words at Main Library 6 - 7 PM Special Needs/Autism Support Group 6 - 7 PM	4 Bilingual Books and Babies at Main Library 10 - 11 AM Storytime and Craft at White Rock Library 10:15 - 10:45 AM Toddler Tunes at LAFSN 10:30 - 11 AM Queen Bee Sing-Along 10:30 - 11:15 AM Storytime at White Rock Library 10:30 - 11:30 AM Wee Wednesdays 10:30 - 11:30 AM Animal Encounters 11:30 AM - 12:30 PM Many Mothers' Play Area 12 - 2 PM What's Up Wednesday 1:30 - 3 PM Teen Lounge at La Farge Library 2 - 4 PM Youth Chess at the Main Library 5:45 - 7:45 PM
8 ★ Winter Spanish Market 9 AM - 4 PM Free Family Fun at O'Keeffe Museum 10:30 AM - 2:30 PM Animal Encounters 11:30 AM - 12:30 PM	9 Music and Movement in Los Alamos 9:30 - 10 AM Nature Playtime 10 - 11 AM Queen Bee Sing-Along 10:30 - 11:15 AM Many Mothers' Play Area 12 - 2 PM Monday Funday at Meow Wolf 3 - 8 PM Paws and Pages 4:30 - 5:30 PM	10 Santa Fe Farmers' Market 8 AM - 1 PM Tot Time at GCCC 8:15 - 9:30 AM Music and Movement in Los Alamos 9:30 - 10 AM Babytime Los Alamos 10:15 - 11 AM Storytime and Craft at Southside Library 10:30 - 11:30 AM Animal Encounters 11:30 AM - 12:30 PM Many Mothers' Play Area 12 - 2 PM Wags & Words at Main Library 6 - 7 PM Special Needs/Autism Support Group 6 - 7 PM	11 Bilingual Books and Babies at Main Library 10 - 11 AM Storytime and Craft at White Rock Library 10:15 - 10:45 AM Queen Bee Sing-Along 10:30 - 11:15 AM Storytime at White Rock Library 10:30 - 11:30 AM Wee Wednesdays 10:30 - 11:30 AM Many Mothers' Play Area 12 - 2 PM What's Up Wednesday 1:30 - 3 PM Teen Lounge at La Farge Library 2 - 4 PM Youth Chess at the Main Library 5:45 - 7:45 PM
15 ★ Aspen Santa Fe Ballet The Nutcracker 1 PM, 7:30 PM Animal Encounters 11:30 AM - 12:30 PM	16 Music and Movement in Los Alamos 9:30 - 10 AM Elements of Art: Storytime 10 - 11 AM Nature Playtime 10 - 11 AM Queen Bee Sing-Along 10:30 - 11:15 AM Many Mothers' Play Area 12 - 2 PM Monday Funday at Meow Wolf 3 - 8 PM Paws and Pages 4:30 - 5:30 PM	17 Santa Fe Farmers' Market 8 AM - 1 PM Tot Time at GCCC 8:15 - 9:30 AM Music and Movement in Los Alamos 9:30 - 10 AM Babytime Los Alamos 10:15 - 11 AM Storytime and Craft at Southside Library 10:30 - 11:30 AM Animal Encounters 11:30 AM - 12:30 PM Many Mothers' Play Area 12 - 2 PM Wags & Words at Main Library 6 - 7 PM Special Needs/Autism Support Group 6 - 7 PM	18 Toddler Craft at LAFSN 10 - 11 AM Bilingual Books and Babies at Main Library 10 - 11 AM Storytime and Craft at White Rock Library 10:15 - 10:45 AM Queen Bee Sing-Along 10:30 - 11:15 AM Storytime at White Rock Library 10:30 - 11:30 AM Wee Wednesdays 10:30 - 11:30 AM Many Mothers' Play Area 12 - 2 PM What's Up Wednesday 1:30 - 3 PM Teen Lounge at La Farge Library 2 - 4 PM Youth Chess at the Main Library 5:45 - 7:45 PM
22 Animal Encounters 11:30 AM - 12:30 PM	23 Queen Bee Sing-Along 10:30 - 11:15 AM Nature Playtime 10 - 11 AM Many Mothers' Play Area 12 - 2 PM Monday Funday at Meow Wolf 3 - 8 PM Paws and Pages 4:30 - 5:30 PM	24 CHRISTMAS EVE	25 CHRISTMAS DAY HANUKKAH BEGINS
29 Animal Encounters 11:30 AM - 12:30 PM	30 Elements of Art: Storytime 10 - 11 AM Nature Playtime 10 - 11 AM Queen Bee Sing-Along 10:30 - 11:15 AM Many Mothers' Play Area 12 - 2 PM Monday Funday at Meow Wolf 3 - 8 PM Paws and Pages 4:30 - 5:30 PM	31 ★ Noon Year's Eve 10:30 AM - 12:15 PM NEW YEAR'S EVE	





Thursday	Friday	Saturday
<div>5</div> <div>Tot Time at GCCC 8:15 - 9:30 AM Music and Movement in Los Alamos 9:30 - 10 AM Storytime and Craft at Main Library 10:30 - 11:30 AM Seeds and Sprouts Backyard Program 10:30 - 11:30 AM Animal Encounters 11:30 AM - 12:30 PM Many Mothers' Play Area 12 - 2 PM Fun With Firefighters at Santa Fe Children's Museum 1 - 2 PM Meet Cornelius the Snake 1 - 2 PM Thursdays are Yours at Santa Fe Children's Museum 4 - 7 PM Pajama Storytime/Hora del cuento 6:30 - 7:30 PM</div>	<div>6</div> <div>Bilingual Books and Babies at La Farge Library 10 - 10:30 AM Animal Encounters 11:30 AM - 12:30 PM ★ Farolito Tree Lighting & Holiday Market 1 - 6 PM Fine Art Fridays at Santa Fe Children's Museum 2 - 4PM Paseo Pottery Throw Down 5 - 8 PM</div>	<div>7</div> <div>Santa Fe Farmers' Market 8 AM - 1 PM ★ Winter Spanish Market 9 AM - 4 PM Music and Movement in Los Alamos 9:30 - 10 AM Bilingual Books and Babies at Southside Library 10 - 10:30 AM Caregiver and Tot Creative Movement at Main Library 10 - 11 AM Queen Bee Sing-Along 10:30 - 11:15 AM Animal Encounters 11:30 AM - 12:30 PM Read to a Pup! At the Southside Library 11:30 AM - 12:30 PM Science Saturdays 2 - 4 PM</div>
<div>12</div> <div>Tot Time at GCCC 8:15 - 9:30 AM Music and Movement in Los Alamos 9:30 - 10 AM Storytime and Craft at Main Library 10:30 - 11:30 AM Seeds and Sprouts Backyard Program 10:30 - 11:30 AM Many Mothers' Play Area 12 - 2 PM Meet Cornelius the Snake 1 - 2 PM Create With O'Keeffe at La Farge Library 3:30 - 4:30 PM Thursdays are Yours at Santa Fe Children's Museum 4 - 7 PM Anime Club 5:30 - 7:30 PM Pajama Storytime/Hora del cuento 6:30 - 7:30 PM</div>	<div>13</div> <div>Bilingual Books and Babies at La Farge Library 10 - 10:30 AM Fine Art Fridays at Santa Fe Children's Museum 2 - 4PM ★ Hands-on STEM 3:30 - 4:30 PM</div>	<div>14</div> <div>★ Aspen Santa Fe Ballet <i>The Nutcracker</i> 1 PM, 7:30 PM Santa Fe Farmers' Market 8 AM - 1 PM Music and Movement in Los Alamos 9:30 - 10 AM Bilingual Books and Babies at Southside Library 10 - 10:30 AM Baby and Toddler Play Hour at the Main Library 10:30 - 11:30 AM Animal Encounters 11:30 AM - 12:30 PM Science Saturdays 2 - 4 PM</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

★ **DÍA DE LOS MUERTOS**

NOVEMBER 1 - 3 | ALL DAY

All are welcome to share in this free celebration and create new memories on the Santa Fe Plaza on Friday, November 1 and Saturday, November 2, 2024, during three days of free community events marking this treasured tradition, including the free Día de los Muertos activities at the Museum of International Folk Art on Sunday, November 3, 2024. Expect to see brightly colored masks, decorative skulls, festive traditional costumes, and hundreds of marigolds, and everyone is invited to dress up in their own Día de los Muertos finery!

★ **ATALAYA**

PTA TURKEY TROT

NOVEMBER 28 | 8 AM - 12 PM

This year marks the seventeenth anniversary of the Atalaya Turkey Trot 5k Race and 1k Kids' Fun Run! With over 450 runners, the trot has become an annual tradition for the Santa Fe community and for the many visitors who come to town for the holidays. The race is also the biggest fundraiser for the Atalaya Elementary PTA, providing critical funding to support our kids and teachers! More information: atalayapta.com/turkey-trot

★ **ANNUAL HOLIDAY PLAZA LIGHTING**

NOVEMBER 29 | 4:30 - 8 PM

Who can forget the magnificent holiday lights display on the Plaza every year? This year's display promises to be no less spectacular.

Live entertainment with performances beginning at 4:30 pm and continue until 8:00 pm. Santa and Mrs. Claus will arrive by vintage fire truck at 5:15 pm and at 6:15 pm we will flip the switch and light up the Plaza. Enjoy hot chocolate and cookies, music, and food for purchase from food trucks and plaza vendors.

★ **FAROLITO TREE LIGHTING & HOLIDAY MARKET**

DECEMBER 6 | 1 - 6 PM

Join us for a day filled with festive activities, starting with our holiday market near Two Dogs Cafe featuring local artisans showcasing their unique creations. Then, experience the cozy ambiance of the season when we come together at Bishop's Lodge Plaza for the ceremonial lighting of our beautifully illuminated farolito tree. Tree lighting at 6pm.

★ **NOON YEAR'S EVE**

DECEMBER 31 | 10:30 AM - 12:15 PM

Kids and families are invited to dress in their fancy clothes or their favorite costumes and come to their nearest library for a party. The balloons will drop at noon! Mesa Public Library and White Rock Branch. All ages are welcome. The crafts and activities are geared toward 4-10 year olds, so bring your inner child and have some fun!

★ **WINTER**

SPANISH MARKET 2024

DECEMBER 7 - 8 | 9 AM - 4 PM

Traditional Spanish Market is a vibrant event celebrating Hispanic Heritage through art, music, food, and culture each year in Santa Fe, New Mexico. This annual Market serves as a cultural hub where artists and artisans display their talents, preserving and promoting the rich Hispanic heritage that has deeply influenced the region's history and traditions. We invite you to experience this unique opportunity to be immersed in the artistry and traditions that continue to shape New Mexico and communities with origins in early Spanish settlement.



SUPPORT & COMMUNITY

★ **MONSTER MANSION**

NOVEMBER 1 | ALL DAY

Are you brave enough to enter? Come to the Monster Mansion at the Santa Fe Elks Lodge to benefit Gerard's House and Elks Drug Awareness.



EDUCATION & ENRICHMENT

★ **HANDS-ON STEM**

NOVEMBER 8, DECEMBER 13

3:30 - 4:30 PM

Join us at the library for hands-on STEM (Science, Tech, Engineering, & Math) FUN! Ages 6-12.



VISUAL ARTS & CULTURE

★ **FRIDAY AFTERNOON**

ART: DÍA DE LOS MUERTOS CRAFTS

NOVEMBER 11 | 2:30 - 4:30 PM

Celebrate Día de los Muertos and make a special craft to take home with you.



ENTERTAINMENT

★ **ASPEN SANTA FE**

BALLET THE NUTCRACKER

DECEMBER 14 | 1 PM, 7:30 PM

DECEMBER 15 | 1PM, 5 PM

Experience the wonder of The Nutcracker this holiday season with Aspen Santa Fe Ballet. Journey with Clara and her beloved Nutcracker as they battle the evil Rat King, travel to the Land of Snow, and ride a magical carousel around the world. Aspen Santa Fe Ballet's lavish interpretation of this timeless yuletide classic features traditional dances from across the globe: a high-flying Ukrainian hopak, a Chinese ribbon dance, Santa Fe's beloved flamenco artist, La Emi and ASFB's own Mexican Folklorico dancers. Ballet stars Chyrstyn Fentroy from Boston Ballet and Gian Carlo Perez from Houston Ballet lead this stellar cast of performers...an enchanting experience, sure to create lifelong memories for your whole family!



CELEBRATE THE HOLIDAY SEASON AT GHOST RANCH
DECEMBER 14 & 15

ENJOY FREE FACE PAINTING,
HOLIDAY CARD CRAFTING, ORNAMENT MAKING,
COURTYARD FIREPLACE, SNACKS, COCKTAILS,
AND A STAR TOUR.

Can you find all the words? Bring your completed wordsearch to Ghost Ranch for a prize!

A	A	S	I	E	F	S	H	I	K	E	T	C	O
Z	O	L	S	F	R	A	C	S	M	S	R	Z	G
C	C	E	N	N	I	E	G	N	C	A	B	I	N
I	O	D	A	A	E	M	Y	L	I	M	A	F	C
O	C	D	C	D	N	I	O	W	I	N	T	E	R
U	T	I	K	V	D	T	F	E	C	F	N	S	R
T	O	N	S	E	S	T	A	R	S	N	A	R	A
D	H	G	E	N	N	E	D	T	O	T	H	T	I
O	L	E	L	T	O	N	I	L	C	S	A	S	Z
O	O	O	C	U	W	S	K	E	O	I	T	O	F
R	S	M	I	R	M	O	N	N	Z	C	S	W	C
S	I	V	C	E	A	C	I	A	Y	L	N	O	T
E	S	A	I	G	N	I	Z	A	G	R	A	T	S
E	K	A	L	F	W	O	N	S	S	C	Z	O	S

FRIENDS
MITTENS
WINTER
HIKE
STARGAZING
ADVENTURE
SNACKS
OUTDOORS
COLD
SLEDDING
FROST
COZY
ICICLE
SCARF
HOT COCOA
CABIN
SNOWFLAKE
FAMILY
SNOWMAN

► RECURRING ACTIVITIES



SUPPORT & COMMUNITY

BABY AND TODDLER PLAY HOUR AT MAIN LIBRARY

10:30 - 11:30 AM

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: Every second 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 (Except 12/24 and 12/31)

BIRTH TALK LOS ALAMOS

6:30 - 8:30 PM

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

DATES: First Mondays

DAWN 'TIL DUSK DAY AT LOS LUCEROS HISTORIC SITE

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



JF Mazur Studio courtesy photo.

DAWN 'TIL DUSK DAY AT CORONADO HISTORIC SITE

SUNRISE TO SUNSET

Coronado Historic Site offers extended hours from dawn until dusk on the First Sunday of each month to allow visitors an opportunity to see the site at these beautiful times of day. The early mornings are a great time to see a multitude of different birds, while the evenings offer unparalleled views of the Sandia Mountains glowing pink at sunset. Activities for people of all ages are available throughout the day. First Sundays are free to all New Mexico residents with ID. Regular admission of \$7 for adults for nonresidents. Children 16 and younger free.

DATES: First Sundays

DAWN 'TIL DUSK DAY AT LOS LUCEROS HISTORIC SITE

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

PADRES Y NIÑOS PREESCOLARES EN ESPAÑOL

9:30 - 10:30 AM

Jamie Thorsdon-Monroy dirige esta clase sobre la conexión entre padres e hijos que se alinea con la teoría del "Círculo de Seguridad" y brinda lecciones para apoyar el apego, la sintonía y la base del Círculo. Ideal para niños de 1 a 4 años y un(a) cuidador(a). Gratis; es necesario registrarse en lafnsn.org..

DÍAS: Todos los martes hasta el 19/11

PARENTS & PRESCHOOLERS

9:30 - 10:30 AM

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: Every Tuesday until 11/19

SANTA FE FARMER'S MARKET - SATURDAY

8 AM - 1 PM

Shop a great selection of fresh produce, eggs, meat, honey,

NEW MEXICO'S LARGEST INDOOR ROPES COURSE

CLIMBING WALLS

BIRTHDAY PARTIES

GROUP RATES

LIGGETTVILLE
Ropes · Zip · Climb

Located inside the Santa Fe Place Mall!

bread, chile, apothecary, and much more. At our market, 100% of the vegetables, fruits, and nursery plants available are grown right here in northern New Mexico. Arrive hungry and stop in Cafe Fresh for hot coffee and a selection of ready-to-eat treats. Check out our Santa Fe Farmers' Market Gift Shop and its ever-changing selection of fair trade and local items. Your purchases directly support our farmers.
DATES: Every Saturday

SANTA FE FARMERS' MARKET - TUESDAY

8 AM - 1 PM

Beat the crowds and load up on farm fresh goodies at the Santa Fe Farmers' Market – Tuesday! This Market has the same variety as seen on Saturdays. Expect to find fresh produce, eggs, meat, honey, bread, chile, apothecary, and much more. Arrive hungry and stop in Cafe Fresh for hot coffee and a selection of ready-to-eat treats. Check out our Santa Fe Farmers' Market Gift Shop and its ever-changing selection of fair trade and local items. Your purchases directly support our farmers.

DATES: Every Tuesday until 12/24

SPECIAL NEEDS/ AUTISM SUPPORT GROUP

6 - 7 PM

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

DATES: Every Tuesday

TEEN LOUNGE AT LA FARGE LIBRARY

2 - 4 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 except 12/25

THURSDAYS ARE YOURS AT SANTA FE CHILDREN'S MUSEUM

4 - 7 PM

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

DATES: Every Thursday except 11/28



SPORTS & MOVEMENT

TOT TIME AT GCCC

8:15 AM - 9:30 AM

Leisure pool for kids 4 and under. No registration needed, \$2 per person.

DATES: Every Tuesday and Thursday



VISUAL ARTS & CULTURE

CREATE WITH O'KEEFFE AT LA FARGE LIBRARY

3:30 - 4:30 PM

The Georgia O'Keeffe Museum and the Santa Fe Public Library are proud to offer free drop-in artmaking. Perfect for kids of all ages, expand your creativity and explore your imagination with new art activities every month. All supplies provided.

DATES: Second Thursdays

CREATE WITH O'KEEFFE AT SOUTHSIDE LIBRARY

3:30 - 4:30 PM

The Georgia O'Keeffe Museum and the Santa Fe Public Library are proud to offer free drop-in artmaking. Perfect for kids of all ages, expand your creativity and explore your imagination with new art activities every month. All supplies provided.

DATES: Third Thursdays

CREATE WITH O'KEEFFE AT MAIN LIBRARY

3:30 - 4:30 PM

The Georgia O'Keeffe Museum and the Santa Fe Public Library are proud to offer free drop-in artmaking. Perfect for kids of all ages, expand your creativity and explore your imagination with new art activities every month. All supplies provided.

DATES: Fourth Thursdays except 11/28



JF Mazur Studio courtesy photo.

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

FINE ART FRIDAYS AT SANTA FE CHILDREN'S MUSEUM

2 - 4 PM

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

DATES: Every Friday

FREE FAMILY FUN AT GEORGIA O'KEEFFE MUSEUM

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.

DATES: Second Sundays

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



Landscape painting by Max, age 13. Art School Santa Fe courtesy photo.



JF Mazur Studio courtesy photo.

**ELEMENTS OF ART:
STORYTIME AT THE NEW
MEXICO MUSEUM OF ART**

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: 11/4, 11/18

**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 AT LAFSN

10 - 11 AM

FSN's monthly crafts are a pleasure for grown-ups and kids. Free; drop in.

DATES: Third Wednesday & Following Saturday, starting in December



**PERFORMING
ARTS**

**KIDS SING-ALONG WITH
QUEEN BEE MUSIC**

10:30 - 11:15 AM

Join us every Monday for joyful music and games at Queen Bee Music Association.

DATES: Every Monday

**KIDS SING-ALONG WITH
QUEEN BEE MUSIC**

10:30 - 11:15 AM

Join us for joyful music and games at the Railyard Park.

DATES: Every Wednesday

**KIDS SING-ALONG WITH
QUEEN BEE MUSIC**

9:30 - 10 AM

Join us for joyful music and games at Randall Davey Audubon Center.

DATES: Last Saturdays

**KIDS SING-ALONG WITH
QUEEN BEE MUSIC**

10:30 - 11:15 AM

Join us for joyful music and games at Reunity Resources.

DATES: First Saturdays

**MUSIC AND MOVEMENT
IN LOS ALAMOS**

9:30 - 10 AM

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

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

TODDLER TUNES AT LAFSN

10:30 - 11 AM

Children and parents sing, play instruments, and dance together, while Rachel Josephson shares simple ways to engage children in music and movement. Free; drop in.

DATES: First Wednesdays



**EDUCATION &
ENRICHMENT**

**BILINGUAL BOOKS
AND BABIES AT
LA FARGE LIBRARY**

10 - 10:30 AM

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

DATES: Every Friday except 11/29

**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 except 12/25

**BILINGUAL BOOKS
AND BABIES AT
SOUTHSIDE LIBRARY**

10 - 10:30 AM

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

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

CAREGIVER AND TOT CREATIVE MOVEMENT AT THE MAIN LIBRARY

10 - 11 AM
This gentle introductory class for children and their caregiver utilizes a curriculum based on child development theories and discovery of dance through play, which sparks a lifelong appreciation for movement arts.
DATES: Every first and third Saturday

FUN WITH FIREFIGHTERS AT SANTA FE CHILDREN'S MUSEUM

1 - 2 PM
Join the Santa Fe Fire Department for story time at the Santa Fe Children's Museum and then go outside to visit their fire truck. Free with admission to the museum.
DATES: First Thursdays

MANY MOTHERS' PLAY AREA

12 PM - 2 PM
Did You know Many Mothers have an indoor play area for children 0-3 years old? Monday through Thursday, 12 to 2 PM, you and your little one are invited to stop by to play, have fun, and explore indoors.
DATES: Mondays - Thursdays except 11/28, 12/24 - 25, 12/31 - 1/1

PAJAMA STORYTIME/ HORA DEL CUENTO EN PAJAMA AT SOUTHSIDE LIBRARY

6:30 - 7:30 PM
A cozy, evening storytime that includes a snack and a craft, for parents and preschool children. This program is in partnership with the Santa Fe Children's Museum and Growing Up New Mexico.
DATES: Every Thursday except 11/28

PASEO POTTERY THROW DOWN

5 - 8 PM

The first Friday of every month, Paseo Pottery hosts a Pottery Throw Down to celebrate our local nonprofit organizations. Each month we will invite a local nonprofit 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

PAWS AND PAGES AT LA FARGE LIBRARY

4:30 - 5:30 PM
Practice reading aloud to a friendly therapy dog from the Santa Fe Animal Shelter Pet Outreach Program. Our dogs are patient, cuddly, and love to hear stories! Reluctant readers will gain confidence and seasoned readers will enjoy practicing their read-aloud skills in a relaxed environment.
DATES: Every Monday

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 first and third 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





YOUR CHILD'S HEALTH, OUR PRIORITY



SCAN ME

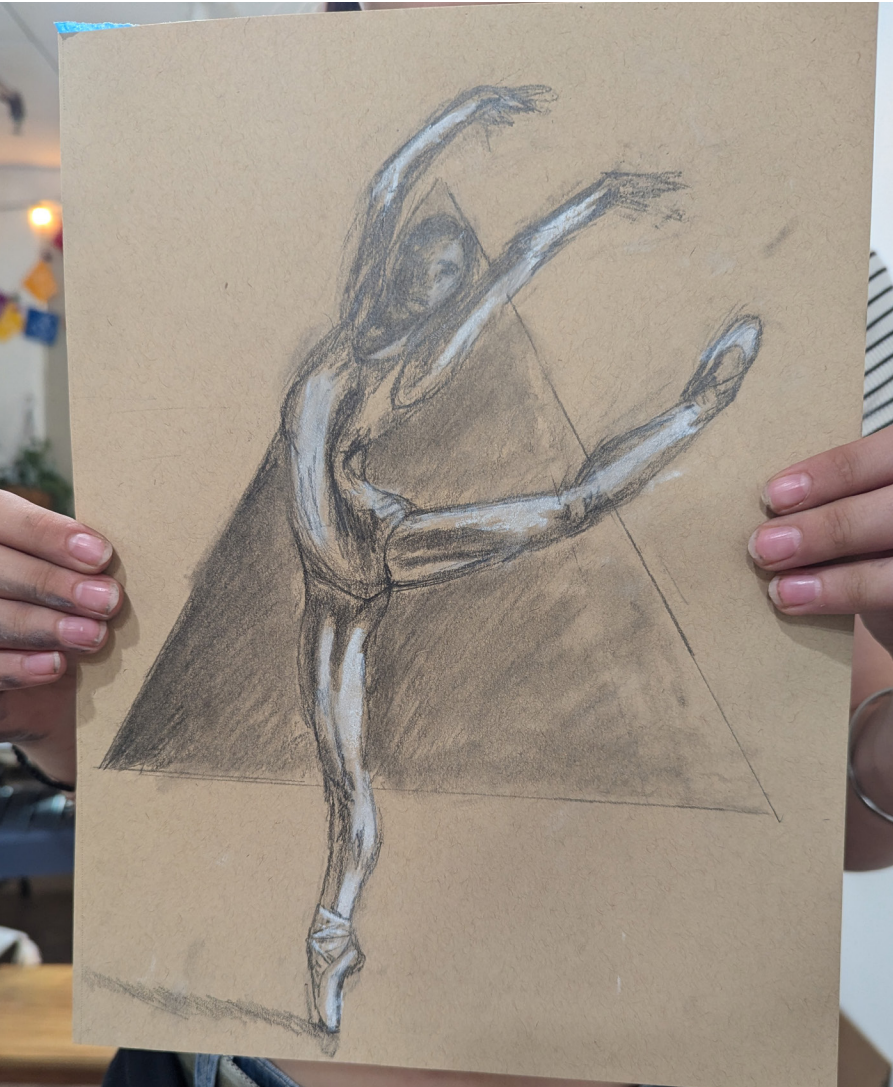
Visit us at the Santa Fe Family Health Center, where your child's health and happiness are our top priority! Our experienced providers offer primary care, behavioral health, and dental services. They are dedicated to providing compassionate, comprehensive care tailored to each young patient's unique needs.

CONTACT US 

 **505-989-4500**

 pmsnm.org

 **Santa Fe Family Health Center**
4730 Beckner Rd., Santa Fe, NM 87507



Ballerina illustration by Phoebe, age 12. Art School Santa Fe courtesy photo.

readiness. This program is for preschool-age children.

DATES: Every Wednesday except 12/25 and 1/1

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 except 11/28

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 Tuesday

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 except 12/25 and 1/1

WAGS & WORDS AT MAIN LIBRARY

6 - 7 PM

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

DATES: Every Tuesday

WEE WEDNESDAYS

10:30 - 11:30 PM

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

DATES: Every Wednesday except 12/25 and 1/1

WHAT'S UP WEDNESDAY AT MESA PUBLIC LIBRARY

1:30 - 3 PM

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

DATES: Every Wednesday except 12/25 and 1/1

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 except 12/25 and 1/1



NATURE

ANIMAL ENCOUNTERS AT THE NEW MEXICO WILDLIFE CENTER

11:30 AM - 12:30 PM

Meet an animal ambassador.

DATES: Tuesdays - Sundays except 11/28, 12/24 - 25, 12/31 - 1/1

FIRST FRIDAY FRACTALS

8 - 9 PM, 9 - 10 PM

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

DATES: First Fridays

MEET CORNELIUS THE SNAKE

1 - 2 PM

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

DATES: Every Thursday except 11/28



Graphite drawing of a cat by Bella, age 11. Art School Santa Fe courtesy photo.

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 except 11/28



ENTERTAINMENT

ANIME CLUB

5:30 - 7:30 PM

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

DATES: Second Thursdays

THROWBACK MOVIE NIGHT AT LA FARGE LIBRARY

5:30 - 7:30 PM

Join us for our monthly Throwback Movie Night at La Farge Library for a free movie screening.

DATES: Third Thursdays

JOIN US FOR OUR SPECIAL WINTER PROGRAMS



Mini Gingerbread House Decorating

December 13th | 2 pm

Winter Solstice Wreath-Making

December 19th | 10:30 am

Noon Year's Eve Celebration

December 31st | 10 am – 3 pm

Celebrate New Year's Eve before bedtime with a special balloon drop at noon, special guests, and exciting activities to ring in 2025!

Winter Workshops: An Explorer's Series

9 am – 4 pm

December 23rd, 27th, 30th | January 2nd, 3rd, 6th

Registration is required. | Scholarships are available.



santafechildrensmuseum.org | 505.989.8359

children@santafechildrensmuseum.org

1050 Old Pecos Trail, Santa Fe, NM 87505

Fine Art Fridays are supported in part by New Mexico Arts, a division of the Department of Cultural Affairs, and by the National Endowment for the Arts.



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Keep Them Healthy

At CHRISTUS St. Vincent, we are always committed to providing the best and safest health care to you and your family. From routine check-ups or vaccinations to acute illnesses – we are always ready to care for you and your loved ones. Visit us in one of our six conveniently located Primary Care locations.

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Santa Fe, NM 87507

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Santa Fe, NM 87505

Pojoaque Primary Care

Offering Family Medicine for
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5 Petroglyph Circle, Suite A
Pojoaque, NM 87506

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older adults and seniors
1692 Hospital Drive, Bldg. A
Santa Fe, NM 87505

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