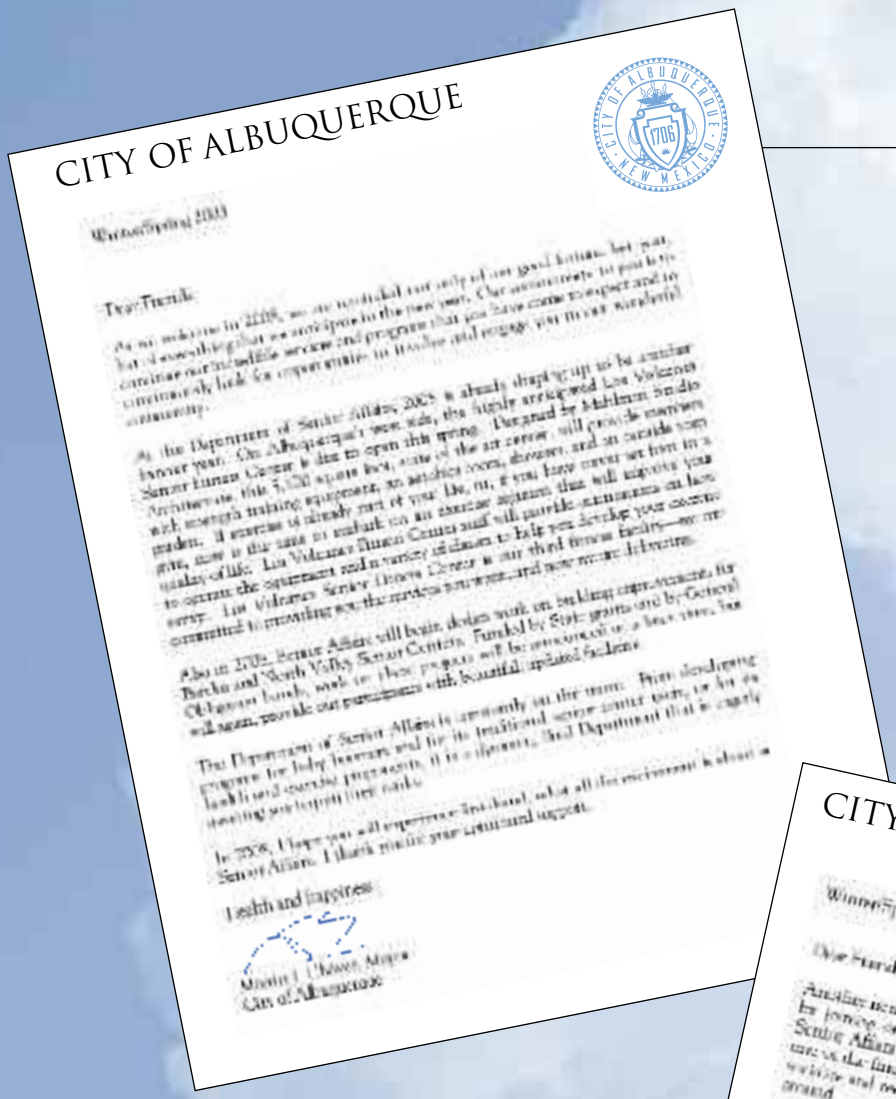


CITY OF ALBUQUERQUE

Winter/Spring 2003

Dear Friends:

As we welcome in 2003, we are reminded not only of our good fortune, but also of exciting plans we anticipate in the new year. Our commitment to you is to continue our excellent service and programs that you have come to expect and to continually look for opportunities to involve and engage you in our wonderful community.

As the Department of Senior Affairs 2003 is already shaping up to be another banner year. On Albuquerque's west side, the highly anticipated Los Volcanos Senior Fitness Center is due to open this spring. Designed by Architects, the 3,500 square foot, state of the art center will provide members with strength training equipment, an aerobics room, showers, and an outside town garden. If exercise is already part of your life, or, if you have never set foot in a gym, now is the time to embark on an exercise program that will improve your quality of life. Los Volcanos Fitness Center will provide members with access to exercise the equipment and a variety of classes to help you develop your exercise routine. Los Volcanos Senior Fitness Center is our third fitness facility—we are committed to providing you the quality equipment and new fitness facilities.

Also in 2003, Senior Affairs will begin design work on building improvements for Barela and North Valley Senior Centers. Funded by State grants and by General Obligation bonds, work on these projects will be announced in a few years. We will soon provide our participants with beautiful updated facilities.

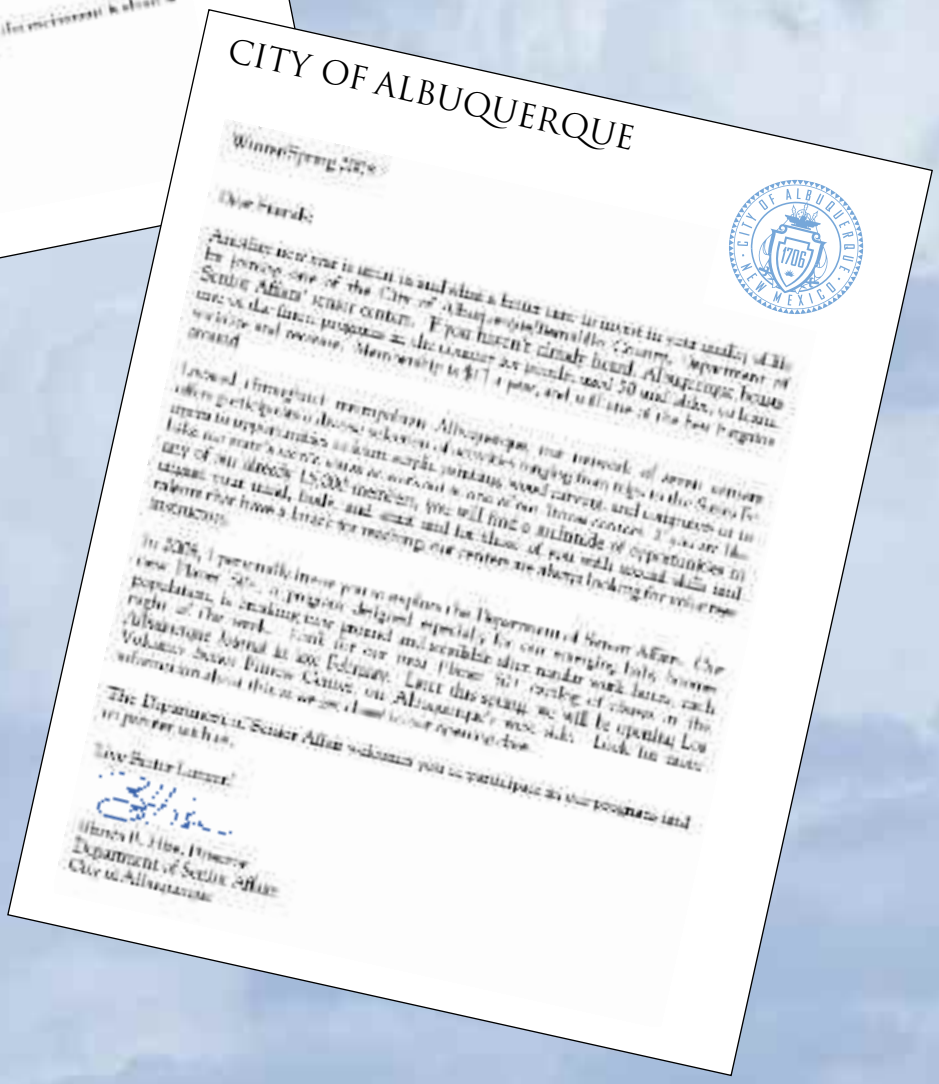
The Department of Senior Affairs is currently on the move. From developing programs for baby boomers and for the traditional senior center users, we are on the leading edge of providing programs. It is a dynamic, 21st Department that is rapidly meeting participant needs.

In 2003, I hope you will experience firsthand what all the excitement is about at Senior Affairs. I thank you for your continued support.

Health and happiness

Martin J. Chávez, Mayor
City of Albuquerque

Mayor Martin J. Chávez



CITY OF ALBUQUERQUE

Winter/Spring 2004

Dear Friends:

Another new year is upon us and also a busy time for us as we mark the end of the 2003 by joining one of the City of Albuquerque's Bernalillo County Department of Senior Affairs' senior centers. If you haven't already heard, Albuquerque boasts one of the finest programs in the country for people aged 50 and older, including services and resources. Membership is $17 a year, and it is one of the best programs around.

Located throughout metropolitan Albuquerque, our network of senior centers offers participants a diverse selection of activities ranging from trips to the Sports Pavilion to opportunities to learn earth pottery, wood carving, and computers to the state's scenic areas as well as outdoor jamboree and campouts to the City of Albuquerque's 15,000 members, you will find a multitude of opportunities to volunteer your time, talent and skills and be a part of an active and vibrant community.

In 2004, I personally invite you to explore the Department of Senior Affairs. Our new Phase 50+, a program designed especially for our emerging baby boomer population, is making our programs and activities also number work here, each right of the week. Look for our new Phase 50+ catalog of classes in the Albuquerque Mind in late February. Later this spring, we will be opening Los Volcanos Senior Fitness Center, on Albuquerque's west side. Look for more information about this as we get closer to our opening date.

The Department of Senior Affairs welcomes you to participate in the programs and to partner with us.

Your Senior Liaison,

Blanca B. Hise, Director
Department of Senior Affairs
City of Albuquerque

Photo: Kim Jew

Blanca B. Hise

City of Albuquerque

Martin J. Chávez . . . . . .Mayor
Bruce J. Perlman, Ph.D. . . . .Chief Admin. Officer
Anna Lamberson . . . . . .Chief Financial Officer
Ed Adams . . . . . .Chief Operations Officer
Blanca B. Hise, Director . . .Dept. of Senior Affairs
April B. Jojola . . . . .Recreation Division Manager

City Councillors

Ken Sanchez . . . . . .District 1
Debbie O'Malley, Vice-President . . . . . .District 2
Isaac Benton . . . . . .District 3
Brad Winter, President . . . . . .District 4
Michael J. Cadigan . . . . . .District 5
Rey Garduño . . . . . .District 6
Sally Mayer . . . . . .District 7
Trudy Jones . . . . . .District 8
Don Harris . . . . . .District 9

Photo: Julie Kozlowski

DSA Advisory Council
(clockwise from top left)

Kenneth J. Carson, Sr.
Victoria Godwin, Vice Chairman
Robert Barela
Dr. Milton Grodner (retired)
Joe Armijo, Chairman
Tina King (not pictured)

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For more information on the DSA Advisory Council see page 134

Your Activities Catalog

Whether you are new member or a long time participant, we hope you will find our newly designed *Activities Catalog* easy to read and simple to use.

This catalog contains activity information for all six of our senior centers and Manzano Mesa Multigenerational Center. As many of you already know, if you have a membership at one location, you are entitled to participate in all seven centers, and the Sports and Fitness Centers. This opens a world of activities to you. If you ever run in to a filled trip or class, at your home center, a similar trip or class may be available to you at another.

Activity sign up instructions are generally found in the activity listing. Trip policies are found on page 16. If you need help with how to enroll in an activity, please contact the Program Coordinator or Center Manager at the senior center sponsoring the activity; they will be more than happy to assist you in explaining the sign up process.

When possible the class listing indicates the name of the class, a brief description, location, day, time, room number, if materials are required, and the instructor name. If any of that information is not listed, it was probably not determined at the time the catalog was printed. Just call the center sponsoring the activity to find out more. Unless noted all classes/trips leave or take place at the center sponsoring the activity.

Center & Mealsite Information
Trips
Presentations/Workshops
Special Events
Classes
Groups/Clubs
Community Organizations
Support Groups
Resource Directory
Index

City of Albuquerque Department of Senior Affairs

Vision:

To be the community leader, who, in partnership with others, involves seniors in creating and sustaining a community where there is a growing spirit of interdependence that enhances everyone's quality of life.

Mission:

Provide opportunities that involve and assist seniors to achieve their potential, live in dignity and share their wisdom.

The City of Albuquerque, Department of Senior Affairs, has been serving the residents of Albuquerque and Bernalillo County for approximately thirty years. Through innovative programs and quality services, the Department has evolved into an exemplary model, dedicated to enriching and improving the lives of our community's senior population. On the following pages, we have listed services and opportunities that are especially designed for seniors. Many of our programs have a minimum age requirement of 50 years to participate. Other programs, including Home Delivered Meals, Transportation, and Care Coordination, which are funded by the Older Americans Act and the Area Agency on Aging, have a minimum age of 60. Please keep this in mind when inquiring about services. Also please be aware that some services may request a donation or nominal fee; however, no one will be denied services for not contributing. If at any time you would like additional information on how to access these services, please call Senior Information at 764-6400.

Center & Mealsite Information

Barelas

714 7th Street SW
Albuquerque, NM 87102
Phone: (505) 764-6436
Fax: (505) 764-6472

Hours:
Open Monday through Friday, 8:00 am – 5:00 pm
Saturday, 9:00 am – 3:00 pm

Meals:

BREAKFAST
Monday through Friday, 8:00 – 9:00 am • $1.50

LUNCH
Monday through Friday, 11:30 am – 12:30 pm

Lunch reservations are required by noon one working day prior to eating at Barelas. Our cost to prepare each lunch is $4.50. If you are 60 years of age or older please donate your fair share to help cover the expense; persons 55-59 years of age contribute $3.25; guests under 55 years of age, including children, contribute $5.00.

Notary Public service is available by appointment.

Bear Canyon

4645 Pitt NE
Albuquerque, NM 87111
Phone: (505) 291-6211
Fax: (505) 291-6237

Hours:
Open Monday through Friday, 8:00 am – 5:00 pm
Thursday 8:00 am – 9:30 pm
Saturday 9:00 am – 3:00 pm
Thursday Night Dance 6:30 – 9:30 pm

Meals:

BREAKFAST
Monday through Friday, 8:00 – 9:00 am • $1.50

LUNCH
Monday through Friday, 11:30 am – 1:00 pm • $3.25

Guests under 55 years of age, including children $5.00. Occasionally, breakfast or lunch service may be cancelled, so please check with the front desk for schedule changes.

Highland

131 Monroe NE
Albuquerque, NM 87108
Phone: (505) 256-2000
Fax: (505) 256-2004

Hours:
Monday – Tuesday, Thursday – Friday, 8:00 am – 5:00 pm
Wednesday 8:00 am – 9:00 pm
Saturday 10:00 am – 5:00 pm

Meals:

At the Highland Grill:
BREAKFAST
Monday through Friday, 8:00 – 9:00 am • $1.50

LUNCH
Monday through Friday, 11:30 am – 1:00 pm • $3.25

Guests under 55 years of age, including children, are $5.00. Occasionally, breakfast or lunch service may be cancelled, so please check with the front desk for schedule changes.

Your Leisure-time Enrichment Partners.

For information call: 764-6400
The Department of Senior Affairs
or the Citizen Contact Center 311

Join a Senior Center today for just $13 a year.

Los Volcanes

6500 Los Volcanes NW
Albuquerque, NM 87121
Phone: (505) 836-8745
Fax: (505) 836-8749

Hours:

Monday – Friday,
8:00 am – 5:00 pm

Thursday 8:00 am – 9:00 pm

Saturday 9:00 am – 3:00 pm

Dinner Dance is the last Tuesday of the month

Summer Hours 5:30 – 8:30pm (doors open at 5:00 pm)

Winter Hours (Nov. – Feb.) 4:30 – 7:30 pm (doors open at 4:00 pm)

Hot Spot gift shop:
Monday through Friday
9:00 am – 1:00 pm

Meals:

BREAKFAST
Monday through Friday,
8:00 – 9:00 am • $1.50

LUNCH
Monday through Friday,
11:30 am – 12:30 pm

Lunch reservations are required by noon one working day prior to eating at Los Volcanes. Our cost to prepare each lunch is $4.50. If you are 60 years of age or older please donate your fair share to help cover the expense; persons 55-59 years of age contribute $3.25; guests under 55 years of age, including children, contribute $5.00.

Notary Public service is available by appointment.

Manzano Mesa Multigenerational Center

501 Elizabeth SE
Albuquerque, NM 87123
Phone: (505) 275-8731
Fax: (505) 275-8734

Hours:
Open Monday through Friday, 8:00 am – 9:00 pm
Saturday, 9:00 am – 3:00 pm

Meals:

BREAKFAST
Monday through Friday,
8:00 – 9:00 am • $1.50

LUNCH
Monday through Friday,
11:30 am – 12:30 pm

Lunch reservations are required by noon one working day prior to eating at Manzano Mesa Multigenerational Center. Our cost to prepare each lunch is $4.50. If you are 60 years of age or older please donate your fair share to help cover the expense; persons 60 years and older $2.00; persons 55-59 years of age contribute $3.25; guests under 55 years of age, including children, contribute $5.00.

Notary Public Service available by appointment

North Valley

3825 Fourth Street NW
Albuquerque, NM 87107
Phone: (505) 761-4025
Fax: (505) 761-4031

Hours:
Open Monday through Friday, 8:00 am – 5:00 pm
Tuesday 8:00 am – 9:00 pm
Sunday 12:45 – 4:30 pm

Meals:

BREAKFAST
Monday through Friday,
8:00 – 9:00 am • $1.50

LUNCH
Monday through Friday,
11:30 am – 12:30 pm

Lunch reservations are required by noon one working day prior to eating at North Valley. Our cost to prepare each lunch is $4.50. If you are 60 years of age or older please donate your fair share to help cover the expense; persons 55-59 years of age contribute $3.25; guests under 55 years of age, including children, contribute $5.00.

Palo Duro Sports & Fitness Center

3351 Monroe NE
Albuquerque, NM 87110
Phone: (505) 880-2800

Hours:
Monday through Friday,
8:00 am – 5:00 pm

New Saturday Hours:
8:00 am – 2:00 pm

The Palo Duro Senior Sports & Fitness Center is open to all Albuquerque/ Bernalillo County residents 50 years and older. The center contains full gym with cardio, circuit machines and free weights.

The cost is a City of Albuquerque Center Membership of $13.00 per year and 50¢ contribution per visit.

Palo Duro

5221 Palo Duro NE
Albuquerque, NM 87110
Phone: (505) 888-8102
Fax: (505) 888-8107

Hours:
Monday through Friday,
8:00 am – 5:00 pm
Wednesday
8:00 am – 9:00 pm
Saturday
9:00 am – 3:00 pm

Desert Willow Gift Shop
Monday through Friday,
9:00 am – 2:00 pm
Wednesday,
9:00 am – 6:00 pm
Saturday,
10:00 am – 2:00 pm

Hardwood Cafe
Specialty coffees will be served in our new lobby area for 75¢ a cup. Drop by for a new brew and visit with friends.

Meals:
BREAKFAST
Monday through Friday,
8:00 – 9:00 am • $1.50

LUNCH
Monday through Friday,
11:30 am – 1:00 pm • $3.25

Guests under 55 years of age, including children, are $5.00. Occasionally, breakfast or lunch service may be cancelled, so please check with the front desk for schedule changes.

Notary Public service is available by appointment.

Nutrition Satellite/Mealsite Senior Program

Nutrition Program Office 1500 Walter SE, Albuquerque, NM 87102
Annette Cain & Janie Moya 764-1621 or 764-1524

Directory

Alameda Satellite
9800 4th Street NW,
Albuquerque, NM 87114
Frances Chavez, 897-8896

Armijo Satellite
1714 Centro Familiar SW,
Albuquerque, NM 87105
Celia Hernandez,
873-0047

Embudo Towers Meal Site
8010 Constitution NE,
Albuquerque, NM 87110
Annette Caine, 764-1621

Encino Garden Meal Site
412 Alvarado SE,
Albuquerque, NM 87108
Daphne Austin, 266-7736

Encino Terrace Meal Site
609 Encino Place NE,
Albuquerque, NM 87102
Jullie Day, 247-4185

Holy Family Satellite
562 Atrisco Drive SW,
Albuquerque, NM 87105
Viola Abeyta, 843-7695

La Amistad Meal Site
415 Fruit NE, Albuquerque,
NM 87102
Robert Ward, 848-1395

La Mesa/Cesar Chavez Community Center
7505 Kathryn Avenue SE,
Albuquerque, NM 87108
Norma Taylor, 256-2680

Los Duranes Community Center
2920 Leopoldo NW,
Albuquerque, NM 87104
Bernadette Jaramillo,
848-1338

Mountain Communities Satellite
478 1/2 Old Highway 66,
Tijeras, NM 87059
Virginia Gonzales,
314-0242

North Albuquerque Satellite
7701 San Pedro NE,
Building K,
Albuquerque, NM 87109
Julianna Brooks, 857-8313

Pajarito Satellite
6080 Isleta Blvd SW,
Albuquerque, NM 87105
Noel Gutierrez/Esther
Bustos, 873-6617

Paradise Hills Satellite
6000 Chaparral NW,
Annex Building,
Albuquerque, NM 87114
America Bencomo,
897-7479

Princess Jeanne Satellite
11401 Indian School Rd. NE,
Albuquerque, NM 87112
Primavera Mickie Charles,
291-6298

Rio Bravo Satellite
3910 Isleta Blvd SW,
Albuquerque, NM 87105
Maria "Lola" Sedillo,
873-6647

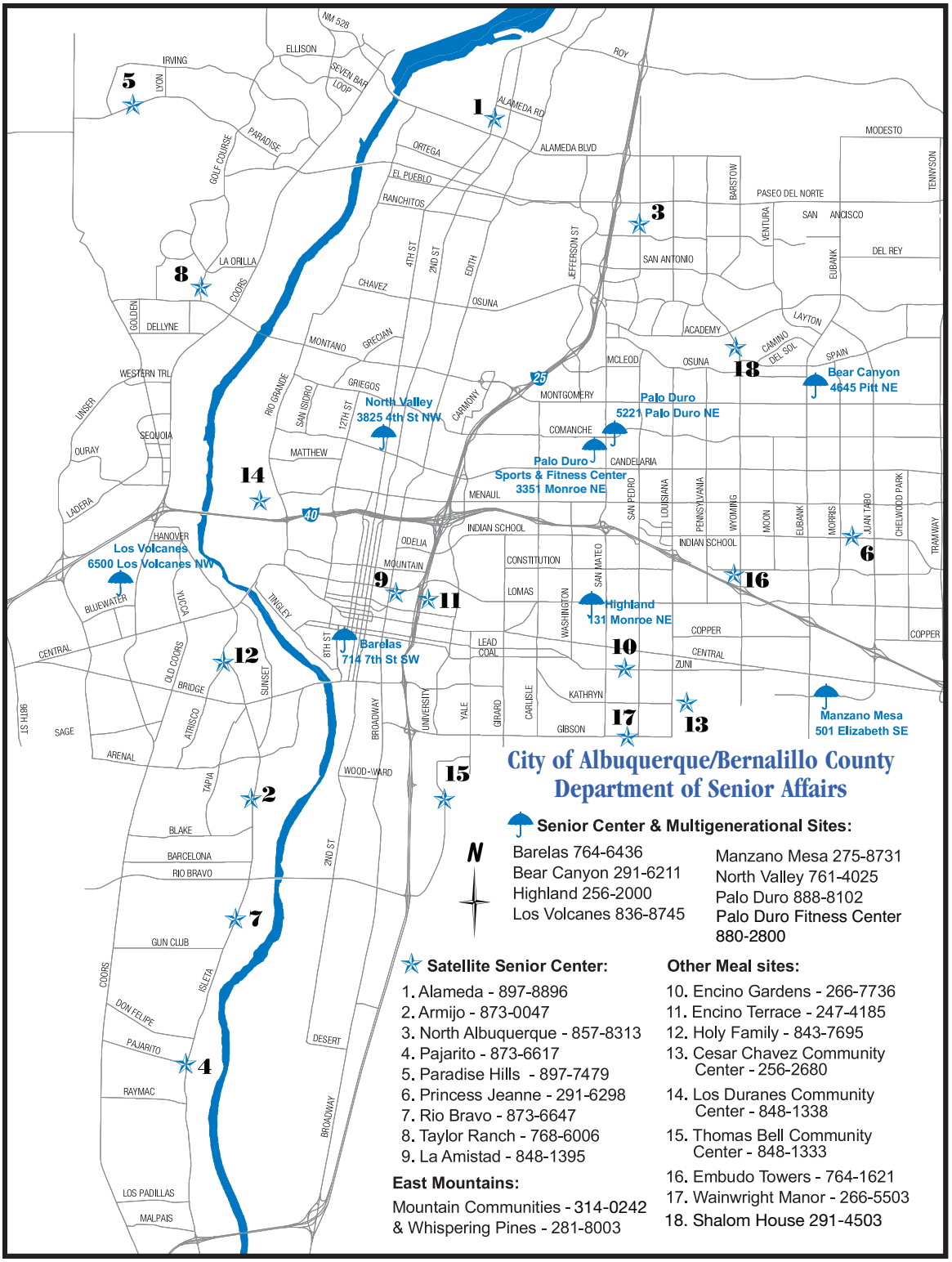
Shalom House Meal Site
5500 Wyoming NE,
Albuquerque, NM 87109
Annette Morris,
291-1818 ext 4503

Taylor Ranch Community Center
4900 Kachina Street NW,
Albuquerque, NM 87120
Debbie Sanchez, 768-6006

Thomas Bell Community Center
3001 University SE,
Albuquerque, NM 87106
Ronell Brown, 848-1333

Wainwright Manor Meal Site
5601 Gibson SE,
Albuquerque, NM 87108
Mr. Limm "Volunteer",
266-5503

Whispering Pines
#6 Lark Road,
Tijeras, NM 87059
Lorraine Ortiz, 281-8003


NM 528
ELLISON
IRVING
LYON
SEVEN BAR LOOP
ROY
ALAMEDA RD
ALAMEDA BLVD
MODESTO
TENNYSON
PARADISE
GOLF COURSE
ORTEGA
EL PUEBLO
RANCHITOS
BARSTOW
PASEO DEL NORTE
SAN ANCISCO
VENTURA
DEL REY
EUBANK
JEFFERSON ST
SAN ANTONIO
LA ORILLA
COORS
4TH ST
2ND ST
EDITH
CHAVEZ
OSUNA
GOLDEN
DELLYNE
MONTANO
GRECIAN
ACADEMY
LAYTON
CAMINO DEL SOL
SPAIN
MCLEOD
OSUNA
WESTERN TRL
GRIEGOS
RIO GRANDE
SAN ISIDRO
12TH ST
CARMONY
MONTGOMERY
UNSER
SEQUOIA
OURAY
MATTHEW
COMANCHE
CANDELARIA
LADERA
MENAUL
HANOVER
INDIAN SCHOOL
ODELIA
MOUNTAIN
CONSTITUTION
LOMAS
SAN PEDRO
LOUISIANA
PENNSYLVANIA
WYOMING
MOON
EUBANK
MORRIS
JUAN TABO
CHELWOOD PARK
TRAMWAY
BLUEWATER
VICCA
TINGLEY
SAN MATEO
WASHINGTON
COPPER
CENTRAL
ZUNI
8TH ST
LEAD
COAL
OLD COORS
BRIDGE
SUNSET
KATHRYN
GIBSON
SAGE
ARENAL
ATRISCO
TAPIA
BROADWAY
UNIVERSITY
YALE
GIRARD
CARLISLE
WOOD-WARD
BLAKE
BARCELONA
RIO BRAVO
GUN CLUB
ISLETA
DON FELIPE
PAJARITO
DESERT
RAYMAC
LOS PADILLAS
MALPAIS
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North Valley
3825 4th St NW
Palo Duro
5221 Palo Duro NE
Bear Canyon
4645 Pitt NE
Palo Duro
Sports & Fitness Center
3351 Monroe NE
Los Volcanes
6500 Los Volcanes NW
Highland
131 Monroe NE
Barelas
714 7th St SW
Manzano Mesa
501 Elizabeth SE
City of Albuquerque/Bernalillo County
Department of Senior Affairs
Senior Center & Multigenerational Sites:
Barelas 764-6436
Bear Canyon 291-6211
Highland 256-2000
Los Volcanes 836-8745
Manzano Mesa 275-8731
North Valley 761-4025
Palo Duro 888-8102
Palo Duro Fitness Center
880-2800
N
Satellite Senior Center:
1. Alameda - 897-8896
2. Armijo - 873-0047
3. North Albuquerque - 857-8313
4. Pajarito - 873-6617
5. Paradise Hills - 897-7479
6. Princess Jeanne - 291-6298
7. Rio Bravo - 873-6647
8. Taylor Ranch - 768-6006
9. La Amistad - 848-1395
East Mountains:
Mountain Communities - 314-0242
& Whispering Pines - 281-8003
Other Meal sites:
10. Encino Gardens - 266-7736
11. Encino Terrace - 247-4185
12. Holy Family - 843-7695
13. Cesar Chavez Community Center - 256-2680
14. Los Duranes Community Center - 848-1338
15. Thomas Bell Community Center - 848-1333
16. Embudo Towers - 764-1621
17. Wainwright Manor - 266-5503
18. Shalom House 291-4503

Membership

Persons 50 years and older may become center members. Spouses of members who are younger than 50 may also become members. Any person wishing to participate at a senior center is required to obtain a membership card. There is a $13.00 fee for the year. Cards are issued for one year and are valid at all six senior centers in Albuquerque and the Manzano Mesa Multigenerational Center and the Palo Duro Sports & Fitness Center.

Volunteer Opportunities

Volunteers are needed at all senior centers and are being recruited for the new Senior Sports and Fitness Center in all areas of operations. If you have time, talents, skills, or hobbies you would like to share, please contact the center of your choice.

Newsletters

Read all about it! Newsletters are published by each senior center. Copies are available at the front desk at no charge. Articles for the following month are due by the 10th of each month.

City Programs Comply With The Americans With Disabilities Act

The City of Albuquerque does not discriminate on the basis of race, color, national origin, ancestry, sex, religion, age or disability in employment or provision of services. If you have a disability and will need special assistance to benefit from an activity or trip offered by a senior center, please call that location at least one week prior to the event.

Suggestion Boxes

Suggestion boxes are located in each senior center. Your comments, suggestions and ideas are appreciated.

Center Closings

Centers closed for cleaning as follows:

Barelas
January 28 – February 3

Bear Canyon
March 3 – 9

Highland January 14 – 21

Los Volcanes February 4 – 10

Manzano Mesa Multigenerational Center, February 25 – March 2

North Valley February 11 – 17

Palo Duro January 7 – 13

Holiday closings for 2008:

New Year's Day – Tuesday, January 1

Martin Luther King Jr. Day – Monday, January 21

President's Day – Monday, February 18

Memorial Day – Monday, May 26

Arts Mart

Seniors are welcome to display their arts and crafts at the Arts Mart. Tables are available to rent at the front desk.

Highland • Lobby
Monday and Friday, 7:30 setup
8:00 am – 12:00 pm
$2.00 table rental in advance

Driver Safety Program

The AARP Driver Safety Program is designed for the older driver to review and update his or her driving skills. The eight-hour course is taught in two four-hour sessions over two days. It provides practical techniques for coping with changes in vision, hearing and reaction time, along with a review of "rules of the road." Anyone 50 years or older may take this class and may receive a discount on insurance premiums. No written or driving test is involved. Cost is $10.00 per person, make your check payable to AARP and bring it to the first class. NO CASH WILL BE ACCEPTED. Call centers for monthly dates and registration.

Bear Canyon • Room 4
3rd & 4th Thursday,
12:00 noon – 4:00 pm
3rd & 4th Saturday,
9:00 am – 1:00 pm

Highland • Room 7
1st Thursday and Friday, 12:15 – 4:15 pm

Los Volcanes • Room 2
1st and 2nd Monday, 9:00 am – 12:15 pm
Brenner

Manzano Mesa Multigenerational Center • Room 1
3rd Saturday, 8:00 am – 3:00 pm

North Valley • Room 4
1st & 2nd Monday, 1:00 – 5:00 pm

Palo Duro • Ponderosa Pine
1st Friday and Saturday,
8:30 am – 4:30 pm

Friendship Coffee

Chat with old friends and make new ones while you enjoy a morning treat.

Barelas • Lobby/Social Hall
1st Wednesday, 9:30 – 10:30 am

Bear Canyon • Social Hall
Tuesday, 9:30 – 11:00 am

Highland • Lobby
Times vary

Los Volcanes • Social Hall
Times vary, call front desk
for information.

Manzano Mesa Multigenerational Center • Social Hall
Thursday, 10:00 – 11:00 am

Palo Duro
Wednesday, 9:45 – 10:15 am

North Valley • Social Hall
Times vary, call center for
more information.

Flea Market

Shop at the Flea Market for special bargains; find treasures and satisfy your sweet tooth. Reserve your table at the front desk.

Barelas • Social Hall
Thursday, 8:00 am – 1:00 pm
$1.50 table

Los Volcanes • Lobby
1st Friday, 8:00 am – 12:00 noon
$2.00 rental

North Valley
Wednesday, 8:00 am – 12:00 noon
$1.00, $1.50, $2.00 rentals

Palo Duro Tuesday Marketplace
Ponderosa Pine
Tuesday, 8:00 am – 12:00 noon
$2.00 rental

Health Insurance and Benefits Counseling

Seniors Saving Medicare is an effort of the Aging and Long Term Seniors Division Health Insurance and Benefits Assistance Corps (HIBAC). This program can help you determine if you are receiving all of the benefits you have earned and help sort out the maze of Medicare and other health coverage.

Bear Canyon • Lobby
1st Wednesday, 10:00 am – 12:00 noon
LaChey and MacLehaney
by appointment only

Manzano Mesa Multigenerational Center • Main Hallway
1st & 3rd Monday, 11:30 am – 1:00 pm

North Valley
Social Hall
2nd Wednesday, 9:00 – 11:00 am

Gift Shop

Purchase a special gift made by seniors. To submit your merchandise to sell you must be a member of a senior center and the item must be handmade.

Barelas • Display Case
Everyday, 8:00 am – 5:00 pm

Los Volcanes • "Hot Spot"
Monday – Friday, 9:00 am – 2:00 pm
Esquibel

Palo Duro • Desert Willow Gift Shop
Monday – Friday, 9:00 am – 2:00 pm
Wednesday, 9:00 am – 6:00 pm
Saturday, 10:00 am – 2:00 pm

Hearing Aids

Sandia Hearing Aids is offering participants and patients a once a month, hourly visit by our senior hearing aid technician. Hearing aid service include; general maintenance, cleaning, changing batteries, wax removal and checking hearing aid function. He services all makes and models for a cost of $2.00 per hearing aid.

Bear Canyon
1st Tuesday, every month
9:30 – 10:30 am

Highland
2nd Tuesday, every month
10:30 – 11:30 am

Los Volcanes
2nd Tuesday, every month
9:00 – 10:00 am

New Member Reception/Orientation

All new members are invited. The center staff and advisory council will be on hand to welcome new members and present an overview of the programs and services. Become acquainted with our activities, classes and clubs, and tour the center.

Barelas • Room 2
3rd Wednesday, 10:00 am

Bear Canyon • Room 1
1st Friday, 10:00 am
Monthly tours of other centers for new members, sign-up at front desk

Highland • Room 7
3rd Friday, 12:15 – 1:00 pm

Palo Duro • Ponderosa Pine • First Wednesday, 9:15 – 10:00 am

Palo Duro • Café
1st Wednesday, 5:30 – 6:30 pm
Refreshments served

Heather Wilson's Traveling Office

Heather Wilson's traveling Congressional office will provide assistance to people with questions or problems with any federal agency.

Barelas • Lobby
1st Tuesday, 11:00 am – 12:00 noon

Bear Canyon • Lobby
2nd Wednesday, 11:00 am – 12:00 noon of odd months

Highland • Lobby
2nd Tuesday, every other month
12:00 noon – 1:00 pm

Los Volcanes • Lobby
1st Friday, 11:30 am – 12:30 pm of odd months

Manzano Mesa Multigenerational Center
Main Hallway
2nd Thursday, 11:30 am – 12:30 pm of odd months

North Valley • Lobby
3rd Wednesday, January, March, May, 11:00 am

Notary Service

Available at these centers by appointment.

Barelas,
764-6436

Los Volcanes
836-8745

Manzano Mesa Multigenerational Center, 275-8731

Palo Duro, 888-8105

Pet Vaccination Clinics

The City of Albuquerque's Animal Service Division will be providing pet vaccinations for $5 per shot, (most animals require two shots). They will also collect the license fee if you live in the city. For an intact animal, the license is $6.00 if the owner is a senior, but you can only get that rate for one animal. If you have more than one animal that is not fixed, the license is $25.00 for additional animals. No appointments are necessary. All cats must be in a carrier.

Los Volcanes
January 16, 2:00 – 3:00 pm

Barelas
February 20, 2:00 pm

Bear Canyon
March 19, 2:00 pm

Highland
April 16, 2:00 pm

Manzano Mesa Multigenerational Center • May 21, 2:00 pm

Recycling Bags

Bags are available at the front desk. Bring your bag coupon from your water bill.

Barelas
Bear Canyon
Highland
Los Volcanes
Manzano Mesa Multigenerational Center
North Valley
Palo Duro

Senior Citizen Law Office Legal Clinic

The Senior Citizen Law Office will provide general legal information at various centers. Divorces, wills, and criminal issues are not included. For more information call the Senior Citizen Law Office at 265-2300.

Barelas
January 24, March 24, May 22,
10:00 am

Highland • Room 7
3rd Tuesday, 2:00 – 4:00 pm

Manzano Mesa Multigenerational Center • 2nd Thursday, even months,
10:00 am – 12:00 pm – TBA
Various legal issues discussed.
Sign up required.

North Valley • Room 4
3rd Thursday of every month,
9:00 – 11:00 am
Advance Directive Workshop
(Powers of Attorney, Cremation Authorization, EMS/DNR)

Income tax Assistance

Reservations ar required for most centers. If you have a complicated return, check with the center prior to making an appointment for a consultation with a volunteer tax assistant. Some situations ar out-of-scope for volunteer assistants. Please bring the following information when you come for your appointment.

- ☐ Picture Identification
- ☐ Copy of your last year's state and federal tax returns.
- ☐ Social Security Cards for *all* people listed on return.
- ☐ All W-2 forms for wages.
- ☐ All 1099-INT forms received for any interest paid.
- ☐ All 1099-DIV forms reporting any dividends paid.
- ☐ All 1099-R forms reporting any retirement income paid.
- ☐ SSA-1099 Social Security Benefit Statement.
- ☐ All 1099-B forms showing any stock sales. You must have the basis (what you paid) for all sales including mutual funds. Call you broker
- ☐ All 1099-G forms reporting gambling winnings.
- ☐ RRB-1099 forms showing railroad retirement.
- ☐ Any other 1099 forms.
- ☐ Any forms reporting any other income such as jury duty, election work, alimony, etc.
- ☐ Medical expenses.
- ☐ For age 65 or older, property tax bill and/or rent receipts.

Manzano Mesa
Monday, February 4 – April 13
(Except February 18 & 25)
8:30 am – 2:00 pm
Appointments required

Barelas
Monday, February 4 – April 14
8:30 am – 2:00 pm
Call center for more information

Los Volcanes
Friday, February 1 – April 11
9:00 am – 3:30 pm
Appointments required

Palo Duro
Thursday, February 7 – April 10
8:15 am – 3:30 pm
Appointments required

Bear Canyon
Tuesday February 6 – April 15
(except March 11) 8:00 am – 3:00 pm
Appointments required

Highland
Thursday & Friday, February 7 – April 11
9:00 am – 3:00 pm

North Valley
Friday, February 8 – April 11
9:00 am – 3:00 pm

Shopping

Participants will be taken to WalMart Supermarket.

Barelas • Sign up at front desk.
Monday, 9:30 – 11:15 am
50¢ transportation

Watch Repair

Need a new watch battery replaced, or possibly a new watchband? Mr. Salazar can help.

Los Volcanes • Lobby
Tuesday, 8:00 am – 12:00 noon

Trips

To register for any of our trips, please present your membership card along with your payment.

Trip Policies

- All trip checks must be made out to the City of Albuquerque.
- Reservations must be made in person and paid in full.
- Refunds for transportation costs over $1.00, will be given to participants who cancel a trip.
- All trip participants should remain with the group for the entire trip.
- For overnight or day trips that require an advanced payment for a motor coach, tour guide, or advanced ticket purchase, a refund will be provided if a replacement is found.
- All return times are approximate.
- Cancellations must be made at least 3 days in advance.

Accessibility Ratings

The Department of Senior Affairs Recreation Division is working to provide more information to participants with disabilities with our new trip accessibility ratings.

Accessibility information is obtained from participant feedback, activity coordinator observation, and trip destination information. We have done our best to accurately assess each trip, but we can't guarantee rating accuracy. We do not guarantee perfect accessibility on any trip. This information is to help you to make more informed decisions about the trips you may want to attend. If you have questions or concerns, please call the destination directly for more information.

Accessibility is based on the ability of a person using a wheelchair to access the facility. Those with other disabilities or with limited stamina can also use this information to make more informed decisions.

Accessible

Accessible sites are identified with a wheelchair symbol and a letter "a".

Features with limited or partial access are identified with one of these symbols.

Entrance Interior Exterior Restrooms

Entrance

Site features known to be inaccessible will appear in a gray with a strike through.