



Hello members!

**6500 Los Volcanes Rd
NW 87121
505-767-5999**

While our Centers remain closed to the public, we have heard your need for more social activities and programs and are working on a series of virtual programming with the goal of keeping you engaged. Look for more details on cabq.gov/seniors or in next month's newsletter! In the meantime, you should check out some of the virtual offerings and City discounts for older adults in our modified Activities Catalog, which will be delivered to you in the Aug. 2 edition of the Albuquerque Journal and will also be available at all of our pick-up meal sites. As always, our team remains committed to delivering essential services to our community. I encourage you to reach out to our Senior Information Line at 505-764-6400 if you'd like to know more.

All Centers Closed

Anna Sanchez,
Director, Department of Senior Affairs





SURVEY FOR GRANDPARENTS RAISING GRANDKIDS

The Partnership for Community Action is looking to gather information about the experience of grandparents raising their grandchildren, including what resources are most valuable. To participate in the telephone survey, call **(505) 264-4484**. All participants will be given a \$35 gift card.



Remember: Wear your mask!

Even though you don't need to get out of your car for your pick-up lunch, we would still appreciate if you wore a mask. Our team members come within 6 feet to hand you a meal and we want to make sure we are protecting both you and them!



You can help fund Senior Services in NM

Did you know that senior services expenditures and other federally funded programs are directly affected by the population of a state? That's why is it vital that every older adult is counted in the 2020 Census. If you haven't already completed the Census please do so—you can respond online, over the phone or using the paperwork mailed to you. Census data is confidential and your individual responses will not affect your tax status or insurance premiums. What Census data does do is determine federal funding to Medicare, Medicaid, and many other federally funded programs that assist families. The data also will determine your political representation for the next 10-years at the local, state, and federal levels. Remember, the Census Bureau will never ask for your Social Security number, bank account number, or money of any kind.

Learn more at www.icountnm.gov.

Age-Friendly Albuquerque

The City of Albuquerque is applying for Age-Friendly designation through the World Health Organization (WHO) and AARP. Age-friendly cities are livable and thriving communities that improve the lives of all. Age-Friendly designation recognizes communities for their livability standards and identifies dynamic ways communities can progress through age-friendly initiatives. The City of Albuquerque is committed to grow as an age-friendly city and invites Albuquerque adults of all ages to participate in this exciting community project. Participants can take a short survey, phone interview and/or join an online focus group to share their age-friendly ideas. Visit www.cabq.gov/agefriendly, email agefriendlyabq@cabq.gov or call (505)-333-9769 for more information on Age-Friendly Albuquerque.



Grab & Go lunches & sites

GRAB-N-GO



LUNCHES

- Barelas Senior Center
714 7th St SW 87102
Phone: 764-6436

- Los Volcanes Senior Center
6500 Los Volcanes Rd NW 87121
Phone: 767-5999

- North Valley Senior Center
3825 4th St NW 87107
Phone: 761-4025

- Manzano Mesa
Multigenerational Center
501 Elizabeth SE 87123
Phone: 275-8731

- North Domingo Baca
Multigenerational Center
7512 Carmel Ave NE 87113
Phone: 764-6475

**These sites are doing grab & go lunches from
11:30 am - 1:00 pm. Reservations are
preferred by calling the center you would like
to receive lunch from.**

August Lunch Menu

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<p>3</p> <ul style="list-style-type: none"> ◆ Carne Adovada ◆ Pinto Beans ◆ Spanish Rice ◆ Tortilla ◆ Orange ◆ 1% Milk 	<p>4</p> <ul style="list-style-type: none"> ◆ Lemon Pepper Tilapia ◆ Rosemary Potatoes ◆ Oriental Blend ◆ Pear ◆ 1% Milk 	<p>5</p> <ul style="list-style-type: none"> ◆ Turkey Salad w/ Mayo, Red Onions, Bell Peppers ◆ Penne Pasta Salad w/ Olive Oil, Green Onions ◆ Peaches w/ Cottage Cheese ◆ 1% Milk 	<p>6</p> <ul style="list-style-type: none"> ◆ Baked Mac N Cheese ◆ Corn ◆ Broccoli ◆ Mixed Fruit (cupped) ◆ 1% Milk 	<p>7</p> <ul style="list-style-type: none"> ◆ Beef Fingers w/ White Gravy ◆ Green Beans w/ Onions & Mushrooms ◆ Au gratin Potatoes ◆ Chocolate Chip Cookie ◆ 1% Milk 
<p>10</p> <ul style="list-style-type: none"> ◆ Philly Sandwich w/ Red & Green Peppers/ Hoagie ◆ Baked Beans ◆ North West Blend ◆ Grapes ◆ 1% Milk 	<p>11</p> <ul style="list-style-type: none"> ◆ Spinach Lasagna ◆ Imperial Blend ◆ Garlic Bread Stick ◆ Banana ◆ 1% Milk 	<p>12</p> <ul style="list-style-type: none"> ◆ Oven Fried Chicken ◆ Mashed Potatoes w/ Gravy ◆ Corn ◆ Honey Dew ◆ 1% Milk 	<p>13</p> <ul style="list-style-type: none"> ◆ Salmon w/ Dill Sauce ◆ Roasted Peppers ◆ Lemon Brown Rice ◆ Vanilla Pudding ◆ 1% Milk 	<p>14</p> <ul style="list-style-type: none"> ◆ Pork Chop w/ Green Chili ◆ Sweet Potato ◆ Mixed Vegetable ◆ Dinner Roll w/ Margarine ◆ Yogurt ◆ 1% Milk 
<p>17</p> <ul style="list-style-type: none"> ◆ Spinach Turkey Salad w/ Strawberry, Olive Oil ◆ Orzo Pasta ◆ Wheat Crackers ◆ Mandarin Oranges ◆ 1% Milk 	<p>18</p> <ul style="list-style-type: none"> ◆ Frito Pie w/ Beef, Beans, Cheese, Onion ◆ Corn Chips ◆ Mexi Corn ◆ Pear ◆ 1% Milk 	<p>19</p> <ul style="list-style-type: none"> ◆ Denver Omelet, Diced Ham & Fajita Blend ◆ Hash Browns ◆ Stewed Tomatoes ◆ Cantaloupe ◆ 1% Milk 	<p>20</p> <ul style="list-style-type: none"> ◆ Breaded Catfish w/ Tarter Sauce ◆ Black Eyed Peas ◆ Collard Greens ◆ Apple Sauce ◆ 1% Milk 	<p>21</p> <ul style="list-style-type: none"> ◆ Baked Ziti w/ Meat Sauce ◆ Imperial Blend ◆ Garlic Bread Stick ◆ Sliced Apricots ◆ 1% Milk 
<p>24</p> <ul style="list-style-type: none"> ◆ Sliced Turkey w/ Gravy ◆ Stuffing ◆ Brussel Sprouts ◆ Dinner Roll w/ Margarine ◆ Chocolate Cake ◆ 1% Milk 	<p>25</p> <ul style="list-style-type: none"> ◆ Green Chili Cheese Burger ◆ Steak Fries w/ Ketchup ◆ Steamed Spinach ◆ Sugar Cookie ◆ 1% Milk 	<p>26</p> <ul style="list-style-type: none"> ◆ Chicken Florentine ◆ Ancient Grain ◆ Oriental Blend ◆ Vanilla Pudding ◆ 1% Milk 	<p>27</p> <ul style="list-style-type: none"> ◆ Broccoli Mac & Cheese ◆ Succotash ◆ Biscuit w/ Margarine ◆ Apple Cobbler ◆ 1% Milk 	<p>28</p> <ul style="list-style-type: none"> ◆ Swedish Meatballs ◆ Noodles ◆ Peas w/ Mushrooms ◆ Bread w/ Margarine ◆ Sliced Apricots ◆ 1% Milk 