

November 2019

City of Albuquerque

Timothy M. Keller
Mayor



DEPARTMENT OF
SENIOR AFFAIRS

Director
Anna Sanchez

Recreation Division Manager
Nikki Peone

Mission:

The Department of Senior Affairs is a community leader, who in partnership with others, involves seniors and people of all ages in creating a community that enhances everyone's quality of life by providing opportunities to achieve their potential, share their wisdom, maintain their independence, and live in dignity.

Hours of Operation

Monday - Friday

8 a.m. - 5 p.m.

Annual membership: \$20/person

714 7th Street SW
Albuquerque, NM 87102
Phone: 505.764.6436
Fax: 505.764.6472

www.cabq.gov/seniors

6th Annual Veterans Memorial Garden Celebration

Join us for our traditional Veterans recognition celebration. This formal event takes place in our El Camino Garden and is a wonderful way to honor all our American Veterans past and present who have made our freedom a special and cherished tradition in these United States of America. See the beautiful 16 foot Star Floral Veterans Memorial garden of red, white and blue constructed and funded by seniors here at Barelas. Please contact Garden Keeper Patrick Turrieta for more information.

Barelas Senior Center
Friday, November 8
10:00 - 11:00 am

Barelas Senior Center - Holiday Closures!

Veterans Day— Monday, November 11
Thanksgiving Day and Day after—Thursday and Friday
November 28 and 29

DSA Annual Thanksgiving Meal

Join us for the annual Thanksgiving meal complete with all the traditional trimmings. Gobble, Gobble

Los Volcanes Senior Center
Thursday, November 28
11:30am - 1:00pm

\$4/ticket in advance at Los Volcanes



DSA Annual Christmas Lunch

We hope you can come, you can bet your Antlers it will be second to none!



Barelas Senior Center
Wednesday, December 25
11:30am - 1:00pm

Menu:
Brisket
Asparagus
Mashed Potato
Salad
Dinner roll
Cheesecake

\$4/ticket

Buy your tickets at the front desk

Regular Programming

AARP Defensive Driving

This four-hour class provides techniques for coping with change in vision, hearing & reaction time, along with the rules of the road. Anyone 55+ may take this class & may receive a discount on insurance premiums. Cost: \$15 for AARP members / \$20 for non-AARP members. (Checks or Money Orders Accepted Only - No Cash) Occurs the 3rd Wednesday of the month. Wednesday, November 20 Time: 12:30-4:30 p.m.

Arts and Crafts

Arts & Crafts	Friday, 8 a.m. - 1 p.m.	Supplies fees
Ceramics	Monday and Wednesday, 9 a.m. - noon	Supplies fees
Ceramics Lab	Monday and Wednesday, noon - 2 p.m.	Supplies fees
Retablos / Hispanic Folk Art	Tuesday, 9 a.m. - 11:30 a.m.	Supplies fees
Offbeat Artists Class	Monday, 11 a.m. - 3 p.m.	Supplies fees
Tin Works	Tuesday, noon - 4 p.m.	Supplies fees

Physical Fitness

Cardio Equipment / Fitness Room	Daily / Equipment orientations by appointment	
Gentle Exercise	Monday, Tuesday, and Friday	10 - 11 a.m.
Pilates	Tuesday	8:30 - 9:30 a.m.
Pickleball	Monday	1:30 - 3:30 p.m.
Yoga	Monday	9:15 - 10:30 a.m.
Yoga	Thursday	8:30-9:30 a.m.
Line Dancing	Wednesday	9 - 10 a.m.
Intermediate Line Dancing	Wednesday	10:10 - 11:10 a.m.

Language Class

Italian Class	Friday	11 a.m. - noon
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Friday Afternoon Dances

1:30 - 4:15 p.m. \$3 per person



November 1	Los Recuerdos
November 8	La Raza
November 15	Aguila Band
November 22	Latin Dance



To ensure the Social Hall is clean and ready for when we open the doors for the Friday Dance at 1:30 p.m., lunch and beverages must be consumed and all lunch patrons must vacate the Social Hall by 1p.m. Thank you for your cooperation.

You will not be able to get into the Friday Dances without your up-to-date membership card.

Flea Market Thursday

8 - 11 a.m.

Jewelry, clothes, books, household items, small appliances, arts and crafts, glassware, special bargains and treasures. \$2 to reserve your table, number of Flea Market tables is limited. Tickets for tables go on sale at 10 a.m. on day of Flea Market. Must be a senior member of a City of Albuquerque senior or multi-generational center to purchase a table. City of Albuquerque is not responsible for any items bought/sold during flea market, make sure you test items before purchasing.

Games

Billiards - Monday - Friday 8 a.m. - 5 p.m.

B-I-N-G-O - Every Tuesday 1:15 - 3:45p.m.

Decks of cards and puzzles are available from the front desk for use in the Lobby.



Teeniors

Teeniors is different — they offer personalized, patient, friendly one-on-one coaching at a reasonable price. Unlike the usual tech support options which Teeniors provides courteous and personal service, their approach is to make learning easy. Call 764-6436 to sign up or ask the front desk.

Friday, November 1 and December 6

3:00 - 4:45 pm

Karaoke with Daniel Sedillo and Leroy Ortiz



Barelas Senior Center
Tuesday, November 19
11:15 a.m. - 1 p.m.

Silver Horizons Food Pantry

Wednesday, November 13

2:30 - 4:00 p.m.

Social Hall

Waiting area will be in Lead/Coal Room. Tickets will be given out at 1:30 p.m. and market will begin at 2:30 p.m. Please bring your own boxes, bags or carts.

If you would like to submit an article for the newsletter, please turn it into Patty or Julio by the 15th of the month.

Trips

Mondays — Wal-Mart / 9:30 - 11:30 a.m.
Sign-up at the front desk.

NOTE: A MINIMUM OF THREE PEOPLE MUST SIGN UP FOR WEEKLY TRIPS IN ORDER FOR THE VAN TO DEPART.

Aquatics at UNM - Monday, Wednesday, Friday / Van leaves at 8:30 a.m. and returns at 10:30 a.m.
Monday & Friday / Van leaves at 12:30 p.m. and returns at 2:45 p.m.
\$1 admission at the pool. Call 880-2800 to register / slots are limited.

Santa Fe National Cemetery
Friday, November 8
Check in: 9:00 a.m. - Return: 4:00 p.m.

Christmas in Madrid
Saturday, December 7
Check in: 1:00 pm Return: 8:00 pm



Services



GEHM Clinic
Wednesday, November 13
8 a.m. - 12:30 p.m.

Senior Citizen's Law Office

Provides general legal information. Divorces, wills and criminal issues are not included.
Please call 265-2300 for more information and to schedule an appointment for Thursday, November 14
10:30 a.m. - 12:30 p.m.

Socials



Ice Cream Social
Thursday, November 14
10 - 11 a.m.
75 cents



Pie Social
Thursday, November 28
10 - 11 a.m.
75 cents



Volunteer Information

SENIORS GOT TIME?
NEED \$\$\$\$\$?

The Senior Companion Program needs YOU

Senior Companion Program volunteers assist clients with light grocery shopping and doing errands. No nursing or cleaning duties.

Most importantly, they provide companionship and develop friendships with their clients. Senior Companions can also provide respite service to family members.

Senior Companions receive mileage reimbursements, supplemental accident and liability insurance while serving, meals while on duty, pre-service and monthly trainings and recognition throughout the year.

Senior Companions must volunteer a minimum of 16 hours a week Monday thru Friday 8 to 5pm.

If you earn \$1,980 or less a month, are 55 or older you may qualify to earn a monthly, tax free stipend of \$200 - \$400/month for your volunteer service.

Call today for more information
Heath Barkley at (505) 764-1612

IMPORTANT NUMBERS

Meal Sites: 764-6474

Transportation: 764-6464

Police Non-Emergency Line: 242- COPS



Attention Retired Senior Volunteer Program (RSVP) Volunteers: Volunteer hours are due to the RSVP office no later than the fifth day of each month. When you report your hours to us, the City of Albuquerque can demonstrate how many hours that RSVP volunteers contribute to serving our community. If you are unsure whether or not you have turned in your volunteer hours or would like to register to be an RSVP volunteer, call 505-767-5225. The Retired Senior Volunteer Program is now located at the Highland Senior Central, 131 Monroe NE, Central and Monroe behind Dion's Pizza

Mileage reimbursement is available to RSVP volunteers.

RSVP is part of Senior Corps and is administered by the Corporation for National and Community Service (CNCS). The purpose of RSVP is to recruit senior volunteers into public, government and non-profit organizations to meet community needs. For this and other volunteer opportunities call 505-767-5225.

November Birthday's

Linda Alardin	Mary Helen Dimas	Alfonso Manzanares	Rita Romero
Leonore Alcalá	Fanny Dupree	Clyde Marquez	George Russell
Phoebe Aleman	Dolores Enriquez	Louis Martinez	Felix Sanchez
Melvin Allen	Maryann Fernandez	Margie Martinez	Maria Sanchez
Esperanza Alvarado	Philip Fossaluzza	Marie Martinez	Carmen Sorzano De
Stella Archuleta	Frances Garcia	Christine McLain	Trujillo
Shirley Armijo	Louisa Garcia	George Metzgar	Marguerite Stoller
David Baker	Mary Grace Garcia	Judy Minks	Gilbert Torres
Shirley Baty	Socorro Garcia	Mary Monde	Kit Treewoods
Denis Belen	Virginia May Garcia	Jacob Montano	Bennie Trujillo
Bill Brach	Allen Gauslow	Christine Montoya	Juan Trujillo
Mabel Bustos	Charles Geck	Patricia Orozco	William Turner
Helen Caire	Flora Gomez	Manuel Ortiz	Robert Ulibarri
Nancy Cameron	Dorothy Griego	Linda Padilla	Grace Velarde
Sergio Carreon	Fred Gutierrez	Carmelita Parra	Shannon Wagers
Gilbert Casados	Martha Hernandez	Wilfida Paz	Linda Ward
Cecilia Casteneda	Beatrice Herrera	Teddy Perea	Patrick Williams
Eloisa Chavez	Michael Herrera	Carmen Ponce De Leon	Robert Wood
Juan Chavez	Arabela Jiron	Jose Ponce	Roscoe Young
Rosemary Chavez	Jennie Jiron	Arthur Quintana	Yingjian Zhang
Carmen Cisneros	Lucille Kinzer	Maria Ramirez-Perez	
Barbara Clark	Eugenio Laris	George Rodriguez	
Martha Daines	David Lowe	Jose Romero	



Birthday Cake sponsored by Presbyterian
Wednesday, November 20
1pm

Medicare 101 Informational Workshop

Did you know that you're still eligible for Medicare even if you plan to continue working after turning 65? Did you know you may be able to get financial assistance to help pay your Medicare premiums and qualify for lower prescriptions drug copays? Are you turning 65 and confused about your Medicare Health Plan options? We'll share tools and resources to help you understand the types of coverage that may be right for you. Whether you are just getting started with Medicare or simply looking to learn more, we are here to help.

Wednesday, November 13
10:00 - 11:30 a.m.

DSA Advisory Council Meeting

Monday, November 18- 12:00 p.m. at Barelas Senior Center



Rise & Shine...It's Breakfast Time

Huevos rancheros- Tuesdays, 8 - 9 a.m. \$1.50 per person
Our chef is busy cooking up one special breakfast for you!

Menu: Huevos rancheros served with refried beans, breakfast potatoes and tortilla, with red or green chili

Take a Hike with Pat

Local History Hike with Pat through the Barelmas, Leave Barelmas Senior Center at 9:00 a.m. and hike to Tingly Beach learn about the beach and how it was named for Governor Tingly. We will drop by the historic recently renovated El Vado Motel on Central Avenue and proceed to Old Town and tour the historic plaza and learn some of old Albuquerque's history. We will have lunch at your own expense at historic La Placita Restaurant. After lunch we will hike through the Albuquerque Country Club area and return to the Barelmas Senior Center. Dress for the weather and wear comfortable walking shoes.

"Take a Hike with Pat" is a group of seniors who like to get out and explore areas in and around Albuquerque. Hike and learn some local history at the same time. "Hikes with Pat" will be scheduled monthly.

Tingly Beach, Old Town and Country club areas of Albuquerque.

November 20th

Check in: 8:45 am

Return: 4:00 pm



Saturday, November 2, 2019
Bear Canyon Senior Center
4645 Pitt, NE Albuquerque, NM 87111
767-5959

Food Truck!

9am-3pm



November 2019


















Reservations required 24 hours in advance

Call 764-6436

Suggested donation: \$2 for 60 & Older, \$3.25 for 50-59, all other \$7.67

Lunch is served 11:30 a.m. – 1 p.m.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4	5	6	7	8
<ul style="list-style-type: none"> • Pork Loin w/ <i>au jus</i> • Rice Pilaf • Cream Corn • Slice of Bread • Cantaloupe • 1% milk 	<ul style="list-style-type: none"> • Breaded Catfish w/ tartar sauce • Succotash • Roasted Red Potatoes • Grapes • 1% milk 	<ul style="list-style-type: none"> • Lentil Soup • Mashed Sweet Potato • Cornbread • Peanut Butter & Celery • 1% milk 	<ul style="list-style-type: none"> • Pot Roast w/ Potato, Celery, & carrots • Peas • White Rice • Pear • 1% milk 	<ul style="list-style-type: none"> • Omelet with Green Chili • Hash Browns • Stewed Tomatoes • Apple • 1% milk 
11	12	13	14	15
<p>Closed For Veteran's Day</p>	<ul style="list-style-type: none"> • Ham Stew w/ vegetables • Biscuit • White Beans • Mixed Fruit • 1% milk 	<ul style="list-style-type: none"> • Lemon Tilapia • White Rice • Stewed Tomatoes • Dinner Roll • Chocolate Cake • 1% milk 	<ul style="list-style-type: none"> • Meatball Sandwich w/ mozzarella • Steak Fries • Normandy Blend • Sugar cookie • 1% milk 	<ul style="list-style-type: none"> • Red Chile Cheese Enchiladas • Flour Tortilla • Pinto Beans • Spanish Rice • Tapioca Pudding • 1% milk 
18	19	20	21	22
<ul style="list-style-type: none"> • Cajun Salmon • Fettuccine Alfredo • Baby Carrots • Apple • 1% milk 	<ul style="list-style-type: none"> • Beef w/ Peppers & Onions • Mashed Sweet Potato • Mixed Vegetables • Banana • 1% milk 	<ul style="list-style-type: none"> • Green Chili Chicken Posole • Spanish Rice • Calabacitas • Vanilla Pudding • 1% milk 	<ul style="list-style-type: none"> • BBQ Riblet Sandwich • Steamed Red Potatoes • Corn • Sliced Pears • 1% milk 	<ul style="list-style-type: none"> • Pasta Primavera • MexiCorn • Breadstick • Cottage Cheese w/peaches • 1% milk 
25	26	27	28	29
<ul style="list-style-type: none"> • Rotisserie Chicken • Rosemary Potatoes • Green Beans • Mandarin Oranges • 1% milk 	<ul style="list-style-type: none"> • Carne Adovada • Flour Tortilla • Pinto Beans • Spinach • Grapes • 1% milk 	<ul style="list-style-type: none"> • Herb Roasted Turkey • Stuffing w/ Gravy • Baked Yams w/ Marshmallows • Dinner roll • Pumpkin cake 	<div style="border: 2px solid black; padding: 10px; width: fit-content; margin: auto;"> <p>Closed for Thanksgiving Holiday</p> </div>	

MEAL SITE PARTICIPANT CODE OF CONDUCT

In order that participants may have a pleasant experience utilizing COA DSA programs, participants are expected to respect the rights of others. Participants will adhere to the following behaviors;

Maintain personal hygiene that is not offensive or unhealthy .

Use voice and behavior that will not disturb other participants.

Use language that other participants and staff will not find obscene, abusive or sexually offensive.