

**ONE**  
**ALBUQUE**  
**ROQUE**

senior affairs

2022

# Information Catalog

FOR SENIORS 50+

**(505) 764-6400**

[www.cabq.gov/seniors](http://www.cabq.gov/seniors)

Citizen Contact Center: 311

Facebook: @CABQSeniors

Instagram: @CABQSeniors

Twitter: @CABQSeniors



Timothy M. Keller, Mayor | Anna M. Sanchez, Director



## Happy New Year!

This past year has changed so many aspects in our lives, and we are grateful to you and all of the members of our community who helped to get us through it every day. We have all faced challenges and continue to adapt to a new normal, but through it all, our commitment to Albuquerque's seniors never wavered. The City of Albuquerque and Department of Senior Affairs charted a new course to keep people safe and keep services going in a time of need. With great joy, we returned to full operations this year. We know that as this pandemic continues, we will be able to adapt to be there for our community and continue to pursue our mission to provide care and compassion to help our neighbors thrive while aging.

While so many local governments had to scale back services during the pandemic, here in Albuquerque we expanded to meet the growing need to support our older adult population. During this time, we increased programs to ensure older adults remained engaged and connected to their community and have nearly doubled the number of Burqueños we provide services like meal delivery, home services, and companion care for. We expanded our transportation services to provide rides to all seniors within a 5-mile radius of every senior and multigenerational center in the city. That expansion has created even more access to meals, programs, and important social interactions for adults 60 and older across all of Albuquerque. When we safely resumed full operations, we were excited to return to our in-person programming. We know that many of the friends that meet in our centers are like family and it was important that we were able to enjoy time together on Thanksgiving Day and Christmas at our Holiday Luncheons.

Meeting the needs of our seniors and promoting active and healthy aging is our priority. We will continue to work hard to develop new and innovative approaches from the lessons learned during the pandemic. One major lesson learned was the need to be flexible. With so many different circumstances impacting how we deliver programs, this year, our catalog will provide information on our regular services, our expanded programs, and information on ways to access our most recent up to-date class and event schedules which can always be found on our web page at [cabq.gov/seniors](http://cabq.gov/seniors).

As always, you are encouraged to reach out to our Senior Information Line any time you have a question or need additional information at (505) 764-6400 or [seniorinformation@cabq.gov](mailto:seniorinformation@cabq.gov). Our knowledgeable information specialists are available Monday through Friday, between 8:15 a.m. and 4:30 p.m. to help you.

We hope your new year is off to a great start and we hope you continue to remain healthy and joyful throughout the whole year.

Sincerely,



**Timothy M. Keller**, Mayor,  
City of Albuquerque



**Anna M. Sanchez**, Director,  
The City of Albuquerque Department of Senior Affairs

## Timothy M. Keller

Mayor, City of Albuquerque

## Anna M. Sanchez

Director, The City of Albuquerque  
Department of Senior Affairs

## Chris L. Sanchez

Deputy Director, The City of Albuquerque  
Department of Senior Affairs

## Nikki Peone

Recreation Division Manager

## Agnes Vallejos

Social Services Division Manager

## Tim Martinez

Nutrition & Transportation Division Manager

## Joel Mahoney

50+ Sports and Fitness Program Manager



## Department of Senior Affairs Advisory Council

Steve Borbas

Louis Carlentine

Havens Levitt

Lucy Lopez

Onastine Jaramillo

Dubra Karnes-Padilla

Jennifer Roth

Henry Shoner

Evan Thompson

## City Councilors

District 1 Louie Sanchez

District 2 Isaac Benton

District 3 Klarissa J. Peña

District 4 Brook Bassan

District 5 Dan Lewis

District 6 Pat Davis

District 7 Tammy Fiebelkorn

District 8 Trudy Jones

District 9 Renee Grout

**ONE**  
**ALBUQUE** senior affairs  
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## Our 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.

## Our Mission

We are committed to providing resources with care and compassion that help our community thrive while embracing aging.

## Senior Affairs Membership

All Department of Senior Affairs Senior, Multigenerational and Fitness Centers operate on a membership basis.

Memberships help us keep accurate count of participants, as well as help make sure we obtain appropriate resources and funding to continue providing free and low-cost services to our active adult community.

Annual membership cost is \$20 however, a fee waiver can be requested. Members have access to fitness programs, classes, travel, meals, computer labs, volunteer opportunities, competitive sports events and more.

If you have an active membership at one location, you are entitled to participate in programs and activities at any other senior and multigenerational centers. If a trip or class is filled at your home center, a similar trip or class may be available to you at another. Senior centers are available for anyone age 50 and older and Multigenerational Centers are for anyone age 6 and older, including seniors.

Existing members with a previous active membership as of March 17th of 2020 will be renewed and extended until June 2022 at no cost due to the COVID-19 pandemic closures of our centers.

## 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 two weeks prior to that event.



## Department of Senior Affairs Advisory Council 2022 Schedule of Meetings

### January 24, 2022

Los Volcanes Senior Center

### February 28, 2022

North Domingo Baca Multigenerational Center

### March 21, 2022

North Valley Senior Center

### April 18, 2022

Barelas Senior Center

### May 16, 2022

Los Duranes Community Center

### June 27, 2022

TBD

### July 25, 2022

Bear Canyon Senior Center

### September 26, 2022

Highland Senior Center

### October 24, 2022

Palo Duro Senior Center

### November 21, 2022

Manzano Mesa Multigenerational Center

### December 2022

No Meeting

## CONTACT AND SERVICES

The City of Albuquerque's Department of Senior Affairs provides an array of services for seniors in the community, including social services, recreation, transportation, nutrition services and volunteer programs. For more information on Senior Affairs services, call (505) 764-6400, Monday–Friday, between 8:15 a.m. and 4:30 p.m., or visit: [CABQ.GOV/SENIORS](https://cabq.gov/seniors)

### Join Our Community Online

[Facebook.com/cabqseniors](https://facebook.com/cabqseniors)

[Instagram.com/cabqseniors](https://instagram.com/cabqseniors)

[cabq.gov/seniors](https://cabq.gov/seniors)

YouTube (search [cabqseniors](#))

Senior Information Line: 505-764-6400

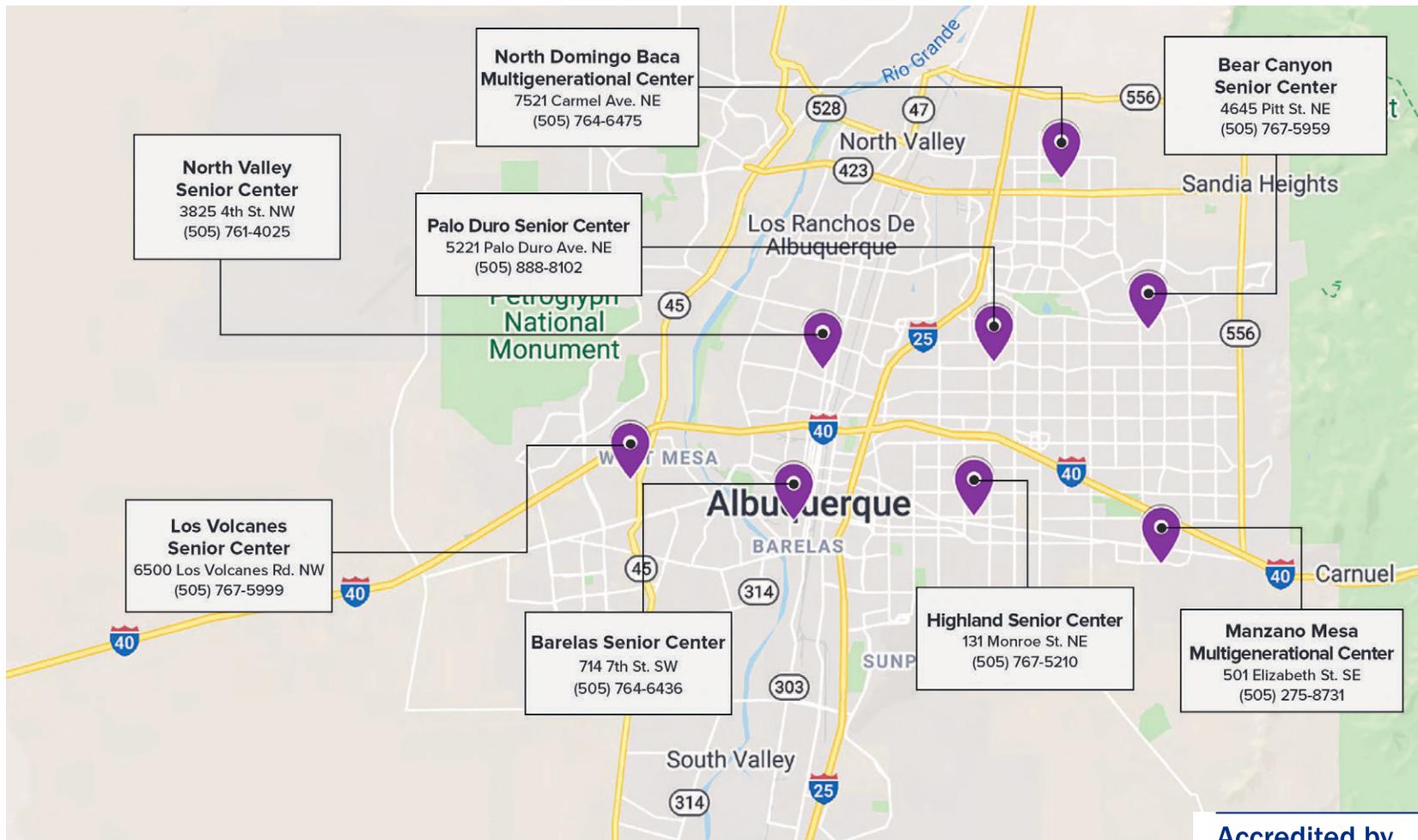
TTY: 1-800-659-8331

Citizen Contact Center: 311

## Love our services? DONATE!

Donations made to the City of Albuquerque Department of Senior Affairs help us enrich the services that we offer the community. Help us ensure that there is truly something for everyone in Albuquerque.

Visit us online at [cabq.gov/seniors](https://cabq.gov/seniors) or call (505) 764-6400.



Accredited by   
National Institute of  
Senior Centers

## CENTER DIRECTORY

Nationally Accredited Senior and Multigenerational Centers

### Senior Centers

#### Barelmas

714 7th SW, Alb, NM 87102  
Phone: (505) 764-6436  
Monday–Friday, 8:00 am–5:00 pm

#### Bear Canyon

4645 Pitt NE, Alb, NM 87111  
Phone: (505) 767-5959  
M, T, W, F, 8:00 am–5:00 pm  
Thursday, 8:00 am–9:00 pm  
Saturday, 10:00 am–4:00 pm

#### Highland

131 Monroe NE, Alb, NM 87108  
Phone: (505) 767-5210  
M, T, Th, F, 8:00 am–5:00 pm  
Wednesday, 8:00 am–7:00 pm  
Saturday, 10:00 am–4:00 pm

#### Los Volcanes

6500 Los Volcanes NW, Alb, NM 87121  
Phone: (505) 767-5999  
M, T, W, F, 8:00 am–5:00 pm  
Thursday, 8:00 am–7:00 pm  
Saturday, 9:00 am–1:00 pm

#### North Valley

3825 4th NW, Alb, NM 87107  
Phone: (505) 761-4025  
M, T, W, F, 8:00 am–5:00 pm  
Thursday, 8:00 am–7:00 pm  
Sunday, 12:30 am–5:00 pm

#### Palo Duro

5221 Palo Duro NE, Alb, NM 87110  
Phone: (505) 888-8102  
M, T, Th, F, 8:00 am–5:00 pm  
Wednesday, 8:00 am–7:00 pm  
Saturday, 9:00 am–1:00 pm

### Multigenerational Centers

#### Manzano Mesa

501 Elizabeth SE, Alb, NM 87123  
Phone: (505) 275-8731  
Monday–Friday, 8:00 am–5:00 pm  
Saturday, 9:00 am–3:00 pm

#### North Domingo Baca

7521 Carmel NE, Alb, NM 87113  
Phone: (505) 764-6475  
Monday–Friday, 8:00 am–9:00 pm  
Saturday, 8:00 am–3:00 pm

### Center Closings

#### January 17

Dr. Martin Luther King Day

#### February 21

President's Day

#### May 30

Memorial Day

#### June 20

Juneteenth

#### July 4

Independence Day

#### September 5

Labor Day

#### October 10

Indigenous People's Day

#### November 11

Veteran's Day

#### November 24 and 25

Thanksgiving Holidays

#### December 26

In observance of Christmas Day



## 50+ Sports & Fitness Program and Center Locations

Regular physical activity and exercise for older adults help improve mental and physical health, both of which will help you maintain your independence as you age. As a Department of Senior Affairs member, you can take advantage of our sports and fitness facilities, classes, and trips.

The Department of Senior Affairs 50+ Sports & Fitness Program includes individual and

group weight training classes; aerobic, gentle, and flex tone exercise classes; water exercise; an outdoor recreation program; evidenced-based programs; and the Albuquerque 50+ Games. New classes and opportunities are added regularly.

You can view the 50+ Sports and Fitness schedule by visiting:

[cabq.gov/seniors/50-sports-fitness](http://cabq.gov/seniors/50-sports-fitness)

## — SPORTS AND FITNESS CENTERS —

*Nationally Accredited Senior and Multigenerational Centers*

### 50+ Sports and Fitness Centers

#### **Joe O. Armijo Los Volcanes Sports and Fitness Center**

6500 Los Volcanes NW, 87121  
(505) 767-5999

Monday–Friday, 7:00 am–7:00 pm  
Saturday, 8:00 am–2:00 pm

#### **North Valley Fitness Center**

3825 4th St. NW, 87107  
(505) 761-4025

Monday – Friday, 8:00 am–5:00 pm  
Tuesday, 8:00 am–7:00 pm  
Sunday, 12:30 pm–4:30 pm

#### **Palo Duro Sports and Fitness Center**

3351 Monroe NE, 87110  
(505) 880-2800

Monday–Friday, 7:00 am–7:00 pm  
Saturday, 8:00 am–2:00 pm

### Multigenerational Sports and Fitness Centers

#### **North Domingo Baca Sports and Fitness Center**

7521 Carmel NE, 87113  
(505) 764-6475

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

#### **Manzano Mesa Sports and Fitness Center**

501 Elizabeth SE, 87123  
(505) 275-8731

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

### Fitness Rooms

#### **Barelas Senior Center Fitness Room**

714 7th St. SW, 87102  
(505) 764-6436

Monday–Friday, 8:00 am–5:00 pm

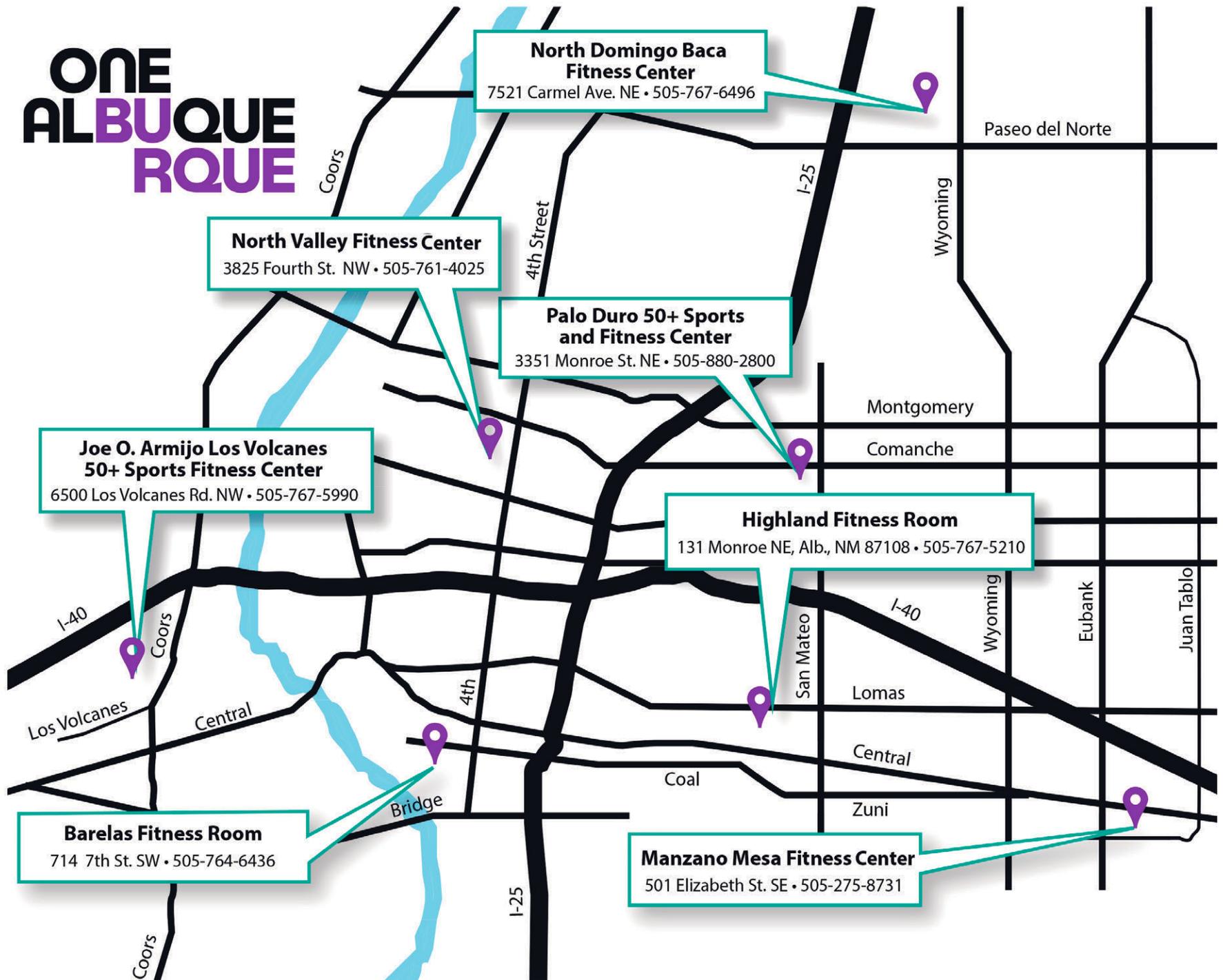
#### **Highland Senior Center Fitness Room**

131 Monroe NE, 87108  
(505) 767-5210

Monday – Friday, 8:00 am – 5:00 pm  
Wednesday, 8:00 am–7:00 pm  
Saturday, 10:00 am–4:00 pm

# Sports and Fitness

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# DIGITAL LITERACY FOR OLDER ADULTS

The Department of Senior Affairs in partnership with Adelante DiverselT and Teeniors is excited to offer a series of FREE digital literacy group classes designed to teach the benefits of technology. Visit our events webpage at [cabq.gov/seniors/events](http://cabq.gov/seniors/events) for class schedules and tech events, or visit with your center staff for class schedules and tech events.



## Adelante DiverselT

"DiverselT is a nonprofit program that offers connection and quality work in the technology field. We are helping people with disabilities, people of color, and women to start careers in IT with hands-on training. We provide computers to people with disabilities and local nonprofits, too. When you work with us, you are supporting our larger mission to help others learn and grow."

<https://goadelante.org/diverseit>

## Teeniors®

### Teeniors

Teeniors® are tech-savvy teens and young adults who help seniors learn technology through one-on-one, personalized coaching. Now in collaboration with the City of Albuquerque, they are offering tutoring to help you with your electronic devices at no cost! Whether you have questions about your cell phone, computers; or want to learn how to text, video call, share pictures, download Netflix; order groceries online, navigate the internet, or anything else - you can contact Teeniors directly to set up your free session: [teeniors@gmail.com](mailto:teeniors@gmail.com) | (505) 600-1297. Learn more: [www.teeniors.com](http://www.teeniors.com)

## FREE Senior Tech Helpline

The Department of Senior Affairs FREE Senior Tech Helpline can assist with any questions about smartphones, laptops, desktops or tablets. Having trouble joining a ZOOM meeting? Got a new smartphone and need help getting set up? Wondering if an email is legitimate?

**Call 505-503-INFO (505) 503-4636, Monday-Friday 9 a.m. to 4 p.m. for your tech help needs! Help available in English and Spanish.**

## Department of Senior Affairs Social Services

The Department of Senior Affairs provides many services to older adults. These include:

- **Home Repair Renovation and Maintenance Services**
- **Home-Delivered Meals for Homebound Older Adults**
- **Transportation Assistance**
- **Care Coordination**
- **Senior Information and Assistance Line**



### The Home Repair Renovation and Maintenance Services Team

This team provides a variety of home chore and home repair services. These services are intended to address the safety needs of adults age 60 and older and may include yard cleaning, fall prevention safety equipment installation such as walker steps and wheelchair ramp modification.

### Home Delivered Meal Service

Home Delivered Meal Service is available for homebound adults age 60 and older who have physical, emotional or other limitations that do not allow them to leave their homes on their own. If you, or someone you know, fits this description, call the Senior Information & Assistance Hotline at (505) 764-6400. Qualifying individuals may receive a daily, fresh lunch delivered to their home Monday–Friday.

### Care Coordinators

Care Coordinators visit adults age 60 and older in their home to assess needs and assist in connecting with other community services and resources which support aging in place with dignity. Care Coordinators also

help determine eligibility for Senior Affairs services including Home Delivered Meal Service, Homemaker Respite Care, Adult Day Service, Senior Companion Program and Medication Management programs.

### Senior Information and Assistance Representatives

Senior Information and Assistance representatives can connect, older adults or family and professional caregivers to community-based resources and services for greater Albuquerque and surrounding Bernalillo County area.

Department of Senior Affairs Social Services are a donation-based service offered to Bernalillo County residents 60 years and older. For more information about Social Services or to donate towards the enhancement of services, please visit the website [cabq.gov/seniors](http://cabq.gov/seniors) or call (505) 764-6400, Monday – Friday during the hours of 8:15am – 4:30pm.



## Transportation Services

Our service offers curb-to-curb transportation within Bernalillo County, provided to individuals age 60 and older with a priority to those who have scheduled medical appointments. Reservations are required for this service and ADA-Accessible vehicles are available.

Transportation Services are offered Monday–Friday:

- **Ride Services for Medical Appointments and On-Demand Transportation**
- **Meal Site Transportation**
- **ADA Accessible Vehicles**



### Medical Appointment Transportation

Medical appointment rides are always considered priority and are scheduled 7-days in advance to appointment date. Transport is available to Presbyterian Rust Medical Center in Rio Rancho for Bernalillo County residents.

"Call when ready" return rides must be called in by 5:00 p.m. in the greater Albuquerque area and by 4:00 p.m. in the East Mountain/Cedar Crest area. To request medical appointment transport, please call (505) 764-6464.

### Center and Meal Site Transportation

Seniors can request daily pick up Monday-Friday from their homes within a five-mile radius to all City of Albuquerque's senior and multigenerational centers and Bernalillo County senior meal sites. We also offer transportation within a six-mile radius to Whispering Pines and Tijeras Senior Center. To utilize meal site transport services, individuals can register directly with their center site.

### On-Demand Transportation

On-demand rides can be requested for non-medical errands scheduled 3-days in advance. Return rides must be scheduled within 2-hours from initial pick up time. These rides can be used for grocery and shopping trips and also for transportation to Volunteer service stations. To request on-demand errand transport, please call (505) 764-6464.

Department of Senior Affairs Transportation Service is a donation-based service offered to Bernalillo County residents 60 years and older. For more information about Transportation or to donate towards the enhancement of services, please visit the website [cabq.gov/seniors](http://cabq.gov/seniors) or call (505) 764-6400, Monday –Friday during the hours of 8:15 a.m.– 4:30 p.m.



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ROQUE** senior affairs



# SENIOR MEAL PROGRAM AND SENIOR MEAL SITES



## ALL CITY OF ALBUQUERQUE'S SENIOR AND MULTIGENERATIONAL CENTERS OFFER A SENIOR MEAL PROGRAM.

All Department of Senior Affairs centers offer a delicious low-cost breakfast every morning from 8 a.m.–9 a.m. Monday–Friday. Barelas Senior Center, Los Volcanes Senior Center, North Valley Senior Center, along with both Multigenerational Centers, Manzano Mesa and North Domingo Baca, offer free lunch for adults 60 and older with a current membership.

Highland Senior Center, Palo Duro Senior Center and Bear Canyon Senior Center offer lunch at a reduced fee of \$3.25 in addition to special, low cost, a la carte menu items to choose from. All members 50–59 years of age can participate in the hot lunch senior meal program for a reduced fee of \$3.25 at all center locations.

Multigenerational Center members under the age of 50 are invited to purchase lunch daily for \$7.67. In the best effort to reduce food waste, please let your center staff know one day prior by 12noon if you will be joining us for lunch the next day.

Additional City of Albuquerque and Bernalillo County senior meal sites that serve free lunch to those 60 and older include Raymond

G. Sanchez Senior Center, Cesar Chavez Community Center, Rio Bravo Senior Center, Los Duranes Community Center, South Valley Multi-Purpose Senior Center, Taylor Ranch Community Center, Paradise Hills Community Center Annex, Ed Romero Terrace Apartments, Encino Garden, Encino Terrace, Embudo Towers, Shalom House, Tijeras Senior Center, La Amistad, and Whispering Pines Senior Center.

Seniors can request transportation service from their homes within a five-mile radius to all City of Albuquerque and Bernalillo County meal sites. We offer transport within a six-mile radius to Whispering Pines and Tijeras Senior Center. To utilize meal site transport services, individuals can register directly with their center site.

These meal sites are generally open Monday–Friday, 9 a.m.–3 p.m., and provide activities as well as a senior lunch program. Menus and calendars of activities are available at each meal site. Reservations for lunch are required at least one day prior before 1:00 p.m. These meals are offered free to adults 60 and older, however donations for meals are accepted and appreciated. To donate towards the enhancement of services, please visit the website: [cabq.gov/seniors](http://cabq.gov/seniors) or call (505) 764-6400, Monday – Friday during the hours of 8:15a.m. – 4:30 p.m.

## Senior Meal Site Locations

*DB=Donation-based lunch available*

*LC=low-cost lunch available*

### Barelas Senior Center

714 7th St. SW, 87102

(505) 464-6436

M–F 8am–5pm

*DB*

### Bear Canyon Senior Center

645 Pitt NE, 87111

(505) 767-5959

M–W 8am–5pm, TH: 8am–9pm, SAT:

10am–4pm

*LC*

### Highland Senior Center

131 Monroe NE, 87108

(505) 767-5210

M–T, TH–F: 8am–5pm, W: 8am–7pm,

SAT: 10am–4pm

*LC*

### Los Volcanes Senior Center

6500 Los Volcanes NW, 87121

(505) 767-5999

M–W, F: 8A–5P, TH: 8am–7pm, SAT:

9am–1pm

*DB*

### North Valley Senior Center

3825 4th St NW, 87107

(505) 761-4025

M,W–F: 8am–5pm, T: 8am–7pm,

SUN: 12:30pm–5pm

*DB*

### Palo Duro Senior Center

5221 Palo Duro NE, 87110

(505) 888-8102

M–T, TH–F: 8am–5pm, SAT: 9am–1pm

*LC*

**Manzano Mesa Multigenerational Center**

501 Elizabeth SE, 87123  
 (505) 275-8731  
 M–F: 8am–5pm, SAT: 9am–3pm  
 DB

**North Domingo Baca Multigenerational Center**

7521 Carmel NE, 87109  
 (505) 764-6475  
 M–F: 8am–9pm, SAT: 8am–3pm  
 DB

**Raymond G. Sanchez Senior Center**

9800 4th Street NW, 87114  
 (505) 314-0082  
 DB

**Whispering Pines**

# 6 Lark Road, Tijeras, NM 87059  
 (505) 281-8003  
 DB

**Paradise Hills**

5901 Paradise Blvd NW, 87114  
 (505) 314-0246  
 DB

**Embudo Towers**

8010 Constitution NE, 87110  
 (505) 764-6474  
 DB

**Rio Bravo Senior Center**

3910 Isleta Blvd SW, 87105  
 (505) 314-0049  
 DB

**Ed Romero Terrace**

8100 Central Ave SE, 87108  
 (505) 232-8880  
 DB

**Encino Garden**

412 Alvarado SE, 87108  
 (505) 266-7736  
 DB

**Shalom House**

5500 Wyoming NE, 87109  
 (505) 823-1434  
 DB

**Encino Terrace**

609 Encino Place NE, 87102  
 (505) 247-4185  
 DB

**South Valley Multi-Purpose Senior Center**

2008 Larrazolo SW, 87105  
 (505) 468-7604  
 DB

**La Amistad**

415 Fruit NE, 87102  
 (505) 848-1395  
 DB

**Taylor Ranch Community Center**

4900 Kachina Street NW, 87120  
 (505) 768-6006  
 DB

**Cesar Chavez Community Center**

7505 Kathryn Avenue SE, 87108  
 (505) 256-2680  
 DB

**Los Duranes Community Center**

2920 Leopoldo NW, 87104  
 (505) 848-1338  
 DB

**Tijeras Senior Center**

#10 Tijeras Ave, Tijeras, NM 87059  
 (505) 286-4220  
 \* Site under construction please call (505) 269-7518 for updated details  
 DB



# Senior Meal Program and Senior Meal Sites

## Center Memberships

Membership offers fitness programs as well as classes, travel, meals, computer labs, volunteer opportunities, competitive sports events, and much more at six Centers, five Fitness Centers, two fitness rooms, and two Multigenerational Centers.



# SENIOR AND MULTIGENERATIONAL RECREATION ACTIVITIES AND EVENTS

Albuquerque's 50+ population can enjoy sports and recreation activities, the arts, unlimited learning opportunities, trips and outings, meals, special events and support groups at any of the Metro area's eight centers.

Educational and social activities include: computing, health management, musical concerts, lectures, theater, pottery, breakfast, lunch, and support groups. Recreational and sports

activities include hiking, down-hill skiing, aerobics, and a range of other indoor and outdoor sports and fitness opportunities.

For specific Senior and Multigenerational center current, ongoing schedule of events and classes you can visit with center staff or view each center's monthly newsletter online by visiting the center location page located at: [cabq.gov/seniors](http://cabq.gov/seniors)

CITY OF ALBUQUERQUE HOW CAN WE HELP?

## DEPARTMENT OF AFFAIRS

Home / Department Of Senior Affairs / Locations & Centers

- > About Senior Affairs
- > Senior Services
- > Locations & Centers
  - > Barelmas Senior Center
  - > Bear Canyon Senior Center
  - > Highland Senior Center

**Senior**

Find the location they offer.

**About C**

- Masks are required at all times. We encourage you to wear your mask.
- Facilities will be sanitized between users.

## Bear Canyon Senior Center

**Information about Bear Canyon Senior Center.**

All senior, multigenerational and 50+ Fitness Centers are open for full operation. Masking is required in all public spaces regardless of vaccination status.

Some virtual programming and all Senior Social Services will continue to be available.

Stay active and connected at home with our virtual resources available at [Facebook](#) [here](#).

**Address**

4645 Pitt NE  
Albuquerque, NM 87111

**Hours**

Effective July 6, 2021:  
M-W: 8A-5P, TH: 8A-9P, SAT: 10A-4P

**Phone**

(505) 767-5959

**Map**

4645 Pitt NE  
[View larger](#)

OSUNA PARK IN  
Hobby  
Keyb

**Newsletter**

DECEMBER 2021

**Senior Center Activities**

WINTER 2021-SPRING 2022

**Contacts**

Center Manager, Tyler Dunn, [tylerdunn@cabq.gov](mailto:tylerdunn@cabq.gov)  
Program Coordinator, Ya Vette Bailey, [ybailey@cabq.gov](mailto:ybailey@cabq.gov)

# DEPARTMENT OF SENIOR AFFAIRS ANNUAL EVENTS

For updated event dates, location, schedule and information, visit: [cabq.gov/seniors/events](http://cabq.gov/seniors/events)

**CITY OF ALBUQUERQUE** HOW CAN WE HELP MEET MAYOR KELLER GET INVOLVED

## DEPARTMENT OF SENIOR AFFAIRS

Home / Department Of Senior Affairs / About Senior Affairs

### Department of Senior Affairs

General information about the Department of Senior Affairs

### Important Notices

- **Department of Senior Affairs will be closed on Friday, Saturday, Dec. 25.** Highland Senior Center will be open from 10 a.m. to 2 p.m. on Dec. 25 for our annual Holiday Senior lunch. To attend the holiday lunch, purchase a ticket in advance for \$4 per person at the Senior Center. Space is limited.
- **Updated Mask Requirement:** Masks are required at all Albuquerque facilities and public spaces regardless of vaccination status. We thank you in advance for your cooperation.
- **We are Open!** All 50+ Sports and Fitness, Senior and Adult Centers are open for full operations. For more information about our class schedules, hours of operations, or activities, visit our website, contact our center directly or call our Senior Information Line at 505-253-3333.
- **Senior Affairs Transportation Program Expanded!** The Albuquerque Department of Senior Affairs Transportation Program is now available to all seniors 50+ years of age.

## JANUARY

2022 Tax Assistance  
Senior Day at The Legislature

## FEBRUARY

Valentine's Day Dance and Luncheons  
Health Resource Fair  
50+ Games Swimming Event

## APRIL

Health Resource Fair  
Technology Fair  
"Senior" Prom

## MAY (OLDER AMERICANS MONTH)

Youth Summer Program Registration  
50+ Games Track & Field  
"A Senior I Know" Essay Contest Award Ceremony

## AUGUST

NM Conference on Aging  
"Cruzin' into the School Year"

## SEPTEMBER

Falls Prevention Fiesta  
Senior Day at the State Fair

## OCTOBER

Primetime Expo Event  
HEATS ON  
50+ Sports and Fitness Pickleball Tournament  
Halloween Dance and Multigenerational Carnivals

## NOVEMBER

Annual Pool Tournament hosted by Los Volcanes  
Annual El Camino Real Garden Veterans Ceremony  
Senior Thanksgiving Luncheon on Thanksgiving Day

## DECEMBER

Senior Holiday Luncheon on Christmas Day

# MULTIGENERATIONAL CENTER YOUTH RECREATIONAL PROGRAMS

The Department of Senior Affairs provide services to Bernalillo County's youth ages 5 through 12 years old at North Domingo Baca and Manzano Mesa Multigenerational Centers. In addition to the traditional adult programming and services offered at the six Senior Centers, the two Multigenerational Centers provide an array of intergenerational programming including various recreation programs. Along with Summer Break Youth Programs, there are additional Fall and Winter Break programs available throughout the school year.

During the school year, North Domingo Baca Multigenerational Center offers an after-school program, Monday–Friday 2 p.m.–5:30 p.m. which includes transportation from Edmund G. Ross Elementary School to the center site. Manzano Mesa Multigenerational Center offers a before and afterschool program, Monday–Friday 7a.m.–8:30 a.m. and 3:30 p.m.–6 p.m. with early dismissal hours on Wednesdays 12:30 p.m.–6 p.m. Manzano Mesa's before and after school program also offers transportation to Manzano Mesa Elementary School in the morning and afternoon.



# MULTIGENERATIONAL PROGRAMMING

> About Senior Affairs

> Senior Services

> Locations & Centers

> 50+ Sports & Fitness

> Volunteering for 55+

> Youth Programs

> Membership

## "A Senior I Know" Essay Contest

Older and younger generations have a lot learn from one another and one way to keep younger generations connected to significant older adults in their life is to give opportunities to share how these relationships have positively influenced their values and beliefs.

For the past 40 years, The Department of Senior Affairs joined Albuquerque Public Schools and has sponsored the annual A Senior I Know essay contest for students in grades 1–5. Submission deadlines are on the first Wednesday in February on an annual basis. For more on entry rules and essay submission forms, visit our Youth Program webpage at: [cabq.gov/seniors](http://cabq.gov/seniors)

## A Senior I Know Essay Contest

Older and younger generations have a lot learn from one another and one way to keep younger generations connected to significant older adults in their life is to give opportunities to share how these relationships have positively influenced their values and beliefs.

Every year, The Department of Senior Affairs sponsors the annual A Senior I Know essay contest for students in grades 1-5. In the past, submissions were only accepted if they came through a school. But in this 40th anniversary year, the contest is open to anyone in the appropriate grade range who submits their essay by the Feb. 2, 2022 deadline. [Learn more about the rules and how to submit here.](#) You can also [download the essay submission form.](#)

But participating in the contest is not necessary to make this a valuable activity! Whether you choose to submit the essay as a contest entry, save it as part of your family history or send it to the senior it's about, this project is a great way to keep generations connected.

For inspiration, check out last year's [39th Annual Senior I Know Essay Contest Winners of 2021](#) here.

[38th Annual Senior I Know Essay Contest Winners of 2020.](#)



# Volunteer and make a difference!

## Get Involved – Make a Difference!

The Department of Senior Affairs offers plenty of rewarding volunteer opportunities for individuals or large groups in addition to our 55+ AmeriCorps Seniors volunteer programs. We provide volunteers with excellent opportunities to gain valuable work experience, and make connections while giving back to the community. Let us match you with an assignment or project you will enjoy. Visit [oneabqvolunteers.com](http://oneabqvolunteers.com) or call 505-764-6400 for more information on available opportunities today!



AmeriCorps Seniors is a suite of national volunteer programs for Americans 55 years and older and is federally funded by AmeriCorps.

In New Mexico, AmeriCorps Seniors is jointly administered by the Aging & Long-Term Services Department. The City of Albuquerque Department of Senior Affairs has sponsored AmeriCorps Seniors for over 40 years! It is made up of three programs that each take a different approach to improving lives and fostering civic engagement. All three programs offer orientation, reimbursements for travel, supplemental insurance while serving, and annual recognition events. When you volunteer, you're not just helping others, you're helping yourself. Volunteering leads to new discoveries and new friends. Plus, studies show that volunteering helps you live longer and promotes a positive outlook on life! You are needed! Join over 800 other Albuquerque Seniors that make up the AmeriCorps Seniors family!

**Volunteer Today** We offer a wide variety of volunteer opportunities.

Do you have time, talents, skills, or hobbies you would like to share? If you do, please call **(505) 764-6400**.

## RSVP Volunteers Make a difference in Albuquerque!

RSVP recruits and places volunteers in government and non-profit organizations to meet community needs. With RSVP, you choose how much time you want to give and whether you want to share your skills or develop new skills. RSVP is one of the largest volunteer networks in the nation for people 55 and over. Please note that all volunteers must pass a Background Check that includes a National Sex Offender Check.

## Thank you to our Volunteer Sponsors:



A Division of Health Care Service Corporation, a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association

## Foster Grandparents Help Children Succeed!

Foster Grandparents serve as tutors and mentors assisting children in need of extra attention for educational, social and emotional development. Foster Grandparents serve under the supervision of teachers and specialists in Albuquerque Public Schools, City of Albuquerque Child Development Centers, YDI Head Start Programs, and in other community programs. Foster Grandparents serve an

average of 20 hours per week, receive meals while on duty, and may qualify for a tax-free, hourly stipend of \$3 per hour. All you need to join is the ability to give the kind of comfort and love that sets a child on the path toward a successful future. Please note that all volunteers must pass a fingerprint-based background check.



## Senior Companions are Seniors Helping Seniors!

Senior Companions are older adults who help other adults live independently and can provide support to family caregivers. They assist with grocery shopping and other daily tasks necessary to maintaining independent living. Senior Companions serve an average of 20 hours per week, receive meals while on duty, and may qualify for a tax-free, hourly stipend of \$3 per hour. You don't need medical or technical skills to be a Senior Companion. All you need to know is how to be a friend. Please note that all volunteers must pass a fingerprint-based background check.

To get involved, call: (505) 764-6400 or visit: [cabq.gov/seniors/senior-volunteer](http://cabq.gov/seniors/senior-volunteer)

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## DEPARTMENT OF SENIOR AFFAIRS 2022 ACTIVITIES CATALOG

**P:** (505) 764-6400

**W:** [cabq.gov/seniors](http://cabq.gov/seniors)

**E:** [seniorinformation@cabq.gov](mailto:seniorinformation@cabq.gov)

**Citizen Contact Center:** 311



**Timothy M. Keller,**  
*Mayor,*  
*City of Albuquerque*



**Anna M. Sanchez,**  
*Director,*  
*The City of Albuquerque*  
*Department of Senior Affairs*