

**ONE
ALBUQUE
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senior affairs

2022

Information Catalog

FOR **SENIORS** 50+

(505) 764-6400

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.

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. 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

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senior affairs

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

YouTube (search [cabqseniors](#))

Senior Information Line: 505-764-6400

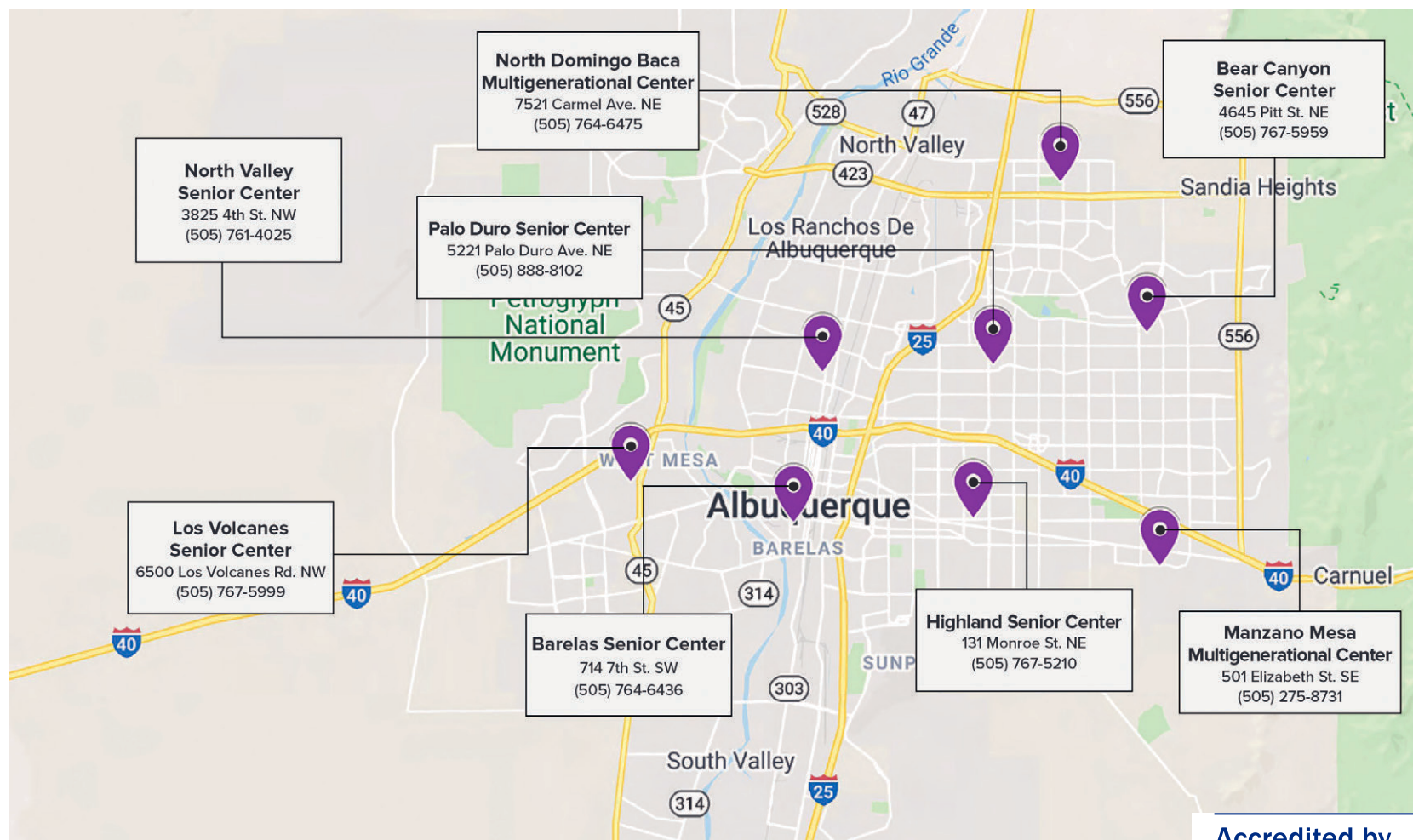
TTY: 1-800-659-8331

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 or call (505) 764-6400.



Accredited by 
National Institute of
Senior Centers

CENTER DIRECTORY

Nationally Accredited Senior and Multigenerational Centers

Senior Centers

Barelas

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

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

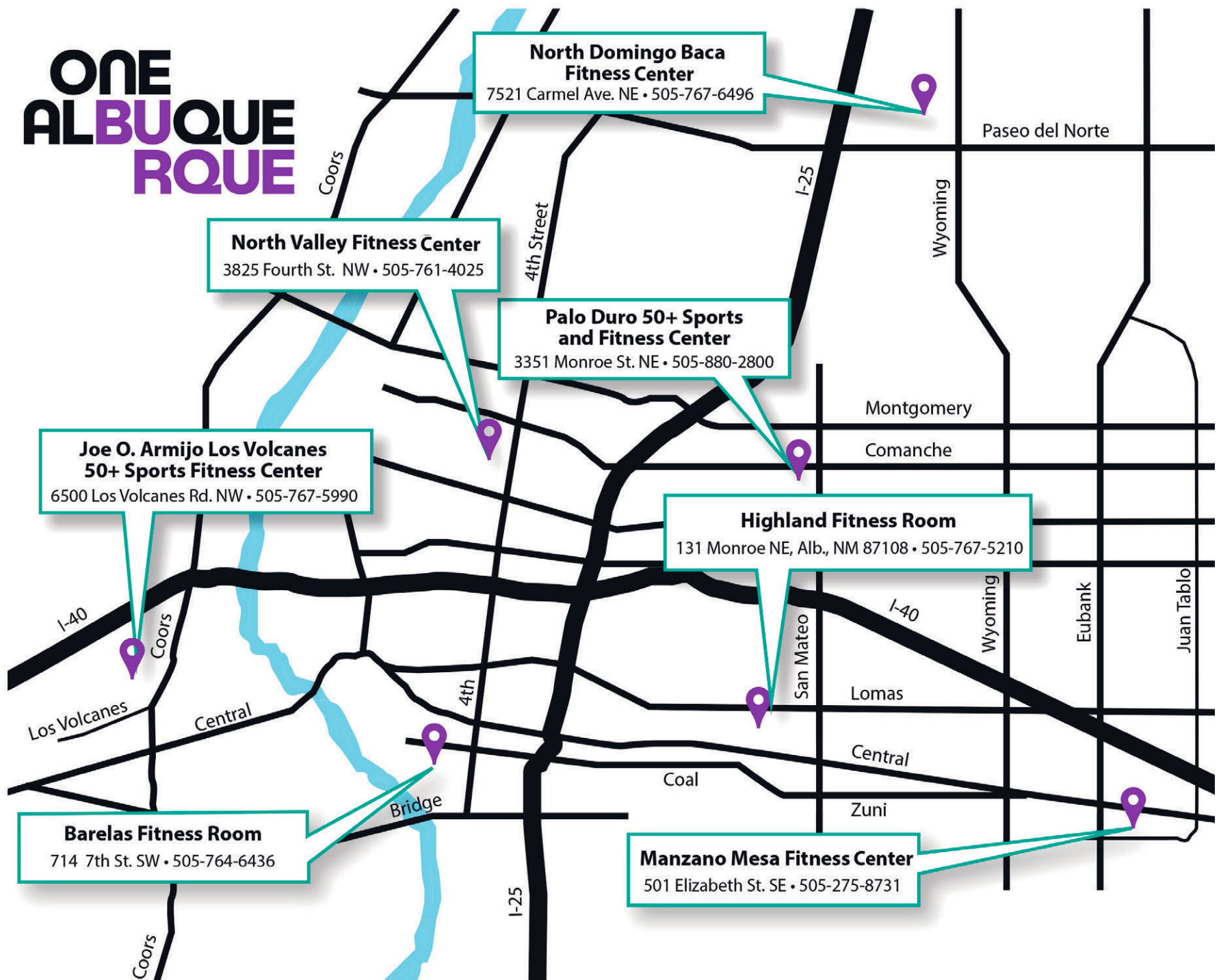
Highland Senior Center Fitness Room

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

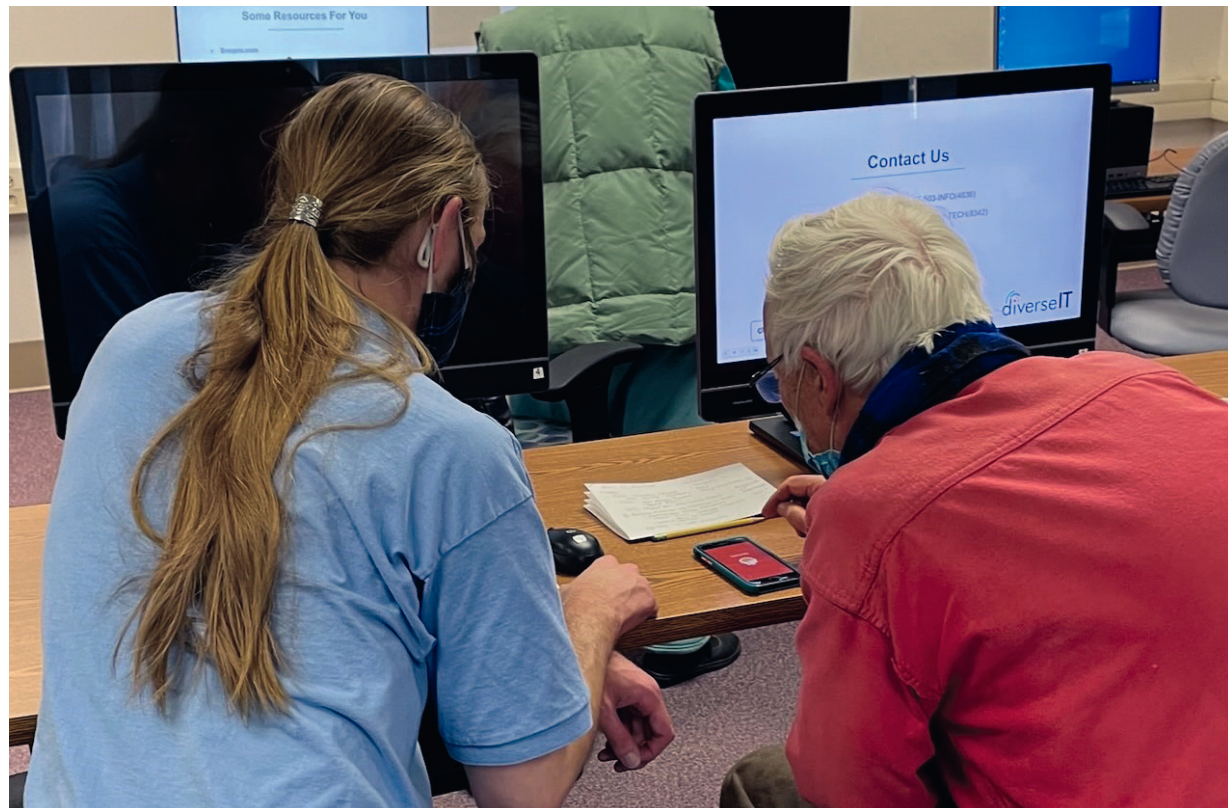
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DIGITAL LITERACY FOR OLDER ADULTS

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 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 | (505) 600-1297. Learn more: 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 or call (505) 764-6400, Monday – Friday during the hours of 8:15am – 4:30pm.



senior affairs



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 or call (505) 764-6400, Monday –Friday during the hours of 8:15 a.m.– 4:30 p.m.

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— 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 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



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



CITY OF ALBUQUERQUE HOW CAN WE HELP?

DEPARTMENT OF SENIOR AFFAIRS

Home / Department Of Senior Affairs / Locations & Centers



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> Bear Canyon Senior Center

> Highland Senior Center

> Los Volcanes Senior Center

> North Valley Senior Center

> Palo Duro Senior Center

> Manzano Mesa Multigenerational Center

> North Domingo Baca Multigenerational Center

> 50+ Sports & Fitness

> Volunteering for 55+

> Youth Programs

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> One Albuquerque Age-Friendly

> Department of Senior Affairs

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 uses.

Bear Canyon Senior Center

Information about Bear Canyon Senior Center.

All senior, multigenerational and 50+ Fitness Centers are open for full operation 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



Newsletter

DECEMBER 2021

Senior Center Activities

WINTER 2021-SPRING 2022

Contacts

Center Manager, Tyler Dunn, tylerdunn@cabq.gov
Program Coordinator, Ya Vette Bailey, ybailey@cabq.gov

DEPARTMENT OF SENIOR AFFAIRS ANNUAL EVENTS

For updated event dates, location, schedule and information, visit: 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 City of 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, call our Senior Information Line at 505-261-5000, or visit the center directly.
- **Senior Affairs Transportation Program Expanded!** The Albuquerque Department of Senior Affairs Transportation Program is now available to all seniors.

Navigation Menu:

- > About Senior Affairs
 - > Department of Senior Affairs Advisory Council
 - > Community Partners
 - > Senior Affairs Events
 - > Senior Affairs News
- > Senior Information & Assistance
- > Stay Connected From Home
- > Director of Senior Affairs
- > Senior Services
- > Locations & Centers

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

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 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:



**BlueCross BlueShield
of New Mexico**

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



**DEPARTMENT OF
SENIOR AFFAIRS
2022 ACTIVITIES
CATALOG**

P: (505) 764-6400

W: cabq.gov/seniors

E: seniorinformation@cabq.gov

Citizen Contact Center: 311



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