Hello,
Can you believe it is almost fall? As the days get shorter and the weather gets cooler, I am reminded what fall is all about: change. Some of us enjoy change; changes in weather, seasons, or even changes that bring new initiatives and opportunities.

Moving into this time, we will continue to thoughtfully measure and evaluate the outcomes of our programs and services we provide, I am proud to share a snapshot of the impact we have achieved through our work during fiscal year 2022:

- 4,469 hours spent on senior home renovation and maintenance though our home services department.
- 38,944 transportation rides for older adults through our senior transportation services.
- 212,832 fresh, hot senior meals served at centers, and satellite meal sites.
- 293,103 community members that participated in socialization programming though senior meal program sites.

Additionally, this year we are looking forward to facility upgrade renovations, new community partnerships and new opportunities to provide more ways for older adults to pursue their individual health and wellness goals. Stay tuned for more details on these changes.

Finally, please look for upcoming opportunities to offer your feedback, it will help provide an accurate picture of our community needs that will guide us in developing plans for the future.

Wishing you a happy and healthy fall!
Sincerely,

Anna Sanchez, Director
Department of Senior Affairs

Prime Time 50+ Expo
Tuesday, October 11th
8:00 am - 1:30 pm
Transportation Provided
Sign up at the front desk
Activities

Arts and Crafts
Ceramics - Mondays & Wednesday 9:00 am - Noon
Retablos- Tuesday 9:00 am - 11:30 am
Tin - Tuesday 1:00 pm - 4:00 pm
Beginning Acrylic Painting - Tuesday 9:00 am - 12:00 pm
Offbeat Artists- 1st & 3rd Friday 1:00 - 3:00 PM
Crochet with Rafaelita- Thursday 10:30 am -1:00 pm

Dance/Exercise
Line Dance- Beginner Wednesday 9:00 am - 10:00 am
Line Dance - High Beginner- Wednesday 10:15am - 11:15 am
Line Dance- Intermediate - Friday 9:30 am - 11:00 am

Cards & Games
Billiards
Cards and Puzzles
Monday-Friday 8:00 am - 5:00 pm
Bingo - Tuesdays 2:00pm - 4:15 pm

Exercise
Pilates- Mondays 8:30 am - 9:30 am
Pickleball - Monday 1:30 pm - 3:30 pm
Senior Aerobics - Tuesday 10:00 am - 11:00 am
Senior Aerobics - Thursday 1:30 pm - 2:30 pm
Yoga - Thursday 9:00am-10:00 am
Tai Chi for Health -Thursdays 1:15 pm - 2:15 pm

Garden
On going garden activities

Language
Italian - Thursdays 1:30 pm - 2:30 pm (Will Resume May 19th)
Spanish - Wednesdays 1:00 pm - 2:00 pm

Dance to Live Music
$3/person  Fridays  1:30 pm - 4:00 pm
September 2nd  Tino's Band
September 9th  Chili Bean Express
September 16th  Enchanted Four
September 23rd  La Raza
September 30th  De Luz
GEHM Clinic
Wednesday, September 21st
8:30 AM - 11:00 AM
Nurse-managed clinics provide a variety of health promotion services for persons 55 and over. Services include: blood pressure & diabetes screening; health assessments; counseling related to nutrition, health problems, aging process, medication management; diabetic self-management education and more.

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.
Thursday, September 8th
10:30 am - 12:30 pm

Technology is changing the driving experience! The Smart DriverTEK Workshop will keep you in the know about the latest high-tech safety features in your current or future car. Learn with your peers about Blind Spot Warnings, Forward Collision Warnings, Smart Headlights and more in a FREE, interactive, 90-minute workshop. Space is limited. Register now at www.aarp.org/sdtekinperson or call 1-877-805-4115

Que Sera Alpaca Farm
Wednesday, September 7th
Check in: 10:00 am  Return 3: 30 pm

Moriarty Pinto Bean Fiesta
Saturday, September 17th
Check In: 8:00 am - Return 3:30 pm

NM State Fair
Monday, September 12th
Check In: 9:00 am  Return : 3:30 pm

Blue Cross Blue Shield of NM Care
Van at North Domingo Baca
Wednesday, September 28th
Check in 8:30 am -  Return 2:00 pm

Barelas
Wednesday, October 5th
10:00 am - 11:30 am

Falls Risk Screening Event
This FREE screening event includes strength and balance tests, home safety education, shoe fit clinic, and education on how older adults can improve their balance and decrease the chances of a fall.
September 23, 2022 | 8am-12pm
Palo Duro 50+ Sports and Fitness Center
3351 Monroe NE 87110
For more information, call 505-880-2800

WE WILL BE CLOSED
LABOR DAY
Monday
September 5th
**Advisory Council Meeting**  
Monday, September 26th at noon  
Highland Senior Center-131 Monroe NE, 87108

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**September Birthday Celebration**  
Come enjoy a piece of cake and great company!  
**Tuesday, September 20th 1:00 pm**  
Sponsored by Oak Street Health

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**Computer Lab**  
The computer lab is now opened for your searching needs.  
**Hours: 8:00 am - 2:00 pm**  
*Please follow computer lab policy.

**Need help with your phone, tablet, or computer?**  
Amy Biehl Students are here to help, one on one with your tech needs.  
**Thursday, September 15th**  
1:00 pm - 3:00 pm

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**FREE COVID-19 Vaccine Shot Clinic**  
All Ages Welcome, Walk-Ins Accepted  
No insurance required - Please bring COVID-19 vaccination card for booster update. If applicable please bring your Medicare Part B Identification Card  
**Tuesday, September 20th**  
9:00 am - 12:00 pm

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**Catch Me If You Can**  
Wednesday, September 14th  
1:15 pm  
PG-13

**Movies**  
**Somethings Got to Give**  
Wednesday, September 28th  
1:15 pm  
PG-13

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**44th Annual New Mexico Conference on Aging Virtual Watch Party**  
Join us at one of our Senior Affairs streaming watch party sites to catch the Conference on Aging virtual workshops. Free breakfast, refreshments, giveaways and more! Transportation provided from senior centers to watch party locations. See front desk staff for information and to sign up.  
Watch Party Locations: North Domingo Baca Multigenerational Center | North Valley Senior Center | Manzano Mesa Multigenerational Center  
September 7-8 | 8am-4pm*  
(Transportation schedule may vary)

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**Grandparents Day**  
It's time to celebrate grandparents! Grandparents are the bees knees! Grandparents, come have a cool coke float on us!  
**Tuesday, September 13th**  
1:00 - 1:30 pm

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