



Director
Anna M. Sanchez



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www.cabq.gov/seniors

Hello,

As another year draws to a close, we might feel anxious looking ahead into another year of uncharted territory especially going into the holiday season. Many of us are adjusting to new ways of celebrating the holidays or trying to get back to old traditions after a few holidays apart. It has been difficult because we all have missed our usual comfort of gathering with friends and family and I wish everyone peace, health, and happiness as we enter into the holiday season and a new year to come.

Since this is the season for giving, we are collecting donations for our Annual Senior Holiday Donation Drive. The annual drive provides critical needs for homebound seniors. The donations are delivered through the Senior Affairs Care Coordination program that works with those ages 60 and older. Examples of items needed are toiletries and personal hygiene products, warm winter socks, gloves, hats, laundry soap, blankets, pillows and low sodium or sugar free snacks. You can drop off your donations at any of our senior or multigenerational centers during operating hours until December 31, 2021.

As we have begun looking ahead into 2022, we have been evaluating our core programming and gathering feedback to help with considerations on future programs and services. Many of you might have participated in our recent programming and activities survey which indicated more than half of our visitors are satisfied with their experience when visiting our centers. As we strive to raise the bar even higher, we will ask for more feedback going forward as we continue to adjust our services to ensure we are meeting the needs of our older adult population.

With much excitement, we are looking forward to hosting another in-person Holiday Luncheon on Saturday, December 25, 2021 at our Highland Senior Center. This gives us the opportunity to showcase Highland's new renovation in their social hall and adjoining classrooms. Please join us from 11:30am-1:00pm for holiday food and fun. Space is limited, so hurry and visit with Highland Senior Center staff to reserve your space and purchase your meal ticket. Tickets are now on-sale for \$4-dollars per person. All ages are welcome to attend!

As always, I encourage your feedback and invite you to join me at any of our upcoming Director Coffee events for a visit.

Best,
Anna Sanchez



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

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 - Noon
Offbeat Artists- 1st & 3rd Friday 1:00 - 3:00 PM
Crochet with Rafaelita- Thursday 10:30 am -1:30 pm

Dance/Exercise

Line Dance Starter- Monday 10:00 am - 11:00 am
Line Dance- Wednesday 9:00 am - 10:00 am
Line Dance I Intermediate- Wednesday 10:15am - 11:15 am

Cards & Games

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

Exercise

Pilates- Monday 8:30 am- 9:30 am
Pickleball - Monday 1:30 pm - 3:30 pm
Yoga - Thursday 9:00am-10:00 am
Tai Chi for Health - No classes in December. Will begin again, January 6th

Language

Italian - Thursday 1:30pm-2:30pm

Dance to Live Music

\$3/person

Fridays

1:30 pm -4:00 pm



December 3rd
December 10th
December 17th

Tierra Fina
Winter Ball with Impression
Paul Pino & the Tone Daddies



Holiday Luncheon 2021

With much excitement, we are looking forward to hosting our annual Holiday Luncheon in-person on Saturday, December 25, 2021 at our Highland Senior Center. Please join us from 11:30am-1:00pm for holiday food and fun. Space is limited, please visit with Highland Senior Center staff to reserve your space and purchase your meal ticket today. Tickets are now on-sale for \$4-dollars per person. All ages are welcome to attend!

Time to Trim the Tree!

Come decorate the tree with us and enjoy some music, with cookies,
hot chocolate, and great company

Friday, December 3rd

9:30 AM - 11:00 AM!



December Birthday Celebration

Tuesday, December 21st 1:00 pm

Sponsored by Oak Street Health



Let's Make Snowflakes!!!

Create beautiful snowflakes that can be used as decorations or gifts

Monday & Friday's

10:00 AM - 11:30 AM

Starting December 6th - December 20th



Annual Senior Holiday Donation Drive 2021

As we enter into the season for giving, Senior Affairs is collecting donations for the Annual Senior Holiday Donation Drive. The annual drive provides critical needs for Albuquerque's homebound older adult population. Examples of items needed are new towels, toiletries, personal hygiene products, adult depends, warm winter socks, gloves, hats, laundry soap, blankets, pillows and low sodium or sugar free snacks. You can drop off donations at any of our senior or multigenerational centers during center operating hours until December 31, 2021. For more information regarding locations and hours, please call 505-764-6400.



Barelas Senior Center

will be CLOSED Friday, December 24th for

Christmas Eve and

Friday, December 31st for

New Year's Eve



Covid Booster Shot AND FLU shot clinic with Best Buy Drugs

Thursday, December 23rd

9:00 am - Noon



GEHM Clinic

Wednesday, December 15th

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.



Holiday Crafts Show

Come scratch some gifts off your list by joining us at our Holiday Craft Fair. Our crafty vendors will be selling a great variety of original creations and wares.

Wednesday, December 1st

8:30 AM - 12:30 PM



Trips

A minimum of three people must sign up for weekly trips in order for the van to depart.

Walmart

Wednesday, December 1st

12:30 PM - 2:30 PM

Christmas in Madrid

Saturday, December 4th

Check In: 2:00 PM Return: 9:00 PM

Christmas in Santa Fe Tour

Wednesday, December 8th

Check In 8:30 AM Return 6:00 PM



Bugg Light Display,

Friday, December 10th

Check In: 4:00 PM Return: 8:00 PM

Atrisco Plaza Shopping

(Ross, El Super, Five Below, Family Dollar)

Monday, December 13th

9:30 Am - 11:30 AM

Walmart

Monday, December 20th

9:30 AM - 11:30 AM

Happy New Year!

Let's celebrate and hope for a great 2022! Join us for our New Years events!

New Year Dance

Wednesday, December 29th

1:30 PM - 3:30 PM

FREE admission when you bring nonperishable food

New Year Toast

Thursday, December 30th

9:30 AM - 10:30 AM



Holiday Movie Thursday's

We will be showing Holiday movies every Thursday in December. Come enjoy some great movies, popcorn and company!

Thursday's in December

1:15 PM - 3:30 PM

