



DEPT. OF SENIOR AFFAIRS

Virtual Programming Live schedule

Join us Live on Facebook for fitness classes and Bingo!

Come have coffee with us virtually or at our Senior Center drive-thru's.

NOVEMBER 2020

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4 Friendship Coffee Drive thru Bear Canyon-9:30am FB Live Bingo-1:30pm	5 Virtual Friendship Coffee 9:00am contact: ahamel@cabq.gov	6 FB Live Gentle Exercise 9:00am	7
8	9	10 Veteran's Day Friendship Coffee Drive thru Bear Canyon-9:30am Los Volcanes-9:30am	11	12 Friendship Coffee Drive thru Highland-9:00am	13 FB Live Aerobics Class 9:00am	14
15	16 Friendship Coffee Drive thru Barelas -9:00am	17	18 FB Live Bingo 1:30pm	19 Virtual Friendship Coffee 9:00am contact: ahamel@cabq.gov	20 FB Live Gentle Exercise 9:00am	21
22	23	24 Thanksgiving Friendship Coffee Drive thru Bear Canyon-9:30am Los Volcanes-9:30am	25 FB Live Aerobics Class 9:00am	26	27	28
29	30					