

October 2025 Newsletter

FALL FESTIVAL

Spooky NIGHT

FREE

OCTOBER 24,
2025

5PM-8PM

CENTER HOURS

M-F: 8AM-9PM

SAT: 9AM-3PM

SUN: CLOSED

Center Staff

Center Manager
Brittani Torres

Center Supervisor
Esperanza Molina

Coordinators
Josephine Griego
Suzanne Reyes

Program Assistants
Katherine Jimenez,
Alexia Watson-Gallegos,
Joshua Zuniga

Cook
Leroy Chambers

Kitchen Aid
Maria Dominguez

General Services
Monica Rosales
Leon Mascarenas
Andre Valdez

SPECIAL DATES & ANNOUNCEMENTS

10/2: Live Music At lunch

10/3: Senior Splash pad

10/8: Prime Time Shuttle

10/9: TRIP: NDB Balloons

10/10: Dia De Los Muertos

Ofrenda

10/13: CLOSED

10/14: Health Kiosk

10/15: TRIP: Olive Garden

10/17: Roadrunner Foodbank

10/17: UNM Heath Clinic

10/21 GHEM Clinic

10/24: FALL FESTIVAL

10/27-10/30: Lobby Movie

10/28: Teeniors

10/31: Pet Parade

10/31: Costume Contest

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

Help promote, advocate, and support the senior community.

12:00pm-1:30pm

- **October 20, 2025**-Highland Senior Center, 131 Monroe NE, 87108
- **November 17, 2025**-Barelas Senior Center, 714 7th Street SW, 87102
- **December No Meeting**

Fitness Equipment Orientation

Need help learning to use the fitness equipment properly?

Call 505-880-2800 for more information



October 28, 2025 **1:00pm-2:00pm**
or
2:00pm-3:00pm

One-on-one help with technology

Please sign up at front desk to make a one-on-one appointment!



**UNM Department of
Pharmacology**

Friday, October 17, 2025

9:00am-2:00pm

Free Health Screenings and shots !

Casa Flamenco

Flamenco Presentation

Monday, October 6, 2025

10:00am

In the Lobby



Self- Serve Health Kiosk

Regular health checks are essential for ensuring overall wellness. Stay proactive and informed, check out the Self Service Health Kiosk at the front desk. Every 2nd Tuesday of the Month.



Tuesday, October 14, 2025

9:00am-11:00am



October 31, 2025

1:00pm-5:00pm

AARP Members: \$20.00

Non-Members: \$25.00

SIGN UP AT THE FRONT DESK



Pyemt: Cash/check to instructor in class

Bring Drivers License & AARP Membership Card

GEHM CLINIC

Students from the College of Nursing and Pharmacy provide clinic services: may include blood pressure check, pulse, oxygen saturation, height, weight, blood glucose check and referrals if indicated.



Tuesday, October 21, 2025

9:00am-12:00pm

We will be closed
Monday, October 13, 2025
In Observance of
Indigenous Peoples' Day

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 29 Chicken Fajitas w/ 4oz Salsa 2oz Ranch Beans 4oz Flour Tortilla 2ea Hot Sliced Apples 4oz 1% Milk 8oz	 30 Beef Stroganoff w/ 3oz Elbow Pasta 3oz Cauliflower w/ 4oz Red Peppers 4oz Dinner Roll 1ea Margarine 1pc Grapes 1ea 1% Milk 8oz	 1 Tamales 2ea Red Chile Sauce 1oz Spinach 4oz Pinto Beans 4oz Yogurt 4oz 1% Milk 8oz	 2 Green Chile Mac & Cheese 4oz Steamed Broccoli 4oz Diced Beets 4oz Brownie 1ea 1% Milk 8oz	 3 BBQ Pulled Pork 4oz Sweet Potato Mash 4oz Green Beans w/ 4oz Mushrooms 4oz Jell-O 4oz 1% Milk 8oz
6 Cottage Pie 5oz Spinach w/ Onions 4oz Corn Bread 1ea Mandarin Oranges 4oz 1% Milk 8oz 	7 Teriyaki Pork w/ 3oz Brown Rice 2oz Stir Fry Veggies 4oz Corn & Edamame 4oz Diced Pears 4oz 1% Milk 8oz 	8 Frito Pie 5oz Normandy Blend 4oz Banana 1ea 1% Milk 8oz 	9 Green Chile Cheese Veggie Burger 5oz Diced Potatoes 4oz Stewed Tomatoes 4oz Diced Peaches 4oz 1% Milk 8oz 	10 Green Chile Posole 4oz Green Beans 4oz Steamed Carrots 4oz Crackers 2ea Jell-O 4oz 1% Milk 8oz 
CLOSED 13 INDIGENOUS PEOPLES' DAY 	14 Open Faced Turkey Sandwich 3oz Gravy 2oz Sweet Potato Mash 4oz Green Beans 4oz Yogurt 1ea 1% Milk 8oz 	15 Sweet & Sour Pork 4oz Brown Rice 4oz Stir Fry Veggies 4oz Sliced Carrots 4oz Pudding 1ea 1% Milk 8oz 	16 Vegetable Lasagna 4oz Brussel Sprouts 4oz Garlic Breadstick 1ea Mixed Berries 4oz 1% Milk 8oz 	17 Green Chile Stew 4oz Pinto Beans 4oz Flour Tortilla 2ea Applesauce 4oz 1% Milk 8oz 
20 Beef Tips w/ Pasta 4oz Gravy 2oz Green Beans w/ 4oz Mushrooms 4oz Sliced Carrots 4oz Pudding 4oz 1% Milk 8oz 	21 Chicken Pot Pie 5oz Diced Beets 4oz Brussel Sprouts 4oz Yogurt 4oz 1% Milk 8oz 	22 Tilapia w/ 3oz Garlic Butter 1oz Brown Rice 4oz Cauliflower 4oz Apple Slices 4oz 1% Milk 8oz 	23 Pasta Primavera 4oz Spinach w/ Onions 4oz Edamame 4oz Banana 1ea 1% Milk 8oz 	24 Green Chile Ham Mac & Cheese 4oz Normandy Blend 4oz Cornbread 1ea Mixed Berries 4oz 1% Milk 8oz 
27 Carne Adovada 3oz Spanish Rice 4oz Corn 4oz Tortilla 1ea Pear 1ea 1% Milk 8oz 	28 Breaded Chicken Patty w/ Green Chile White Gravy 4oz Sweet Potato Mash 4oz Green Beans 4oz Applesauce 4oz 1% Milk 8oz 	29 Pot Roast 4oz Italian Blend 4oz Ancient Grain 4oz Yogurt 4oz 1% Milk 8oz 	30 Cheese Omelet w/ Fajita Blend 2oz Stewed Tomato 4oz Diced Potatoes 4oz Mandarin Oranges 4oz 1% Milk 8oz 	31 Mummy loaf in Swamp Water 4oz Mashed Potatoes 4oz Sliced Carrots 4oz Jell-O 4oz 1% Milk 8oz 

Lunch:

Monday-Friday, 11:30-1:00

Reservations are required the previous day prior to 1:00 pm.
You may call in your reservation or reserve in person. Please arrive
for you lunch by 12:30 pm. Menu items subject to change.

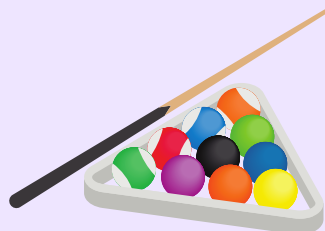
Monday

Fitness Room 8:00am - 8:45pm
Aerobics 8:15am -9:15am
Billiards-8:00am - 8:45pm
Table Tennis-8:00am - 8:45pm
Computer Lab 8:00am - 8:45pm
Beginner Line Dance: 9:30am - 11:30am
Gentle Exercise 9:30am - 10:30am
Happy Hookers 1:00pm - 3:00pm
Badminton 1:00pm - 3:00pm
Volleyball 6:15pm - 8:30pm
Line Dance 6:00pm - 8:00pm
Yoga: Hatha Blend 6:00pm - 7:15pm \$



Tuesday

Fitness Room 8:00am - 8:45pm
Billiards-8:00am - 8:45pm
Table Tennis-8:00am - 8:45pm
Computer Lab 8:00am - 8:45pm
Tai Chi 9:00am - 10:00am \$
Pottery 9:00am - 1:00pm
Line Dance: Intermediate 9:15am - 11:15am
Pickleball Training 9:30am - 11:30am
Drawing Class 10:30 - 12:30
Quilting (2nd Tuesday) 10:15am - 1:00pm
Shuffle Board 1:00pm - 4:00pm
Sing-A-Long 1:00pm - 2:30pm
Family Volleyball (Under 18 W/ Guardian) 6:15pm- 8:45pm
Functional Fitness 6:30pm - 7:30pm
Celtic Sessions Group 6:00pm - 8:00pm
Personal Defense Club 7:30pm - 8:30pm



Wednesday

Fitness Room 8:00am - 8:45pm
Billiards-8:00am - 8:45pm
Table Tennis-8:00am - 8:45pm
Woodcarving 8:00am - 11:30am
Aerobics 8:15am-9:15am
Computer Lab 8:00am - 8:45pm
Guitar Group 10:00am - 12:00pm
Gentle Exercise 9:30am - 10:30am
Line Dance: Starter 9:30am - 10:30 am
Senior Basketball 12:00pm - 1:00pm
Pinochle 12:30pm - 4:00pm
Badminton 1:00pm - 3:00pm
Cricket Training 3:30pm - 6:30pm
Line Dance: Beg/Improver 1:30pm - 3:30pm
Qigong 4:00pm-5:30pm
Yoga: Beginning 5:30pm - 6:30pm \$
Open Basketball 6:30pm - 8:45pm
Albuquerque Astronomical Society 7:00pm - 8:45pm (1st & 3rd Wednesday)
T1D Family Support Group 6:30pm - 7:30pm (last Wednesday)



*All classes subject to change

Thursday

Fitness Room 8:00am - 8:45pm
Billiards-8:00am - 8:45pm
Table Tennis-8:00am - 8:45pm
Computer Lab 8:00am - 8:45pm
Tai Chi 9:00am - 10:00am \$
Bible Discussion - 10:00am - 11:00am
Pottery 9:00am - 1:00pm
Artist Corner 1:00pm - 4:00pm
Quilting 9:00am - 1:00pm (Last Thursday of Month)
Pickleball Training 9:30am - 11:30am
M&M Red Hat Sisters 10:00am - 11:30am (3rd Thurs)
Tech Thursdays 9:00am - 10:00am (Check with Front Desk)
Selling Bingo Cards: 1:00pm-1:45pm (No exceptions)
Bingo 2:00pm - 4:00pm
Pickleball 1:00pm - 4:00pm
Badminton 6:15pm - 8:45pm
Speak w/ Distinction Toastmasters 5:30pm - 6:30pm

Friday

Fitness Room 8:00am - 8:45pm
Billiards-8:00am - 8:45pm
Table Tennis-8:00am - 8:45pm
Computer Lab 8:00am - 8:45pm
Aerobics 8:15am -9:15am
Hula Hoop Group 9:00am - 10:00am (check dates with front desk)
Gentle Exercise 9:30am - 10:30am
TOPS 9:30am - 12:00pm
Meditation 10:00am - 11:00am
Shuffleboard 11:00am - 2:00pm
Beading Craft Club 2:00pm - 5:00pm (1st Friday)
Badminton 2:30pm - 4:30pm (*Canceled on Roadrunner foodbank Day)
Volleyball 6:15pm - 7:30pm
Basketball 7:45pm - 8:45pm



Saturday

Fitness Room 9:00am - 2:45pm
Billiards 9:00am - 2:45pm
Table Tennis 9:00am - 2:45pm
Pickleball 9:00am - 12:00pm
Libros 9:00am - 1:00pm (1ST SATURDAY)
Project Linus 9:00am - 2:45pm (2nd Saturday)
Machine Knitting Group 9:30am - 2:30pm (2nd Saturday)
Laughter Yoga 9:00am - 10:00am
Wise Woman Belly Dance 11:00am-12:00pm
Cherokees of NM 12:00pm - 2:45pm (1st Saturday)
Magic Club 12:00pm - 2:45pm (3rd Saturday)
Ladies Travel Group 1:00pm - 2:30pm
Vietnamese Senior Group 9:00am-12:00pm (2nd & 4th Saturday)
Family Basketball 1:00pm - 2:45pm (15 & under accompanied by parent/guardian)

Balloon Fiesta View at NDB

Thursday, October 9, 2025



Check in: 8:00 am

Depart: 8:15 am

Return: 10:00 am

Olive Garden

Wednesday, October 15, 2025



Check in: 10:45 am

Depart: 11:00 am

Return: 1:00 pm

Walking Group Hobble House

Saturday, October 11, 2025

Check in: 9:00 am

Depart: 9:15 am

Return: 2:00 pm



Senior Splash Pay

Friday, October 3, 2025 1:30pm-3:00pm

Join us for a Splash of a afternoon with the new and improved all inclusive Splash Pad.

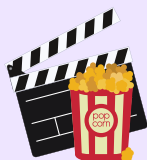
The splash pad will be accessible for all ages and abilities.

Enjoy Food & Refreshments

Movie Week

October 20th through 23rd

Enjoy a Halloween themed movie each day in the lobby



Monday

10/27

Addams Family

Tuesday

10/28

Beetle Juice

Wednesday

10/29

Casper

Thursday

10/30

Hocus Pocus

Spirit Week

Monday

10/27

Wear all
black/Halloween
accessories

Tuesday

10/28

Wear favorite
Halloween shirt

Wednesday

10/29

Wear Halloween
Socks

Thursday

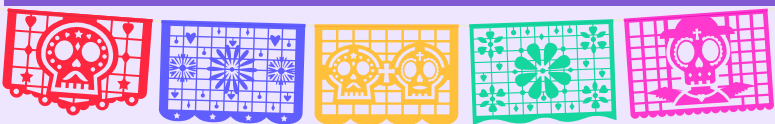
10/30

Wear black and
orange

Friday

10/31

Wear a Costume



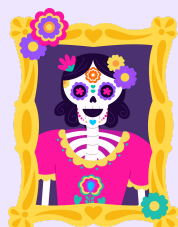
DÍA DE MUERTOS

**Friday, October 10,
2025
10 am - 11 am**

Learn the history of Dia de los Muertos and ofrendas. Join us in making a community ofrenda. Ofrendas are set up to remember and honor the memories of our ancestors.



**PLEASE BRING
PICTURES TO
PLACE ON
DISPLAY.**



PET PARADE COSTUME CONTEST

31, OCTOBER 2025

**Bring your pet in their
favorite costumes!
*Friendly pets only, please**



Mobile Food Pantry

Friday, October 17, 2025

2:00pm - 4:00pm

**The mobile food pantry for the community
supplied by Roadrunner Food Bank.
Groceries will be distributed in Social Hall.**

