

September 2023

Message From Our Director!

After what turned out to be an exceptionally hot summer, I'm sure we're all looking forward to the cooler weather that comes with the approaching change in seasons. Fall is such a special time here in Albuquerque – from the scent of roasted green chile in the air to the sight of hot air balloons rising above the changing colors of the bosque – and we're excited to share it all with you.

We're especially looking forward to kicking off National Senior Center Month by celebrating the recent accreditation of four of our centers by the NCOA National Institute of Senior Centers: Los Volcanes, Palo Duro, Manzano Mesa and North Valley. The accreditation process is not an easy one and is completed by less than 2% of all senior centers nationwide. In honor of this achievement and National Senior Center Month, we will be hosting a celebration event at Los Volcanes Senior Center on Wednesday, September 20th.

Preparations are also underway for this year's Ageless Artisan Craft Fair, which was created to showcase the handiwork of the many talented artisans at our senior and multigenerational centers. We hope you will join us for this event at North Valley Senior Center on November 18th, and the many other recreational, educational, and health/fitness activities taking place at our centers this season.

Also, please keep your eye out for an opportunity to participate in our annual survey of center members this fall. We want to hear from you!

Best regards,
Director Anna Sanchez



Center Hours
M-F: 8a-9p Sat: 9a-3p
Sun: Closed
Center Staff

Brittani Torres, Center Manager
David Goode, Center Supervisor
Esperanza Molina, Coordinator
Josephine Griego, Coordinator
Mailiya Williams,
Office Assistant
Katherine Jimenez,
Julie Mars &
Alexia Watson-Gallegos
Program Assistants
Angie Marentes,
Recreation Assistant
Leroy Chambers, Cook
Maria Dominguez, Kitchen Aid
Monica Rosales, General Services
Leon Mascarenas, General Services

Special Dates & Announcements

9/4: CENTER CLOSED - Labor Day
9/6: Movie Day - Steel Magnolias
9/: TRIP - Jemez Hot Springs
9/11: TRIP - State Fair
9/13: Coffee W/ a Cop
9/15: TRIP - Restaurant (Gardunos)
9/19: GEHM Clinic
9/19: Hispanic Heritage Dance
9/20: Shot Clinic
9/20: Senior Center Month Celebration
9/22: Family Camp Night
9/28: TRIP - Hispanic Cultural Center

Accredited by 
National Institute of
Senior Centers

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



Driver Safety

Class:
September 29

Last Friday of the Month
1:00pm - 5:00pm



AARP Members \$20
Non-Members \$25

Pymt: Cash/Check to Instructor in class
Bring Driver's License &
AARP membership Card (if Member)

Sign up at the Front Desk

REIKI

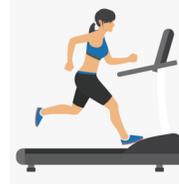
Reiki is an energy healing technique in which uses gentle hand movements with the intention to guide the flow of healthy energy through the client's body to reduce stress and promote healing.



Every Friday
9:00am-11:00am

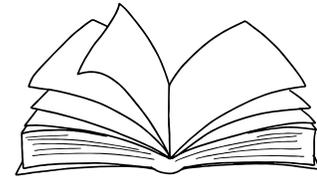
Fitness Equipment Orientation Spring into Fitness

Need help learning to use the fitness equipment properly?
Call 505-275-8731 to schedule your appointment with Angie!



MEMBERS WANTED

Join us for Bible Discussion
every Thursday
10:00am - 11:00am



No sign-up required!

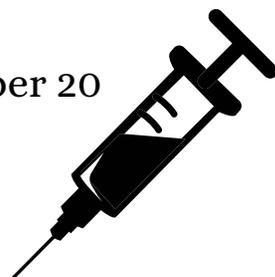
Shot Clinic

Covid Vaccine and Covid Booster
No appointments necessary. High dose flu shots recommended by the CDC for seniors aged 65+, as well as the regular strength for everyone else.

Wednesday, September 20

9:00am-12:00pm

Sponsored by:



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, September 19

9:00am-1:00pm



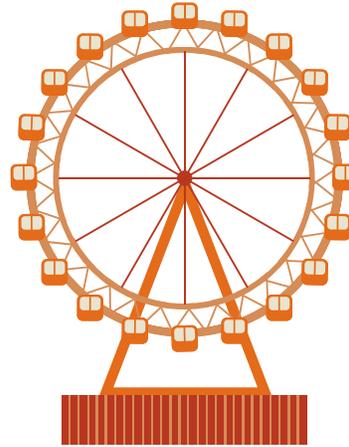
Jemez Hot Springs

Friday Check in: 12:45 pm
September 8 Depart: 1:00 pm
Return: 4:00 pm

Sign up at the front desk
lunch at own expense



State Fair



Monday
September 11

Check in: 8:45am
Depart: 9:00am
Return: 3:00pm

Sign up at the front desk

Cultural Restaurant



ALWAYS FRESH, ALWAYS A FIESTA!

Friday Check in: 9:15am
September 15 Depart: 9:30am
Return: 3:00pm

Sign up at the front desk
lunch at own expense

Hispanic Cultural Center & Cervantes



Thursday
September 28

Check in: 9:00am
Depart: 9:15am
Return: 4:00pm

Sign up at the front desk
lunch at own expense

Introducing DSA's New Volunteer Program for ALL-AGES:

VIA (Volunteers In Action)

VIA is an ALL-AGES volunteer program with the Department of Senior Affairs for anyone interested in becoming more involved in our community. Volunteers may assist with existing programming, teach a new skill, enhance special events, or participate in a service project. The possibilities are endless! Visit oneabqvolunteers.com, select "Serve with Seniors", and click "Respond" to sign-up now!

Monday

Fitness Room 8:00am - 8:45pm
Billiards 8am - 12:30pm / 5:30pm - 8:45pm
Table Tennis 8:00am - 12:30pm / 5:30pm - 8:45pm
Aerobics 8:15am - 9:15am
Computer Lab 8:00am - 8:45pm
Line Dance: 9
Gentle Exercise 9:30am - 10:30am
Friendship Coffee 10:30am - 11:30am (2nd & 4th Tues)
Zumba Gold 10:45am - 11:45am \$
Happy Hookers 1:00pm - 3:00pm
Volleyball 5:30pm - 8:30pm
Line Dance 6:00pm - 8:00pm
Yoga: Hatha Blend 6:00pm - 7:15pm \$



Tuesday

Fitness Room 8:00am - 8:45pm
Billiards 8am - 12:30pm / 5:30pm - 8:45pm
Table Tennis 8am - 12:30pm / 5:30pm - 8:45pm
Computer Lab 8:00am - 8:45pm
Tai Chi 9:00am - 10:00am
Flex & Tone 8:15am - 9:15am
Pottery 8:30am - 11:30am
Line Dance: Intermediate 9:15am - 11:15am
Pickleball Training 9:30am - 11:30am
Shuffle Board 1:00pm - 4:00pm
Sing-a-Long 1:30pm - 2:30pm
Badminton 5:30pm - 8:45pm
Functional Fitness 6:30pm - 7:30pm
Celtic Sessions Group 6:30pm - 8:30pm
Personal Defense Club 7:30pm - 8:45pm



Wednesday

Fitness Room 8:00am - 8:45 pm
Billiards 8am - 12:30pm / 5:30pm - 8:45pm
Table Tennis 8:00am - 12:30pm / 5:30pm - 8:45pm
Woodcarving 8:00am - 11:30am
Aerobics 8:15am - 9:15am
Computer Lab 8:00am - 8:45pm
Gentle Exercise 9:30am - 10:30am
Meditation Group 10:00am - 11:00am
Zumba Gold 10:45am - 11:45am \$
Open Basketball 11:30am - 12:30pm
Starter Line Dancing 9:30am - 10:30am
Pinochle 1:00pm - 4:30pm
Line Dance: Beg/Improver 1:30pm - 3:30pm
Yoga: Beginning 6:00pm - 7:00pm \$
Senior Men's Basketball 6:00pm - 8:45pm
Albuquerque Astronomical Society 7:00pm - 8:45pm
(1st & 3rd Wednesday)



Thursday

Fitness Room 8:00am - 8:45pm
Billiards 8am - 12:30pm / 5:30pm - 8:45pm
Table Tennis 8:00am - 12:30pm / 5:30pm - 8:45pm
Computer Lab 8:00am - 8:45pm
Flex & Tone 8:15am - 9:15am
Tai Chi 9:00am - 10:00am
Pottery 9:00am - 1:00pm
Pickleball Training 9:30am - 11:30am
Open & Senior Men's Basketball 11:30am - 12:30pm
Artist's Corner 1:00pm - 4:00pm
Bingo 2:00pm - 4:00pm
Pickleball 1:00pm - 4:00pm
Badminton 5:30pm - 8:45pm
Speak w/ Distinction Toastmasters 5:30pm - 6:30pm
Belly Dance 6:00pm - 8:00pm

Friday

Fitness Room 8:00am - 8:45pm
Billiards 8:00am - 3:00pm / 5:30pm - 8:45pm
Table Tennis 8:00am - 3:00pm / 5:30pm - 8:45pm
Aerobics 8:15am - 9:15am
Computer Lab 8:00am - 8:45pm
Gentle Exercise 9:30am - 10:30am
TOPS 10:00am - 11:30am
Reiki 9:00am - 11:00am
Open & Seniors Men's Basketball 11:00am - 12:00pm
Badminton 1:00pm - 4:00pm
Clogging: Starter to Intermediate 6:00pm - 8:30pm
Volleyball 5:30pm - 7:00pm
Basketball 7:15pm - 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 12:00pm (2nd Saturday)
Laughter Yoga 9:00am - 10:00am
Celtic Sessions Group 12:00pm - 2:00pm (2nd & 4th Saturday)
Cherokees of NM 12:00pm - 2:45pm (1st Saturday)
Family Basketball 1:00pm - 2:45pm (15 & under accompanied by parent/guardian)



The Department of Senior Affairs Senior Meal Program is proud to be part of the New Mexico Grown state initiative to provide locally sourced fruits, vegetables, beans, and chile, ensuring our seniors a healthy meal.



Monday	Tuesday	Wednesday	Thursday	Friday
28 ♦ Sliced ham w/ cornbread ♦ Pinto beans ♦ Collard greens ♦ Pineapple ♦ 1% milk 	29 ♦ Beef and vegetable stir fry ♦ Buttered noodles ♦ Green beans w/ mushrooms ♦ Fresh seasonal fruit ♦ 1% milk 	30 ♦ Fish and chips ♦ Stewed tomatoes ♦ Warm sliced apples ♦ Whole grain dinner roll ♦ 1% milk 	31 ♦ Chicken w/ ziti pasta ♦ Steamed broccoli ♦ Carrots and zucchini ♦ Fresh strawberries ♦ 1% milk 	1 ♦ Green chile cheeseburger ♦ Tater tots ♦ Sliced tomatoes ♦ Whole grain bun ♦ Watermelon ♦ 1% milk 
4 Closed 	5 ♦ Cod Fish over brown rice w/ tarter sauce ♦ Roasted bell peppers ♦ Brussel sprouts ♦ Chocolate pudding ♦ 1% milk 	6 ♦ Beef tips in brown gravy over bow tie pasta ♦ Steamed broccoli ♦ Roasted carrots ♦ Pineapple ♦ 1% milk 	7 ♦ Baked ziti blended vegetables ♦ Cauliflower ♦ Garlic breadstick ♦ Fresh blueberries or seasonal fruit ♦ 1% milk 	8 ♦ BBQ pulled pork ♦ Ranch style beans ♦ Spinach w/ pearl onions ♦ Whole grain dinner roll w/ margarine ♦ Peaches ♦ 1% milk 
11 ♦ Teriyaki chicken brown rice ♦ Green beans w/ mushrooms ♦ Stir fry vegetables ♦ Fortune cookie ♦ 1% milk 	12 ♦ Pollock fish w/ tarter sauce ♦ Parsley potatoes ♦ Green peas ♦ Banana ♦ Cornbread ♦ 1% milk 	13 ♦ Pork Carnitas ♦ Pinto beans ♦ Calabacitas ♦ Flour tortilla ♦ Grapes ♦ 1% milk 	14 ♦ Roast beef w/ brown gravy ♦ Sliced carrots ♦ Mashed potatoes ♦ Whole grain dinner roll w/ margarine ♦ Fresh plum or seasonal fruit ♦ 1% milk 	15 ♦ Pasta primavera w/ parmesan ♦ Spinach ♦ Garlic breadstick ♦ Cantaloupe ♦ Greek yogurt ♦ 1% milk 
18 ♦ Southwest omelet ♦ Stewed Tomatoes ♦ Hash browns ♦ Flour tortilla ♦ Peaches ♦ 1% milk 	19 ♦ Rotisserie chicken over brown rice ♦ Sliced beets ♦ Green beans w/ mushrooms ♦ Banana ♦ 1% milk 	20 ♦ Chili bowl: beef, beans, red chile ♦ Succotash ♦ Cornbread ♦ Fresh grapes ♦ 1% milk 	21 ♦ Meatloaf w/ gravy ♦ Mashed potatoes ♦ Sliced carrots ♦ Whole grain dinner roll w/ margarine ♦ Mandarin Oranges ♦ 1% milk 	22 ♦ Herb pork loin w/ gravy over ancient grain blend ♦ Cauliflower ♦ Sautéed zucchini ♦ Applesauce ♦ 1% milk 
25 ♦ Baked chicken and cheesy brown rice ♦ Corn & red peppers ♦ Broccoli ♦ Yogurt ♦ 1% milk 	26 ♦ Salmon w/ lemon butter ♦ Roasted rosemary potatoes ♦ Seasonal vegetable ♦ Whole grain dinner roll w/ margarine ♦ 1% milk 	27 ♦ Sweet & sour pork w/ stir fry vegetables ♦ Steamed cabbage ♦ Warm sliced apples ♦ Whole grain dinner roll ♦ 1% milk 	28 ♦ Beef enchiladas ♦ Pinto beans ♦ Calabacitas ♦ Sugar cookie ♦ 1% milk 	29 ♦ Turkey tetrazzini: turkey, spaghetti, green peas ♦ Italian vegetable blend ♦ Breadstick ♦ Cherry cobbler ♦ 1% milk 

Dine in lunch is served 11:30 a.m. - 1:00 p.m. Monday - Friday.

Please call 505-275-8731 to make your reservation by 1:00pm the day prior.

Family Camp Night

OPEN SEASON

Friday
September 22

5:30pm - 8:00pm

Bring the family & your sleeping bags and join us for a free outdoor movie and treats!



Sign up at the front desk

Hispanic Heritage Dance

Tuesday
September 19

Join us in celebrating Hispanic Heritage Month with live music by Paul Pino, an afternoon dance, and locally made tamales & biscochitos!



Sign up at the front desk

Department of Senior Affairs Advisory Council

Help promote, advocate, and support the senior community

2023 Meeting Schedule

September 18: CASA Kitchen - 2540 Karsten Ct SE, 87102

October 16: Senior Information & Assistance Line Office – 1620 1st NW, 87102

November 20: Manzano Mesa Multigenerational Center – 501 Elizabeth St SE, 87123