

October 2021

Hello,

The past 18-months has shed light on many new things. A new way of thinking, a new way of doing, and a new way of being connected. Despite the challenges associated with the COVID-19 pandemic, I continue to be inspired by the resilience of our members and the One-Albuquerque community. The one thing that we have learned is that we are all in this together – to help and support each other – regardless of the obstacles placed before us. We recognize that our Centers are second homes to many of you, offering places to connect with friends or learn new things, and we appreciate you continuing to work with us during this new norm.

We are continuing to encourage our community to stay connected, whether it be in person with safe practices in place or online using different forms of technology. We know many of us might be uneasy about using technology and we encourage you to take advantage of our FREE education offerings made available through our partnership with Diverse IT – Adelante Development Center. Our goal is to help bridge the digital divide by providing small group demonstrations and one on one mentoring sessions empowering older adults the ability to navigate different applications to stay connected using their tech devices. We also have set up a FREE Senior Tech Help Line to assist with any questions you may have about your smartphones, laptops, desktops or tablets. You can call 505-503-INFO (505-503-4636), Mon - Fri, 9 a.m. to 4 p.m. for any of your tech help needs.

While we have come far and continue to make strides, we must not lose sight of the importance of staying healthy and continuing to support one another. I personally have seen many demonstrations of empathy, community, and care; and I am very thankful for that. Please remember, if you have any questions or concerns, please do not hesitate to reach out to me.

Best,
Anna Sanchez, Director



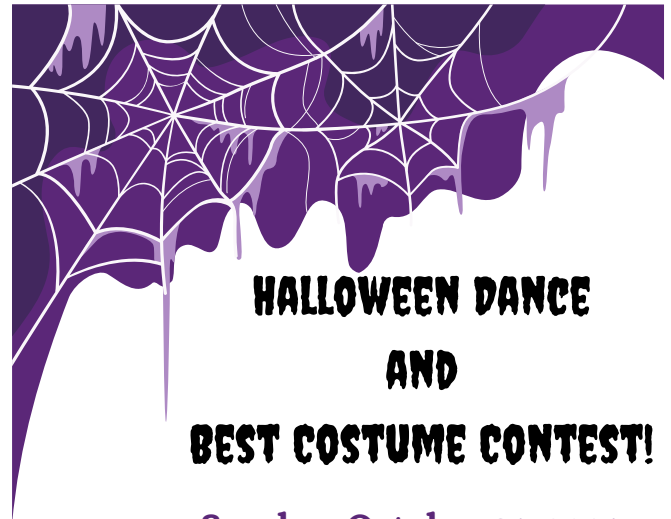
The Department of Senior Affairs is a community leader who, in partnership with others, involves seniors and people of all ages in creating a community that enhances everyone's quality of life by providing opportunities to achieve their potential, share their wisdom, maintain their independence, and live in dignity.

Center Hours

Mon., Wed., Thur., Friday: 8am-5pm

Tues.: 8am-7pm Saturday Closed

Sun.: 12:30pm-5pm



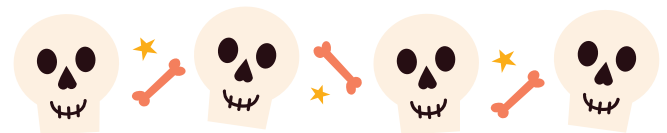
**HALLOWEEN DANCE
AND
BEST COSTUME CONTEST!**

Sunday, October 31, 2021

1:30pm - 4:30pm

\$3 admission

Best costume wins a prize!



**We will be closed Monday October, 11th in
Observance of Indigenous People's Day**

Accredited by 
**National Institute of
Senior Centers**

Calendar & Special Events

Monday

Fitness Room 8 am -5 pm
Billiards 8 am - 5 pm
Table Tennis 8 am - 5 pm
Hand Quilting 8 am - 2 pm
Enhanced Fitness 8:15 am - 9:15 am
Pottery 8 am - 11:30 am
Tai Chi 9:30 am- 10:30 am
Photo Club 10 am - 11:30 am 1st & 3rd
Tarde de Oro Dance Group 9:30 am - 11:00 am
Fishing Club Meeting 10 am- 11am
Poker 12 noon - 4 pm
Gentle Hatha Yoga 3:45 pm - 4:45 pm



Tuesday

Fitness Room 8 am -7 pm
Billiards 8 am - 7 pm
Table Tennis 8 am - 7 pm
Stained Glass Class 9 am - 12 noon
Guitar Jam Session 9:45 am- 11:45 am
Poker 12 noon - 4 pm
Open Computer Lab 1 pm -3 pm
Canasta Hand & Foot 1 pm - 5 pm
Dahn Yoga 3:15 pm -4:15 pm
Zumba 5:30 pm - 6:30 pm (September)



Wednesday

Fitness Room 8 am -5 pm
Billiards 8 am - 5 pm
Table Tennis 10 am - 5 pm
Enhanced Fitness 8:15 am - 9:15 am
Pilates 8:30 am - 9:30 am
Arts & Crafts Sharing 9 am - 12 noon
Music w/ Caramba 10:30 am - 12:30 pm
Retablos Hispanic Folk Art 1 pm - 4 pm
Poker 12 noon - 4 pm
Open Computer Lab 1 - 3 pm
Bingo 2 pm - 4 pm



Thursday

Fitness Room 8 am - 5pm
Billiards 8 am - 5 pm
Table Tennis 8 am - 5 pm
Stained Glass Class 9 am - 12 noon
Poker 12 noon - 4 pm
Open Computer Lab 1 pm - 3 pm
Dance for Parkinson's 2 pm - 3 pm 1st & 3rd
Dahn Yoga 3:15 pm - 4:15 pm
Senior Law Office 9 - 11 am 3rd

Friday

Fitness Room 8 am - 5 pm
Billiards 8 am - 5pm
Table Tennis 8 am - 5 pm
Enhanced Fitness 8:15 am - 9:15 am
Oil Painting Group 9 am - 12 noon
Acupressure 9:00 am - 12 pm
Poker 12 noon - 4 pm
Pottery Open Lab 12 noon - 3 pm
Open Computer Lab 1 pm - 3 pm
Tai Chi 9:30 - 10:30 am
Canasta Hand & Foot 1 - 4:30 pm



Sunday

Fitness Room 12:30 pm - 5 pm
Billiards 12:30 pm - 5 pm
Table Tennis 12:30 pm - 5 pm
Hand Quilting 12:30 pm - 5pm
Dance to Live Music 1:30 pm - 4:15 pm



Friendly Reminder

Please remember to update or renew membership. Also, check in at the front desk for any classes or activities in which you participate.

Sunday Afternoon Dances

Dance to live music
Sundays 1:30pm to 4:30pm
\$3 with current membership!

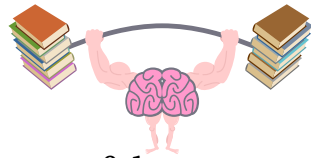


Sunday, October 3 - Latin Soul
Sunday, October 10 - Impressions
Sunday, October 17 - Milagro
Sunday, October 24 - Tino's Band
Sunday, October 31 - Chile Bean Express

10 Ways To Love Your Brain!

If your goal is to keep your memory, reasoning ability, and thinking power strong. Please join us for this informative presentation.

Friday, November 12th
10:00am-11:00am



Presented by Dr. Janice Knoefel
Please sign up at the front desk.

Monthly Birthday Party!

Come Celebrate with us!
Wednesday, October 20, 2021
9:00am - 9:30am

Sponsored by Molina healthcare



Blood Pressure Screening

Do you have high blood pressure?

How would you know?

Often there are no obvious signs until it's too late.

Join us for

FREE

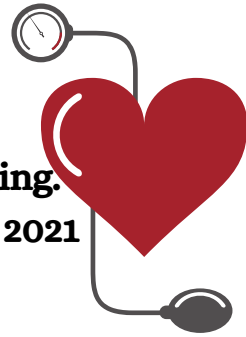
blood pressure screening.

Wednesday, October 13, 2021

10:00 - 11:00am

Sponsored by

Harmony Home Health and Hospice Care



Daytime Dancing on Gov-TV

Tune into GOV-TV (Comcast Channel 16) to watch a new episode of Daytime Dancing with Senior Affairs on the 2nd Saturday at 3 p.m. and 7 p.m.



Friendship Coffee

A cup of coffee shared with a friend is happiness tasted and time well spent.

Wednesday, October 6th

Sponsored by

Klarus Home Health

Wednesday, October 27th

Sponsored by

Senior Health Resource Center

9:00am-11:00am



**Dine in lunch is served 11:30 a.m. - 1:00 p.m. Monday - Friday.
Please call 761-4025 to make your reservation by 1:00pm the day prior.**



October



MONDAY

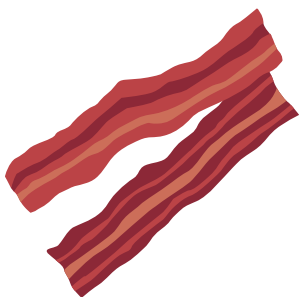
TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

4. Chicken Fajitas Flour tortillas Ranch beans Hot sliced apples 1% Milk	5. Beef stoganoff & Pasta Cauliflower w/Red Peppers Bread stick	6. Omelet w/Fajita blend Stewed tomatoes Tater tots Orange	7. Minestrone soup w/ Navy beans Corn bread Malibu blend	8. Lemon pepper tilapia Rice pilaf Calabacitas Cookie
11. CLOSED INDIGENOUS PEOPLE'S DAY	12. Sweet & sour pork w/White rice Oriental blend Pineapple upside down cake	13. Frito pie (Beef, pinto beans, cheese, onion) Fritos Normandy blend	14. Fish nuggets w/Tartar sauce Crinkle cut fries Carrots & peas Pudding	15. Chicken & rice soup Cherry cobbler Spinach Crackers
18. Cottage pie (Ground beef, mashed potato, peas & carrots) Corn bread	19. Open faced turkey sandwich w/Gravy Yams Green beans	20. Spaghetti marinara w/Squash Breadstick Malibu blend	21. Salisbury steak w/Gravy White rice Peas Jell-O w/Fruit	22. Green chile stew Flour tortilla Pinto beans Calabacitas
25. Beef Tips over pasta w/Gravy Brussel sprouts Peach cobbler 1% Milk	26. Chicken pot pie w/Biscuit Diced beets Ancient grain Mixed fruit	27. Baked potato w/Broccoli, cheese, & sour cream Corn	28. Salmon w/Garlic butter Orzo pasta Normandy blend Orange	29. Meat loaf w/Gravy Mashed potatoes Sliced carrots Jell-o w/Fruit



Breakfast Is back!

**Please join us Monday-Friday
8am-9am for breakfast.**

