

September 2025



Department of Senior Affairs



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The Department of Senior Affairs is a committed to providing resources with care and compassion that help our community thrive while embracing aging.

Important Dates

- Sep 1-** CLOSED for Labor Day
 - Sep 2-** Trip Sign Ups
 - Sep 2-** GHEM Clinic
 - Sep 5-** Barelás Fiestas
 - Sep 10-** Flea Market/Lottery for October flea market
- liutterit

Goodbye Summer!

As we look forward to cooler temperatures, continue to check out our Fall Activity Catalog that provides all the activities that are programmed at our senior and multigenerational Centers by our dedicated staff and supportive volunteers.

If time has freed up on your calendar, the City is always looking for interested individuals to join a volunteer board or council with many ways to serve the community based on interest. In particular, our Department has an Advisory Council made up of dedicated volunteers that learn about all our services and programs. This group plays an important role in providing feedback, supporting our mission and serving as a sounding board on public matters. These meetings are posted publicly in our center newsletters and on our website at cabq.gov/seniors/about-senior-affairs/department-of-senior-affairs-advisory-council. If interested in our Council or any other way to get involved with the City, visit cabq.gov/clerk/boards-commissions/boards-and-commissions-membership-application.

Looking ahead to the (hopefully) cooler months, we have some of our signature events. The highly anticipated Barelás Fiesta will take place on September 5, 2025 from 9:00 am to 3:00 pm. On November 15, 2025 the Ageless Artisan Craft Fair will showcase the many talents of our senior members, while highlighting how our centers provide enriching programs that help our community members learn or build on their craft talents and stay engaged. To participate in the fair, be on the lookout for the application at each center beginning September 1, 2025 and share the news of this fair with others in the community so we have another fantastic turnout!

As our participation grows at our centers, your continued feedback helps direct our work.

Through our annual survey, the Department has seen the interest and attraction from individuals throughout Bernalillo County and beyond to take advantage of the City's investment in our many centers. With another center on the way, the Department continues to evaluate how to meet the growing demand and the highest level of public service.

We also rely on the many generous and thoughtful donations that help support our Area Agency on Aging (AAA) grant. Those contributions support our free/donation-based 60 and older lunch service and many other services funded by this grant including our transportation service, home delivered meal service and home services. Any contribution makes a difference and each center has a donation box available for your consideration.

Lastly, we ask that you share your voice on needs of senior services by participating in the upcoming City of Albuquerque/Bernalillo County Area Agency on Aging (AAA) Public Hearing where you can give public comments on how the FY26-FY30 Area Plan should plan for older adults. The AAA will host a forum at Manzano Mesa Multigenerational Center on Wednesday, September 3, 2025 from 10:00 am to 11:00 am. Your input would be appreciated!

As always, reach out to management with questions or look for an upcoming "Coffee with Constituents" near you at one of our senior or multigenerational centers. Together, let's continue to support one another as a community, stay safe and make this fall a season of connection and engagement!

Sincerely,

Anna Sanchez, Director
Department of Senior Affairs

5221 Palo Duro Ave NE
505-888-8102

Center Hours:

Mon, Tue, Thur, Fri: 8 am – 5 pm
Wed: 8 am – 7 pm, Sat: 9 am – 1 pm
Sunday Closed

We will be closed
September 1st for Labor Day

what do you call a cold day
in september?
septem-brrrrr



Palo Duro Happenings

Flea Market

Wednesday, September 10th

8:30 am - 12:30 pm

We invite you to explore our flea market!

10:30am, tables are just \$2 please bring your valid membership cards.

Birthday Celebration



Monday, September 8th

10:30 am -11:30 am

Sponsor: Oak St. Health &
Palo Duro Philatelic Society

Friendship Coffee

Wednesdays, 9:15 am - 10:15 am



Stay and enjoy fellowship, treats and meet the week's sponsor.

Sep 3- Heights Skilled Nursing
Sep 10- Presbyterian
Sep 17- Presbyterian
Sep 24- Enchanted Sky Hospice

Movies



The Intern
Thursday, September 11th
1:30-4:00
PG-13



No Escape
Thursday, September 25th
1:30-4:00
R



GHEM Clinic

Geriatric Education & Health
Maintenance

Tuesday, September 2nd
8:30 am 12:00 am



AARP Smart Driver

Friday, September 5th

8:30 am - 12:30 pm

Call PDSC to sign up!

Next class on Sep 1st!

Senior Law Office

Wednesday, September 10th

9:00 am - 11:30 am

Presented By:

Senior Citizens Law Office

Contact front desk for an
appointment



Teeniors

Need help navigating through technology? Phone, computer, tablet etc. Spend one hour with a teenior to better educate your technological knowledge! Call PDSC to sign up, must be a member.

September 10th

2 sessions

3:00-4:00

or

4:00-5:00



Daily Schedule

MONDAY

8:00–9:00 Breakfast
 8:00–4:30 Billiards
 8:00–4:30 Open Computer Lab
 8:00–4:30 Puzzles
 8:30–11:30 Lapidary I, Beginning
 9:00–11:00 Palo Duro Singers
 9:30–10:30 Strengthening Class
 9:30–12:30 Ceramics
 11:30–1:00 Lunch
 12:00–2:00 Philatelic Society (Stamp Club)
 12:30–4:30 Duplicate Bridge
 1:00–3:00 French
 2:45–4:30 Retired Professionals' Group
 2:30–4:00 Line Dancing, Beginner



TUESDAY

8:00–9:00 Breakfast
 8:00–4:30 Billiards
 8:00–4:30 Open Computer Lab (closed 3rd Tue. 9:30–12:30)
 8:00–4:30 Puzzles
 8:30–11:30 Lapidary II
 8:30–12:00pm GEHM (1st Tue. & some 1st Wed.)
 9:00–11:00 Quilting
 9:00–11:00 Tuesday's Angels
 10:00–12:00 Investment Club (3rd Tuesday)
 10:00–12:00 Sewing & Alterations
 11:30–1:00 Lunch
 12:00–2:00 Leather Works
 12:00–4:45 Scrabble
 1:00–3:00 Creative Arts Group
 1:30–2:30 Mystery Book Club (2nd Tuesday)
 2:00–4:00 B.I.N.G.O. (\$3 Minimum to play)



WEDNESDAY

8:00–9:00 Breakfast
 8:00–4:30 Billiards
 8:00–6:30 Open Computer Lab
 8:00–4:30 Puzzles
 8:30–3:30 Metal/Silver Smithing
 8:30–12:00 Flea Market (2nd Wednesday)
 9:00–12:00 Pottery Open Studio
 9:00–12:00 Power of Attorney or General Law (2nd Wed)
 9:15–10:15 Friendship Coffee
 10:00–12:00 Golden Eagles (4th Wednesday)
 11:30–1:00 Lunch
 12:00–3:00 Busy Bees-Crochet and Knitting
 12:00–3:00 Game Time: Mexican Train and other games
 1:30–4:00 My Chronic Disease Workshop, 6 wks, see newsletter for updates



THURSDAY

8:00–9:00 Breakfast
 8:00–4:30 Billiards
 8:00–4:30 Open Computer Lab
 8:00–4:30 Puzzles
 8:30–11:30 Deaf Seniors Group
 8:30–11:30 Lapidary Studio
 9:00–11:30 German, Intermediate/Advanced
 9:00–12:30 Puzzles
 9:30–10:30 Strengthening Core
 9:30–12:30 Ceramics
 11:30–1:00 Lunch
 12:00–1:30 Rockhounds Meeting (1st & 3rd Thu)
 12:30–1:30 The Sharing Circle
 1:00–2:00 New Member Orientation (3rd Thur)
 1:30–2:30 Guitar, Beginning
 TBD Rockhounds Trip (2nd and 4th Thursday)



FRIDAY

8:00–9:00 Breakfast
 8:00–4:30 Billiards
 8:00–4:30 Open Computer Lab
 8:00–4:30 Puzzles
 8:30–12:00 AARP Defensive Driving (1st Friday)
 9:00–12:00 Lapidary III
 9:00–12:00 Pottery Open Studio
 9:00–11:00 Interactive Bible Study (not 1st Fri)
 9:30–10:30 Energy Yoga
 10:30–12:00 The Hightoners (choir)
 11:30–1:00 Lunch
 1:00–3:00 Cribbage
 1:30–4:30 Swedish Weaving-\$10 Material Fee























SATURDAY

9:00–10:15 Line Dancing, Advanced Beginner
 9:15–11:15 Quilting
 9:00–12:30 Billiards
 9:00–12:30 Open Computer Lab
 9:00–12:30 Puzzles
 10:30–12:00 Line Dancing Improver/Intermediate
 10:00–12:00 Corvairs of New Mexico (1st Saturday)



**Note: Days and Times are
 subject to change.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CLOSED 1 	2 Rotisserie Chicken 4oz Brussel Sprouts 4oz Sweet Potato Mash 4oz Dinner Roll 1ea Margarine 1pc Diced Pears 1ea 1% Milk 8oz 	3 BBQ Pulled Pork 4oz Ranch Beans 4oz Spinach w/ Onions 4oz Dinner Roll 1ea Margarine 1pc Grapes 4oz 1% Milk 8oz 	4 Green Chile Vegetable Posole 4oz Carrots 4oz Cornbread 1ea Chocolate Pudding 4oz 1% Milk 8oz 	5 Beef Tips w/ 3oz Gravy 1oz Bowtie Pasta 4oz Steamed Broccoli 4oz Cauliflower 4oz Peach Cup 1ea 1% Milk 8oz 
8 Teriyaki Chicken 3oz Stir Fry Veggies 4oz Green Beans w/ Mushrooms 4oz Brown Rice 4oz Fortune Cookie 2ea 1% Milk 8oz 	9 Roasted Pork Loin w/ Brown Gravy 4oz Scalloped Potatoes 4oz Cabbage Slaw 4oz Dinner Roll 1ea Margarine 1pc Yogurt 4oz 1% Milk 8oz 	10 Roast Beef 3oz Brown Gravy 1oz Sliced Carrots 4oz Mashed Potatoes 4oz Breadstick 1ea Banana 1ea 1% Milk 8oz 	11 Pasta Primavera 4oz Spinach 4oz Diced Beets 4oz Mandarin Oranges 1ea 1% Milk 8oz 	12 Pork Carnitas 3oz Red Chile 1oz Pinto Beans 4oz Flour Tortillas 2ea Warm Apple Slices 4oz 1% Milk 8oz 
15 Meatloaf 3oz Gravy 1oz Mashed Potatoes 4oz Sliced Carrots 4oz Dinner Roll 1ea Margarine 1pc Yogurt 4oz 1% Milk 8oz 	16 Rotisserie Chicken 3oz Brown Rice 4oz Sliced Beets 4oz Green Beans w/ Mushrooms 4oz Grapes 4oz 1% Milk 8oz 	17 Chili Bowl 4oz Succotash 4oz Cornbread 1ea Mixed Berries 4oz 1% Milk 8oz 	18 Green Chile Southwest Omelet 4oz Stewed Tomatoes 4oz Diced Hash Browns 4oz Peaches 1ea 1% Milk 8oz 	19 Herb Pork Loin 3oz Gravy 1oz Sautéed Zucchini 4oz Dinner Roll 1ea Margarine 1pc Applesauce 4oz 1% Milk 8oz 
22 Baked Chicken 3oz BBQ Sauce .5oz Corn & Red Peppers 4oz Broccoli 4oz Cornbread 1ea Yogurt 4oz 1% Milk 8oz 	23 Salisbury Steak 3oz Brown Gravy 1oz Mashed Potatoes 4oz Corn & Edamame 4oz Mandarin Oranges 4oz 1% Milk 8oz 	24 Sweet & Sour Pork 3oz Stir Fry Veggies 4oz Brussel Sprouts 4oz Dinner Roll 1ea Margarine 1pc Warm Sliced Apples 4oz 1% Milk 8oz 	25 Green Chile Cheese Enchiladas 4oz Pinto Beans 4oz Spanish Rice 4oz Pudding 4oz 1% Milk 8oz 	26 Turkey Tetrazzini 8oz Italian Veggie Blend 4oz Breadstick 1ea Diced Pears 4oz 1% Milk 8oz 



As part of the New Mexico Grown state initiative, every Thursday, the Department of Senior Affairs will feature a vegetarian meal that incorporates locally sourced fruits, vegetables, beans, or chile into the menu.

Lunch:

Monday-Friday, 11:30-1:00

Reservations required the previous day before 1:00 pm.

You may call in your reservation or reserve in person.

Please arrive for you lunch by 12:30 pm.

A la Carte menu items subject to change.

Palo Duro Trips

September Trips

Sign-Up **Begins Monday**
September 2nd @ 9am



Barelas Fiestas!

Friday, Sept 5th

Check In: 9:15
Depart: 9:30
Return: 3:30



NM State Fair

Monday, Sept 8th

Check In: 9:00
Depart: 9:15
Return: 3:30



Lunch at Vinaigrette

Wednesday, Sept 24th

Check In: 11:00
Depart: 11:15
Return: 3:30



Sign-Up **Begins Wednesday**
October 1st @ 9am

October Trips

Harvest Festival

Saturday, October 4th

Check In: 9:10
Depart: 9:20
Return: 12:40



Prime Time 50+

Expo

Wednesday, October 8th

Check In: 8:10
Depart: 8:20
Return: 11:30



Big Jim's Farm

Thursday, October 16th

Check In: 1:30
Depart: 1:45
Return: 4:45



Bistro Buddie-Smothered

Thursday, October 30th

Check In: 11:00
Depart: 11:15
Return: 2:30



Hikes of the Month

Sandia Crest House to Tram

Wednesday, September 3rd

Level B- Moderate

Check In: 8:30
Return: pm

Sign Ups Thursday
August 21st



Sandia Crest to Del Agua

Wednesday, September 17th

Level C- Challenging

Check In: 8:30
Return: pm

Sign Ups Thursday
September 4th



Important News

Protect Your Health

Questions?
☎ 505-764-6400



- no appointments now available
- flu, COVID-19, RSV, pneumonia, tetanus, HPV and more!
- insurance pre-screening eligibility and I.D. required



Volcanes Senior Center
Los Volcanes NW 87123
Manzano Mesa Multigen
501 Elizabeth SE 87123
9/23/2025 North Domingo Baca Multigen
7521 Carmel NE 87113
9/23/2025 North Valley Senior Center
3825 4th NW 87107

29th annual Prime Time 50+ Expo

free health info & screening, free
flu shots, live entertainment,
giveaways & much more! *free event!*

Wednesday, October 8th
8:30-1:00pm
held at Embassy Suites
(Lomas & I-25)

This is a fun and informative event connecting mature adults with health and wellness providers, lifestyle option providers, free health information and free health screenings. The Prime Time 50+ Expo is great for seniors and anyone caregiving for elderly family members and friends.



BlueCross BlueShield
of New Mexico

Sponsors!



The City of Albuquerque/Bernalillo County Area Agency on Aging and the Older Americans Advisory Council will conduct a public hearing regarding the City of Albuquerque/Bernalillo County Older Americans Program. The Older Americans Program provides resources and services for persons age 60 and over and their caregivers in Bernalillo County. During the hearing, comments will be solicited from senior citizens, their caregivers and other interested individuals and organizations on services to be funded with federal, state and local resources. Discussions will also be held on the City's request to the New Mexico Aging and LongTerm Services Department to implement a waiver for the City to directly provide services funded through the City of Albuquerque/Bernalillo County Older Americans Program Area Plan and permission to implement grab-and-go meals under certain circumstances.

Public Hearing

Manzano Mesa Multigenerational
Center 501 Elizabeth SE
Albuquerque, NM 87123
Wednesday, September 3, 2025
10:00 a.m. - 11:00 a.m.



Important News

Ageless Artisan Craft Fair

Saturday
9:00 - 1:00

15

November
2025

ONE
ALBUQUE
RQUE senior affairs



APPLICATIONS START
SEPTEMBER 1ST
APPLICATIONS DUE BY
SEPTEMBER 30TH

Applications will be available at
at all Senior Centers or
Multigenerational Centers



Manzano Mesa
Multigenerational Center
501 Elizabeth St SE, 87123

5 SEPTEMBER
2025

GET READY FOR A JAM
PACKED PARTY WITH LIVE
MUSIC, DELICIOUS GRUB,
AND ALL AROUND GOOD
TIMES!



Barelas Fiestas

714 Seventh St SW 87102

9:00-3:00

ONE
ALBUQUE
RQUE senior affairs

Upcoming October Events

HOWL-O-WEEN

PET PARADE

WINNERS WILL BE
REWARDED
PRIZES

FRIDAY, OCTOBER 31ST
10:00-11:00PM

BRING YOUR PETS AS
WE PLAN TO SHOW
OFF THEIR COSTUMES



MONSTER MASH

DIINER DANCE

TICKETS?

FEATURING
CHILE BEAN
EXPRESS!

WED.
OCTOBER
29TH
4 - 7PM

