

RSVP Voluntimes

October 2026



Fall is here and the RSVP team is looking forward to the cooler weather!

The annual Prime Time 50+ Expo is on October 20 from 8:30 a.m.-1 p.m. at the New Mexico Museum of Natural History and Science. AmeriCorps Seniors RSVP volunteers will be driving shuttles from the senior centers to the Expo, and the program will have a booth at the event. We hope to see many of you there!

We have some new opportunities to volunteer this month. If you have a City Operator's Permit, the Department of Senior Affairs Transit Division is looking for volunteer drivers to deliver lunches to meal sites throughout Bernalillo County. The Gateway Center (5400 Gibson Blvd SE, 87106) is also still looking for volunteers on Mondays and Wednesdays from 2-4 p.m. to sort clothing and other donations.

If you have a City Operator's Permit, we have dates for the required COP class with Risk Management. Classes will be held from 9 am-1 pm on October 29, November 5, and November 12 at the Anderson-Abruzzo Albuquerque International Balloon Museum (9201 Balloon Museum Dr NE, 87113). Each session will be capped at 13 students, and we will provide lunch for participants. Please keep an eye out for an email to register for the class.

Our team is here to serve you. If you are looking for new volunteer opportunities, need assistance with your current opportunity, or have a new Volunteer Station that you would like to recommend to us, please reach out. Our team is happy to help you in any way we can.

Until we see each other again, be well and stay safe,
The RSVP Team

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DSA Administration



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RSVP Office

714 7th Street SW
Albuquerque, NM 87102
505-767-5225

Office Hours

Monday -Friday
8:00 a.m.-5:00 p.m.

Updates & Reminders

Important Dates

10/12: **CLOSED** - Indigenous Peoples Day
10/19-21: Conference on Aging
10/20: Prime Time Expo (see below)
10/29: COP Driving Course
10/31: Halloween



Volunteer Badge Policy

It is standard operating procedure of the Department of Senior Affairs that all volunteers shall wear a DSA approved identification badge while on City of Albuquerque Property. ID badges must be worn on the outer most layer of clothing above the waist at all times while volunteering.

Mileage Reimbursement

We've received a few questions regarding the mileage reimbursement policy. The mileage reimbursement policy is one round trip per day from your residence to your volunteer station returning home with a maximum of \$25.00 per month.

New Volunteer Orientation

If you are new to the program or need a refresher on how to enter your hours into the Web Assistant, training sessions are held on the second Tuesday of each month at the Barelas Senior Center – RSVP office. To register contact the RSVP office at (505) 767-5225.

Advisory Council Members

President

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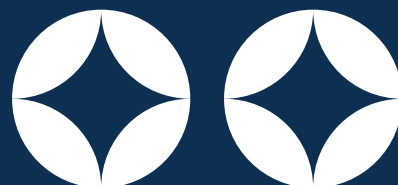
A poster for the 30th Annual Prime Time 50 Expo. It features a large "30" with "th ANNUAL" inside the zero. Text includes "30 Years!", "Join us as we celebrate 30 incredible years of the 50+ Expo! Bigger, Better, and Now at the Newly Renovated Museum of Natural History & Science!", "Tuesday, October 20th 2026! 8:30AM - 1PM at the Museum of Natural History & Science", "NEW LOCATION!", "FREE EVENT - Free Health Information and Screenings, Live Entertainment, Giveaways and Much More!", "Brought to you by Presenting Sponsor BlueCross BlueShield of New Mexico", and logos for LA VIDA LLENA, THE NEIGHBORHOOD, PARNALL LAW, and HURT? CALL BERT. Contact info: PrimeTimeNM.com, 505-242-2428.

30 Years!
30th ANNUAL
PRIME TIME 50 EXPO
Join us as we celebrate 30 incredible years of the 50+ Expo! Bigger, Better, and Now at the Newly Renovated Museum of Natural History & Science!
Tuesday, October 20th 2026!
8:30AM - 1PM at the
Museum of Natural History & Science
- FREE EVENT -
Free Health Information and Screenings, Live Entertainment, Giveaways and Much More!
Brought to you by Presenting Sponsor
BlueCross BlueShield of New Mexico
AND
LA VIDA LLENA LIFE PLAN COMMUNITY
THE NEIGHBORHOOD LIFE PLAN COMMUNITY
PARNALL LAW HURT? CALL BERT.
For More Info Contact:
Prime Time Publishing
Publisher@PrimeTimeNM.com
505-242-2428
PrimeTimeNM.com

In person driving safety course

Because Every Safe Driver Makes a Difference

**This course is MANDATORY
for all City Operators
Permit (COP) drivers!**



Course Includes:

- **Basic & Advanced Driving Safety Rules**
- **How to Handle Emergencies**
- **Safe Driving Habits**
- **Avoiding Common Mistakes**
- **Driving Test**

October 29th
November 5th & 12th

9am – 1pm

Anderson/Abruzzo Balloon Museum
9201 Balloon Museum Dr NE, 87113

**Please call (505)767-5225 to
sign up for one of the above
dates by October 15th**

Celebrations

October Birthdays

1st	Crystal V.	12th	Barbara C. Marie Q. Regina Q.	19th	Filomena L.	30th	Charles B. Donald T Brent W.
2nd	Stuart G.	13th	Margaret H. Toni P.	20th	Shirley G. Ronald L. Ernestine R.		
3rd	Ila M.	14th	Sarah C.	21st	Diane G. Barbara L.		
4th	Vickie T.	15th	Daniel M.	22nd	Archie S.		
6th	Carmen D. Richard F. Lynne S.	16th	Linda R.	23rd	Roy R.		
7th	Carolyn L.	18th	Dolores A. Alicia F. James G. Theresa W.	25th	Donna B.		
9th	Deborah A.			27th	Tomas L.		
10th	Claude V. Rogerleen W.			29th	Anthony E.		

ONEALBUQUE senior affairs

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HOLIDAY

DONATION DRIVE

THE DEPARTMENT OF SENIOR AFFAIRS IS COLLECTING NEW ITEMS TO SHARE WITH SENIORS IN NEED THIS HOLIDAY SEASON.

DONATIONS WILL BE DELIVERED TO OLDER ADULTS ENROLLED IN OUR CARE COORDINATION PROGRAM.

New Items Needed:

✓ Hats

✓ Socks

✓ Gloves

✓ Scarves

✓ Blankets*

*Handmade Blankets Must Be New

BRING DONATIONS TO YOUR LOCAL SENIOR OR MULTIGENERATIONAL CENTER

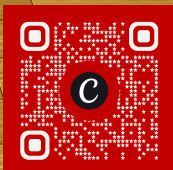
DONATION PERIOD

November 1-30, 2026

For More Information Call

505-764-6400

Scan below to shop the Amazon Wish List





AmeriCorps Seniors

ONEALBUQUE senior affairs

RQUE

Volunteer

Class

Instructor

Opportunity



Conway Wood Northwest

Multigenerational Center



Current Class instructors are being sought for new programming options for the newly finished multigenerational center located in the northwest part of Albuquerque RSVP Volunteers who offer classes at other centers or know of individuals that are looking to teach a class for the new center. Volunteers can contact the RSVP office at 505-767-5225



505-767-5225

Share your knowledge. Strengthen our community.

Opportunities

Volunteer Stations

Albuquerque Bio Park Education
Albuquerque Little Theater
Albuquerque Museum
Albuquerque Police Department
Albuquerque Reads
Anderson/Abruzzo International
Balloon Museum
Animal Welfare Department
ARC Thrift Store
Aviation Department
Barelas Senior Center
Bear Canyon Senior Center
Catholic Charities
City of Albuquerque Greenhouse
City of Albuquerque Open Space
Compassus
DSA Advisory Council
DSA Case Management
DSA Home Services
DSA Information & Assistance

DSA Nutrition
DSA Satellite Meal Sites
DSA Sports & Fitness
DSA Transportation
DSA Volunteers in Action
Explora Science Center
Friends of Valle de Oro
Highland Senior Center
Hospice De La Luz
Indian Pueblo Cultural Center
Los Volcanes Senior Center
Lovelace Downtown
Lovelace Women's Hospital
Manzano Mesa Multigenerational
Center
Meals on Wheels
Musical Theatre Southwest
Nat. Hispanic Cultural Center
New Mexico Railrunner
New Mexico Veterans Memorial

NM Museum of Nat. Hist. & Science
NM Aging & Long-Term Services
NM Long-Term Care Ombudsman
North Domingo Baca M.C.
North Valley Senior Center
Palo Duro Senior Center
Popejoy Hall
Presbyterian Healthcare Services
Presbyterian Northside
Read to Me Albuquerque Network
Roadrunner Food Bank
Ronald McDonald House Charities
RSVP
RSVP Advisory Council
Santa Barbara Martineztown M.C.
Storehouse
The Wheels Museum
VA Center for Development and
Civic Engagement
Visit Albuquerque

Special Projects

Drivers Needed

On October 20th, the annual PrimeTime Expo will be taking place at the Museum of Natural History and Science. Each senior/multigenerational center is in need of a COP certified driver to provide transportation to and from the event from 8am - 1pm.

Lunch will be provided.

CASA Kitchen

CASA is looking for COP certified drivers to deliver meals to various meal sites throughout Bernalillo County.

Flexible days
8am - 11am

UNM Health

Is in need of volunteers to serve as a friendly presence by greeting patients as they arrive for MRI appointments and assisting with the check-in process.

Saturdays-Thursdays
2-4 hour shifts



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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28 Green Chile Chicken Pozole/Pinto Beans 4oz Peppers & Onions 4oz Calabacitas 4oz Tortilla 2ea Mandarin Oranges 4oz 1% Milk 8oz	29 Beef Tips 3oz Brown Rice 4oz Normandy Blend 4oz Dinner Roll 1ea Margarine 1pc Warm Apple Slices 4oz 1% Milk 8oz	30 Carne Adovada 3oz Red Chile 2oz Pinto Beans 4oz Spanish Rice 4oz Tortilla 2ea Vanilla Pudding 4oz 1% Milk 8oz	1 Baked Ziti 4oz Succotash 4oz Garlic Breadstick 1ea Applesauce 4oz 1% Milk 8oz	2 Green Chile Cheeseburger 1ea Diced Potatoes 4oz Steamed Broccoli 4oz Jell-O 4oz 1% Milk 8oz
5 Chicken Fajitas w/ Salsa 3oz Pinto Beans 4oz Flour Tortillas 2ea Hot Sliced Apples 4oz 1% Milk 8oz	6 Beef Stroganoff 3oz Elbow Pasta 3oz Spinach w/ Onions 4oz Dinner Roll 1ea Margarine 1pc Grapes 1pc 1% Milk 8oz	7 Pork Posole 3oz Green Chile Potatoes 3oz Steamed Carrots 4oz Broccoli 4oz Slice Sour Dough 1ea Margarine 1pc Yogurt 4ea 1% Milk 8oz	8 Mac & Cheese w/ Broccoli 4oz Steamed Cauliflower 1oz Diced Beets 4oz Brownie 1ea 1% Milk 8oz	9 BBQ Pulled Pork 3oz Sweet Potato Mash 4oz Green Beans w/ Mushrooms 4oz Dinner Roll 1ea Margarine 1pc Jell-O 4oz 1% Milk 8oz
CLOSED 12 INDIGENOUS PEOPLES' DAY	13 Teriyaki Pork 3oz Brown Rice 2oz Stir Fry Vegetables 4oz Corn & Edamame 4oz Diced Pears 4oz 1% Milk 8oz	14 Frito Pie 5oz Fritos 1oz Normandy Blend 4oz Jell-O 4oz 1% Milk 8oz	15 Veggie Green Chile Cheese Burger 1ea Diced Potatoes 4oz Stewed Tomatoes 4oz Diced Peaches 4oz 1% Milk 8oz	16 Beef Cottage Pie 5oz Spinach w/ Onions 4oz Corn Bread 1ea Mandarin Oranges 4oz 1% Milk 8oz
19 Pork Tamales 2ea Red Chile 1oz Spinach 4oz Black Beans 4oz Pear 1ea 1% Milk 8oz	20 Open Faced Turkey Sandwich 3oz Gravy 2oz Mashed Potatoes 4oz Green Beans 4oz Orange 1ea 1% Milk 8oz	21 Sweet & Sour Pork 4oz Brown Rice 4oz Stir Fry Vegetables 4oz Sliced Carrots 4oz Pudding 4oz 1% Milk 8oz	Anti-Inflammatory 22 Vegetable Lasagna (Pasta, Marinara, Spinach, Cheese, & Zucchini) 5oz Three Bean Salad 4oz Garlic Breadstick 1ea Yogurt 4oz 1% Milk 8oz	New Mexican Grown 23 Green Chile Stew (Chicken/Potatoes) 4oz Pinto Beans 4oz Flour Tortilla 2ea Applesauce 4oz 1% Milk 8oz
26 Beef Tips 3oz Pasta/Gravy 2oz/2oz Green Beans & Mushrooms 4oz Bell Peppers/Onions 4oz Dinner Roll 1ea Margarine 1pc Pudding 4oz 1% Milk 8oz	27 Chicken Pot Pie w/ Biscuit 5oz Diced Beets 4oz Brussel Sprouts 4oz Yogurt 4oz 1% Milk 8oz	28 Breaded Pollock 3oz Tartar Sauce 1pc Brown Rice 4oz Cauliflower 4oz Dinner Roll 1ea Margarine 1pc Sliced Apple 1ea 1% Milk 8oz	29 Cheese Omelet w/ Spinach 3oz Stewed Tomato 2oz Diced Sweet Potatoes 4oz Mandarin Oranges 4oz 1% Milk 8oz	30 Mummy Loaf in Swamp Water aka Meatloaf w/ Gravy 4oz Mashed Potatoes 4oz Sliced Carrots 4oz Dinner Roll 1ea Margarine 1pc Jell-O 4oz 1% Milk 8oz