



**Activities Catalog
for Seniors 50+**



**SENIOR ACTIVITIES
CATALOG**

JANUARY–JUNE 2021

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Senior Information Line

(505) 764-6400

Citizen Contact Center: 311

cabq.gov/seniors

Facebook: @CABQSeniors

Instagram: @CABQSeniors

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MESSAGE FROM MAYOR KELLER & DIRECTOR SANCHEZ



TIMOTHY M. KELLER
MAYOR, CITY OF ALBUQUERQUE



ANNA M. SANCHEZ
DIRECTOR



As the public health emergency continues, the Department of Senior Affairs and the City of Albuquerque have continued to step up, providing critical services and opportunities to stay connected and healthy. Keeping safety as a priority, our Senior Centers remain closed to the public as of the publication of this guide, but we continue to offer needed support to our community.

Since last March, Senior Affairs has served more than half a million meals to seniors and conducted more than 10,000 senior wellness checks by phone. Our five pick-up-and-go meal sites are open Monday through Friday, and we continue to deliver meals to homebound seniors who cannot leave their homes. Our team also stepped up to provide free transportation to seniors to the voting polls and for



critical trips such as doctor visits and grocery store runs. In an effort to help our senior community prioritize their health, we teamed up with community partners to offer flu shots at each of our five pick-up meal locations.

We have also begun bringing some of our most popular activities to you in a COVID-safe way. In this guide, you will find information on these programs, including Daytime Dancing with Senior Affairs, a monthly senior dance show on GOV-TV (Comcast channel 16); virtual BINGO; and Drive-Thru Friendship Coffee. You will also find information on senior discounts from around the City, information

on technology support, and nutrition and exercise guidance to keep you healthy.

This year is unlike any other we have faced as a community, and we continue to monitor the situation, using the state's public health order as a guide for when it is safe to re-open the centers. When that happens, you can expect a phased re-opening, where we will evaluate activities as low, medium, or high risk and bring them back accordingly. You can also expect to see our team taking extra precautions, such as regularly sanitizing high-touch surfaces and spacing tables and chairs to facilitate social distancing. We will also be asking you to do your part by wearing a mask, staying six feet apart from others, staying home if you feel sick, and washing your hands regularly.

Throughout this pandemic and beyond, we will continue to work for you. For more information on any of our services or activities, call our Senior Information Line at 505-764-6400 or visit cabq.gov/seniors. Stay safe and stay connected!

Sincerely,

Timothy Keller *Anna M. Sanchez*

TIMOTHY M. KELLER,
MAYOR, The City of
Albuquerque

ANNA M. SANCHEZ, DIRECTOR,
The City Of Albuquerque Department Of
Senior Affairs



ABOUT OUR DEPARTMENT



Our Vision

To be the community leader, who, in partnership with others, involves seniors in creating and sustaining a community where there is a growing spirit of interdependence that enhances everyone's quality of life.

Our Mission

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

Leadership

Timothy M. Keller,
Mayor, City of Albuquerque



Anna M. Sanchez,
Director, Department of Senior Affairs

Nikki Peone,
Recreation Division Manager

Department of Senior Affairs Advisory Council

Steve Borbas	Greg Lopez
Louis Carlentine	Lucy Lopez
Barbara Carmona-Young	Onastine Jaramillo
Richard Garcia	Evan Thompson
	Allison Weber

City Councilors

District 1: Lan Sena	District 6: Pat Davis
District 2: Isaac Benton	District 7: Diane G. Gibson
District 3: Klarissa Peña	District 8: Trudy Jones
District 4: Brook Bassan	District 9: Don Harris
District 5: Cynthia Borrego	

COVID-19 UPDATES



At the time this guide was published, Senior Affairs facilities remain closed to the public. We are continuing to use the state's public health order and the best guidance from the CDC and the National Council on Aging to determine when and how we will re-open. But when we do, we know that activities at our centers are likely to look a little different. We ask that you please be kind

and understanding to our staff and to each other as we navigate the remainder of the public health emergency together. The City and our department are doing our best to ensure we are maintaining access to services and opportunities while also keeping you and our other members as safe as possible. Here are some changes you can expect going forward:

- Class and activity sizes may be limited to maintain better social distancing. This might also mean an altered registration process for certain activities.
- Some activities may need to be canceled or postponed.
- There will be new rules at our centers around personal protective equipment.
- Center newsletters and **cabq.gov/seniors** will be the sources for information as new activities are added.

As always, we encourage you to call the host center for questions about activities or hours. And remember, whether you are driving through to pick up a meal, visiting a Geriatric Education and Health Maintenance (GEHM) Clinic or coming for an activity, wear a mask, wash your hands regularly and stay home if you have symptoms, are awaiting test results or have been in contact with someone who has tested positive.

CONTACT AND SERVICES



The Department of Senior Affairs is committed to providing resources, information and support on a variety of platforms! When our centers re-open, we are always happy to help you in-person at any of our locations but there are plenty of opportunities to stay up-to-date from your own home, as well.

Department of Senior Affairs Social Services

The Department of Senior Affairs provides many services to our older adults. These include:

- Home Chore, Repair and Retrofit
- Home-Delivered Meals for Homebound Seniors
- Transportation Assistance
- Care Coordination

Please call for more information about any of our programs and services. Lines are open Monday–Friday, 8:15 a.m. to 4:30 p.m.

Join Our Community Online



facebook.com/cabqseniors



instagram.com/cabqseniors



Search YouTube for
"cabqseniors"



cabq.gov/seniors

Numbers to Know

Senior Information Line

505-764-6400

TTY: 1-800-659-8331

Citizen Contact Center

311

Email

seniorinformation@cabq.gov

MEMBERSHIP



All Department of Senior Affairs Senior, Multigenerational and Fitness Centers operate on a membership basis. The cost is \$20 annually and offers access to fitness programs, classes, travel, meals, computer labs, volunteer opportunities, competitive sports events and more.

If you have a membership (only \$20 a year) at one location and are over age 50, you are entitled to participate in all of our centers. If a trip or class is filled at your home center, a similar trip or class may be available to you at another. Our Multigenerational Centers are for anyone aged 6 and older, including seniors.

New memberships and renewals are on hold due to the

Center Closings

1/1: New Year's Day

1/18: Martin Luther King Jr Day

2/15: President's Day

5/31: Memorial Day

6/18: Juneteenth

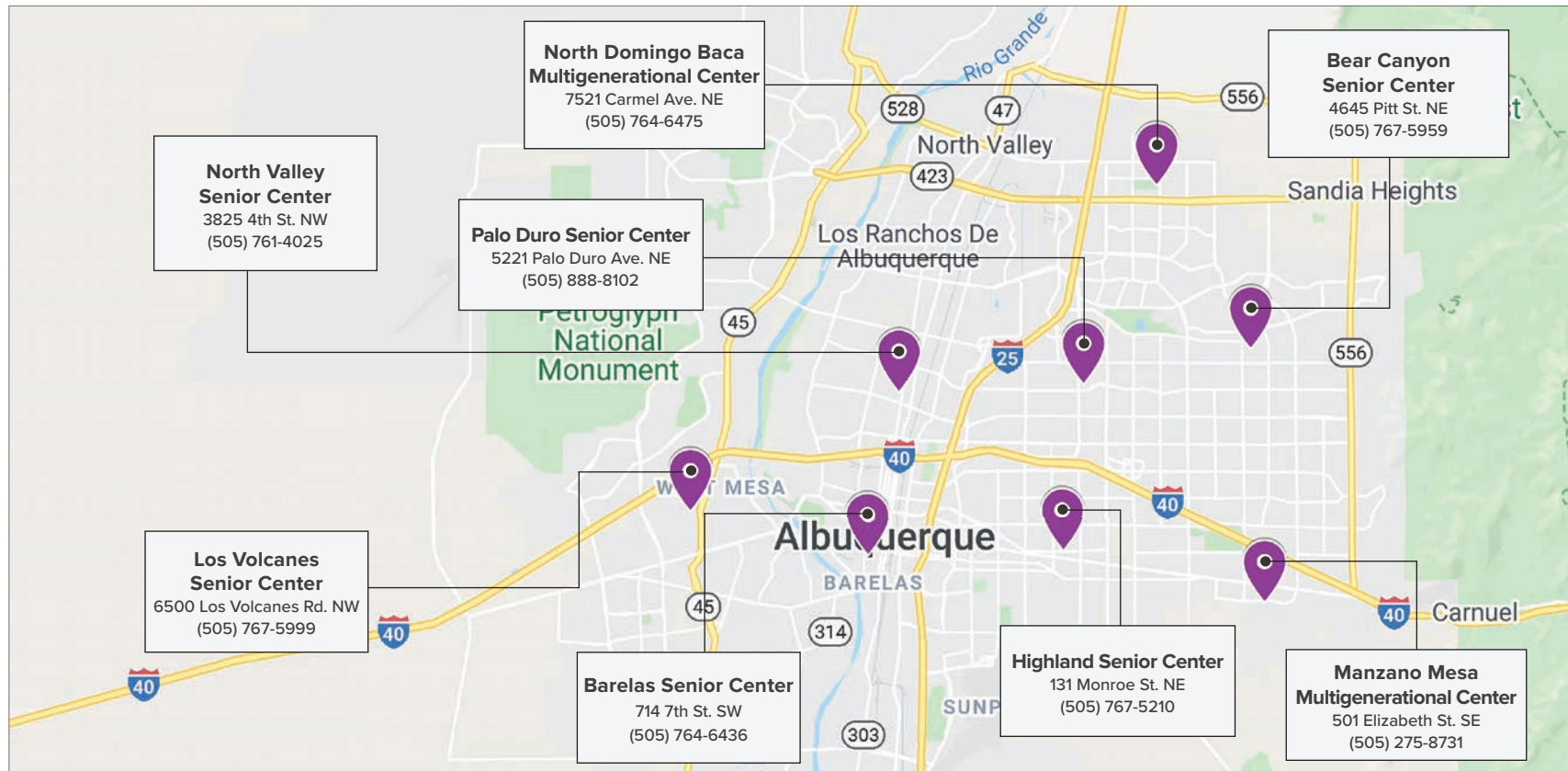
Americans with Disabilities Act

The City of Albuquerque does not discriminate on the basis of race, color, national origin, ancestry, sex, religion, age or disability in employment or provision of services. If you have a disability and will need special assistance to benefit from an activity or trip offered by a senior center, please call that location at least two weeks prior to that event.

coronavirus pandemic. In the meantime, all Senior Affairs virtual or COVID-safe activities do not require a membership.



OUR CENTERS



Senior Center Facilities

All Senior Affairs facilities are currently closed due to the public health emergency. As of the date of publication, they remain closed. Hours may be altered once the Centers re-open. Please call ahead or check the website, cabq.gov/seniors, before visiting.

When normal operations resume, Albuquerque's 50+ population can enjoy sports and recreation activities, the arts, unlimited learning opportunities, trips and outings, meals, special events and support groups at any of the Metro area's eight centers.

Educational and social activities include: computing, health management, musical concerts, lectures, theater, pottery, breakfast, lunch, and support groups. Recreational and sports activities include hiking, downhill skiing, aerobics, and a range of other indoor and outdoor sports and fitness opportunities.

SENIOR & MULTIGENERATIONAL CENTERS

* Due to the coronavirus pandemic, centers may be closed.*

Please call ahead before visiting.

CENTER	ADDRESS	CONTACT
Barelas	714 7th St. SW, 87102	(505) 464-6436
Bear Canyon	4645 Pitt St. NE, 87111	(505) 767-5959
Highland	131 Monroe St. NE, 87108	(505) 767-5210
Los Volcanes	6500 Los Volcanes Rd. NW, 87121	(505) 767-5999
North Valley	3825 4th St. NW, 87107	(505) 761-4025
Palo Duro	5221 Palo Duro Ave. NE, 87110	(505) 888-8102
Manzano Mesa Multigenerational	501 Elizabeth St. SE, 87123	(505) 275-8731
North Domingo Baca Multigenerational	7521 Carmel Ave. NE, 87109	(505) 764-6475

FITNESS CENTERS

50+ SPORTS AND FITNESS CENTERS

CENTER	ADDRESS	CONTACT
Palo Duro	5221 Palo Duro Ave. NE, 87110	(505) 888-8102
Los Volcanes	6500 Los Volcanes Rd. NW, 87121	(505) 767-5999

18+ SPORTS AND FITNESS CENTERS

Manzano Mesa Multigenerational	501 Elizabeth St. SE, 87123	(505) 275-8731
North Domingo Baca Multigenerational	7521 Carmel Ave. NE, 87109	(505) 764-6475

ACTIVITIES FOR SENIORS



Stay connected from home with virtual opportunities. Senior Affairs is making some of your favorite activities available in a COVID-safe way. Check out cabq.gov/seniors/virtual, like us on facebook.com/cabqseniors, or follow us on instagram.com/cabqseniors for lots of fitness videos, how-tos and



useful information. Below are some of our most popular activities.

Drive-Thru and Virtual Friendship Coffee

Enjoy a coffee and treat at one of our socially distanced Friendship Coffee events. There are two ways to participate: you can join one of our Drive-Thru Friendship Coffee events at one of our Centers or participate virtually from the comfort of your own home. Check cabq.gov/seniors for dates and additional information. In order to maintain safety, we ask that everyone wear a mask and stay in their car for the drive-thru events.



Daytime Dancing With Senior Affairs

Now you can experience DSA dances in your own living room once per month on GOV-TV (Comcast channel 16) with Daytime Dancing with Senior Affairs. Shows are aired monthly, usually on the second Saturday, at 3 p.m. and 7 p.m. You can also watch past dance shows by visiting cabq.gov/seniors/virtual.

Virtual BINGO

Now you can get your BINGO fix online on the first and third Wednesday of the month. Cards will be distributed at each of our 5 pick-up meal sites (info on p. 19) the Monday before BINGO is scheduled. Then, just tune into Facebook at the scheduled time and take your chances at winning! Don't forget to like us on [facebook.com/cabqseniors](https://www.facebook.com/cabqseniors) to make it easier to participate.

GEHM Clinics

Registered nurses from UNM College of Nursing provide blood pressure screening, diabetes glucose screening, health-related counseling, medication review and education.

For non-emergent concerns or health assessments, you can call 505-288-0040 or 505-288-0216. You can also call one of our pick-up meal sites for dates and times for in-person screenings.

AARP Smart Driver Courses

AARP has moved their Smart Driver Courses to an online format.

This course teaches proven driving techniques to help keep you and your loved ones safe on the road. Learn more at aarpdriversafety.org.

MORE WAYS TO ENGAGE



Even if you're still choosing to avoid visiting the places you love in person, you can stay connected to art and education through online resources. The ABQ BioPark brings the Aquarium, Zoo, Tingley Beach and Botanic Garden right to your living room by sharing videos and photos of what's going on at their facilities each day on their Facebook page: [facebook.com/abqbiopark](https://www.facebook.com/abqbiopark). In addition, the Albuquerque Museum provides podcasts, virtual tours, downloadable coloring pages, and more at cabq.gov/culturalservices/albuquerque-

[museum/trending](https://www.abqsunport.com/at-sunport/sunport-arts-program). The Albuquerque Sunport has an impressive art collection, which you can view online at [abqsunport.com/at-sunport/sunport-arts-program](https://www.abqsunport.com/at-sunport/sunport-arts-program).



Teeniors Goes Virtual

Teeniors® are tech-savvy teens and young adults who help seniors learn technology through one-on-one, personalized coaching. Now in collaboration with the City of Albuquerque, they are offering tutoring



via phone and video calls to help you with your electronic devices at no cost! Whether you have questions about your cell phone or computer, or if you want to learn how to text, video call, share pictures, download Netflix, order groceries online, navigate the internet or anything else, you can contact Teeniors directly to set up your free session at teeniors@gmail.com or through their website, teeniors.com. You can also call (505) 600-1297.



Covia Well Connected

Well Connected is a community made up of participants, staff, facilitators, presenters,

and other volunteers who care about each other and who value being connected. All groups are accessible by phone from wherever you are at no cost to you.

Something for Everyone

Whether you like art or zoology, music or meditation, there is a program for you. Each Well Connected session offers groups and classes on a wide range of topics. You're sure to find one that interests you. And Well Connected meets 365 days a year, so there's always a chance to connect.

Q: How Does it Work?

Well Connected members call in via a toll-free number at a set time each week, with some groups also offering the option to connect via computer, tablet, or mobile device. Most groups last 30 minutes to an hour with around 12 participants. Newcomers are always welcome! If you don't feel like talking at first, you're welcome to just listen as long as you've let the group know you're there.

Ready to Get Involved?

If you're ready to register, call (877) 797-7299, or visit [**coviaconnections@covia.org**](mailto:coviaconnections@covia.org).

Digital Literacy Classes

Learn to use a computer or improve your skills for free with one of the new digital literacy group classes



offered through a partnership between Senior Affairs and Adelante DiverselT. View class schedules at cabq.gov/seniors/virtual or call 505-764-6400 for more information or to register. Class topics include:

Introduction to Basics of Computer Use

Learn how to turn on and login to your computer, the basic components of a computer, how to navigate browsers and introduction to passwords.

Searching and Learning

Use the internet to answer all your questions, and learn how to search like a pro. The DiverselT staff will show you search tricks and tips so you can get the best information from the world wide web.

Online Safety

Find out how to protect yourself while using the internet including how to spot scams, phishing

emails, and fraud. This will help you keep your computer virus-free and keep your personal information safe.

Learning Forever

Continue learning and growing as a computer user. What else do you want to do or accomplish with your computer? We'll help you find ways to promote your own learning, so your computer will be a tool you can use with confidence.

Meet G Suite - Gmail, GMeet, GDrive

Learn to use the free Google tools of G Suite to write emails, organize documents, and create video gatherings and use GMeet (video conferencing).

City of Albuquerque Senior Discounts

Many City of Albuquerque Departments offer discounts to seniors. Below are some activities that you can participate in for a reduced price. Due to this year's public health emergency, we advise you to call ahead or check cabq.gov for any closures, modified hours or capacity or registration changes.

Swimming Pools

Seniors 55+ can access all pools except Ease San Jose for \$1 per visit and can access East San Jose for 50 cents per visit. A senior monthly pass for all facilities is \$10 and an annual pass is \$66. Discounts do not include water aerobics.

Golf

Seniors 55+ get discounts on rounds of golf played Monday through Friday (25% off regular rate). For more frequent players, a Senior Annual Pass for



unlimited weekday golf (excluding weekends and holidays) is \$1,100 plus \$550 for each additional family member. Regular Annual Passes for unlimited play on any day are \$1,580.00, plus \$800 for each additional family member.

Museums

The Anderson Abruzzo International Balloon Museum and the Albuquerque Museum both offer tickets for only \$4 for adults 65 and older.



Biopark

Adults 65+ who are New Mexico residents can get a single site ticket for the Aquarium, Zoo or Botanic Gardens for \$5.50. Out of state seniors will pay \$7.50. The Biopark Society also offers annual memberships for a discounted \$39 for a single membership and \$55 for a senior couple membership for adults 65 and older.

Transportation

Seniors 62+, people with disabilities and/or anyone with a Medicare card can ride ABQ RIDE for only \$0.35 cents one way and are also eligible for discounted monthly passes. Learn more by calling 243-7433 (243-RIDE) or by visiting cabq.gov/transit.

Senior Affairs also offers free curb-to-curb van transportation within Bernalillo County to people 60 and older. Priority is given to those who have medical appointments and reservations are required. ADA-accessible vehicles are available. To find out more about getting around Albuquerque and most of Bernalillo County, call (505) 764-6464.

SENIOR MEALS AND MEAL SITES



During the public health emergency, Senior Affairs is offering pick-up meals at no cost at five centers, Monday through Friday from 11:30 a.m. to 1 p.m.: Manzano Mesa Multigenerational Center, North Domingo Baca Multigenerational Center, Barelas Senior Center, North Valley Senior Center, and Los Volcanes Senior Center. Please reserve your meal 24 hours in advance by calling your preferred location.



In addition, seniors who are homebound can call our Senior Information Line at 505-764-6400 to see if they qualify for home-delivered meals.

Under normal operating conditions, Senior Affairs provides low-cost breakfast options and donation-based and low-cost lunch options Monday through Friday. See a listing of locations for meal service once

our Centers re-open to the public on the next page. Current pick-up meal sites are highlighted. Stay up to date on our re-opening plan at cabq.gov/seniors or by calling your preferred center or our Senior Information Line at 505-764-6400.

For everyone's safety, we ask that you wear a mask and stay in your car when picking up a meal.

SENIOR & MULTIGENERATIONAL CENTERS

* Due to the coronavirus pandemic, centers may be closed.*
 Please call ahead before visiting.

KEY

DB = Donation-Based Lunch Available
 LC = Low-Cost Lunch Available
 PU = Pick Up Available

CENTER	ADDRESS	CONTACT	MEALS
Barelas	714 7th St. SW, 87102	(505) 464-6436	DB/PU
Bear Canyon	4645 Pitt St. NE, 87111	(505) 767-5959	LC
Highland	131 Monroe St. NE, 87108	(505) 767-5210	LC
Los Volcanes	6500 Los Volcanes Rd. NW, 87121	(505) 767-5999	DB/PU
North Valley	3825 4th St. NW, 87107	(505) 761-4025	DB/PU
Palo Duro	5221 Palo Duro Ave. NE, 87110	(505) 888-8102	LC
Manzano Mesa Multigenerational	501 Elizabeth St. SE, 87123	(505) 275-8731	DB/PU
North Domingo Baca Multigenerational	7521 Carmel Ave. NE, 87109	(505) 764-6475	DB/PU

MEAL SITES

CENTER	ADDRESS	CONTACT	MEALS
Raymond G. Sanchez	9800 4th St. NW, 87114	(505) 897-8896	DB
Whispering Pines	#6 Lark Rd., Tijeras; 87059	(505) 281-8003	DB
Paradise Hills	5901 Paradise Blvd. NW, 87114	(505) 314-0246	DB
Embudo Towers	8010 Constitution Ave. NE, 87110	(505) 764-6474	DB

MEAL SITES (continued)

** Please call ahead before visiting.**

KEY

DB = Donation-Based Lunch Available
 LC = Low-Cost Lunch Available
 PU = Pick Up Available

CENTER	ADDRESS	CONTACT	MEALS
Rio Bravo	3910 Isleta Blvd. SW, 87105	(505) 873-6647	DB
Ed Romero Terrace	8100 Central Ave. SE, 87108	(505) 232-8880	DB
Encino Garden	412 Alvarado Dr. SE, 87108	(505) 266-7736	DB
Shalom House	5500 Wyoming Blvd. NE, 87109	(505) 823-1434	DB
Encino Terrace	609 Encino Pl. NE, 87102	(505) 247-4185	DB
South Valley Multipuopse	2008 Larrazolo Rd. SW, 87105	(505) 468-7604	DB
La Amistad	415 Fruit Ave. NE, 87102	(505) 848-1395	DB
Taylor Ranch	4900 Kachina St. NW, 87120	(505) 768-6006	DB
Cesar Chavez	7505 Kathryn Ave. SE, 87108	(505) 256-2680	DB
Thomas Bell	3001 University Blvd. SE, 871060	(505) 848-1333	DB
Los Duranes	2920 Leopoldo Rd. NW, 87104	(505) 848-1338	DB
Tijeras Senior	#9 Tijeras Ave., Tijeras; 87059	(505) 286-4220	DB

The Department of Senior Affairs' network of meal sites are for seniors aged 60+ and are located throughout Albuquerque and Bernalillo County. Although they are all currently closed

due to COVID-19, generally, meal sites are open at least Monday–Friday, 9:00 a.m. through 3:00 p.m., and provide activities as well as a hot noon meal.

STAYING HEALTHY AT HOME



This year has brought many unexpected obstacles. Unfortunately, when life gets crazy our self-care and health tend to be the first things to go. Below are 3 things you can do to help you stay healthy at home.

Exercise Regularly

Health is optimized with 150 minutes a week of moderate aerobic activity or 75 minutes a week of vigorous aerobic activity. Take a break from your computer, grab your mask, and use the time you



would normally be driving to and from places to take a walk! As a general rule, aim for at least 30 minutes of physical activity every day.

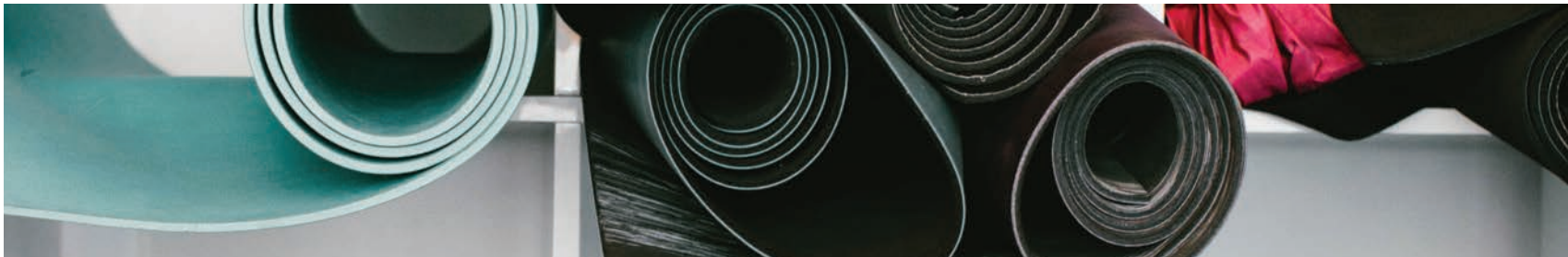
Drink Lots of Water

It helps flush our systems of waste products and toxins, yet many people go through life dehydrated—causing tiredness, low energy, and headaches. It's common to mistake thirst for hunger, so staying well hydrated will also help you make healthier food choices. Aim for 8-10 glasses of fluid per day.

Eat Colorful Food

Eating a food that has natural color provides nutrients to your body. Things like fruits, veggies, avocados

GOOD FOR YOU EXERCISES



01

LOW IMPACT EXERCISES

Full Body Stretches, Sit to Stand, Nature walks, Single Leg Stand for Balance, Toe Taps, Heel Raises, Shoulder Blade Squeeze, Knee Lifts, Marching in Place, Toe Raises, Calf Raises, Gardening, and Towel Twist Stretches

02

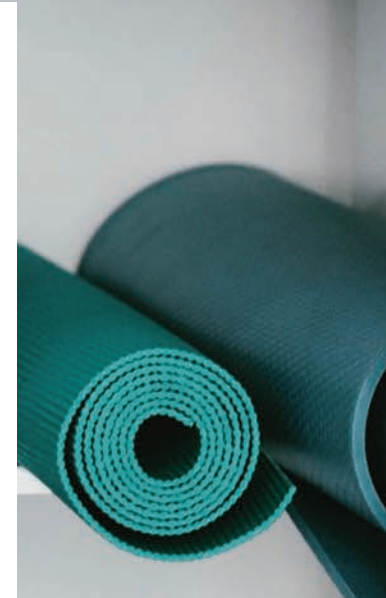
MEDIUM IMPACT EXERCISES

Power Walking, Sit Ups, Wall Pushups, Body Weight Squats, Farmers Carry, Stationary Lunges, Shoulder Circles, Seated Row

03

HIGH IMPACT EXERCISES

Jumping Jacks, Running, Pushups, Biking, Overhead Should Press



all pack an antioxidant punch. These nutrients give you energy and keep your heart beating, your brain active, and your muscles working. Nutrients also build a healthy gut microbiome, which can support strong mental health.

Rest and Refresh

With schedules all over the place it can be a challenge to keep a sleep schedule. Aim to keep your sleep schedule as regular as possible. Go to bed at a regular time each day and set a consistent



alarm. Sleep restores both your mind and body. Allow yourself some unfocused time each day to unwind before bed. It's okay to add 'do nothing' to your to-do list!

Sources Dieticians ABQ: www.fitness.gov, www.mayoclinic.org, www.helpguide.org, www.livelifewell.nsw.gov.au, www.betterhealth.vic.gov.au

Get Up and Move

It is a good idea to get up and get your body moving, and blood flowing to avoid sitting and being sedentary for long periods of time. Studies have shown that 30 minutes of daily moderate cardiovascular exercise—even in ten minute increments—can increase fitness and substantially reduce disease risk. Walking is one of the best aerobic exercises because it also helps maintain bone density.

Learn more at [Health.Harvard.edu](https://www.health.harvard.edu).

On the previous page are some ideas on what you can do to get your body moving and heart pumping

If you wish to make some of these workouts more challenging, there are plenty of items that will do the trick in your house, for example: soup cans, milk jugs, hand weights, stretch bands, towel, rope, cinder blocks and ankle weights.

If you are looking for more exercise information, visit cabq.gov/seniors or check out silversneakers.com or ymca.net.

You can also join the Department of Senior Affairs on Facebook.com/cabqseniors or find a link to our YouTube page at cabq.gov/seniors to participate in our virtual exercise classes from the comfort of home.

OUR VOLUNTEERING OPPORTUNITIES



AmeriCorps Seniors

AmeriCorps Seniors

AmeriCorps Seniors is a suite of national volunteer programs for Americans 55 years and older and is federally funded by the Corporation for National & Community Service. In New Mexico, AmeriCorps Seniors is jointly administered by the Aging & Long-Term Services Department.

The City of Albuquerque Department of Senior Affairs has sponsored AmeriCorps Seniors for over 40 years! It is made up of three programs that each take a different approach to improving lives and fostering civic engagement. All three programs offer orientation, reimbursements for travel, supplemental insurance while serving, and annual recognition events.

When you volunteer, you're not just helping others, you're helping yourself. Volunteering leads to new discoveries and new friends. Plus, studies show that volunteering helps you live longer and promotes a positive outlook on life! You are needed! Join over 800 other Albuquerque Seniors that make up the AmeriCorps Seniors family!

RSVP Volunteers

RSVP (Retired and Senior Volunteer Program) recruits and places volunteers in government and non-profit organizations to meet community needs.

With RSVP, you choose how much time you want to give and whether you want

to share your skills or develop new skills. RSVP is one of the largest volunteer networks in the nation for people 55 and over.

Please note that a Social Security number is required for some placements. These volunteer placements must pass a National Sex Offender Check and Background Check.

Thank you to our Volunteer Breakfast Sponsors:



Foster Grandparents

Foster Grandparents serve as tutors and mentors assisting children in need of extra attention for educational, social and emotional development. Foster Grandparents serve under the supervision of

teachers and specialists in Albuquerque Public Schools, City of Albuquerque Child Development Centers, YDI Head Start Programs, and in other community programs.

Foster Grandparents serve an average of 20 hours per week, receive meals while on duty, and may qualify for a tax-free, hourly stipend of \$3 per hour.

All you need to join is the ability to give the kind of comfort and love that sets a child on the path toward a successful future.

Please note that all volunteers must pass a fingerprint-based background check.

Senior Companions

Senior Companions are older adults who help other adults live independently and can provide support to family caregivers.

They assist with grocery shopping and other daily tasks necessary to maintaining

independent living. Senior Companions serve an average of 20 hours per week, receive meals while on duty, and may qualify for a tax-free, hourly stipend of \$3 per hour.

You don't need medical or technical skills to be a Senior Companion. All you need to know is how to be a friend.

Please note that all volunteers must pass a fingerprint-based background check.

To get involved, call: (505) 764-6400 or visitcabq.gov/seniors/senior-volunteer.





**DEPARTMENT OF
SENIOR AFFAIRS
2021 ACTIVITIES
CATALOG**

January–June 2021

P: (505) 764-6400

W: cabq.gov/seniors

E: seniorinformation@cabq.gov

Citizen Contact Center: 311



TIMOTHY M. KELLER
Mayor, City of Albuquerque



ANNA M. SANCHEZ
Director