

**Activities Catalog**  
**for Seniors 50+**

**SENIOR ACTIVITIES**  
**CATALOG**

**AUGUST–DECEMBER 2020**

**2**  
**0**  
**2**  
**0**

**Senior Information Line**  
(505) 764-6400  
**Citizen Contact Center: 311**  
[cabq.gov/seniors](http://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

**JUST LIKE EVERYTHING ELSE**, this City of Albuquerque's Department of Senior Affairs Fall Activities Catalog looks a little different this year. We recognize how important it is for the well-being of the older adult community to find ways to stay healthy and connected, so for this catalog, we have compiled some useful resources for you and that you can share with others.

To keep people safe, our Centers closed to the public in March, and many activities that we would typically offer remain on hold. Throughout the COVID-19 pandemic, we have found new and innovative ways to support our senior community. In March, we quickly ramped up our efforts to continue to provide essential services such as meals and care coordination. As of mid-July, Senior Affairs has served more than a quarter of a million meals to seniors through our pick-up meal sites and our home-delivery service. In addition, our team has done nearly 5,000 check-ins on seniors and we have continued to provide transportation for critical trips such as doctor visits and grocery store runs.

In this guide, you will find partner organizations that offer socialization through phone chats, exercise guidance that will keep you fit, and senior discounts for activities from around the City including golf, swimming and the BioPark.

As the year progresses, we plan to add more activities in person as it becomes safer to do so. You can stay up to date on current activities and resources, along with any information on re-opening in the following ways:

- Call our Senior Information Line at (505) 764-6400
- Grab print copies of Center newsletters at any pick-up meal site or Centers once they re-open
- Sign up for our electronic newsletter or see the latest information at [cabq.gov/seniors](http://cabq.gov/seniors)





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.

We look forward to welcoming you back to our Centers and programs and, in the meantime, we are still here to serve you. Our listing of services, including pick-up lunch meal service, is available on our website for you. Stay connected and safe during this time.

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

- Follow us on Facebook and Instagram at [@cabqseniors](#)

This year is unlike any other we have faced as a community and we continue to monitor the situation and use the 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 much like the City and State have undertaken, where we will evaluate activities as low, medium, or high risk and bring them back





# 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

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 that involve and assist seniors to achieve their potential, share their wisdom, maintain their independence, and live in dignity.

## 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
Joie Glenn	Allison Weber
Diann Huddleson	

## City Councilors

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

## COVID-19 UPDATES



COURTESY OF NATIONAL SERVICE PHOTOS (2)

Once our Centers re-open, things will look a little different. We ask that you please be kind and understanding to our staff and to each other as we go through the remaining months 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 other members as safe as possible.

Here are some changes you can expect going forward:

- Class and activity sizes may be limited to maintain appropriate social distancing. This might also mean an altered registration process for certain activities.
- Some activities may need to be canceled or postponed.
- There may 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.

Remember, once our Centers re-open, you will need to undergo a wellness check before entering, wear a mask, wash your hands regularly, and stay home if you are experiencing COVID-19 symptoms or have had contact with someone who has tested positive.



# CONTACT AND SERVICES



## Connect With Us

The Department of Senior Affairs is committed to providing resources, information and support on a variety of platforms! Once 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

Call the Senior Information Line for more information about any of our programs and services. Lines are open M-F, 8:15 a.m. to 4:30 p.m.

## Join Our Community Online



[facebook.com/cabqseniors](https://facebook.com/cabqseniors)



[instagram.com/cabqseniors](https://instagram.com/cabqseniors)



[cabq.gov/seniors](https://cabq.gov/seniors)

## Numbers to Know

Senior Information  
TTY: 1-800-659-8331

Citizen Contact Center  
311

## Email

[seniorinformation@cabq.gov](mailto:seniorinformation@cabq.gov)

# MEMBERSHIP



## Membership

All Department of Senior Affairs Senior, Multigenerational and Fitness Centers operate on a membership basis. The annual cost is \$20 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 six and older, including seniors.

## Center Closings

- 9/2: Labor Day
- 11/11: Veteran's Day
- 11/28: Thanksgiving Day
- 11/29: Day after Thanksgiving
- 12/25: Christmas Day

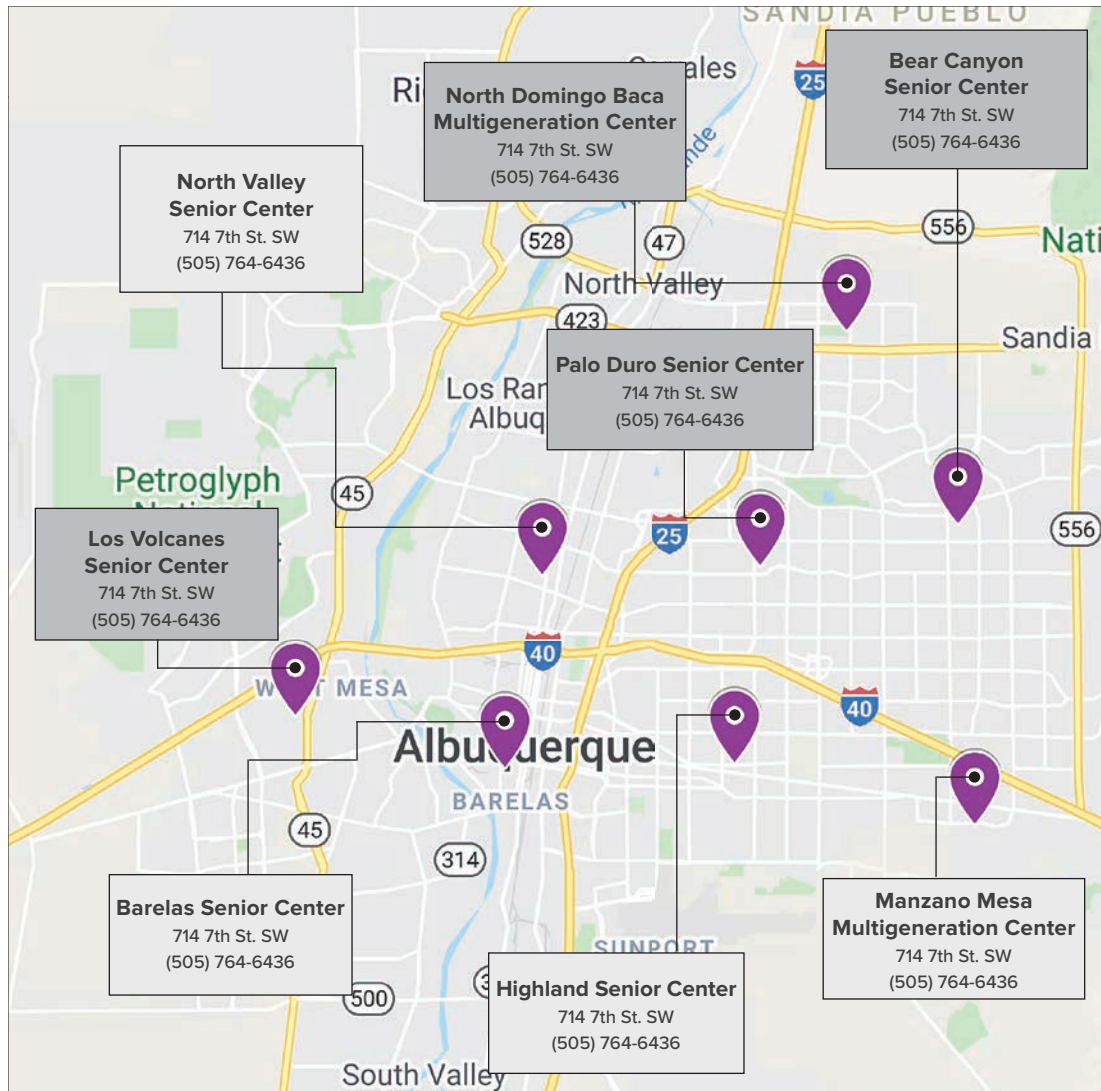
## Americans with Disabilities Act

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.

## Center Services

Once we reopen, Albuquerque's Senior and Multigenerational Centers offer a lot by way of resources, meals, stores, and health and wellness programs to keep you informed and healthy. Learn more at [cabq.gov/seniors](http://cabq.gov/seniors) or by calling (505) 764-6400.





**SENIOR CENTERS**

All Senior Affairs facilities closed in March due to the public health emergency. As of the date of publication, they remain closed. Hours listed are typical hours but may be altered once the Centers re-open. Please call ahead or check [cabq.gov/seniors](http://cabq.gov/seniors) before visiting.

**CABQ SENIOR CENTERS**

CENTER	CONTACT	HOURS
Barelas	(505) 764-6436	M-F: 8A-5P
Bear Canyon	(505) 767-5959	M-W: 8A-5P TH: 8A-9P SAT: 9A-3P
Highland	(505) 767-5210	M-T, TH-F: 8A-5P   W: 8A-7P SAT: 10A-4P
Los Volcanes	(505) 767-5999	M-W, F: 8A-5P TH: 8A-7P SAT: 9A-1P
North Valley	(505) 761-4025	M, W-F: 8A-5P T: 8A-7P SUN: 12:30A-5P
Palo Duro	(505) 888-8102	M-T, TH-F: 8A-5P W: 8A-7P SAT: 9A-1P

**MULTIGENERATIONAL CENTERS**

CENTER	CONTACT	HOURS
Manzano Mesa	(505) 275-8731	M-F: 8A-5P SAT: 9A-3P
North Domingo Baca	(505) 764-6475	M-F: 8A-9P SAT: 9A-3P

## ONGOING ACTIVITIES AND RESOURCES



Stay connected to art and education through online resources.

The **ABQ BioPark** is 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, @ABQBioPark.

In addition, the **Albuquerque Museum** provides podcasts, virtual tours, downloadable coloring pages, and more at [cabq.gov/culturalservices/albuquerque-museum/trending](http://cabq.gov/culturalservices/albuquerque-museum/trending).

The **Albuquerque Sunport** has an impressive art collection, which you can view online at [abqsunport.com/at-sunport/sunport-arts-program/](http://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 and Western Sky Community Care, 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, computers, or 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.

Visit their website to learn more at [teeniors.com](http://teeniors.com), or contact them through email at: [teeniors@gmail.com](mailto:teeniors@gmail.com) or call (505) 600-1297.



### Covia Well Connected

Well Connected is a community

COURTESY OF CITY OF ALBUQUERQUE SENIOR AFFAIRS





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 or online from wherever you are at no cost to you. Programs are available in both English and Spanish.

#### **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.

#### **HOW DOES IT WORK?**

Once registered, Well Connected members will receive a welcome

packet with everything they need to get started right away. Call-in using a toll-free number, log-in using a computer, tablet, or mobile device, or opt to be called into any group.

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 email [coviaconnections@covia.org](mailto:coviaconnections@covia.org). Or, for Español, email [coviaconnections@covia.org](mailto:coviaconnections@covia.org) or call 877-400-5867.

#### **Covia Social Call**

As part of their commitment to fostering community, Covia matches volunteers with seniors on a one-to-one basis, bringing compassionate conversation and care into their lives and giving volunteers an opportunity

to listen and learn. To sign up call 877-797-7299 or email [coviaconnections@covia.org](mailto:coviaconnections@covia.org).

Covia is also always looking for friendly, caring volunteers to provide support and friendship. If you're interested in becoming a volunteer, please sign up on **VolunteerMatch.com**.

*All volunteers must pass a background check and attend an initial two-hour training program.*



## SENIOR MEALS AND MEAL SITES



During the current public health emergency, Senior Affairs is offering pick-up meals at five Centers: Manzano Mesa Multigenerational Center, North Domingo Baca Multigenerational Center, Barelmas Senior Center, North Vally 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 seniors low-cost breakfast options and donation-based and low-cost lunch options Monday through Friday.

On the next page, you can see a listing of locations for meal service once our

Centers re-open to the public. Stay up to date on that timeline at [cabq.gov/seniors](http://cabq.gov/seniors) or by calling your preferred Center or our Senior Information Line at (505) 764-6400.

UNSPLASH / KRISTA STUCCHIO, UNSPLASH / SNEJINA NIKOLOVA, UNSPLASH / NATHAN DUMLAO



**SENIOR & MULTIGENERATIONAL CENTERS**

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

CENTER	ADDRESS	CONTACT	HOURS	MEALS
Barelas	714 7th St. SW, 87102	(505) 764-6436	M-F: 8A-5P	DB/PU
Bear Canyon	645 Pitt NE, 87111	(505) 767-5959	M-W: 8A-5P   TH: 8A-9P   SAT: 9A-3P	LC
Highland	131 Monroe NE, 87108	(505) 767-5210	M-T, TH-F: 8A-5P   W: 8A-7P   SAT: 10A-4P	LC
Los Volcanes	6500 Los Volcanes NW, 87121	(505) 767-5999	M-W, F: 8A-5P   TH: 8A-7P   SAT 9A-1P	DB/PU
North Valley	3825 4th St. NW, 87107	(505) 761-4025	M, W-F: 8A-5P   T: 8A-7P   SUN: 12:30A-5P	DB/PU
Palo Duro	5221 Palo Duro NE, 87110	(505) 888-8102	M-T, TH-F: 8A-5P   SAT: 9A-1P	LC
Manzano Mesa	501 Elizabeth SE, 87123	(505) 275-8731	M-F: 8A-5P   SAT: 9A-3P	DB/PU
North Domingo Baca	7521 Carmel NE, 87109	(505) 764-6475	M-F: 8A-9P   SAT: 9A-3P	DB/PU

**MEAL SITES**

Raymond G. Sanchez Community Center	9800 4th St. NW, 87114	(505) 897-8896	M-F: 7A-8:30P   SAT: 6A-9P   SUN: 11A-6P	DB
Whispering Pines	# 6 Lark Rd., Tijeras; 87059	(505) 281-8003	M-F: 8A-2P	DB
Paradise Hills	5901 Paradise Blvd NW, 87114	(505) 314-0246	M-F: 8A-5P	DB
Embudo Towers	8010 Constitution NE, 87110	(505) 764-6474	M-F: 9A-3P	DB
Rio Bravo	3910 Isleta Blvd SW, 87105	(505) 873-6647	M-F: 8A-2P	DB
Ed Romero Terrace	8100 Central Ave SE, 87108	(505) 232-8880	M-F: 9A-3P	DB
Encino Garden	412 Alvarado SE, 87108	(505) 266-7736	M-F: 9A-3P	DB
Shalom House	5500 Wyoming NE, 87109	(505) 823-1434	M-F: 9A-3P	DB
Encino Terrace	609 Encino Place NE, 87102	(505) 247-4185	M-F: 9A-3P	DB
South Valley Multi-Purpose Senior Center	2008 Larrazolo SW, 87105	(505) 468-7604	M-TH: 7A-6P   F: 7A-5P   SAT-SUN: 9A-4P	DB
La Amistad	415 Fruit NE, 87102	(505) 848-1395	M-F: 9A-3P	DB
Taylor Ranch Community Center	4900 Kachina Street NW, 87120	(505) 768-6006	M-F: 8A-9P   SAT: 9A-3P	DB
Cesar Chavez Community Center	7505 Kathryn Avenue SE, 87108	(505) 256-2680	M-TH: 8A-8P   F: 8A-6P   SAT: 9A-1P	DB
Thomas Bell Community Center	3001 University SE, 871060	(505) 848-1333	M-TH: 8A-7P   F: 8A-6P	DB
Los Duranes Community Center	2920 Leopoldo NW, 87104	(505) 848-1338	M-TH: 7:30A-8P   F: 7:30A-6P   SAT: 9A-1P	DB
Tijeras Senior Center	#9 Tijeras Ave, Tijeras; 87059	(505) 286-4220	M-F: 8:30A-4P	DB

## OUR VOLUNTEERING OPPORTUNITIES



### Senior Corps

Senior Corps 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, Senior Corps is jointly administered by the Aging & Long-Term Services Department.

The City of Albuquerque Department of Senior Affairs has sponsored Senior Corps for over 40 years!

Senior Corps 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 Senior Corps family!



### RSVP Volunteers

*Make a difference in Albuquerque!*

RSVP 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.





### Senior Companions

*Seniors Helping Seniors!*

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](http://visitcabq.gov/seniors/senior-volunteer).

These volunteer placements must pass a National Sex Offender Check and Background Check.



### Foster Grandparents

*Help Children Succeed!*

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.

# HEALTH RESOURCES

## Stay Fit At Home

Here are some exercise guidelines for the older adult at all levels. Please consult with your physician before beginning an exercise program. Generally, an exercise program should consist of three key components: aerobic exercise (cardio), muscle stretching and strength training. Below are some examples of each. You can find some videos to follow along with at [facebook.com/cabqseniors](https://facebook.com/cabqseniors) or [cabq.gov/seniors](https://cabq.gov/seniors).

### HOW TO DO AEROBIC ACTIVITY

1. Figure out your heart rate maximum, or the most beats per minute that your heart can handle.

#### To calculate:

a. Subtract your age from 220 (220 - your age in years)  
*i.* For example, if you are 70 years old, you would use the following equation:  $220 - 70 = 145$  beats per minute.

2. Calculate your targeted heart rate zone. This is 50-75% of your Heart Rate Maximum. This should be the heart rate that you achieve while doing aerobic activity for 20 to 30 minutes. The equation is your maximum heart rate from above times .50 for 50% or .75 for 75%. The zone between those two numbers is your target heart rate.

Beginners should try to stay closer to 50% and work their way up as they get stronger. There is a chart (right) that can serve as a guide.

3. Pick an activity! Here are some examples: brisk walking, elliptical, bicycle (recumbent or upright), hiking, jogging, aerobic exercise class. For general



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### HEART RATE ZONE

AGE	MAX HEART RATE	50%	60%	70%	80%
50-54	170	85	102	119	136
55-59	165	83	99	116	132
60-64	160	80	96	112	128
65-69	155	78	93	109	124
70-74	150	75	90	105	120
75-79	145	73	87	102	116
80-84	140	70	84	98	112
85-89	135	68	81	95	108
	130	65	78	91	104

health benefits it is recommended to do aerobic activity for 150 minutes per week; split it up where you can fit it in!



**HOW TO STRENGTH TRAIN**

You should strength train at least two times per week and strength training should involve all major parts of the body: shoulders, arms, chest, back, abdominals, hips and legs.

There are various types of training that increase strength including:

- Weight lifting (machine or free weights)
- Body weight
- Resistance bands

**EXAMPLE WEEKLY EXERCISE PROGRAM**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Warm up for 10 -15 minutes on the treadmill, bicycle, elliptical or nustep	Warm up for 10 - 15 minutes then do 20 - 30 minutes of moderate to vigorous aerobic activity	Active rest day: go for a brisk walk, garden, play tennis etc.	Warm up for 10 -15 minutes on the treadmill, bicycle, elliptical or nustep	Active rest day: go for a brisk walk, garden, play tennis etc.
Strength training: focus on arms, back and abdominals	Rest	Rest	Rest	Rest
Stretch the shoulders, wrists, and arms	Stretch the hamstrings, quadriceps, and calves	Rest	Stretch the hamstrings, quadriceps, calves, and hips	Rest



If you don't have typical gym materials on hand, there are plenty of options within your own home. For example, cans of food, water/milk jugs or water bottles. Don't be afraid to get creative!

1. To get started, simply pick an exercise and a weight that you are comfortable lifting 10 to 15

times without having to stop. If you are advanced, choose a weight that you can lift 8 to 10 times.

2. Once you are finished with that set, move onto another exercise.

3. If you are feeling overly fatigued take a break or stop.

It is best if you don't do strength training one day after another. Instead, take a break between days of strength training. After several weeks, you should be able to increase your weight during strength training.

### **HOW TO STRETCH**

Stretching should be performed after exercising and you should stretch muscles that you exercised that day in addition to any others you feel need it such as, hamstrings, quadriceps, calves, shoulders and wrists. Hold the stretch for 30 seconds, release and repeat.

On page 16, there is a chart that can serve as a guide to establishing a weekly exercise program.



### **Vial of Life**

The Vial of Life form allows first responders access to critical, life-saving information even if you are unable to communicate at the time you need help. Here is how to use it:

- Fill out the form located on the reverse side in English. If you are unable to fill the form out in English, please ask a doctor, nurse, or family member to assist you.
- Fold the completed form and place in the baggie. You may also consider adding a copy of your EKG, DNR, advanced directives, or recent photo of yourself in the baggie.
- Securely tape/stick baggie with the

Vial of Life sticker to the front of your refrigerator door.

- Place the second Vial of Life sticker on your front door at eye level. This lets first responders know where your medical information is located in the event of an emergency.

For questions or to get a sticker, visit any of our Centers.

### **Participating in the Vial of Life Program**

Vial of Life is a great program that allows individuals to have their medical information ready in their home for emergency personnel to reference during an emergency.

If you like to access the Vial of Life form, visit [cabq.gov/council/vial-of-life](http://cabq.gov/council/vial-of-life), get one from your nearest Center or pick-and-go meal site, or call (505) 764-6400.



# LOCAL DISCOUNTS



## **GOLF**

Seniors 55+ get discounts on rounds of golf played Monday through Thursday. For more frequent players, a Senior Annual Pass for unlimited weekday golf (excluding 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 Andersen Abruzzo Interational 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.

## **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](http://cabq.gov) for any closures, modified hours or capacity or registration changes.

### **SWIMMING POOLS**

Seniors 55+ can access all pools except East 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.

# SPECIAL RECOGNITION

## Congratulations to This Year's A Senior I Know Essay Contest Winners!

Every year, the Department of Senior Affairs partners with Albuquerque Public Schools to conduct the A Senior I Know essay contest for first through fifth grade students. The purpose of this contest is to promote positive relationships between elementary school students and seniors. Here is the list of this year's winners!

### 2020 WINNERS

<b>Grade 1</b>	Ellyanna Raddatz	Dasha Ayala
Savannah Caro	Henry Loui	Necia Gallegos
Axel Slade		Dylan McCrory
Luke Downey	<b>Grade 3</b>	Joshua Vallez
Amelia Reece	Wesley Carter	Emaline Miller
Noah Browder	Autumn Rivera	
Julianna Gonzales	Julia Merrill	<b>Grade 5</b>
	Timothy Daniels	Jordyn Caintich
<b>Grade 2</b>	James Benavidez	Leah Dye
Destiny Herrera	Evelyn Gibbs	Sienna Espinoza
Luke Elwood		Anderson Tompkins
Lillian Holmes	<b>Grade 4</b>	Hannah Opel
Zachary Varney	Cyrus Wiegand	Ben Tsethlikai

### JUDGES

- Ginger Grossetete (Chairperson)
- Judy Koskovich
- Gay Blech
- Kathleen Church
- Carole Christensen
- Sue Slankard
- Barbara Crawford
- Elizabeth Wertheim
- Linda Cummings-Orloski
- Marge Peters
- Sue Fickel



DANIELA ABOYTE, MYRA IMAM

## Thank You to Our Volunteers

Due to the public health emergency, all in-person volunteer recognition events were postponed, but we want to take this opportunity to thank our volunteers for their dedicated service.

### Senior Companion Program

- Liz Jiron – 18 years
- Ruth Contreras – 14 years
- Frank Gachupin – 13 years
- Frank Gonzales – 11 years
- Floyd Panana – 8 years
- Maria Moreno – 8 months
- Carmen Ponce De Leon – 7 years
- Priscilla Johnson – 7 years
- Vera Abeyta – 7 years

- Rosalba Salazar – 6 years
- Sally West – 6 years
- Kim Vejil – 4 years
- Maggie Gonzalez – 4 years
- Nora Ames – 4 years
- Pam Foss – 4 years
- Rebecca Gipson – 4 years
- Debbie Novick – 3 years
- Jeanette Antunez – 3 years
- Kit Treewoods – 3 years





extensively in the community.

In her commemoration, RSVP recognizes volunteers annually with the John Palmer Service Award (for the most hours served) and the RSVP Station of the Year Award (most volunteer activity). RSVP and the RSVP Advisory Council extend deep gratitude for the efforts these volunteers have made over the past year.

**John Palmer Service Awardees**

Deanne Moody-Mettling for 2,705 hours served at Lovelace Woman’s Hospital information desk and surgery area.

Thomas Lyons for 1,945 hours served visiting and assisting people with disabilities at Adelante and with the Pet Food Project, a joint effort between Animal Humane Society and Senior Affairs that provides and delivers pet food to homebound seniors.

Magdalena Barbour for 1,640 hours served as a crocheting instructor for Palo Duro Senior Centers and for crocheting blankets for babies in the NICU.

**Station of the Year**

North Valley Senior Center with 7,753 hours served by 63 volunteers.

Thank you to our RSVP Volunteer Breakfast Sponsors! Even though this year’s in-person event was canceled, we appreciate your ongoing support.



**Community Support**

Thank you to those who helped support seniors during the pandemic!

- Roses Southwest Papers
- Blue Cross and Blue Shield of New Mexico
- Northeast Heights Modern Dentistry
- Adelante Development Center
- Dion’s
- Subway
- Starbucks
- Range Café
- Western Sky Community Care
- McDonalds
- Dairy Queen
- New Mexico Aging and Long-Term Services Department

- Roger Gibbs – 3 years
- Rosemarie Padilla – 2 years
- Sandy Kennedy – 2 years
- Joel Garfinkel – 1 year
- Yolanda Hoemann – 1 year
- Karen Yager – 10 months
- Brenda Scott – 8 months

**Foster Grandparent Program**

- Rupe Tafoya—25 years
- Dora McCoy—15 years
- Anabel Maestas—10 years
- Denise Coriz—10 years
- Timotea Olave—10 years
- Kate Baca—5 years
- Adrian Cisneros—5 years
- Irene Aragon—5 years

- Rose Mary Chavez—5 years
- Evelyn Pizarro—5 years
- Linda Biesanz—5 years
- Santos Gutierrez—5 years
- Josephine Urias—5 years
- Oriz Taylor—5 years
- Erlinda Sampang—5 years
- Gertrude Boswell—1 years
- Sandra Hernandez—1 years
- Jon Sundell—1 years
- Rosie Lee Cata—1 years
- Veronica Moya—1 years

**RSVP Henrietta J. Smith Awards**

Henrietta J. Smith worked with Senior Affairs for 20 years and volunteered



**DEPARTMENT OF  
SENIOR AFFAIRS  
2020 ACTIVITIES  
CATALOG**

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August-December 2020

**P:** (505) 764-6400

**W:** [cabq.gov/seniors](http://cabq.gov/seniors)

**E:** [seniorinformation@cabq.gov](mailto:seniorinformation@cabq.gov)

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**Citizen Contact Center: 311**



TIMOTHY M. KELLER  
*Mayor, City Of Albuquerque*



ANNA M. SANCHEZ  
*Director*