

February 2026

Hello February!

We wanted to let our volunteers know how much we love and appreciate them, and their hearts to serve homebound seniors in our community.

We hope your year has started off well. This month is always full of opportunities to celebrate the family and friends you cherish. If you're feeling festive, many senior centers around the city are hosting Valentine's Day themed events and dances. These often have a small fee, so be sure to keep an eye out at your favorite center.

Please keep in mind that we will be conducting recertifications and site visits this month. Jenna and Felicia will be reaching out to schedule these. We truly appreciate your cooperation and flexibility as we work together to complete these tasks.

-SCP Staff



Program Hours

Monday-Friday: 8am-5pm
Saturday & Sunday: Closed

Senior Companion Program Staff

Viridiana Rodriguez-Flores,
Program Supervisor
Jenna Stanton,
Case Management Coordinator
Felicia Archuleta, Office Assistant

Contact Information

714 Seventh St SW
Albuquerque, NM, 87102
SCP@cabq.gov
(505) 764-1007

Special Dates & Announcements

2/04: Mandatory In-Service
2/05: Timesheets & Mileage Logs Due
2/09-2/13: Volunteer Recertification Week
2/16: President's Day Holiday, No Clients
2/19: Timesheets & Mileage Logs Due
2/20: Extra Opportunity- Estate Planning

Mandatory In-Service Training



Please join us for an informative in-service training on Scams and Fraud with Christian Halstead, President of NM AARP. This session will cover a wide range of scams that commonly target older adults, including romance scams, financial fraud, and other deceptive tactics. Participants will learn how to recognize warning signs and protect themselves and others from becoming victims.

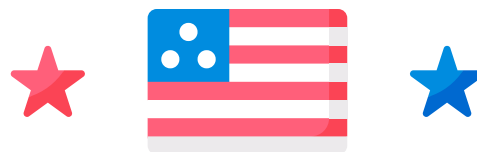
Wednesday, February 4, 2026

10:00am to 1:00pm

Barelas Senior Center

714 7th St. SW,
Albuquerque, NM 87102

***Breakfast will
be served***



PRESIDENT'S — DAY —

The Senior Companion Program
will be closed on
Monday, February 16, 2026
in observance of President's Day.

Please remind your clients that there
is no service during these days.

SENIOR DAY

**NEW
DATE**



FEBRUARY 13, 2026

Join us at the Roundhouse

Join us on February 13th for Senior Day at the Legislature where you can participate in our free resource fair, learn more about New Mexico Aging Services' initiatives, budget requests, and advocate for funding that makes positive impacts in the lives of New Mexicans every day.



RSVP TO ATTEND SENIOR DAY:

www.surveymonkey.com/r/SeniorDayFeb132026

EVENT DETAILS

8:30 AM Check-In and Light Refreshments
8:30 AM Resource Fair
9:00 AM Legislative Tours Around the Roundhouse
11:00 AM Speakers
12:00 PM Closing

Complimentary T-shirt sponsored by LANL Foundation and tote bag sponsored by AARP New Mexico for the first 300 attendees. Breakfast burritos sponsored by Non Metro New Mexico Area Agency on Aging.

Join a Legislative Tour and connect with your legislator.



FOR GROUP REGISTRATION OR MORE INFORMATION PLEASE VISIT:
WWW.AGING.NM.GOV/SENIORDAY

Electronic Timesheets & Mileage Logs



Senior Companion Program - City of Albuquerque

APPLY TO BE A VOLUNTEER

ENTER HOURS SERVED

Friendly reminder to submit timesheets and
mileage online **before 2:00pm** to get processed in
a timely manner.

Thursday, February 5, 2026

Thursday, February 19, 2026

Please remember to include the date in the notes
for each errand you record, so we can identify
which scheduled day and client it corresponds to.
Contact the office if you have any questions.



<https://www.cabq.gov/seniors/senior-volunteer/senior-companion-program>

February Word Search

Cold
Cupid
Candy
Card
Flower
Friends
Groundhog
Heart
Pink
Red
Scarf
Shadow
Valentine
Winter

O	F	G	R	A	U	U	M	V	C	U	P	I	D	U
G	R	Z	U	C	E	W	D	L	A	P	I	R	G	O
P	I	N	K	L	X	U	G	A	T	F	Z	F	E	W
C	E	F	P	S	Q	B	D	C	A	N	D	Y	K	V
D	N	Z	S	Z	F	L	O	W	E	R	S	Z	O	C
R	D	Y	H	F	E	I	X	S	C	A	R	F	B	A
W	S	K	A	Z	T	J	B	P	N	N	F	Q	M	R
I	B	B	D	E	W	L	H	C	U	K	M	S	Y	D
N	C	J	O	V	K	E	R	K	H	E	A	R	T	M
T	O	P	W	B	B	W	P	L	F	E	H	I	P	L
E	L	O	V	U	W	V	A	L	E	N	T	I	N	E
R	D	K	P	O	S	A	R	Y	R	E	D	U	X	J
Z	O	Y	G	R	O	U	N	D	H	O	G	I	P	Q
E	E	G	J	R	Q	Y	M	D	R	G	T	X	V	T
U	Y	Q	P	G	E	K	M	I	K	A	R	T	V	A



Extra Opportunity at Santa Barbara Martineztown Multigenerational Center

Join the
Senior Citizens' Law Office
for a presentation on

Estate Planning

February 20th, 2026, at 9:30 AM



Presenter will discuss planning for incapacity (Powers of Attorney), and planning for end of life (Wills, Non-Probate Transfers, etc.).

Note: this presentation is general information only, and the presenter will not be able to give individual legal advice.

Attendees must sign up in advance for this event at the front desk.

This is a free event! Please notify the SCP office if you will attend the event to receive program benefits.

February Birthdays



Priscilla Johnson 2/3

Pam Foss 2/27

The Department of Senior Affairs seeks your *Love Story*

Love stories have the power to inspire, whether they span decades or blossom in later years. We are seeking to celebrate such stories from members of our senior centers, and we invite you to share your own unique journey of love. Whether you've shared a lifetime with your partner or discovered love anew in your golden years, your experiences can touch hearts and offer hope to others.

To participate, please compose a story of 250 words detailing your romantic journey. Feel free to include moments of joy, challenges overcome, or lessons learned along the way. Alongside your written story, we ask that you provide a photograph that captures the essence of your relationship.

We will profile submissions throughout 2026 in recognition and celebration!



**Drop entries off at any
Senior or Multigenerational Center.
Stories will be collected until February 14, 2026.**



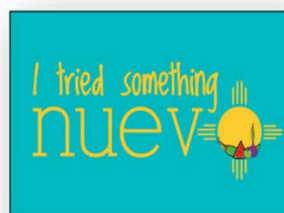
**ONE
ALBUQUE
RQUE** senior affairs






Senior Affairs Lunch Menu



FEBRUARY

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
2 Beef Tips over Bowtie Pasta 4oz Gravy 2oz Zucchini & Squash 4oz Dinner Roll 1ea Margarine 1pc Pears 4oz 1% Milk 8oz 	3 Green Chile Chicken Enchiladas 4oz Spanish Rice 4oz Pinto Beans 4oz Yogurt 4oz 1% Milk 8oz 	4 Sliced Ham 3oz Pineapple Sauce 1oz Cauliflower 4oz Spinach 4oz Cornbread 1ea Banana 4oz 1% Milk 8oz 	5 Pasta Primavera 4oz Steamed Broccoli 4oz Dinner Roll 1ea Margarine 1pc Mandarin Oranges 4oz 1% Milk 8oz 	6 Pork Chop 3oz Mashed Potatoes 4oz Brussel Sprouts 4oz Jell-O 4oz 1% Milk 8oz 
9 Chicken Tamales 3oz Green Chile 1oz Black Beans 4oz Normandy Blend 4oz Dinner Roll 1ea Margarine 1pc Applesauce 4oz 1% Milk 8oz 	10 Mac & Cheese w/ Ham 1oz Steamed Broccoli 4oz Spinach 4oz Yogurt 4oz 1% Milk 8oz 	11 Lemon Baked Cod 3oz Tartar Sauce 1pc Brown Rice 4oz Brussel Sprouts 4oz Jell-O 4oz 1% Milk 8oz 	12 Red Chile Cheese Enchilada 4oz Spanish Rice 4oz Calabacitas 4oz Pears 4oz 1% Milk 8oz 	13 BBQ Baked Chicken Thigh 3oz Stewed Tomatoes 4oz Ranch Beans 4oz Normandy Blend 4oz Dinner Roll 1ea Valentine Cookie 4oz 1% Milk 8oz 
CLOSED 16 	17 Carne Adovada 4oz Calabacitas 4oz Pinto Beans 4oz Flour Tortilla 2ea Apple slices 4oz 1% Milk 8oz 	18 Baked Cod 3oz Salsa 1pc Brown Rice 4oz Spinach & Onions 4oz Jell-O 4oz 1% Milk 8oz 	19 Baked Ziti 4oz Brussel Sprouts 4oz Breadstick 1ea Banana 4oz 1% Milk 8oz 	20 Breaded Pollock 4oz Tartar Sauce 1ea Carrots 4oz Green Beans w/ Mushrooms 4oz Mandarin Oranges 4oz 1% Milk 8oz 
23 Salisbury Steak 4oz Mushrooms & Gravy 2oz Mashed Potatoes 4oz Carrots 4oz Brownie 1ea 1% Milk 8oz 	24 Green Chile Chicken Posole 4oz Steamed Cauliflower 4oz Red Peppers 4oz Applesauce 4oz Saltine Crackers 1pc 1% Milk 8oz 	25 Meatloaf w/ Tomato Sauce 1oz Garlic Potatoes 4oz Succotash 4oz Dinner Roll 1ea Margarine 1pc Banana 4oz 1% Milk 8oz 	26 Veggie Green Chile Cheeseburger 1ea Sweet Potato Mash 4oz Baked Beans 4oz Yogurt 4oz 1% Milk 8oz 	Black Bean Chile 4oz Green Beans 4oz Brussel Sprouts 4oz Jell-O 4oz 1% Milk 8oz 