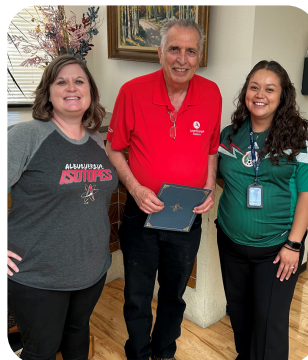


July 2026

Congratulations Frank! 🎉

We are proud to announce that our Senior Companion volunteer Francisco “Frank” Gonzales was recently recognized as the Volunteer of the Month recipient for the month of June. The award was presented by Mayor Tim Keller in recognition of Frank’s outstanding dedication and service at Share Your Care Bear Canyon.

For the past 18 years, Frank has faithfully served older adults through the Senior Companion Program, providing companionship, support, and kindness to those who need it most. His commitment has made a meaningful difference in the lives of countless seniors, while also positively impacting staff and fellow volunteers. Congratulations, Frank, and thank you for all that you do for our community!



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

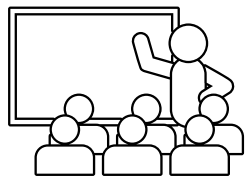
714 Seventh St SW
Albuquerque, NM, 87102
SCP@cabq.gov
(505) 764-1007

Special Dates & Announcements

7/3: 4th of July Observance, No Clients
7/13: Timesheets & Mileage Logs Due
7/17: Extra Opportunity
7/24: Mandatory In-Service Training
7/27: Timesheets & Mileage Logs Due

July's Mandatory In-Service Training

Join us for an important in-service training to review new SCP policy changes, receive a refresher on key program expectations, and learn about timesheet procedures. Don't miss this opportunity to stay informed, receive important updates, and ask questions about the upcoming changes.



Friday, July 24, 2026
9:00am to 12:00pm
Barelas Senior Center

714 7th St. SW,
Albuquerque, NM 87102

***Lunch from Barelas Senior Center kitchen will be available. Please call Felicia to reserve your meal by July 22nd.**



The Senior Companion Program will be closed on **Friday, July 3, 2026** in observance of Independence Day.

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

Mandatory In-Service Trainings Attendance

In-service trainings are mandatory each year. Volunteers must attend all scheduled in-service trainings and complete at least 24 training hours annually per AmeriCorps guidelines.



AmeriCorps Seniors



Electronic Timesheets & Mileage Logs



APPLY TO BE A VOLUNTEER

ENTER HOURS SERVED

Timesheets and mileage must be entered biweekly by the Monday following each pay period, before 2:00pm to get processed in a timely manner.



Monday, July 13, 2026
Monday, July 27, 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>



July
Flag
America
Parade
Bell
Red
White
Blue

July Word Search

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



Independence
Stars
Stripes
Eagle
Freedom
Patriotic
Fireworks

Extra Opportunity



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

SANTA BARBARA MARTINEZTOWN
MULTIGENERATIONAL CENTER AND
CASA PRESENTS:

SENIOR PICNIC

FRIDAY,
JULY
17TH

RAFFLE DRAWINGS,
MUSIC, MEALS,
ROCK CLIMBING,
LIVE BAND AND SO
MUCH MORE

10:30 AM - 12:30 PM

COME CELEBRATE AND
JAM OUT TO SOME
LIVE MUSIC UNDER
THE PAVILION!

DONT FORGET TO
BRING A LUNCH AND
PREORDER YOUR
LUNCH BEFORE 1PM
ON THE 16TH OF JULY!



SANTA BARBARA
MARTINEZTOWN
MULTIGENERATIONAL CENTER
1825 EDITH BLVD NE 87102
505-767-5671

RSVP WITH THE
FRONT DESK AT
505-767-5671

ONE
ALBUQUE senior affairs
RQUE

Senior Affairs Lunch Menu



JULY 2026

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	
29	Chicken Parmesan 4oz Green Beans 4oz Steamed Carrots 4oz Pear 4oz 1% Milk 8oz	30	Salisbury Steak 3oz Gravy 1oz Brussel Sprouts 4oz Normandy Blend 4oz Jell-O 4oz 1% Milk 8oz	1	BBQ Pulled Pork 3oz Diced Sweet Potatoes 4oz Spinach w/ Onions 4oz Wheat Bun 1ea Yogurt 4oz 1% Milk 8oz	2	Green Chile Cheese Veggie Burger 1ea Scalloped Potatoes 4oz Stewed Tomatoes 4oz Diced Peaches 4oz 1% Milk 8oz		
6	Green Chile Cheeseburger 1ea Celery Sticks 4oz Diced Potatoes 4oz Sliced Apples 4oz 1% Milk 8oz	7	Greek Pasta Salad 5oz Broccoli Salad w/ Carrots & Onions 4oz Dinner Roll 1ea Margarine 1pc Watermelon 4oz 1% Milk 8oz	8	Breaded Pollock 4oz Tartar Sauce 1pc Diced Beets 4oz Green Beans 4oz Orange 1ea 1% Milk 8oz	9	Pasta Primavera w/ 5 Way Veggies 2oz Alfredo Sauce 1oz Spinach/Mushrooms 4oz Steamed Carrots 4oz Yogurt 4oz 1% Milk 8oz	10	Chicken Parmesan 4oz Marinara Sauce 1oz Cauliflower 4oz Brussel Sprouts 4oz Jell-O 4oz 1% Milk 8oz
13	Carne Adovada 4oz Calabacitas 4oz Pinto Beans 4oz Flour Tortilla 2ea Seasonal Fruit 4oz 1% Milk 8oz	14	Teriyaki Chicken w/ 3oz Fajita Vegetables 4oz Steamed Broccoli 4oz Brown Rice 4oz Fortune Cookie 2ea 1% Milk 8oz	15	Meatball Sub 1ea Spinach w/ Onions 4oz Steamed Carrots 4oz Pear 1ea 1% Milk 8oz	16	Cheese Omelet w/ Peppers & Red Chile 2oz Stewed Tomatoes 4oz Diced Potatoes 4oz Orange 4oz 1% Milk 8oz	17	Pork Loin 3oz Gravy 2oz Roasted Peppers 4oz Green Beans 4oz Dinner Roll 1ea Margarine 1pc Pudding 4oz 1% Milk 8oz
20	Beef w/ Peppers & Onions 2oz Normandy Blend 4oz Brown Rice 4oz Brownie 1ea 1% Milk 8oz	21	Tuna Salad Sandwich 1ea Potato Chips 4oz Celery Sticks 4oz Honeydew 4oz 1% Milk 8oz	22	BBQ Pulled Pork 4oz Sweet Potato Mash 4oz Spinach w/ Onions 4oz Whole Wheat Bun 1ea Jell-O 4oz 1% Milk 8oz	23	Green Chile Mac & Cheese 5oz Succotash 4oz Diced Beets 4oz Yogurt 4oz 1% Milk 8oz	24	Baked Chicken Thigh 3oz Roasted Carrots 4oz Herb Diced Potatoes 4oz Dinner Roll 1ea Margarine 1pc Vanilla Pudding 4oz 1% Milk 8oz
27	Pork Tamales 2ea Red Chile 1oz Spinach 4oz Pinto Beans 4oz Brownie 1ea 1% Milk 8oz	28	Green Chile Chicken Enchilada 5oz Cauliflower 4oz Calabacitas 4oz Mandarin Oranges 4oz 1% Milk 8oz	29	Meatloaf 4oz Roasted Potatoes 4oz Green Beans 4oz Dinner Roll 1ea Margarine 1pc Seasonal Fruit 4ea 1% Milk 8oz	30	Anti-Inflammatory Black & Pinto Chile Beans 4oz Spinach w/ Tomatoes 4oz Diced Sweet Potatoes 4oz Corn Tortillas 2ea Strawberries 4oz 1% Milk 8oz	31	Salisbury Steak 4oz Noodles 2oz Gravy 1oz Brussel Sprouts 4oz Sliced Carrots 4oz Honeydew 4oz 1% Milk 8oz