

November 2025



Happy November!

We want to take a moment to share our sincere appreciation for you. Your involvement, time, and commitment continue to make a meaningful difference in our community.

Now that summer is behind us, it's time to prepare for colder weather and earlier sunsets. Please remember that the time changes on Sunday, November 2, 2025. The clocks will fall back one hour, giving us an extra hour of sleep!

This month, we also honor the brave men and women who have served our country. Veterans Day is a reminder of their courage, sacrifice, and dedication in protecting our freedom. We are deeply grateful for their service. Many of our Senior Centers are honoring veterans with celebrations on November 10th, please refer to the list in extra opportunities if you would like to attend.

SCP is excited for our upcoming Winter Recognition! We will be celebrating our volunteers on Thursday, December 4, 2025, at Pappadeaux Seafood Kitchen. Invitations will be mailed early this month.

Thank you again for everything you do to serve your community. We wish you a November filled with warmth, joy, and gratitude!

-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

11/10: Extra Opportunity: Veterans celebrations
11/11: Veterans Day Holiday- CLOSED, No Clients
11/13: Timesheets & Mileage Logs Due
11/19: Mandatory Monthly In-Service
11/25: Timesheets & Mileage Logs Due
11/27-11/28: Thanksgiving Holidays - CLOSED, No Clients

In-Service Training



Please join us for an informative in-service training at Barelas Senior Center on **November 19, 2025 from 9:00am-12:00pm.**

Julie Rogers, from the Alzheimer's Association, will be educating us on Alzheimer's and Dementia, so Volunteers can better understand and relate to clients who are diagnosed with it.

Our second speaker is Agnes Vallejos, from from the City of Albuquerque, who will be giving a presentation on Age Friendly services and resources available through the Department of Senior Affairs .

Barelas Senior Center

714 7th St Sw

Albuquerque, NM 87102

Lunch from

DG's Deli will be provided



Political Participation

A reminder that these activities are not allowed and will not be paid. Please refer to page 23 in the SCP Handbook. Please call the office if you have any questions or concerns.



Political activities:

"Senior Companion volunteers shall not take part in any political or electoral activities with their clients". This includes assisting with voter registration, gathering information about candidates, providing transportation to voting site, etc.

November Birthdays

HAPPY BIRTHDAY



Yolanda Hoemann 11/1

Jenna Stanton 11/7



The Senior Companion Program will be closed on Tuesday, November 11, 2025 in observance of Veterans Day.

Please remind your clients that there is no service during the holiday.

**The Senior Companion Program
will be closed on November
27 & 28, in observance of the
Thanksgiving Holiday.**



Please remind your clients that there is no service during the holiday.

November Word Search

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



November Election **Snow** **Veteran**
Daylight **Family** **Turkey** **Traditions**
Snow **Maize** **Pumpkin** **Heritage**



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, November 13, 2025

Tuesday, November 25, 2025

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.



ANNUAL 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:

- SCARVES
- HATS
- GLOVES
- SOCKS
- BLANKETS

BRING DONATIONS TO YOUR LOCAL SENIOR OR MULTIGENERATIONAL CENTER BEFORE NOVEMBER 30, 2025

SCAN QR CODE



FOR AMAZON REGISTRY

ONE ALBUQUE senior affairs

independence at home A SCAN COMMUNITY SERVICE

FOR MORE INFORMATION, CALL (505)764-6400



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

SAVE THE DATE



SENIOR COMPANION PROGRAM

Winter Recognition Luncheon

ANCHORED IN SERVICE



DECEMBER 4, 2025

Formal invitations to follow



AmeriCorps Seniors



ONE ALBUQUERQUE senior affairs

Foster Grandparent Program/ Senior Companion Program Advisory Council Needs your Leadership & Experience

Forming a new Advisory Council, sponsored by the City of Albuquerque Department of Senior Affairs. Community minded individuals are needed to serve as Council Members for two very important programs that have been assisting children & schools and senior to senior companions in the City of Albuquerque for over 40 years.

The purpose of the FGP/SCP Advisory Council is to serve in an advisory capacity to the Program staff in matters affecting planning and formulation of local policy. Council members assist in promoting community support for the Program. The Council helps evaluate the effectiveness of the Program and may serve as a grievance body. Council Members also help in developing local resources through fundraising to supplement the Volunteer Recognition budget.

FGP: Help kids learn and guide students to higher academic achievement. The Foster Grandparent Program (FGP) connects role models like you with schools and programs to serve young people with exceptional needs. Volunteers serve an average of 20 hours a week and receive meals while serving. Stipend and mileage available to those that qualify.

SCP: Help a senior live independently. Serve as a friend and provide assistance to seniors who have difficulty with daily living tasks or who are lonely. The Senior Companion Program (SCP) aims to keep seniors living in their own homes and to provide respite to family caregivers through home visits. Volunteers serve an average of 10 hours a week. Stipend and mileage available to those that qualify.

More information :



FGP: 505.764.6421
SCP: 505.764.1007



fpg@cabq.gov
jmstanton@cabq.gov

Veterans Day Celebrations

Date: Monday, November 10, 2025

Choose a location closest to you:

- Barelbas Senior Center
(714 7th St NW, 87102),
9:00 – 11:00 AM
- Manzano Mesa Multigenerational Center
(501 Elizabeth SE, 87123), 9:30 – 11:15 AM
- Los Volcanes Senior Center
(6500 Los Volcanes Rd NW, 87121), 10:00 – 11:00 AM
- North Valley Senior Center
(3825 4th St NW, 87107), 10:00 – 11:30 AM
- Santa Barbara Martineztown
(1825 Edith Blvd NE, 87102), 10:00 – 11:00 AM
- North Domingo Baca Multigenerational Center
(7521 Carmel Ave NE, 87113),
10:30 – 11:30 AM

Extra Opportunities

These are
free events!
Please notify the
SCP office if you
will attend to
receive program
benefits.



SANTA BARBARA MARTINEZTOWN
MULTIGENERATIONAL CENTER
PRESENTS:

2ND ANNUAL
TURKEY BINGO

MONDAY, NOVEMBER 3RD
1:30PM TO 3:00PM

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

WHILE SUPPLIES LAST COME
PLAY SOME BINGO FOR THE
CHANCE TO WIN A TURKEY!



ONE ALBUQUERQUE senior affairs

Ageless Artisan Craft Fair

Saturday
9 AM - 1 PM

15

November
2025

Manzano Mesa

Multigenerational Center
501 Elizabeth St SE, 87123

505-275-8731

Come shop and support our
senior artists! Discover unique,
one-of-a-kind items such as tin
art, wood work, ceramics,
photography, mixed media,
jewelry, and much more!



United
Healthcare

ONE
ALBUQUE
ROQUE

senior affairs



Senior Affairs Lunch Menu



November

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
 3 Pork Loin 3oz Gravy 2oz Veggie Rice Pilaf 4oz Spinach 4oz Dinner Roll 1ea Margarine 1pc Diced Pears 4oz 1% Milk 8oz	 4 Green Chile Cheeseburger 1ea Italian Blend 4oz Diced Potatoes 4oz Ketchup 1pc Orange 1ea 1% Milk 8oz	 5 Chicken Fajitas 4oz Stewed Tomatoes 4oz Pinto Beans 4oz Flour Tortilla 2ea Yogurt 4oz 1% Milk 8oz	 6 Green Chile Mac & Cheese 4oz Steamed Broccoli 4oz Edamame 4oz Mixed Berries 4oz 1% Milk 8oz	 7 Steak Fingers 4oz White Gravy 2oz Carrots 4oz Black Eyed Peas 4oz Pudding 4oz 1% Milk 8oz
 10 Ham 3oz Pineapple Glaze 2oz Cauliflower 4oz Sweet Potatoes 4oz Dinner Roll 1ea Margarine 1pc Jell-O 4oz 1% Milk 8oz	CLOSED 11  VETERANS DAY HONORING ★ ALL WHO ★ SERVED	 12 Meatball Sub Sandwich 1ea Diced Potatoes 4oz Normandy Blend 4oz Yogurt 4oz 1% Milk 8oz	 13 Mushroom & Spinach Omelet 4oz Hash Browns 4oz Stewed Tomatoes 4oz Mandarin Oranges 4oz 1% Milk 8oz	 14 Green Chile Chicken Enchiladas 5oz Pinto Beans 4oz Spanish Rice 4oz Vanilla Pudding 4oz 1% Milk 8oz
 17 Teriyaki Pork 4oz Brown Rice 4oz Stir Fry Veggies 4oz Corn & Edamame 4oz Fortune Cookie 1ea 1% Milk 8oz	 18 Beef 3oz Peppers/Onions 2oz Ranch Beans 4oz Imperial Blend 4oz Banana 1ea 1% Milk 8oz	 19 Baked Chicken Thigh 3oz Roasted Carrots 4oz Sliced Beets 4oz Vanilla Pudding 4oz 1% Milk 8oz	 20 Pasta Primavera 4oz Alfredo Sauce 1oz Normandy Blend 4oz Breadstick 1ea Peaches 4oz 1% Milk 8oz	 21 Breaded Cod Fish 4oz Tarter Sauce 1oz Red Potatoes 4oz Peas 4oz Orange 1ea 1% Milk 8oz
 24 Rotisserie Chicken 4oz Rosemary Potatoes 4oz Corn/Red Peppers 4oz Mixed Berries 4oz 1% Milk 8oz	 25 Carne Adovada 3oz Red Chile 1oz Pinto Beans 4oz Spanish Rice 4oz Flour Tortilla 2ea Grapes 4oz 1% Milk 8oz	 26 Roasted Turkey 3oz Gravy 1oz Stuffing w/ Gravy 4oz Green Bean Casserole 4oz Dinner Roll 1ea Margarine 1pc Pumpkin Pie 1ea 1% Milk 8oz	CLOSED 27 CLOSED 28 	