Senior Companion Program Newsletter

November 2026



Welcome, November!
November brings cooler temperatures, beautiful fall colors, and a season of gratitude and togetherness. As we prepare for the holidays, let's take time to appreciate those who make a difference in our community.

This month, we honor our veterans on Veterans Day and thank them for their service and sacrifice. As Thanksgiving approaches, we are especially grateful for our Senior Companion volunteers, whose kindness, compassion, and dedication make a meaningful difference in the lives of others.

With colder weather and the time change, please remember to stay safe and reach out to staff for help connecting with resources and support for you or your clients.
Wishing everyone a wonderful November and a happy, safe Thanksgiving!
– SCP Staff





Program Hours

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

Senior Companion Program Staff

Viridiana Rodriguez-Flores,
Program Supervisor
Vacant,
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

11/2: Timesheets & Mileage Logs Due
11/11: Veteran's Day, no clients
11/13: Mandatory In-Service
11/16: Timesheets & Mileage Logs Due
11/26 & 11/27: Thanksgiving Holiday, no clients
11/30: Timesheets & Mileage Logs Due

The Senior Companion program focuses on providing assistance and companionship to older adults who have difficulty with daily living tasks. AmeriCorps Seniors volunteers keep seniors independent longer and provide respite to family caregivers, while enhancing their own health and longevity as they serve their community.

November Mandatory In-Service Training

Join us for an important in-service training given by Chris Turner, Grassroots Manager for the American Heart Association. He will talk about heart health, including good nutrition & active living, stroke & heart attack awareness, hands-only CPR & advocacy within the Association and how to be involved.

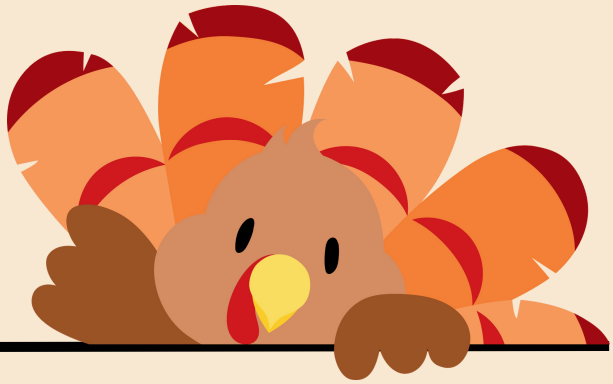
Friday, November 13, 2026
10:00am to 1:00pm
Barela's Senior Center
714 7th St. SW,
Albuquerque, NM 87102

***Lunch from Barelas Senior Center kitchen will be available. Please call Felicia to reserve your meal by November 10th.**

The Senior Companion Program will be **closed** on the following dates in observance of the holidays:

Wednesday, November 11, 2026 – Veterans Day
Thursday and Friday, November 26–27, 2026 – Thanksgiving Holiday

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



FGP/SCP Advisory Council Meeting

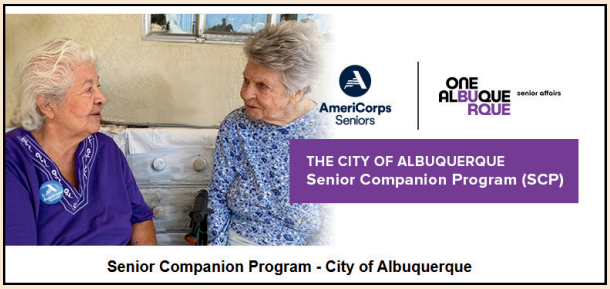
Our next advisory council meeting will be on
Wednesday, November 18, 2026 at the Barelas Senior Center -Stover Room
10:00am – 12:00pm
714 7th St SW,
Albuquerque, NM 87102

CANCELLED



***We will resume our Advisory Council meetings January 20, 2027**

Electronic Timesheets & Mileage Logs



Senior Companion Program - City of Albuquerque

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, November 2, 2026
Monday, November 16, 2026
Monday, November 30, 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

Extra Opportunities

MEDICARE FAIR
EVENT SERIES | *take care of your health*

Join us to learn about Medicare eligibility, enrollment and other affordable options. Speak with experts about benefits and features to help you find the plan that's right for you.

Return for one-on-one SHIP counseling for personalized assistance. SHIP counseling is limited and subject to availability.

Enter to win door prizes!

No enrollment is necessary to win. Personal information will not be disclosed for solicitation purposes.

LOCATIONS AND TIMES

Bear Canyon Senior Center
- Medicare Event: Oct. 14, 9 – 11 am
- SHIP Counseling: Oct. 21, 9 – 11 am

Highland Senior Center
- Medicare Event: Oct. 15, 9 – 11 am
- SHIP Counseling: Oct. 22, 9 – 11 am

Manzano Mesa Multigenerational Center
- Medicare Event: Nov. 6, 11 am – 1 pm
- SHIP Counseling: Nov. 18, 11 am – 1 pm

Barelas Senior Center
- Medicare Event: Nov. 12, 11 am – 1 pm
- SHIP Counseling: Nov. 19, 11 am – 1 pm

Call **505-764-6400** for more information

ONE ALBUQUERQUE senior affairs

14TH ANNUAL VETERANS STAR MEMORIAL

TUESDAY **NOVEMBER 10TH**

9 AM - 11 AM

Join Veterans, seniors, family & friends as we celebrate Veterans past & present.

EL CAMINO RAEL MAIN GARDEN AT BARELAS SENIOR CENTER 714 7TH STREET SW, 87102

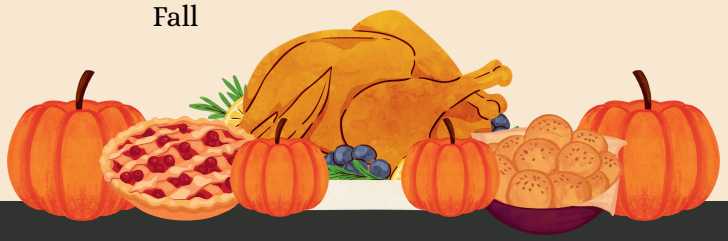
ONE ALBUQUERQUE senior affairs

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

November Word Search

Thanksgiving
Stuffing
Soldier
Harvest
Leaves
Cranberries
Haystack
Pumpkin
Chilly
Feast
Acorn
Fall
Potatoes
Holiday
Turkey
Windy
Rake
Scarecrow
Election
Pilgrim
Cornucopia
Applies
November
Autumn
Veterans
Indians
Squash
Rake
Fall
Corn
Pie
Acorn
Fall

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



ONE ALBUQUERQUE

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
2 Meatball Sub Sandwich 1ea Diced Potatoes 4oz Normandy Blend 4oz Jell-O 4oz 1% Milk 8oz	**3** Ham 3oz Pineapple Glaze 2oz Cauliflower 4oz Sweet Potato Mash 4oz Dinner Roll 1ea Margarine 1pc Vanilla Pudding 4oz 1% Milk 8oz	**4** Chicken Fajitas 4oz Stewed Tomatoes 4oz Pinto Beans 4oz Flour Tortillas 2ea Applesauce 1ea 1% Milk 8oz	**5** Green Chile Mac & Cheese 4oz Diced Beets 4oz Brussel Sprouts 4oz Orange 1ea 1% Milk 8oz	**6** Steak Fingers 4oz White Gravy 2oz Edamame 4oz Corn w/ Peppers 4oz Yogurt 4oz 1% Milk 8oz
9 Green Chile Cheeseburger 1ea Italian Blend Veggies 4oz Diced Potatoes 4oz Ketchup 1pc Orange 1ea 1% Milk 8oz	**10** Pork Loin 3oz Gravy 2oz Veggie Rice Pilaf 4oz Spinach 4oz Dinner Roll 1ea Margarine 1pc Diced Pears 4oz 1% Milk 8oz	**CLOSED 11** 	**12** Fettuccini Alfredo w/ Peas 4oz Normandy Blend 1oz Breadstick 4oz Peaches 1ea 1% Milk 4oz 8oz	**13** Green Chile Chicken Enchiladas 5oz Pinto Beans 4oz Spanish Rice 4oz Vanilla Pudding 4oz 1% Milk 8oz
16 Teriyaki Pork 4oz Brown Rice 4oz Stir Fry Vegetables 4oz Succotash 4oz Fortune Cookie 1ea 1% Milk 8oz	**17** Beef w/ Peppers & Onions 3oz Sliced Beets 2oz Green Beans/Onions 4oz Grapes 4oz 1% Milk 8oz	**18** BBQ Baked Chicken Thigh 3oz Roasted Carrots 4oz Baked Beans 4oz Vanilla Pudding 4oz 1% Milk 8oz	**19** Omelet 3oz Spinach/Mushrooms 4oz Stewed Tomatoes 4oz Toast w/ Butter 1ea Banana 1ea 1% Milk 8oz	**20** Breaded Pollock 4oz Tarter Sauce 1ea Steamed Potatoes 4oz Brussel Sprouts 4oz Orange 4oz 1% Milk 8oz
23 Rotisserie Chicken 4oz Rosemary Potatoes 4oz Corn/Red Peppers 4oz Dinner Roll 1ea Margarine 1pc Chocolate Pudding 4oz 1% Milk 8oz	**24** Carne Adovada 3oz Red Chile 1oz Pinto Beans 4oz Spanish Rice 4oz Flour Tortillas 2ea Grapes 4oz 1% Milk 8oz	**25** 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 26** 	**CLOSED 27**
30 Salisbury Steak 3oz Mushroom Gravy 2oz Mashed Potatoes 4oz Carrots 4oz Brownie 1ea 1% Milk 8oz	**1** Green Chile Chicken Posole w/ Potatoes 4oz Steamed Cauliflower 4oz Seasoned Broccoli 4oz Saltine Crackers 1pc Applesauce 1ea 1% Milk 8oz	**2** Meatloaf w/ Sauce 4oz Roasted Potatoes 4oz Succotash 4oz Dinner Roll 1ea Margarine 1pc Pear 1ea 1% Milk 8oz	**3** Green Chile Veggie Cheeseburger 1ea Baked Beans 4oz Sweet Potato Mash 4oz Yogurt 4oz 1% Milk 8oz	**4** Black Bean Chili 4oz Green Beans 4oz Brussel Sprouts 4oz Cornbread 1ea Jell-O 4oz 1% Milk 8oz