

October 2026

Hello!

It's finally October, which means Balloon Fiesta, fall festivals, pumpkin patches, costumes, community gatherings, and plenty of other spooky-season fun are here!

The temperatures are beginning to cool down, and before we know it, the leaves will be changing colors. It's a wonderful time of year to get out, enjoy the season, and connect with our community.

There are many seasonal activities and events taking place at senior and multigenerational centers throughout the community. If you're interested in participating, be sure to check the activity and event calendars at your favorite center to see what's happening this month.

As the weather gets cooler, please don't hesitate to reach out to staff if you or any of your clients need assistance. We're always happy to help connect you with the appropriate resources and support.

Happy October!
- 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

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Special Dates & Announcements

10/2: Mandatory In-Service
10/5: Timesheets & Mileage Logs Due
10/12: Indigenous People's Day, no clients
10/19: Timesheets & Mileage Logs Due
10/20: Extra Opportunity

October Mandatory In-Service Training

Join us for an important in-service training given by Crystal Medina MSN,RN,CPAN on Older Adult Defensive Driving and Fall Prevention.

Friday, October 2, 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 September 30th.**



The Senior Companion Program
will be closed on

Monday, October 12, 2026

in observance of Independence Day.

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

ONE ALBUQUERQUE senior affairs

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:

- ✓ Hats
- ✓ Socks
- ✓ Gloves
- ✓ Scarves
- ✓ Blankets*

*Handmade Blankets Must Be New

BRING DONATIONS TO YOUR LOCAL SENIOR OR MULTIGENERATIONAL CENTER

DONATION PERIOD
NOVEMBER 1-30, 2026

For More Information Call
505-764-6400

Scan below to shop
the Amazon Wish List



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, October 5, 2026

Monday, October 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>

Extra Opportunity



30 Years!

Join us as we celebrate 30
incredible years of the 50+ Expo!
Bigger, Better, and Now at
the Newly Renovated
Museum of Natural History & Science!

Tuesday, October 20th 2026!

NEW LOCATION!

8:30AM - 1PM at the

Museum of Natural History & Science

- FREE EVENT -

**Free Health Information and Screenings,
Live Entertainment, Giveaways and Much More!**

Brought to you by Presenting Sponsor



AND



For More Info Contact:
Prime Time Publishing
Publisher@PrimeTimeNM.com
505-242-2428

PrimeTimeNM.com

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



October Word Search



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

Acorn
Apple
Autumn

Bonfire
Chestnut
Cider

Cornucopia
Cranberry
Crisp

Festival
Foliage
Football

Gourd
Halloween
Harvest

Hayride
Leaves
Maple

November
Orange
Orchard

Pumpkin
Rake
Scarecrow

Squash
Sunflower
Sweater



Senior Affairs Lunch Menu

**ONE
ALBUQUE
RQUE**

OCTOBER



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
28 Green Chile Chicken Pozole/Pinto Beans 4oz Peppers & Onions 4oz Calabacitas 4oz Tortilla 2ea Mandarin Oranges 4oz 1% Milk 8oz	29 Beef Tips 3oz Brown Rice 4oz Normandy Blend 4oz Dinner Roll 1ea Margarine 1pc Warm Apple Slices 4oz 1% Milk 8oz	30 Carne Adovada 3oz Red Chile 2oz Pinto Beans 4oz Spanish Rice 4oz Tortilla 2ea Vanilla Pudding 4oz 1% Milk 8oz	1 Baked Ziti 4oz Succotash 4oz Garlic Breadstick 1ea Applesauce 4oz 1% Milk 8oz	2 Green Chile Cheeseburger 1ea Diced Potatoes 4oz Steamed Broccoli 4oz Jell-O 4oz 1% Milk 8oz
5 Chicken Fajitas w/ Salsa 3oz 1pc Pinto Beans 4oz Flour Tortillas 2ea Hot Sliced Apples 4oz 1% Milk 8oz	6 Beef Stroganoff 3oz Elbow Pasta 3oz Spinach w/ Onions 4oz Dinner Roll 1ea Margarine 1pc Grapes 1pc 1% Milk 8oz	7 Pork Posole 3oz Green Chile Potatoes 3oz Steamed Carrots 4oz Broccoli 4oz Slice Sour Dough 1ea Margarine 1pc Yogurt 4ea 1% Milk 8oz	8 Mac & Cheese w/ Broccoli 4oz 1oz Steamed Cauliflower 4oz Diced Beets 4oz Brownie 1ea 1% Milk 8oz	9 BBQ Pulled Pork 3oz Sweet Potato Mash 4oz Green Beans w/ Mushrooms 4oz Dinner Roll 1ea Margarine 1pc Jell-O 4oz 1% Milk 8oz
CLOSED 12 INDIGENOUS PEOPLES' DAY	13 Teriyaki Pork 3oz Brown Rice 2oz Stir Fry Vegetables 4oz Corn & Edamame 4oz Diced Pears 4oz 1% Milk 8oz	14 Frito Pie 5oz Fritos 1oz Normandy Blend 4oz Jell-O 4oz 1% Milk 8oz	15 Veggie Green Chile Cheese Burger 1ea Diced Potatoes 4oz Stewed Tomatoes 4oz Diced Peaches 4oz 1% Milk 8oz	16 Beef Cottage Pie 5oz Spinach w/ Onions 4oz Corn Bread 1ea Mandarin Oranges 4oz 1% Milk 8oz
19 Pork Tamales 2ea Red Chile 1oz Spinach 4oz Black Beans 4oz Pear 1ea 1% Milk 8oz	20 Open Faced Turkey Sandwich 3oz Gravy 2oz Mashed Potatoes 4oz Green Beans 4oz Orange 1ea 1% Milk 8oz	21 Sweet & Sour Pork 4oz Brown Rice 4oz Stir Fry Vegetables 4oz Sliced Carrots 4oz Pudding 4oz 1% Milk 8oz	22 Anti-Inflammatory Vegetable Lasagna (Pasta, Marinara, Spinach, Cheese, & Zucchini) 5oz Three Bean Salad 4oz Garlic Breadstick 1ea Yogurt 4oz 1% Milk 8oz	New Mexican Grown 23 Green Chile Stew (Chicken/Potatoes) 4oz Pinto Beans 4oz Flour Tortilla 2ea Applesauce 4oz 1% Milk 8oz
26 Beef Tips 3oz Pasta/Gravy 2oz/2oz Green Beans & Mushrooms 4oz Bell Peppers/Onions 4oz Dinner Roll 1ea Margarine 1pc Pudding 4oz 1% Milk 8oz	27 Chicken Pot Pie w/ Biscuit 5oz 1ea Diced Beets 4oz Brussel Sprouts 4oz Yogurt 4oz 1% Milk 8oz	28 Breaded Pollock 3oz Tartar Sauce 1pc Brown Rice 4oz Cauliflower 4oz Dinner Roll 1ea Margarine 1pc Sliced Apple 1ea 1% Milk 8oz	29 Cheese Omelet w/ Spinach 3oz 2oz Stewed Tomato 4oz Diced Sweet Potatoes 4oz Mandarin Oranges 4oz 1% Milk 8oz	30 Mummy Loaf in Swamp Water aka Meatloaf w/ Gravy 4oz Mashed Potatoes 4oz Sliced Carrots 4oz Dinner Roll 1ea Margarine 1pc Jell-O 4oz 1% Milk 8oz