

September 2026



Hello September!



Later this month, fall will officially be in full swing, and the holiday season will soon be upon us. We hope the extreme summer temperatures will begin to retreat as we look forward to cooler fall days and the changing season.

September is filled with activities and opportunities to get involved! We will be participating in the 9/11 Day of Service and are looking for a few volunteers to assist. We will also be celebrating the 2025 AmeriCorps Seniors Nationwide Celebration on September 15. Please let the SCP office know if you plan to attend either of these events.

We continue our recruiting efforts and look forward to welcoming more volunteers to the Senior Companion Program. If you know an active adult age 55 or older who may be interested in becoming a Senior Companion, please encourage them to reach out to our office to learn more.

We hope everyone enjoys the Labor Day weekend! As a reminder, there will be no client visits on Monday, September 7, in observance of the holiday, and the SCP office will be closed. Enjoy the long weekend, and stay cool!

-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

9/7: Labor Day Holiday, no clients
9/8: Timesheets & Mileage Logs Due
9/15: Mandatory AmeriCorps Celebration
9/21: Mandatory In-Service Training
9/21: Timesheets & Mileage Logs Due



September Birthdays

Mary Lyon - 9/4



HAPPY
LABOR
Day

The Senior Companion Program
will be closed on
Monday, September 7, 2026
in observance of Independence Day.

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

September Mandatory In-Service Training



Join us for an important in-service training
given by NAMI to learn about information
and resource for Mental Health Care.

Monday, Sept. 21, 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 17th.**

Electronic Timesheets & Mileage Logs



APPLY TO BE A VOLUNTEER

ENTER HOURS SERVED

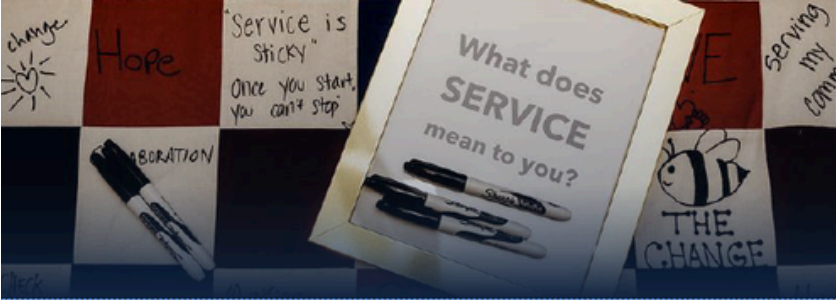
Timesheets and mileage must be entered
biweekly by the Monday following each pay
period, before 2:00pm to get processed in a
timely manner.

NEW Tuesday, September 8, 2026
Monday, September 21, 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>



2026 AmeriCorps Seniors Nationwide Celebration

Save the Date!

You're invited to join us for a special celebration honoring the spirit of service that strengthens our community. As part of this year's national focus on A Nation of Service, we'll come together to reflect, connect, and celebrate the impact volunteers make every day.

Date

Tuesday, September 15, 2026

Time

We'll join the national broadcast together from 12:00-1:30 p.m. during our local celebration.

Location

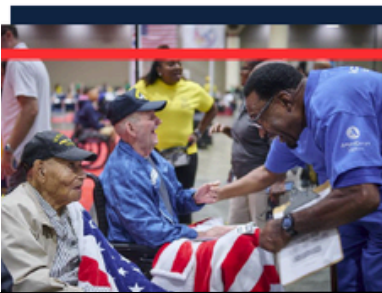
Barelas Senior Center

Hosted by

SCP, FGP, RSVP

What's Planned

- Connect with fellow volunteers and staff from our project
- Join volunteers and projects from across the country through the national broadcast
- Enjoy time together as a community



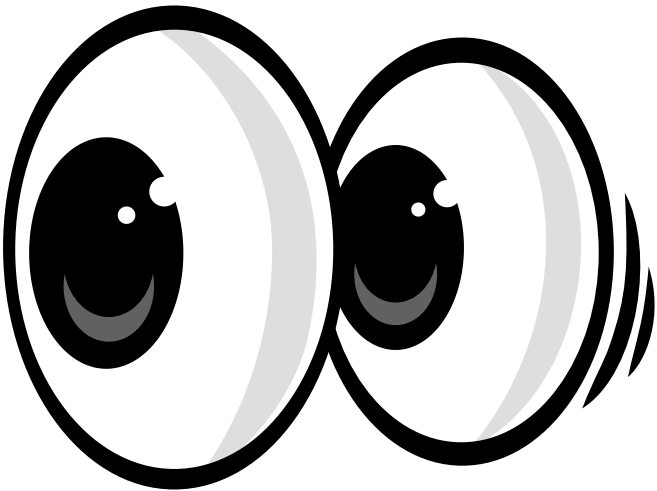
We hope you will join us!

For more information, contact:
[Felicia at 505-764-1007]



AmeriCorps
Seniors

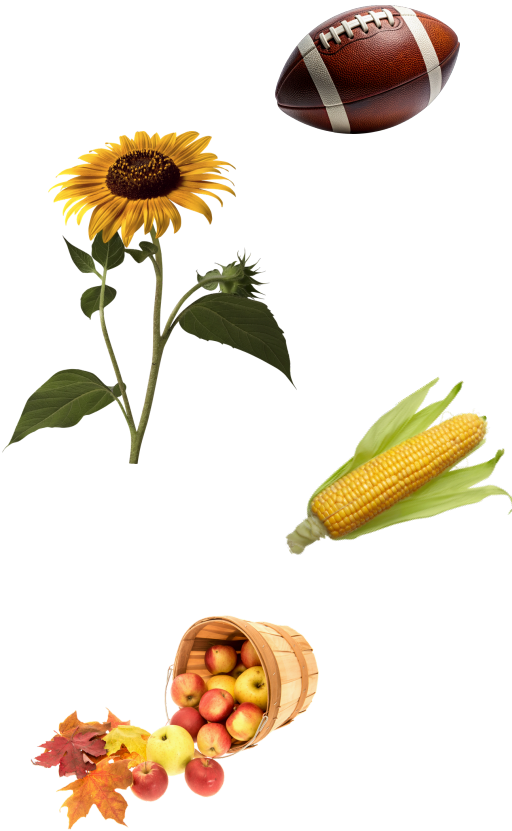
Additional Mandatory September Event



**Please notify the SCP office if you will attend
the event to receive program benefits.**

Apple
Acorn
School
Fall
Leaves
Color
Pumpkin
Owl
Football
Corn
Autumn
Backpack
Book
Bus
Teacher
Friends
September
Sunflower
Classroom
Pencil

September Word Search



Senior Affairs Lunch Menu

**ONE
ALBUQUE
RQUE**

SEPTEMBER

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
31 Pork Fajitas 4oz Steamed Broccoli 4oz Calabacitas 4oz Tortilla 2ea Orange 4oz 1% Milk 8oz	1 Chicken Parmesan 5oz Brussel Sprouts 4oz Steamed Carrots 4oz Brownie 1ea 1% Milk 8oz	2 Red Chile Beef Enchiladas 4oz Pinto Beans 4oz Spanish Rice 4oz Yogurt 4oz 1% Milk 8oz	3 Elbow Mac & Cheese w/ Broccoli 4oz Spinach/Mushrooms 4oz Wheat Breadstick 1ea Cupped Peaches 4oz 1% Milk 8oz	4 Meatloaf 4oz Green Beans 4oz Cauliflower 4oz Dinner Roll 1ea Margarine 1pc Pear 4oz 1% Milk 8oz
CLOSED 7 	8 Roasted Pork Loin 3oz Brown Gravy 1oz Scalloped Potatoes 4oz Brussel Sprouts 4oz Dinner Roll 1ea Margarine 1pc Pears 4oz 1% Milk 8oz	9 Teriyaki Chicken 3oz Stir Fry Vegetables 4oz Soy Sauce 1pc Green Beans w/ Mushrooms 4oz Brown Rice 4oz Fortune Cookie 2ea 1% Milk 8oz	10 Pasta Primavera w/ Broccoli & Carrots 4oz Spinach & Chick Peas 4oz Diced Beets 4oz Mandarin Oranges 4oz 1% Milk 8oz	11 Chile Bowl/Beef 3oz Pinto Beans 4oz Red Chile 1oz Calabacitas 4oz Corn Bread 1ea Mixed Berries 4oz 1% Milk 8oz
14 Meatloaf w/ Gravy 3oz Mashed Potatoes 1oz Sliced Carrots 4oz Dinner Roll 1ea Margarine 1pc Yogurt 4oz 1% Milk 8oz	15 Rotisserie Chicken 3oz Brown Rice 4oz Diced Beets 4oz Green Beans w/ Mushrooms 4oz Dinner Roll 1ea Margarine 1pc Grapes 1ea 1% Milk 8oz	16 Lemon Pepper Pollock 3oz Buttered Noodles 4oz Spinach 4oz Pinto Beans 4oz Dinner Roll 1ea Margarine 1pc Banana 1ea 1% Milk 8oz	17 Southwest Omelet 3oz Peppers w/ Onions 4oz Green Chile 1oz Stewed Tomatoes 4oz Black & Pinto Beans 4oz Peaches 4oz 1% Milk 8oz	18 Herb Pork Loin 3oz Gravy 1oz Sautéed Zucchini 4oz Diced Potatoes 4oz Dinner Roll 1ea Margarine 1pc Applesauce 4oz 1% Milk 8oz
21 BBQ Chicken 3oz Corn & Red Peppers 4oz Baked Beans 4oz Cornbread 1ea Yogurt 4oz 1% Milk 8oz	22 Salisbury Steak 3oz Brown Gravy 1oz Mashed Potatoes 4oz Succotash 4oz Mandarin Oranges 4oz 1% Milk 8oz	23 Sweet & Sour Pork 3oz Stir Fry Vegetables 4oz Brussel Sprouts 4oz Brown Rice 4oz Dinner Roll 1ea Margarine 1pc Warm Sliced Apples 4oz 1% Milk 8oz	24 Anti-Inflammatory Enchiladas (Green Chile, Squash, Cheese & Corn Tortillas) 2ea Pinto Beans 4oz Spanish Rice 4oz Pudding 4oz 1% Milk 8oz	25 Tuna Noodle Casserole 4oz Normandy Blend 4oz Breadstick 1ea Diced Pears 4oz 1% Milk 8oz
28 Green Chile Chicken 3oz 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 4oz Cheeseburger 1ea Diced Potatoes 4oz Steamed Broccoli 4oz Jell-O 4oz 1% Milk 8oz