

You are invited to our Senior Homecoming Dance!



Dress up and join us for a fun
afternoon under the stars with
dancing and live music!

Monday, August 21st

1:00pm - 3:00pm



Please sign-up at the front desk

Center Hours

M-F: 8a-9p Sat: 9a-3p

Sun: Closed

Center Staff

Brittani Torres, Center Manager

David Goode, Center Supervisor

Esperanza Molina, Coordinator

Josephine Griego, Coordinator

Mailiya Williams,

Office Assistant

Katherine Jimenez,

Julie Mars &

Alexia Watson-Gallegos

Program Assistants

Angie Marentes,

Recreation Assistant

Leroy Chambers, Cook

Maria Dominguez, Kitchen Aid

Monica Rosales, General Services

Leon Mascarenas, General Services

Special Dates & Announcements

8/2: TRIP - UNM Art Museum

8/9: Movie Day - Practical Magic

8/10: Coffee w/a Cop

8/11: Family Movie Night - Elementals

8/15: GEHM Clinic

8/15: Live Music

8/16: TRIP - Tinker Town

8/21: National Senior Citizen's Day

8/21: Senior Homecoming Dance

8/30: Blue Cross Blue Shield Care Van

8/30: Shot Clinic

8/30: TRIP - Natural History Museum

Accredited by 
National Institute of
Senior Centers

JOB FAIR

See what Job opportunities are available.
Hiring Event with 45+ Employers!



Top 8 Occupations Hiring

- Administrative
- Customer Service
- Hospitality
- Information Technology
- Education
- Landscaping
- Manufacturing
- Medical

Wednesday, August 30, 2023
9:00am - 12:00pm

REIKI

Reiki is an energy healing technique in which uses gentle hand movements with the intention to guide the flow of healthy energy through the client's body to reduce stress and promote healing.



Every Friday
9:00am-11:00am



Class:
August 25th

Last Friday of the Month
1:00pm - 5:00pm



AARP Members \$20
Non-Members \$25

Pymt: Cash/Check to Instructor in class
Bring Driver's License &
AARP membership Card (if Member)

Sign up at the Front Desk

GEHM CLINIC

Students from the College of Nursing and Pharmacy provide clinic services: may include blood pressure check, pulse, oxygen saturation, height, weight, blood glucose check and referrals if indicated.

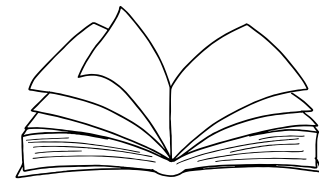


Tuesday, August 15
9:00am-1:00pm

MEMBERS WANTED

Join us for Bible Discussion
every Thursday

10:00am - 11:00am



No sign-up required!

Shot Clinic

Covid Vaccine and Covid Booster
No appointments necessary. High dose flu shots recommended by the CDC for seniors aged 65+, as well as the regular strength for everyone else.

Wednesday, August 23
9:00am-12:00pm

Sponsored by:



University of New Mexico Art Museum



**Wednesday,
August 2nd**

Check in: 12:45 pm
Depart: 1:00 pm
Return: 4:00 pm

UNIVERSITY of
NEW MEXICO
ART MUSEUM

**Sign up at the front desk
lunch at own expense**

Senior Movie Trip



Movie: TBD* Check in: TBD*
August 22nd Depart: TBD*
Return: TBD*

**Sign up at the front desk
ticket & concessions at own expense**
***Information will be available closer to
the trip**

Tinker Town & Lazy Lizard Grill



**Wednesday,
August 16th** Check in: 9:15am
Depart: 9:30am
Return: 3:00pm

**Sign up at the front desk
lunch at own expense**

Natural History Museum & Sawmill Market

**Wednesday,
August 30th**

Check in: 9:00am
Depart: 9:15am
Return: 4:00pm



**Sign up at the front desk
lunch at own expense**

Introducing DSA's New Volunteer Program for ALL-AGES:

VIA (Volunteers In Action)

VIA is an ALL-AGES volunteer program with the Department of Senior Affairs for anyone interested in becoming more involved in our community. Volunteers may assist with existing programming, teach a new skill, enhance special events, or participate in a service project. The possibilities are endless! Visit oneabqvolunteers.com, select "Serve with Seniors", and click "Respond" to sign-up now!

Monday

Fitness Room 8:00am - 8:45pm
Billiards 8am - 12:30pm / 5:30pm - 8:45pm
Table Tennis 8:00am - 12:30pm / 5:30pm - 8:45pm
Aerobics 8:15am - 9:15am
Computer Lab 8:00am - 8:45pm
Line Dance: 9
Gentle Exercise 9:30am - 10:30am
Friendship Coffee 10:30am - 11:30am (2nd & 4th Tues)
Zumba Gold 10:45am - 11:45am \$
Happy Hookers 1:00pm - 3:00pm
Volleyball 5:30pm - 8:30pm
Line Dance 6:00pm - 8:00pm
Yoga: Hatha Blend 6:00pm - 7:15pm \$



Tuesday

Fitness Room 8:00am - 8:45pm
Billiards 8am - 12:30pm / 5:30pm - 8:45pm
Table Tennis 8am - 12:30pm / 5:30pm - 8:45pm
Computer Lab 8:00am - 8:45pm
Tai Chi 9:00am - 10:00am
Flex & Tone 8:15am - 9:15am
Pottery 8:30am - 11:30am
Line Dance: Intermediate 9:15am - 11:15am
Pickleball Training 9:30am - 11:30am
Shuffle Board 1:00pm - 4:00pm
Sing-a-Long 1:30pm - 2:30pm
Badminton 5:30pm - 8:45pm
Functional Fitness 6:30pm - 7:30pm
Celtic Sessions Group 6:30pm - 8:30pm
Personal Defense Club 7:30pm - 8:45pm



Wednesday

Fitness Room 8:00am - 8:45 pm
Billiards 8am - 12:30pm / 5:30pm - 8:45pm
Table Tennis 8:00am - 12:30pm / 5:30pm - 8:45pm
Woodcarving 8:00am - 11:30am
Aerobics 8:15am - 9:15am
Computer Lab 8:00am - 8:45pm
Gentle Exercise 9:30am - 10:30am
Meditation Group 10:00am - 11:00am
Zumba Gold 10:45am - 11:45am \$
Open Basketball 11:30am - 12:30pm
Starter Line Dancing 9:30am - 10:30am
Pinochle 1:00pm - 4:30pm
Line Dance: Beg/Improver 1:30pm - 3:30pm
Yoga: Beginning 6:00pm - 7:00pm \$
Senior Men's Basketball 6:00pm - 8:45pm
Albuquerque Astronomical Society 7:00pm - 8:45pm
(1st & 3rd Wednesday)



Thursday

Fitness Room 8:00am - 8:45pm
Billiards 8am - 12:30pm / 5:30pm - 8:45pm
Table Tennis 8:00am - 12:30pm / 5:30pm - 8:45pm
Computer Lab 8:00am - 8:45pm
Flex & Tone 8:15am - 9:15am
Tai Chi 9:00am - 10:00am
Pottery 9:00am - 1:00pm
Pickleball Training 9:30am - 11:30am
Open & Senior Men's Basketball 11:30am - 12:30pm
Artist's Corner 1:00pm - 4:00pm
Bingo 2:00pm - 4:00pm
Pickleball 1:00pm - 4:00pm
Badminton 5:30pm - 8:45pm
Speak w/ Distinction Toastmasters 5:30pm - 6:30pm
Belly Dance 6:00pm - 8:00pm

Friday

Fitness Room 8:00am - 8:45pm
Billiards 8:00am - 3:00pm / 5:30pm - 8:45pm
Table Tennis 8:00am - 3:00pm / 5:30pm - 8:45pm
Aerobics 8:15am - 9:15am
Computer Lab 8:00am - 8:45pm
Gentle Exercise 9:30am - 10:30am
TOPS 10:00am - 11:30am
Reiki 9:00am - 11:00am
Open & Seniors Men's Basketball 11:00am - 12:00pm
Badminton 1:00pm - 4:00pm
Clogging: Starter to Intermediate 6:00pm - 8:30pm
Volleyball 5:30pm - 7:00pm
Basketball 7:15pm - 8:45pm

Saturday

Fitness Room 9:00am - 2:45pm
Billiards 9:00am - 2:45pm
Table Tennis 9:00am - 2:45pm
Pickleball 9:00am - 12:00pm
Libros 9:00am - 1:00pm (1ST SATURDAY)
Project Linus 9:00am 12:00pm (2nd Saturday)
Laughter Yoga 9:00am - 10:00am
Celtic Sessions Group 12:00pm - 2:00pm (2nd & 4th Saturday)
Cherokees of NM 12:00pm - 2:45pm (1st Saturday)
Family Basketball 1:00pm - 2:45pm (15 & under accompanied by parent/guardian)



The Department of Senior Affairs Senior Meal Program is proud to be part of the New Mexico Grown state initiative to provide locally sourced fruits, vegetables, beans, and chile, ensuring our seniors a healthy meal.



<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
31 ♦ Spaghetti w/ marinara sauce ♦ Broccoli w/red peppers ♦ Seasonal vegetable ♦ Garlic breadstick ♦ Yogurt ♦ 1% milk 	1 ♦ Green chile chicken enchilada ♦ Pinto beans ♦ Calabacitas ♦ Mandarin oranges ♦ 1% milk 	2 ♦ Philly Cheesesteak sandwich ♦ Steamed carrots ♦ Warm cinnamon apples ♦ Whole grain hoagie bun ♦ 1% milk 	3 ♦ Meatloaf w/tomato gravy ♦ Roasted redskin potatoes ♦ Green beans ♦ Fresh seasonal fruit ♦ Whole grain dinner role ♦ 1% milk 	4 ♦ Salmon w/ pineapple over brown rice pilaf ♦ Brussel sprouts ♦ Diced beets ♦ Honeydew melon ♦ 1% milk 
7 ♦ Sweet and sour pork w/ fajita blend vegetables ♦ Brown rice ♦ Green peas ♦ Vanilla pudding ♦ 1% milk 	8 ♦ Cheeseburger w/ mushrooms ♦ Mushroom sauté ♦ Tater tots ♦ Whole grain bun ♦ Banana ♦ 1% milk 	9 ♦ Lime fish tacos ♦ Calabacitas ♦ Steamed carrots ♦ Fresh seasonal fruit ♦ 1% milk 	10 ♦ Beef tips w/ brown gravy ♦ Spinach w/ onions ♦ Sweet potatoes ♦ Watermelon or fresh seasonal fruit ♦ 1% milk 	11 ♦ Chicken alfredo ♦ Zucchini w/ red peppers ♦ Seasonal vegetable ♦ Fresh peaches or fresh seasonal fruit ♦ 1% milk 
14 ♦ Cheese omelet w/ red chile ♦ Stewed tomato ♦ Diced potatoes ♦ Whole grain biscuit ♦ Mandarin oranges ♦ 1% milk 	15 ♦ Spaghetti w/ meatballs ♦ Green beans ♦ Seasonal vegetable ♦ Pineapple ♦ 1% milk 	16 ♦ Chicken salad w/bell pepper, celery, onion ♦ Fresh cucumber slices ♦ Coleslaw ♦ Whole grain bread ♦ Cantaloupe ♦ 1% milk 	17 ♦ Pollock over brown rice ♦ Malibu blend (carrots, cauliflower) ♦ Green peas ♦ Fresh seasonal fruit ♦ Tarter sauce ♦ 1% milk 	18 ♦ Roasted pork loin w/ brown gravy ♦ Scalloped potatoes ♦ Carrots ♦ Pears ♦ Whole grain dinner role ♦ 1% milk 
21 ♦ Salisbury steak w/ brown gravy ♦ Roasted rosemary potatoes ♦ Spinach ♦ Mandarin oranges ♦ 1% milk 	22 ♦ BBQ pork ♦ Baked beans ♦ Broccoli w/ red peppers ♦ Fresh apricots or fresh seasonal fruit ♦ Whole grain dinner role ♦ 1% milk 	23 ♦ Baked seasoned chicken w/ brown rice pilaf ♦ Sweet potato ♦ Green beans ♦ Red grapes ♦ 1% milk 	24 ♦ Spinach lasagna ♦ Buttery corn ♦ Summer squash ♦ Garlic breadstick ♦ Yogurt ♦ 1% milk 	25 ♦ Baked garlic tilapia w ancient grain blend ♦ Brussel sprouts ♦ Corn w/ bell peppers ♦ Honeydew melon ♦ Chocolate chip cookies ♦ 1% milk 
28 ♦ Sliced ham w/ cornbread ♦ Pinto beans ♦ Collard greens ♦ Pineapple ♦ 1% milk 	29 ♦ Beef and vegetable stir fry ♦ Buttered noodles ♦ Green beans w/ mushrooms ♦ Fresh seasonal fruit ♦ 1% milk 	30 ♦ Fish and chips ♦ Stewed tomatoes ♦ Warm sliced apples ♦ Whole grain dinner role ♦ 1% milk 	31 ♦ Chicken w/ ziti pasta ♦ Steamed broccoli ♦ Carrots and zucchini ♦ Fresh strawberries ♦ 1% milk 	1 ♦ Green chile cheeseburger ♦ Tator tots ♦ Sliced tomatoes ♦ Whole grain bun ♦ Watermelon ♦ 1% milk 

Dine in lunch is served 11:30 a.m. - 1:00 p.m. Monday - Friday.

Please call 505-275-8731 to make your reservation by 1:00pm the day prior.

Family Movie Night

Disney · Pixar

ELEMENTAL

Friday, August 11th

6:00pm - 8:00pm

Sign up at the front desk

Come meet the City of Albuquerque Planning Department

Come and tell the Planning Department what you love about the East Gateway Community and what changes you would like to see!

Wednesday, August 2nd &
August 9

11:00am - 1:00pm

&

Friday, August 4 & August 11

8:00am - 9:30am



Department of Senior Affairs Advisory Council

Help promote, advocate, and support the
senior community

2023 Meeting Schedule

August: No Meeting

September 18: CASA Kitchen - 2540 Karsten
Ct SE, 87102

October 16: Senior Information & Assistance
Line Office - 1620 1st NW, 87102

November 20: Manzano Mesa Multigenerational
Center - 501 Elizabeth St SE, 87123

Fitness Equipment Orientation

Need help learning to use the
fitness equipment properly?

Call 505-275-8731 to schedule
your appointment with Angie!

