

September 2023

# HALLOWEEN FALL FESTIVAL



## 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, &

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

10/4: TRIP - Rattlesnake Museum

10/6: TRIP - Big Jim Farms

10/9: CENTER CLOSED - Indigenous Peoples' Day

10/10: TRIP - Hot Air Balloon Viewing @ NDB

10/11: TRIP - Prime Time Expo

10/18: TRIP - Restaurant Trip Buca Di Beppo

10/20: Fall Festival

10/24: Friendship Coffee

10/25: TRIP - Railrunner

10/27: Family Movie Night

10/31: Pet Parade

Accredited by



National Institute of Senior Centers

Our Mission: We are committed to providing resources with care and compassion that help our community thrive while embracing aging.



**Class:  
October 27**

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

**AARP Members \$20  
Non-Members \$25**

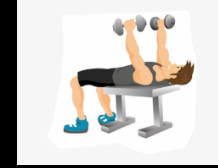
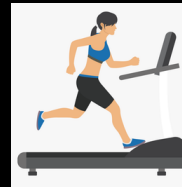
**Pymt: Cash/Check to Instructor in class  
Bring Driver's License &  
AARP membership Card (if Member)**



**Sign up at the Front Desk**

## **Fitness Equipment Orientation Spring into Fitness**

Need help learning to use the fitness equipment properly?  
Call 505-275-8731 to schedule your appointment with Angie!



## **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.



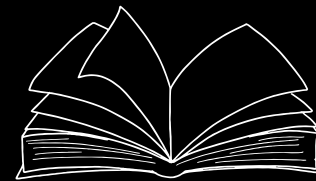
**Every Friday  
9:00am-11:00am**

## **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, October 25

9:00am-12:00pm

Sponsored by:



## **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, October 17**

**9:00am-1:00pm**



## Rattle Snake Museum & Old Town Pizza

October 4, 2023

Check in: 12:45pm

Depart: 1:00pm

Return: 4:00pm



lunch at own expense  
Sign up at the front desk

## Big Jims Farm & Sadie's

October 6, 2023

Check in: 9:00am

Depart: 9:15am

Return: 1:00pm



lunch at own expense  
Sign up at the front desk

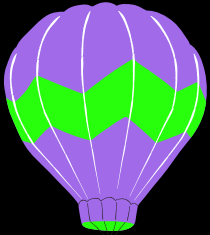
## Hot Air Balloon Viewing At North Domingo Baca

October 10, 2023

Check in: 7:00am

Depart: 7:15am

Return: 11:00am



Sign up at the front desk

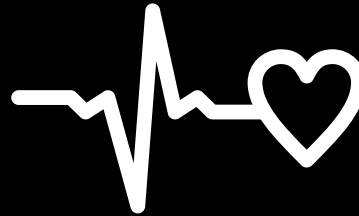
## Prime Time Expo

October 11, 2023

Check in: 8:00am

Depart: 8:15am

Return: 2:00pm



Sign up at the front desk

## Cultural Restaurant Trip

### Buca di Beppo

October 18, 2023

Check in: 10:45am

Depart: 11:00am

Return: 2:00pm



lunch at own expense  
Sign up at the front desk

## Rail Runner To Santa Fe

### & Tomasitas

October 25, 2023

Check in: 8:15am

Depart: 8:30am

Return: 3:30pm

lunch at own  
expense



Sign up at the front desk

## 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: 9:15am - 11:15am  
Gentle Exercise 9:30am - 10:30am  
Zumba Gold 10:45am - 11:45am \$  
Mah Jong 11:00am - 2:30pm  
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  
Friendship Coffee 10:30am - 11:30am (2nd & 4th Tues)  
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 - 8:45pm  
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  
Quilting 9:00am - 1:00pm (Last Thursday of Month)  
Mental Health Support Group 9:00am - 10:30am  
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)  
Magic Club 12:00pm - 3:00pm (3rd 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.



| Monday  | Tuesday  | Wednesday  | Thursday   | Friday  |
|---|--|--|--|---|
| <p>2</p> <ul style="list-style-type: none"> <li>◆ Chicken fajitas</li> <li>◆ Flour tortilla</li> <li>◆ Ranch beans</li> <li>◆ Hot sliced apples</li> <li>◆ 1% milk</li> </ul>                    | <p>3</p> <ul style="list-style-type: none"> <li>◆ Beef stroganoff w/bowtie pasta</li> <li>◆ Cauliflower w/red peppers</li> <li>◆ Breadstick</li> <li>◆ Chocolate pudding</li> <li>◆ 1% milk</li> </ul>  | <p>4</p> <ul style="list-style-type: none"> <li>◆ Omelet w/fajita blend</li> <li>◆ Stewed tomatoes</li> <li>◆ Tater tots</li> <li>◆ Orange</li> <li>◆ 1% milk</li> </ul>    | <p>5</p> <ul style="list-style-type: none"> <li>◆ Minestrone soup w/ navy beans</li> <li>◆ Corn bread</li> <li>◆ Malibu blend</li> <li>◆ Mixed fruit cup</li> <li>◆ 1% milk</li> </ul>                  | <p>6</p> <ul style="list-style-type: none"> <li>◆ Lemon pepper tilapia</li> <li>◆ Rice pilaf</li> <li>◆ Calabacitas</li> <li>◆ Chocolate chip cookie</li> <li>◆ 1% milk</li> </ul>                               |
| <p>9</p> <p><b>CLOSED</b></p>   | <p>10</p> <ul style="list-style-type: none"> <li>◆ Sweet &amp; sour pork w/ brown rice</li> <li>◆ Stir fry blend vegetables</li> <li>◆ Pineapple upside down cake</li> <li>◆ 1% milk</li> </ul>         | <p>11</p> <ul style="list-style-type: none"> <li>◆ Frito pie (beef, pinto beans, chile, cheese, onions)</li> <li>◆ Fritos</li> <li>◆ Normandy blend</li> <li>◆ Peaches</li> <li>◆ 1% milk</li> </ul>                          | <p>12</p> <ul style="list-style-type: none"> <li>◆ Fish nugget w/tarter sauce</li> <li>◆ Crinkle cut fries</li> <li>◆ Carrots &amp; peas</li> <li>◆ Vanilla pudding</li> <li>◆ 1% milk</li> </ul>       | <p>13</p> <ul style="list-style-type: none"> <li>◆ Chicken and rice soup</li> <li>◆ Cherry cobbler</li> <li>◆ Spinach</li> <li>◆ Crackers</li> <li>◆ 1% milk</li> </ul>    |
| <p>16</p> <ul style="list-style-type: none"> <li>◆ Cottage pie: ground beef, mashed potato, peas &amp; carrots</li> <li>◆ Corn bread</li> <li>◆ Blueberry crisp</li> <li>◆ 1% milk</li> </ul>  | <p>17</p> <ul style="list-style-type: none"> <li>◆ Open faced turkey sandwich w/gravy</li> <li>◆ Yams</li> <li>◆ Green beans</li> <li>◆ Orange</li> <li>◆ 1% milk</li> </ul>                          | <p>18</p> <ul style="list-style-type: none"> <li>◆ Spaghetti marinara w/ squash</li> <li>◆ Breadstick</li> <li>◆ Malibu blend</li> <li>◆ Peaches</li> <li>◆ 1% milk</li> </ul>    | <p>19</p> <ul style="list-style-type: none"> <li>◆ Salisbury steak w/gravy</li> <li>◆ Brown rice</li> <li>◆ Peas</li> <li>◆ Jell-O</li> <li>◆ Dinner roll w/ margarine</li> <li>◆ 1% milk</li> </ul>  | <p>20</p> <ul style="list-style-type: none"> <li>◆ Green chile stew (chicken &amp; potatoes)</li> <li>◆ Flour tortilla</li> <li>◆ Pinto beans</li> <li>◆ Sliced cinnamon apples</li> <li>◆ 1% milk</li> </ul>  |
| <p>23</p> <ul style="list-style-type: none"> <li>◆ Beef tips w/gravy over egg noodles</li> <li>◆ Brussel sprouts</li> <li>◆ Peach cobbler</li> <li>◆ 1% milk</li> </ul>                        | <p>24</p> <ul style="list-style-type: none"> <li>◆ Chicken pot pie w/ biscuit</li> <li>◆ Diced beets</li> <li>◆ Ancient grain</li> <li>◆ Yogurt</li> <li>◆ 1% milk</li> </ul>                         | <p>25</p> <ul style="list-style-type: none"> <li>◆ Baked potato w/ broccoli, cheese, sour cream</li> <li>◆ Corn</li> <li>◆ Baked beans</li> <li>◆ Apple slices</li> <li>◆ 1% milk</li> </ul>                                | <p>26</p> <ul style="list-style-type: none"> <li>◆ Salmon w/garlic butter</li> <li>◆ Orzo pasta</li> <li>◆ Cauliflower</li> <li>◆ Orange</li> <li>◆ 1% milk</li> </ul>                                | <p>27</p> <ul style="list-style-type: none"> <li>◆ Ham Mac &amp; Cheese</li> <li>◆ Cornbread</li> <li>◆ Normandy bread</li> <li>◆ Pineapple</li> <li>◆ 1% milk</li> </ul>                                      |
| <p>30</p> <ul style="list-style-type: none"> <li>◆ Pork Loin w/gravy</li> <li>◆ Rice pilaf</li> <li>◆ Corn</li> <li>◆ Dinner roll w/ margarine</li> <li>◆ Pear</li> <li>◆ 1% milk</li> </ul>   | <p>31</p> <ul style="list-style-type: none"> <li>◆ Mummy loaf in swamp water (Meatloaf w/gravy)</li> <li>◆ Mashed potatoes</li> <li>◆ Sliced carrots</li> <li>◆ Jell-O</li> <li>◆ 1% milk</li> </ul>  | <p>1</p> <ul style="list-style-type: none"> <li>◆ Breaded chicken patty w/green chile white gravy</li> <li>◆ Sweet potato</li> <li>◆ Green beans</li> <li>◆ Apple slices w/peanut butter cup</li> <li>◆ 1% milk</li> </ul>  | <p>2</p> <ul style="list-style-type: none"> <li>◆ Pot roast w/potato, celery, carrots</li> <li>◆ Italian blend</li> <li>◆ Ancient grain</li> <li>◆ Mandarin oranges</li> <li>◆ 1% milk</li> </ul>     | <p>3</p> <ul style="list-style-type: none"> <li>◆ Omelet w/mushrooms, spinach</li> <li>◆ Hashbrowns</li> <li>◆ Vegetable blend</li> <li>◆ Yogurt</li> <li>◆ 1% milk</li> </ul>                                 |

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.

# CINEMA WEEK

October 10th - 13th

## MOVIE LINEUP

10.10 ADDAMS FAMILY

10.11 BEETLEJUICE

10.12 GHOSTBUSTERS

10.13 HOCUS POCUS



BRING YOUR  
FURRY FRIENDS IN  
THEIR FAVORITE  
COSTUME!  
(FRIENDLY PETS  
ONLY PLEASE)

October 31st | 9:30am

sign up at the front desk  
or call (505)275-8731

### Department of Senior Affairs Advisory Council

Help promote, advocate,  
and support the senior  
community

#### 2023 Meeting Schedule

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

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

### 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](http://oneabqvolunteers.com), select "Serve with Seniors", and click "Respond" to sign-up now!