

April 2022

Happy Spring!

Although the past few weeks haven't given us the warmer spring weather we all might have hoped for, I am looking forward to the beautiful blooms that will be right around the corner. Some other things I am anticipating is our fun events celebrating Older Americans Month in May...stay tuned for more information on what's to come!

I hope everyone has enjoyed the return of our regular programming, such as day trips and the return of our Albuquerque 50+ Games. In addition to our regular programs and services, we are always looking for ways to bring new experiences to our senior members. Something new I hope you have noticed is our focus on introducing computer and technology learning for older adults. Senior Affairs in partnership with Adelante's DiverseIT kicked off April hosting our first 50+ Senior Tech Connect. This event provided a friendly, welcoming environment for participants to learn how to stream movies and music, connect to friends and loved ones online, and stay safe from online scams. We are so thankful we were able to count on our valued community partners in playing an important role in making it happen, as Comcast and AARP, AT&T stepped up as sponsors for the event.

While I am on a roll thanking important partners, I want to thank AARP Tax Prep and their dedicated volunteers. We are very fortunate to be able to bring the Annual Tax Prep service into our centers, making it more accessible for seniors that utilize the service. I want to also give a special thank you to One Albuquerque's 311 service as they have been instrumental this year by assisting callers with online appointments.

As always, if you have any questions or concerns, please do not hesitate to visit with me or other leadership at our Coffee with Constituents. Our next coffee event is May 11th at North Valley Senior Center starting at 9:00am. These visits give our members an opportunity to let us know how well we are serving the needs of the community. Please stop by and chat with us soon!

Sincerely,

Anna Sanchez, Director
Department of Senior Affairs



Center Hours

**M-F: 8a-9p Sat: 9a-3p
Sun Closed**

Center Staff

Natasha Montoya, Center Manager

David Goode, Center Supervisor

Esperanza Molina, Coordinator

Marissa Gonzales,

Office Assistant

Miguel Lucero,

Felicia Schwarz,

Mailiya Williams,

Program Assistant

Angie Marentes,

Recreation Assistant

Maria Dominguez, Kitchen Aid

Brandi Bahe, General Services

Monica Rosales, General Services

Special Dates & Announcements

4/1: April Fool's

4/22: Earth Day

4/29: Family Night - Encanto



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.



BINGO IS BACK!

Beginning April 7
2:00pm-4:00pm

ENCUENTRO PRESENTA

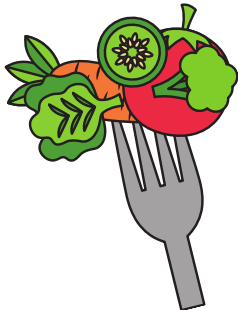
Talleres interactivos en español
presentados por educadores comunitarios
de salud

El Plato Comer Saludable

jueves, 7 de abril de
9:30 am - 11:00 am

Como Comer Saludable para el Corazón

Viernes, 29 de abril de
10:00am - 11:30 am



Mi Plato para la Diabetes

martes, 24 de mayo de
1:30pm - 3:00 pm

Regístrese hoy en la recepción o llame al
505-275-8731.

GEHM CLINIC

Students from the college of Nursing
and Pharmacy assist with providing
clinic services. Screening services
may include blood pressure check,
pulse, oxygen saturation, height,
weight, and blood glucose check and
referrals if indicated.

Tuesday, April 19, 2022
8:30am - 12:00pm



HAPPY EARTH DAY!

In honor of Earth day we will be
distributing seeds packets!

Friday April, 2022
10:00am-11:00am



VACCINE CLINIC

Covid Vaccine, Covid Booster and
FLU shot clinics.

No appointments necessary.

Monday, April 25, 2022

9:00am-12:00pm

Sponsored by: BestBuy Drugs



FRIENDSHIP COFFEE

A cup of coffee shared with a friend
is happiness had and time well
spent .

Monday, April 11, 2022

9:30am-10:30am



MONTHLY BIRTHDAY PARTY!

Celebrate your birthday with us!

Tuesday, April 26, 2022

9:30am-10:30am



FREE COMPUTER CLASSES

Unsubscribe Me: How to Cancel, Pause or Change Online Subscriptions.

Wednesday, April 6, 2022

9-11am

Palo Duro Senior Center
call 888-8102 to register

or Friday, April 29, 2022

10am-12pm

Los Volcanes Senior Center

Call 767-5999 to register



Fact vs. Fiction: What's real on the internet?

Friday, April 22, 2022

10am- 12pm

Los Volcanes Senior Center

Call 505-767-5999 to Register

SUMMER YOUTH PROGRAM

LOTTERY DATES



Lottery Registration – 5/2-5/13/22

Lottery Drawing – 5/16/2022

Registration – 5/18-5/27/2022

Play.cabq.gov

Summer Program Dates:

6/13/22-8/5/2022

UPCOMING TRIPS



Santuario de Chimayo
Tuesday, April 12, 2022

8:30am-4:00pm

ELECTRIC PLAYHOUSE

Electric Playhouse was built with one big idea: play is important for everyone. You never grow out of having fun and we're so proud that everyone, ages 3-80 can come and have a great time at the Playhouse.

Dates & Times TBD



TARDE DE ORO

An exciting production that showcases our rich, ever evolving and uniquely colorful history of New Mexico through dance.



Thursday, May 12, 12:00pm

Transportation Provided

Please Sign Up at Front Desk

 **EL RANCHO DE
LAS GOLONDRINAS**

Lavendar Festival

Saturday, June 18, 2022

9:00am- 3:00pm



Monday

Fitness Room 8am - 8:45pm
 Billiards 8am - 3pm / 5:30pm - 8:45pm
 Table Tennis 8am - 3pm / 5:30pm - 8:45pm
 Aerobics 8:15am - 9:15am
 Beading 8:30am - 12pm
 Computer Lab 9am - 11:15am
 Line Dance: Beginning 9:15am - 11:15am
 Gentle Exercise 9:30am - 10:30am
 Friendship Coffee 9:30am - 10:30am (2nd Monday)
 Zumba Gold 10:45am - 11:45am
 Happy Hookers 1pm - 3pm
 Volleyball 5pm - 7pm
 Yoga: Hatha Blend 6pm - 7:15pm
 Lions Club 6pm - 7:30pm



Tuesday

NEW Walking Group 8:30am Front Entrance
 Fitness Room 8am - 8:45pm
 Billiards 8am - 3pm / 5:30pm - 8:45pm
 Table Tennis 8am - 3pm / 5:30pm - 8:45pm
 Computer Lab 9am - 11:15am
 Tai Chi 9am - 10am
 Flex & Tone 8:15am - 9:15am
 Pottery 8:30am - 11:30am
 Line Dance: Intermediate 9:15am - 11:15am
 Pickleball Training 9:30am - 11:30am
 Line Dance: Intermediate 1:30pm - 3:30pm
 Badminton 6pm - 8:50pm
 Functional Fitness 6:30pm - 7:30pm
 Celtic Sessions Group 6:30pm - 8:30pm
 Personal Defense Club 7:30pm - 8:45pm



Wednesday

Fitness Room 8am - 8:45 pm
 Billiards 8am - 1pm / 5:30pm - 8:45pm
 Table Tennis 8am - 1pm / 5:30pm - 8:45pm
 Woodcarving 8am - 11:30am
 Aerobics 8:15am - 9:15am
 Computer Lab 9am - 11:15am
 Gentle Exercise 9:30am - 10:30am
 Meditation Group 10:10am - 11:10am
 Zumba Gold 10:45am - 11:45am
 Open Basketball 11:30am - 12:30pm
 Starter Line Dancing 12:15pm - 1:15pm
 Pinochle 1pm - 4:30pm
 Line Dance; Beg/Improver 1:30pm - 4:00pm
 Yoga: Beginning 5:30pm - 6:30pm
 Senior Men's Basketball 5:30pm - 8:45pm



Thursday

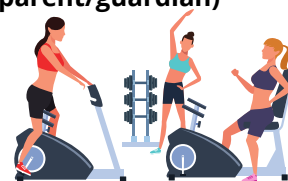
Walking Group 8:30am Front Entrance
 Fitness Room 8am - 8:45pm
 Billiards 8am - 3pm / 5:30pm - 8:45pm
 Table Tennis 8am - 3pm / 5:30pm - 8:45pm
 Flex & Tone 8:15am - 9:15am
 Tai Chi 9am - 10am
 Pottery 9am - 1pm
 Computer Lab 9am - 11:15am
 Pickleball Training 9:30am - 11:30am
 Open & Senior Men's Basketball 11:30am - 1:00pm
 Artist's Corner 1pm - 4pm
 Pickleball 2pm - 4pm
 Badminton 5:30pm - 8:45pm
 Speak w/ Distinction Toastmasters 5:30pm - 6:30pm
 Wise Women Belly Dance will return April 14th

Friday

Fitness Room 8am - 8:45pm
 Billiards 8am - 3pm / 5:30pm - 8:45pm
 Table Tennis 8am - 3pm / 5:30pm - 8:45pm
 Aerobics 8:15am - 9:15am
 Computer Lab 9am - 11:15am
 Gentle Exercise 9:30am - 10:30am
 TOPS 10:00am - 11:30pm
 Open & Seniors Men's Basketball 11am - 1pm
 Badminton 1pm - 4pm
 Project Linus: Isolette Covers 1pm - 4pm (4th Friday)
 Line Dancing: Intermediate 1:30pm - 3:30pm
 Volleyball 5pm - 7pm
 Basketball 7pm - 8:45pm

Saturday

Fitness Room 9am - 2:45pm
 Billiards 9am - 2:45pm
 Table Tennis 9am - 2:45pm
 Pickleball 9am - 11am
 Project Linus 9am 12pm (2nd Saturday)
 Laughter Yoga 9am - 10am
 Celtic Sessions Group 12:00pm - 2:00pm (2nd & 4th Saturday)
 Cherokees of NM 12pm - 2:45pm (3rd Saturday)
 Escribiente Calligraphy Society 1pm - 3pm (3rd Saturday)
 Family Basketball 1pm - 2:45pm (15 & under accompanied by parent/guardian)





Family Movie Night

Friday April 29, 2022

6:00pm - 8:00 pm

Movie: Encanto
























April 2022

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

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

SPRING: A lovely reminder of how beautiful change can truly be"

| Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| | | | | 1 |
| | | | | Turkey w/Gravy Stuffing Vegetables Fruit 1% Milk  |
| 4 | 5 | 6 | 7 | 8 |
| Salisbury Steak w/Gravy Roasted Redskin Potatoes Vegetables Fruit 1% Milk  | Rotisserie Chicken Brown Rice Beets w/Onions Dinner Roll Fruit 1% Milk  | Turkey Chef Salad Orzo Pasta w/Red Peppers Croissant Pudding 1% Milk  | Frito Pie Vegetables Corn Chips Fruit 1% Milk  | Garlic Tilapia Pasta w/Diced Tomatoes Vegetables Fruit 1% Milk  |
| 11 | 12 | 13 | 14 | 15 |
| Sloppy Joe Tater Tots Vegetables Yogurt 1% Milk  | Egg Salad Sandwich Mediterranean Mixed Bean Salad Fruit 1% Milk  | Chicken Fajitas Spanish Brown Rice Vegetables Fruit 1% Milk  | Chicken Tender w/BBQ Sauce Steamed Potatoes Vegetables Fruit 1% Milk  | Baked Cod w/Tartar Sauce Orzo Pasta w/Black Olives Vegetables Chocolate Cake 1% Milk  |
| 18 | 19 | 20 | 21 | 22 |
| Came Adovada Vegetables Pinto Beans Cookie 1% Milk  | Beef Fajitas Sweet Potatoes Vegetables Fruit 1% Milk  | Beef Pattyw/Mushroom & Swiss Vegetables Hamburger Bun Fruit 1% Milk  | Spaghetti w/Meat Sauce Vegetables Fruit 1% Milk  | Southwest Omelet Stewed Tomatoes Hash Browns Fruit 1% Milk  |
| 25 | 26 | 27 | 28 | 29 |
| Bean & Rice Burrito topped w/Red Chile & Cheese Vegetables Cake 1% Milk  | Beef Tips w/Bowtie Pasta Vegetables Wheat Roll Fruit 1% Milk  | Baked Chicken Southern Black Eyed Peas Brown Rice w/Red Peppers Fruit 1% Milk  | Baked Ziti Steamed Green Beans Seasonal Vegetables Apple Sauce 1% Milk  | Roast Beef w/Gravy Parsley Potatoes Vegetables Fruit 1% Milk  |

The Department of Senior Affairs Senior Meal Program is proud to be part of the **New Mexico Grown** state initiative providing **locally sourced produce** ensuring our seniors a healthy meal.