

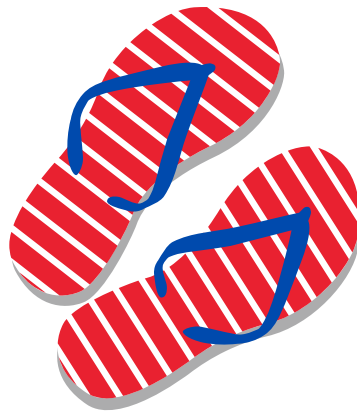
July 2023



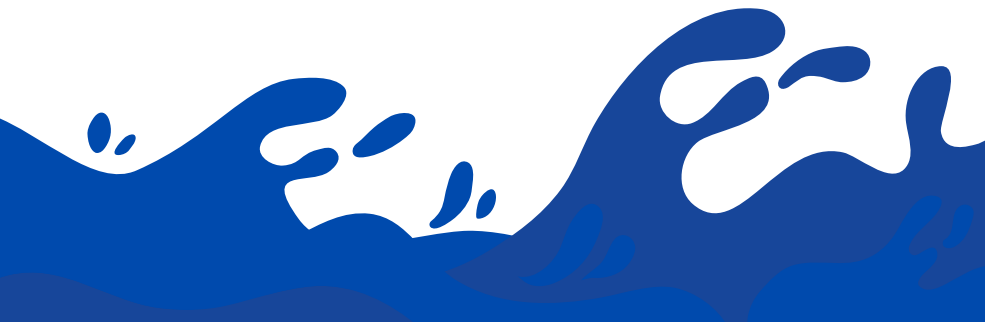
SPLASH PAD PARTY

We are happy to announce that our splash pad is now open! To kick off the summer we are hosting a Splash Pad Open House. Bring your family and join us for a fun-filled evening with snacks, entertainment, and **FREE ENTRY** to our splash pad! All are welcome.

Tuesday, July 18th
5:00pm - 7:00pm



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

7/4: Independence Day - CENTER CLOSED

7/13: Lunch w/a Cop

7/15: TRIP - Downtown Growers Market

7/18: Splash Pad Party

7/18: GEHM Clinic

7/26: Family Movie Night - Trolls

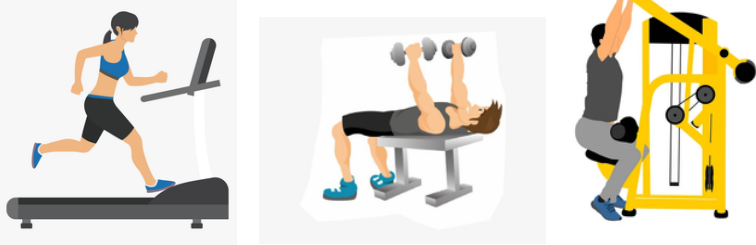
7/26: Shot Clinic

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.

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!



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, July 18th
9:00am-1:00pm

AARP Driver Safety

Class:
July 28th

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

Monthly Birthday Party!

Celebrate your birthday with a slice of cake on us!!

Every 3rd Tuesday of the month

11:30am - 12:30pm

Sponsored by



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, July 26th

9:00am-12:00pm

Sponsored by:



Downtown Growers Market Saturday, July 15th



Check in: 8:30am
Depart: 8:45am
Return: 1:00pm

Sign up at the front desk
lunch at own expense

Senior Movie Trip August 23, 2023

Movie: TBD



Check in: TBD*
Depart: TBD*
Return: TBD*

*Check with front Desk in July
concessions at own expense

University of New Mexico Art Museum Wednesday, August 2nd



UNIVERSITY of
NEW MEXICO
ART MUSEUM

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

Sign up at the front desk
lunch at own expense

Mixed Media/Found Object Sculpture Workshop

Taught by: Leslie Blaustein

Starting June 5th

Mondays from 1:00pm-4:00pm

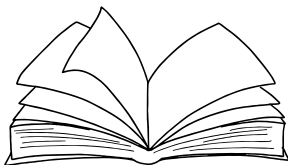
In this 6 week workshop, students will use natural and human created materials and various art mediums to assemble a sculpture that may represent an imaginary figure, animal, creature, structure or mode of transportation.

Sign-up at the front desk

MEMBERS WANTED

Join us for Bible Discussion
every Thursday

10:00am - 11:00am



No sign-up required!

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.

Every Wednesday 11:00am-
1:00pm

&

Every Friday 8:00am-9:30am

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: will return 8/7/23
 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 will return 8/8/23
 Flex & Tone 8:15am - 9:15am
 Pottery 8:30am - 11:30am
 *Line Dance: Intermediate will return 8/7/22
 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 will return 8/9/23
 Pinochle 1:00pm - 4:30pm
 *Line Dance: Beg/Improver will return 8/9/23
 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 will return 8/10/23
 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 will return 8/10/23
 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
 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)
 STARTS IN AUG
 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)

*classes postponed. Will resume second week of August

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>3</p> <ul style="list-style-type: none"> ◆ Lemon pepper chicken w/brown rice ◆ Diced beets ◆ Roasted brussels sprouts ◆ Chocolate pudding ◆ 1% Milk 	<p>4</p> <p>WE WILL BE CLOSED JULY 4th</p>	<p>5</p> <ul style="list-style-type: none"> ◆ Garlic tilapia ◆ Whole wheat pasta w/ diced tomatoes ◆ Calabacitas* ◆ Yogurt ◆ 1% Milk 	<p>6</p> <ul style="list-style-type: none"> ◆ Meatballs w/marinara w/cheese ◆ Whole grain hoagie roll ◆ Steak fries w/ketchup ◆ Seasonal vegetables* ◆ Fresh seasonal fruit* ◆ 1% Milk 	<p>COLD MEAL 7</p> <ul style="list-style-type: none"> ◆ Egg Salad on whole grain bread ◆ Lettuce & tomato ◆ Carrot sticks ◆ Seasonal fruit* ◆ 1% Milk 
<p>10</p> <ul style="list-style-type: none"> ◆ Pork Chop w/brown rice ◆ Rosemary potatoes w/ margarine ◆ Seasonal vegetable* ◆ Fresh seasonal fruit* ◆ 1% Milk 	<p>11</p> <ul style="list-style-type: none"> ◆ Beef fajita w/red and peppers and onions* ◆ Pinto beans* ◆ Flout tortilla ◆ Baked apples ◆ 1% Milk 	<p>12</p> <ul style="list-style-type: none"> ◆ Pasta (Penna) primavera stir fry veg*/alfredo sauce ◆ Spinach w/onions ◆ Bread stick ◆ Yogurt ◆ 1% Milk 	<p>13</p> <ul style="list-style-type: none"> ◆ Breaded cod w/tartar sauce ◆ Buttered noodles ◆ Green beans ◆ Fresh seasonal Fruit* ◆ 1% Milk 	<p>14</p> <ul style="list-style-type: none"> ◆ Chicken Parmesan ◆ Zucchini w/butter ◆ Seasonal Vegetables* ◆ Jello ◆ 1% Milk 
<p>17</p> <ul style="list-style-type: none"> ◆ Carne Adovada: Pork ◆ Spinach ◆ Pinto beans* ◆ Flour tortilla ◆ Fresh Seasonal Fruit* ◆ 1% Milk 	<p>18</p> <ul style="list-style-type: none"> ◆ Sweet & sour chicken w/ stir fry vegetables* ◆ Seasonal vegetable* ◆ Brown rice ◆ Fortune Cookie ◆ 1% Milk 	<p>19</p> <ul style="list-style-type: none"> ◆ Salisbury steak w/gravy mushroom ◆ Mashed potatoes ◆ Fresh banana ◆ Whole grain dinner roll w/margarine ◆ 1% Milk 	<p>20</p> <ul style="list-style-type: none"> ◆ Cheese Omelet w/fajita blend ◆ Stewed tomato ◆ Dice potato ◆ Whole grain biscuit w/ margarine ◆ Mandarin Oranges ◆ 1% Milk 	<p>21</p> <ul style="list-style-type: none"> ◆ BBQ pork pulled ◆ Roasted sweet potato ◆ Seasonal vegetable* ◆ Fresh seasonal fruit* ◆ Whole grain dinner roll w/margarine ◆ 1% Milk 
<p>24</p> <ul style="list-style-type: none"> ◆ Spaghetti w/meat sauce: Beef ◆ Imperial blend vegetables ◆ Seasonal vegetables* ◆ Fresh seasonal fruit* ◆ 1% Milk 	<p>25</p> <ul style="list-style-type: none"> ◆ Bake salmon w/lemon and garlic ◆ Ancient grain blend ◆ Green beans w/ mushrooms ◆ Fresh seasonal fruit* ◆ 1% Milk 	<p>26</p> <ul style="list-style-type: none"> ◆ Red chile tamales: Pork ◆ Calabacitas* ◆ Pinto Beans* ◆ Fresh Seasonal Fruit* ◆ 1% Milk 	<p>27</p> <ul style="list-style-type: none"> ◆ Mac & cheese green chile ◆ Broccoli ◆ Seasonal Vegetables* ◆ Yogurt ◆ 1% Milk 	<p>Cold Meal 28</p> <ul style="list-style-type: none"> ◆ Chicken salad sandwich on whole grain bread ◆ Sliced cucumber* and carrot sticks ◆ Cole Slaw ◆ Fresh Seasonal Fruit* ◆ 1% Milk 
<p>31</p> <ul style="list-style-type: none"> ◆ Meatloaf w/tomato sauce ◆ Roasted redskin potato ◆ Succotash ◆ Fresh seasonal fruit ◆ Whole grain dinner roll w/ margarine ◆ 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

Wednesday, July 26th

6:00PM - 8:00PM



**Join us for a fun
filled evening
with snacks and
a movie!**

- hot dogs
- corn dogs
- tater tots

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!

VOLUNTEERS NEEDED

July 4th, 2023

**SORRY
WE'RE
CLOSED**

for Independence Day

Department of Senior Affairs Advisory Council

Help promote, advocate, and support the senior community

2023 Meeting Schedule

July 17: Highland Senior Center-131 Monroe NE, 87108

August: No Meeting

September 18: TBD

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