

SCIENCE NIGHT

Friday, July 12, 2024

5:00pm -7:00pm

Join us for nigh full
of fun and Science
Experiences!

Sign up at the front desk

Center Hours

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

Sun: Closed

Center Staff

Brittani Torres, Center Manager

**Esperanza Molina, Center
Supervisor**

Vacant, Coordinator

Josephine Griego, Coordinator

Ann Poydack, Office Assistant

Katherine Jimenez,

Alexia Watson-Gallegos,

Vacant

Program Assistants

Vacant,

Recreation Assistant

Leroy Chambers, Cook

Maria Dominguez, Kitchen Aid

Monica Rosales, General Services

Leon Mascarenas, General Services

Andre Valdez, General Services

Special Dates & Announcements

7/3: Independence Day Celebration

7/4: CLOSED: 4th of July

7/11: TRIP: Aquarium & Los Compadres

7/12: Science Night

7/16: GHEM Clinic

7/17: Popsicles in the Lobby

7/19: Mobile Food Pantry

7/25: Tech Thursday-Beyond Walls

7/26: TRIP: Menchie's Frozen Yogurt

7/26: Defensive Driving

7/26: TRIP: Nuclear Museum

7/30: Bingo Tuesday-Beyond Walls

8/2: Splash Pad Party

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.**

Popsicles in the Lobby

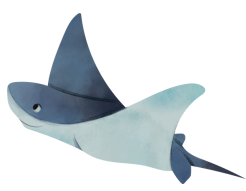


Wednesday, July 17, 2024
1:00pm

Aquarium and Lunch at Los Compadres

Thursday, July 11, 2024

Check in: 8:45am
Depart: 9:00am
Return: 1:00pm



At own expense
Sign up at the front desk



National Museum of Nuclear Science & History

Monday, July 29, 2024

Check in: 9:00am
Depart: 9:15am
Return: 11:30pm



At own expense
Sign up at the front desk

Cheddars Restaurant

Wednesday, July 3, 2024

Check in: 11:00am
Depart: 11:15am
Return: 1:00pm

At own expense
Sign up at the front desk



Menchie's Frozen Yogurt

Friday, July 26, 2024

Check in: 12:45pm
Depart: 1:00pm
Return: 2:30pm



At own expense Sign up at the front desk

Independence Day Celebration




























Join us to celebrate Independence day with Root Beer Floats in the Lobby.

Wednesday, July 3, 2024
1:00pm

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.



<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
1 <ul style="list-style-type: none"> ♦ Lemon pepper chicken w/ brown rice ♦ Diced beets ♦ Roasted Brussel sprouts ♦ Chocolate pudding ♦ 1% milk  	2 <ul style="list-style-type: none"> ♦ Meatballs w/ marinara and cheese ♦ Whole grain hoagie roll ♦ Diced potatoes ♦ Broccoli ♦ Banana  ♦ 1% milk 	3 <ul style="list-style-type: none"> ♦ Garlic tilapia ♦ Red, white, & blue posole ♦ Calabacitas ♦ Yogurt ♦ 1% milk  	4 	5 <ul style="list-style-type: none"> ♦ Egg salad on whole grain bread ♦ Lettuce ♦ Carrot sticks ♦ Cantaloupe ♦ 1% milk 
8 <ul style="list-style-type: none"> ♦ Pork chop w/brown rice ♦ Rosemary potatoes w/ margarine ♦ Corn ♦ Pears ♦ 1% milk  	9 <ul style="list-style-type: none"> ♦ Green chile stew ♦ Pinto beans ♦ Flour tortilla ♦ Baked apples ♦ 1% milk  	10 <ul style="list-style-type: none"> ♦ Breaded cod w/tartar sauce ♦ Buttered noodles ♦ Green beans ♦ Oranges ♦ 1% milk  	11 <ul style="list-style-type: none"> ♦ Pasta primavera ♦ Sautéed spinach w/ onions ♦ Breadstick ♦ Yogurt ♦ 1% milk  	12 <ul style="list-style-type: none"> ♦ Chicken parmesan ♦ Zucchini w/butter ♦ Steamed carrots ♦ Jell-O ♦ 1% milk 
15 <ul style="list-style-type: none"> ♦ Carne adovada ♦ Spinach ♦ Pinto beans ♦ Flour tortilla ♦ Grapes ♦ 1% milk  	16 <ul style="list-style-type: none"> ♦ Sweet & Sour chicken w/stir fry vegetables ♦ Broccoli ♦ Brown rice ♦ Fortune cookie  ♦ 1% milk 	17 <ul style="list-style-type: none"> ♦ Salisbury steak w/ mushroom gravy ♦ Mashed potatoes ♦ Whole grain dinner roll w/margarine ♦ Peach cobbler ♦ 1% milk  	18 <ul style="list-style-type: none"> ♦ Cheese omelet w/ fajita blend ♦ Stewed tomatoes ♦ Roasted potatoes ♦ Mandarin oranges ♦ 1% milk  	19 <ul style="list-style-type: none"> ♦ BBQ pulled pork ♦ Roasted sweet potato ♦ Green beans ♦ Whole grain dinner roll w/margarine ♦ Apples ♦ 1% milk 
22 <ul style="list-style-type: none"> ♦ Spaghetti w/meat sauce ♦ Imperial blend vegetables ♦ Broccoli ♦ Pears ♦ 1% milk  	23 <ul style="list-style-type: none"> ♦ Baked salmon w/ lemon and garlic ♦ Ancient grain rice ♦ Green beans w/ mushrooms ♦ Grapes ♦ 1% milk  	24 <ul style="list-style-type: none"> ♦ Red chile tamales ♦ Calabacitas ♦ Pinto beans ♦ Banana ♦ 1% milk  	25 <ul style="list-style-type: none"> ♦ Mac & cheese w/ green chile ♦ Broccoli ♦ Beets ♦ Yogurt ♦ 1% milk  	26 <ul style="list-style-type: none"> ♦ Chicken salad sandwich on whole grain bread ♦ Sliced cucumber & carrot sticks ♦ Cole slaw ♦ Honeydew ♦ 1% milk 
29 <ul style="list-style-type: none"> ♦ Philly cheesesteak ♦ Steamed carrots ♦ Whole grain hoagie ♦ Warm cinnamon apples ♦ 1% milk  	30 <ul style="list-style-type: none"> ♦ Green chile chicken enchilada ♦ Pinto beans ♦ Calabacitas ♦ Mandarin Oranges ♦ 1% milk  	31 <ul style="list-style-type: none"> ♦ Meatloaf w/tomato gravy ♦ Garlic roasted potatoes ♦ Succotash ♦ Whole grain dinner roll ♦ Fresh seasonal fruit ♦ 1% milk  	1 <ul style="list-style-type: none"> ♦ Spaghetti w/ marinara sauce ♦ Broccoli w/red peppers ♦ Roasted vegetables ♦ Garlic breadstick ♦ Yogurt ♦ 1% milk  	2 <ul style="list-style-type: none"> ♦ Salmon w/pineapple over brown rice pilaf ♦ Brussel sprouts ♦ Diced beets ♦ Honeydew melon ♦ 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.

Monday

Fitness Room 8:00am - 8:45pm
 Aerobics 8:15am-9:15am
 Billiards-8:00am-9:00am 11:30am-12:30pm / 5:30pm - 8:45pm
 Table Tennis-8:00am-9:00am / 11:30am-12:30pm / 5:30pm - 8:45pm
 Computer Lab 8:00am - 8:45pm
 Beginner Line Dance: 9:15am - 11:15am *Resume in August
 Gentle Exercise 9:30am - 10:30am
 Zumba Gold 11:30am - 12:30am \$
 Mah Jong 11:00am - 2:30pm
 Happy Hookers 1:00pm - 3:00pm
 Badminton 1:30pm - 3:30pm *Resume in August
 Volleyball 6:30pm - 8:30pm
 Line Dance 6:00pm - 8:00pm
 Yoga: Hatha Blend 6:00pm - 7:15pm \$



Tuesday

Fitness Room 8:00am - 8:45pm
 Billiards-8:00am-9:00am 11:30am-12:30pm / 5:30pm - 8:45pm
 Table Tennis-8:00am-9:00am / 11:30am-12:30pm / 5:30pm - 8:45pm
 Computer Lab 8:00am - 8:45pm
 Tai Chi 9:00am - 10:00am \$ *Resume in August
 Pottery 9:00am - 1:00pm
 Line Dance: Intermediate 9:15am - 11:15am *Resume in August
 Pickleball Training 9:30am - 11:30am *Resume in August
 Friendship Coffee 9:00am - 12:00pm
 Quilting (2nd Tuesday)
 Mah Jong 1:00pm - 4:00pm
 Shuffle Board 1:00pm - 4:00pm *Resume in August
 Sing-A-Long 1:30pm-2:30pm (1st Tuesday)
 Badminton 6:30pm - 8:30pm
 Clogging: Starter to Intermediate 6:00pm - 7:45pm
 Functional Fitness 6:30pm - 7:30pm
 Celtic Sessions Group 6:00pm - 8:00pm
 Personal Defense Club 7:30pm - 8:30pm



Wednesday

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



Thursday

Fitness Room 8:00am - 8:45pm
 Billiards-8:00am-9:00am 11:30am-12:30pm / 5:30pm - 8:45pm
 Table Tennis-8:00am-9:00am / 11:30am-12:30pm / 5:30pm - 8:45pm
 Computer Lab 8:00am - 8:45pm
 Tai Chi 9:00am - 10:00am \$ *Resume in August
 Bible Discussion - 10:00am - 11:00am
 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 *Resume in August
 M&M Red Hat Sisters 10:00am - 11:00am
 Friendship Coffee 11:00am - 1:00pm
 Open & Senior Men's Basketball 11:30am - 12:30pm *Resume in August
 Artist Corner 1:00pm - 4:00pm
 Bingo 2:00pm - 4:00pm
 Pickleball 1:00pm - 4:00pm *Resume in August
 Badminton 6:30pm - 8:45pm
 Speak w/ Distinction Toastmasters 5:30pm - 6:30pm

Friday

Fitness Room 8:00am - 8:45pm
 Aerobics 8:51am - 9:15am
 Billiards-8:00am-9:00am 11:30am-12:30pm / 5:30pm - 8:45pm
 Table Tennis-8:00am-9:00am / 11:30am-12:30pm / 5:30pm - 8:45pm
 Computer Lab 8:00am - 8:45pm
 Aerobics 8:15am -9:15am
 Gentle Exercise 9:30am - 10:30am
 TOPS 10:00am - 11:30am
 Shuffleboard 10:30am - 1:30pm
 Badminton 1:30pm - 3:30pm *Resume in August
 Volleyball 6:15pm - 7:45pm
 Basketball 7:45pm - 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)



YOU & ME + COFFEE =
FRIENDSHIP



JOIN US ON TUESDAYS AND
THURSDAYS FOR FRIENDSHIP
COFFEE IN THE LOBBY

Every Week

Tuesday 9:00am-12:00pm

Thursday 11:00am-1:00pm

Splash Pad
June 17th-August 2nd

Monday-Friday
11:00am-3:00pm

Saturday
10:00am- 2:30pm

End of Summer Splash Pad Party

MUSIC FOOD FUN

Friday, August 2, 2024

5:30 pm - 7:30 pm

Sign up at the front desk