

**October 2021**

Hello,

The past 18-months has shed light on many new things. A new way of thinking, a new way of doing, and a new way of being connected. Despite the challenges associated with the COVID-19 pandemic, I continue to be inspired by the resilience of our members and the One-Albuquerque community. The one thing that we have learned is that we are all in this together – to help and support each other – regardless of the obstacles placed before us. We recognize that our Centers are second homes to many of you, offering places to connect with friends or learn new things, and we appreciate you continuing to work with us during this new norm.

We are continuing to encourage our community to stay connected, whether it be in person with safe practices in place or online using different forms of technology. We know many of us might be uneasy about using technology and we encourage you to take advantage of our FREE education offerings made available through our partnership with Diverse IT – Adelante Development Center. Our goal is to help bridge the digital divide by providing small group demonstrations and one on one mentoring sessions empowering older adults the ability to navigate different applications to stay connected using their tech devices. We also have set up a FREE Senior Tech Help Line to assist with any questions you may have about your smartphones, laptops, desktops or tablets. You can call 505-503-INFO (505-503-4636), Mon - Fri, 9 a.m. to 4 p.m. for any of your tech help needs.

While we have come far and continue to make strides, we must not lose sight of the importance of staying healthy and continuing to support one another. I personally have seen many demonstrations of empathy, community, and care; and I am very thankful for that. Please remember, if you have any questions or concerns, please do not hesitate to reach out to me.

Best,  
Anna Sanchez, Director



The Department of Senior Affairs is a community leader who, in partnership with others, involves seniors and people of all ages in creating a community that enhances everyone's quality of life by providing opportunities to achieve their potential, share their wisdom, maintain their independence, and live in dignity.

**Center Hours**

**Mon., Wed., Thur., Friday: 8am-5pm**

**Tues.: 8am-7pm Saturday Closed**

**Sun.: 12:30pm-5pm**



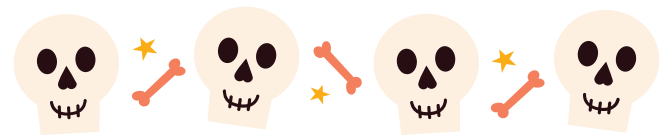
**HALLOWEEN DANCE  
AND  
BEST COSTUME CONTEST!**

**Sunday, October 31, 2021**

**1:30pm - 4:30pm**

**\$3 admission**

**Best costume wins a prize!**



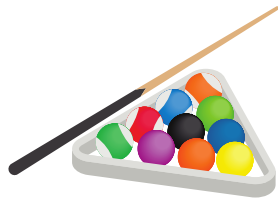
**We will be closed Monday October, 11th in  
Observance of Indigenous People's Day**

Accredited by   
**National Institute of  
Senior Centers**

## Calendar & Special Events

### Monday

Fitness Room 8 am - 5 pm  
Billiards 8 am - 5 pm  
Table Tennis 8 am - 5 pm  
Hand Quilting 8 am - 2 pm  
Enhanced Fitness 8:15 am - 9:15 am  
Pottery 8 am - 11:30 am  
Tai Chi 9:30 am - 10:30 am  
Photo Club 10 am - 11:30 am 1st & 3rd  
Tarde de Oro Dance Group 9:30 am - 11:00 am  
Fishing Club Meeting 10 am - 11 am  
Poker 12 noon - 4 pm  
Chair Yoga 2 - 3 pm  
Gentle Hatha Yoga 3:45 pm - 4:45 pm



### Tuesday

Fitness Room 8 am - 7 pm  
Billiards 8 am - 7 pm  
Table Tennis 8 am - 7 pm  
Stained Glass Class 9 am - 12 noon  
Guitar Jam Session 9:45 am - 11:45 am  
Poker 12 noon - 4 pm  
Open Computer Lab 1 pm - 3 pm  
Canasta Hand & Foot 1 pm - 5 pm  
Dahn Yoga 3:15 pm - 4:15 pm  
Zumba 5:30 pm - 6:30 pm



### Wednesday

Fitness Room 8 am - 5 pm  
Billiards 8 am - 5 pm  
Table Tennis 10 am - 5 pm  
Enhanced Fitness 8:15 am - 9:15 am  
Pilates 8:30 am - 9:30 am  
Arts & Crafts Sharing 9 am - 12 noon  
Music w/ Caramba 10:30 am - 12:30 pm  
Retablos Hispanic Folk Art 1 pm - 4 pm  
Poker 12 noon - 4 pm  
Open Computer Lab 1 - 3 pm  
Bingo 2 pm - 4 pm  
Chair Yoga 2 - 3 pm



### Thursday

Fitness Room 8 am - 5 pm  
Billiards 8 am - 5 pm  
Table Tennis 8 am - 5 pm  
Stained Glass Class 9 am - 12 noon  
Poker 12 noon - 4 pm  
Open Computer Lab 1 pm - 3 pm  
Dance for Parkinson's 2 pm - 3 pm 1st & 3rd  
Dahn Yoga 3:15 pm - 4:15 pm  
Senior Law Office 9 - 11 am 3rd

### Friday

Fitness Room 8 am - 5 pm  
Billiards 8 am - 5 pm  
Table Tennis 8 am - 5 pm  
Enhanced Fitness 8:15 am - 9:15 am  
Acupressure 9:00 am - 12 pm  
Poker 12 noon - 4 pm  
Pottery Open Lab 12 noon - 3 pm  
Open Computer Lab 1 pm - 3 pm  
Tai Chi 9:30 - 10:30 am  
Canasta Hand & Foot 1 - 4:30 pm  
Board Games 2 pm (every other)  
Chair Yoga 2 - 3 pm



### Sunday

Fitness Room 12:30 pm - 5 pm  
Billiards 12:30 pm - 5 pm  
Table Tennis 12:30 pm - 5 pm  
Hand Quilting 12:30 pm - 5 pm  
Dance to Live Music 1:30 pm - 4:15 pm



## Friendly Reminder

Please remember to update or renew membership. Also, check in at the front desk for any classes or activities in which you participate.

## Sunday Afternoon Dances

Dance to live music  
Sundays 1:30pm to 4:30pm  
\$3 with current membership!



Sunday, October 3 - Latin Soul  
Sunday, October 10 - Impressions  
Sunday, October 17 - Milagro  
Sunday, October 24 - Tino's Band  
Sunday, October 31 - Chile Bean Express

## 10 Ways To Love Your Brain!

If your goal is to keep your memory, reasoning ability, and thinking power strong. Please join us for this informative presentation.

**Friday, November 12th**

**10:00am-11:00am**

Presented by Dr. Janice Knoefel  
Please sign up at the front desk.



## Monthly Birthday Party!

Come Celebrate with us!  
**Wednesday, October 20, 2021**  
**9:00am - 9:30am**  
Sponsored by Molina healthcare



## Blood Pressure Screening

**Do you have high blood pressure?**

**How would you know?**

**Often there are no obvious signs until it's too late.**

**Join us for**

**FREE**

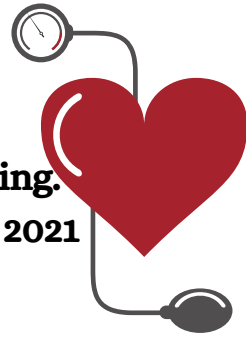
**blood pressure screening.**

**Wednesday, October 13, 2021**

**10:00 - 11:00am**

Sponsored by

Harmony Home Health and Hospice Care



## Daytime Dancing on Gov-TV

Tune into GOV-TV (Comcast Channel 16) to watch a new episode of Daytime Dancing with Senior Affairs on the 2nd Saturday at 3 p.m. and 7 p.m.



## Friendship Coffee

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

**Wednesday, October 6th**

Sponsored by

Klarus Home Health

**Wednesday, October 27th**

Sponsored by

Senior Health Resource Center

**9:00am-11:00am**



**Dine in lunch is served 11:30 a.m. - 1:00 p.m. Monday - Friday.  
Please call 761-4025 to make your reservation by 1:00pm the day prior.**



# October



**MONDAY**

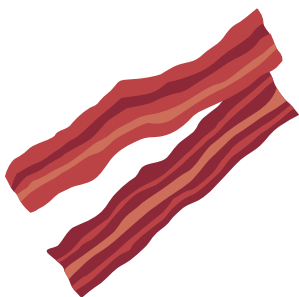
**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

4. Chicken Fajitas Flour tortillas Ranch beans Hot sliced apples 1% Milk	5. Beef stoganoff & Pasta Cauliflower w/Red Peppers Bread stick	6. Omelet w/Fajita blend Stewed tomatoes Tater tots Orange	7. Minestrone soup w/ Navy beans Corn bread Malibu blend	8. Lemon pepper tilapia Rice pilaf Calabacitas Cookie
11. CLOSED INDIGENOUS PEOPLE'S DAY	12. Sweet & sour pork w/White rice Oriental blend Pineapple upside down cake	13. Frito pie (Beef, pinto beans, cheese, onion) Fritos Normandy blend	14. Fish nuggets w/Tartar sauce Crinkle cut fries Carrots & peas Pudding	15. Chicken & rice soup Cherry cobbler Spinach Crackers
18. Cottage pie (Ground beef, mashed potato, peas & carrots) Corn bread	19. Open faced turkey sandwich w/Gravy Yams Green beans	20. Spaghetti marinara w/Squash Breadstick Malibu blend	21. Salisbury steak w/Gravy White rice Peas Jell-O w/Fruit	22. Green chile stew Flour tortilla Pinto beans Calabacitas
25. Beef Tips over pasta w/Gravy Brussel sprouts Peach cobbler 1% Milk	26. Chicken pot pie w/Biscuit Diced beets Ancient grain Mixed fruit	27. Baked potato w/Broccoli, cheese, & sour cream Corn	28. Salmon w/Garlic butter Orzo pasta Normandy blend Orange	29. Meat loaf w/Gravy Mashed potatoes Sliced carrots Jell-o w/Fruit



## Breakfast Is back!

**Please join us Monday-Friday  
8am-9am for breakfast.**

