



JANUARY 2021

DEPT. OF SENIOR AFFAIRS

Virtual Programming Live schedule

Join us Live on Facebook for fitness classes and Bingo!

Come have coffee with us virtually or at our Senior Center drive-thru's.

SUN	MON	TUE	WED	THU	FRI	SAT
					1 Happy New Year!	2
3	4	5 FB Live Aerobics Class 9:00am	6 FB Live Bingo 1:30pm	7 FB Live Gentle Exercise 9:00am Virtual Friendship Coffee 9:00am contact: ahamel@cabq.gov	8	9 Daytime Dancing with Seniors Affairs 3:00 pm 7:00 pm GovTV channel 16
10	11	12 FB Live Aerobics Class 9:00am Friendship Coffee Drive thru Bear Canyon-9:30am Friendship Tea Drive thru Los Volcanes-9:30am	13 Friendship Coffee Drive thru Palo Duro -9:30am	14 FB Live Gentle Exercise 9:00am	15	16
17	18 Martin Luther King Jr. Day 	19 FB Live Aerobics Class 9:00am	20 FB Live Bingo 1:30pm	21 FB Live Gentle Exercise 9:00am Virtual Friendship Coffee 9:00am contact: ahamel@cabq.gov	22 Friendship Coffee Drive thru Los Volcanes-9:30am	23
24	25	26 FB Live Aerobics Class 9:00am Friendship Coffee Drive thru Bear Canyon-9:30am	27	28 FB Live Gentle Exercise 9:00am Friendship Coffee Drive thru Highland -9:00am	29	30