

# OCTOBER

## 2020



**CABQ.GOV/SENIORS**  
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# CITY OF ALBUQUERQUE

## DEPARTMENT OF SENIOR AFFAIRS

### VIRTUAL PROGRAMMING LIVE SCHEDULE

SUN	MON	TUE	WED	THU	FRI	SAT
				1 <b>FB Live</b> Gentle Exercise 9:00am	2	3
4	5	6	7	8 <b>FB Live</b> Aerobics Class 9:00am	9	10
11	12	13 <b>Friendship Coffee</b> 9am / Contact ahamel@cabq.gov	14 <b>FB Live</b> North Valley Bingo! 1:30pm	15 <b>FB Live</b> Gentle Exercise 9:00am	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31