

# CITY OF ALBUQUERQUE

Summer/Fall 2008



Dear Friends:

I am very pleased to present you with the Department of Senior Affairs Activities Catalog for July-December 2008. Whether you are still working, recently retired or just now starting to think about retirement, you will find a variety of activities designed with you in mind. I think you will be amazed by the range of activities that are available to the 50+ population.

What you may not know about Senior Affairs, however, is that we also offer an entirely different array of services for those seniors who may not be as active as those taking advantage of our centers. If cooking a meal becomes a problem for a senior, the Department will deliver a hot meal, prepared in our kitchens, for your noon meal. Seniors who may need extra assistance around the house with a wheel-chair ramp or with equipping the bathroom with grab bars, may be able to take advantage of our in-home services programs. I encourage you to call the Senior Information Line, **764-6400**, and see if these City services may be what you, a family member, or even a neighbor may need.

The Department of Senior Affairs offers a continuum of services to cover a wide spectrum of needs. From active seniors participating in senior centers or those anticipating the opening of Los Volcanes Fitness Center, our newest stand-alone facility on the Westside, to those needing a ride to a doctor's appointment, or those wanting to volunteer, Senior Affairs just may have the service or opportunity for which you are looking. Please stop by a senior center today, or call the Information Line, **764-6400**, and see what we have to offer. I think you will be most pleased as to what is available to you. We look forward to seeing you in our centers and encourage you to take advantage of the opportunities you will find there.

Sincerely,

Martin J. Chávez, Mayor  
City of Albuquerque



Mayor Martin J. Chávez

# CITY OF ALBUQUERQUE

Summer/Fall 2008



Dear Friends:

When I talk with new members who have just discovered our centers, they always remark how surprised they are that the City of Albuquerque has such a gold mine of opportunities for the 50+ generation. What continually surprises me, however, is that there are still so many who could be taking advantage of the opportunities to learn, socialize, share a meal, exercise or volunteer at the centers! I invite you to explore one of Albuquerque's best kept secrets and see for yourself what the excitement is all about! Please take a look at our newest catalog, and see what is awaiting you.

For those of you who have been talking about starting up an exercise program, you will be delighted to know, that we are tentatively planning the opening of Los Volcanes Fitness Center, on July 1. At \$13.00 per year, you will not find a better bargain—this is a treat for your pocketbook as well as for your health. From travel to opera, to aerobics, hiking and golf, to watercolor painting and computers, the Department of Senior Affairs' senior centers are indeed a kaleidoscope of opportunities. For those seniors who may require support services, I invite you to dial our **Senior Information Line, 764-6400**, and see if the Department may offer help to keep you independent at home, such as Care Coordination, Home-Delivered Meals or Transportation. The Department has services to fill a variety of needs, all you have to do is pick up the phone or drop by one of our sites to get started.

Again, enjoy one of Albuquerque's best kept secrets—the Department of Senior Affairs.

Felicidades,

Blanca B. Hise, Director  
Department of Senior Affairs  
City of Albuquerque



Blanca B. Hise



**City of Albuquerque**

Martin J. Chávez .....Mayor  
 Bruce J. Perlman, Ph.D. ....Chief Admin. Officer  
 Anna Lamberson .....Chief Financial Officer  
 Ed Adams .....Chief Operations Officer  
 Blanca B. Hise, Director ...Dept. of Senior Affairs  
 April B. Jojola .....Recreation Division Manager

**City Councilors**

Ken Sanchez .....District 1  
 Debbie O'Malley, Vice-President .....District 2  
 Isaac Benton .....District 3  
 Brad Winter, President .....District 4  
 Michael J. Cadigan .....District 5  
 Rey Garduño .....District 6  
 Sally Mayer .....District 7  
 Trudy Jones .....District 8  
 Don Harris .....District 9

**DSA Advisory Council**

Kenneth J. Carson, Sr.  
 Victoria Godwin, Vice Chairman  
 Robert Barela  
 Joe Armijo, Chairman  
 Tina King

*Thank you to our wonderful Advisory Council for all your hard work.*

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**Your Activities Catalog**

Whether you are a new member or a long time participant, we hope you will find our Activities Catalog easy to read and simple to use.

This catalog contains activity information for all six of our Senior Centers and Manzano Mesa Multigenerational Center. As many of you already know, if you have a membership at one location, you are entitled to participate in all seven centers, and the Sports and Fitness Centers. This opens a world of activities to you. If you ever run into a filled trip or class, at your home center, a similar trip or class may be available to you at another.

Activity sign up instructions are generally found in the activity listing. Trip policies are found on page 15. If you need help with how to enroll in an activity, please contact the Program Coordinator or Center Manager at the senior center sponsoring the activity; they will be more than happy to assist you in explaining the sign up process.

When possible the class listing indicates the name of the class, a brief description, location, day, time, room number, if materials are required, and the instructor name. If any of that information is not listed, it was probably not determined at the time the catalog was printed. Just call the center sponsoring the activity to find out more. Unless noted all classes/trips leave or take place at the center sponsoring the activity.

Center & Mealsite Information



Trips



Theater and Opera



Presentations & Workshops



Special Events



Classes



Groups & Clubs



Community Organizations



Support Groups



Resource Directory



Index



## City of Albuquerque Department of Senior Affairs

### Vision

To be the community leader, who, in partnership with others, involves seniors in creating and sustaining a community where there is a growing spirit of interdependence that enhances everyone's quality of life.

### Mission

Provide opportunities that involve and assist seniors to achieve their potential, live in dignity and share their wisdom.

The City of Albuquerque, Department of Senior Affairs, has been serving the residents of Albuquerque and Bernalillo County for over thirty years. Through innovative programs and quality services, the Department has evolved into an exemplary model, dedicated to enriching and improving the lives of our community's senior population. On the following pages, we have listed services and opportunities that are especially designed for seniors. Many of our programs have a minimum age requirement of 50 years to participate. Other programs, including Home Delivered Meals, Transportation, and Care Coordination, which are funded by the Older Americans Act and the Area Agency on Aging, have a minimum age of 60. We also offer programs for people of all ages at Manzano Mesa Multigenerational Center. Please keep this in mind when inquiring about services. Also please be aware that some services may request a donation or nominal fee; however, no one will be denied services for not contributing. If at any time you would like additional information on how to access these services, please call Senior Information at 764-6400.



## Center & Mealsite Information

### Barelas

714 7th Street SW  
Albuquerque, NM 87102  
Phone: (505) 764-6436  
Fax: (505) 764-6472

**Hours:**  
Open Monday – Friday,  
8:00 am – 5:00 pm  
Saturday, 9:00 am – 3:00 pm

**Meals:**  
BREAKFAST  
Monday – Friday,  
8:00 – 9:00 am • \$1.50

LUNCH  
Monday – Friday,  
11:30 am – 12:30 pm

Lunch reservations are required by noon one working day prior to eating at Barelas. Our cost to prepare each lunch is \$4.50. If you are 60 years of age or older please donate your fair share to help cover the expense; persons 50 – 59 years of age contribute \$3.25; guests under 50 years of age, including children, contribute \$5.00.

Notary Public service is available by appointment.

### Bear Canyon

4645 Pitt NE  
Albuquerque, NM 87111  
Phone: (505) 291-6211  
Fax: (505) 291-6237

**Hours:**  
Open Monday – Friday,  
8:00 am – 5:00 pm  
Thursday 8:00 am – 9:30 pm  
Saturday 9:00 am – 3:00 pm  
Thursday Night Dance  
6:30 – 9:30 pm

**Meals:**  
BREAKFAST  
Monday – Friday,  
8:00 – 9:00 am • \$1.50

LUNCH  
Monday – Friday,  
11:30 am – 1:00 pm • \$3.25

Guests under 50 years of age, including children \$5.00. Occasionally, breakfast or lunch service may be cancelled, so please check with the front desk for schedule changes.

### Highland

131 Monroe NE  
Albuquerque, NM 87108  
Phone: (505) 256-2000  
Fax: (505) 256-2004

**Hours:**  
Monday – Tuesday,  
Thursday – Friday,  
8:00 am – 5:00 pm  
Wednesday  
8:00 am – 9:00 pm  
Saturday 10:00 am – 5:00 pm

**Meals:**  
At the Highland Grill:  
BREAKFAST  
Monday – Friday,  
8:00 – 9:00 am • \$1.50

LUNCH  
Monday through Friday,  
11:30 am – 1:00 pm • \$3.25

Guests under 50 years of age, including children, are \$5.00. Occasionally, breakfast or lunch service may be cancelled, so please check with the front desk for schedule changes.



## Los Volcanes

6500 Los Volcanes NW  
Albuquerque, NM 87121  
Phone: (505) 836-8745  
Fax: (505) 836-8749

### Hours:

Monday – Friday,  
8:00 am – 5:00 pm

Thursday, 8:00 am – 9:00 pm  
Saturday, 9:00 am – 3:00 pm

Dinner Dance is the last  
Tuesday of the month

### Summer Hours

5:30 – 8:30 pm  
(doors open at 5:00 pm)

### Winter Hours (Nov. – Feb.)

4:30 – 7:30 pm  
(doors open at 4:00 pm)

### Hot Spot gift shop:

Monday – Friday  
9:00 am – 1:00 pm

### Meals:

#### BREAKFAST

Monday – Friday,  
8:00 – 9:00 am • \$1.50

#### LUNCH

Monday – Friday,  
11:30 am – 12:30 pm

Lunch reservations are required by noon one working day prior to eating at Los Volcanes. Our cost to prepare each lunch is \$4.50. If you are 60 years of age or older please donate your fair share to help cover the expense; persons 50–59 years of age contribute \$3.25; guests under 50 years of age, including children, contribute \$5.00.

Notary Public service is available by appointment.

## Manzano Mesa Multigenerational Center

501 Elizabeth SE  
Albuquerque, NM 87123  
Phone: (505) 275-8731  
Fax: (505) 275-8734

### Hours:

Open Monday – Friday,  
8:00 am – 9:00 pm  
Saturday, 9:00 am – 3:00 pm

### Meals:

#### BREAKFAST

Monday – Friday,  
8:00 – 9:00 am • \$1.50

#### LUNCH

Monday – Friday,  
11:30 am – 12:30 pm

Lunch reservations are required by noon one working day prior to eating at Manzano Mesa Multigenerational Center. Our cost to prepare each lunch is \$4.50. If you are 60 years of age or older please donate your fair share to help cover the expense; persons 60 years and older \$2.00; persons 50-59 years of age contribute \$3.25; guests under 50 years of age, including children, contribute \$5.00.

Notary Public service is available by appointment

## North Valley

3825 Fourth Street NW  
Albuquerque, NM 87107  
Phone: (505) 761-4025  
Fax: (505) 761-4031

### Hours:

Open Monday – Friday,  
8:00 am – 5:00 pm  
Tuesday 8:00 am – 9:00 pm  
Sunday 12:45 – 4:30 pm

### Meals:

#### BREAKFAST

Monday – Friday,  
8:00 – 9:00 am • \$1.50

#### LUNCH

Monday – Friday,  
11:30 am – 12:30 pm

Lunch reservations are required by 2:00 pm one working day prior to eating at North Valley. Our cost to prepare each lunch is \$4.50. If you are 60 years of age or older please donate your fair share to help cover the expense; persons 50-59 years of age contribute \$3.25; guests under 50 years of age, including children, contribute \$5.00.

## Los Volcanes Sports & Fitness Center

6500 Los Volcanes NW  
Suite B,  
Albuquerque, NM 87121  
Phone: (505) 836-8819  
Fax: (505) 836-8749

## Palo Duro Sports & Fitness Center

3351 Monroe NE  
Albuquerque, NM 87110  
Phone: (505) 880-2800

### Hours:

Monday – Friday,  
7:00 am – 7:00 pm

### New Saturday Hours:

8:00 am – 2:00 pm

The Palo Duro Senior and the new Los Volcanes Sports & Fitness Centers are open to all Albuquerque/Bernalillo County residents 50 years and older. The centers contain a full gym with cardio, circuit machines and free weights.

The cost is a City of Albuquerque Center Membership of \$13.00 per year and 50¢ contribution per visit.

## Palo Duro

5221 Palo Duro NE  
Albuquerque, NM 87110  
Phone: (505) 888-8102  
Fax: (505) 888-8107

### Hours:

Monday – Friday,  
8:00 am – 5:00 pm

### Wednesday

8:00 am – 9:00 pm

### Saturday

9:00 am – 3:00 pm

### Desert Willow Gift Shop

Monday – Friday,  
9:00 am – 2:00 pm

### Wednesday

9:00 am – 2:00 pm

### 4:00 – 6:00 pm

### Saturday

10:00 am – 2:00 pm

### Hardwood Cafe

Specialty coffees will be served in our new lobby area for 75¢ a cup. Drop by for a new brew and visit with friends.

### Meals:

#### BREAKFAST

Monday – Friday,  
8:00 – 9:00 am • \$1.50

#### LUNCH

Monday – Friday,  
11:30 am – 1:00 pm • \$3.25

Guests under 50 years of age, including children, are \$5.00. Occasionally, breakfast or lunch service may be cancelled, so please check with the front desk for schedule changes.

Notary Public service is available by appointment.

## Los Volcanes Fitness Center Opening Soon



**6500 Los Volcanes Rd., NW, Suite B**  
**Free with senior center membership or \$13.00 per year**



# Nutrition Satellite/Mealsite Directory

**Nutrition Program Office**  
1500 Walter SE,  
Albuquerque, NM 87102  
Lydia Obrist & Janie Moya  
764-1621 or 764-1524

**Alameda Satellite/  
Raymond G. Sanchez  
Community Center**  
9800 4th Street NW,  
Albuquerque, NM 87114  
Frances Chavez, 468-7804

**Armijo Satellite**  
1714 Centro Familiar SW,  
Albuquerque, NM 87105  
Celia Hernandez,  
873-0047

**Embudo Towers  
Meal Site**  
8010 Constitution NE,  
Albuquerque, NM 87110  
Lydia Obrist, 764-1621

**Encino Garden Meal Site**  
412 Alvarado SE, Albu-  
querque, NM 87108  
Julie Day, 266-7736

**Encino Terrace Meal Site**  
609 Encino Place NE,  
Albuquerque, NM 87102  
Elvira Montañó, 247-4185

**Holy Family Satellite**  
562 Atrisco Drive SW,  
Albuquerque, NM 87105  
Viola Abeyta, 843-7695

**La Amistad Meal Site**  
415 Fruit NE,  
Albuquerque, NM 87102  
Robert Ward, 848-1395

**La Mesa/Cesar Chavez  
Community Center**  
7505 Kathryn Avenue SE,  
Albuquerque, NM 87108  
Norma Taylor, 256-2680

**Los Duranes  
Community Center**  
2920 Leopoldo NW,  
Albuquerque, NM 87104  
Bernadette Jaramillo,  
848-1338

**Mountain  
Communities /Los Vecinos  
Community Center**  
478 1/2 Old Highway 66,  
Tijeras, NM 87059  
Virginia Gonzales,  
314-0242

**North  
Albuquerque  
Satellite**  
7701 San Pedro NE, Bldg. K,  
Albuquerque, NM 87109  
Julianna Brooks, 857-8313

**Pajarito Satellite**  
6080 Isleta Blvd SW,  
Albuquerque, NM 87105  
Noel Gutierrez/  
Esther Bustos, 873-6617

**Paradise Hills Satellite**  
6000 Chaparral NW,  
Annex Building,  
Albuquerque, NM 87114  
America Bencomo,  
897-7479

**Princess Jeanne Satellite**  
11401 Indian School Rd. NE,  
Albuquerque, NM 87112  
Primavera Mickie Charles,  
291-6298

**Rio Bravo Satellite**  
3910 Isleta Blvd SW,  
Albuquerque, NM 87105  
Maria "Lola" Sedillo,  
873-6647

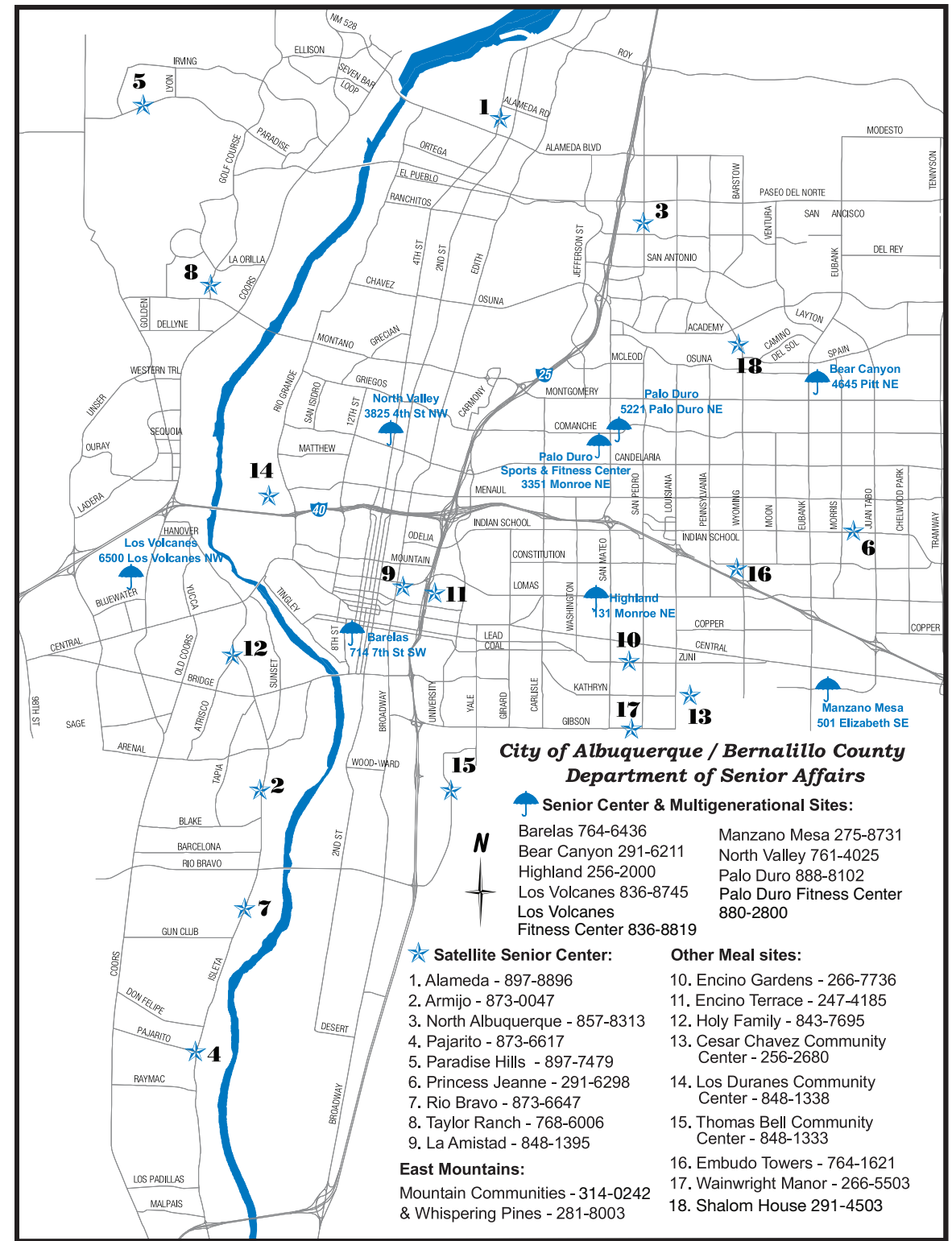
**Shalom House Meal Site**  
5500 Wyoming NE,  
Albuquerque, NM 87109  
Annette Morris,  
291-1818 ext 4503

**Taylor Ranch  
Community Center**  
4900 Kachina Street NW,  
Albuquerque, NM 87120  
Debbie Sanchez, 768-6006

**Thomas Bell  
Community Center**  
3001 University SE,  
Albuquerque, NM 87106  
Ronell Brown, 848-1333

**Wainwright  
Manor Meal Site**  
5601 Gibson SE,  
Albuquerque, NM 87108  
Mr. Limm "Volunteer",  
266-5503

**Whispering Pines**  
#6 Lark Road,  
Tijeras, NM 87059  
Lorraine Ortiz, 281-8003



## Membership

Persons 50 years and older may become center members. Spouses of members who are younger than 50 may also become members. Any person wishing to participate at a senior center is required to obtain a membership card. There is a \$13.00 fee for the year. Cards are issued for one year and are valid at all six senior centers in Albuquerque and the Manzano Mesa Multigenerational Center and all 50+ Sports & Fitness Centers.

## Volunteer Opportunities

Volunteers are needed at all senior centers and are being recruited for the new Senior Sports and Fitness Center in all areas of operations. If you have time, talents, skills, or hobbies you would like to share, please contact the center of your choice.

## Newsletters

Read all about it! Newsletters are published by each senior center. Copies are available at the front desk at no charge. Articles for the following month are due by the 10th of each month.

## City Programs Comply With The Americans With Disabilities Act

The City of Albuquerque does not discriminate on the basis of race, color, national origin, ancestry, sex, religion, age or disability in employment or provision of services. If you have a disability and will need special assistance to benefit from an activity or trip offered by a senior center, please call that location at least two weeks prior to the event.

## Suggestion Boxes

Suggestion boxes are located in each senior center. Your comments, suggestions and ideas are appreciated.

## Center Closings

Centers closed for cleaning as follows:

### Barelas

July 21 – 27

### Bear Canyon

July 7 – 13

### Highland

August 18-25

### Los Volcanes

July 14 – 20

### Manzano Mesa

### Multigenerational Center

July 28 – August 3

### North Valley

August 4 – 10

### Palo Duro

August 11 – 17

### Palo Duro 50+ Sports & Fitness Center

October 20 – 24

## Holiday Closings for 2008:

### Independence Day

Friday, July 4

### Labor Day

Monday, September 1

### Veteran's Day

Tuesday, November 11

### Thanksgiving

Thursday & Friday

November 27 & 28

### Christmas

Thursday, December 25

## Driver Safety Program

The AARP Driver Safety Program is designed for the 50+ driver to review and update his or her driving skills. The eight-hour course is taught in two four-hour sessions over two days. It provides practical techniques for coping with changes in vision, hearing and reaction time, along with a review of "rules of the road." Anyone 50 years or older may take this class and may receive a discount on insurance premiums. No written or driving test is involved. Cost is \$10.00 per person, make your check payable to AARP and bring it to the first class. No cash will be accepted. Call centers for monthly dates and registration.

### Bear Canyon • Room 4

3rd & 4th Thursday,  
12:00 noon – 4:00 pm  
3rd & 4th Saturday,  
11:00 am – 3:00 pm

### Highland • Room 7

1st Thursday and Friday, 12:15 – 4:15 pm

### Los Volcanes • Room 2

1st and 2nd Monday, 9:00 am – 12:15 pm  
Brenner

### Manzano Mesa

### Multigenerational Center • Room 4

To be announced

### North Valley • Room 4

1st & 2nd Monday, 1:00 – 5:00 pm

### Palo Duro • Ponderosa Pine

1st Friday 8:30 am – 4:30 pm

## Friendship Coffee

Chat with old friends and make new ones while you enjoy a morning treat.

### Barelas • Lobby/Social Hall

1st Wednesday, 9:30 – 10:30 am

### Bear Canyon • Social Hall

Tuesday, 9:30 – 10:30 am

### Highland • Lobby

Times vary

### Los Volcanes • Social Hall

Thursday, 10:00 – 11:00 am.

### Manzano Mesa

**Multigenerational Center • Social Hall**  
Thursday, 10:00 – 11:00 am

### Palo Duro • Cottonwood

Wednesday, 9:45 – 10:15 am

### North Valley • Social Hall

Times vary, call center for more information.

## Arts Mart

Seniors are welcome to display their arts and crafts at the Arts Mart. Tables are available to rent at the front desk.

### Highland • Lobby

Monday and Friday, 7:30 am setup  
8:00 am – 12:00 pm  
\$2.00 table rental in advance



## LOOKING FOR INSTRUCTORS

at Los Volcanes 50+ Fitness Center on the Westside  
Call Berlinda Padilla at 880-2800 for information.

## Flea Market

Shop at the Flea Market for special bargains; find treasures and satisfy your sweet tooth. Reserve your table at the front desk.

### Barelas • Social Hall

Thursday, 8:00 am – 1:00 pm  
\$1.50 table

### Los Volcanes • Lobby

1st Friday, 8:00 am – 12:00 noon  
\$2.00 rental

### North Valley

Wednesday, 8:00 am – 12:00 noon  
\$1.00, \$1.50, \$2.00 rentals

### Palo Duro Tuesday Marketplace

Ponderosa Pine  
Tuesday, 8:00 am – 12:00 noon  
\$1.00 rental

## Health Insurance and Benefits Counseling

Seniors Saving Medicare is an effort of the Aging and Long Term Seniors Division Health Insurance and Benefits Assistance Corps (HIBAC). This program can help you determine if you are receiving all of the benefits you have earned and help sort out the maze of Medicare and other health coverage.

### Bear Canyon • Lobby

1st Wednesday, 10:00 am – 12:00 noon  
LaChey and MacLehane  
By appointment only

### Manzano Mesa Multigenerational Center • Main Hallway

1st & 3rd Monday, 11:30 am – 1:00 pm

### North Valley • Social Hall

2nd Wednesday, 9:00 – 11:00 am

### Highland • Lobby

2nd Wednesday, 11:00 am – 1:00 pm

## Gift Shop

Purchase a special gift made by seniors. To submit merchandise to sell you must be a member of a senior center and the item must be handmade.

### Barelas • Display Case

Everyday, 8:00 am – 5:00 pm

### Los Volcanes • “Hot Spot”

Monday – Friday, 9:00 am – 1:00 pm  
Esquibel

### Palo Duro • Desert Willow Gift Shop

Monday – Friday, 9:00 am – 2:00 pm  
Wednesday, 9:00 am – 2:00 pm  
4:00 – 6:00 pm  
Saturday, 10:00 am – 2:00 pm  
Erven



## Hearing Aids

Sandia Hearing Aids is offering participants and patients a once a month, hourly visit by our senior hearing aid technician. Hearing aid services include; general maintenance, cleaning, changing batteries, wax removal and checking hearing aid function. He services all makes and models for a cost of \$2.00 per hearing aid.

### Bear Canyon

1st Tuesday, every month  
9:30 – 10:30 am

### Highland

2nd Tuesday, every month  
10:30 – 11:30 am

### Los Volcanes

2nd Tuesday, every month  
9:00 – 10:00 am

## New Member Reception/Orientation

All new members are invited. The center staff will be on hand to welcome new members and present an overview of the programs and services. Become acquainted with our activities, classes and clubs, and tour the center.

### Barelas • Room 2

3rd Wednesday, 10:00 am

### Bear Canyon • Room 1

1st Friday, 10:00 am  
Monthly tours of other centers for new members, sign-up at front desk

### Highland • Room 7

3rd Friday, 12:15 – 1:00 pm

### Palo Duro • Ponderosa Pine

First Wednesday, 9:15 – 10:00 am

## Heather Wilson's Traveling Office

Heather Wilson's traveling Congressional office will provide assistance to people with questions or problems with any federal agency.

### Bear Canyon • Lobby

September 10 & November 12  
11:00 am – 12:00 noon

### Highland • Lobby

2nd Tuesday, every other month  
12:00 noon – 1:00 pm

### Los Volcanes • Lobby

1st Friday,  
11:30 am – 12:30 pm  
of odd months

### Manzano Mesa Multigenerational Center • Main Hallway

2nd Thursday,  
11:30 am – 12:30 pm  
of odd months

### North Valley • Social Hall

3rd Wednesday, July, September  
& November, 11:00 am

### Palo Duro • Lobby

3rd Tuesday, August,  
October & December  
11:00 am

## Notary Service

Available at these centers by appointment.

Barelas, 764-6436

Los Volcanes, 836-8745

Manzano Mesa  
Multigenerational Center, 275-8731

Palo Duro, 888-8105



## Pet Vaccination Clinics

The City of Albuquerque's Animal Service Division will be providing pet vaccinations for \$5 per shot, (most animals require two shots). They will also collect the license fee if you live in the city. To keep your pet "unsterilized" you must purchase an "Intact Permit" for \$150.00. Your pet must be current on rabies vaccination and be microchipped to purchase a City License for \$6.00. If you are over the age of 65, the microchip and license are FREE.

### North Valley

July 16, 2:00 – 3:00 pm

### Los Volcanes

August 13, 2:00 – 3:00 pm

### Barelas

September 17, 2:00 – 3:00 pm

### Highland

October 15, 2:00 – 3:00 pm

### Manzano Mesa

### Multigenerational Center

November 12, 2:00 – 3:00 pm

## Recycling Bags

Bags are available at the front desk. Bring the bag coupon from your water bill.

### Barelas

### Bear Canyon

### Highland

### Los Volcanes

### Manzano Mesa

### Multigenerational Center

### North Valley

### Palo Duro

## Senior Citizen Law Office Legal Clinic

The Senior Citizen Law Office will provide general legal information at various centers. Divorces, wills, and criminal issues are not included. For more information call the Senior Citizen Law Office at 265-2300.

### Barelas

July 31, September 25, November 13  
10:00 am

### Highland • Room 7

3rd Tuesday, 2:00 – 4:00 pm

### North Valley • Room 4

3rd Thursday of every month,  
9:00 – 11:00 am

Advance Directive Workshop  
(Powers of Attorney, Cremation  
Authorization, EMS/DNR)

## Shopping

Participants will be taken to  
WalMart Superstore.

### Barelas • Sign up at front desk.

Monday, 9:30 – 11:15 am  
50¢ transportation

## Watch Repair

Need a new watch battery replaced, or possibly a new watchband? Mr. Salazar can help.

### Los Volcanes • Lobby

Tuesday, 8:00 am – 12:00 noon

