OCTOBER NEWSLETTER

Cerrillos Senior Center

WHAT DO YOU WANT TO SEE AT THE CENTER?

At your convenience, please fill out the Cerrillos activity survey. The survey is only a few simple questions to gather valuable information about what activities you are interested in seeing at the Cerrillos Senior Center. See coordinator for survey.

THANK YOU!

DON'T WORRY, IT'S EASY!

VOLUNTEERS NEEDED

CAN YOU VOLUNTEER?

Cerrillos Senior Center is seeking volunteers to supervise the front desk while coordinator is busy with assessments, administrative tasks, and duties outside of the center. Please sign up at the front desk for a volunteer slot. The volunteer shift is 11:30am to 1pm, any weekday of your choosing.

Thank you to my current volunteers; Tish, Bob, Joan, and Ginger!

NEW MEXICO STATE FAIR

The New Mexico state fair was a hit. Thank you to the wonderful participants for joining our first Cerrillos center day trip! It was a perfect way to finish up the summer and soak up that Albuquerque sun!

ADMIT ONE 604760 604760

BINGO

Our first bingo game was a success! Thank you to those who came. Come out for our next game to win cool prizes and get to know your neighbors.

BINGO!

GAME TIME

OCTOBER NEWSLETTER

Coming up next month...

TEA "SEW"CIAL WITH JOAN LYNCH

OCT 2 @ 1PM

Come sip tea, meet neighbors, and bring your handwork projects of all types.
Examples; embroidery, cross stich, applique, needle point, sashiko, hand sewing, and anything else you can think of!

Villages of Santa Fe

Join Villages of Santa Fe for upcoming yoga/exercise classes!

Friday, October 2nd: *1pm* Meet & Greet / Giveaway / Demo

Friday, October 23rd: *1pm* Challenging Your Body, Challenge your Brain with Meghan

Friday, October 30th: *1pm* Yoga for Life (start of regular programming)

HALLOWEEN COSTUME CONTEST

October 29th during lunch 11:30am-1pm

Bring out your inner child and dress up for Halloween!

Come to the center on October 29th in your costume and we will have a vote for the best dressed! Best costume will win a prize.

RAIL RUNNER DAY TRIP OCT 7

BUS DEPARTS AT 9:30AM

Join us for a chance to ride the Rail Runner.
We will be joining the Santa Cruz and Chimayo senior centers on a trip down to Albuquerque. Once we arrive, we will head out to lunch (seniors choice!)

Then, we will head to the ABQ Biopark Zoo. Admission into the zoo is $5.50 for seniors. We will depart from Albuquerque at 3pm.

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Coming up next month...

THE GOLDEN HOUR SINGING AND SONGWRITING CLASS

hosted by busy mccarroll

The Golden Hour is a creative, fun and engaging singing and songwriting class designed specifically for seniors. The class provides a supportive environment to develop vocal technique, confidence, musical expression, memory, breath control, and songwriting skills while encouraging creativity and connection through music.
Perform in a holiday concert with a tentative date of December 18th!

October 5th 1:15pm-2:15pm

MEDITATION W/ ANTHONY AND MADELINE

Join Anthony and Madeline for an afternoon meditation. We all need to slow down sometimes and focus on the present moment. This activity will be beginner-friendly and relaxed.

You do not need to bring anything unless you have a floor pillow that you wish to sit on. We will meditate for approximately 30 minutes, but are flexible to extending the time.

wednesday, OCTOBER 28th at 1pm

OCTOBER BIRTHDAYS CELEBRATION!

FRIDAY, OCTOBER 16TH AT 1PM

come have some cake and celebrate everyone with an october birthday!

ABC SUICIDE PREVENTION

Free Training - Partner Class

Ask, Be Present, Connect - ABC Suicide Prevention Partner Class is a **free, 60-minute class** that addresses how to prevent suicide. During the class you will learn about the common causes of suicidal behavior, the warning signs of suicide, and how to get help for a person in crisis.

The ABC Partner class is evidence-based and was designed following best practice protocol. After completing the class, you will earn a one-year certificate as an **ABC Suicide Prevention Partner.**

Talking About Suicide – Saves Lives

TUESDAY, OCTOBER 27TH AT 10AM