



SEPTEMBER



Stay Informed-Stay Connected

newsletter

DIRECTORS LETTER

September brings a change of season and a reminder that there is always something new to look forward to. As we move into the fall months, we encourage all of our Elders to stay active, engaged, and connected. Take part in the activities and programs offered at the Elder Center, share your ideas with our staff, and invite a friend or fellow Elder to join you.

Our goal continues to be providing a welcoming place where our Elders feel valued, respected, supported, and connected to their community. Your participation and feedback help us continue to improve the services and activities we provide.

Thank you to our dedicated staff, families, and community partners for everything you do to support our Elders. Most importantly, thank you to our Elders for allowing us to serve you. We look forward to a wonderful September filled with friendship, laughter, learning, and new memories.

Wishing everyone a safe, healthy, and beautiful September.

With Appreciation,
Angel Montoya
Elder Center Director



MISSION STATEMENT

To provide opportunities that involve and assist seniors to improve their quality of life with dignity and to share their wisdom with their community.



505.869.9770



1005 TR 140 Isleta, NM
87022

Hours of Operation
M-F 8:00am to 4:30pm

STAFF

Angel Montoya, Director
Azalia Malizia, Receptionist
Cheryldine "Thurby" Valencia, Prog. Coord.
Cyrus Jiron, Home Maintenance Tech
Daniel Flowers, Cook I
Evangeline Lente, Adult Day Services Manager
Felicia Chewiwi, Food Service Manager
Gloria Zuni, Administrative Assistant
Jared Abeita, Cook I
Juana M. Jojola, Home Care Attendant
Karen Jojola, Home Care Attendant
Kathleen Sakry, Personal Care Service Aide
Kerwin Tsosie, Transporter
Lavona Watchman, In-Home Program Mgr.
Micheal Martin, Business Manager
Monica Gonzalez, Outreach Manager
Nevaeh Dodge, Adult Day Services Assistant
Noelani Martin, Cook I
Paula Padilla, Transporter
Ryan Espinda, Cook II
Tracy Gonzales, Home Care Attendant



FRIENDLY REMINDERS

Federal Nutritional Meal Guidelines for Elder Centers set clear nutritional and service standards to ensure meals are safe, nutritious, and meet the needs of older adults. The Pueblo of Isleta Elder Center does receive federal funding for our meals, and we are required to comply with the nutritional guidelines (including, but not limited to, portion size) set forth to be eligible and in compliance with the federal guidelines. If you have any questions regarding portion size, items on menu or any other concerns, please feel free to contact the Elder Center at 505-869-9770.

Isleta Elder Center Notice

Per the guidelines of the Isleta Elder Center regarding Home Delivered Meals, the following will apply to all clients that we serve:

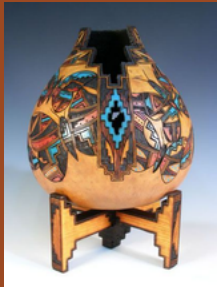
1. All home delivered meals will be delivered to the client's home.
2. Clients must be home to receive the meal.
3. Should a client not be in the home, a meal will not be delivered.
4. If the client is not home, a note informing the client that a meal delivery was attempted will be left on the door which includes the date of the attempt.
5. If a client chooses to receive a meal at a different location other than original location, the Outreach Manager will contact the client to verify address.
6. The Outreach Manager will notify the kitchen staff in writing the change in location for the client.
7. The meal will be delivered to the new location.
8. Should a client not be home, it is their responsibility to call the Elder Center at (505) 869-9770 by 9:00 am or tell their driver the day before.
9. If a note is left on the door five (5) times in a 30-day period, due to not calling the Elder Center to cancel meals, client's services will be suspended until contacted by the Outreach Manager.

UPDATE: We will NO LONGER leave meals in the ice chests or boxes.

Please note that Home Delivered Meals are based on client load, therefore, the trucks do not carry extra meals. All meals are accounted for.

Thank you for your cooperation.

Arts & Crafts Fair



SAVE THE DATE
SATURDAY,
NOVEMBER 21 2026
9:00AM TO 3:00PM

The Pueblo of Isleta Elder Center is happy to announce
table sign ups/registration will begin on
Monday, September 21, 2026 at 9am at the Elder Center.

Tables for this year's event will be on a
first- come, first-served basis as all tables will be FREE
of charge to all vendors. Each vendor will be allowed
1 table, multiple tables will not be available.



For more information,
please contact the Elder
Center at 505.869.9770



ISLETA
resort • casino

Isleta Resort and Casino
11000 Broadway Blvd SE
Albuquerque, NM 87105

UPCOMING EVENTS



The Elder Center will be taking a group to visit the NM State Fair on September 14, 2026, for Senior Day. Departure from the Elder Center will be at 9:45am and return at 1:30pm. Tickets are \$10.50. All expenses are the responsibility of the individual. Please RSVP at 505-869-9970.





Isleta Pueblo Elder Center
Presents
3rd Annual
Cornhole & Shuffleboard
Tournament



Where:
Isleta Pueblo Recreation Center
60 Tribal Rd 40, Isleta, NM 87022

When: October 21st (Cornhole)
& 22nd (Shuffleboard)
Both days starting at 9:00am

Must be 50 years old by
Dec. 31st 2026, to compete.

Registration is FREE

Contact Cheryldine

Deadline: October 5, 2026 at 505-869-9770

No Exceptions Cheryldine.valencia@isletapueblo.com

Karaoke Thursdays



Join us in the Elder Center's dining hall every Thursday for some karaoke! Whether you're a shower singer or a star in the making, karaoke is all about having fun. Karaoke begins at 12:30pm. Lunch is served Monday-Friday at 12:00pm.



ISLETA PUEBLO ELDER CENTER'S
Friendship
Breakfast

Friday, September
11th & 25th, 2026

9:00AM-10:00AM



Trivia Mondays



Join us in the Elder Center's dining hall every Monday for a game of trivia starting at 12:30pm.

Lunch is served Mon-Fri starting at 12:00pm.



Thank you!

We want to recognize our ADS Summer Intern, Gabriella Jojola for her hard work and time with Adult Day Services. Her presence and influence truly made it fun and formed lasting memories within our program, learning about one another, sharing stories, and laughing at joke after joke. We never wanted it to end, but we all wish her the best in her studies and in her future to come. Thank you!





THANK YOU



A big thank you to everyone who has taken the time to complete our meal survey! Your feedback is incredibly valuable and helps us better understand your preferences and improve the meals we provide.

Based on the feedback we have already received, our kitchen staff will be incorporating some of your suggestions and ideas into future menus. We appreciate you taking the time to share what you would like to see served.

If you haven't completed the survey yet, please take a few minutes to fill one out and let us know what you think. We want to hear from you!



Your feedback helps us serve you better!

JOIN US FOR BREAKFAST



September Breakfast Menu

Served Tuesday & Thursday

Coffee, Hot Tea, Orange Juice and Fresh Fruit Served

Tuesday Sept 1st

Sausage Breakfast Sliders
Eggs, Sausage, Slice Cheese
Dinner Roll, Hash Brown

Tuesday Sept 8th

Breakfast Tacos
Eggs, Bacon, Sausage, Shred Cheese
6" Tortilla, Salsa

Tuesday Sept 15th

Waffles
Eggs, Bacon, Sausage
Hashbrown and syrup

Tuesday Sept 22nd

Cheesy Croissant Sandwich
Egg, Slice Cheese, Bacon
Sausage

Tuesday Sept 29th

Biscuits & Gravy
Gravy, Sausage, Bacon
Egg, Oatmeal, Biscuit
Red or Green



Thursday Sept 3rd

Triple Berry Sheet Pan Pancakes
Blueberries, Strawberries, Raspberries
Pancake, Sausage, Bacon

Thursday Sept 10th

Diced Spam & Eggs
Potatoes, Red or Green, Tortilla

Thursday Sept 17th

Egg Muffin
Egg, Slice Cheese, Slice Ham
English Muffin

Thursday Sept 24th

Chicken & Waffles
Chicken Tenders 2
Waffles
Syrup



Isleta Elder Center Menu 2026

September

Monday	Tuesday	Wednesday	Thursday	Friday
Important Closures September 4th Feast Day September 7th Labor Day Elder Center will resume all services Tuesday September 8th, 2026				
9/7/2026 Elder Center Closed	9/8/2026 Meatball Subs Meatball 3oz Marinara Sauce 2oz Sub Bun Mozzarella Cheese 2oz Steamed Vegetables 1/2c	9/9/2026 Chicken Rice Casserole Dice Chicken 3oz Broccoli 1/2c Steamed Rice 1/2c Cheese 2oz Cream of Chicken Sauce 1/2c	9/10/2026 Tuna Sandwich Tuna 3oz Dice Onions & Celery 1/2c Mayo 1/2c Pickle spear Croissant / Baked Chips Chocolate Pudding	9/11/2026 Beef Flautas Ground Beef 3oz Tortilla 6" Spanish Rice 1/2c Calabacitas 1/2c Jello w/fruit
9/14/2026 BBQ Wings Boneless Wings 3oz French Fries 1/2c Steamed Corn 1/2c BBQ Sauce 2oz Fresh Fruit	9/15/2026 Kielbasa Stir Fry Slice Kielbasa 3oz Carrots & Broccoli 1/2c Dice Potato 1/2c Fresh Fruit	9/16/2026 Chicken Alfredo Dice Chicken 3oz Fettuccini Pasta 1/2c Mixed Vegetable 1/2c Green Chile Alfredo Sauce Garlic Bread	9/17/2026 Tomato Soup w/ Grilled Cheese Tomato Soup 1c Slice Cheese 1oz Slice Ham 3oz w/w Bread Fruit Cup	9/18/2026 Turkey on Croissant Slice Turkey 3oz Slice Cheese 2oz Lettuce & Tomato 2oz Apple Slices w/Peanut Butter Croissant
9/21/2026 Sloppy Joe Ground Beef 3oz Sloppy Joe Sauce 2oz Mixed Vegetable 1/2c Hamburger Bun Fresh Fruit	9/22/2026 Brats Brat Sausage 3oz Sauerkraut 2oz Brat Bun Beets 1/2c Fresh Fruit	9/23/2026 Philly Cheese Steak Philly Steak 3oz Swiss Cheese 2oz Peppers & Onions 1/2c Sub Bun Baked Chips	9/24/2026 Chili Dog Wraps Beef Hotdog 3oz Red Chile 2oz Shredded Cheese 2oz Tortilla Baked Chips	9/25/2026 Pizza Pepperoni 3oz Mozzarella Cheese 2oz Pizza Crust Pasta Salad 1/2c Fresh Fruit
9/28/2026 Chicken Famous Bowl Chicken Bites 3oz Mash Potato 1/2c Gravy 2oz Steamed Corn 1/2c Fresh Fruit	9/29/2026 Riblet Sandwich Pork Riblet 3oz Slice Onions & Pickle Slice 2oz BBQ Sauce 2oz Sub Bun Potato Salad 1/2c	9/30/2026 Beef Strongoff Beef tips 3oz Egg Noodles 1/2c Brown Gravy 3oz Dinner Roll Steamed Mixed Vegetable 1/2c	Please come join us for Congregate Meals!! Mealtime is more enjoyable when you are with friends! Come eat, share stories and socialize with others. Please call by 9am to Cancel Home Delivered Meals. Thank you!	

MONDAY - FRIDAY
8:00AM - 4:30PM
505-869-9770
CLOSED FEDERAL HOLIDAYS

Isleta Pueblo Elder Center Activities Calendar

2026

★ -Breakfast served 9am-10am

September

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
Trivia 12:30pm Dining Hall 	No Activities ★	Make A Pinch Pot 1:00pm Activities Room 	Karaoke 12:30pm Dining Hall ★	Elder Center Closed Happy Feast Day!
7	8	9	10	11
Elder Center Closed 	Health Education Presentation 12:45pm Dining Hall ★	Minute To Win It Games 12:45pm Dining Hall	Mass 11:30am Dining Hall ★ Rio Metro Info Presentation 12:20pm Dining Hall ★	Friendship Breakfast 9am-10am  Trivia 12:30pm Dining Hall
14	15	16	17	18
Senior Day at the NM State Fair 9:45am 	Commodities Distribution Healthier Choices Cooking Demo 12:30pm Dining Hall ★	Trivia 12:30pm Dining Hall 	Karaoke 12:30pm Dining Hall ★	NM Legal Aid Presentation 12:45pm Dinning Hall
21	22	23	24	25
the PRICE is right 12:30pm Dining Hall	Commodities Distribution Billiards Tournament 1:00pm ★ 	Make a Pressed Flower Frame 1:00pm Activities Room	Karaoke 12:30pm Dining Hall ★	Friendship Breakfast 9am-10am Storytelling 12:45pm Dining Hall ★
28	29	30	Call or visit the elder center to sign up for activities in advance. All activities are a first come, first served basis and are open to everyone ages 50+ unless otherwise noted. Scheduled activities are subject to change.	
Trivia 12:30pm Dining Hall 	Bowling Trip 10:40am Skidmore's Holiday Bowl \$10 per person ★	B.I.N.G.O. 1:00pm Activities Room		