

# OCTOBER NEWSLETTER

STAY INFORMED-  
STAY CONNECTED

## DIRECTORS LETTER

As we welcome the month of October, there is something special about this time of year. The cooler mornings, changing seasons, and familiar traditions remind us to slow down, appreciate the moments we share, and enjoy the people who make our community special. At the Elder Center, we are continuing to focus on creating a place where our elders feel welcomed, valued, connected, and encouraged to participate. October is also a wonderful time to celebrate the strength, wisdom, and experiences of our elders. Your stories, knowledge, traditions, and willingness to share them with others are an important part of what makes our community unique. We encourage everyone to continue joining us for activities, programs, meals, outings, and special events throughout the month. As we move into the final months of the year, I encourage you to take advantage of opportunities available at the center and, most importantly, to continue building connections with one another.

Thank you for allowing us to serve you and for continuing to make the Elder Center a place filled with friendship, laughter, memories, and connections.

Always remember, you are welcome here, and there is a place for you.

With Gratitude,  
Angel Montoya  
Director



## STAFF

Angel Montoya, Director  
Azalia Malizia, Receptionist  
Cheryldine "Thurby" Valencia, Program Coordinator  
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 Manager  
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

## 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

# ADULT DAY SERVICES

## WHAT IS ADULT DAY SERVICES

Adult Day Services provides care and social opportunities for someone who cannot be at home alone during the day, or who may need more daily assistance than what their family can provide, but returns home to sleep in their own bed at night.

## WHAT DO WE PROVIDE

- Opportunity to socialize with others.
- Can relieve the isolation and loneliness that many people experience as they age.
- Provide meals, social activities, physical activities and recreational opportunities.
- Health-related services such as health screenings and educational sessions.
- Social and recreational activities offered may include art, music, exercises, group activities, and cognitive stimulation programs.
- Clients are transported to and from the center as well as on field trips.

## BENEFITS

- Research is limited but suggests that for older people with long-term health conditions, regular structured activities and being with others can enhance quality of life and improve well-being.
- Caring for an older adult with health issues can be physically and emotionally difficult. Adult day services is an option for family caregivers who may be struggling with day-to-day caregiving or dealing with anxiety, frustration depression or other health problems.
- Adult Day Services allow family members to remain in the workforce by providing a safe and enriching environment for their loved ones during the day. It also gives them an opportunity to tend to their own needs to have the energy and patience to care for their loved one at night.



# FLYERS

Isleta Elder Center

## BILLIARDS

**Tournament**

**TUESDAY  
OCTOBER  
6TH**

**STARTS  
AT  
1PM**

**MUST BE 50+ TO COMPETE  
PRIZE AWARDED TO  
1<sup>ST</sup> PLACE**

Isleta Pueblo Elder Center's

## Friendship Breakfast

**Friday, October 9, 2026**  
&  
**Friday, October 23, 2026**

**9:00AM-10:00AM**

SANTA FE



FARMERS' MARKET  
— EST. 1969 —

**Tuesday, October 13, 2026**

Transportation will leave the Elder Center at 9:45am after breakfast to experience the Santa Fe Farmer's Market near the Railyards. The group will return by 2:00pm

Please RSVP by October 9, 2026

30 Years!

Join us as we celebrate 30 incredible years of the 50+ Expo! Bigger, Better, and Now at the Newly Renovated Museum of Natural History & Science!

**Tuesday, October 20th 2026!**  
8:30AM - 1PM at the  
**Museum of Natural History & Science**  
- FREE EVENT -  
Free Health Information and Screenings,  
Live Entertainment, Giveaways and Much More!

Brought to you by Presenting Sponsor

BlueCross BlueShield of New Mexico

AND

LA VIDA LLENA THE NEWSPAPER

For More Info Contact:  
Prime Time Publishing  
Publisher@PrimeTimeNM.com  
505-242-2428

PrimeTimeNM.com

Isleta Pueblo Elder Center Presents

## 3rd Annual Cornhole & Shuffleboard Tournament

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

When:  
October 21<sup>st</sup> (Cornhole Singles Only)  
& 22<sup>nd</sup> (Shuffleboard Singles Only)  
Both days starting at 9:00am

**Must be 50 years old by  
Dec. 31<sup>st</sup> 2026, to compete.**

Registration is FREE Contact Cheryldine  
Deadline: October 5, 2026 at 505-869-9770  
No Exceptions Cheryldine.valencia@isletapueblo.com




## Pumpkin Carving

**Wednesday, October 28, 2026**

Please RSVP by October 19th!



**PUMPKIN CARVING  
CONTEST**

## Pottery Building Demo with Clarence Cruz from Ohkay Owingeh



When: Thursday, October 29, 2026  
12:45pm

Where: Isleta Pueblo Elder Center  
Dining Hall

ISLETA PUEBLO ELDER CENTER PRESENTS

## Halloween Party

**Food, Costumes,  
and Games**

Come dressed in a  
decades themed costume  
if you dare...

**Friday 30 October**

**12:00pm**

# Reminder



The Golden Eagle Club was established to honor our Pueblo of Isleta Tribal Members ages 65 and above.

As a Golden Eagle, you may enjoy the following:



- Birthday Bingo
- Free Fishing at Isleta Lakes & RV Park
- Free Golf at Isleta Golf Club
- A Free Birthday Meal at any
- Isleta Resort & Casino Restaurant

Free Golden Eagle Coupon Books  
will be issued by the POI Elder Center Outreach Manager 505-869-9770  
Must provide current Tribal ID



**IF YOU HAVE NOT  
PICKED UP YOUR  
GOLDEN EAGLE  
BOOKLET, PLEASE DO  
SO SOON.**



# Arts & Crafts Fair



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

Come join us for a day of creativity, community, and fun!

Browse unique handmade crafts, visit with local vendors, and enjoy the wonderful talents of our community. Whether you're looking for a special gift, something beautiful for your home, or simply want to spend the day with family and friends, there is something for everyone!

Admission is FREE

Bring your family, bring a friend, and come support our talented local crafters and vendors.

We can't wait to see you there!



For more information, please  
contact the Elder Center at  
505.869.9770



ISLETA<sup>™</sup>  
resort + casino

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

# SAVE THE DATE

Invitations will be mailed in November



Sweet Dreams of Christmas!

Isleta Elder Center  
Annual Christmas Party  
for Elders 60 years of age  
and over

Friday, December 18, 2026

2:00pm to 5:00pm

at Isleta Resort & Casino



# Congratulations!

Congratulations! Pueblo of Isleta Elder Center is a Blossom Award Winner for the 2026 Golden Chile Awards!

The Golden Chile Awards are New Mexico's statewide recognition program honoring schools, senior centers, preschools, food hubs, and farmers who support the NM Grown initiative, with annual tiers including Seed, Sprout, Blossom, and Golden Chile.

The Golden Chile Awards were established by the New Mexico Grown Coalition in 2021 to celebrate organizations that purchase, serve, and promote New Mexico-grown food.

The program strengthens local food systems by recognizing buyers and approved suppliers across the state.

## Award Tiers

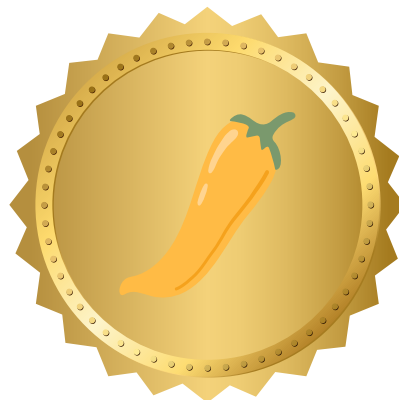
The program uses four recognition levels:

Tier 4: Seed – early-stage involvement

Tier 3: Sprout – growing participation

Tier 2: Blossom – nearing maturity

Tier 1: Golden Chile – mature, high-impact programs



## Congratulations to our Kitchen Team!



# JOIN US FOR BREAKFAST AND FRIENDLY CONVERSATIONS



## October Breakfast Menu Served Tuesday & Thursday

Thursday October 1st

Omelet  
Ground Sausage  
Peppers & Onions  
Hashbrown, Red or Green Chile  
Cinnamon Roll



Tuesday October 6th  
Breakfast Croissant Sandwich  
Egg, Ham, & Hashbrown  
Red or Green Chile  
Croissant

Thursday October 8th

Eggs & Chorizo  
Bacon, Sausage Links  
Hashbrown & Tortilla

Tuesday October 13th  
Blueberry Pancakes  
Eggs, Bacon, Sausage  
Hashbrown  
Syrup

Thursday October 15th  
Cereal & Oatmeal  
Blue Corn Muffins  
Honey Butter 2oz  
Yogurt

Tuesday October 20th  
French Toast Sticks  
Bacon, Sausage  
Hashbrown

Thursday October 22nd  
Huevos Rancheros  
Eggs, Beans, Cheese  
Hashbrown, Bacon, Sausage  
Red or Green Chile

Tuesday October 27th  
Burrito Day  
Eggs, Carne Adovada  
Shredded Cheese, Hashbrown  
Tortilla



Thursday October 29th  
Waffle Day  
Eggs, Bacon, Sausage  
Hashbrown, Red or Green Chile  
Slice Strawberries  
Whip Topping

## October Friendship Breakfast

Friday October 9th  
Blue Corn Pancakes  
Bacon, Sausage, Eggs  
Hashbrown  
Syrup

Friday October 23rd  
Chicken Fried Steak & Eggs  
Bacon, Sausage, Hashbrown  
Slice Toast, Red or Green Chile



# Generations Together

A special meal for grandparents and grandchildren



**GRANDPARENT'S RAISING GRANDCHILDREN-  
YOU ARE INVITED!**

We invite you and your grandchildren to join us for a special breakfast or lunch at the Elder Center during school breaks!

Come share a meal where your grandchildren can:

Spend time with the older generation

Create memories together

Build connections across generations

When: School Breaks/In-Services

Where: Elder Center



Please see schedule for breakfast and lunch service.



**BECAUSE SOME OF THE BEST  
MEMORIES ARE MADE AROUND THE  
TABLE.**



Our first storytelling session with Stanley Perry was a wonderful success, and we are so grateful he shared his story with us!

We would love for all our elders to have the opportunity to share a story about our Pueblo, your family, traditions, memories, or cultural teachings that can be passed down and shared with younger generations.

These stories are a special part of who we are, and preserving them helps ensure that the knowledge, traditions, and memories of our elders continue for generations to come.

If you would like to share your story, please sign up at the front desk with Thurby or by calling 505.869.9770, so she can add you to the storytelling calendar.

We can't wait to hear all of the wonderful stories, memories, and traditions our elders have to share!

# Isleta Elder Center Menu 2026



HELLO  
October

**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                                                                                                                                                         | Tuesday | Wednesday | Thursday | Friday |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|-----------|----------|--------|
| <b>10/5/2026</b><br>Macaroni Soup<br>Ground Beef 3oz<br>Dice Tomato 1/2c<br>Macaroni 1/2c<br>Crackers<br>Fresh Fruit                                           |         |           |          |        |
| <b>10/6/2026</b><br>Fried Rice<br>Egg Roll 3oz<br>Fried Rice 1/2c<br>Oriental Vegetable 1/2c<br>Soy Sauce 2oz<br>Fortune Cookie                                |         |           |          |        |
| <b>10/7/2026</b><br>BBQ Chicken<br>Chicken Breast 3oz<br>Scallop Potatoes 1/2c<br>Mixed Vegetable 1/2c<br>BBQ Sauce 2oz<br>Dinner Roll                         |         |           |          |        |
| <b>10/12/2026</b><br>Philly Cheese Steak<br>Philly Steak 3oz<br>Peppers & Onions 1/2c<br>Swiss Cheese 2oz<br>Bun<br>Baked Chips                                |         |           |          |        |
| <b>10/13/2026</b><br>Chicken & Rice<br>Dice Chicken 3oz<br>Dice Onion & Celery 1/2c<br>Rice 1/2c<br>Red Chile 2oz<br>Oven Bread                                |         |           |          |        |
| <b>10/14/2026</b><br>Steak Fingers<br>Steak Fingers 3oz<br>Mash Potato 1/2c<br>Gravy 2oz<br>Vegetable Blend 1/2c<br>Peach Cobbler                              |         |           |          |        |
| <b>10/15/2026</b><br>Mac & Cheese w/ Ham<br>Dice Ham 3oz<br>Baked Beans 1/2c<br>Elbow Macaroni 1/2c<br>Cheese Sauce 1/2c<br>Dinner Roll                        |         |           |          |        |
| <b>10/16/2026</b><br>Beef Enchilada<br>Ground Beef 3oz<br>Red Chile 1/2c<br>Corn Tortilla<br>Spanish Rice 1/2c<br>Squash 1/2c                                  |         |           |          |        |
| <b>10/18/2026</b><br>Spaghetti<br>Meat Sauce 3oz<br>Mixed Vegetable 1/2c<br>Spaghetti Squash 1/2c<br>Bread Stick<br>Apple Crisp                                |         |           |          |        |
| <b>10/19/2026</b><br>Carne Adovada<br>Carne Adovada 3oz<br>Dice Potatoes 1/2c<br>Calabacitas 1/2c<br>Tortilla<br>Fresh Fruit                                   |         |           |          |        |
| <b>10/20/2026</b><br>Turkey on Croissant<br>Slice Turkey 3oz<br>Slice Cheese 2oz<br>Lettuce & Tomato 2oz<br>Potato Salad 1/2c<br>Apple Slices w/ Peanut Butter |         |           |          |        |
| <b>10/21/2026</b><br>Tortilla Burger<br>Beef Patties 3oz<br>French Fries 1/2c<br>Tortilla<br>Garnish 2oz<br>Pudding                                            |         |           |          |        |
| <b>10/22/2026</b><br>Beans w/ Ham<br>Ham 3oz<br>Pinto Beans 1/2c<br>Green Chile 1/2c<br>Blue Corn Muffins<br>Fruit Cup                                         |         |           |          |        |
| <b>10/23/2026</b><br>Egg Salad<br>Egg Salad 3oz<br>Diced Onions & Celery 1/2c<br>Croissant<br>Baked Chips<br>Fresh Fruit                                       |         |           |          |        |
| <b>10/26/2026</b><br>Cheese Ravioli<br>Meat Sauce 3oz<br>Cheese Ravioli 1/2c<br>Mixed Vegetable 1/2c<br>Bread Stick<br>Fresh Fruit                             |         |           |          |        |
| <b>10/27/2026</b><br>Chicken Tacos<br>Dice Chicken 3oz<br>Refried Beans 1/2c<br>Chuckwagon 1/2c<br>Tortilla<br>Fresh Fruit                                     |         |           |          |        |
| <b>10/28/2026</b><br>Grilled Cheese<br>Tomato Soup 1c<br>Slice Cheese 2oz<br>Slice Ham 3oz<br>w/w Bread<br>Fruit Cup                                           |         |           |          |        |
| <b>10/29/2026</b><br>Squash & Corn w/ Hamburger<br>Ground Beef 3oz<br>Squash Yellow & Green 1/2c<br>Corn 1/2c<br>Green Chile 1/2c<br>Fry Bread                 |         |           |          |        |
| <b>10/30/2026</b><br>Pork Loin<br>Pork Loin 3oz<br>California Blend 1/2c<br>Mash Potato 1/2c<br>Gravy 2oz<br>Fresh Fruit                                       |         |           |          |        |
| <b>10/31/2026</b><br>Three Sister Soup<br>Beef Stew Meat 3oz<br>Dice Squash 1/2c<br>Pinto Beans 1/2c<br>Corn 1/2c<br>Fry Bread                                 |         |           |          |        |
| <b>10/2/2026</b><br>Pollock Nuggets<br>Rice Pilaf 1/2c<br>Green Beans 1/2c<br>Dinner Roll<br>Pudding<br>Tatar Sauce                                            |         |           |          |        |
| <b>10/9/2026</b><br>Bean Burrito<br>Bean Burrito 3oz<br>Chuckwagon 1/2c<br>Spanish Rice 1/2c<br>Salsa 2oz<br>Fresh Fruit                                       |         |           |          |        |

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

CLOSED FEDERAL HOLIDAYS

## Isleta Pueblo Elder Center Activities Calendar

# October

# 2026

★ - Breakfast served 9am-10am

| Monday                                                                                                                                                                                                                                              | Tuesday                                                                                                                                                                                                                                                          | Wednesday                                                                                                                                        | Thursday                                                                                                                                                                                                                                                           | Friday                                                                                                                                                                              |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Call or visit the elder center to sign up for activities in advance.</p> <p>All activities are a first come, first served basis and are open to everyone ages 50+ unless otherwise noted.</p> <p>Scheduled activities are subject to change.</p> |                                                                                                                                                                                                                                                                  |                                                                                                                                                  |                                                                                                                                                                                                                                                                    |                                                                                                                                                                                     |
| <b>5</b><br><br><b>Trivia</b><br>12:30pm<br>Dining Hall                                                                                                          | <b>6</b><br>Billiards Tournament<br>1:00pm<br>Activities Room<br>                                                                                                             | <b>7</b><br>Shuffleboard<br>1:00pm<br>Activities Room                                                                                            | <b>8</b><br><br>Tewa Lending<br>Financial Edu. Workshop<br>Karaoke<br>12:30pm<br>Dining Hall<br> | <b>9</b><br>Friendship Breakfast<br>9am-10am<br>Tie-Dye A T-Shirt<br>1:00pm<br>Activities Room<br> |
| <b>12</b><br><br><b>Trivia</b><br>12:30pm<br>Dining Hall                                                                                                         | <b>13</b><br>Commodities Distribution<br>Santa Fe Farmer's Market<br>9:45am-2:00pm<br>Santa Fe, NM<br>                                                                       | <b>14</b><br>Make A Chile Ristra<br>1:00pm<br>Dining Hall<br> | <b>15</b><br><br>Karaoke<br>12:30pm<br>Dining Hall<br>                                           | <b>16</b><br>Minute To Win It Games<br>12:45pm<br>Dining Hall                                                                                                                       |
| <b>19</b><br><br><b>Pictionary</b><br>12:30pm<br>Dining Hall                                                                                                   | <b>20</b><br>Commodities Distribution<br>Prime Time 50+ Expo<br>9:45am-11:30am<br>Museum of Natural History and Science<br>Healthier Choices<br>Cooking Demo<br>12:30pm<br> | <b>21</b><br>Sr. Olympic Cornhole<br>Tournament<br>9:00am<br>Isleta Recreation Ctr.                                                              | <b>22</b><br><br>Karaoke<br>12:30pm<br>Dining Hall<br>                                          | <b>23</b><br>Friendship Breakfast<br>9am-10am<br>No Activities<br>                               |
| <b>26</b><br><br><b>Trivia</b><br>12:30pm<br>Dining Hall                                                                                                       | <b>27</b><br>B.I.N.G.O.<br>1:00pm<br>Dining Hall<br>                                                                                                                        | <b>28</b><br>Pumpkin Carving<br>1:00pm<br>Dining Hall<br>    | <b>29</b><br><br>Pottery Building<br>Demonstration<br>feat. Clarence Cruz<br>12:45pm                                                                                            | <b>30</b><br>Halloween Party<br>12:00pm-2:30pm<br>                                               |