



CLASSIFIEDS

CLASSES

Free Tai Chi Classes with Master Dug Corpolongo at ABQ Community Centers. Jeanne Bellamah Community Center Monday & Wednesday 8:00 to 9:00 am, Taylor Ranch Community Center Tuesday & Friday 8:00 to 9:00 am, Holiday Park Community Center Monday & Wednesday 12:30 to 1:30 pm & 6:30 to 7:30 pm. For Info call: 505-306-0118

HANDYMAN/YARD/ LANDSCAPE

Handyman - Swamp cooler, winterized, electrical, plumbing, Water Heaters, carpentry. Affordable door and window replacement, bath and kitchen remodels. Free estimates. Call 505 463-4744.

HANDYMAN SERVICES

Carpentry, decks, doors, electrical, fences, painting, patios, plumbing, porches, rock, sprinklers, tile, windows. Free estimates 505-859-9238

HANDYMAN SERVICE

free estimates ,clean work, dependable, kitchen and bath repairs 505-401-6736

Electrician

30 years' experience. Licensed, Bonded, Insured. Senior rates apply. LIC # 350669 Call Peter @ 505 688-8520 Visit us at: currentsecurityandelectric.com

PR Landscaping

Lawn care – Tree Trimming Yard Work – Reliable – Honest Call 505-319-8430 Please leave a message.

L's Repair and Maintenance

Electrical/Plumbing/Swamp Coolers, Etc. 35 years experience JM License/Handyman Free Estimates (505) 382-4716

Rate - \$1 per word, \$10 minimum
Box Border - Additional \$10
Bold First Line - Additional \$5
Photo - Additional \$5
Call 505-242-2428

HEARING



NM Hearing Aid & Tinnitus Center
nmHearingAid.com

A pair of professional grade hearing aids, in the ear or over the ear. For \$1,684! Most hearing aids can last 6 to 10 years but need to be adjusted to changes in your hearing. If possible I will Repair and reprogram your current aids.
505-808-4327

HELP WANTED

HOME INSTEAD needs you!

We are hiring for all shifts and would love to add you to our team of amazing CAREGivers. We serve Albuquerque and surrounding areas. You can go online at homeinstead.com/144 or call 505-884-0353, ask for David. We look forward to meeting you!

HOME IMPROVEMENT



CATLIN BUILDS

Sales Event! Up to \$2,000 OFF*
*select models
Sunrooms, Patio Covers, Screen Rooms, Pergolas, Sun Shades, Windows & Doors
Free Estimates & Designs
(505) 977-1689

TECHNOLOGY HELP

Technology Buddy: Lewis Lang

If you're having difficulty with anything involving technology, from phones to computers, I can help. Just call me!

Se habla español.
505-220-2388

WEIGHT LOSS

Drop A Dress Size Now! No Gimmicks!
ABQ LIPOLIGHT treatments are non-invasive, targeted fat reduction and body sculpting. We use the ONLY authorized and verified system in NM. AbqLipoLight.com
Call Judy 505-710-5377

WINDOW CLEANING

GOT CLEAN WINDOWS?

If not, better call Mike!
505-301-9691

VOLUNTEERS

Food Rescue US (FRUS) volunteer drivers needed.

We transport donated food from grocery stores, restaurants, and bakeries to community food pantries and agencies serving needy families and the homeless. Rescues are scheduled through an online app after you register at app.foodrescue.us.

This YouTube video highlights the goals and programs of Food Rescue US.

<https://www.youtube.com/watch?v=POJSuGC9k6s>

Randy Truman 505/507-5766
randy@foodrescue.us

Food Rescue US, Albuquerque Site Director

<https://www.facebook.com/FoodRescueAlbuquerque>



The City of Albuquerque Department of Senior Affairs is committed to providing resources with care and compassion that help our community thrive while embracing aging.

Volunteers play a critical role in achieving this mission. Whether you're a younger resident interested in lending a hand, a group that wants to give back, or a senior hoping to get more involved in the community, the Department of Senior Affairs (DSA) has a volunteer opportunity for you. When you volunteer, you're not just helping others, you're helping yourself. Studies show that volunteering promotes a positive outlook on life and helps you live longer!

Volunteers age 54 and younger can get involved with DSA's nutrition, transportation, administrative, home or social services or recreational and sports and fitness programming. Visit: www.oneabqvolunteers.com/agency/detail/SeniorAffairs or call (505) 767-5241

Volunteers age 55 and over choose an AmeriCorps Seniors program:

AmeriCorps Seniors is a suite of national volunteer programs made up of three programs that each take a different approach to improving lives and fostering civic engagement. AmeriCorps Seniors is funded by AmeriCorps and by the NM Aging & Long-Term Services Department. The City of Albuquerque has sponsored these programs for over 40 years! All three programs offer orientation, travel reimbursements, supplemental insurance while serving, and annual recognition events. Discover the program that's right for you:

RSVP (Retired & Senior Volunteer Program)

Find a service opportunity that fits your passion. RSVP volunteers are assigned to senior centers, city programs, or other partnering nonprofit organizations. With RSVP you can use the skills and talents you've learned over the years, or develop new ones. Share your interests and availability with RSVP and find a meaningful way to contribute. Call (505) 767-5225.

Foster Grandparent Program

Help kids learn. Guide students to higher academic achievement. Care for infants and toddlers. The Foster Grandparent Program connects role models like you with schools and programs to serve young people with exceptional needs. Volunteers serve an average of 20 hours a week and receive meals while serving. Income-eligible volunteers receive a non-taxable, hourly stipend. Call (505) 764-6421.

Senior Companion Program

Help a senior live independently. Serve as a friend and provide assistance to seniors who have difficulty with daily living tasks or who are lonely. The Senior Companion Program aims to keep seniors living in their own homes and to provide respite to family caregivers through home visits. Volunteers serve an average of 20 hours a week and receive meals while serving. Income-eligible volunteers receive a non-taxable, hourly stipend. Call (505) 764-1007.