Dear Community Members,

The City of Albuquerque’s Department of Senior Affairs is proud to share the 2020 ABQ 50+ Sports and Fitness Catalog. This guide includes activities designed to help those over 50 in our community remain healthy, active, and independent.

As a member of the Department of Senior Affairs, you can take advantage of our sports and fitness facilities, classes and trips throughout the year. Physical fitness is a lifelong journey that contributes to improved bone density, balance, strength, and cardiovascular health. Additionally, regular physical activity decreases the risk of depression in adults and reduces stress.

Whether you are an old pro at exercise or just starting your fitness journey, there is something that suits your interest or fitness level—from competitive sports, such as pickleball, to beautiful Bosque walks. Take a moment to look through this guide and choose an activity or program and come see how the Department of Senior Affairs can help you take charge of your health.

Learn more about the Department of Senior Affairs or download a digital copy of this guide at cabq.gov/seniors.

Sincerely,

Timothy M. Keller, Mayor
The City of Albuquerque

Anna M. Sanchez, Director
The City of Albuquerque, Department of Senior Affairs

Department of Senior Affairs

The City of Albuquerque Department of Senior Affairs, has been serving Albuquerque and Bernalillo County residents for more than thirty years. Through innovative programs and quality services, we have evolved into an exemplary model, dedicated to enriching the lives of seniors. The services and opportunities listed in this catalog are especially designed for individuals 50 and better. The Albuquerque 50+ Games are open to those who are age 50 and up. Other programs, including Home-Delivered Meals, Transportation, and Care Coordination, have a minimum age of 60. Some services may request a contribution; however, no one will be denied services for not contributing.

City of Albuquerque

Timothy M. Keller, Mayor
The 50+ Sports & Fitness Program is operated by the City of Albuquerque Department of Senior Affairs, Recreation Division; with partial funding from the Area Agency on Aging. The 50+ Sports & Fitness Program headquarters is located at the Palo Duro 50+ Sports & Fitness Center at 3351 Monroe NE. The program designs and implements activities to keep adults aged 50+ active and healthy.

Inquiries may be directed to Joel Mahoney, Program Supervisor, at (505) 880-2800 or jmahoney@cabq.gov.

Anna M. Sanchez,
Director, Department of Senior Affairs

Nikki Peone,
Recreation Division Manager

Department of Senior Affairs Advisory Council
Steve Borbas
Barbara Carmona-Young
C. Hugh Formhals
Richard Garcia
Joie Glenn
Diann I. Huddleston

Onastine N. Jaramillo
Debby Knotts
Greg Lopez
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District 2 Isaac Benton
District 3 Klarissa J. Peña
District 4 Brad Winter
District 5 Cynthia Borrego
District 6 Pat Davis
District 7 Diane G. Gibson
District 8 Trudy Jones
District 9 Don Harris

Our 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.

Our Mission
The Department of Senior Affairs is a community leader, who in partnership with others, involves seniors and people of all ages in creating a community that enhances everyone’s quality of life by providing opportunities that involve and assist seniors to achieve their potential, share their wisdom, maintain their independence, and live in dignity.
FITNESS FACILITIES

Barelas Fitness Room
714 7th St. SW, Alb., NM 87102
Phone: (505) 764-6436
Fax: (505) 764-6472
Mon.-Fri. 8:00 am - 5:00 pm

Highland Fitness Room
131 Monroe NE, Alb., NM 87108
Phone: (505) 767-5210
Fax: (505) 767-5224
Mon.-Fri. 7:00 am - 7:00 pm
Saturday 8:00 am - 2:00 pm

Joe O. Armijo Los Volcanes 50+ Sports & Fitness Center
6500 Los Volcanes Rd. NW • 505-767-5990
Mon.-Fri. 7:00 am - 7:00 pm
Saturday 8:00 am - 2:00 pm

Manzano Mesa Multigenerational Center Fitness Room
501 Elizabeth St. SE • 505-275-8731
Mon.-Fri. 8:00 am - 9:00 pm
Saturday 9:00 am - 3:00 pm

North Domingo Baca Multigenerational Center Fitness Room
7521 Carmel Ave. NE • 505-767-6496
Mon.-Fri. 7:00 am - 7:00 pm
Saturday 9:00 am - 3:00 pm

North Valley Fitness Room
3825 4th St. NW • 505-761-4025
Mon.-Fri. 8:00 am - 9:00 pm
Saturday 9:00 am - 3:00 pm

Palo Duro 50+ Sports & Fitness Center
3351 Monroe St. NE • 505-880-2800
Mon.-Fri. 7:00 am - 7:00 pm
Saturday 8:00 am - 2:00 pm

Manzano Mesa Fitness Room
501 Elizabeth St. SE • 505-275-8731
Mon.-Fri. 8:00 am - 9:00 pm
Saturday 9:00 am - 3:00 pm

North Valley Fitness Room
3825 4th St. NW, Alb., NM 87107
Phone: (505) 761-4025
Fax: (505) 761-4031
Mon.-Fri. 8:00 am - 7:00 pm
Sunday 12:30 pm - 5:30 pm

Palo Duro 50+ Sports & Fitness Center
3351 Monroe NE, Alb., NM 87110
Phone: (505) 880-2800
Fax: (505) 883-9362
Mon.-Fri. 7:00 am - 7:00 pm
Sunday 12:30 pm - 5:30 pm

Barelas Fitness Room
714 7th St. SW, Alb., NM 87102
Phone: (505) 764-6436
Fax: (505) 764-6472
Mon.-Fri. 8:00 am - 5:00 pm

Highland Fitness Room
131 Monroe NE, Alb., NM 87108
Phone: (505) 767-5210
Fax: (505) 767-5224
Mon.-Fri. 7:00 am - 7:00 pm
Saturday 8:00 am - 2:00 pm

Joe O. Armijo Los Volcanes 50+ Sports & Fitness Center
6500 Los Volcanes Rd. NW • 505-767-5990
Mon.-Fri. 7:00 am - 7:00 pm
Saturday 8:00 am - 2:00 pm

Manzano Mesa Multigenerational Center Fitness Room
501 Elizabeth St. SE, Alb., NM 87121
Phone: (505) 767-5990
Fax: (505) 767-5994
Mon.-Fri. 7:00 am - 7:00 pm
Saturday 8:00 am - 2:00 pm

North Domingo Baca Multigenerational Center Fitness Room
7521 Carmel Ave. NE, Alb., NM 87113
Phone: (505) 764-6496
Fax: (505) 764-6497
Mon.-Fri. 7:00 am - 7:00 pm
Saturday 9:00 am - 3:00 pm

North Valley Fitness Room
501 Elizabeth St. SE • 505-275-8731
Mon.-Fri. 8:00 am - 9:00 pm
Saturday 9:00 am - 3:00 pm

Palo Duro 50+ Sports & Fitness Center
3351 Monroe NE, Alb., NM 87110
Phone: (505) 880-2800
Fax: (505) 883-9362
Mon.-Fri. 7:00 am - 7:00 pm
Sunday 12:30 pm - 5:30 pm

WINTER REGISTRATION BEGINS: Dec. 12, 2019
In this Catalog

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Center Memberships

Membership offers fitness programs as well as classes, travel, meals, computer labs, volunteer opportunities, competitive sports events and much more at six Centers, seven Fitness Centers and two Multigenerational Centers.

If at any time you would like additional information on how to access services, please call Senior Information and Assistance Program at (505) 764-6400 or the 50+ Sports & Fitness Program at (505) 880-2800.

Center Closings

Christmas ......................................................... Wednesday, Dec. 25, 2019
New Year’s Day .................................................. Wednesday, Jan. 1, 2020
MLK Jr. Birthday ............................................... Monday, Jan. 20, 2020
President’s Day .................................................. Monday, Feb. 17, 2020
Memorial Day .................................................... Monday, May 25, 2020
Independence Day ............................................... Monday, July 6, 2020
Labor Day ........................................................... Monday, Sept. 7, 2020
Veteran’s Day ................................................... Wednesday, Nov. 11, 2020
Thanksgiving Day .......... Thursday & Friday, Nov. 26 & 27, 2020

Accredited by National Institute of Senior Centers
Volunteer Opportunities

You can gain the satisfaction of helping others improve their health and fitness level! The 50+ Sports & Fitness Program offers a variety of volunteer opportunities. Senior Volunteers are encouraged to join the Retired and Senior Volunteer Program (RSVP).

Adapted Aquatics
Volunteers are needed to serve as substitute instructors.

Albuquerque 50+ Games and the Compete & Meet Games
Our competitive games need volunteers to coordinate or assist the sporting events.

Drivers
Volunteer drivers are needed to drive the participants to and from different program activities.

Exercise Classes
We are always looking for volunteers who are interested in being trained to lead exercise classes. Volunteers may serve as substitute exercise instructors and help with attendance reports.

Winter Sports
Volunteers are needed to help lead downhill, cross country and snowshoe trips. Volunteers drive vans, and help with loading equipment and coordinating events.

Walking & Hiking
We are also looking for volunteers to help lead walking and hiking trips. Volunteers may drive the van, and/or help the program coordinator with equipment and trip logistics.

Weight Training Orientations
Volunteer Orientation Coaches are trained by our staff to teach participants safe and effective equipment use.

Orientation Coaches are needed at these sites:

1. Palo Duro 50+ Sports & Fitness Center: 3351 Monroe NE, Alb., NM 87110 • (505) 880-2800
2. Manzano Mesa, Fitness Room: 501 Elizabeth SE, Alb., NM 87123 • (505) 275-8731
3. North Valley, Fitness Room: 3825 4th Street NW, Alb., NM 87107 • (505) 761-4025
4. Joe O. Armijo Los Volcanes 50+ Sports & Fitness Center: 6500 Los Volcanes NW, Alb., NM 87121 • (505) 767-5990
5. North Domingo Baca, Fitness Room: 7521 Carmel Ave. NE, Alb., NM 87113 • (505) 764-6496
6. Highland, Fitness Room: 131 Monroe NE, Alb., NM 87108 • (505) 767-5210

Interested in volunteering for any of these activities?
Please call us at (505) 880-2800.
# 2020 Calendar At-A-Glance

## JANUARY
- X/C ski, Snowshoe and Downhill Ski Trips begin
- 50+ Games Air Gun Workshop **January 11**
- 50+ Games Table Tennis competition **January 18**
- 50+ Games Air Gun Competition **January 25**

## FEBRUARY
- X/C ski, Snowshoe and Downhill Ski Trips continued
- 50+ Games Eight Ball Pool **February 5**
- 50+ Games Shuffleboard competition **February 7**
- 50+ Games Huachas Competition **February 8**
- 50+ Games Basketball Free Throw & 3pt Contest **February 8**
- 50+ Games Swimming competition **February 29**

## MARCH
- X/C ski, Snowshoe and Downhill Ski Trips continued
- 50+ Games Bowling competition **March 3, 4, 6**
- 50+ Games Racquetball **March 5**
- 50+ Games Badminton **March 13**
- 5K & 10K Road Race Competitions **March 28**

## APRIL
- Bosque Walks Thursdays begin **April 2**
- 50+ Games 5K Racewalk Competition **April 4**
- Hiking for Beginners begins **April 3**
- Touring the 505 Session 1 begin **April 7**
- 50+ Games 5K Powerwalk Competition **April 11**
- 50+ Games Tennis Singles **April 14**
- 50+ Games Pickleball outdoor competition **April 18-19**
- 50+ Games Tennis Doubles **April 21**
- 50+ Games Disc Golf Tournament **April 23**
- 50+ Games Golf Tournament **April 22**
- 50+ Games Archery Competition **April 25**
- 50+ Games Horseshoes Competition **April 25**
- 50+ Games Tennis Mix Doubles **April 28**

## MAY
- 50+ Games Track & Field Competition **May 1-2**
- 50+ Games 1500m Powerwalk Competition **May 2**
- 50+ Games 1500m Racewalk Competition **May 2**
- 50+ Games Cycling Competition **May 9**
- Fitness Hiking trips continued
- Touring the 505 Tuesdays continued
- Fitness Walking Thursdays continued
- Half Day Friday Hikes Begin **May 1**

## JUNE
- Fitness Hiking trips continued

## JULY
- Fitness Hiking trips continued

## AUGUST
- Fitness Hiking trips continued

## SEPTEMBER
- Fitness Hiking trips continued
- Touring the 505 Tuesdays Session 2 begins **September 1**
- Bosque Walks Session 2 begins **September 17**

## OCTOBER
- Compete & Meet Outdoor Pickleball Tournament **October 16-18**
- Touring the 505, Session 2 continued
- Bosque Walks Thursday, Session 2 continued

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**Visit us online at**

[www.cabq.gov/seniors](http://www.cabq.gov/seniors)
Outdoor Winter Recreation  Downhill & Cross Country Skiing • Snowshoeing • Snowboarding

Important Registration Information

Schedule & Trip Policies

1. Registration begins on Dec. 12, 2019 starting at 7:00 am.
2. Must have a current DSA membership to participate and register for trips.
3. North Domingo Baca Fitness Center and Los Volcanes Sports and Fitness Center will accept winter registration on this day ONLY until 12:00 pm.
4. Limited to two registration forms per person.
5. All trips are subject to change or cancellation due to inclement weather.
6. Registrations for Winter Sports are on a first come, first serve basis.
7. Participants must leave and stay with the group on all trips. **No exceptions!**
8. Cancellations for day trips will require a minimum 24 hr. notice.
9. Three or more trip no shows without prior 24 hour cancellation will result in a removal from all winter trips.
10. Activities will be canceled due to weather conditions, or when minimum attendance is not met. A minimum of 6 participants is required to use a single van; a minimum of 12 people is required to use 2 vans.

For more information, call (505) 880–2800
Outdoor Winter Recreation, continued...

WINTER SPORTS DAY TRIPS

Tuesday Cross Country Ski Trips
Enjoy the splendor of New Mexico's back country. Trips are open to intermediate or advanced skiers. Depending on snow conditions, destinations include the Jemez, Manzano and Sandia Mountains. Equipment is not provided.
8 trips from January 7 - March 3, 2020  No trips on February 18
Check-In: 8:00 am
Depart: 8:15 am
Return: 5:00 pm
Cross country skiers must stay with the group.

Wednesday Snowshoeing Trips
Snowshoeing is fun! We provide snowshoes and poles or bring your own! Destinations include the Jemez, Manzano and Sandia Mountains, depending on the best snow.
8 trips from January 8 - March 4, 2020  No trips on February 19
Check-In: 8:00 am
Depart: 8:15 am
Return: 5:00 pm
Snowshoers must stay with the group.

Thursday Downhill Skiing & Snowboarding Trips
Skiing and Snowboarding Trips: We do the driving and you hit the slopes at Santa Fe ski area.
11 trips from January 2 - March 12, 2020
Check-In: 7:00 am
Depart: 7:30 am
Return: 4:30 pm
Downhill skiers and snowboarders must purchase own lift ticket.
Seniors 72+ get FREE lift tickets.

Important Information

Three or more trip no shows without prior 24 hour cancellation, will result in a removal from all winter trips.

NEW

Beginner Snowshoe
For those who would like to get outside but are new to snowshoeing. Class will go over snowshoe techniques, basic conditioning exercises, mapping and discussion of proper attire. Register for one class.
Class I: January 3
Class II: January 10
Class III: January 17
Check-In: 8:00 am
Depart: 8:15 am
Return: 1:00 pm

Half Day Friday Snowshoe Trips
Snowshoeing is fun! We provide snowshoes and poles or bring your own!
7 trips from January 24 - March 6, 2020
Check-In: 8:00 am
Depart: 8:15 am
Return: 1:00 pm
Snowshoers must stay with the group.

Outdoor Winter Recreation

A current City of Albuquerque Department of Senior Affairs, membership is required for each trip! Bring a sack lunch, snacks, water and dress warmly in layers.

REGISTRATION BEGINS:
Dec. 12, 2019
HIKING

50+ Sports & Fitness Program Hiking

These hikes are designed for the beginner to intermediate hiker, varying from easy/moderate (A/B) hikes to the more challenging C/D level hikes. See our descriptions for the best hike for you. Hike the Sandia, Manzano, Jemez and Pecos wilderness areas! Our focus is fitness. Bring your own lunch, snacks and drinks. Preregistration is required!

Wednesday “B Level” Hikes

N. Domingo Baca Fitness Center
Every other Wednesday, 8:00 am - 5:00 pm

Joe O. Armijo Los Volcanes 50+ Sports & Fitness Center
Every other Wednesday, 8:00 am - 5:00 pm

Hike coordinator: Cindy McConnell

Monday “Fitness” Hikes

Palo Duro 50+ Sports & Fitness Center
April - October, 2020, Monday, 7:00 am - 5:00 pm

Hike coordinator: Cindy McConnell

Hiking for Beginners

Would you like to hike with us but are not sure if you are able to complete a full day hike? This four week class will go over hiking techniques, conditioning, safety, mapping, and much more. Wear sturdy shoes or hiking boots, bring water and dress in layers. Register for one class.

Palo Duro 50+ Sports & Fitness Center
Class I: April 10, 8:00 am
Class II: April 17 - 24, 8:00 am
Class III: April 24, 8:00 am
Instructor: Cindy McConnell

Half Day Friday Hikes

These half day hikes through the Albuquerque foothills and East Mountains are for you. Wear sturdy shoes or hiking boots, bring water and dress in layers. Nordic walking poles are provided by the center.

Palo Duro 50+ Sports & Fitness Center
Session I: Fridays, May 1 - 29, 2020, 8:00 am - Return by 1:00 pm
Session II: September 4 - October 30, 2020
(No trip October 9, 2020)
Instructor: Cindy McConnell

Walking Program

Participants will learn the benefits of walking, safety tips, different types of walking techniques and how to use walking poles. The program will explore the City of Albuquerque and the Metro Area on foot. Register for individual trips.

Touring the 505 Tuesdays

These walks will be at a touring pace with frequent stops and water breaks.

Session I: April 7 - May 26, 2020
Trip One - Petroglyph National Monument
Trip Two - South Valley
Trip Three - Albuquerque Zoo
Trip Four - Plaza to Plaza
Trip Five - Bernalillo
Trip Six - UNM Main Campus
Trip Seven - Veterans Memorial
Trip Eight - Nature Center

Session II: September 1 - October 27, 2020 (No Class October 6)
Trip Nine - Botanical Gardens
Trip Ten - Corrales
Trip Eleven - Tijeras Ranger Station
Trip Twelve - Huning’s Highland
Trip Thirteen - Open Space Visitor Center
Trip Fourteen - Down Art Walk
Trip Fifteen - Country Club
Trip Sixteen - Nob Hill

Trips leave from Palo Duro 50+ Sports & Fitness Center
3351 Monroe NE
Tuesday and Thursday; Trip departure times vary from 7:00 - 8:45 am, depending on destination.

Important Information

Three or more trip no shows without prior 24 hour cancellation, will result in a removal from all trips.
The 2020 "Compete & Meet" Games

Sponsored by the City of Albuquerque Department of Senior Affairs 50+ Sports and Fitness Program

The 2020 Compete & Meet Games offers competitions open to all athletes, nationwide. Compete in Pickleball or our Bench Press competition. Each competition includes a great time and medals to the 1st, 2nd and 3rd place winners.

Pickleball Tournament

Join us for great competition. There is something for everyone no matter what skill level you are! Pickleball is the fastest growing sport in America! Try it and find out why!

Manzano Mesa Outdoor Courts

Friday - Sunday, October 16-18, 2020

(Registration deadline is Friday October 9, 2020)

Albuquerque 50+ Games

DEADLINE FOR ENTRIES: One week prior to event

Get Fit for the Competitions!

The 50+ Sports & Fitness Program offers ongoing exercise classes and “state-of-the-art” weight rooms available for you to train for your events.

Registration

One registration form covers all events for the 2020 Albuquerque 50+ Games. Registration forms must be completed and submitted to the Palo Duro 50+ Sports & Fitness Center office. Incomplete registrations cannot be accepted.

Registration is not valid without a current Department of Senior Affairs membership.
**Final Deadline**

One week prior to event. Registration deadline for swimming is Wednesday, February 12, 2020.

**Location**

The Albuquerque 50+ Games are held at a number of Albuquerque locations. Find your event location in this catalog.

**Eligibility**

The Albuquerque 50+ Games is an event open to all people who are at least 50 years of age by December 31, 2020, and have a current membership to the Department of Senior Affairs.

**Attendance**

We do not mail out reminder notices. It is the responsibility of the participant to note the time and place of each event and to arrive before the event time. Times and locations are subject to change and participants will be notified in these cases.

**Partners/Teams**

Your doubles partner and/or each team member must register separately.

**Refunds**

NO REFUNDS AFTER May 19, 2020.

**Awards**

First, second and third place winners are awarded medals at the conclusion of their events.

**Age Divisions**

In singles events, participants may not play up or down in age, but must play in their own age group. Age categories:

- 50-54 70-74 90-94
- 55-59 75-79 95-99
- 60-64 80-84 100+
- 65-69 85-89

Age division for doubles, mixed doubles and team competition will be determined by the age of the younger partner as of December 31, 2020.

- 50+ 55+ 60+ 65+ 70+
- 75+ 80+

**Rules**

The 2020 New Mexico Senior Olympics Rule Book is available for viewing online at www.nmseniorolympics.org. Events are governed by the National Senior Games Association and the New Mexico Senior Olympics Board of Directors. Please note there may be rule changes for the local, state and National Senior Games.

**Results**

Results for the Albuquerque 50+ Games, New Mexico State Olympics, and National Senior Games, and the revised minimum performance standards for the National Senior Olympics, are located at the Palo Duro 50+ Sports & Fitness Center.

**Volunteers Needed**

Volunteers play a vital role in the Albuquerque 50+ Games. Assistance is needed. Please call the Albuquerque 50+ Games Center at 880-2800 if you would like to volunteer.

**Medical**

It is strongly recommended that all participants receive a medical clearance prior to competition, it is also required that the liability waiver on the registration form be completed and signed.

**Fees**

- DSA Membership ..................................$20
- Registration .........................................$12

**Golf Fees: (Men & Women)**

- Mandatory cart included
- Without Season Pass .........................$35.80
- With Season Pass .............................$17.80

**Pay at Arroyo Del Oso Golf Course**

- Bowling, per event ...............................$7.50

**Pay at Skidmore’s Holiday Bowl**

Deadline for entry is one week prior to event. Deadline for Swimming is Wed. Feb. 12, 2020.
<table>
<thead>
<tr>
<th>Sports</th>
<th>Events</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Coordinator-Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Air Gun/Workshop</td>
<td>Competition: Pistol Standing, Pistol Supported, Rifle Standing, Rifle Supported</td>
<td>Sat., Jan. 11, 2020</td>
<td>8:00 am</td>
<td>Eldorado High School</td>
<td>Jim Koerber (505) 296-4871 Ext. 35145</td>
</tr>
<tr>
<td>Air Gun</td>
<td>Competition: Recurve w/ Sights, Barebow Recurve No Sights, Compound Fingers w/ Sights, Barebow Compound No Sights, Compound Release</td>
<td>Sat., Jan. 25, 2020</td>
<td>8:00 am</td>
<td>Eldorado High School</td>
<td>Jim Koerber (505) 296-4871 Ext. 35145</td>
</tr>
<tr>
<td>Archery</td>
<td>Competition: Recurve w/ Sights, Barebow Recurve No Sights, Compound Fingers w/ Sights, Barebow Compound No Sights, Compound Release</td>
<td>Sat., Apr. 25, 2020</td>
<td>9:00 am</td>
<td>Archery Range, Tijeras, NM</td>
<td>PDSFC (505) 880-2800</td>
</tr>
<tr>
<td>Badminton</td>
<td>Competition: Singles, Doubles &amp; Mixed Doubles</td>
<td>Fri., Mar. 13, 2020</td>
<td>10:00 am</td>
<td>Manzano Mesa Multigenerational Center</td>
<td>Tim Schoeny PDSFC (505) 880-2800</td>
</tr>
<tr>
<td>Basketball</td>
<td>Competition: Free Throw &amp; 3 Point</td>
<td>Sat., Feb. 8, 2020</td>
<td>9:00 am</td>
<td>Manzano Mesa Multigenerational Center</td>
<td>PDSFC (505) 880-2800</td>
</tr>
<tr>
<td>Bowling</td>
<td>Competition: Singles</td>
<td>Tues., Mar. 3, 2020</td>
<td>9:00 am</td>
<td>Skidsmore’s Holiday Bowl</td>
<td>PDSFC (505) 880-2800</td>
</tr>
<tr>
<td></td>
<td>Competition: Doubles</td>
<td>Wed., Mar. 4, 2020</td>
<td>9:00 am</td>
<td>Manzano Mesa Multigenerational Center</td>
<td>PDSFC (505) 880-2800</td>
</tr>
<tr>
<td></td>
<td>Competition: Mixed Doubles</td>
<td>Fri., Mar. 6, 2020</td>
<td>9:00 am</td>
<td>Manzano Mesa Multigenerational Center</td>
<td>PDSFC (505) 880-2800</td>
</tr>
<tr>
<td></td>
<td>Competition: Team Bowling</td>
<td>Fri., Mar. 6, 2020</td>
<td>12:30 pm</td>
<td>Manzano Mesa Multigenerational Center</td>
<td>PDSFC (505) 880-2800</td>
</tr>
<tr>
<td>Cycling</td>
<td>Competition: 5K, 10K, 20K, 40K</td>
<td>Sat., May 9, 2020</td>
<td>7:00 am</td>
<td>Atrisco Vista Blvd.</td>
<td>PDSFC (505) 880-2800</td>
</tr>
<tr>
<td>Disc Golf</td>
<td>Competition: High Jump, Discus, Javelin &amp; Shot Put</td>
<td>Fri., May 1, 2020</td>
<td>5:00 pm</td>
<td>Albuquerque Academy</td>
<td>PDSFC (505) 880-2800</td>
</tr>
<tr>
<td>Eightball Pool</td>
<td>Competition: Long Jump &amp; Standing Long Jump</td>
<td>Sat., May 2, 2020</td>
<td>8:00 am</td>
<td>Albuquerque Academy Track</td>
<td>PDSFC (505) 880-2800</td>
</tr>
<tr>
<td>Field Events</td>
<td>Competition: Men’s 18 Hole Scratch</td>
<td>Wed., April 22, 2020</td>
<td>9:00 am</td>
<td>Arroyo del Oso Golf Course</td>
<td>PDSFC (505) 880-2800</td>
</tr>
<tr>
<td></td>
<td>Competition: Women’s 18 Hole Scratch</td>
<td>Sat., Feb. 8, 2020</td>
<td>9:00 am</td>
<td>Manzano Mesa Multigenerational Center</td>
<td>PDSFC (505) 880-2800</td>
</tr>
<tr>
<td>Golf</td>
<td>Competition: Singles</td>
<td>Sat., Apr. 25, 2020</td>
<td>9:00 am</td>
<td>Manzano Mesa Multigenerational Center</td>
<td>PDSFC (505) 880-2800</td>
</tr>
<tr>
<td>Huachas</td>
<td>Competition: Singles</td>
<td>Sat., Feb. 8, 2020</td>
<td>9:00 am</td>
<td>Manzano Mesa Multigenerational Center</td>
<td>PDSFC (505) 880-2800</td>
</tr>
<tr>
<td>Horseshoes</td>
<td>Competition: Singles</td>
<td>Sat., Apr. 25, 2020</td>
<td>9:00 am</td>
<td>Los Altos Park</td>
<td>PDSFC (505) 880-2800</td>
</tr>
<tr>
<td>Pickleball</td>
<td>Competition: Doubles</td>
<td>Sat., April 18, 2020</td>
<td>8:00 am</td>
<td>Manzano Mesa Outdoor Pickleball Courts</td>
<td>Gary Rutherford (505) 507-3663</td>
</tr>
<tr>
<td></td>
<td>Competition: Mixed Doubles</td>
<td>Sun., April 19, 2020</td>
<td>8:00 am</td>
<td>Manzano Mesa Outdoor Pickleball Courts</td>
<td>Gary Rutherford (505) 507-3663</td>
</tr>
<tr>
<td>Powerwalk</td>
<td>Competition: 5K Powerwalk</td>
<td>Sat., April 11, 2020</td>
<td>8:00 am</td>
<td>Balloon Fiesta Park</td>
<td>PDSFC (505) 880-2800</td>
</tr>
<tr>
<td>Powerwalk</td>
<td>Competition: 1500m</td>
<td>Sat., May 2, 2020</td>
<td>8:00 am</td>
<td>Albuquerque Academy Track</td>
<td>Lenny Krosinsky (505) 250-2283</td>
</tr>
<tr>
<td>Racewalk</td>
<td>Competition: 5K Racewalk</td>
<td>Sat., April 4, 2020</td>
<td>8:00 am</td>
<td>Albuquerque Academy Track</td>
<td>Lenny Krosinsky (505) 250-2283</td>
</tr>
<tr>
<td>Racewalk</td>
<td>Competition: 1500m</td>
<td>Sat., May 2, 2020</td>
<td>8:00 am</td>
<td>Albuquerque Academy Track</td>
<td>PDSFC (505) 880-2800</td>
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<tr>
<td>Racquetball</td>
<td>Clinics: Offered Thursdays</td>
<td>All Year</td>
<td>Call for Info</td>
<td>Midtown Sports &amp; Wellness Club</td>
<td>Paula Sperling (505) 888-4411</td>
</tr>
<tr>
<td></td>
<td>Competition: Singles, Doubles &amp; Mixed Doubles</td>
<td>Thurs., Mar. 5, 2020</td>
<td>10:00 am</td>
<td>Midtown Sports &amp; Wellness Club</td>
<td>Paula Sperling (505) 888-4411</td>
</tr>
<tr>
<td>Roadrace</td>
<td>Competition: 10K and 5K Run</td>
<td>Sat., Mar. 28, 2020</td>
<td>7:00 am</td>
<td>Embudo Channel Trail</td>
<td>PDSFC (505) 880-2800</td>
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<tr>
<td>Shuffleboard</td>
<td>Competition: Singles/Doubles</td>
<td>Fri., Feb. 7, 2020</td>
<td>10:00 am</td>
<td>Manzano Mesa Multigenerational Center</td>
<td>PDSFC (505) 880-2800</td>
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<tr>
<td>Swimming</td>
<td>Warmup/Check In - Competition:</td>
<td>Sat., Feb. 29, 2020</td>
<td>7:30 am</td>
<td>West Mesa Aquatics Center</td>
<td>PDSFC (505) 880-2800</td>
</tr>
<tr>
<td></td>
<td>Breaststroke: 50, 100, 200; Freestyle: 50, 100, 200, 500; Backstroke: 50, 100, 200; Butterfly: 50, 100, 200; Indiv. 100, 200 &amp; 400 (4 Stroke, 1 Swimmer); Relay Medley: 200 (Open Strokes, 4 Swimmers)</td>
<td></td>
<td>8:30 am</td>
<td>West Mesa Aquatics Center</td>
<td>PDSFC (505) 880-2800</td>
</tr>
<tr>
<td>Table Tennis</td>
<td>Competition: Singles, Doubles &amp; Mixed Doubles</td>
<td>Sat., Jan. 18, 2020</td>
<td>9:00 am</td>
<td>Bear Canyon Senior Center</td>
<td>PDSFC, Mav Sommers (505) 880-2800</td>
</tr>
<tr>
<td>Tennis</td>
<td>Competition: Singles Doubles Mixed Doubles</td>
<td>Tues., Apr. 14, 2020</td>
<td>5:00 pm</td>
<td>Jerry Cline Tennis Courts</td>
<td>PDSFC (505) 880-2800</td>
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<td></td>
<td>Competition: Mixed Doubles</td>
<td>Tues., Apr. 21, 2020</td>
<td>5:00 pm</td>
<td>Jerry Cline Tennis Courts</td>
<td>PDSFC (505) 880-2800</td>
</tr>
<tr>
<td></td>
<td>Competition: Mixed Doubles</td>
<td>Tues., Apr. 28, 2020</td>
<td>5:00 pm</td>
<td>Jerry Cline Tennis Courts</td>
<td>PDSFC (505) 880-2800</td>
</tr>
<tr>
<td>Track</td>
<td>Competition: 50m, 100m, 200m, 400m, 800m, 1500m &amp; 4 by 100m relay</td>
<td>Sat. May 2, 2020</td>
<td>8:00 am</td>
<td>Albuquerque Academy Track</td>
<td>PDSFC (505) 880-2800</td>
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# Winter Outdoor Registration Form

**Name:**

<table>
<thead>
<tr>
<th>Last</th>
<th>First</th>
<th>Middle</th>
<th>Date of Birth</th>
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**Address:**

<table>
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<tr>
<th>Street</th>
<th>City</th>
<th>State</th>
<th>Zip</th>
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**Phone:**

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**Emergency Contact:**

<table>
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<tr>
<th>Name</th>
<th>Relationship</th>
<th>Phone</th>
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## Important Information: Schedule and Trip Policies

1. Registrations for Winter Sports are on a first come, first serve, sign-up basis.
2. Participants must leave and stay with the group on all trips. No exceptions!
3. Cancellations for day trips will require a minimum 24 hr. notice.
4. Three or more trip no shows without prior 24 hour cancellation, will result in a removal from all winter trips.
5. Activities will be canceled due to weather conditions, or when minimum attendance is not met. A min. of 6 participants is required to use a single van; a min. of 12 people is required to use 2 vans.

## TUESDAY TRIPS

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<thead>
<tr>
<th>Cross-Country</th>
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<tbody>
<tr>
<td>Trip 1 Jan. 7</td>
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<td>Trip 2 Jan. 14</td>
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<td>Trip 3 Jan. 21</td>
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<tr>
<td>Trip 4 Jan. 28</td>
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<tr>
<td>Trip 5 Feb. 4</td>
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<tr>
<td>Trip 6 Feb. 11</td>
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<td>Trip 7 Feb. 25</td>
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<td>Trip 8 Mar. 3</td>
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<tr>
<th>Snowshoeing</th>
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<tr>
<td>Trip 1 Jan. 8</td>
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<td>Trip 2 Jan. 15</td>
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<td>Trip 3 Jan. 22</td>
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<td>Trip 4 Jan. 29</td>
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<td>Trip 5 Feb. 5</td>
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<td>Trip 6 Feb. 12</td>
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<tr>
<td>Trip 7 Feb. 26</td>
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<tr>
<td>Trip 8 Mar. 4</td>
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- **Have own snowshoes?**
  - Yes ☐ No ☐

## WEDNESDAY TRIPS

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<tr>
<th>Downhill Skiing</th>
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<tr>
<td>Trip 1 Jan. 2 Santa Fe</td>
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<td>Trip 2 Jan. 9 Santa Fe</td>
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<td>Trip 3 Jan. 16 Santa Fe</td>
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<td>Trip 4 Jan. 23 Santa Fe</td>
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<td>Trip 5 Jan. 30 Santa Fe</td>
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<td>Trip 6 Feb. 6 Santa Fe</td>
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<td>Trip 7 Feb. 13 Santa Fe</td>
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<td>Trip 8 Feb. 20 Santa Fe</td>
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<td>Trip 9 Feb. 27 Santa Fe</td>
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<td>Trip 10 Mar. 5 Santa Fe</td>
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<td>Trip 11 Mar. 12 Santa Fe</td>
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## THURSDAY TRIPS

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<th>Friday Snowshoe half day trips</th>
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<tr>
<td>Trip 1 Jan. 24</td>
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<td>Trip 2 Jan. 31</td>
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<td>Trip 3 Feb. 7</td>
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<tr>
<td>Trip 4 Feb. 14</td>
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<tr>
<td>Trip 5 Feb. 21</td>
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<tr>
<td>Trip 6 Feb. 28</td>
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<tr>
<td>Trip 7 Mar. 6</td>
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</tbody>
</table>

- **Have own snowshoes?**
  - Yes ☐ No ☐

## FRIDAY TRIPS

**NEW CLASS**

Beginner Snowshoe
- Class I: January 3
- Class II: January 10
- Class III: January 17

**NEW CLASS Snowshoe Class I:**
- January 3
**NEW CLASS Snowshoe Class II:**
- January 10
**NEW CLASS Snowshoe Class III:**
- January 17

**NEW CLASS Downhill Skiing Class I:**
- January 3
**NEW CLASS Downhill Skiing Class II:**
- January 10
**NEW CLASS Downhill Skiing Class III:**
- January 17

- **Have own snowshoes?**
  - Yes ☐ No ☐

**REGISTRATION BEGINS:**

Dec. 12, 2019

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**LIABILITY WAIVER**

I, the undersigned participant, hereby agrees to indemnify and hold harmless, the City of Albuquerque, the Sandia Peak Ski Company, Santa Fe Ski Company, (hence and hereafter sometimes referred to as sponsors), their agents, employees, representatives and assigns, from any and all actions, or claims of whatsoever kind or nature which I or my representatives or assigns may have or at any time in the future have as a result of injury arising out of my participation in the 50+ Winter Sports Program. I warrant and represent to the sponsors that I have prepared myself for the events which I have entered by practicing the same prior to my participation. I warrant and represent that I am in good physical health and condition and I am physically able to participate in the events I have selected. I know of no physical restrictions which would prohibit my participation in the events I have selected. I have been advised by the sponsors that it would be in my best interest to consult my physician prior to my preparation in regard to my participation in the 50+ Winter Sports Program. I recognize and understand that the preparation and the competition may necessitate strenuous physical activity, and could possibly activate any unrecognized preexisting medical disorder which I may have, thereby resulting in serious or life-threatening harm to me. The City of Albuquerque has my permission to have a physician treat me, if needed, during my participation in the events of the 50+ Winter Sports Program.

**By checking the box I agree to the following:** The undersigned does hereby consent to the photographing of the undersigned, and does hereby authorize the City of Albuquerque, Department of Senior Affairs to cause the same to be exhibited with advertising sponsorship as still photographs, transparencies, vehicle wraps, motion picture film and video tape for use on television, or in other printed and graphic materials. The undersigned does hereby release the City of Albuquerque, Department of Senior Affairs and their associates and assignees from any and all claims for damages for libel, slander, invasion of the right of privacy or any claims based on the use of said material.

**Signature**

**Date**

By completing this registration, I agree to abide by all the rules and regulations of and by the City of Albuquerque, Senior Winter Sports Program, to observe all rules, to exercise good sportsmanship and follow all written and or oral instructions given to me by authorized personnel of the City of Albuquerque, 50+ Winter Sports Program.
**Congratulations** to Albuquerque Athlete Medalists for Competing in the 2019 National Senior Games

<table>
<thead>
<tr>
<th>Paul Allen</th>
<th>Thomas Boyd</th>
<th>Linda Chavez</th>
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City of Albuquerque Department of Senior Affairs | (505) 880-2800
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Senior Olympics
ANNUAL SUMMER GAMES
June 10-13, 2020 • Las Cruces, NM
• COMPETE IN 21 SPORTS • QUALIFYING YEAR FOR 2021 NATIONAL SENIOR GAMES

Senior Sports
& Wellness Day
• Health and wellness through education, fitness and sports for adults 50+
• How to add physical activity to your day to increase strength and balance
• Sport Clinics to enhance your game!
• Health Education Workshops
• Prepare for the 2020 Summer Games, qualifier for 2021 National Senior Games

FREE TO 50+ SENIORS
DATES AND LOCATIONS
LAS VEGAS
Abe Montoya Rec Center
DECEMBER 10 & 11, 2019
LAS CRUCES
JANUARY 16, 2020
HOBBS
The CORE
FEBRUARY 6, 2020
RIO RANCHO
FEBRUARY 20, 2020
FARMINGTON
MARCH 11, 2020
INDIAN GAME DAY
Santa Fe Indian School
APRIL 15, 2020
SUBJECT TO CHANGE

TEAM TOURNAMENTS
Volleyball
August 7-9, 2020
Albuquerque
Softball
September 18-20, 2020
Las Cruces
Basketball
3-on-3
November 6-8, 2020
Santa Fe

SPECTATORS WELCOME
• Open State
• Great Officiating
• Athletic Trainer
• Concessioner
• National Senior Games happens every two years. NMSO is a qualifying state.
• Economic impact in NM $2,642,265.00

Ready to start your fitness routine? EnhanceFitness can help!
EnhanceFitness is a FREE evidence based fitness group program that has been designed for Seniors 50+ who want to see results. The class meets 3 times per week for one hour.

Classes are taught by certified trained fitness instructors.

ALBUQUERQUE WEST:
Los Volcanes Fitness Center
M/W/F 1:00pm
Instructor Dee Williams
6500 Los Volcanes Rd. NW
Albuquerque, NM 87121
(505) 836-8745

ALBUQUERQUE NORTHEAST:
North Domingo Baca Multi-Generational Center;
M/W/F 8:00am & 10:15am
Instructor Diana Rael
7521 Carmel Avenue NE
Albuquerque, NM 87113
(505) 764-6476

ALBUQUERQUE NORTHWEST:
North Valley Senior Center
M/T/F 8:15am
Instructor Nancy Vigil-Cottrell
3825 4th St NW
Albuquerque, NM 87107
(505) 761-4025

Looking for certified Instructors in the Albuquerque area.
NEW MEXICO SENIOR OLYMPICS, INC. • PO BOX 2690 • ROSWELL, NM 88202 • 1.888.623.6676 • NMSO@NMSENIOROLYMPICS.ORG • WEBSITE: NMSENIOROLYMPICS.ORG
Please print

Make checks payable to the City of Albuquerque. Take completed registration form or mail form to: Palo Duro 50+ Sports & Fitness Center, 3351 Monroe NE, Albuquerque, NM 87110

Deadline for entry is one week prior to event. Swimming deadline is Wednesday, February 12, 2020

Name: ________________________________
Last First Middle

Address: ________________________________
Street ________________________________
City ________________________________
State Zip

Home Phone: ________________________________
Cell Phone: ________________________________ E-mail: ________________________________

☐ I am interested in volunteering with the 50+ Sports and Fitness Program

Emergency Contact:
Name: ________________________________
Relationship: ________________________________
Phone: ________________________________

Age _____ as of December 31, 2019 ☐ Male ☐ Female

Date of Birth: ___/___/____

LIABILITY WAIVER
I, the undersigned participant, hereby agrees to indemnify and hold harmless, the City of Albuquerque, their agents, employees representatives and assigns, from any and all actions, cause of actions, or claims of whatsoever kind or nature which I or my representatives or assigns may have, or at any time in the future have as a result of injury arising out of my participation in the Albuquerque 50+ Games. I warrant and represent to the sponsors that I have prepared myself for the event, which I have entered by practicing the same prior to my participation in the Albuquerque 50+ Games. I warrant and represent to the sponsors that I am in good physical health and condition and I am physically able to compete in the events I have selected. I know of no physical restrictions, which would prohibit my participation in the events that I have selected. I have been advised by the sponsors that it would be in my best interest to consult my physician prior to my preparation in regard to my participation in the Albuquerque 50+ Games. I recognize and understand that the preparation and the competition may necessitate strenuous physical activity and could possibly activate any unrecognized pre-existing medical disorder, which I may have, thereby resulting in serious or life-threatening physical harm to me. The City of Albuquerque has my permission to have a physician treat me, if needed, during my participation in the events of the Albuquerque 50+ Games.

☐ By checking the box, I agree to the following:

The undersigned does hereby consent to the photographing of the undersigned, and does hereby authorize the City of Albuquerque, Department of Senior Affairs to cause the same to be exhibited with advertising sponsorship as still photographs, transparencies, vehicle wraps, motion picture film and video tape for use on television, or in other printed and graphic materials. The undersigned does hereby release the City of Albuquerque, Department of Senior Affairs and their associates and assignees from any and all claims for damages libel, slander, invasion of the right of privacy or any claims based on the use of said material.

/ /
Signature Date

By completing this registration, I agree to abide by all the rules and regulations of and by the City of Albuquerque, Albuquerque 50+ Games, to observe all rules of play, to exercise good sportsmanship and follow all written and oral instructions given to me by authorized personnel of the City of Albuquerque, Albuquerque 50+ Games.

REGISTRATION FEES:

Event Registration Fee ................................ $12
Includes t-shirt and awards

DSA Membership (required) .............. $20

ADDITIONAL FEES:

Bowling Fee: No. of events x $7.50
($7.50 per event) Pay at Skidmore’s Holiday Bowl

Golf Fee
Men’s & Women’s Golf Fees
All ages 50+: Mandatory cart is included
Without Season Pass ...........$35.80 .......$____
With Season Pass .................$17.80 .......$____
Pay at Arroyo Del Oso Golf Course

TOTAL AMOUNT ENCLOSED ....$_____

For more information:
Palo Duro 50+ Sports Fitness Center
3351 Monroe NE, Albuquerque, NM 87110
(505) 880-2800

See next page for list of events. >
Albuquerque 50+ Games Registration Form (2)

**Air Gun**
- □ Pistol Standing
- □ Pistol Supported
- □ Rifle Standing
- □ Rifle Supported

**Archery**
- □ Recurve with sights
- □ Barebow recurve no sights
- □ Compound fingers w/sights
- □ Barebow compound no sights
- □ Compound Release

**Basketball**
- □ Free Throw
- □ Three Points

**Badminton**
- □ Singles □ Doubles
- □ Partner:
- □ Mixed Doubles
- □ Partner:

**Bowling (Bowling Fees)**
- □ Singles □ Doubles
- □ Partner:
- □ Mixed Doubles
- □ Partner:
- □ Team Bowling

Bowling Team Name (4 members, same sex). Each individual must complete a registration form and team captains must furnish a team roster.

**Cycling**
- □ 5K
- □ 10K
- □ 20K
- □ 40K

**Disk Golf**
- □ 18 Hole

**Eightball Pool**

**Horseshoes**
- □ Singles

**Golf**
- □ 18 Hole Scratch

**Pickleball**
- □ Doubles
- □ Mixed Doubles

**Racewalking**
- □ 5K
- □ 1500m

**Powerwalking**
- □ 5K
- □ 1500m

**Racquetball**
- □ Singles □ Doubles
- □ Mixed Doubles

**Road Race**
- □ 5K - Run □ 10K - Run

**Shuffleboard**
- □ Singles □ Doubles

**Swimming**
- □ 200 Medley Relay
- □ 50 Free
- □ 100 Free
- □ 200 Free
- □ 500 Free
- □ 50 Backstroke
- □ 100 Backstroke
- □ 200 Backstroke
- □ 50 Breaststroke
- □ 100 Breaststroke
- □ 200 Breaststroke
- □ 100 IM
- □ 200 IM
- □ 400 IM
- □ 50 Butterfly
- □ 100 Butterfly
- □ 200 Butterfly
- □ 100 Breaststroke
- □ 50 Breaststroke

**Table Tennis**
- □ Singles □ Doubles
- □ Mixed Doubles

**Tennis**
- □ Singles □ Doubles
- □ Mixed Doubles

**Track & Field:**
- □ 50m
- □ 100m
- □ 200m
- □ 400m
- □ 800m
- □ 1500m
- □ 4x100m relay
- □ high jump
- □ long jump
- □ standing long jump
- □ discus
- □ javelin
- □ shot put

Deadline for entry is one week prior to event.

REGISTRATION BEGINS: Dec. 12, 2019

Swimming deadline Wed., Feb. 12, 2020
Call Palo Duro 50+ Sports & Fitness Center at (505) 880-2800 if you need more information on an activity/event.

AIR GUN

Air Gun Practices
For beginners interested in learning the sport of Air Guns or those that would like to hone their skills for competition. Begins in January (by reservation).

Eldorado High School, Rifle Range
Contact: Major Jim Koerber, Senior Instructor, Eldorado High School JR ROTC at (505) 296-4871, Ext. 35145

Air Gun Workshop
Saturday, January 11, 2020, 8:00 am

Air Gun Competition
Saturday, January 25, 2020, 8:00 am

ARCHERY

Archery Competition
Saturday, April 25, 2020, 9:00 am

Sandia Crest Bowhunters Association Archery Range, Tijeras, NM
The competition is sponsored by the Sandia Crest Bowhunters Association.

Call Palo Duro Sports & Fitness: (505) 880-2800

BADMINTON

Badminton Competition
Friday, March 13, 2020, 10:00 am
Manzano Mesa, Gym: 501 Elizabeth SE
Coordinator: Tim Schoeny, schoenyto@msn.com

Badminton Practice and Play
This fun sport provides an opportunity to participate in a program which is beneficial to both your physical and mental well-being. It also provides cardiovascular benefits, as well as weight-bearing exercise needed for musculoskeletal health. This is competitive badminton - a demanding sport.

Manzano Mesa, Gym
Monday, 1:30 - 4:00 pm
Tuesday, 6:00 - 8:45 pm
Thursday, 5:30 - 8:45 pm
Friday, 1:00 - 4:00 pm

Wells Park Community Center, Gym
Tuesday & Thursday, 1:30 - 3:30 pm
Coordinator: Tim Schoeny, schoenyto@msn.com
**BASKETBALL**

Open/Drop-In Basketball

Offered every day of the week (Mon.-Sat.) at the times listed below. Teams are formed as participants show up and sign in.

**Manzano Mesa, Gym (E/W courts)**
- **Monday & Friday,** 11:00 am-1:00 pm, 7:00 - 8:45 pm
- **Tuesday & Thursday,** 11:30 am - 1:00 pm
- **Wednesday,** 11:00 am - 12:30 pm

Basketball Free Throw & Three Point Competition

**Saturday, February 8, 2020, 10:00 am**

Manzano Mesa Gym

*Coordinator: Palo Duro Sports & Fitness: (505) 880-2800*

Senior Men’s Basketball 55+

This group gathers to play some friendly, but competitive basketball, where teams are picked prior to the games. This is a good workout, with a lot of action and exercise.

**Manzano Mesa, Gym (East Court)**
- **Wednesday,** 5:30 - 8:45 pm

Albuquerque 50+ Women’s Basketball Program

**Senior Women’s Basketball | Canyon Nets Basketball Program**

Open to all women 50+. No prior experience required. Practices held year round at Sandia Prepatory School, 532 Osuna NE. Please check website for most up to date schedule.

*Information: NM Senior Sports Foundation, (505) 299-7768 or website www.senior-sports.org*

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**BOWLING**

Bowling Competition

**Skidmore’s Holiday Bowl**

**Tuesday, Wednesday & Friday,**
March 3, 4, & 6, 2020, 9:00 am

**Team, March 6, 2020, 12:30 pm**

Additional fees apply to the Bowling Competition. $7.50/event paid at Skidmore’s Holiday Bowl at the time of event.

*Coordinator: Palo Duro Sports & Fitness: (505) 880-2800*

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**CYCLING**

Cycling Competition

**Saturday, May 9, 2020, 7:00 am**

*Atrisco Vista Blvd.*

*Coordinator: Palo Duro Sports & Fitness: (505) 880-2800*

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**DISC GOLF**

Disc Golf Competition

**Thursday, April 23, 2020, 9:00 am**

*Roosevelt Park*

*Coordinator: Palo Duro Sports & Fitness: (505) 880-2800*

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**New Mexico Senior Olympics Basketball Tournament**

Dates, times and location will be announced at later date.

For information contact New Mexico Senior Olympics, 1-575-623-5777, 1-888-623-6676

*www.nmseniorolympics.org*
EIGHTBALL POOL
Eightball Competition
Wednesday, February 5, 2020, 5:00 pm
Palo Duro Senior Center
Coordinator: Palo Duro Sports & Fitness: (505) 880-2800

GOLF
Golf Competition
Hosting both the men’s and women’s golf competitions. Participants will be called with their tee times.
Green fees, including carts, will be $35.80 for 18 holes without season pass; $17.80 with season pass.
Fees to be paid at Arroyo Del Oso Golf Course
The tournament is a scratch event, no handicap.
Wednesday, April 22, 2020
Arroyo del Oso Golf Course, 7001 Osuna Rd NE
Coordinator: Palo Duro Sports & Fitness: (505) 880-2800

HORSESHOE
Horseshoe Competition
Horseshoes provide a means for people of all ages to enjoy good exercise while having fun.
Saturday, April 25, 2020, 10:00 am
Los Altos Park, 10130 Eubank NE
Coordinator: Palo Duro Sports & Fitness: (505) 880-2800

HUACHAS
Huachas Competition
Saturday, February 8, 2020, 9:00 am
Manzano Mesa Gym
Coordinator: Palo Duro Sports & Fitness: (505) 880-2800

PICTLEBALL
Pickleball Tournament
Saturday, April 18, 8:00 am
Doubles
Sunday, April 19, 8:00 am
Mix Doubles
Manzano Mesa Outdoor Pickleball Courts
Coordinator: Gary Rutherford, (505) 507-3663

Compete & Meet Pickleball Tournaments
See Compete and Meet Games on page 9.

Open Pickleball
Times and locations are subject to change. Please check website for most up to date information. www.abqpickleball.com

Pickleball Training
Manzano Mesa, Gym
Tuesday, Thursday, 9:30 - 11:00 am
Saturdays 12:30 - 2:50 pm

RACEWALKING
Racewalking
Racewalking appeals to many people because they can successfully participate and enjoy doing a sport! Try it for yourself and see how much fun this activity can be.
New Mexico Racewalkers weekly training at Tingley Beach, Saturdays, 8:00 am
If you are interested in learning how to racewalk, participate in racewalking, or would like to join the practices, call Lenny Krosinsky, at (505) 250-2283, or e-mail: lennykro@aol.com or visit www.newmexicoracewalkers.org.

Racewalking & Competition
5K Racewalk
Saturday, April 4, 2020, 8:00 am
Balloon Fiesta Park
Lenny Krosinsky, (505) 250-2283

1500m Racewalking
Saturday, May 2, 2020, 8:00 am
Albuquerque Academy Track

Powerwalking Competition
5K Powerwalk
Saturday, April 11, 2020 8:00 am
Balloon Fiesta Park
Lenny Krosinsky, (505) 250-2283

1500m Powerwalking
Saturday, May 2, 2020, 8:00 am
Albuquerque Academy Track
**Racquetball**

**Racquetball Competition**  
*Thursday, March 5, 2020, 10:00 am*  
Midtown Sports & Wellness, 4100 Prospect Ave. NE.  
Coordinator: Paula Sperling, (505) 888-4811

**Racquetball Clinics**  
Open to the public, these low cost clinics are for all playing levels — beginners to advanced. Each session includes safety tips, rules, stroke mechanics, strategy and playing time. What better way to improve your performance at the Albuquerque 50+ Games Racquetball Tournament!  

*Midtown Sports & Wellness Clubs*  
*Thursdays, 10:00 am - 12:00 pm*  
$20 Sports & Wellness Members  
$40 Non-Members  
Individual classes are $10. Players can join at anytime. Cost is prorated based on the number of sessions attended.  
*Information: Paula Sperling at Midtown (505) 888-4811*

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**Roadrace**

**Roadrace 5K and 10K Competition**  
This is an invitation to all the weekend runners to get recognition for your hard work.  
*Saturday, March 28, 2020, 7:00 am*  
*Location: TBA*  
*Contact: Palo Duro Sports & Fitness, (505) 880-2800*  
Both races start together.  
*Coordinator: Magi Ezzard*

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**Swimming**

**Swimming Competition**  
*Saturday, February 29, 2020*  
Warm-up begins at 7:30 am,  
Meet begins at 8:30 am  
West Mesa Aquatic Center, 6705 Fortuna Road NW  
*Coordinator: Palo Duro Sports & Fitness (505) 880-2800*

**Recreational Swimming**  
The City of Albuquerque Parks and Recreation Department offers recreational swimming, water exercise, swimming lessons and lap lane times open to the public.  
For most up to date fees and info. call the Parks and Recreation Department at (505) 768-5342, or visit www.cabq.gov/aquatics.

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**Sports Clinic Opportunities For 2020**  
The NM Senior Sports Foundation is planning on hosting, co-hosting, or promoting various sports clinics during 2020. It is hoped that this will encourage athletes to try new sports.  
For information on the following clinics planned for 2020, please contact the NM Senior Sports Foundation at (505) 299-7768, or go to their website at www.senior-sports.org. Find your sport, plan to attend, learn the basics, and enjoy how to stay healthy by staying active! Get up and go!
SOFTBALL

Men’s Master 65+ League
League play is held on Tuesday and Thursday mornings from April to September. Practices start as early as February.
If you are interested in playing or adding a team to the league
Contact: Bill Dubuque (505) 293-9530.

League Play (SWSL)
50+ Senior Women’s league rules are modified to use National Senior Games Rules. Play is held on Mondays. Spring, Summer and Fall Leagues offered.
Contact: New Mexico Sports Foundation (505) 299-7768.
www.senior-sports.org

Men’s 50+ Softball League (ASL)
League play runs from April through September on Tuesday and Thursday mornings. Practices start in March. If you turn 50 during the year, you are eligible to play.
If you are interested in playing on an existing team, or forming your own team, please leave a message for Steve Holliday at (505)271-9271.

Silver Gloves
Women 50+ are welcome to join and no experience necessary. Practices are held year round and opportunity to participate at out-of-state tournaments. Organization meeting is held in January to enroll players for leagues.
Contact: New Mexico Sports Foundation (505) 299-7768.
www.senior-sports.org

New Mexico Senior Olympics

Softball Tournament
State competition only. Dates, times and location will be announced at a later date.
For information contact New Mexico Senior Olympics, 1-575-623-5777 or 1-888-623-6676.
www.nmseniorolympics.org

TRACK

Track & Field Competition
Friday, May 1, 2020, 5:00 pm
Saturday, May 2, 2020, 8:00 am
Albuquerque Academy

Open Indoor Track Nights
Tuesday-Thursday, January 22-24, 2019, 6:00 - 9:00 pm
Tuesday-Thursday, January 29-31, 2019, 6:00 - 9:00 pm
Tuesday-Wednesday, February 5-6, 2019, 6:00 - 9:00 pm
Albuquerque Convention Center
www.cabq.gov/parksandrecreation

VOLLEYBALL

New Mexico Senior Olympics Volleyball Competition
Dates, times and locations will be announced at a later date.
For information contact the New Mexico Senior Olympics, 1-575-623-5777 or 1-888-623-6676
www.nmseniorolympics.org

Volleyball Pick-up Games
Join the 50+ volleyball players for drop-in volleyball matches.
Wells Park Community Center, Gym
Monday, 6:00 - 7:45 pm
Manzano Mesa, Gym
Monday (open gym for any age group)
Friday (one court reserved for senior play), 5:00 - 7:00 pm

TABLE TENNIS

Table Tennis Competition
Saturday, January 18, 2020, 9:00 am
Bear Canyon Senior Center, 4645 Pitt NE, 87111
Coordinator: Marv Sommers, Palo Duro Sports & Fitness Center (505) 880-2800.

TENNIS

Tennis Tournament
You don’t have to be Serena Williams to enjoy playing in our Albuquerque 50+ Games tournament. Athletes will compete in Singles, Doubles and Mixed Doubles.

SINGLES
Tuesday, April 14, 2020, 5:00 pm
DOUBLES
April 21, 2020, 5:00 pm
MIXED DOUBLES
Tuesday, April 28, 2020, 5:00 pm
Coordinator: Palo Duro Sports & Fitness (505) 880-2800.

Volleyball Pick-up Games
Join the 50+ volleyball players for drop-in volleyball matches.
Wells Park Community Center, Gym
Monday, 6:00 - 7:45 pm
Manzano Mesa, Gym
Monday (open gym for any age group)
Friday (one court reserved for senior play), 5:00 - 7:00 pm
Exercise Classes

AQUATICS

Adapted Aquatics

Taught at the University of New Mexico Therapeutic Pool (92° water), participants are led through a series of range of motion exercises that will increase joint mobility and develop muscular strength. Registration is done by lottery. Lottery forms are available at all the Senior Centers, Multigenerational Centers, and Sports and Fitness Centers. Lottery forms can be picked up starting on the 10th of every month and have to be returned by the 15th of every month to be eligible for the lottery.

Class sessions are as follows:

**SESSION 1:**

*Monday, Wednesday and Friday, 9:00 - 10:00 am*

Number of classes: 3 classes/week

*Transportation: provided from all 6 Albuquerque senior centers. Self-drivers are also welcome, but must pre-register.*

**SESSION 2:**

*Monday and Friday, 1:15 - 2:15 pm*

Number of classes: 2 classes/week

*Transportation: provided from all 6 Albuquerque senior center and Vista Grande Community Center. Self-drivers are also welcome, but must pre-register.*

**SESSION 3:**

*Tuesday and Thursday, 9:00 - 10:00 am*

Number of classes: 2 classes/week

*Transportation: provided from the Palo Duro 50+ Sports & Fitness Center. Self drivers are also welcome, but must pre-register.*

Albuquerque Parks and Recreation Department offers a wide variety of water exercise classes and lap swim at their indoor aquatic facilities.

For more Information call the Parks and Recreation Department at (505) 768-5353, or visit www.cabq.gov/aquatics.
**Aerobics**

These fun, low impact aerobics classes combine energizing music with a routine designed to strengthen the cardiovascular system. For beginners to advanced exercisers; everyone works at their own pace. Burn calories and get a great workout.

**Highland, Social Hall**
Monday, Wednesday, Friday, 9:00 - 10:00 am

**Joe O. Armijo Los Volcanes 50+ Sports & Fitness Center, Aerobic Room**
Monday, Wednesday, Friday, 8:00 - 9:00 am

**Manzano Mesa, Gym**
Monday, Wednesday, Friday, 8:15 - 9:15 am

**Palo Duro, Mesquite Room**
Monday, Wednesday, Friday, 8:15 - 9:15 am

**N. Domingo Baca, Aerobic Room**
Monday, Wednesday, Friday, 8:15 - 9:15 am

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**Gentle Exercise**

Performed primarily in a chair. The focus is on resistance training to build strength. Equipment such as small balls and bands are used to make the exercises interesting and challenging.

**Barelas, Social Hall**
Monday, Tuesday, Friday, 10:00 - 11:00 am

**Highland, Social Hall**
Monday, Wednesday, Friday, 9:15 - 10:15 am

**Joe O. Armijo Los Volcanes, 50+ Sports & Fitness Center, Aerobic Room**
Monday, Wednesday, Friday, 8:15 - 10:15 am

**Manzano Mesa, Gym**
Monday, Wednesday, Friday, 9:30 - 10:30 am

**Palo Duro, Mesquite Room**
Monday, Wednesday, Friday, 9:30 - 10:30 am

**N. Domingo Baca, Aerobic Room**
Monday, Wednesday, Friday, 8:15 - 9:15 am

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**Flex & Tone**

This class will work to elongate and strengthen your muscles to achieve increased flexibility, improve posture and develop a strong core.

**Highland, Room 8**
Tuesday, Thursday, 8:15 - 9:15 am

**Joe O. Armijo Los Volcanes, 50+ Sports & Fitness Center, Aerobic Room**
Tuesday, Thursday, 8:00 - 9:00 am

**Manzano Mesa, Gym**
Tuesday, Thursday, 8:15 - 9:15 am

**North Domingo Baca, Social Hall**
Tuesday, Thursday, 10:15 - 11:15 am

**Palo Duro, Mesquite Room**
Tuesday, Thursday, 8:00 - 9:00 am

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**Fitball**

Using a stability ball and weights, target and challenge core muscles with stabilizing and balance exercises.

**Joe O. Armijo Los Volcanes, 50+ Sports & Fitness Center, Aerobic Room**
Monday, Wednesday, Friday, 9:30 - 10:30 am

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“Exercise is the fountain of youth!”

— Helena Kirkwood
Latin Dance Lessons
Learn the basics of Social Latin Dance in a friendly & fun environment catering to the novice learner! Learn instruction in Merengue, Cumbia, Bachata, Salsa, Cha-Cha-Cha and the Romantic Rhumba.
ATHLETIC SHOES REQUIRED
Joe O. Armijo Los Volcanes, 50+ Sports & Fitness Center, Aerobic Room
Saturday, 11:00 am - 12:00 pm
Cost: $5/class
Instructor: Maria

New Mexico Folk & Latin Dance
Receive instruction on New Mexican, Mexican and contemporary Latin dances. Athletic shoes must be worn to participate. Looking for more dancers.
Joe O. Armijo Los Volcanes, 50+ Sports & Fitness Center, Aerobic Room
Tuesday, 1:15 - 2:45 pm
Instructor: Frances Lujan

Senior Spirit Team Exercise, Friendship, Community and Spirit
Looking for men and women to join the Senior Spirit Team to support local athletes and entertain. Build camaraderie, entertain/perform, promote vitality, become part of a spirit community, build friendships and have fun! No experience necessary.
Joe O. Armijo Los Volcanes, 50+ Sports & Fitness Center, Aerobic Room
Tuesday, 3:00 - 4:00 pm
Starting in January 2020
Instructor: Onastine

Zumba Gold Toning
Designed for the active older adult. It fuses Latin rhythms and easy-to-follow moves.
Joe O. Armijo Los Volcanes, 50+ Sports & Fitness Center, Aerobic Room
Tuesday, Thursday, 9:30 - 10:30 am
Cost: $2
Instructor: Dee Williams

Dance Aerobics
Quick-paced, high-energy, core strengthening routines set to great music! No experience is necessary.
Joe O. Armijo Los Volcanes, 50+ Sports & Fitness Center, Aerobic Room
Monday, Wednesday, 5:30 - 6:30 pm
Instructor: Debra Roane

Pilates
Learn the importance of core stabilization, muscle balance and proper alignment while integrating the concept of mindfulness, fluidity and grace.
Joe O. Armijo Los Volcanes 50+ Sports & Fitness Center, Aerobic Room
Tuesday, Thursday, 10:45 - 11:45 am
Cost: $5
Instructor: Thea Muehlenweg

Yo Ga
These classes combine core management methods with mind/body/breath discipline.
North Domingo Baca, Aerobic Room
Monday, Thursday, 10:30 - 11:30 am
Cost: $6
Instructor: Mindy

Vinyasa Flow Yoga
Flowing Vinyasa-based class threads together the mind, body and spirit.
North Domingo Baca, Aerobic Room
Wednesday, 10:45 - 11:45 am
Monday, 5:45 pm - 7:00 pm
Cost: $5
Instructor: Misa

Kundalini Yoga and Meditation
North Domingo Baca Aerobic Room
Friday, 11:00 am - 12:00 pm
Cost: $10 / class
Instructor: Jenna

Yoga For Well Being
Improve balance, posture, and confidence with yoga.
Joe O. Armijo Los Volcanes, 50+ Sports and Fitness Center, Aerobic Room
Thursday 2:00 - 3:00 pm
Saturday 9:00 - 10:00 am
Cost: $4
Instructor: Denise

Aikido
A non-aggressive style of martial arts working on the principle: “do not fight force with force.” Redirect the attacker’s energy and use it to your favor.
North Domingo Baca, Aerobic Room
Tuesday, Thursday, 7:15 - 8:15 pm
Cost: $4/class
Instructor: Charles Watkins
Tai Chi
It is great for those with joint problems and arthritis as well as improving balance and peace of mind.

North Domingo Baca, Aerobic Room
Tuesday, 10:30 - 11:30 am
Cost: $5
Instructor: Theresa

WEIGHT TRAINING

Weight Training Orientations
Weight training will keep you feeling and looking great. Not only will weight training give you more energy, but it also increases muscle tone and bone density. Join one of our free orientations where we instruct on the fundamentals of weight training.

Joe O. Armijo Los Volcanes, 50+ Sports & Fitness Center
Call (505) 767-5990 for appointment

Manzano Mesa, Fitness Room
Call (505) 275-8731 for appointment

North Domingo Baca, Fitness Room
Call (505) 764-6496 for appointment.

North Valley, Fitness Room
Call (505) 880-2800 for appointment

Palo Duro, 50+ Sports & Fitness Center
Call (505) 880-2800 for appointment

Basics With Free Weights
For novice lifters to learn safe and proper free weight lifting techniques to be used as an alternative, or in conjunction with workout machines.

Joe O. Armijo Los Volcanes 50+ Sports & Fitness Center
Call (505) 767-5990 for schedule

North Domingo Baca, Sports & Fitness Center
Call (505) 767-5990 for schedule.

Body Fat Vs. Muscle
The goal for optimal health is reducing body fat while increasing muscle. Visit one of our fitness facilities below for a free personal assessment.

Joe O. Armijo Los Volcanes, 50+ Sports & Fitness Center
3rd Tuesday, 8:00 am - 6:00 pm

North Domingo Baca, Fitness Center
4th Wednesday, 8:30 am - 1:30 pm, 2:00 - 7:00 pm

Palo Duro 50+ Sports & Fitness Center
1st Wednesday, 8:00 am - 6:00 pm

EVIDENCE BASED PROGRAMS

Enhance Fitness
This is an evidence based senior fitness class in which a three-part assessment will be conducted for each participant. Class components include cardio, weight training and flexibility.

Joe O. Armijo Los Volcanes, 50+ Sports & Fitness Center, Aerobic Room
Monday, Wednesday, Friday, 1:00 - 2:00 pm
Instructor: Dee Williams

“We are not surviving, we are thriving”

— Jane Ong Baker, Exercise Instructor at Barelas Senior Center, age 79
HEALTHY LIVING

Chronic Disease Self-Management Education Program

2020 Workshop Schedule | Albuquerque Metro Area

Palo Duro Senior Center, located at 5221 Palo Duro NE
January 30, 2020 through November 19, 2020 | Thursdays from 1:00 - 3:30 pm

Palo Duro Senior Center, 5221 Palo Duro NE
January 30 through March 5, 2020
This will be a Diabetes Self-Management Program (DSMP)

March 26 through April 30, 2020
This will be a general Chronic Disease Self-Management Program (CDSMP)

May 21 through June 25, 2020
This will be a Chronic Pain Self-Management Program (CPSMP)

July 9 through August 13, 2020
This will be a Diabetes Self-Management Program (DSMP)

September 3 through October 8, 2020
This will be a general Chronic Disease Self-Management Program (CDSMP)

October 15 through November 19, 2020
This will be a Chronic Pain Self-Management Program (CPSMP)

To enroll, please call (505) 850-0176.

For more workshop offerings, please visit www.pathstohealthnm.org
Senior Center Programs

DANCE

Ballroom Dance
Learn the steps to Ballroom Waltz, Cumbia-Salsa, Tango, Cha Cha, Fox Trot, Swing and Rumba.
Bear Canyon, Social Hall
Thursday, 4:45- 5:45 pm
Cost: $6 per lesson

Beginning Ballroom Dancing
Highland, Social Hall
Tuesday, 10:00-11:00 am

N. Domingo Baca, Social Hall
Saturday, 10:30 am - 12:45 pm

Manzano Mesa, East Social Hall
Wednesday, 6:00-7:00 pm

Clogging / Cloggersize
Manzano Mesa, East Social Hall
BEGINNER:
Saturday 12:00 - 12:30 pm
EASY:
Saturdays 12:30 - 1:30 pm
INTERMEDIATE:
Saturdays 1:30 - 2:30 pm

Argentina Tango
North Domingo Baca, Aerobic Room
Monday, 7:15-8:45 pm
Cost: $15/class
Instructor: John

Dancing with the Bars
It’s not what you may think...Dancing with the Bars is a movement exercise form of dancing — to the bars of music. It’s a fun way to achieve a fit, toned body, and serene mind. It is user friendly, playful, and easy.
Bear Canyon, Social Hall
Thursday, 8:15 - 9:15 am
Instructor: Nancy Arenas

Line Dance
Great for people who love to dance but don’t have a partner. Everyone learns the dance and dances in a line.
BEGINNER:

Barelas, Social Hall | Wednesday, 9:00 - 10:00 am | Instructor: Simone
Bear Canyon, Social Hall | Thursday, 1:30 - 3:00 pm | Instructor: Patty Fox
Los Volcanes, Social Hall | Thursday, 9:00 - 10:00 am

Manzano Mesa, Social Hall | Wednesday, 12:15 - 1:15 pm, 1:30 - 3:00 pm | Instructor: Georgette Smith
North Domingo Baca, Social Hall | Thursday, 1:30 - 2:30 pm | Instructor: Mary Garcia
North Domingo Baca, Aerobic Room | Wednesday, 7:00 - 8:30 pm | $2/class
North Valley, Social Hall | Monday, 1:00 - 2:00 pm | Instructor: Clarada Hull
Palo Duro, Mesquite | Monday, 3:15 - 4:30 pm | Saturday, 9:00 - 10:30 am | Instructor: Gayle Mecca

INTERMEDIATE:

Barelas, Social Hall | Wednesday, 10:10 - 11:10 am | Instructor: Simone
Bear Canyon, Social Hall | Tuesday, 3:15 - 4:30 pm | Instructor: Patty Fox
Los Volcanes, Social Hall | Thursday, 10:10 - 11:10 am | Instructor: Jeanne Hendrix
Manzano Mesa, Social Hall | Wednesday, 3:00 - 4:30 pm | Instructor: Georgette Smith
North Domingo Baca, Social Hall | Tuesday, 5:45 - 7:30 pm | Instructor: Georgette Smith

INTERMEDIATE II:

Bear Canyon, Social Hall | Tuesday, 1:30 - 3:00 pm | Instructor: Patty Fox
Manzano Mesa, Social Hall | Friday, 1:30 - 3:00 pm | Instructor: Wylene Santistevan
Manzano Mesa, Social Hall | Friday, 2:00 - 4:00 pm | Instructor: Ricci

ADVANCED:

Bear Canyon, Social Hall | Thursday, 1:30 - 3:00 pm | Instructor: Doug Madison
Palo Duro, Mesquite | Monday, 1:30 - 3:00 pm | Instructor: Doug Madison
Palo Duro, Mesquite | Saturday (2nd, 3rd, 4th), 10:30 am - 12:00 pm | Instructor: J. Hendrix
New Mexico Folk & Latin Dance
Receive instruction on New Mexican, Mexican and contemporary Latin dances. Athletic shoes must be worn to participate.
Manzano Mesa, East Social Hall
Wednesday, 9:45 - 11:15 am
North Valley
Monday, 10:00 - 11:30 am
Cost: free
Instructor: Frances Lujan

Wise Women Belly Dance
Get in touch with your inner beauty while getting a good workout. This gentle approach to this ancient art form can be enjoyed by women of all ages and abilities. Belly dance displays the strength and beauty of women of all sizes, ages, and shapes.
Manzano Mesa, Social Hall
Thursday, 6:00 - 8:00 pm
Instructor: Amaya

Dance and Movement for Parkinson’s
Join in the musicality, rhythm, expression, and sheer physical pleasure of dance. Movements customized for all abilities. FREE to members with Parkinson’s.
North Valley, South Social Hall
1st and 3rd Thursday, 2:00 - 3:00 pm
Instructor: Joanie Carlisle

Salsarobics
Spice up your workout with this energetic, fun and sizzling workout; learn the fundamentals of Latin dance such as Salsa, Merengue, Bachata, Brazilian Samba and the always-sexy Cha Cha. Fitness shoes or Dance shoes required.
Los Volcanes, Social Hall
Thursday, 5:30 - 6:30 pm
Saturday, 9:30 - 10:30 am
Cost: $3 per class
Instructor: Elena Valencia

Social Latin Dance
Los Volcanes, Social Hall
Saturday, 11:00 am - 12:00 pm

EXERCISE
Balance & Movement for Parkinson’s and Others
This class is designed for mostly all levels and focuses on balance and movement while either seated or standing. Caregivers are encouraged to attend and participate.
Highland, Room 7
Monday, 2:45 - 3:30 pm
Wednesday, 2:45 - 3:30 pm
Cost: $6
Instructor: Mindy

Enhance Fitness
This is an evidence based senior fitness class in which a three part assessment will be conducted for each participant. Class components include cardio, weight training and flexibility.
North Valley, Rooms I & 2
Monday, Tuesday, Friday 8:15 - 9:15 am
Instructor: Nancy and Diane
North Domingo Baca, Social Hall
Monday, 8:05 - 9:05 am & 10:15 - 11:15 am
Wednesday, 8:05 - 9:05 am & 10:15 - 11:15 am
Friday, 8:05 - 9:05 am & 10:15 - 11:15 am
Instructor: Marta

T.N.T Dynamite
Trim and tone your body with this class designed to fit your own individual needs and abilities. Work at your own pace toward improving strength, stamina, and muscle tone.
Bear Canyon, Social Hall
Monday, Wednesday, Friday, 9:30 - 10:30 am
Cost: $1.50
Instructor: Andriana Wethington

Wellness Programs
Acupressure
Acupressure is a form of Chinese medicine, which restores harmony in the body, mind and spirit.
North Valley, Room 3
Friday, 10:00 am - 2:00 pm
Instructor: Linda Leatherman

Reflexology Massage Therapy
Reflexology is a hands-on modality that relaxes and restores the body by working the hands and/or feet.
North Valley, Fitness Center
2nd and 3rd Wednesday and Friday of each month, 10:15 am - 1:00 pm
Zumba®

North Domingo Baca, Social Hall
Monday, 9:10 - 10:10 am & 5:45 - 7:00 pm
Friday, 9:10 - 10:10 am
Saturday, 9:15 - 10:15 am

Cost: $3
Instructor: Mary Martinez

Zumba® Gold Classes
Check out this fun new dance/aerobic class. No dance experience required.

Bear Canyon, Social Hall
Monday, Wednesday, Friday, 8:15 - 9:15 am
Cost: $2
Instructor: Julie M. Salazar

Manzano Mesa, Gym
Monday, Wednesday 10:45 - 11:45 am
Instructor: Dee Williams

North Domingo Baca, Social Hall
Tuesday 9:10 - 10:10 am
Wednesday 9:10 - 10:10 am
Thursday 9:10 - 10:10 am

North Valley, Fitness Center
Thursday 9:00 - 10:00 am
Friday 9:00 - 10:00 am
Cost: free
Instructor: Mary Martinez

Get Moving Cardio/Aerobics/Dance Class
Sponsored by Silver Sneakers
Highland, Social Hall
Tuesday, 2:00 - 3:00 pm
Instructor: Gigi

Hiking

The Albuquerque Senior Centers offer hiking trips year round. Schedules are available at front desk of participating centers. Transportation cost is 5¢ per mile. www.ASCHG.org

Bear Canyon
Every other Thursday, 8:00 am
Instructor: Nan Burke & Jackie Bryant

Highland
Every other Tuesday, 8:00 am
Instructor: Pat Newman

Los Volcanes
Every other Friday, 8:00 am
Instructor: Pamela Bliss

North Domingo Baca
Every other Friday, 8:00 am
Instructor: Pamela Bliss

North Valley
Every other Thursday, 8:00 am
Instructor: Bill Gloyd

Palo Duro
Every other Tuesday, 8:00 am
Instructor: Marilyn Warrant

Palo Duro
Saturday, 8:45 am
Instructor: Sue Pelletier

Table Tennis

Practice and Play
Since its inception in 1880s England, this sport has grown into an international favorite. Originally, a line of books served as the net, a champagne cork or knot of string as the ball and a cigar box lid as the racket. Come see how it has evolved!

Bear Canyon, Social Hall (subject to change)
Monday, 1:30 - 4:30 pm
Wednesday, 10:15 - 11:00 am
Thursday, 9:30 - 11:00 am
Friday, 2:30 - 4:30 pm
Saturday, 9:00 - 11:00 am, 1:00 - 3:00 pm

North Valley, Social Hall
Monday, 2:00 - 5:00 pm (upon request)

Manzano Mesa, Game Room
Monday - Friday, 8:00 - 9:00 am
Saturday, 9:00 am - 3:00 pm

Eastern Traditions

Nia Technique
The Nia Technique™ draws inspiration from the dance arts, martial arts and healing arts for a cardiovascular, aerobic, and super fun workout that is challenging and stimulating, yet easy to follow.

Highland, Room 8
Thursday, 11:15 am - 12:15 pm
Cost: $6
Instructor: Michelle Diel

“It's a lot of fun! Lets face it, that's what we need at our age.”

— Connie Robb,

speaking about the hiking classes
Pilates
Learn the importance of core stabilization, muscle balance and proper alignment while integrating the concept of mindfulness, fluidity and grace.

**Barelas, Room Lead and Coal**
**Tuesday, 8:30 - 9:30 am**
**Instructor: Richard Sertich**

**North Valley, Fitness Center**
**Thursday, 8:30 - 9:30 am**
**Instructor: Richard Sertich**

Gentle Yoga
Whether you are a beginner or have been doing yoga for a while, this slow-paced class will leave you feeling both relaxed and rejuvenated. Don’t fret if you’ve never tried it before. If you can breathe, you can practice yoga!

**Highland, Room 8**
**Monday, 1:30 - 2:30 pm**
Cost: $6
**Instructor: Mindy**

**Palo Duro, Ponderosa**
**Monday, 9:00 - 10:00 am**
Cost: $3
**Instructor: L. Leyba**

**Palo Duro, Mesquite**
**Wednesday, 5:15 - 6:15 pm**
Cost: $3
**Instructor: L. Leyba**

**Yoga, Chair**
Focus on alignment, breathing, relaxation, and core awareness while gently opening up the body, increasing strength, flexibility, mobility and building bone density.

**Bear Canyon, Multi-Purpose**
**Monday 2:30 - 3:30 pm**
**Instructor: Tiana Kaula**

**North Valley**
**Monday, 3:30 - 4:30 pm**
Cost: $5
**Instructor: Lisa Wyer**

**Yoga**
These classes combine core management methods with mind/body/breath discipline to reduce physical and mental stress and lengthen muscles. Yoga will improve posture and core strength, as well as reduce lower back pain and increase muscle flexibility.

**Barelas, Room Lead and Coal**
**Monday, 9:15 - 10:30 am**
**Thursday, 8:30 - 9:30 am**

**Bear Canyon, Multi-Purpose**
**Friday, 10:30 - 11:30 am**
**Instructor: Tiana Kaula**

**Highland, Room 8**
**Wednesday, 1:30 - 2:30 pm**
Cost: $6
**Instructor: Mindy**

**Manzano Mesa, East Social Hall**
**Wednesday, 5:00 - 6:00 pm**
Cost: $7 per class
**Instructor: Ann Owens**

**Palo Duro, Ponderosa**
**Monday, 9:00 - 10:00 am**
Cost: $3
**Instructor: L. Leyba**

Yoga, Dahn
Dahn Yoga is an integrated mind-body training method that combines deep stretching exercises, meditative breathing techniques and energy awareness training. Dahn Yoga was created for people who want to gain flexibility and balance of mind and body in the midst of their busy and sometimes hectic lives. It is easy and simple enough for anyone to learn, yet challenging for even the most advanced practitioner.

**North Valley, South Social Hall**
**Tuesday, Thursday, 3:15 - 4:15 pm**
Cost: $3
**Instructor: David Plummer**

**Yoga - Kundalini**
Kundalini, an electric, fiery, occult life force, is a spiritual power that brings in energy, expands the mind, and opens new thinking.

**Manzano Mesa, Room 4**
**Wednesday, 10:10 - 11:10 am**
**Instructor: Rose Woss**

**Yoga, Hatha-Plus**
This class combines Hatha yoga and core body work.

**Manzano Mesa, Room 5**
**Friday, 9:00 - 10:00 am**
**Instructor: Janet Porter**

**Yoga, Hatha**
Practice breathing and Hatha yoga postures. Breathing revitalizes the brain and internal organs with oxygen, and postures keep the spine supple and healthy. This class will help lower your blood pressure and calm nerves.

**Manzano Mesa, Room 5**
**Monday, 6:15 - 7:15 pm**
**Instructor: Ann Owens**
**Wednesday, 9:00 - 10:00 am**
**Instructor: Dee Cappelle**
**T’ai Chi**
Beautiful, gentle, flowing movements improve balance, lower high blood pressure, increase bone density and cultivate Chi or internal energy.

**Manzano Mesa, East Social Hall**  
**Tuesday, 9:30 - 10:30 am**  
**Instructor: Ilene Dunn**

**Bear Canyon, Multi-Purpose**  
**Saturday, 11:30 am - 1:00 pm**  
No sign up required  
**Instructor: Yolanda Day and Richard Coursey**

**T’ai Chi For Seniors**
Slow, gentle movement to build health and balance, reduce stress and heal from injuries. Presented in a brief way to balance the whole self: physical, emotional and spiritual

**Los Volcanes, Room 2**  
**1st, 2nd, 3rd, Wednesday, 12:00 - 1:00 pm, Thursday, 5:30 - 6:30 pm**

**T’ai Chi Chih**
T’ai Chi Chih is a series of easy, gentle movements that balance the internal energy (Chi). It is often called a moving meditation and the benefits of this practice can include improved balance, flexibility, stamina and regulation of stress, blood pressure and weight.

**Palo Duro, Ponderosa Room**

**BEGINNING:**  
**Wednesday, 3:15 - 4:15 pm**

**ADVANCED:**  
**Wednesday, 4:30 - 5:30 pm**  
**Session I: January 8 - February 12**  
**Session II: February 19 - March 25**  
**Session III: April 1 - May 6**  
**Session IV: May 13 - June 17**  
**Instructor: Ellen Tatge**

**T’ai Chi Ch’uan**
A form of martial arts that provides a cardiovascular workout and improves balance.

**Barelas Senior Center**  
**Wednesday, 9:30 - 10:30 am**  
**Instructor: Sihing Jean Crawford**

**INTERMEDIATE/TRADITIONAL SHORT FORM:**  
**Highland, Social Hall/Room 8**  
**Thursday, 1:30 - 2:30 pm**  
**Instructor: Sifu Ty Beh**

**Traditional T’ ai Chi Ch’uan**
Beautiful flowing movements improve balance, lower high blood pressure, increase bone density and cultivate internal energy.

**Highland, Social Hall/Room 8**  
**Thursday, 9:30 - 10:30 am**  
**Instructor: Ilene Dunn**

**North Valley**  
**Monday, Tuesday, and 1st Friday, 9:30 - 10:30am**

**Palo Duro, Ponderosa**  
**Friday (no class 1st Friday of the month), 9:30 - 10:30 am**  
**Cost: $5**  
**Instructor: Sifu Ty Beh**
**SELF DEFENSE**

**Aikido**
A non-aggressive style of martial arts working on the principle: “do not fight force with force.” Redirect the attacker’s energy and use it to your favor.

**North Domingo Baca**
- **Saturday,** 9:00 - 11:45 am
- **Tuesday,** 7:15 - 8:30 pm
- **Wednesday,** 6:30 - 7:45 pm
- **Thursday,** 7:15 - 8:30 pm
- **Friday,** 6:00 - 7:00 pm
See instructor for prices
*Instructor: Charles Watkins*

**Feldenkrais Method**
**Awareness Through Movement**
Often referred to simply as “Feldenkrais”, this is a somatic educational system designed by Moshé Feldenkrais. Feldenkrais aims to reduce pain or limitations in movement, to improve physical function, and to promote general wellbeing by increasing students’ awareness of themselves and by expanding students’ movement repertoire.

**North Domingo Baca**
- **Thursday,** 9:30 - 10:30 am and 6:00 - 7:00 pm
*Instructor: Steve Mulvihill*

**TaeKwondo**

**North Domingo Baca**
- **Monday, Tuesday & Thursday,** 7:15 - 8:15 pm
Cost: $70/month, ages 7 and up
*Instructor: David Martin*

**Kendo Kai**
Meaning “Way of The Sword”, is a modern Japanese martial art, which descended from traditional swordsmanship (kenjutsu) and uses bamboo swords (Shinai), and protective armor. It is a physically and mentally challenging activity that combines martial arts practices and values with sport-like strenuous physical activity.

**Manzano Mesa, East Social Hall**
- **Friday,** 6:00 - 8:00 pm

**North Domingo Baca**
- **Wednesday,** 6:45 - 8:45 pm
See instructor for prices.
*Instructor: Davis Begay*

**Iron Olympian Karate**
Develop physical strength, discipline, balance, coordination and self-esteem. Class includes breakaway techniques and safety awareness.

**Manzano Mesa, Room 3**
- **Tuesday,** 6:00 - 8:00 pm
*Instructor: Chris Nowak*

**Personal Defense Club, Close Quarter Combat**
Provides a place to learn, teach and practice personal fighting skills. It is not associated with any traditional Asian art or sport.

**Manzano Mesa, Room 4**
- **Monday,** 7:00 - 9:00 pm
Cost: $10 per month
*Instructor: Dr. Sean Ross*

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**Call (505) 880-2800 or visit www.cabq.gov/seniors.**
CITY OF ALBUQUERQUE SENIOR CENTERS

Barelas
714 7th St. SW, Albuquerque, NM 87102
Phone: (505) 764-6436
Fax: (505) 764-6472
Monday - Friday: 8:00 am - 5:00 pm

Bear Canyon
4645 Pitt NE, Albuquerque, NM 87111
Phone: (505) 767-5959
Monday - Friday: 8:00 am - 5:00 pm
Thursday: 8:00 am - 9:00 pm
Saturday: 9:00 am - 3:00 pm

Highland
131 Monroe NE, Albuquerque, NM 87108
Phone: (505) 767-5210
Fax: (505) 767-5224
Monday - Friday: 8:00 am - 5:00 pm
Wednesday: 8:00 am - 7:00 pm
Saturday: 10:00 am - 4:00 pm

Los Volcanes
6500 Los Volcanes NW, Albuquerque, NM 87121
Phone: (505) 767-5999
Fax: (505) 767-5992
Monday - Friday: 8:00 am - 5:00 pm
Thursday: 8:00 am - 7:00 pm
Saturday: 9:00 am - 1:00 pm

Manzano Mesa Multigenerational Center
501 Elizabeth SE, Albuquerque, NM 87123
Phone: (505) 275-8731
Fax: (505) 275-8734
Monday - Friday: 8:00 am - 9:00 pm
Saturday: 9:00 am - 3:00 pm

North Domingo Baca Multigenerational Center
7521 Carmel NE, Albuquerque, NM 87113
Phone: (505) 764-6475
Fax: (505) 764-6489
Monday - Friday: 8:00 am - 9:00 pm
Saturday: 9:00 am - 3:00 pm

North Valley
3825 4th St. NW, Albuquerque, NM 87107
Phone: (505) 761-4025
Fax: (505) 761-4031
Monday - Friday 8:00 am - 5:00 pm
Tuesday: 8:00 am - 7:00 pm
Sunday: 12:30 pm - 5:00 pm

Palo Duro
5221 Palo Duro NE, Albuquerque, NM 87110
Phone: (505) 888-8102
Fax: (505) 888-8107
Monday - Friday: 8:00 am - 5:00 pm
Wednesday: 8:00 am - 7:00 pm
Saturday: 9:00 am - 1:00 pm

Los Volcanes
6500 Los Volcanes NW, Albuquerque, NM 87121
Phone: (505) 767-5999
Fax: (505) 767-5992
Monday - Friday: 8:00 am - 5:00 pm
Thursday: 8:00 am - 7:00 pm
Saturday: 9:00 am - 1:00 pm

Palo Duro
5221 Palo Duro NE, Albuquerque, NM 87110
Phone: (505) 888-8102
Fax: (505) 888-8107
Monday - Friday: 8:00 am - 5:00 pm
Wednesday: 8:00 am - 7:00 pm
Saturday: 9:00 am - 1:00 pm

CITY OF ALBUQUERQUE SENIOR CENTERS

Call (505) 880-2800 or visit www.cabq.gov/seniors. Registration begins Dec. 12, 2019