Wildlife West Nature Park

Traditional chuck wagon show, including a barbeque dinner, wildlife presentation, plus a western music show or bluegrass band. The barbeque dinner includes brisket, chicken, ranch beans, baked potato, rolls, apple sauce, cookies, lemonade, coffee and water. Shows take place rain or shine in the covered area, and jackets are recommended. The park is open to chuck wagon guests at 5:30 pm, hayrides run from 6:00 – 7:00 pm and dinner is served at 7:00 pm. The bird presentation is conducted at about 7:30 pm, and the music starts at about 8:00 pm and usually runs for an hour.

Barelas
Saturday, June 28

CHECK IN: 4:00 pm
DEPART: 4:45 pm
RETURN: 10:00 pm

$4.00 transportation, admission $17.50

PRESENTATIONS

The Department of Senior Affairs reserves the right to change, cancel or otherwise alter classrooms, workshops, meeting times and rooms. Every opportunity will be given to instructors and participants to achieve a satisfactory resolution to rescheduled changes. The ultimate responsibility for programming lies with the Department of Senior Affairs. The department will ensure that space is maximized and utilized efficiently and made available to all groups as fairly and equitably as possible.

Presentations are organized by type and within types organized chronologically.

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Financial and Legal Presentations

Advanced Directives, Trusts, Wills and Estate Planning, Medicare and Health Plans

Advance Directives

Presented by the Senior Law Office

Palo Duro • Ponderosa Pine
Wednesday, April 9, 5:30 – 7:00 pm
Pre-registration necessary, No charge

Living on a fixed income

Social Security

Learn more about this retirement program and have your questions answered.

Palo Duro • Cottonwood
Wednesday, January 23, 5:30 – 7:00 pm
Please sign interest list at the front desk.

Reverse Mortgages

Everybody's heard about it, but few know what it really is. Come join us for a free educational session on the government backed FHA Reverse Mortgage. There are a lot of misconceptions running around about this program; we'll separate the truth from the myths. Gather information and get all your questions answered. It may not be for everyone, but if it is, it will change your "Senior Years".

Highland • Room 7
Thursday, June 5,
10:00 – 11:00 am

Legal Information for Grandparent Caregivers

This agency will provide you with legal information for grandparents raising grandchildren. They will talk about and have forms for power of attorney, caregiver's affidavits, free notary service, legal guardianship and adoption forms.

Barelas • Room 4
Tuesday, April 15, 9:30 am
New Mexico Guardianship Project

Medicare and Health Plans

Instituted Medicare/ Consumer Issues

Presented by the Senior Law Office. Learn more about Medicare and ask your individual questions.

Palo Duro • Ponderosa Pine
Wednesday, February 13, 9:30 – 11:00 am
Pre-registration is necessary, No charge

Medicare ABC's

This is an interactive program dealing with various aspects of Medicare that involves the entire audience.

Barelas • Rooms 2 & 3
Tuesday, February 26, 9:30 am
Blue Cross Blue Shield

Medicare Special Needs Plan

Those of you with Medicare or Medicare and Medicaid, as well as disabled residents are invited to the following informational meeting. Your benefits and services may include: Access to a care manager; rides to doctor appointments, dental care, glasses, eye exams and hearing aids. A choice of products from the *Health Care Products* catalog will be available, and much more.

Barelas • Rooms 2 & 3
Tuesday, May 6, 9:30 am
Evercare

Preventive Benefits

Updates on all the Medicare benefits for beneficiaries including specific tests and screening and the reasons why you should know more.

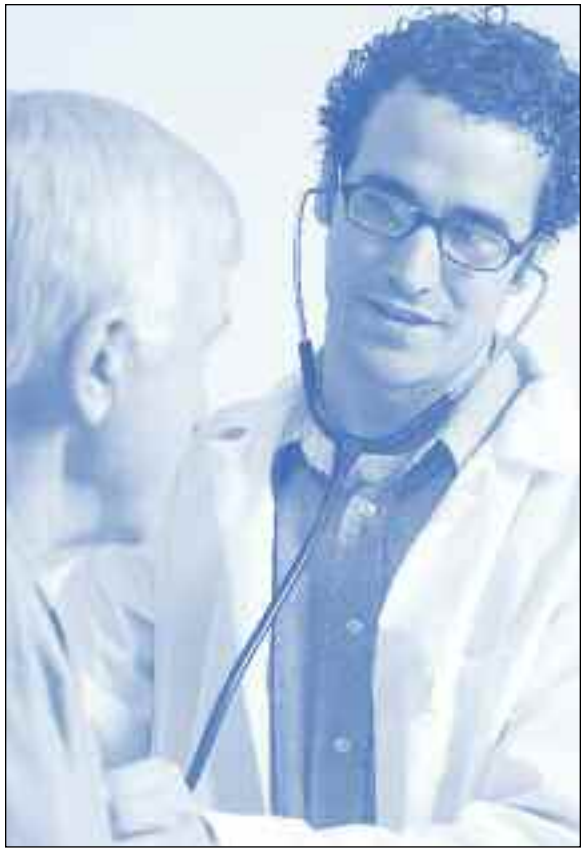
Highland • Room 7
Thursday, May 29, 10:00 – 11:00 am

Deciding How to Get your Medicare Benefits

This presentation gives an overview of the choices of insurance programs that supplement your Medicare benefits.

Highland • Room 7
Thursday, June 26, 10:00 – 11:00 am

Unless noted all classes and trips leave or take place at the center sponsoring the activity.



Healthcare Issues Affecting the Sandwich Generation

Who is the Sandwich Generation? Who will pay for long term care(LTC)? Medicare qualifications and supplements; Defying the myth of "It can't happen to me"; Tax law changes affecting LTC; A checklist of LTC insurance options; Alternatives to "spending down" for LTC; Updating wills and trusts. These and other concerns will be discussed.

Manzano Mesa Multigenerational Center
Thursday, March 13, 6:00 – 7:30 pm
Larry Lite, LTCP, LUTCF
Lite Financial Services, Inc.

Health

Pain Management

Acupressure for Pain

"The power is in your hands." Regeneration of the entire body one point at a time. Learn ten of the most used and easily found acupressure points. This class, designed for the Active Senior and Active Adult.

Manzano Mesa
Multigenerational Center • Room 1
2nd & 4th Thursday of each month
10:00 – 11:00 am • Cynthia Boyd

Science & Faith Together at Last

What's going on? It's a modern epidemic of new diseases, chronic pain, sleep and back problems! Surprisingly, many people are being helped in similar ways by either medical doctors or rabbis/ministers. Colleges have courses on the physical effects of forgiveness, previously just a religious teaching. No, it's not all in your head, but knowing how physical problems affect your nervous system can allow you to short circuit those awful connections. Relief can be free and painless!

Barelas • Rooms 2 & 3
Tuesday, January 15, 9:30 am
Libby Albright

Bear Canyon • Room 4
Wednesday, February 6 & 13
9:00 – 11:00 am

North Valley • Room 3
Tuesday, February 19, 10:00 am

Highland • Room 7
Thursday, February 21 & 28
1:00 – 3:00 pm

Pain Management using Neurolase Low Level Light Laser

Learn about Neurolase, a non-invasive laser that does not cut the skin, but provides immediate therapeutic warm rays of natural light to safely and quickly penetrate into your body to provide relief of pain.

Highland • Room 7
Thursday, January 31
11:00 am – 12:00 noon
Joyce O'Connor, Certified
BioEnergetic Practioner

Barelas • Rooms 2 & 3
Tuesday, January 15
9:30 am
Libby Albright

North Valley • Room 3
Tuesday, February 19
10:00 am

Highland • Room 7
Thursday, February 21 & 28
1:00 – 3:00 pm

Disc Problems

Does any of this sound familiar: disc problems, pain in the legs, neck or lower back, headaches? Decompression therapy may be for you. Sign up at the front desk.

Bear Canyon • Room 3
Friday, March 14, 10:00 – 11:00 am
Dr. Mark Schwartz

Aging

Osteoporosis

What is osteoporosis? Safety factors in avoiding falls and injuries.

Barelas • Rooms 2 & 3
Wednesday, January 23, 9:30 am
Odyssey Healthcare Hospice of Albuquerque

Aging Gracefully! Enjoying Your Retirement Years

What's keeping you up at night? How are your investments performing? Are you concerned about having enough money for a Long Term Illness? How can we stretch your $'s and provide adequate protection? What impact could the Deficit Reduction Act mean to you? How can you provide a legacy for your children, grandchildren and favorite charity? These and many more questions will be answered at this informative presentation.

Manzano Mesa Multigenerational Center
Tuesday, February 5, 1:00 – 2:30 pm
Larry Lite, LTCP, LUTCF
Lite Financial Services, Inc.

Sexuality and Aging

We will discuss the stereotypes, myths and realities of sexuality as people age. We are all sexual beings throughout our lives; gain a better understanding of how aging effects you.

North Valley • Room 4
Wednesday, April 30, 10:00 am
Planned Parenthood

Heathy Aging

5 Part Series

Healthy Aging, Part 1

Start your new year off by improving your health. We have information through our lived experiences but this may be the time to check on what is missing that make us healthier. How do stress, poor eating habits and worry affect our health? These classes will help answer your questions.

St. Joseph's Community Health will be presenting this 5 part series.

Healthy Aging Overview book will be handed out FREE of charge ($20.00 value)

This presentation will give you an overview of using the *Healthwise for Life Handbook* which is a tool for self-care. Participants learn how to use the book for general self-care and for improved communications with your health care provider.

Barelas • Rooms 2 & 3
Tuesday, January 8, 9:30 am

Los Volcanes
Tuesday, January 8, 10:30 – 11:30 am

Manzano Mesa Multigenerational Center • Room 4
Friday, February 1, 1:00 – 3:00 pm

Highland • Room 7
Thursday, March 13, 10:00 – 11:30 am

Healthy Aging, Physical Health

This workshop covers specific self-care issues such as first aid, emergencies, understanding symptoms of a heart attack and other chronic illnesses that are common in the aging process.

North Valley • Room 4
Tuesday, January 8, 9:00 am

Los Volcanes
Tuesday, January 15, 10:30 – 11:30 am

Barelas • Rooms 2 & 3
Tuesday, February 12, 9:30 am

Highland • Room 7
Thursday, March 20, 10:00 – 11:30 am

Manzano Mesa Multigenerational Center • Room 4
Friday, March 21, 1:00 – 2:30 pm

Healthy Aging, Nutrition

This workshop deals with the four principles of aging and nutrition in the *Healthwise for Life Handbook*.

Los Volcanes
Tuesday, January 22, 10:30 – 11:30 am

Barelas • Rooms 2 & 3
Tuesday, March 11, 9:30 am

Highland • Room 7
Thursday, March 27, 10:00 – 11:30 am

Healthy Aging, FitnesÝ

This workshop deals with fitness from the perspective of someone who would like to age in a healthy and active way.

Los Volcanes
Tuesday, January 29, 10:30 – 11:30 am

Highland • Room 7
Thursday, April 3, 10:00 – 11:30 am

North Valley • Room 4
Wednesday, February 27, 9:00 am

Barelas • Rooms 2 & 3
Tuesday, April 8, 9:30 am

Manzano Mesa Multigenerational Center • Room 4
Friday, May 2, 1:00 – 2:30 pm

Healthy Aging, Growing Wiser

This presentation will emphasize the mental, emotional and spiritual needs of a healthy person.

Los Volcanes
Tuesday, February 12, 10:30 – 11:30 am

Highland • Room 7
Thursday, April 10, 10:00 – 11:30 am

North Valley • Room 4
Wednesday, April 16, 9:00 am

Barelas • Rooms 2 & 3
Tuesday, May 13, 9:30 am

Manzano Mesa Multigenerational Center • Room 4
Friday, June 6, 1:00 – 2:30 pm

Mental Health

Laughter is the Best Medicine

"Make someone happy…make just one someone happy". How about making yourself happy? Laughter has many personal and health benefits. Guest speakers will present entertaining programs. Everyone is welcome. No sign up is necessary. John Castillo (group founder) in cooperation with Bobbi of the Laughter Club of Albuquerque say these programs are the most fun you can have with your clothes on!

Bear Canyon • Room 1
1st Tuesday of each month
11:00 am – 12:00 noon
John Castillo & Bobbi White

Come Laugh with Us

Laughter is good for any available fitness level. You do not need any special clothing or equipment. Laughter will chase away the blues, boredom and pain. For more information visit www.laughterclubofabq.com

Palo Duro • Aspen
4th Thursday of each month
1:00 – 1:30 pm
Bobbi White

Alternative Medicine

Traditional Chinese Medicine (TCM) 6 Part Series

TCM is a complete system of medicine with a 2,000 year continuous documented history. Comprising a number of disciplines including acupuncture and Chinese herbal medicine, TCM continues to be used today to treat a wide variety of diseases, and its popularity in the United States is growing exponentially. This lecture series is primarily aimed at people with little or no knowledge of Chinese medicine. Fundamental concepts of TCM are discussed including physiology, pathology, diagnosis and treatment techniques, with each lecture focusing on a specific disease or group of diseases.

Los Volcanes
All classes in the series take place on Thursday, from 6:30 – 8:00 pm and are present by: Sonia Carey, Westside Herbs & Acupuncture

January 10
GERD – Digestive Disorders Treated with TCM

February 14
Aging and Optimal Health with TCM

March 13
Migraines and Recurring Headaches Treated with TCM

April 10
Asthma and Allergies Treated with TCM

May 22
Traumatic Injuries Treated with TCM

June 12
Arthritis Treated with TCM

Curandero: Healing with Herbs and Rituals

¡Curanderismo! The art of folk healing that we know in New Mexico has a long history. Well known author and educator, Dr. Eliseo "Cheo" Torres will trace its unbroken path from the Moors in Africa, to Spain, to settlers in Mexico and then north to this territory. The Practice of curanderismo is both contemplative and healing. It offers the wisdom of traditional herbs, remedies and practices that involve body, mind and spirit.

North Valley • Room 4
Wednesday, January 23
10:00 am, Dr. Cheo Torres

Golden Sage Health & Wellness

Give yourself energy, strength, mental acuity, emotional health, coping & stress management. This is a 5 week session.

Palo Duro • Ponderosa Pine
Monday Begins January 28
9:00 – 11:30 am
$3.00 per class, $10.00 for the series

General Health

Heart Health Month

February is Heart Health Month—living a healthy heart life.

Barelas • Rooms 2 & 3
Wednesday, February 20, 9:30 am
Odyssey Healthcare Hospice of Albuquerque

Breaking the Cycle of Repeat Hospitalization

Participants will be able to:

1. State three infections which hospitalize the elderly.
2. Explain how the presentation of the signs and symptoms of infection differ between younger and elderly patients.
3. Give three hazards of hospitalization of the elderly and explain why these are hazards.

Highland • Room 8
Monday, January 28
10:30 – 11:30 am
Odyssey Healthcare

Stroke Prevention & Educational Health Workshop

Stroke is the third leading cause of death in the U.S., second among women. Stroke is also the leading cause of nursing home residence due to disability. 10 million Americans currently have Osteoporosis. 8 – 12 million Americans currently have Peripheral Arterial Disease. Abdominal Aortic Aneurysm is the 13th leading cause of death in the U.S. Each of these diseases with proper timely detection may be treatable.

Barelas • Rooms 2 & 3
Tuesday, January 29, 9:30 am
Life Line Screening

See the classes section for health classes.

Healthy Approaches

How to Increase Your Energy by 300%

Learn how to allow your body to run at peak performance. Kiss those "blaas" good-bye once and for all. Sign up at the front desk.

Bear Canyon • Room 1
Friday, February 8, 10:00 – 11:00 am
Dr. Mark Schwartz

Boost Your Immune System Naturally

Celebrate the "YOU" that you have always dreamed of. Learn how to optimize your good health. Please sign up at the front desk.

Bear Canyon • Room 1
Friday, April 11, 10:00 – 11:00 am
Dr. Dan Pratt

Treating Your Diabetes Naturally

Learn the basics of using natural methods of treating your diabetes.

Barelas • Rooms 2 & 3
Tuesday, June 17, 9:30 am
Dr. Emil Faithe, Holistic Wellness, Practitioner, Doctor of Pharmacy

Sleep Well Tonight

Changes in our bodies often make sleep difficult as we age. Before you try medication, learn simple techniques that may improve your sleep tonight. Feel better, live healthier, get more sleep.

North Valley • Room 4
Wednesday, June 25, 10:00 am
UNM Sleep Clinic

Medications

RX Review

This presentation invites a licensed pharmacist to answer common questions regarding prescription medication. This also allows the audience to brown bag their prescriptions and let the pharmacist go over the on an individual basis with each attendee. Presented by Blue Cross Blue Shield of NM.

Barelas • Rooms 2 & 3
Tuesday, March 25, 9:30 am

North Valley • Room 4
Wednesday, May 14, 9:00 am

Highland • Room 7
Thursday, May 15, 10:00 – 11:00 am

Basic Education on Prescription Medication

An Informative presentation on the "basics" of prescriptions; how they are written, what they mean and questions to ask your pharmacist.

Barelas • Rooms 2 & 3
Tuesday, May 27, 9:30 am
Blue Cross Blue Shield

Events/Screenings

GEHM Clinics

UNM College of Nursing faculty and students provide free blood pressure/weight monitoring, health counseling, health and social service referrals, nursing assessments and health education. For dates and other information call one of these centers.

Barelas
January 23, February 13, March 12, April 2, June 4

Highland

Los Volcanes

Los Volcanes

Manzano Mesa Multigenerational Center

North Valley

Nutrition, Exercise & Weight Loss

Weight Loss and Exercise

2008 is the year to realize that "we are what we ate". Get a new lease on life in the new year. The life you save may be your own. Sign up at the front desk.

Bear Canyon • Room 1
Friday, January 25, 10:00 – 11:00 am
Dr. Mark Schwartz

Nutrition & Exercise

Learn the life long benefits of maintaining good nutrition and continued exercise.

Barelas • Rooms 2 & 3
Tuesday, March 4, 9:30 am
Odyssey Healthcare Hospice of Albuquerque

Seniorcise

A Blue Cross Blue Shield of NM fitness expert will demonstrate stretching and toning exercises and discuss ways to stay active.

North Valley • Room 4
Wednesday, March 19, 10:00 am

Barelas • Rooms 2 & 3
Tuesday, April 22, 9:30 am

Keep Fit While You Sit

Tame the computer monster. Ward off the "looks like you've been sitting in that chair for awhile, huh?" comments. Sign up at the front desk.

Bear Canyon • Room 1
Friday, May 9,
10:00 – 11:00 am
Dr. Mark Schwartz

Power Stretching for Maximum Results

Learn how to prevent injuries in just minutes per day!! Sign up at the front desk.

Bear Canyon • Room 1
Friday, June 13,
10:00 – 11:00 am
Dr. Mark Schwartz

Life Skills

Critical Thinking

Do you make good decisions? Would you like to make even better decisions? We are constantly bombarded with information and appeals. Some of these are very convincing, but can be sophisticated scams developed to separate you from your money and identity. We also hear and see TV news reports that claim to be unbiased but, on evaluation, are trying to convince you to think a certain way. This presentation will teach you easy skills to be able to evaluate information and decide, wisely, what works best for you. The goal of this is using good tools, let's discover ways to avoid mistakes in decision-making so our lives are more fully enjoyed.

Palo Duro • Aspen
Wednesday, February 6
2:30 – 4:30 pm
Pre-registration is necessary
$25.00 1st day of presentation
Ronnie Sklarin

History

Current Events

Are You Ready to Become a Citizen of the North American Union?

You say you didn't even know about it? Its planning began in 2005 when U.S., Mexican and Canadian leaders signed the agreement. It takes effect in 2010. Our new currency, the Amero, is ready to go. How will this "new world order" affect your children and grandchildren? How about your life and finances? Why the secrecy? Startling facts and proof of these changes will be shown in two sessions.

Libby Albright will be presenting years of research on the NAU—the most dramatic change proposed for the USA since its inception!

Highland • Room 7
Thursday, January 10 & 24
1:00 – 3:00 pm

North Valley
Tuesday & Wednesday, January 29 & 30
10:00 am – 12:00 noon

Unless noted all classes and trips leave or take place at the center sponsoring the activity.

American History

Three Major Twentieth Century American Poets

This presentation offers readings with commentary of three outstanding 20th Century American poets: Robert Frost, William Carlos Williams and Kenneth Rexroth. If much of Frost's better verse is somber in outlook, he makes his vision captivating by slyly conveying a cautionary wisdom through dramatized rural speech and captivating rhythms and by endowing everyday concerns (apple picking, falling snow) with ambiguous meanings that stimulate insight. William Carlos Williams carries on Walt Whitman's great responses in his verse to everyday realities. These responses can amaze one with their vigor, humor, poignancy and openness to life. As such, William's poems provide an attractive balance to Frost's sly, country meditations. Kenneth Rexroth, a San Francisco based poet of enormous erudition, has create poetry of love and nature of extraordinary authenticity. Still underrated, Rexroth's poems of reverie, reminiscence, love and bereavement are incomparably moving. All three poets convey a certain immediacy and intimate hominess of experience in their poetry that New Mexican audiences should find quite appealing. Their work bears out the great truth about the significant poetry of any age—that it is the exalted language of integrity; there is nothing else quite like it.

Highland
Thursday, February 28
1:00 – 3:00 pm
Donald Gutierrez, New Mexico Endowment for the Humanities

Harry Houdini: Mystery, Myth and Magic

Houdini's private life was as mysterious as his public image. How could he escape from any restraint? Why did he fear death when he believed in his own immortality? Why did he pursue Spiritualism when he didn't believe in Spiritualism? Why did he have two birth dates while there was no birth record in his hometown? Is the Houdini murder theory valid? We will explore these questions, the Houdini code and the myths that surrounded him.

Manzano Mesa
Multigenerational Center • Room 4
Friday, May 23, 1:00 – 2:30 pm
Bill Martin

New Mexican Art and Culture

Santos and Churches in Northern New Mexico

This slide lecture introduces audiences to santos — what they are, who makes them and why. It also maps out colonial churches from the oldest U.S. Church, San Miguel Mission in Santa Fe, north to the much-photographed church at Ranchos de Taos. Marie, is a santera, has work in many northern New Mexico churches, the Vatican, the Smithsonian and other major collections. She has won many notable awards, including a Master's Award for Lifetime Achievement at the Spanish Market, and has written books on santos, churches and home altars.

Manzano Mesa
Multigenerational Center • Room 4
Friday, February 22, 1:00 – 2:30 pm
Marie Romero Cash
The New Mexico Chautauqua

Silence: Listening to Its Many Meanings

Does "silence mean that people have nothing to say?" Montoya argues that Hispanas and other women of color tell their stories using techniques like silence, unfamiliar to mainstream listeners. This talk can make us all become more adept at communication.

Manzano Mesa
Multigenerational Center
Friday, March 7
1:00 – 2:30 pm
Margaret Montoya
The New Mexico Chautauqua

Navajo Culture

Learn more about the Dine's culture through items of clothing and household use.

Palo Duro • Ponderosa Pine
Thursday, March 20, 1:00 – 1:45 pm
Registration at the front desk
Sunny Dooley, New Mexico Endowment for the Humanities

La Llorona, The Wailing Woman

This famous ghost from Spanish folklore is known throughout the world for her eerie, spine chilling cries as she searches for her loved ones. Early Spanish settlers knew of her. Her story was ancient in European mythology, but in New Mexico it is said she lived next door, or an ancestor actually knew her.

La Llorona's cries are brought to life with the popular performance and songs of Rosalia de Aragon, a multi-talented native actor. Rosalia is from a family of accomplished visual and literary artists.

Manzano Mesa
Multigenerational Center
Friday, April 25, 1:00 – 2:30 pm
Rosalia de Aragon
The New Mexico Chautauqua

Music

Instruments from Around the World

Explore the rich world cultures by experiencing folk music.

Palo Duro • Cottonwood
Friday, January 25
10:00 am – 12:00 noon
Maxwell Museum
Registration at the front desk

Unless noted all classes and trips leave or take place at the center sponsoring the activity.

Preview Presentation of *Tosca*

Enjoy a preview presentation of the opera: *Tosca*. Facts and excerpts of the opera will refresh the memory of the performance. A trip to the Opera SW performance is planned for April 8th, so all persons registered for that trip will really benefit and appreciate this preview presentation. It is also open to all opera enthusiasts. Please sign up at the front desk.

Bear Canyon • Room 4
Wednesday, March 19, 9:00 – 11:30 am
Julius Caplan

Video Opera

Enjoy the music and passion of the Opera on the last Friday of each month by viewing a featured opera on video and then discussing the presentation.

Bear Canyon • Room 3
Last Friday of each month
1:00 – 5:00 pm
Tony Maes/Martha Mihalopoulos

Safety

Crime Prevention for our Golden Citizens

Presented by APD Officer Gonzales, this discussion includes personal, home, financial and other crime prevention issues.

Palo Duro • Ponderosa Pine
Friday, January 25, 10:00 – 11:00 am
Please register at the front desk.

Senior Issues

An Insider's Treasure Map of Albuquerque Senior Services

There are some hidden treasures being made available to our growing population of older adults. Albuquerque offers a livable and sustainable community for aging well and experiencing quality of life. Learn about the vast array of services and activities available in Albuquerque and our Bernalillo County area for home repairs and improvement, legal support, in home assistance, transportation, family caregiver relief, sports and fitness, nutrition, health care, grandparenting, leisure activities and fun! Discuss hot topics of interest for seniors and concerns about needed service and community improvements that address the challenges for our growing senior population. Prepare to gather up tons of information and resource materials and delve into your key interests.

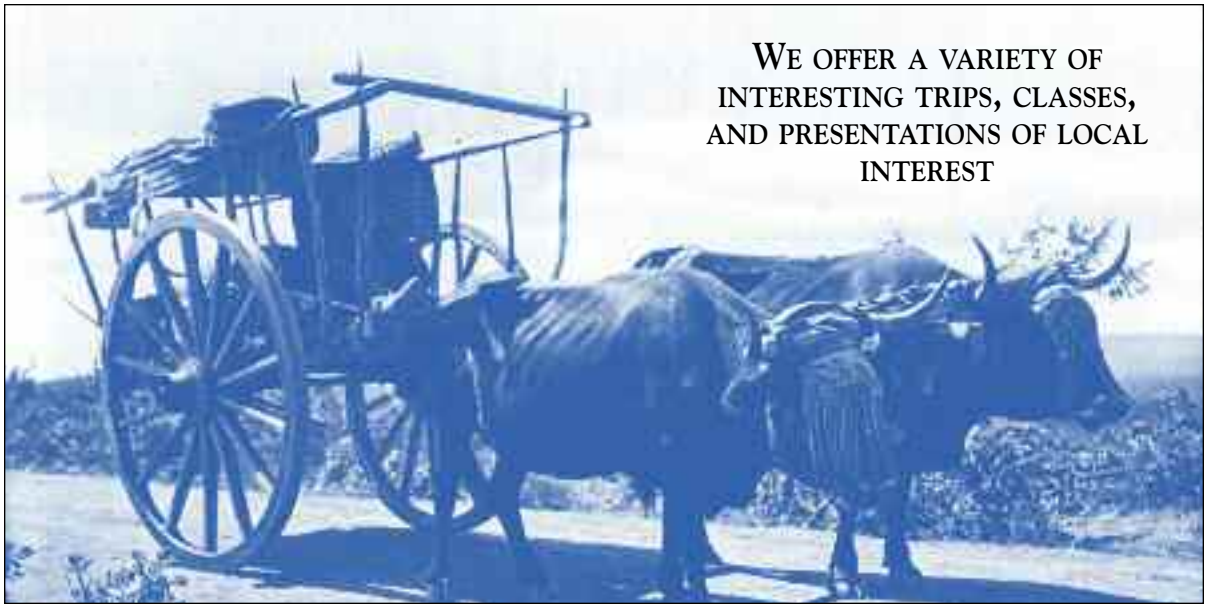
Barelas • Rooms 2 & 3
Tuesday June 24, 9:30 am
Ellen Costilla, Dept. of Senior Affairs

Travel

Travel Talk

Are you interested in US or foreign places? You can learn a lot about the US or some foreign country by traveling, but what kind of traveler are you? Have you now reached the age that it is armchair travel, or do you travel by plane, train, car, motorbike or on foot? In any of these situations we can help you. Travel Talk is a monthly program where presenters spend about an hour with participants showing presentations of a recent travel experience. Travel Talk will begin its 8th year in January. It is very informal and no reservations are required. Just show up and have an enjoyable and enlightened 60-90 minutes. New presenters are always welcome. If you have had some interesting travel and are willing to share with others, please contact Patty Gutierrez at 256-2000 and she will have the program facilitators get in touch with you. The facilitators will help you prepare your digital photos or paper prints into a presentation.

Highland • Room 8
Wednesday, January 9, 2:00 pm
Wales

Wednesday, February 13, 2:00 pm
Harbin's Chinese Festival

Wednesday, March 12, 2:00 pm
Hawaii