

Did you know that the Bear Canyon Senior Center offers over 100 different activities to its members on a weekly basis? We are confident that whatever you may be looking for, it is probably offered at BCSC. For more information on any of the following activities, stop by the front desk or call 505.767.5959.

Arts and Crafts			
Painting Workshop: Acrylic	M	9:00 AM	12:00 PM
Painting Workshop: Oil	W	9:00 AM	11:30 AM
Painting: Open workshop: all venues	F	9:30 AM	12:00 PM
Pottery, Intermediate	Th	8:30 AM	11:30 AM
Pottery, Intermediate	W	1:00 PM	4:00 PM
Pottery, Open Studio	F	1:00 PM	4:00 PM
Quilting: Experienced	Tu	8:30 AM	11:45 AM
Visual Journals	S - 3rd	12:00 PM	2:30PM
Watercolor- Intermediate	Tu	1:00 PM	3:30 PM
Woodworking Workshop: BC Carvers	F	8:00 AM	12:00 PM
Computers			
Apple iPad & iPhone Workshop	Th-2nd	10:00 AM	12:00 PM
Apple Mac Day	S - 3rd	9:30 AM	12:30 PM
Computer Lab	M, W, F	9:00 AM	11:00 AM
PC Computer Workshop	Wed (3rd)	1:30 PM	3:30PM
Dance			
Ballroom Dance Lessons	Th	5:00 PM	5:45 PM
Japanese Folk Dance	M	10:00 AM	12:00 PM
Line Dancing: Beginning	Th	3:15 PM	4:30 PM
Line Dancing: Intermediate I	Tu	3:00 PM	4:30 PM
Line Dancing: Intermediate II	Tu	1:30 PM	3:00 PM
Line Dancing: Advanced	Th	1:30 PM	3:00 PM
Thursday Night Dance	Th	6:00 PM	8:45PM
Driver Safety			
AARP Driver Safety Class	S - 1st	9:30 AM	1:30 PM
AARP Driver Safety Class	Th - 3rd	12:00 PM	4:00 PM
Exercise			
Adapted Aquatics	M, W, F	9:00 AM	10:00 AM
Chair Yoga	M	10:30 AM	11:30 AM
Dancing with the Stars	Th	8:30 AM	9:15 AM
Laughter Yoga	F	12:30 PM	1:15 PM
T.N.T Dynamite Exercise	M, W, F	9:30 AM	10:30 AM
Tai Chi Chih Practice	W	11:30 AM	1:00 PM
Tai Chi Chih Practice	W	3:30 PM	4:30 PM
Tai Chi Chuan	S	11:30 AM	1:00 PM
TOPS	Th	8:00 AM	9:15 AM
TVE Wellness	Th	10:00 AM	11:00 AM
Yoga	F	10:30 AM	11:30 AM
Zumba	M, W, F	8:15 AM	9:15 AM
Games			
Bingo	W	1:30 PM	4:00 PM
Huachas	F - 1st, 3rd, 4th	10:00 AM	11:00 AM
Mexican Train (Dominoes)	S	10:00AM	12:00NN
Games- Board			
Chess for Fun	F	12:15 PM	4:30 PM
Chess for Fun	M	11:30 AM	2:30 PM
Chess for Fun	W	1:30 PM	4:30 PM
Games- Table			
Billiards	M - F	8:00 AM	4:45 PM
Billiards	S	9:00 AM	2:45 PM
Table Tennis	F	2:30 PM	4:45 PM
Table Tennis	M	1:30 PM	4:30 PM
Table Tennis	S	9:00 AM	11:00am
Table Tennis	S	1:00 PM	2:45 PM
Table Tennis	Th	9:30 AM	11:00 AM
Games-Card			
Bridge Walk In	W	12:30 PM	3:30 PM
Bridge, Party	F	12:15 PM	3:30 PM
Bridge: Duplicate	Th	12:30 PM	4:00 PM
Bridge: Walk In	Th	8:30 AM	11:30 AM
Bridge: WPB Club	W	12:00 PM	3:30 PM
Canasta	S	9:00 AM	1:30 PM
Canasta Hand & Foot	M	12:00 PM	4:30 PM
Canasta: Hand Foot	Th	12:30 PM	4:30 PM
Cribbage	Th	9:30 AM	11:30 AM
Cribbage	M	9:00 AM	11:00 PM
Mah Jongg Group	M	12:15 PM	4:30 PM
Pinochle Group	Tu	9:30 AM	11:30 AM
Pinochle Group	Tu	12:30 PM	4:45 PM
Poker	M - F	12:00 PM	3:15 PM
Shanghai Rummy Group	Th	12:30 PM	4:00 PM
Shanghai Rummy Group	Tu	12:00 PM	4:00 PM
Groups and Clubs			
ABQ Historic Aviation Society	Th - 1st	7:00 PM	9:00 PM
Cherokee SW Township	S - 2nd	11:30 AM	2:30 PM
Cherokee SW Township	Th - 1st	9:00 AM	10:45 AM
Fishing Club Meeting	M - Every other	1:00 PM	2:00 PM
Friends of Bear Canyon Meeting	Th - 2nd	8:30 AM	10:00 AM
Genealogy Club	F - 3rd	12:30 PM	2:30 PM
Hiking Group	Th - Every other	8:00 AM	4:00 PM
Inquiring Minds Discussion Group	M	10:00 AM	11:00 AM
Knitting & Crocheting	M	10:00 AM	12:00 PM
Lip Reading	M	12:30 PM	1:30 PM
Prospectors Point Assoc.	Th - 3rd	6:30 PM	8:30 PM
Siglo de Oro RV Club (no meeting in Nov/Dec)	Tu - 3rd	10:00AM	11:00AM
Sociable Singles Social	Th - 4th	3:00 PM	5:30 PM
Sociable Singles: Meeting	F - 3rd	3:00 PM	4:00 PM
Sociable Singles: Meeting	Tu - 1st	11:30 AM	1:00 PM
VFW Post 10763	Th - 1st	8:30 AM	9:45 AM
Zia Sundials	S - 2nd	12:00 PM	3:00 PM
Health			
Blood Pressure Screening	W	9:00 AM	11:00 AM
Chair Massage	M	12:00 PM	3:00 PM
GEHM Clinic	M-4th	9:00 AM	11:00 PM
Reflexology	W	10:00AM	12:00NN
Language			
Dutch Speaking Club	F	10:00 AM	11:30 AM
German: Beginning Conversational	Tu	2:00 PM	4:00 PM
Italian Workshop Intermediate	Tu	11:10 AM	1:00 P M
Spanish Workshop: Contemporary	Tu	1:10 PM	3:00 PM
Spanish Workshop: Inter/Adv	Tu	9:00 AM	10:50 AM
Music			
ABQ Accordion Club	Th - 2nd, 4th	7:00 PM	9:00 PM
Beartones	Th	9:30 AM	12:00 PM
Guitar (Beginning)	W	9:00 AM	11:00 AM
Guitar Workshop	M	2:00 PM	4:00 PM
Piano Open Workshop	F	9:00 AM	10:30 AM
Piano Workshop: Intermediate	Th	11:00 AM	12:00 PM
Violin Workshop	F	8:00 AM	10:00 AM
Support Groups			
Grief Support Group	M	3:00 PM	4:30 PM
Prostate Cancer Support Group	S - 1st, 3rd	12:30 PM	3:00 PM
Writing/Literature/Discussion			
Classic & Great Books Discussion	F - 2nd, 4th	1:00 PM	3:00 PM
TGIF Poetry	F - 1st, 3rd	1:00 PM	3:00 PM
Writing your Autobiography	Tu	9:00 AM	11:15 AM