

**ONE  
ALBUQUE  
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senior affairs

January through June 2020

# Activities Catalog

OVER 400 ACTIVITIES INSIDE

**(505) 764-6400**

[www.cabq.gov/seniors](http://www.cabq.gov/seniors)

Citizen Contact Center: 311

Timothy M. Keller, Mayor | Anna M. Sanchez, Director



## Dear Community Members,

Welcome to the City of Albuquerque Department of Senior Affairs' newest edition of the Activities Catalog! We are excited to share with you a diverse list of activities that will keep you learning, dancing, traveling, eating, and celebrating as we make our way through the first half of 2020.

One of the goals of Senior Affairs is to support the well-being of those aged 50 and over in our community. Our commitment to you is to provide you with the physical spaces and access to experiences that can help you keep your social network strong, your love for learning nourished and your skills sharp. We hope that this guide will help you navigate the resources and services that we have to offer you.

All of the City of Albuquerque's Senior and Multigenerational Centers operate on a membership basis. The cost is \$20 per year and gives you access to any of the spaces, classes, activities, trips, or special events that Senior Affairs offers across all locations. As a member, most activities are completely free for you to join, although some may include a modest additional cost to cover materials or entertainment. To become a member, simply visit your nearest center and sign up, and, as always, our dedicated staff is available to assist you and answer any questions.

The City of Albuquerque and the Department of Senior Affairs take pride in offering a range of age-friendly services that support you no matter where you are on your life journey. We want each of these guides to serve as an invitation for you to join our network, meet new people, have some fun and share your experiences, wisdom and skills with us and with our members.

Remember, you can always access an electronic copy of the latest Activities Catalog and find additional information on the full spectrum of services available through Senior Affairs at [cabq.gov/seniors](http://cabq.gov/seniors) or by calling our Senior Information and Assistance line, Monday through Friday, at 505-764-6400.



**Timothy Keller**, Mayor, City of Albuquerque



**Anna M. Sanchez**, Director



**Timothy M. Keller**

*Mayor, City of Albuquerque*

**Anna M. Sanchez**

*Director, Department of Senior Affairs*

**Nikki Peone**

*Recreation Division Manager*

### Department of Senior Affairs Advisory Council

Steve Borbas	Onastine N. Jaramillo
Barbara Carmona-Young	Debby Knotts
C. Hugh Formhals	Greg Lopez
Richard Garcia	Lucy Lopez
Joie Glenn	Evan Thompson
Diann I. Huddleson	Allison Weber

### City Councilors

District 1 Ken Sanchez	District 6 Pat Davis
District 2 Isaac Benton	District 7 Diane G. Gibson
District 3 Klarissa J. Peña	District 8 Trudy Jones
District 4 Brook Bassan	District 9 Don Harris
District 5 Cynthia Borrego	

**ONE  
ALBUQUE  
ROQUE** senior affairs

### 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.

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# CENTER DIRECTORY

Nationally Accredited Senior and Multigenerational Centers

## Senior Centers

### Barelas

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

### Bear Canyon

4645 Pitt NE, Alb, NM 87111  
Phone: (505) 767-5959  
M, T, W, F, 8:00 am - 5:00 pm  
Thursday, 8:00 am - 9:00 pm  
Saturday, 9:00 am - 3:00 pm

### Highland

131 Monroe NE, Alb, NM 87108  
Phone: (505) 767-5210 • Fax: (505) 767-5224  
M, T, Th, F, 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, Alb, NM 87121  
Phone: (505) 767-5999 • Fax: (505) 767-5992  
M, T, W, F, 8:00 am - 5:00 pm  
Thursday, 8:00 am - 7:00 pm  
Saturday, 9:00 am - 1:00 pm

### Hotspot Gift Shop

Monday - Friday, 9:00 am - 1:00 pm

### North Valley

3825 4th NW, Alb, NM 87107  
Phone: (505) 761-4025 • Fax: (505) 761-4031  
M, W, T, F, 8:00 am - 5:00 pm  
Tuesday, 8:00 am - 7:00 pm  
Sunday, 12:30 am - 5:00 pm

### Palo Duro

5221 Palo Duro NE, Alb, NM 87110  
Phone: (505) 888-8102 • Fax: (505) 888-8107  
M, T, Th, F, 8:00 am - 5:00 pm  
Wednesday, 8:00 am - 7:00 pm  
Saturday, 9:00 am - 1:00 pm

## Multigenerational Centers

### Manzano Mesa

501 Elizabeth SE, Alb, 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

7521 Carmel NE, Alb, 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

## Breakfast at the Centers

Enjoy a full menu breakfast Mon. - Fri., 8:00 - 9:00 am at all of our centers.

## Lunch at the Centers

### Area Agency on Aging-Funded Meal Sites:

#### Barelas, Los Volcanes, North Domingo Baca, North Valley, Manzano Mesa

Reserve by 1:00 pm one work day prior.  
Monday - Friday, 11:30 am - 1:00 pm  
\$3.25 for 50 - 59, \$7.67 for guests under 50 (including children). If you are 60 or older, donations are accepted to help cover the expense of preparing the meal, however no one will be denied services for choosing not to donate.

### City of Albuquerque General Fund Meal Sites:

#### Bear Canyon, Highland, Palo Duro

Monday - Friday, 11:30 am - 1:00 pm  
You may purchase soup, salad, sandwich, or you may purchase the nutritionist meal that is served at our other Centers for a nominal fee.

Accredited by



National Institute of Senior Centers

# CENTER DIRECTORY (CONTINUED)

## Satellite Senior Centers/Meal Sites

Sites are generally open Monday - Friday, 8 am - 2 pm, and offer activities as well as a hot meal for lunch. Lunch reservations are required. Menus and activities calendars are available. Suggested contributions: 60 and older: Donation; 50-59: \$3.25/meal; under age 50: \$7.67/meal. Limited transportation for neighborhood residents is available to some sites. Call below for information.

### Bernalillo County Facilities

#### Alameda Satellite

Raymond G. Sanchez Community Center  
9800 4th NW, Alb, NM 87114  
(505) 897-8896

#### Paradise Hills

6001 Paradise NW, Alb, NM 87114  
(505) 314-0246

#### Rio Bravo Satellite

3910 Isleta SW, Alb, NM 87105  
(505) 873-6647

#### South Valley Multipurpose Senior Center

2008 Larrazolo SW, Alb, NM 87105  
(505) 468-7341

#### Whispering Pines

#6 Lark Tijeras, NM 87059  
(505) 281-8003

### Department of Family and Community Services Facilities

#### Cesar Chavez Community Center

7505 Kathryn SE, Alb, NM 87108  
(505) 256-2680

#### Los Duranes Community Center

2920 Leopoldo NW, Alb, NM 87107  
(505) 767-5900

#### Taylor Ranch Community Center

4900 Kachina NW, Alb, NM 87120  
(505) 768-6006

#### Thomas Bell Community Center

3001 University SE, Alb, NM 87106  
(505) 848-1333

### Village of Tijeras Facility

#### Tijeras Senior Center

#10 Tijeras, Tijeras, NM 87059  
(505) 286-4220

### Albuquerque Housing Authority Facilities

#### Embudo Towers Meal Site

8010 Constitution NE, Alb, NM 87110  
(505) 764-3921

#### La Amistad Satellite

415 Fruit NE, Alb, NM 87102  
(505) 848-1395

### Privately Run Housing Facilities

#### Ed Romero Terrace

8100 Central SE, Alb, NM 87108  
(505) 232-8880

#### Encino Garden Meal Site

412 Alvarado SE, Alb, NM 87108  
(505) 266-7736

#### Encino Terrace Meal Site

609 Encino Place NE, Alb, NM 87102  
(505) 247-4185

#### Shalom House Meal Site

5500 Wyoming NE, Alb, NM 87109  
(505) 823-1434

## Department of Senior Affairs Advisory Council

# 2020 Schedule of Meetings

### January 27, 2020

Los Duranes Community Center

### February 24, 2020

Palo Duro Senior Center

### March 16, 2020

Highland Senior Center

### April 20, 2020

Rio Bravo Senior Meal Site

### May 18, 2020

Manzano Mesa Multigenerational Center

### June 15, 2020

Barelas Senior Center

### July 20, 2020

Los Volcanes Senior Center

### September 21, 2020

Bear Canyon Senior Center

### October 19, 2020

North Domingo Baca Multigenerational Center

### November 16, 2020

North Valley Senior Center

## Center Closings

New Year's Day .....Wednesday, January 1

Martin Luther King Day .....Monday, January 20

President's Day.....Monday, February 17

Memorial Day.....Monday, May 25

## Senior Services

The Department of Senior Affairs provides many services to our honored seniors. These include:

### Social Services

### Hot Meals and Satellite Centers

### Sports and Fitness Activities

### Transportation Assistance

Please call the Senior Information Line at (505) 764-6400 for more information about any of our programs and services.



# Senior Affairs and Cultural Services at a Glance



## Satellite Senior Centers/Meal Sites

- |   |   |   |
|---|---|---|
| 1. Raymond G. Sanchez Comm. Ctr.<br>9800 4th NW • 897-8896          | 7. Cesar Chavez Comm. Center<br>7505 Kathryn SE • 256-2680  | 12. Taylor Ranch Community Center<br>4900 Kachina NW • 768-6006   |
| 2. Embudo Towers<br>8010 Constitution NE • 764-3921                 | 8. Tijeras Senior Center<br>#10 Tijeras, Tijeras • 286-4220 | 13. Thomas Bell Community Center<br>3001 University SE • 848-1333 |
| 3. Encino Garden<br>412 Alvarado SE • 266-7736                      | 9. Paradise Hills<br>5901 Paradise NW • 314-0246            | 14. Ed Romero<br>8100 Central SE • 232-8880                       |
| 4. Encino Terrace<br>609 Encino Place NE • 247-4185                 | 10. Rio Bravo<br>3910 Isleta SW • 873-6647                  | 15. Whispering Pines<br>#6 Lark, Tijeras • 281-8003               |
| 5. South Valley Multipurpose Center<br>2008 Larrazolo SW • 468-7341 | 11. Shalom House<br>5500 Wyoming NE • 823-1434              | 16. Los Duranes<br>2920 Leopoldo NW • 767-5900                    |
| 6. La Amistad<br>415 Fruit NE • 848-1395                            |   |   |

## Libraries

1. Alamosa Library  
6900 Gonzales SW • 836-0684
2. Central and Unser Library  
8081 Central NW • 768-4320
3. Cherry Hills Library  
6901 Barstow NE • 857-8321
4. Erna Fergusson Library  
3700 San Mateo NE • 888-8100
5. Ernie Pyle Library  
900 Girard SE • 256-2065
6. Juan Tabo Library  
3407 Juan Tabo NE • 291-6295
7. Lomas and Tramway  
908 Eastridge NE • 291-6295
8. Los Griegos Library  
1000 Griegos NW • 761-4020
9. Main and Genealogy Library  
501 Copper NW • 768-5141
10. North Valley Library  
7704-B 2nd NW • 897-8823
11. San Pedro Library  
5600 Trumbull SE • 256-2067
12. South Broadway Library  
1025 Broadway SE • 764-1742
13. South Valley Library  
3904 Isleta SW • 877-5170
14. Special Collections Library  
423 Central NE • 848-1376
15. Taylor Ranch Library  
5700 Bogart NW • 897-8816
16. Tony Hillerman Library  
8205 Apache NE • 291-6264
17. Westgate Library  
1300 Delgado SW • 833-6984

## Cultural Venues

1. The KiMo Theater  
423 Central NW • 768-3544
2. Old Town  
Just NE of Rio Grande and Central
3. South Broadway Cultural Center  
1025 Broadway SE  
848-1320
4. The Albuquerque Museum of Art & History  
2000 Mountain NW • 243-7255
5. Albuquerque International Balloon Museum  
9201 Balloon Museum NE • 880-0500

## Senior Centers



**Barelas**  
714 7th SW  
(505) 764-6436



**Bear Canyon**  
4645 Pitt NE  
(505) 767-5959



**Highland**  
131 Monroe NE  
(505) 767-5210



**Los Volcanes**  
6500 Los Volcanes NW  
(505) 767-5999



**North Valley**  
3825 4th NW  
(505) 761-4025



**Palo Duro**  
5221 Palo Duro NE  
(505) 888-8102

## Multigenerational Centers



**Manzano Mesa  
Multigenerational Center**  
501 Elizabeth SE  
(505) 275-8731



**North Domingo Baca  
Multigenerational Center**  
7521 Carmel NE  
(505) 764-6475

## 50+ Sports and Fitness Centers



**Palo Duro**  
3351 Monroe NE • (505) 880-2800



**Los Volcanes**  
6500 Los Volcanes NW • (505) 767-5990



**North Valley Fitness Center**  
3825 4th NW • (505) 761-4025



**North Domingo Baca Fitness Center**  
7521 Carmel NE • (505) 764-6496



**Manzano Mesa Fitness Center**  
501 Elizabeth SE • (505) 275-8731

# One Albuquerque

## Albuquerque's Rich Cultural Tapestry

What a perfect complement to one another — Senior Affairs and Cultural Services! In this Activities Catalog, the Department of Senior Affairs and the Cultural Services Department join together to show our city's rich variety of activities and services available to seniors and their families.



## City of Albuquerque Department of Senior Affairs

The City of Albuquerque, Department of Senior Affairs, has been serving City of Albuquerque and Bernalillo County residents for more than forty years. Through innovative programs and quality services, the department has evolved into an exemplary model, dedicated to enriching and improving the lives of our community's senior population.

Senior Affairs offers people age 50 and older a wide array of services and opportunities. From services for active and healthy seniors to services for homebound elderly, we provide activities and opportunities to involve you in our community and to promote active, healthy aging, as well as a continuum of care specially designed to meet individual needs throughout the aging spectrum.

**Membership:** Any person wishing to participate at a senior, fitness or multigenerational center is required to obtain a membership card. Membership is \$20 a year and is valid at all six senior centers in Albuquerque; the Manzano Mesa and North Domingo Baca Multigenerational Centers; and all five of the 50+ Sports & Fitness Centers and two fitness rooms. People who are 50 years and older may become center members; spouses of members, even if they are younger than 50, may also become members. Individuals can be as young as six years old to become a member of a multigenerational center.

## City of Albuquerque Cultural Services Department

City of Albuquerque, Cultural Services Department, oversees management of Albuquerque's Public Libraries, BioPark, Museums, the KiMo Theatre, and more. Cultural Services also hosts special events throughout the city.

### CULTURAL SERVICES AT A GLANCE:

- Albuquerque/Bernalillo County Library System
- ABQ BioPark: Albuquerque Aquarium, Botanic Garden, Zoo, Tingley Beach
- Albuquerque Museum
- Anderson-Abruzzo Albuquerque International Balloon Museum
- KiMo Theatre
- Historic Old Town - New Fun
- South Broadway Cultural Center
- Special Events
- GOV TV Channel 16
- Public Art Urban Enhancement Program

**Mission:** The mission of the Cultural Services Department is to enhance the quality of life in the City by celebrating Albuquerque's unique history and culture, and providing services, entertainment, programs, and collections that improve literacy, economic vitality, and learning in state of the art facilities that enrich City life and increase tourism to Albuquerque.

## 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, five Fitness Centers, two fitness rooms, and two Multigenerational Centers.



## Using This Catalog

If you have a membership (only \$20 a year) and are over age 50, you are entitled to participate in all of our centers. If a trip or class is filled at your home center, a similar trip or class may be available to you at another.

Our Multigenerational Centers are for seniors, youth and the entire community age 6 and older. For only \$20 you can join our Multigenerational Centers: Manzano Mesa and North Domingo Baca Multigenerational Centers. Both centers have fitness rooms, classrooms and meeting rooms. Manzano Mesa has a gymnasium and a water spray park—a fully automated aquatic play environment where all ages can get wet during the hot summer months.

The activities in this catalog are especially designed for those age 50 and older. Programs funded by the Older Americans Act and the Area Agency on Aging (Home Delivered Meals, Transportation, and Care Coordination) have a minimum age of 60.

Some classes and trips require a fee. Other services, including lunch at our Satellite Centers, may request a donation or nominal fee; however, no one is denied meal services for not contributing. For information on accessing other services, call Senior Information at (505) 764-6400.

### Unless otherwise noted:

- Activities are free with membership.
- Trip and class sizes are limited.
- Meals on trips are at your expense.
- Activities are first-come, first-served.
- Unless there is alternative contact information in the listing, most activities require advanced reservations; call the host center for more information (a center directory is on page 2).
- Activities leave from or take place at the host center.
- Return times are approximate.
- Class fees are usually payable to the instructor at the first class.

## General Information

### CENTER SHOPS AND MARKETS

#### Market Place at the Centers

Find special bargains and treasures. Reserve your table at the front desk.

#### Barelas

**Thursday • 8:00 - 11:00 am, \$2 table**

#### Bear Canyon

**Tuesday, May - September • 10:00 am - 2:00 pm, \$2.50 table**

#### Highland

**Monday • 8:00 am - 1:00 pm, \$2 table**

#### Los Volcanes

**Friday • 8:00 - 11:15 am, \$2 table**

#### North Valley

**Wednesday • 8:00 am - 12:00 pm, \$1, \$1.50, \$2 table**

### Gift Shops

Visit our gift shop to find handcrafted items made by our members.

#### Los Volcanes, Hot Spot Gift Shop

**Monday - Friday • 9:00 am - 1:00 pm**

### LEGAL CLINIC

#### Senior Citizen Law Office

Provides general legal information. Divorces, wills and criminal issues are not included. Appointment required; please contact Senior Law Office: (505) 265-2300.

#### Barelas

**2nd Thursday • 10:30 am - 12:30 pm**

#### Highland

**3rd Tuesday • 1:00 - 3:00 pm**

**1st Wednesday • 9:00 am - 12:00 pm**

#### Los Volcanes

**4th Thursday • 10:00 am - 12:00 pm**

#### North Valley

**3rd Thursday • 9:00 - 11:00 am**

### Public Art in Albuquerque

A free brochure is available by contacting us at [publicart@cabq.gov](mailto:publicart@cabq.gov). Please visit our interactive public art map at [www.cabq.gov/publicart/public-art-in-albuquerque](http://www.cabq.gov/publicart/public-art-in-albuquerque). Sign up for our bi-monthly e-newsletter at [www.cabq.gov/publicart/e-newsletter-archive](http://www.cabq.gov/publicart/e-newsletter-archive).

### Americans with Disabilities Act

The City of Albuquerque does not discriminate on the basis of race, color, national origin, ancestry, sex, religion, age or disability in employment or provision of services. If you have a disability and will need special assistance to benefit from an activity or trip offered by a senior center, please call that location at least two weeks prior to that event.

## SHOPPING TRIPS

### Shopping Trips from Barelas Wal-Mart Superstore

Sign up at front desk.

#### Barelas

**Monday • 9:30 - 11:30 am**

*Minimum 3 people*

## NEW MEMBER ORIENTATION

Staff will welcome new members and talk about the programs and services our centers have to offer.

#### Bear Canyon

**2nd Friday • 10:30 - 11:30 am**

#### Palo Duro

**1st Monday • 3:00 - 4:00 pm**

## HEALTH

### Blood Pressure Screening

#### Bear Canyon

**Wednesday • 9:00 - 11:00 am**

#### Highland

**Friday • 10:00 - 11:00 am**

#### Palo Duro

**Monday • 9:15 - 11:15 am**

### GEHM Clinic *Call for dates*

**Barelas: (505) 764-6436**

**Bear Canyon: (505) 767-5959**

**Highland: (505) 767-5210**

**Los Volcanes: (505) 767-5999**

**Manzano Mesa: (505) 275-8731**

**North Domingo Baca: (505) 764-6475**

**North Valley: (505) 761-4025**

**Palo Duro: (505) 888-8102**

## AARP SMART DRIVER

This one day, four-hour class provides techniques for coping with changes in vision, hearing and reaction time, along with a "rules of the road" review. No tests are involved. \$15 for AARP members, \$20 for non-members. Make check payable to AARP and bring it to class (cash not accepted).

#### Barelas

**3rd Wednesday • 12:30 - 4:30 pm**

#### Bear Canyon

**3rd Thursday • 12:00 - 4:00 pm**

**1st Saturday • 9:30 am - 1:30 pm**

#### Highland

**1st Thursday • 12:15 - 4:15 pm**

#### Los Volcanes

**1st Monday • 9:00 am - 1:15 pm**

#### Manzano Mesa

**1st and 3rd Saturday • 9:15 am - 1:00 pm**

#### North Domingo Baca

**1st Saturday • 10:30 am - 2:30 pm**

#### North Valley

**1st Monday • 12:15 - 4:30 pm**

#### Palo Duro

**1st Friday • 8:30 am - 12:30 pm**

## Fitness Centers

The Department of Senior Affairs has five fitness centers and two fitness rooms located throughout the City to meet all of your fitness needs. See page 36 of the catalog for a location nearest you or call (505) 880-2800 for more information.

## Income Tax Assistance

Please bring the following information to your appointment.

- Driver's License or State Issued Identification Card
- Copy of your last year's tax returns
- Social Security Cards for all people listed on return
- W-2 forms for wages
- Forms including 1099-INT (interest); 1099-DIV (dividends); All 1099-R (retirement); SSA 1099 (Social Security Benefit Statement); All 1099-B (stock sales) and you must have the basis (what you paid) for all sales including mutual funds, which you can get from your broker; 1099-G (gambling winning); RRB 1099 (railroad retirement); and any other 1099 forms
- Forms reporting income such as jury duty, election work, alimony, etc.
- Medical expenses
- Medical insurance cards and any Form 1095-A, B, or Cs
- For ages 65 or older, property tax bill and/or rent receipts

*If you have a complex return, check with the center before making an appointment. Some returns are out of scope for volunteer assistants.*

#### Barelas

First-come, first served; No appointment required

**Monday and Wednesday, February 5 - April 10  
8:00 am - 2:00 pm**

#### Bear Canyon

**Tuesday, February 4 - April 14  
8:00 am - 3:00 pm**

*Appointments Only*

#### Highland

**Appointments: Thursday, January 30 - April 9  
8:30 am - 12:00 pm**

**Walk-ins - First-come, first served; No appointment:**

**Friday, January 31 - April 10  
8:30 am - 2:00 pm**

#### Los Volcanes

**Friday, February 7 - April 10  
9:00 am - 3:00 pm**

*Appointments Only*

#### Manzano Mesa

**February 4 - April 15  
Monday • 8:00 am - 4:00 pm  
Thursday • 8:00 am - 12:00 pm**

*Appointments Only*

#### North Valley

**Friday, February 7 - April 10  
8:30 am - 1:00 pm**

*Appointments Only, Walk-ins if available*

#### Palo Duro

**Thursday, February 6 - April 9  
8:15 am - 3:00 pm**

*Appointments Only*

#### North Domingo Baca

**Monday, February 3 - April 13  
8:30 am - 3:30 pm**

*Appointments Only*

# Classes

## ARTS AND CRAFTS

### ABQ Astronomical Society

Come learn to make your own telescope.

#### Manzano Mesa

**1st and 3rd Wednesday • 7:00 - 9:00 pm**

### Arts and Crafts Sharing

Embroidery, crochet, counted cross-stitch, knitting, needlecraft, and more. Please bring your own materials. Self-directed.

#### North Valley

**Wednesday • 9:00 am - 12:30 pm**

### Artist's Corner

Open arts and crafts.

#### Manzano Mesa

**Thursday • 1:00 - 4:00 pm**

### Beading

This class is designed to encourage and learn beading techniques. Please bring your own materials.

#### Manzano Mesa

**Monday • 8:30 - 11:00 am**

### Ceramics

Learn about ceramics, starting with care and use of molds, pouring, preparation for firing, glazing, over glazing and/or staining, decorating, decals, etc. Materials not included.

#### Barelas

**Monday, Wednesday • 9:00 am - 12:00 pm**

#### Los Volcanes

**Friday • 8:00 am - 12:00 pm**

#### North Valley

**Tuesday, Wednesday • 12:00 - 4:00 pm**

#### Palo Duro

**Monday • 9:00 am - 1:00 pm**

**Thursday • 9:00 am - 1:00 pm**

### Craft Group Open Studio

Come join this fun-loving open studio craft group for socializing. It's also a great way to share creative and new craft ideas. This is an informal group working on different individual and group projects. Please bring your own supplies.

#### Highland

**Tuesday • 9:00 am - 12:00 pm**

### Open Crafts

No instructors; each individual is able to work on a craft project of their choice. Please bring your materials and or projects.

#### Barelas

**Friday • 8:00 am - 1:00 pm**

#### Manzano Mesa Open Crafts

**Monday • 9:00 am - 12:00 pm**

### Plastic Canvas

Plastic canvas is a foundation for needlepoint or other canvas work embroidery. Its rigidity makes it useful for creating 3-dimensional objects such as tissue box covers, small jewelry boxes, handbags, and other decorative objects.

#### Los Volcanes

**Thursday • 1:00 - 3:00 pm**

### Porcelain Doll Making

Learn this art while making a doll. Materials not included.

#### Los Volcanes

**Thursday • 9:00 - 11:00 am**

*Call center for details.*

### Rosemalers

We do rosemaling from Norway, dalmalning from Sweden, hindeloopen from Holland, bauernmalerei from Germany and others. Bring a wood piece and we will get you started. No registration required.

#### Highland

**Friday • 9:30 - 11:30 am**

**2nd Saturday • 10:00 am - 12:00 pm**

### Stained Glass Open Workshop

Enjoy learning the art of stained glass in this hands-on open workshop. You will learn how to make a pattern, cut glass, use a grinder, and piece your project together using copper foil and working on your soldering skills.

#### Bear Canyon

**Thursdays 8:30 - 11:30 am**

*Fee: \$10, plus supplemental materials*

### Stained Glass

Learn how to cut, grind and copper foil glass, assemble, solder and complete projects. Materials not included.

#### North Valley

**Tuesday, Thursday • 9:00 am - 12:00 pm**

#### Palo Duro

**Friday • 9:30 - 11:30 am**

### Visiting Artists Series

Guest artist guides participants in an activity that often involves a demo and a hands-on experience. Open to all. A different artist volunteers each week from Labor Day to Memorial Day. During the summer, the program is more informal.

#### Palo Duro

**Tuesday • 1:00 - 3:00 pm**

**COMPOSITION (WRITING)****Memories - Autobiography**

Recall and record your favorite memories.

**Bear Canyon**

**Tuesday • 9:00 - 11:15 am**

**Word Wright's Writing**

Open creative writing group that meets weekly to help each other put their thoughts down.

**North Domingo Baca**

**Monday • 1:30 - 3:30 pm**

**Writing About Our Lives**

In this memoir class, we will help each other perfect our stories by writing, reading aloud and revising. We can write for our children and grandchildren, ourselves, and our community. We will experience a sense of accomplishment, enhance our mental alertness, and make friends. It is never too late for personal growth.

**Highland**

**Friday • 1:30 - 3:00 pm**

**COMPUTER****Open Computer Lab**

Open to members who wish to practice their skills or access the web. The lab will be available only if a computer monitor is present. Tax season may interfere with some computer sessions, check with center.

**Bear Canyon**

**Monday, Wednesday and Friday**

**9:00 - 11:00 am**

**Highland**

**Wednesday • 1:00 - 3:00 pm**

**Los Volcanes**

**Monday and Wednesday • 9:00 am -**

**3:00 pm**

**Manzano Mesa**

**Monday, Tuesday, Thursday and Friday**

**9:00 - 11:30 am**

**Wednesday • 1:00 - 2:45 pm**

**North Valley**

**Monday, Wednesday and Thursday**

**1:00 - 3:00 pm**

**Tuesday • 9:00 am - 5:00 pm**

**Palo Duro**

**Monday- Friday • 9:00 - 11:30 am,  
12:30 - 3:00 pm**

*No morning session on the 3rd Wednesday*

**BEAR CANYON**

For a calendar of Bear Canyon computer room activities, visit: [www.brownbears.w.com/freecal/bcsc](http://www.brownbears.w.com/freecal/bcsc)

**Apple iPad and iPhone Workshop**

iPad and iPhone users, bring your iPad or iPhone and join the fun! This is a FREE workshop format where your iPad, iPhone, and iOS questions may be answered. Note: Kindle, Nook, Windows tablets, or Android devices are not covered. Seating is limited to the first 25 who arrive.

**Bear Canyon**

**2nd Thursday • 10:00 am - 12:00 pm**

**Apple Macintosh Day**

Open to Mac users of any experience level, this is a free, an open, interactive Apple Macintosh users meeting and workshop. Activities include a question and answer session, demonstrations of various Mac tips and tricks, and useful presentations of other "how to" Mac-related topics.

**Bear Canyon**

**3rd Saturday • 9:45 am to 12:00 pm**

**Computer: Windows PC Classes at Bear Canyon**

We conduct classes periodically on a variety of Windows PC topics. To join our email list and receive course notifications, email, [garylday@msn.com](mailto:garylday@msn.com).

**Computer: Windows Workshop**

A free monthly workshop forum where you have the opportunity to get your Windows PC-related questions answered. No reservations needed. Seating is limited to the first 25 who arrive.

**Bear Canyon**

**3rd Wednesday • 1:30 - 3:30 pm**



## **NORTH DOMINGO BACA**

### **Word 2010 and Up, Level 1**

January 8, 9, 14, 15 • 9:45 am - 12:00 pm

### **Publisher 2010 & Up, Level 1**

January 22, 23, 28, 29 • 9:45 am - 12:00 pm

### **Excel 2010 & Up Level 1**

February 5, 6, 11, 12 • 9:45 am - 12:00 pm

### **Publisher 2010 & Up, Level 2**

March 11, 12, 17, 18 • 9:45 am - 12:00 pm

### **Word 2010 & Up, Level 2**

April 8, 9, 14, 15 • 9:45 am - 12:00 pm

### **Using the Internet**

April 22, 23, 28, 29 • 9:45 am - 12:00 pm

### **Email Using Gmail**

May 6, 7, 12, 13 • 9:45 am - 12:00 pm

### **Google Calendar**

May 20, 21 • 9:45 am - 12:00 pm

### **Managing Files and Folders in Windows 10**

June 3, 4, 9, 10 • 9:45 am - 12:00 pm

### **Word 2010 and Up, Level 1**

#### **North Domingo Baca**

July 10, 11, 16, 17 • 9:45 am - 12:00 pm

## **CROCHETING AND KNITTING**

### **The "Busy Bees"**

All projects made are donated to various organizations (hats, blankets, and scarves).

#### **Palo Duro**

Wednesday • 12:00 - 3:00 pm

### **Open Studio Crochet and Knitting**

Come join this fun-loving open studio crochet and knitting group for socializing and learning new techniques. This is an informal group working on different individual and group projects. You must bring your own supplies.

#### **Bear Canyon**

Monday • 9:00 am - 12:00 pm

#### **North Valley**

Wednesday • 9:00 am - 12:30 pm

### **Project Linus**

All levels welcome. Learn techniques for creating sweaters, afghans, burping bibs, baby blankets, etc. Many of the blankets are donated to Project Linus.

#### **Manzano Mesa**

2nd Saturday • 9:00 am - 12:00 pm

4th Friday • 1:00 - 4:00 pm

## **DANCE**

### **Ballroom: Beginning**

Come learn the basic moves for ballroom. No partner required.

#### **Bear Canyon**

Thursday • 4:45 - 5:45 pm

Fee: \$6/class

#### **Highland**

Tuesday • 10:00 - 11:00 am

#### **North Domingo Baca**

Thursday • 7:00 - 8:00 pm

Saturday • 11:45 am - 12:45 pm

## **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**

Thursday • 8:30 - 9:15 am

## **Hula and Hawaiian Culture**

Learn Hula dance and experience the rich and beautiful Hawaiian culture.

#### **North Domingo Baca**

Tuesday • 4:45 - 5:45 pm

## **LINE DANCING**

A line dance is a choreographed dance with a repeated sequence of steps in which a group of people dance in one or more lines or rows without regard for the gender of the individuals, all facing either each other or in the same direction, and executing the steps at the same time.

### **Line Dance: Starter**

First time dancers or beginners.

#### **Manzano Mesa**

Wednesday • 12:15 - 1:15 pm

### **Line Dancing: Beginning**

#### **Barelas**

Wednesday • 9:00 - 10:00 am

#### **Bear Canyon**

Tuesday • 1:30 - 3:00 pm

Thursday • 3:15 - 4:30 pm

#### **Los Volcanes**

Thursday • 9:00 - 10:00 am

#### **Manzano Mesa**

Wednesday • 1:30 - 3:00 pm

#### **North Domingo Baca**

Thursday • 1:30 - 2:45 pm

#### **Palo Duro**

Monday • 3:15 - 4:30 pm

Saturday • 9:00 - 10:30 am

### Line Dancing I: Intermediate

#### Barelas

Wednesday • 10:15 - 11:15 am

#### Bear Canyon

Tuesday • 3:15 - 4:30 pm

#### Los Volcanes

Thursday • 10:10 - 11:10 am

#### Manzano Mesa

Wednesday • 3:00 - 4:30 pm

#### North Domingo Baca

Tuesday • 5:45 - 7:30 pm

### Line Dancing II: Intermediate

#### Manzano Mesa

Friday • 2:00 - 3:30 pm

### Line Dancing III: Intermediate

#### Manzano Mesa

Tuesday • 1:30 - 3:30 pm

### Line Dance: Advanced

#### Bear Canyon

Thursday • 1:30 - 3:00 pm

#### Palo Duro

Monday • 1:30 - 3:00 pm

2nd, 3rd and 4th Saturday

10:30 am - 12:00 pm

### M2 Clogging

Clogging is an exciting non-partnered line dance that can be enjoyed by children as well as senior adults! We dance to all kinds of music and, because beginning clogging steps are easy to learn, you can practice anywhere... no special shoes needed!

#### Manzano Mesa

Beginner: Saturday • 12:00 - 1:30 pm

Intermediate: Saturday • 1:30 - 2:30 pm

### Wise Women Belly Dancing

This gentle approach to this ancient art form can be enjoyed by women of all ages, abilities, sizes and shapes.

#### Manzano Mesa

Thursday • 6:15 - 7:15 pm

Fee: \$5 for first session, \$10 drop in or \$35/4 sessions

## FOLK ART

### Retablos/Hispanic Folk Art

A retablo is a devotional painting, especially a small popular or folk art one using iconography derived from traditional Catholic Church art. Learn the art of making retablos.

#### North Valley

Wednesday • 1:00 - 4:00 pm

#### Barelas

Tuesday • 9:00 - 11:00 am

## LANGUAGE

### English Language Class: English as a Second Language

Want to improve your English speaking skills? All ages are welcome to join this class led by a retired school teacher.

#### Palo Duro

2nd and 4th Friday • 11:00 am - 12:30 pm

### French: I

This class is for beginners and a good refresher for those who would like to come have some fun while picking up conversations in French. Students will learn at a beginning level.

#### North Domingo Baca

Wednesday • 11:00 am - 12:30 pm

### French: II

This class is an intermediate level. Interested students may visit to determine if class level and content are appropriate for them.

#### North Domingo Baca

Thursday • 1:00 - 2:30 pm

### French: Advanced

Conversation, reading and writing. Students should be able to read, write and speak at an advanced level.

#### Palo Duro

Monday • 1:00 - 3:00 pm

Fee: \$5 materials

### German: Intermediate

Members need to have pronunciation and grammar under control and can write sentences with dependent clauses. This is not a conversation class.

#### Palo Duro

Thursday • 9:00 - 11:30 am

### German: Conversational

This class is designed for people with some knowledge of German grammar and pronunciation who want to improve their long-lost memory from travels and previous classes. At present, we use as textbooks *German-made Simple*, *German Vocabulary*, *Zurück in Zürich*. Teacher is a native-born German and brings a comprehensive knowledge of customs, culture and language to make this class informative and fun. No tests, no grades, some homework and mostly fun to learn new things to keep our brain functioning.

#### Bear Canyon

Tuesday • 1:15-3:15 pm



### Italian: Beginners

For people with no prior knowledge of the Italian language. This course will introduce you to engaging in simple communication in Italian so that you are able to greet people, to introduce yourself and others; to talk about where you live, where you come from and what you do; to express age; and to describe people and the clothes they wear. Learn the language of love! Whether you are a beginner starting with basics or looking to practice your skills, this class is for you.

#### Barelas

**Friday • 11:00 am - 12:00 pm**

#### North Valley

**Tuesday, February 4 - March 10**

**Tuesday, March 24 - April 28**

**10:00 - 11:00 am**

*Fee: \$40*

### Italian: Beginners II

For those who already have basic knowledge of Italian. You'll learn to talk about your family; ask about the time and describe the weather; ask for directions and places; express likes and dislikes; and talk about your routine and leisure activities.

#### North Valley

**Tuesday, February 4 - March 10**

**Tuesday, March 24 - April 28**

**11:15 am - 12:15 pm**

*Fee: \$40*

### Italian Workshop: Intermediate

Emphasis is on reading, grammar, conversation and verb conjugation. Acquire the basic tools to get around in Italy, as well as an appreciation of the culture.

#### Bear Canyon

**Tuesday • 11:10 am - 1:00 pm**

### Lip Reading

Learn to hear with your eyes and never miss a word again!

#### Bear Canyon

**Monday • 12:30 - 1:30 pm**

*Fee: \$5 for book*

### Sign Language: Beginners

Learn sign language basics, including the manual alphabet, counting, familiar words and phrases.

#### North Valley

**Tuesday, February 4 - March 10**

**1:00 - 2:30 pm**

**Tuesday, May 12 - June 16 • 5:30 - 7:00 pm**

### Sign Language: Intermediate

This is a secondary course for those who have taken the beginning course.

#### North Valley

**Tuesday, March 31 - May 5**

**1:00 - 2:30 pm**

### Spanish Workshop: Contemporary

Carry on conversations with others in Spanish. Improve fluency through use.

#### Bear Canyon

**Tuesday • 1:15 - 3:00 pm**

### Spanish: Beginning

This ongoing class is a beginning level course. Emphasis is on grammar, verb conjugation, reading, and conversation. Interested students may visit to determine if the class/content is appropriate for them.

#### Highland

**Thursday • 10:30 - 11:45 am**

### Spanish: Beginning

This is a beginner's course that will help you learn Spanish and carry on conversations with others in Spanish.

#### North Valley

**Thursday, January 16 - February 20**

**Thursday, March 5 - April 9**

**Thursday, April 23 - May 28**

**10:00 - 11:00 am**

*Fee: \$45 for materials*

### Spanish: Beginning Discussion

Students will learn at a beginning level and will practice through music, writing and speaking.

#### Palo Duro

**Tuesday, January 14 - February 18**

**Tuesday, March 3 - April 7**

**Tuesday, April 21 - May 26**

**3:00 - 4:00 pm**

*Fee: \$45 for materials*

### Spanish: Beginning/Intermediate

Have you always wanted to learn Spanish but were unsure where to start? Join our Beginning/Intermediate Spanish class and spend 6 weeks getting a feel for the language and the grammar.

#### Bear Canyon

**Monday, January 13 - March 2**

**Monday, March 9 - April 13**

**Monday, April 20 - June 1**

**8:30 - 9:30 am**

*Fee: \$45*

### Spanish: (Intermediate Level)

This ongoing class is an intermediate/advanced level. Listening, speaking, reading and writing skills are included. Interested students may visit to determine if class level and content are appropriate for them.

#### Highland

**Tuesday • 12:30 - 3:00 pm**

*Please call for availability*

### Spanish Workshop: Intermediate and Advanced

No official instructor is provided. Class is led by rotating volunteer participants. First hour has an emphasis on the study of grammar. Second hour consists of topics selected by the facilitator of the week with an emphasis on conversation and cultural themes.

#### Bear Canyon

**Tuesday • 9:00 - 10:50 am**

### Spanish: Open Studio/Conversation

This ongoing Open Studio Spanish Conversation Group is for beginners through intermediate/advanced level Spanish speakers. This is a casual group, with no emphasis like the Spanish Beginners and Advanced classes. Interested participants may visit to determine if the group is appropriate for them.

#### Highland

**Tuesday • 1:00 - 2:00 pm**

*Please call for availability*

### METALS (sign up is required)

#### Metal Casting

Learn basic skills and methods. Using the lost wax casting process, you can cast objects in silver and bronze.

#### Palo Duro

**Thursday • 1:00 - 4:30 pm**

*Fee: \$4 per casting for consumables*

#### Metalsmithing/Jewelry Lab

Join us for a self-directed open shop for silversmithing, enameling and other techniques for this beautiful art!

#### Palo Duro

**Wednesday • 11:30 am - 4:00 pm**

*Fee: \$1 per week for consumables*

### Tin Class

Tinsmithing is a traditional Spanish colonial art form. Come learn basic techniques. Self-taught.

#### Los Volcanes

**Tuesday • 12:30 - 4:30 pm**

### Tin Punching

Tin punching is a colonial art form to make functional and decorative items from tin.

This is a great class to learn about cutting, punching, and finishing off tin. This class is self-taught.

#### Barelas

**Tuesday • 12:30 - 4:00 pm**

## MUSIC

### Guitar: Consortium

A structural guitar learning class open to beginner and intermediate guitar learners. Must have own guitar.

#### Highland

**Wednesday • 1:00 - 2:30 pm**

### Guitar: Classical Beginners

This free course aims to teach the fundamentals of the classical guitar, i.e., reading music; tuning and maintenance; basic theory; performance techniques; etc. The book "Solo Guitar Playing, Book One, 3rd edition" by Fredrick Noad and your own instrument are required. Learning to play duets and "Greensleeves" add to the knowledge base in this easy-going, but practice-based class setting.

#### Bear Canyon

**Thursday • 12:15 - 2:00 pm**



### Guitar: Classical Intermediate

This free course continues the fundamentals learned in Beginning Classical Guitar but with emphasis on finishing the "Solo Guitar Playing, Book One, 3rd edition," along with learning simple studies by Carcassi, Sor, and Giuliani. Music and guitar theory will be explored to further enhance the presentation of a chosen performance piece, which each student will work on as a final requirement.

#### Bear Canyon

**Thursday • 2:00 - 4:00 pm**

### Ukulele: Beginners

Learn the basics of ukulele: holding, strumming, chords and playing songs.

#### Highland

**Wednesday • 4:30 - 6:30 pm**

## PAINTING AND DRAWING

### Colored Pencil: Beginning

This fun art class leads students to learn to look at shapes; use basic drawing techniques of analyzing shapes from photographs; use shading techniques; the fundamental color theory; and colored pencil application in realistic drawing.

#### Bear Canyon

**Friday, February 7 - April 24**

**9:00 am - 12:00 pm**

*Fee: \$95 for materials*

### Colored Pencil: Intermediate

Building on techniques taught in Beginning and Beginning Intermediate Colored Pencil classes, students will complete several images, including a realistic image. After learning creativity-building techniques, students will complete a whimsical and/or surrealistic creative drawing using colored pencils. No additional supplies will be required.

#### Bear Canyon

**Monday, January 27 - May 18**

**9:00 am - 12:00 pm**

**Drawing, Painting, and Art Critique**

Open studio. All levels welcome.

**North Domingo Baca**

**Saturday • 9:00 - 11:30 am**

**Drawing: Learn to Draw with Kelly**

Come have fun with us! Supplies can be purchased at Michaels or Hobby Lobby: one 12x18 of newsprint, one kneaded eraser, and one charcoal pencil.

**North Domingo Baca**

**Friday • 9:00 - 11:00 am**

**Drawing: Botanical Drawing Textures and Tonal Drawing**

This class will cover tonal and contour line drawing to render botanical plants and flowers. There will be two classes that concentrate on textures and tonal values in order to draw in ebony pencil and/or conte pencil. The other classes will cover elements of botanical drawing. Learning tonal value and textures as a foundation that will help you.

**North Valley**

**Thursday, February 6 - 27 • 1:00 - 3:00 pm**

*Fee: \$75 materials*

**Drawing: Shapes in Nature, Drawing Realistically**

Learn the five elements in nature and be able to draw realistically with pencils, fine line markers, and colored markers. Some materials are provided.

**Palo Duro**

**Friday • 1:00 - 2:30 pm**

*Fee: \$10 per session (sliding scale available)*

**Painting: Acrylic Workshop**

Instruction is given on perspective, composition, form, color mixing, and blending. All levels. No registration required. Students supply their own materials.

**Bear Canyon**

**Monday • 9:00 - 11:30 am**

**Painting: Acrylics and Mixed Media Seascapes**

Seaweeds, anemones, urchins, mollusks and starfish cling to craggy walls in bright profusion while tiny crabs scurry over a mosaic floor of broken shells and water-polished stones. You will learn to use alcohol splatter, dipping rock salt crystals, and working with pen and ink and different types of model paste to create textures.

**North Valley**

**Tuesday, May 5 - 26 • 4:30 - 6:30 pm**

*Fee: \$75 materials*

**Painting: Pastel Land and Water**

This class will cover seascape and landscape in pastel. There will be two classes. One will concentrate on textures and tonal values in order to paint clouds in soft chalk pastels. The other class will cover a pastel painting of a seascape and a landscape. We will cover skies and weather.

**North Valley**

**Thursday, January 9 - 30 • 1:00 - 3:00 pm**

*Fee: \$75 materials*

**Painting: Watercolor Basic**

Study the work of great artists as you receive individual instruction in watercolor techniques, composition, color theory and drawing while developing your own artistic vision. Bring any supplies you already have and wait to purchase new supplies until reviewed at the first class!

**Palo Duro**

**Tuesday • 1:30 - 4:00 pm**

**Session 1, Level II**

**January 28 - March 10**

**Session 2, Level II**

**March 24 - May 12**

*Fee: \$168 per session*

**Painting: Watercolor Intro**

Introduction to watercolor painting is for anyone interested in learning basic watercolor painting techniques and general practices. The class covers materials, composition, values, perspective and special techniques. You don't need prior art experience or special talents. The objective is to give a foundation so that, at the end of the 6 weeks, the student is able to join in watercolor groups at Bear Canyon or just enjoy painting at home.

**Bear Canyon**

**Thursday, February 6 - March 12**

**9:00 - 11:00 am**

*Fee: \$10 plus materials*

**Painting: Watercolor Textures in Landscapes Earth**

This class will cover tonal. Soil, sand and rocks are rich in texture ranging from smooth to gritty and craggy to crumbly. You will learn to inter-mix creative watercolor on damp surfaces, wet-on-wet washes, and a touch of contour line work, dry brush detailing, or splattering. From a pebble to brick, adobe, and stone masonry, there are textures all around. Take the challenge to explore by applying tonal value and texture that is a foundation for your artistic toolbox.

**North Valley**

**Tuesday, March 3 - 24 • 4:30 - 6:30 pm**

*Fee: \$75 materials*

**Painting: Watercolor Trees, Shrubs and Forests**

Rare is the landscape without trees. Shrubs are as natural and important to the outdoor scene as sky and earth. We will take flora and fauna and break them down into basic shapes, then you will add color and texture to bring them to life. This class will guide you in the mixture of earthen hues and the creation of realistic textures using a variety of fun techniques.

**North Valley**

**Tuesday, April 7 - 28 • 4:30 - 6:30 pm**

*Fee: \$75 materials*

**Painting: Strategies in Watercolor**

Visions of florals, fruits and earth knickknacks come to mind. Some arrangements are better than others. You will learn composition, with a natural balance of shapes, pleasing colors and value contrasts from matte finished flower petals to glazed crock. If you take away the texture, the still life would be sadly lacking. The main focus will be shells, native pottery, fruits, and an old gourd.

**North Valley**

**Tuesday, June 2 - 23 • 4:30 - 6:30 pm**

*Fee: \$75 materials*

**Painting: Watercolor**

This class is for anyone interested in learning basic watercolor painting techniques and general practice.

**Los Volcanes**

**Tuesday • 9:00 - 11:00 am**

**North Domingo Baca**

**Tuesday • 9:00 am - 12:00 pm**

**Painting: Intermediate Watercolor**

This ongoing activity allows participants to share ideas, techniques and inspiration. No registration required.

**Bear Canyon**

**Tuesday • 1:00 - 3:30 pm**

**Painting: Watercolor Open Studio**

You may use the open studio time to further explore projects in watercolor. This class is for self-led, intermediate-level students. You must bring your own supplies. The supply list suggested is watercolor paper, watercolor paints, brushes, mixing pallet, watercolor cups, pencils, a big eraser, and a drying towel.

**Highland**

**Thursday • 9:30 am - 12:00 pm**

**Painting: Oil**

Instruction is given on perspective, composition, form, color mixing, and blending. All levels. Bring materials.

**North Valley**

**Friday • 9:00 am - 12:00 pm**

**Painting: Oil Workshop**

Instruction is given on perspective, composition, form, color mixing, and blending. All levels. No registration required. Bring materials.

**Bear Canyon**

**Wednesday • 8:30 - 11:30 am**

**Painting: Tile**

This class is designed for members with special needs and their caretakers.

**Manzano Mesa**

**Friday • 9:00 am - 12:00 pm**

**Portrait Drawing Class**

We need your face! Highland portrait drawing class draws live models with a focus on the proportions of the head. Models are needed weekly. In return, models will get copies of all the artworks of your portrait. New artists are welcome and models are always needed. Call the front desk for more information.

**Highland**

**Tuesday • 10:00 am - 12:00 pm**

**Palo Duro Palettes**

Work in all mediums and share our knowledge and enthusiasm. Come sample a variety of methods, ideas, and new techniques. Materials are available.

**Palo Duro**

**Wednesday • 1:00 - 3:00 pm**

**Sketching**

Learn the technique of free-hand drawing.

**Los Volcanes**

**Thursday • 9:00 - 11:00 am**

**PHOTOGRAPHY****Photography Classes**

Come and join our class! From beginners to advanced, take it to the next level. Join other enthusiasts in discovering & sharing new techniques, smart tips, great fun and true passion.

**North Domingo Baca**

**Wednesday • 9:00 - 11:00 am**

**Thursday • 6:00 - 8:00 pm**

**POTTERY****Pottery**

All levels welcome. From pinch pots, slabs and coiling to wheel throwing.

Self-directed. There is a material fee.

**Manzano Mesa**

**Tuesday and Thursday • 9:00 am - 1:00 pm**

**North Valley**

**Monday • 9:00 am - 4:00 pm**

**Palo Duro**

**Friday • 9:00 - 11:30 am**

**Pottery: Clay Classes**

Learning and exploring the fundamentals of creating art with clay. Students are encouraged to explore their own ideas within each lesson. Watch your creations come to life.

**Los Volcanes**

**Wednesday • 9:00 - 11:00 am**

**North Domingo Baca**

**Tuesday • 9:00 am - 1:00 pm**



**Pottery: Open Studio – Ongoing class**

After completing the six-month introduction to pottery, students may use the open studio time to further explore projects in clay. This class is for self-led, intermediate-level students. Materials and firing fees apply.

**Highland**

**Monday • 1:00 - 4:00 pm**

**Thursday • 1:00 - 4:00 pm**

**Los Volcanes**

**Wednesday • 9:00 - 11:00 am**

**Palo Duro**

**Wednesday • 8:00 - 11:30 am**

**QUILTING, SEWING AND WEAVING**

**Quilting**

Quilting is the process of sewing two or more layers of fabric together to make a thicker padded material, usually to create a quilt or quilted garment. Typically, quilting is done with three layers: the top fabric or quilt top, batting or insulating material, and backing material. Novice and experienced quilters are welcome. Donations of fabric and yarn are always appreciated.

**Highland**

**Tuesday • 8:00 am - 12:00 pm**

**Palo Duro**

**Tuesday • 8:00 am - 12:30 pm**

**Saturday • 9:00 am - 1:00 pm**

**Quilting: Cluster**

A group of hand quilters sharing techniques, conversation and laughs. Novice and experienced quilters are welcome.

**North Domingo Baca**

**Friday • 10:00 am - 4:00 pm**

**Quilting: Experienced**

This group of experienced hand quilters work on each other's quilts to completion.

**Bear Canyon**

**Tuesday • 8:30 - 11:45 am**

**Quilting: Hand**

A group of people interested in quilting and quilting art assemble. Most of the individuals quilt by hand but sewing machines are also used. No formal instruction is given but encouragement is shared by all.

**North Valley**

**Monday • 8:00 am - 4:00 pm**

**Quilting: Machine**

Intermediate quilting using a sewing machine. Designed to make quilts for donation to the VA, Animal Humane and the pediatrics unit at UNMH. Space available to work on personal projects as well.

**Manzano Mesa**

**Tuesday • 8:00 am - 12:00 pm**

**Sewing and Alterations**

Bring your latest sewing project and get help with any alterations or questions you may have!

**Palo Duro**

**Tuesday • 10:00 am - 12:30 pm**

**Swedish Weaving**

Swedish weaving is an art of weaving yarns through a counted cloth, called Monk's Cloth.

**Los Volcanes**

**Tuesday • 11:30 am - 2:30 pm**

**Palo Duro**

**Friday • 2:00 - 4:30 pm**

*Fee: \$10 materials*

**Tuesday Angels**

A wide variety of items from donated materials. Everything produced is given to community groups and hospitals. Donations of fabric and yarn are always appreciated.

**Palo Duro**

**Tuesday • 8:30 - 11:30 am**

**WOODWORKING**

**Woodcarving/Bear Canyon Carvers**

Women and men of all skill levels enjoy woodcarving in this ongoing class.

**Bear Canyon**

**Friday • 8:00 am - 12:00 pm**

**Woodshop and Wood Carving**

If you are interested in carving, cutting or working on other wood projects, please join us.

**Los Volcanes**

**Tuesday • 8:30 - 10:30 am**

**Monday • 12:00 - 4:00 pm (power tools)**

**Manzano Mesa**

**Wednesday • 8:00 - 11:30 am**



# Events

## Ongoing Events

### Birthday Socials

Celebrate birthdays every month with cake.

#### Bear Canyon

2nd Thursday • 11:30 am - 12:30 pm

#### Barelas Senior Center

3rd Wednesday, 1:00 - 1:30 pm

#### Highland

1st Wednesday, 1:00 - 1:30 pm

#### Los Volcanes

1st Friday, 10:30 - 11:30 am

#### Manzano Mesa

Last Tuesday • 10:00 - 11:00 am

#### North Domingo Baca

4th Friday, 10:15 - 11:15 am

#### North Valley

3rd Friday, 10:15 - 11:15 am

#### Palo Duro

1st Friday, 11:30 am - 12:30 pm

### Dance to Live Music at the Centers

Dance to top 40s, Spanish, country western, swing, and oldies. Check the bulletin boards for our monthly listings of bands. \$3 per person.

#### Barelas

Friday • 1:30 - 4:15 pm

#### Bear Canyon

Thursday • 6:00 - 8:45 pm

#### Highland

4th Saturday • 12:00 - 3:00 pm

#### Los Volcanes

Thursday • 1:30 - 4:15 pm

#### North Valley

Sunday • 1:30 - 4:15 pm

Fee: \$3

### Friendship Coffee

Chat with old friends and make new ones over coffee and a special treat.

#### Barelas

Wednesday • 9:30 - 10:30 am

#### Bear Canyon

Tuesday • 9:30 - 10:30 am

#### Highland

Monday • 12:30 - 2:30 pm

#### Los Volcanes

Friday • 1:00 - 4:00 pm

#### Manzano Mesa

Tuesday • 10:00 - 11:00 am

#### North Valley

Wednesday • 8:30 - 10:30 am

#### Palo Duro

Wednesday • 9:15 - 10:15 am

### Dessert Socials

Join us for a special treat once a month, with a variety of desserts.

#### Bear Canyon

3rd Friday • 1:30 - 2:30 pm

### Ice Cream Socials

Banana splits and sundaes are favorites. 75¢/serving

#### Barelas

2nd Thursday • 10:00 - 11:00 am

#### Los Volcanes

1st Wednesday • 10:30 - 11:30 am

#### Palo Duro

3rd Tuesday • 11:30 am - 12:30 pm



### Pie Socials

Enjoy your favorite pies at these socials. 75¢/serving

#### Barelas

4th Thursday • 10:00 - 11:00 am

#### Los Volcanes

3rd Friday • 10:30 - 11:30 am

#### North Domingo Baca

1st Friday • 11:45 am - 1:00 pm; 10:15 - 11:30 am

### Movie Matinee

Join us for a movie and some goodies. Have a movie suggestion? Let us know! Free popcorn will be provided for attendees.

#### Bear Canyon

2nd Friday 1:30 - 4:00 pm

#### Highland

Every Friday • 2:00 - 4:00 pm

#### Palo Duro

1st and 3rd Thursday • 1:30 - 4:00 pm

### Karaoke

Sing along to your favorite tune.

#### Barelas

3rd Tuesday • 11:00 am - 1:00 pm

#### North Valley

3rd Tuesday • 11:00 am - 1:00 pm

## January

### Happy New Year's Noon Celebration

Bring in the New Year at noon during lunch and celebrate with party favors and entertainment.

#### Highland

Thursday, January 2 • 11:30 am - 1:00 pm

### 2020 Kickoff Party

Let's kickoff the New Year with a fresh start. Out with the old and in with the new! Enjoy music, dancing and snacks.

#### North Valley

**Tuesday, January 7 • 10:00 - 11:30 am**

### Happy Birthday Elvis Special Luncheon

You're invited to get all shook up for Elvis's 83rd birthday! Everybody in the whole cell block will be dancing to the Jailhouse Rock.

#### Palo Duro

**Thursday, January 9 • 11:30 am - 1:00 pm**

*Fee: \$4, Reservations Required*

### Monday Fun-Day Pickleball

What better way to start off the week than to have Monday Fun-Day playing pickleball! Refreshments will be served.

#### Barelas,

**Monday, January 27 • 1:30 - 3:30 pm**

### 20 in 20

MMMC members and staff will gather to create personal lists of 2 to 20 items that we want to achieve in the New Year.

#### Manzano Mesa

**Monday, January 13 • 10:00 - 11:00 am**

### We're in a New York State of Mind!

Start spreading the news and join us for lunch in New York, Bear Canyon Style.

#### Bear Canyon

**Friday, January 24 • 11:30 am - 1:00 pm**

*Fee: \$4, Reservations Required*

## Volunteer Today We offer a wide variety of volunteer opportunities.

Do you have time, talents, skills, or hobbies you would like to share? If you do, please call **(505) 764-6400**.

### Celebrating Chinese New Year 2020

Join us as we acknowledge the Chinese New Year 2020, which is the year of the Rat, according to Chinese Zodiac, starting on January 25 and lasting to Lunar New Year's Eve on February 11. Come visit with us as we celebrate! Rest-a-sure that the food & entertainment will be sure to please.

#### Los Volcanes

**Wednesday, January 29 • 1:30 - 3:30 pm.**

### Soup-er Bowl LIV Party

Come celebrate America's favorite sporting event with soup, finger foods and fun. Don't forget to sport your team's attire!

#### Palo Duro

**Friday, January 31 • 11:30 am - 12:30 pm**

## February

### Super Bowl Watch Party

Come and hang out with Stacie and enjoy the game. Wear your favorite Jersey.

#### Highland

**Sunday, February 2 • 3:00 - 9:00 pm**

*Reservations Required*

### Love is in the air!

Celebrate Valentine's Day with us.

#### Bear Canyon

**Friday, February 14 • 11:30 am - 1:00 pm**

*Fee: \$4, Reservations Required*

### King and Queen of Hearts Valentine Luncheon

Come enjoy a time of royalty with other Kings and Queens. A time to dress up and enter the kingdom of your heart knowing you are special. Enjoy special music as we celebrate together.

#### Highland

**Thursday, February 13**

**11:30 am - 1:00 pm**

*Fee: \$4, Reservations Required*

### Queen of Hearts Special Luncheon

The Queen of Hearts hereby requests your presence at the Palo Duro special luncheon. Good times shall be had by all.

#### Palo Duro

**Thursday, February 13**

**11:30 am - 1:00 pm**

*Fee: \$4, Reservations Required*

### Cupid Strikes Again

Bring your sweetheart and enjoy a wonderful lunch.

#### North Domingo Baca

**Thursday, February 13**

**11:30 am - 12:30 pm**

### Sweetheart Luncheon

It's Valentine's Day! Love and Friendship are in the air. Cupid's arrow is flying everywhere! Join us for a special luncheon and some great music!

#### Barelas

**Friday, February 14 • 11:30 am - 1:00 pm**

*Reservations Required*

### Valentine Day Bash

On Valentine's Day, Cupid will agree, it's a great day for a special party! Bring your Valentine and join us for live music and dancing as we celebrate the most romantic day of the year!

#### North Valley

**Friday, February 14 • 10:00 - 11:30 am**

### Royal Dinner Dance

Come and enjoy an elegant evening with your special love or celebrate with friends.

#### North Valley

**Tuesday, February 18 • 4:00 -7:00 pm**

*Fee: \$7.50, Reservation Required*

### Valentine's Day 2020 Dance

Join us as we acknowledge Valentine's Day 2020! Dress to impress as we help bring in this love-filled holiday with those we care about most! We'll be serving delicious desserts, with dancing and entertainment!

#### Los Volcanes

**Wednesday, February 19 • 1:30 - 3:30 pm**

### Highland Readers Theater Performance

Join us for an hour of short comedic plays, performed by the Highland Readers Theater.

#### Palo Duro

**February 5 • 2:00 - 3:00 pm**



### Love Your Neighbor

Say hello, introduce yourself, and pay a compliment to someone new. Refreshments will be served.

#### Manzano Mesa

**Thursday, February 20 • 10:00 - 11:00 am**

### Fat Tuesday Mardi Gras

Do you think of New Orleans when you think about Marti Gras? Come join us for entertainment, music, food and fun with our beaded and masked seniors.

#### North Domingo Baca

**Tuesday, February 25 • 10:30 - 11:30 am**

### Fashion, Fun, Fabulous & YOU! Fashion Show

Come see fashions designed for the woman who wants to look and feel fabulous! Real women, real style is what Nygard Style Direct is all about. Women of all ages will love our 4-way stretch Slimcurve. Look a size smaller! Also, see many other curated styles that are must-haves for your fall wardrobe.

#### Bear Canyon

**Friday, February 28 • 1:30 - 2:30 pm**

*Presented by: Independent Stylists Jeanne Saxon, and Val Romero*

## March

### The Big Easy Special Luncheon

Laissez les cons temps rouler! You're invited to let the good times roll for this Big Easy-inspired party.

#### Palo Duro

**Thursday, March 12 • 11:30 am - 1:00 pm**

*Fee: \$4, Reservations Required*

### St Patty's

Come join us for entertainment, music, food and fun!

#### North Domingo Baca

**Friday, March 13 • 6:00 - 8:00 pm**

### Lucky Leprechauns Luncheon

Join us on St. Patrick's Day for Irish luck, laughter, and a traditional Irish feast! Don't forget to wear your lucky green!

#### Barelas

**Tuesday, March 17 • 11:30 am - 1:00 pm**

*Reservations Required*

### Paddy's Day Party

Enjoy lunch and music as we celebrate St. Patrick's Day. Wear your green, unusual hats, green outfits, and dress up as a leprechaun, if you dare.

#### Highland

**Tuesday, March 17 • 11:30 am - 1:00 pm**

*Fee: \$3.25, Reservations Required*

### St. Patrick's Day

Wear your green and join us for a traditional lunch serving of corned beef and cabbage, boiled potatoes and all the fixins.

#### North Valley

**Tuesday, March 17 • 11:30 am - 1:00 pm**

*Reservations Required*

### A Shamrock Soiree

Join us for green treats under the rainbow.

#### Palo Duro

**Tuesday, March 17 • 11:30 am - 12:30 pm**

### Choose Happiness

Celebrate this International Day of Happiness by sharing what's making you happy with members and staff.

#### Manzano Mesa

**Friday, March 20 • 10:00 - 11:00 am**

### Arts and Crafts Fair

Come shop the arts and crafts vendors.

#### Barelas

**Wednesday, March 25  
9:30 am - 12:00 pm**

### Sip & Paint

Come join the painting party as we have a group painting lesson accompanied by different delicious virgin beverages! A friendly instructor will lead you step-by-step through a designated painting. All skill levels are welcome! Please keep an eye on the LVSC event board as we get closer to the date of this event. More details will be announced about participating in this limited-space event.

#### Los Volcanes

**Wednesday, March 25 • 1:30 - 3:30 pm**

### Bring on the Madness

Dribble on over and join Bear Canyon as we get excited for the Final Four. This luncheon is going to be a slam dunk!

#### Bear Canyon

**Friday, March 27 • 11:30 am - 1:00 pm**

*Fee: \$4, Reservations Required*

### Spring Fling

Let's celebrate the start of the spring with "Oldies but Goodies." We will dance and listen to hits from the 1940s, 50s and 60s. Dress up for fun!

#### North Valley

**Tuesday, March 31 • 10:00 - 11:30 am**

## April

### Party with Your Peeps Special Luncheon

We're having a luncheon for all of our peeps. We hope you can make it. It's going to be really sweet!

#### Palo Duro

**Thursday, April 9 • 11:30 am - 1:00 pm**

*Fee: \$4, Reservations Required*

### O Blessed Spring

Springtime has many blessings and one of ours comes in the form of flower seeds and potted plants. Join us for an introductory class.

#### Manzano Mesa

**Monday, April 20 • 10:00 - 11:00 am**

### Dating Game & Dance

We're bringing back the popular TV Dating Game Show that aired from the 1960s through the 1980's. This will be entertaining, with much laughter, followed by a dance to help celebrate the winners of the game! Everyone is invited to watch as we pair up two matches! Please keep an eye on the LVSC event board as we get closer to the date of this event. More details will be announced about how to be a participant in the show and/or attendance to this limited-space event.

#### Los Volcanes

**Wednesday, April 22 • 1:30 - 4:30 pm**

### Spring Fling Luncheon

Spring has sprung! Let's celebrate.

#### Bear Canyon

**Friday, April 24 • 11:30 am - 1:00 pm**

*Fee: \$4, Reservations Required*

### 21st Annual Festival International

Join us and experience different cultures through a variety of singing and dancing performances from different parts of the world.

#### North Valley

**Friday, April 24 • 9:00 am - 1:30 pm**

## May

### Fiestas de Mayo

Join us for a celebration on Cinco de Mayo! Celebrate with food, drink and music! It will be a fiesta to remember! Dance to follow.

#### Barelas

**Friday, May 1 • 1:30 - 3:30 pm**

*Reservations Required*

### North Valley's Annual Cinco de Mayo Celebration

It's fiesta time! Come and celebrate Cinco de Mayo with us at North Valley Senior Center. We will have entertainment and festive snacks.

#### North Valley

**Tuesday, May 5 • 10:00 - 11:30 am**

### Disney Princess Mother's Day Luncheon

Dine with Disney princesses from the Highland Castle. Enjoy a fairytale of royalty as you dress up as your favorite Disney princess. Enjoy the beauty of music.

#### Highland

**Thursday, May 7 • 11:30 am - 1:00 pm**

*Fee: \$4, Reservations Required*

### Mom's Day Lunch

Join us in celebrating all the things we love about our moms with a special luncheon and other nice surprises! Dance to follow; moms get in free.

#### Barelas

**Friday, May 8 • 11:30 am - 1:00 pm**

*Reservations Required*

### Mother's Day Tea

For all of our tea-riffic mothers bring your favorite tea cup and don your favorite hat while we celebrate all you do with light refreshments and entertainment.

#### Palo Duro

**Friday, May 8 • 10:00 - 11:00 am**

### Mother's Day Dance

This dance is dedicated to all the mothers! Enjoy the evening dance along with refreshments. Ladies get in free.

#### North Valley

**Sunday, May 10 • 1:30 - 4:15 pm**

### Mother's Day Celebration

Will you please join us as we honor all the mothers on this special day? We wish to thank all of the important mothers in our lives!

#### North Domingo Baca

**Friday, May 8 • 11:30 am - 12:30 pm**

### Yellow Submarine Special Luncheon

Come together and help us twist and shout for a Beatles-inspired luncheon because we all get by with a little help from our friends.

#### Palo Duro

**Thursday, May 14 • 11:30 am - 1:00 pm**

*Fee: \$4, Reservations Required*

### Annual El Camino Real Garden Blessing

Join us in the Barelas lobby as we move in procession with music and song to the garden for this annual blessing. This tradition is hundreds of years old. It is celebrated in Spanish-speaking countries around the world on the feast of San Isidro, patron of farmers and gardeners. Our garden will be the location of this historic event. Light refreshments will be served following the blessing.

#### Barelas

**Friday, May 15 • 10:00 - 11:00 am**

### Celebrating Older Americans Month

Join us as we celebrate Older Americans Month! Enjoy a classic car show, food and entertainment.

#### Bear Canyon

**Friday, May 22 • 11:00 am - 1:00 pm**

### Welcome Spring Day BBQ

Flowers are blooming, the sun is shining so open up the windows & let the fresh air in. Join us for some goodies and entertainment as we welcome in "Spring Time 2020!"

#### Los Volcanes

**Wednesday, May 20 • 1:30 - 3:30 pm**

### Get Active, Stay Active

Sample a few of our featured activities.

#### Manzano Mesa

**Wednesday, May 20 • 10:00 - 11:00 am**

### Older American Day Social

May is Older Americans Month and we would like to pay tribute to older people. Please join us for root beer floats.

#### North Valley

**Friday, May 22 • 10:30 - 11:30 am**

## June

### Ice Cream Party

I scream, you scream, we all scream for ice cream! Let's have a bowl full of ice cream with all the fixings and some great entertainment to bring in the joy of summer.

#### North Domingo Baca

**Wednesday, June 10 • 1:30 - 2:30 pm**

### Delightful Tea Party

Summer time is the best time to enjoy some tea with friends. Wear your best hat and join us for delicious treats, pastries and tea.

#### North Valley

**Friday, June 12 • 10:00 - 11:30 am**

*Reservations Required*

### Lion King Father's Day Luncheon

*The Lion King*, a tale that will take you back into animations from Africa. Come and enjoy this adventure as we celebrate and honor our King Fathers in a Disney Way!

#### Highland

**Thursday, June 18 • 11:30 am - 1:00 pm**

*Fee: \$4, Reservation Required*

### Father's Day

Hot wings, potatoes wedges and some smooth Jazz for the fathers on their special day.

#### North Domingo Baca

**Friday, June 19 • 11:30 am - 12:30 pm**

### Father's Day Lunch

We all agree! He's number one! Let's celebrate dad with a great meal! Dance to follow; fathers get in free.

#### Barelas

**Friday, June 19 • 11:30 am - 1:00 pm**

*Reservations Required*

### Today is the Day

MMMC members and staff will review their lists from January or create a new one for the second half of 2020.

#### Manzano Mesa

**Friday, June 19 • 10:00 - 11:00 am**

### Dad's Old Fashioned Root Beer Celebration

Celebrate with root beer floats for all and great entertainment.

#### Palo Duro

**Friday, June 19 • 11:30 am - 12:30 pm**

### Special Sunday Father's Day Dance

Come join us for a special dance to honor all the fathers on this special day.

#### North Valley

**Sunday June 21 • 1:30 - 4:15 pm**

### Let's Talk Health LVSC Health Fair

Join LVSC for our first annual Health Fair. We will have health and wellness representatives here to provide, blood pressure testing, BMI testing, health topic presentations, and more! This event is free to attend and delicious snacks will be served. More details to be announced on this event flyer.

#### Los Volcanes

**Wednesday, June 24 • 1:30 - 3:30 pm**

### El Camino Real Garden Tour & Open House

Everyone is invited to tour and see what is growing in our lush garden this year. Nearly 100 varieties of plants, flowers, trees and vegetables will be on display. Check out our tropical garden with a good variety of Hawaiian plants. As always, there are several varieties of tomatoes and New Mexico chile growing. Get your garden questions answered by our Barelas resident garden keeper or other gardeners. Enjoy this peaceful and restful location to view Mother Nature at her best! Light refreshments will be served.

#### Barelas

**Thursday, June 25 • 10:00 am - 3:00 pm**

### Summer Jam

There is no better way of kick starting the summer than with a party! Let's jam to some good entertainment and enjoy good food.

#### North Valley

**Tuesday, June 30 • 10:00 - 11:30 am**



## Games and Cards

### Billiards

Visit and meet with friends. A variety of games are played at each center. Donation requested.

### Barelas

Monday - Friday • 8:00 am - 4:45 pm

### Bear Canyon

Monday - Friday • 8:00 am - 4:45 pm

Saturday • 9:00 am - 2:45 pm

### Highland

Monday - Friday • 8:00 am - 4:45 pm

Wednesday • 8:00 am - 6:45 pm

Saturday • 10:00 am - 3:45 pm

### Los Volcanes

Monday - Friday • 8:00 am - 4:30 pm

Thursday • 8:00 am - 6:30 pm

Saturday • 9:00 am - 12:30 pm

### Manzano Mesa

Monday - Friday • 8:00 am - 8:45 pm

Saturday • 9:00 am - 2:45 pm

### North Valley

Monday - Friday • 8:00 am - 4:50 pm

Sunday • 12:30 - 4:50 pm

### Palo Duro

Monday - Friday • 8:00 am - 4:45 pm

Saturday • 9:00 am - 12:45 pm



### Bingo

Bingo with cash and prize giveaways, raffle drawings and refreshments. \$3 for basic/ special play, \$.25 for other games

### Barelas

Tuesday • 1:15 - 3:45 pm

### Bear Canyon

Wednesday • 2:00 - 4:30 pm

### Highland

Monday • 1:30 - 3:45 pm

### Los Volcanes

Friday • 1:30 - 4:00 pm

### Manzano Mesa

Thursday • 1:30 - 4:00 pm

### North Valley

Wednesday • 1:30 - 4:00 pm

### Palo Duro

Tuesday • 1:15 - 4:00 pm

### Board Games and Puzzles

Play board games, cards, checkers, chess or Lotería (Spanish Bingo), or put together a jigsaw puzzle. Games available to be checked out at front desk.

### Barelas

Monday - Friday • 8:00 am - 4:50 pm

### Bear Canyon

Wednesday • 9:30 - 11:30 am

### Highland

Monday, Tuesday, Thursday and Friday  
8:00 am - 4:45 pm

Wednesday • 8:00 am - 6:45 pm

Saturday • 10:00 am - 3:45 pm

### Los Volcanes

Monday - Friday • 8:00 am - 4:30 pm

Thursday • 8:00 am - 6:30 pm

Saturday • 9:00 am - 12:30 pm

### North Valley

Monday - Friday • 8:00 am - 4:50 pm

Sunday • 12:30 - 4:50 pm

### Palo Duro

Monday - Friday • 8:00 am - 4:45 pm

Saturday • 9:00am - 12:45 pm

### Bridge

Offered throughout the week, most games require you to have your own foursome.

### Bear Canyon

Wednesday • 12:30 - 3:30 pm (Walk in)

Wednesday • 12:00 - 3:30 pm (WPB Club)

Friday • 12:15 - 3:30 pm (Bridge Party)

Friday • 12:30 - 4:00 pm (Old Timers)

### Highland

Tuesday • 1:00 - 4:45 pm

### Los Volcanes

Friday • 12:30 - 3:30 pm

### Palo Duro

Wednesday • 12:30 - 2:45 pm

1st Thursday • 1:00 - 4:30 pm (Men's group)

### Bridge: Duplicate

Players are invited to participate in this non-sanctioned game. Pre-arrange your partners before the game.

### Bear Canyon

Thursday • 12:30 - 4:00 pm

### Palo Duro

Monday and Friday • 12:15 - 4:00 pm

### Canasta Hand and Foot

A version of Canasta in which each player is dealt two sets of cards.

### Bear Canyon

Monday • 12:00 - 4:30 pm

Thursday • 12:00 - 4:30 pm

### Canasta

A card game in the Rummy family of games believed to be a variant of 500 Rum. Players attempt to make melds of seven cards of the same rank.

### Highland

Monday • 1:00 - 4:00 pm

### North Domingo Baca

Monday • 6:30 - 8:30 pm (60+ Singles Meet Up)

Saturday • 11:30 am - 2:45 pm

### Chess: For Fun

A two-player game played on a checkered board with 64 squares arranged in an eight-by-eight grid. Each player begins the game with 16 pieces. All levels welcome.

#### Bear Canyon

**Monday • 11:30 am - 2:30 pm**

**Wednesday • 11:30 am - 4:30 pm**

**Friday • 12:15 - 4:30 pm**

**Saturday • 9:00 am - 2:45 pm**

#### Highland

**Wednesday • 1:00 - 3:00 pm**

#### Manzano Mesa

**Friday, 6:00 - 8:00 pm**

### Cribbage

#### Bear Canyon

**Monday • 9:00 am - 12:00 pm**

**Thursday • 9:30 - 11:30 am**

#### Palo Duro

**Friday • 1:00 - 3:30 pm**

### Euchre

A trick-taking card game most commonly played with four people in two partnerships with a deck of 24 standard playing cards.

#### Los Volcanes

**Tuesday • 12:30 - 4:30 pm**

### Game Time!

Come play a new game or an old favorite such as Scrabble, Uno, Apples to Apples, Rummy-O, Parcheesi, Backgammon or bring one of your own!

#### Palo Duro

**Wednesday • 12:00 - 4:45 pm**

### Huachas

Huachas is a game, similar to horseshoes, that involves teams of players that take turns tossing washers toward a box or hole.

#### Bear Canyon

**1st, 3rd and 4th Friday • 10:00 - 11:00 am**

### Mah Jongg (American)

This game is played with 144 tiles that are drawn and discarded until a player gets a winning hand.

#### Bear Canyon

**Monday • 12:00 - 4:30 pm**

#### Palo Duro

**2nd and 4th Thursday • 12:00 - 3:30 pm**

#### Highland

**Friday • 1:00 - 3:00 pm**

### Mah Jongg

A Chinese tile-based game. Commonly played by four players.

#### Los Volcanes

**Thursday • 12:00 - 4:30 pm**

#### North Domingo Baca

**Friday • 12:00 - 4:00 pm**

### Asian Mah Jongg

Interested in learning Asian Mah Jongg? Come learn this tile-based game commonly played by four players.

#### Bear Canyon

**Saturday • 12:00 - 2:30 pm**

**Beginning January 18**

### Mexican Train

A game played with dominoes. The object of the game is for a player to play all the dominoes from his or her hand onto one or more chains, or "trains," emanating from a central hub or "station."

#### Bear Canyon

**Saturday • 10:00 am - 12:00 pm**

#### Highland

**Monday and Wednesday**

**12:30 - 4:00 pm**

#### Los Volcanes

**Tuesday • 12:45 - 4:00 pm**

### Pinochle

Pinochle is derived from the card game bezique. Players score points by trick-taking and also by forming combinations of cards into melds.

#### Bear Canyon

**Tuesday • 9:30 - 11:30 am**

**Tuesday • 12:30 - 4:45 pm**

#### Highland

**Tuesday • 12:00 - 4:00 pm**

#### Los Volcanes

**Wednesday • 12:30 - 4:30 pm**

**Thursday • 12:30 - 6:00 pm**

#### Manzano Mesa

**Wednesday • 1:00 - 4:30 pm**

### Poker

A family of card games that combines strategy and skill.

#### Bear Canyon

**Monday • 1:00 - 4:00 pm**

#### Los Volcanes

**Tuesday • 12:00 - 4:30 pm**

**Wednesday and Friday • 12:30 - 4:00 pm**

#### North Valley

**Monday - Friday • 12:00 - 4:00 pm**

### Rummikub

A tile-based game for two to four players that combines Mahjong and rummy.

#### Los Volcanes

**Monday • 12:00 - 3:30 pm**

### Shanghai Rummy

A rummy game, based on gin rummy played by 3 to 8 players.

#### Bear Canyon

**Tuesday and Thursday • 12:00 - 4:00 pm**

### Spite or Malice

Also known as cat and mouse, this is a traditional card game for 2 or more players.

#### Los Volcanes

**Thursday • 12:00 - 4:15 pm**

# Groups and Clubs

## ACTING

### Rio Grande Players

This group welcomes seniors with an interest in theatre, no experience needed. Participate on and offstage.

#### Palo Duro

**Tuesday • 2:15 - 4:30 pm**

### Highland Players

This group welcomes seniors with an interest in theater and does community performances.

#### Highland

**Tuesday • 3:15 - 5:00 pm**

## ARTS AND CRAFTS

### Gathering of Artists

Also known as "Artist Series" started by Ralph Lewis, this group of artists will present and gently critique art pieces in any medium. Artists of all levels are welcome.

#### Highland

**Monday • 10:00 - 11:30 am**

### Happy Hookers Crochet Club

Enjoy crocheting? All ages and skill levels are welcome to join our fun and informal group. We help each other learn new stitches, read patterns and share ideas. Work on an individual creation or contribute to our group efforts.

#### Manzano Mesa

**Monday • 1:00 - 3:00 pm**

### Knitting Guild

We support serious knitters in their efforts of traditional techniques.

#### North Domingo Baca

**1st Saturday • 12:00 - 2:00 pm**

### New Mexico Polymer Clay

Come learn the techniques of using polymer clay.

#### North Domingo Baca

**2nd Saturday • 12:00 - 3:00 pm**

### Off Beat Artists

We are a group of self-directed artists who work in all mediums. The objective of our group is to work and share our creative experiences in an atmosphere of camaraderie. There are no instructions provided, but we give gentle critiques to one another, if requested. Come meet us, or just drop in ready to work and see if we are a good fit for you!

#### Barelas

**Monday • 11:00 am - 3:30 pm**

### Watercolor Group

Share your love of watercolor painting.

#### North Domingo Baca

**Tuesday • 9:00 am - 12:30 pm**

### Quilting Cluster

Come join us and make friends while quilting.

#### North Domingo Baca

**Friday • 10:00 am - 4:00 pm**

## AUTOMOBILE/TRAINS

### Corvairs of New Mexico

Dedicated to the preservation of the Corvair automobile.

#### Highland

**3rd Wednesday • 5:00 - 6:00 pm**

**1st Saturday • 10:00 am - 12:00 pm**

#### North Domingo Baca

**1st Wednesday • 7:00 - 8:30 pm**

### Modular Railroad

Railroad enthusiasts discuss model standards and recommended practices.

#### Manzano Mesa

**3rd Saturday • 10:00 am - 3:00 pm**

## BIBLE STUDY

### Bible Study

Come and join us every week for Bible study. Bring your bible if you have one.

#### Los Volcanes

**Tuesday • 9:30 - 11:15 am**

#### North Domingo Baca

**Wednesday • 9:00 - 10:00 am**

**Wednesday • 6:30 - 8:30 pm**

#### Manzano Mesa

**Tuesday • 10:30 am - 12:30 pm (Women's group)**

**Thursday • 10:00 - 11:00 am**

### Lady's Bible Discussion Group

Lady's Bible Discussion.... From Fear to Faith. Do you have any stress causing worries and fears: living alone, health, caretaking, autonomy, death, relationships, family, etc.? If so, this group is for you.

#### Bear Canyon

**Monday • 2:00 - 3:30 pm**

## BOOK AND DISCUSSION

### Classic and Great Books Discussion Group

Read and discuss the classics with this group.

#### Bear Canyon

**2nd and 4th Friday • 1:00 - 3:00 pm**

### French Language Book Club

Improve your French language skills through reading.

#### Palo Duro

**Monday • 3:00 - 4:00 pm**

### **Inquiring Minds**

All members take turns researching topics and presenting them to the class for discussion and further study, if desired.

#### **Bear Canyon**

**Monday • 10:00 - 11:00 am**

### **Libros**

Learn book-making techniques.

#### **Manzano Mesa**

**1st Saturday • 9:00 am - 12:00 pm**

### **Mystery Book Club**

All the books that we read are available at the public library. Everyone is welcome!

#### **Palo Duro**

**2nd Tuesday • 1:30 - 2:30 pm**

### **New Mexico State Poetry Society (Albuquerque Chapter)**

Recognizes the importance of poetry.

#### **North Domingo Baca**

**2nd Saturday • 12:30 - 2:30 pm**

### **Novel Book Club**

Meet monthly to discuss the chosen book. New members welcome.

#### **Highland**

**2nd Saturday • 2:45 - 3:45 pm**

### **Open Topic Discussion Group**

Discuss ideas, values and problems of the times. Occasionally, guest speakers are invited.

#### **Palo Duro**

**Thursday • 1:00 - 3:00 pm**

### **Poetry Critique Group**

Submit original poetry for critiquing.

#### **North Domingo Baca**

**Wednesday • 10:00 am - 12:00 pm**

## **COMMUNITY GROUPS**

### **Bead Society of New Mexico**

Extremely fun group of individuals with a diverse set of talents including bead weaving, stringing, wirework, metalwork, lamp work, and more.

#### **North Domingo Baca**

**4th Monday • 6:30 - 8:30 pm**

### **Chinese American Speaker Series**

Meetings, presentations, interviews and work by a guest speaker.

#### **North Domingo Baca**

**4th Saturday • 10:00 am - 12:00 pm**

### **District 4 Coalition**

A community council event working to make local neighborhoods safer.

#### **North Domingo Baca**

**3rd Wednesday • 7:00 - 8:45 pm**

### **Gray Panthers of Greater Albuquerque**

All ages, genders, and ethnic and economic backgrounds are welcome to come help promote social and economic justice. Guest speakers cover current local and national issues.

#### **Highland**

**4th Saturday • 1:00 - 3:00 pm**

### **Italian Club**

Celebrate Italian culture through film.

#### **North Domingo Baca**

**1st Thursday • 6:30 - 8:30 pm**

### **Kiwanis Club of Coronado**

Focuses on changing the world by serving children one child, one community at a time.

#### **North Domingo Baca**

**3rd Tuesday • 5:15 - 7:30 pm**

### **Red Hat Society**

Join your senior sisters across the nation and the world, and greet middle-age with verve, humor and frivolity. The only criteria for joining are willingness to share a red hat.

#### **Palo Duro**

**1st Saturday • 11:00 am - 12:30 pm**

#### **Manzano Mesa**

**3rd Thursday • 10:00 - 11:00 am**

### **Sociable Singles**

Join this fun group of single seniors for trips and games.

#### **Bear Canyon**

**1st Tuesday • 11:30 am - 1:30 pm**

**3rd Friday • 3:00 - 4:45 pm**

**4th Thursday • 3:00 - 5:00 pm**

### **Senior SAGE Group**

We share about what's happening in our lives and our community. Plus, discuss ideas on how we can make things better for LGBT older adults and all members of our community.

#### **Highland**

**3rd Wednesday (Men's Group)**

**10:00 am - 12:00 pm**

### **Senior LGBT Monthly Meeting**

This is a time to get together and share what's happening in our lives and our community. Plus, we will discuss ideas on how we can make things better for LGBTQ older adults and all the members of our community.

#### **Highland**

**2nd Thursday • 2:00 - 4:00 pm**

### **OLOC (Old Lesbians Organizing for Change)**

This group is a cooperative community of old lesbian feminist activists from many backgrounds.

#### **Highland**

**3rd Saturday 12:30 - 3:30 pm**

### VFW Post 10763

Veterans of foreign wars get together to share experiences.

#### Bear Canyon

**1st Thursday • 10:00 - 11:15 am**

### Vietnamese Seniors

Local Vietnamese community meets to exchange stories and experiences.

#### Manzano Mesa

**Saturday • 9:00 am - 12:00 pm**

## FAMILY

### Genealogy

Learn to research your family history using internet sources, including tools and references on how to get started. No registration required.

#### Bear Canyon

**3rd Friday • 12:30 - 2:30 pm**

## LANGUAGE

### Dutch-Speaking Group

Practice your Dutch with this fun, easygoing group.

#### Bear Canyon

**Friday • 10:00 - 11:30 am**

## MUSIC

### Albuquerque Accordion Group

Group open to accordion players of any level.

#### Bear Canyon

**2nd and 4th Thursday • 7:00 - 9:00 pm**

### Albuquerque Recorder Orchestra

This group practices and performs together.

#### Palo Duro

**Saturday • 10:00 - 11:30 am**

### Band Practice: Los Amigos

Practicing Rancheras and New Mexican music.

#### North Valley

**Tuesday • 1:00 - 2:30 pm**

### Beartones

This is a four part (soprano, alto, tenor and bass) singing group. Ability to read music is a plus.

#### Bear Canyon

**Thursday • 10:00 am - 12:00 pm**

### Choralaires

No musical training is required. Group also performs at community venues.

#### Palo Duro

**Monday • 9:00 - 11:00 am**

### Guitar: Beginning

You need your own instrument and music stand.

#### Bear Canyon

**Wednesday • 8:30-9:45 am**

### Guitar Group

For those who can play guitar. Also, other instruments are welcome. You need your own instrument and music stand. We welcome musicians, amateurs and professionals.

#### North Valley

**Tuesday • 10:15 - 11:30 am**

### Guitar Workshop

A jam session for all levels.

#### Bear Canyon

**Monday • 1:00 - 4:00 pm**

### Hi-Toners

If you enjoy singing and learning different melodies this group is for you. It's open to those who read music or want to learn. Hi-Toners perform at many different community events.

#### Highland

**1st, 2nd and 3rd Friday • 10:30 am - 12:00 pm**

### Harmonizers

We have the most wonderful choral group you can imagine. The Harmonizers perform at nursing homes and church events. New singers welcome to join.

#### Highland

**Wednesday • 10:00 am - 12:00 pm**

### Jug Band Practice

Folk music practice group.

#### Palo Duro

**Monday • 11:30 am - 1:00 pm**

### Mesquite Smoking Swing Jam

Come play and sing all the hits! All instruments welcome.

#### Palo Duro

**Tuesday 1:00 - 2:30 pm**  
**Not meeting 2nd Tuesday**

### Piano: Beginning/Intermediate Workshop

Come learn to play the piano or improve your skills with us.

#### Bear Canyon

**Friday • 9:00 - 10:30 am**

### Piano: Intermediate Workshop

Students late elementary to advanced. Bring your own piano music books. Some music will also be provided.

#### Bear Canyon

**Friday • 10:45 am - 12:00 pm**

### Roadrunner Strummers

Peace, fun and harmony with the ukulele. New members welcomed.

#### Highland

**Saturday • 10:00 am - 12:30 pm**  
Not meeting on 1st Saturday

### Violin Workshop

Learn the basics of playing the violin. Students must have their own instrument. Beginners welcome.

#### Bear Canyon

**Friday • 8:00 - 10:00 am**

## NEIGHBORHOOD ASSOCIATION

A group of residents or property owners who advocate and organize activities within the neighborhood.

Noreste Neighborhood Association

#### North Domingo Baca

**1st Tuesday • 7:00 - 8:45 pm**

### Northeast Area Community Policing Council

#### North Domingo Baca

**2nd Tuesday • 6:00 - 8:30 pm**

### New Mexico Solar Energy Board Meeting

#### North Domingo Baca

**3rd Tuesday • 5:30 - 8:00 pm**

### Vineyard Estates Neighborhood Association

#### North Domingo Baca

**4th Thursday • 7:00 - 8:15 pm**

## OTHER GROUPS OF INTEREST

### Albuquerque Congress of Real Estate (ACRE)

If you are a real estate investor this is the meet up for you.

#### North Domingo Baca

**1st Thursday • 6:00 - 8:45 pm**

### Albuquerque Tea Party

Get together and discuss political issues.

#### North Domingo Baca

**Every Tuesday except 3rd Tuesday**  
**6:30 - 8:30 pm**

### Cherokee SW Township

Members of the Cherokees nation gather to discuss traditions and culture.

#### Bear Canyon

**2nd Saturday • 10:30 am - 2:30 pm**

#### Manzano Mesa

**3rd Saturday • 12:00 - 3:00 pm**

### Duke City Flyers

Development of aeromodeling through education, promotion and community-based programming. Inspiring the young and young-at-heart to pursue a hobby that will inspire creativity and advance learning through the use of hands-on applications.

#### North Domingo Baca

**2nd Thursday • 6:00 - 8:00 pm**

### New Mexico Solar Energy Board Meeting

All members welcome; monthly board meeting.

#### North Domingo Baca

**3rd Tuesday • 5:30 - 8:00 pm**

### OFA Nob Hill

This group of citizens support and get involved in local charities and organizations.

#### Highland

**1st Saturday • 10:00 am - 12:00 pm**

### Rock Mountain Flying Machine

Founded 30+ years ago. The club is recognized as an AMA Gold Leader Club. An organization that celebrates aviation of all shapes and sizes. You, too, can take to the skies with the RMFM Club.

#### North Domingo Baca

**1st Tuesday • 7:00 - 8:45 pm**

### T.O.P.S. Take Off Pounds Sensibly

Helping people take off pounds sensibly.

#### Bear Canyon

**Thursday • 8:00 - 9:15 am**

#### Manzano Mesa

**Friday • 10:30 - 11:30 am**

#### Palo Duro

**Monday • 11:45 am - 1:00 pm**

### Zia Sundials, Chapter #106

Members of the National Association of Watch and Clock Collectors.

#### Bear Canyon

**2nd Saturday • 1:00 - 2:30 pm**

## OUTDOOR SPORTS

### 50+ Senior Softball League Meeting

This league is a semi-competitive softball league for men 50+.

#### Highland

**2nd Friday • 9:30 - 11:00 am**



### Fishermen's Club

Male and females anglers at all levels meet every week or bi-weekly to decide where the group will go fishing in New Mexico.

#### Bear Canyon

**Meeting: every other Monday  
1:00 - 2:00 pm**

#### Los Volcanes

**Meeting: Wednesday • 9:00-10:00 am  
Trips: Every Thursday • 5:10 am - 4:00 pm**  
*\*Please check with front desk for club schedule*

#### North Valley

**Meeting: every Monday • 10:00 - 11:00 am  
Trips: Every Tuesday • 5:00 am - 5:00 pm**

### Rock Hound Club

Travel with us as we search for treasure.

#### Palo Duro

**Meetings: Thursday, 1st and 3rd  
12:00 - 1:00 pm  
Trips: Thursday, 2nd and 4th  
8:00 am - 4:30 pm**

### USA Track Field of NM

If you like to run join us.

#### North Domingo Baca

**1st Thursday • 6:45 - 8:45 pm**

## PHOTOGRAPHY

### Photography Club

Photography club will meet to decide where the club is going to go for our monthly club trips. We will also have basic photo and camera instruction, suitable for all levels.

#### North Valley

**Every other Monday • 10:00 - 11:30 am**

## SENIOR ISSUES

### NARFE Chapter 80

The National Active and Retired Federal Employees Association members meet to help preserve federal retirement and health benefits. Open to civilian employees, retirees, survivors and spouses.

#### Palo Duro

**1st Saturday • 11:00 am - 12:45 pm**

### Retired Physicians Group

This group discusses current medical issues and advancements.

#### Palo Duro

**Monday • 2:45 - 4:30 pm**

## SOCIAL NETWORKING

### Game Night for Widows Group

Share, listen and support one another.

#### North Domingo Baca

**3rd Tuesday • 4:40 - 8:30 pm**

#### Kiwanis

#### North Domingo Baca

**Monday (Bi-Weekly) • 6:00 - 8:00 pm**

## SPECIAL INTERESTS

### Deaf Seniors Citizens of Greater Albuquerque

Social group for deaf seniors.

#### Palo Duro

**Thursday • 8:30 am - 12:00 pm**

### Investment Club

Club follows the NAIC program.

#### Palo Duro

**3rd Wednesday • 10:00 am - 12:00 pm**

### Philatelic Society

Join us for mixtures and the trading circuit of stamps.

#### Palo Duro

**Monday • 11:15 am - 2:30 pm**

### Speak with Distinction Toastmasters

Practice your public speaking skills.

#### Manzano Mesa

**Thursday • 5:30 - 6:30 pm**

## SUPPORT GROUPS

### Albuquerque Fibromyalgia Support Group

Come join us, discuss symptoms and treatments.

#### North Domingo Baca

**1st Tuesday • 1:00 - 3:00 pm**

### Alzheimer's Association Caregiver Support Group

Meet with other caregivers to learn about local resources.

#### Palo Duro

**1st and 3rd Friday • 10:30 am - 12:00 pm**

## Compassion and Choices

Works to help establish end of life decisions and support one another.

### Highland

**1st Friday • 10:00 am - 12:00 pm**

## Food Addicts in Recovery Anonymous

National group gathers for support and to discuss current issues.

### Palo Duro

**Saturday • 9:00 - 10:30 am**

## Grief Support Group

Gather with others going through similar experiences.

### Bear Canyon

**Monday • 3:00 - 4:30 pm**

## Multiple Sclerosis

Self-help group brings people together who share life experiences for support, education and mutual aid.

### North Domingo Baca

**3rd Thursday • 12:30 - 2:30 pm**

## Post-Polio Support Group

The Post-Polio Support Group offers emotional support and education about "post-polio syndrome." This group provides discussion and presentations on managing the physical changes.

### Highland

**1st Saturday 1:00 - 3:00 pm**

## Prostate Cancer Support Group

Support group for men going through prostate issues.

### Bear Canyon

**1st and 3rd Saturday • 12:00 - 2:45 pm**

## TRAVEL

### Albuquerque Travel Partners

This group brings together lively seniors to discuss potential travel destinations.

### Palo Duro

**2nd and 4th Tuesday • 1:00 - 3:00 pm**

### HEAT-High Energy Active Travel Group

Come join other adventurers who want to explore and travel together. "It's not about the destination but the journey."

### Bear Canyon

**1st and 3rd Friday • 1:00 - 3:00 pm**

### Siglo de Oro RV Club

Let's go RVing. Have fun meeting new people. We go out once a month. We plan trips to different places at our monthly meeting.

### Bear Canyon

**3rd Tuesday • 10:00 - 11:00 am (except November and December)**

## WRITING

### Albuquerque Cyberscribes Writing Group

We help writers bring their voices to the page.

### North Domingo Baca

**Monday • 6:30 - 8:45 pm**

### Escribiente Calligraphy Society

For more information about escribiente calligraphy: [escribiente.org](http://escribiente.org).

### Manzano Mesa

**1st Wednesday • 6:30 - 8:30 pm**

## Memories - Autobiography

Participants are led through themes and priming questions that evoke memories of events once known but have been filed away and seemingly forgotten.

### Bear Canyon

**Tuesday • 9:00 - 11:15 am**

## Writing Group

Get together, write stories and memoirs and share.

### North Domingo Baca

**Wednesday (Bi-Weekly) • 2:30 - 4:45 pm**

## Voices of the Valley Poetry Group

Voices of the Valley poetry group is about poets getting together to read, write and discuss poetry of all genres. Limit 8 in a group.

### North Valley

**2nd and 4th Friday • 1:00 - 3:30 pm**





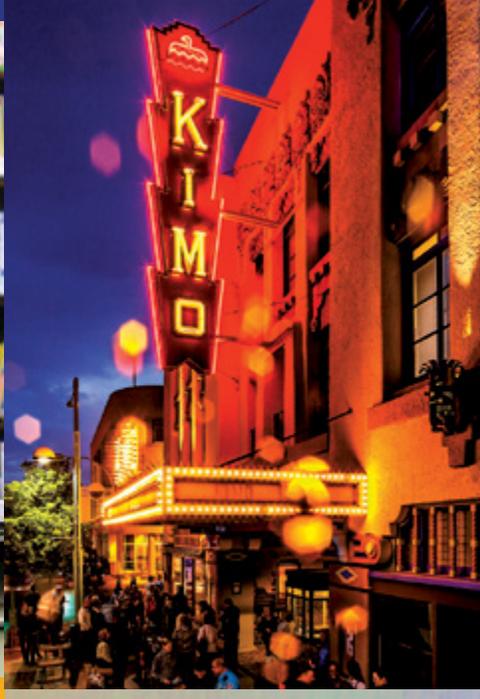
### Albuquerque Public Art Program

With 1,000 works of art in the city's collection, there's something for everybody to enjoy throughout the city! Discover them all.



### the Public Library ABQ-Berenco

The Public Library offers free and open spaces that serve as gateways to connect, develop opportunities, gain knowledge and grow. With 18 locations providing innovative library services, collections, cultural programs and technologies, we are at the heart of our neighborhoods and community.



### KiMo Theatre

Built in 1927 by Oreste Bachechi as a place to showcase movies and vaudeville acts. Today the KiMo contributes to the vibrant nightlife of Downtown Albuquerque by offering classic and contemporary films, live music, ballet, opera and much more. The KiMo Theatre is known worldwide for its unique pueblo-deco architecture.



### ABQ BioPark

From elephants to eels and blossoms to boats, the ABQ BioPark Zoo, Aquarium, Botanic Garden and Tingley Beach are naturally amazing.

# Albuquerque Find your essence

Edward Gonzales  
*Portrait of Patrocinio Barela, ca. 1981, acrylic on canvas*



## Cultural and Community Events

Discover what makes Albuquerque such a fun city for visitors and residents alike. Parades, dance, films, concerts, theatre, fairs, street festivals and more.

## Albuquerque Museum

The Albuquerque Museum celebrates the rich culture of art, history and people through local, regional, national and international exhibitions. Bringing the world to Albuquerque, and Albuquerque to the world.

## Anderson-Abruzzo Albuquerque International Balloon Museum

The Balloon Museum houses the complete history of lighter-than-air flight and is Albuquerque's premier air and space museum.

## ABQ BioPark Botanic Garden

A world-class institution, the ABQ BioPark Botanic Garden includes many paths of formal and whimsical gardens to delight your senses.

# Satellite Senior Center/Meal Site Activities

## ARTS AND CRAFTS

### Arts and Crafts

For those interested in decorative design and handicrafts.

#### La Amistad

Wednesday • 10:00 - 11:15 am

#### Paradise Hills

Friday, call for details

#### Tijeras

Thursday • 10:00 am - 3:00 pm

#### Whispering Pines

Monday - Friday • 9:00 am - 3:00 pm

### Art and Crafts Sharing

Join us as we take the opportunity to share our great projects.

#### Tijeras

Thursday • 10:00 am - 3:00 pm

#### Whispering Pines

Friday • 9:00 am - 3:00 pm

### Beading

Learn the art of beading.

#### Tijeras

Thursday • 10:00 am - 3:00 pm

### Embroidery, Computerized

Come learn the art of using a specialized machine to create beautiful designs.

#### Whispering Pines

Monday - Friday • 9:00 am - 3:00 pm

### Quilting, Long Arm

Ever wonder what long arm quilting is? Come see a quilt put together using this machine.

#### Whispering Pines

Monday - Friday • 9:00 am - 3:00 pm

### Sewing

Come learn how to sew.

#### Paradise Hills West Annex

Friday, Open studio • 8:30 - 11:30 am

#### Whispering Pines

Monday - Friday • 9:00 am - 3:00 pm

## CARDS AND GAMES

### Bingo

Join us as we have fun playing a variety of games.

#### Alameda/Raymond G. Sanchez

Tuesday and Thursday • 10:00 - 11:30 am

#### La Amistad

Monday and Thursday • 1:00 - 2:00 pm

#### Paradise Hills

Tuesday and Thursday, call for details

#### Rio Bravo

Tuesday and Thursday • 9:30 - 11:30 am

#### Tijeras

Friday • 12:00 - 2:00 pm

### Billiards

Come have fun and socialize while you shoot pool.

#### Paradise Hills

Tuesday and Thursday, call for details

#### Rio Bravo

Monday, Wednesday, Friday • 8:00 am - 1:00 pm

#### Tijeras

Monday - Friday • 9:00 am - 3:00 pm

### Board Games/Cards

Come join us as we play a variety of board and card games.

#### La Amistad

Monday - Friday • 9:00 am - 3:00 pm

#### Paradise Hills

Friday, call for details

#### Rio Bravo

Monday - Friday • 8:00 am - 1:00 pm

#### Tijeras

Tuesday • 10:00 - 11:15 am

### Dominos

Come join us for this tile-based game.

#### Paradise Hills

Tuesday and Thursday, call for details

### Mah Jongg

This game is played with 144 tiles that are drawn and discarded until a player gets a winning hand.

#### Tijeras

Friday • 11:30 am - 3:30 pm

### Wii

Play and get active with the different games offered.

#### La Amistad

Monday - Friday • 9:00 am - 3:00 pm

#### Paradise Hills

Tuesday and Thursday, call for details

## COMPUTERS

### Computer Lab

Come check your email, surf the web or check your social media during open hours.

#### Tijeras

Monday - Friday • 8:30 am - 4:30 pm

#### Paradise Hills

Monday-Friday • 8 am - 2 pm

## FRIENDSHIP COFFEE

### Coffee Socials

Meet and greet with a nice cup of coffee.

#### Alameda/Raymond G. Sanchez

Monday - Friday • 9:00 - 10:00 am

#### La Amistad

Monday • 9:30 - 10:30 am

#### Paradise Hills

Monday - Friday • 8:00 - 11:00 am

#### Rio Bravo

Monday - Friday • 8:00 am - 1:00 pm

#### Tijeras

Monday - Friday • 8:30 am - 3:00 pm

#### Whispering Pines

Monday - Friday • 9:00 am - 12:30 pm

## GROUPS AND CLUBS

### Bible Study

Bring your bible as we go over scripture.

#### Tijeras

Wednesday • 12:00 - 3:00 pm

### Library Club

Join us for a trip to the Taylor Ranch library.

#### Paradise Hills

Twice monthly, call for details

### Card Group

Join us as we play various card games.

#### Paradise Hills

Monday and Wednesday, call for details

### Coloring Group

Come relax and socialize as we color.

#### Paradise Hills

Monday and Wednesday, call for details

### T.O.P.S. Weight Loss Group

Take off pounds sensibly with this support group.

#### Tijeras

Tuesday • 10:00 - 11:45 am

## LANGUAGE

### Beginning Spanish

Learn basic Spanish speaking skills.

#### Tijeras

Wednesday • 10:30 - 11:30 am

### English as a Second Language

Come learn English.

#### Paradise Hills

Tuesday, call for details

## MISCELLANEOUS

### Movies

Join us for a movie and some goodies. Have a movie suggestion? Let us know!

#### Paradise Hills

2nd Monday, trip to Movies West  
Monday mornings, call for details

### Genealogy Class

Learn to research your family history.

#### Tijeras

Wednesday • 10:00 - 11:15 am

### Flea Market

Find treasures at our monthly flea market.

#### Rio Bravo

1st Friday • 9:00 am - 2:00 pm

### Food Pantry

Join us for free monthly grocery shopping.

#### Tijeras

January 16, call for details

## MUSIC

### Intermediate to Advanced Ukulele

Come practice your ukulele skills.

#### Tijeras

Monday • 12:00 - 1:30 pm

### Intermediate to Advanced Classical Guitar

Come practice your skills on classical guitar.

#### Tijeras

Monday • 10:30 - 11:30 am

### Beginning Ukelele

#### Alameda

Monday • 12:30 - 1:30 pm

### Jam Session

All instruments are welcome; jam with us.

#### Whispering Pines

Friday • 1:00 - 3:00 pm

### Acoustic Jam

All acoustic instruments welcome; come jam with us.

#### Tijeras

Tuesday • 12:00 - 2:30 pm

**SPORTS AND FITNESS**

**Chair Yoga**

Learn Yoga poses while sitting. For those who are less mobile.

**Paradise Hills West Annex**

**Monday and Wednesday, call for details**

**Alameda/Raymond G. Sanchez**

**Monday and Wednesday • 10:00 - 11:00 am**

**Tai Chi**

**Alameda**

**Friday, 10:00 - 11:00 am**

**Chair Exercise**

A gentle exercise class.

**Paradise Hills West Annex**

**Monday, Wednesday and Friday, call for details**

**Chair Volleyball**

Join us for our weekly chair volleyball.

**Paradise Hills West Annex**

**Wednesday, call for details**

**EVENTS**

**Birthday Celebration**

Join us for a special treat as we celebrate the monthly birthdays.

**Paradise Hills**

**Last Thursday • 12:15 pm**

**Rio Bravo**

**Last Friday • 12:15 pm**

**Tijeras**

**3rd Friday • 12:00 pm**

**DAY TRIPS**

Join us for fun outings and shopping trips.

**Railrunner Trip to Santa Fe**

**Paradise Hills**

**February, April, June, August, October, December, call for details**

**Weekly Grocery Shopping**

**Paradise Hills**

**Every Monday, call for details**

**SENIOR SERVICES**

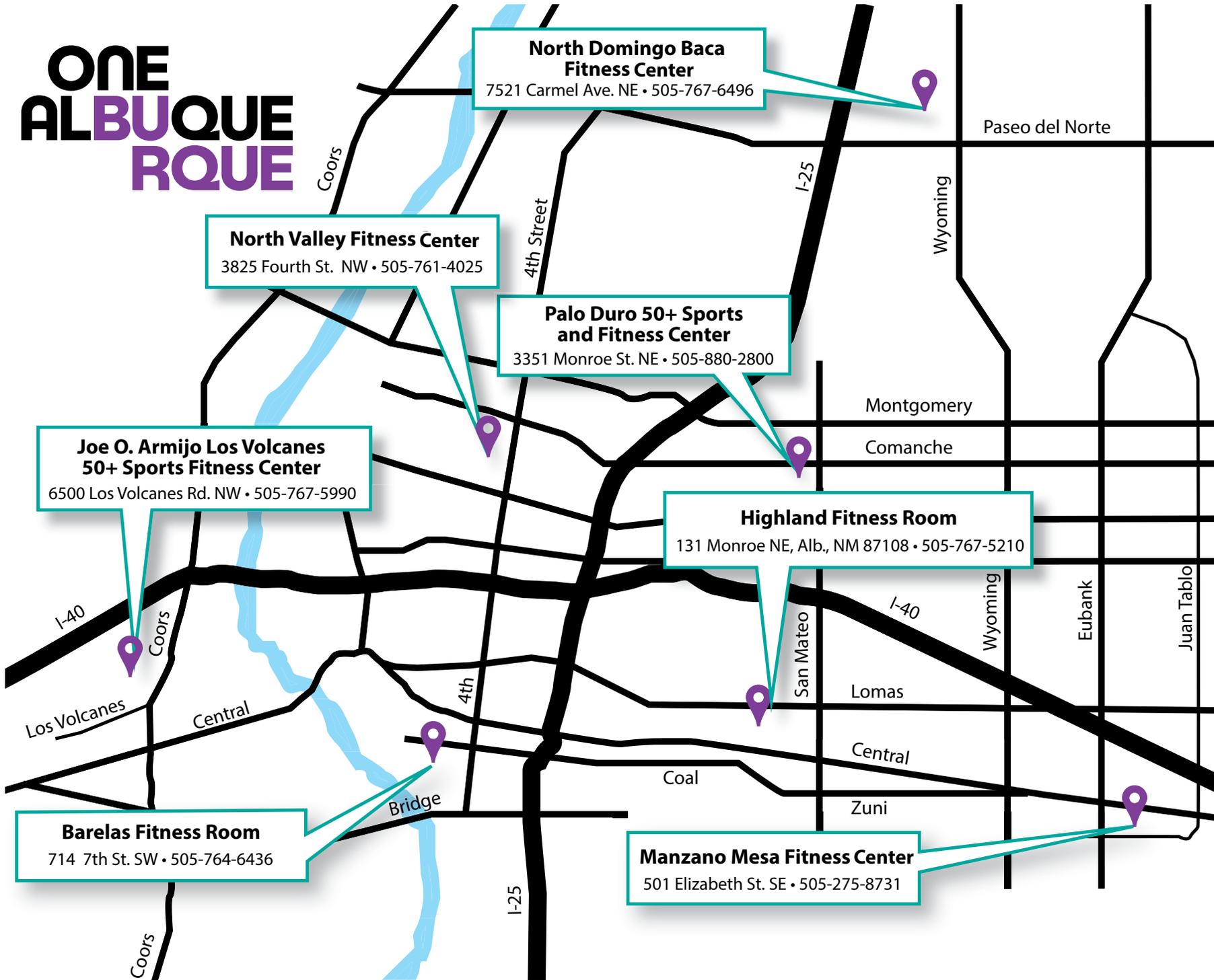
The Department of Senior Affairs provides many services.

- **Social Services**
- **Hot Meals and Satellite Centers**
- **Sports, Recreation and Fitness Activities**
- **Transportation Assistance**

Call the Senior Information Line at **(505) 764-6400** for more information.



# ONE ALBUQUE ROQUE



## 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.*

### Many Aquatic Programs are offered around The City of Albuquerque.

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 (505) 768-5353, or visit [www.cabq.gov/aquatics](http://www.cabq.gov/aquatics).**

## BADMINTON

### 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

**Monday • 1:30 - 4:00 pm**

**Tuesday • 6:00 - 8:45 pm**

**Thursday • 5:30 - 8:45 pm**

**Friday • 1:00 - 4:00 pm**

**Johnny Tapia Community Center at Wells Park**

**Tuesday and Thursday • 1:30 - 3:30 pm**

## BASKETBALL

### Open/Drop-In Basketball

Offered Monday through Saturday at the times listed below. Teams are formed as participants show up and sign in.

#### Manzano Mesa

**Monday and Wednesday • 11:45 am - 1:00 pm, West court**

**Monday and Friday • 7:00 - 8:50 pm, Both courts**

**Tuesday, Thursday and Friday • 11:00 am - 1:00 pm**

### Senior Men's Basketball

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

**Tuesday, Thursday and Friday • 11:30 am - 1:00 pm**

**Monday and Wednesday • 11:45 am - 1:00 pm**

**Friday • 11:00 am - 1:00 pm**

## EASTERN TRADITIONS

### 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

**Tuesday and Thursday • 7:15 - 8:30 pm**

*Fee: \$4/session*

### Iron Olympian Karate

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

#### Manzano Mesa

**Tuesday • 6:00 - 7:00 pm**

### Kendo Kai

Meaning "Way of The Sword," this 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

**Friday • 6:00 - 8:00 pm**

#### North Domingo Baca

**Wednesday • 6:45 - 8:45 pm**

*Fee: \$20 for adults and \$10 for youth*



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Dreamstime.com

## Beginning 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.

### Los Volcanes

**Wednesday 12:15-1:15 pm**

### Palo Duro

**Wednesday • 3:00 - 4:15 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: Molly Grady*

*Fee: \$60 per session*

## Advanced T'ai Chi Chih

### Palo Duro

**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*

*Fee: \$65 per session*

## T'ai Chi Ch'uan

A form of martial arts that provides a cardiovascular workout and improves balance.

### Bear Canyon

**Saturday • 11:30 am - 1:00 pm**

**Wednesday • 11:30 am 1:00 pm (practice)**

**Wednesday • 3:30 - 4:30 pm (practice)**

## Traditional T'ai Chi Ch'uan

Beautiful flowing movements improve balance, lower high blood pressure, increase bone density and cultivate chi, or internal energy. Traditional T'ai Chi reduces stress and arthritis pain, significantly improves brain size, improves motor control in Parkinson's and may delay the onset of Alzheimer's disease. Recent studies show T'ai Chi is anti-aging! Cultivate your chi for a long and happy life.

### Highland

**Thursday • 9:30 - 10:30 am**

**Thursday • 1:30 - 2:30 pm (short form)**

### Manzano Mesa

**Tuesday and Thursday • 9:30 - 10:30 am**

*Fee: \$5/session*

### North Domingo Baca

**Friday • 11:30 am - 12:30 pm**

### North Valley

**Monday, Tuesday and 1st Friday**

**9:30 - 10:30 am**

### Palo Duro

**Friday • 9:30 - 10:30 am**

*Not meeting 1st Friday*

## 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

**Monday • 7:00 - 9:00 pm**

*Fee: Material \$10/Month*

## EXERCISE

### Advanced Boot Camp

Interval training to boost metabolic activity and burn calories.

### Manzano Mesa

**Tuesday and Thursday • 4:30 - 5:30 pm**

## 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

**Monday, Wednesday and Friday**

**9:00 - 10:00 am**

### Joe O. Armijo Los Volcanes 50+ Sports & Fitness Center

**Monday, Wednesday and Friday**

**8:00 - 9:00 am**

### Manzano Mesa

**Monday, Wednesday and Friday**

**8:15 - 9:15 am**

### North Domingo Baca

**Monday, Wednesday and Friday**

**8:15 - 9:15 am**

### Palo Duro

**Monday, Wednesday and Friday**

**8:15 - 9:15 am**

## 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

**4th Wednesday • 8:30 am - 1:30 pm and**

**2:00 - 7:00 pm**

### Palo Duro 50+ Sports & Fitness

**1st Wednesday • 8:00 am - 6:00 pm**

## 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

**Monday and Wednesday • 5:30 - 6:30 pm**

## 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

Monday, Wednesday and Friday • 1:00 - 2:00 pm

### North Domingo Baca

Monday • 8:05 - 9:05 am and 10:15 - 11:15 am

Wednesday • 8:05 - 9:05 am and 10:15 - 11:15 am

Friday • 8:05 - 9:05 am and 10:15 - 11:15 am

### North Valley

Monday, Tuesday and Friday • 8:15 - 9:15 am

## Flex and Tone

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

### Highland

Tuesday and Thursday • 8:15 - 9:15 am

### Joe O. Armijo Los Volcanes, 50+ Sports & Fitness Center

Tuesday and Thursday • 8:00 - 9:00 am

### Manzano Mesa

Tuesday and Thursday • 8:15 - 9:15 am

### North Domingo Baca

Tuesday and Thursday • 10:15 - 11:15 am

### Palo Duro

Tuesday and Thursday • 8:00 - 9:00 am

## 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

Monday, Wednesday and Friday • 10:30 - 11:30 am

## 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

Monday, Tuesday and Friday

10:00 - 11:00 am

### Highland

Monday, Wednesday and Friday • 10:15 - 11:15 am

### Joe O. Armijo Los Volcanes, 50+ Sports & Fitness Center

Monday, Wednesday and Friday • 9:15 - 10:15 am

### Manzano Mesa

Monday, Wednesday and Friday • 9:30 - 10:30 am

### North Domingo Baca

Monday, Wednesday and Friday • 9:30 - 10:30 am

### Palo Duro

Monday, Wednesday and Friday • 9:30 - 10:30 am

## Get Moving Cardio/Aerobics Dance Class (Sponsored by Silver Sneakers)

This class is designed to strengthen the cardiovascular system and burn calories as you have fun dancing to music.

### Highland

Tuesday • 2:00 - 3:00 pm

## Hula and Hawaiian Culture

Hula is Hawaii's beautiful, joyous cultural dance. An introduction hula class for beginners will focus on the basic hand, foot, and body movements that gracefully entwine to tell stories of Hawaii's history, places, people and traditions...all infused with the spirit of Aloha.

### North Domingo Baca

Tuesday • 5:00 - 6:00 pm

Fee: \$5/session

## 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

Thursday • 11:15 am - 12:15 pm

## Pilates

Learn the importance of core stabilization, muscle balance and proper alignment while integrating the concept of mindfulness, fluidity and grace.

### Barelas

Tuesday • 8:30 - 9:30 am

### Joe O. Armijo Los Volcanes 50+ Sports & Fitness Center

Tuesday and Thursday • 10:45 - 11:45 am

Fee: \$5/session

### North Valley

Thursday • 8:30 - 9:30 am

## New Mexico Folk and Latin Dance

Receive instruction on New Mexican, Mexican and contemporary Latin dances. Athletic shoes must be worn to participate.

### Joe O. Armijo Los Volcanes 50+ Sports & Fitness Center, Aerobic Room

Tuesday • 1:15 - 2:45 pm

### North Valley

Monday • 10:00 - 11:30 am

### Manzano Mesa

Wednesday • 9:45 - 11:15 am

## Latin Dance Lessons

Learn the basics of Social Latin Dance in a friendly and fun environment catering to the novice learner! Participants will receive easy-to-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

Saturday • 11:00 am - 12:00 pm

Fee: \$5/session

## 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

**Thursday • 5:30 - 6:30 pm**

**Saturday • 9:30 - 10:30 am**

*Fee: \$3/session*

## 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

**Monday, Wednesday and Friday • 9:30 - 10:30 am**

*Fee: \$1.50/session*

## Zumba®

Zumba fuses Latin rhythms and easy-to-follow moves to create a fitness program that will blow your mind. Ditch the workout! Join the party!

### North Domingo Baca

**Monday • 9:10 - 10:10 am and  
5:45 - 7:00 pm**

**Friday • 9:10 - 10:10 am**

**Saturday • 1:00 - 2:00 pm**

*Fee: \$6/session*

### North Valley

**Tuesday • 5:30 - 6:30 pm**

*Fee: \$3/session*



## Zumba® Gold Classes

Check out this fun new dance/aerobic class. No dance experience required.

### Bear Canyon

**Monday, Wednesday and Friday  
8:15 - 9:15 am**

*Fee: \$2/session*

### Joe O. Armijo Los Volcanes 50 + Sports & Fitness Center

**Tuesday and Thursday • 9:30 - 10:30 am**

*Fee: \$2/session*

### Manzano Mesa

**Monday and Wednesday • 10:45 - 11:45 am**

### North Domingo Baca

**Tuesday • 9:10 - 10:10 am**

**Wednesday • 9:10 - 10:10 am**

**Thursday • 9:10 - 10:10 am**

### North Valley

**Thursday • 9:40 - 10:40 am**

**Friday • 9:00 - 10:00 am**

## HIKING

### 50+ Sports and 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) hikes. See our descriptions for the best hike for you. Our focus is fitness. Bring your own lunch, snacks and drinks. Pre-registration is required!

**Session I: April - June, 2020**

**Session II: July - October, 2020**

### Monday "C/D Level" Hikes

**Palo Duro 50+ Sports & Fitness Center  
7:00 am - 5:00 pm**

### Wednesday "B Level" Hikes

**Joe O. Armijo Los Volcanes 50+ Sports & Fitness Center**

**N. Domingo Baca Fitness Center  
Alternating Wednesdays • 8:00 am - 5:00 pm**

## Friday Half Day "A/B Level" Hikes

**Palo Duro 50+ Sports & Fitness Center  
8:00 am - 1:00 pm**

## Senior Center Hiking

### Bear Canyon

**Every other Thursday • 8:00 am**

### Highland

**Every other Tuesday • 8:00 am**

### Los Volcanes

**Every other Friday • 9:00 am**

### North Domingo Baca

**Every other Friday • 8:00 am**

### North Valley

**Every other Thursday • 8:00 am**

### Palo Duro

**Every other Tuesday • 8:15 am - 4:00 pm**

**Every other Saturday • 8:45 am - 3:00 pm**

## OTHER CLASSES

### Acupressure

Acupressure is a form of Chinese medicine, which restores harmony in the body, mind and spirit. Focus primarily on physical pain; this particular style is very gentle. Headaches, sinus congestion, nerve issues, muscle restriction and arthritic pain can all be improved using the acupoints and the meridian system.

### North Valley

**Friday • 9:30 am - 2:00 pm**

### Balance and Movement for Parkinson's and Others

Designed for mostly all levels with focus on balance and movement while either seated or standing. Slow movements, strength, hand-eye coordination and memory are also incorporated in a fun atmosphere. Caregivers are encouraged to attend and participate also!

### Highland

**Monday • 2:45 - 3:30 pm**

**Wednesday • 2:45 - 3:30 pm**

*Fee: \$6/session*

## Chair Massage Therapy

Choice of seated massage in a regular chair, wheelchair, or a massage chair. Natural non-invasive pain relief. Benefits include improved posture and range of motion, reduced anxiety and stress, and increased sense of well-being. Massage done for a nominal fee.

### Bear Canyon

**Monday • 12:00 - 3:00 pm**

*Fee: \$5/10 min*

## Dance and Movement for Parkinson's

Join in the musicality, rhythm, expression, inventiveness and sheer physical pleasure of dance. Customized for all abilities.

### North Valley

**1st and 3rd Thursday • 2:00 - 3:00 pm**

## Jazzercise

Jazzercise is a dance-based group fitness program. Jazzercise class features a fusion of dance, resistance training, pilates, yoga, kickboxing, and Latin-style movements set to popular music.

### North Domingo Baca

**Monday • 4:30 - 5:30 pm**

**Tuesday • 4:30 - 5:30 pm**

**Wednesday and Thursday • 5:40 - 6:40 pm**

## Reflexology Massage Therapy

Reflexology helps to relieve tension, increase blood supply to nerves and more. Christine Riboni says, "It's the Cadillac of foot massage."

### North Valley

**4th Wednesday and every Friday**

**10:15 am - 1:00 pm**

## PICKLEBALL

### Open Pickleball

Pickleball is a paddle sport that combines elements of badminton, tennis, and table tennis.

Times and locations are subject to change. Please check the website listed.

### Barelas

**Monday • 1:30 - 3:30 pm**

### Los Volcanes

**Monday • 9:30 - 11:00 am and 1:30 - 3:00 pm**

**Tuesday • 9:30 - 11:00 am and 1:30 - 3:00 pm**

### Manzano Mesa

**Thursday • 2:00 - 4:00 pm**

**Saturday • 9:00 - 11:00 am**

*Gary Rutherford (505) 507-3663  
abqpickleball.com*

## Pickleball Training

Train for the game of Pickleball, which is a paddle sport that combines elements of badminton, tennis, and table tennis.

### Manzano Mesa

**Tuesday and Thursday • 9:30 - 11:15 am**

**Saturday • 12:00 - 2:45 pm**

## SHUFFLEBOARD

### Silver Shufflers Shuffleboard

Come learn a new sport or hone your skills and play a friendly match.

Shuffleboard is one of the most popular non-cardiovascular sports around! It is learned quickly and uses the techniques of 8 ball pool on a larger floor court. All equipment and instruction is provided.

### Manzano Mesa

**Tuesday • 1:00 - 4:00 pm**

## 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

**Monday • 1:30 - 4:30 pm**

**Thursday • 9:30 - 11:00 am**

**Friday • 2:30 - 4:45 pm**

**Saturday • 9:00 - 11:00 am, 1:00 - 2:45 pm**

### Highland

**Wednesday • 3:45 - 6:30 pm**

### Manzano Mesa

**Monday - Friday • 8:00 am - 8:45 pm**

**Saturday • 9:00 am - 2:45 pm**

### North Valley

*Upon request; call for availability*

## VOLLEYBALL

### Volleyball Pick-up Games

Join the 50+ volleyball players for drop-in volleyball matches.

### Johnny Tapia Community Center at Wells Park

**Monday • 6:00 - 7:45 pm**

### Manzano Mesa, Gym

**Monday and Friday • 5:00 - 7:00 pm**



## WEIGHT TRAINING

### Weight Training Orientations

Weight training will keep you feeling and looking great. Not only will weight training give you more energy, but 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

Call (505) 275-8731 for appointment

#### North Domingo Baca

Call (505) 764-6496 for appointment.

#### North Valley

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) 764-6496 for schedule.

## YOGA

### Chair Yoga

Seated and standing poses designed to improve flexibility and balance. Practice breathing techniques for peace of mind. Please bring a water bottle.

#### North Valley

**Monday • 3:30 - 4:30 pm**

Fee: \$5/session

### Yoga, Beginning

Improve posture and core strength, as well as reduce lower back pain and increase muscle flexibility.

#### Barelas

**Monday • 9:15 - 10:30 am**

**Thursday • 8:30 - 9:30 am**

#### Bear Canyon

**Friday • 10:00 - 11:00 am**

Fee: \$5/session

#### Highland

**Monday • 1:30 - 2:30 pm**

**Wednesday (Gentle Yoga) • 1:30 - 2:30 pm**

Fee: \$6/session

#### Joe O. Armijo, Los Volcanes 50+ Sports & Fitness Center

**Thursday • 2:00 - 3:00 pm**

**Saturday • 9:00 - 10:00 am**

Fee: \$4/session

#### Manzano Mesa

**Wednesday • 4:45 - 6:00 pm**

Fee: \$7/session or \$25/session

### Yoga, Belts and Blocks

Helps improve posture and core strength, as well as reduce lower back pain and increase muscle flexibility.

#### Palo Duro

**Monday • 9:00 - 10:00 am**

**Wednesday • 5:15 - 6:15 pm**

Fee: \$3/session

### Yoga: Chair

Focus on alignment, breath, relaxation and core awareness by increasing strength, flexibility, mobility and building bone density.

#### Bear Canyon

**Monday • 2:30 - 3:30 pm**

Fee: \$5/session

### Yoga: Dahn

Dahn Yoga is the yoga of stress relief. Increase flexibility, improve breathing patterns and concentration. Through committed practice, class members can also manage problems with weight.

#### North Valley

**Tuesday and Thursday • 3:15 - 4:15 pm**

Fee: \$3/session

### Yoga: Flow, Vinyasa Flow

Class focus is on precise alignment while building a pose, finding the ease in your pose as you build strength and flexibility.

#### North Domingo Baca Fitness Center

**Monday • 5:45 - 7:00 pm**

**Wednesday • 10:45 - 11:45 am**

Fee: \$5/session

### Yoga

These classes combine core management methods with mind/ body/breath discipline.

#### North Domingo Baca

**Monday and Thursday • 10:30 - 11:30 am (Aerobics room)**

**Monday • 9:00 - 10:00 am**

**Wednesday • 5:00 - 6:00 pm**

**Friday • 1:00 - 2:00 pm**

Fee: \$6/session



### Yoga: Gentle Hatha

Develop a deeper connection to self through a slow-paced, gentle hatha yoga practice. We will utilize various breath techniques as we flow through different yoga asanas/poses to help promote stress reduction, increase flexibility and decrease chronic pain. Essential oils, affirmations and various props will be used throughout the class.

#### North Valley

**Tuesday • 4:00 - 5:00 pm**

**Friday • 3:30 - 4:30 pm**

*Fee: \$3/session*

### Yoga (Hatha/Blend) Intermediate

#### Manzano Mesa

**Monday • 6:15 - 7:15 pm**

*Fee: \$7/session*

### Yoga: Hatha

#### Manzano Mesa

**Wednesday • 9:00 - 10:00 am**

### Yoga: Hatha Plus (plus core body-work)

#### Manzano Mesa

**Friday • 9:00 - 10:00 am**

### Yoga: Kundalini

A blend of Bhakit Yoga and Raja Yoga, meditation and mental physical control.

#### Manzano Mesa

**Wednesday • 10:10 - 11:10 am**

#### North Domingo Baca Fitness Center

**Friday • 11:00 am - 12:30 pm**

*Fee: \$10/session*

### Yoga: Laughter

In laughter yoga sessions, we will teach you to laugh without a reason, without relying on humor, jokes, or comedy. It is called Laughter Yoga because it combines laughter exercises with yogic breathing. This brings more oxygen into your body and brain making you feel more energetic and healthy. Laughter is great exercise and a great stress reliever. Laughter is contagious!

#### Manzano Mesa

**Saturday • 9:00 - 10:00 am**

## 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

### Bosque Walks

Bosque Walks are designed to offer you a brisk walk through our beautiful open space.

#### Session I: April 2 - May 28, 2020

Trip One - April 2

Trip Two - April 16

Trip Three - April 30

Trip Four - May 14

Trip Five - May 28

#### Session II: September 17 - November 5, 2020

Trip Six - September 3

Trip Seven - September 17

Trip Eight - October 1

Trip Nine - October 22

Trip Ten - November 5

**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.**

# Growing with you for 80 years. *Through it all*<sup>®</sup>

Since 1940, Blue Cross and Blue Shield of New Mexico  
has proudly served generations of New Mexicans,  
helping our members and communities lead healthy and productive lives.



**BlueCross BlueShield of New Mexico**

A Division of Health Care Service Corporation, a Mutual Legal Reserve Company,  
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# Presentations

Prior Sign-up is required to attend presentations. Call appropriate center to register.

## COOKING

### Cooking For One

We'll teach you some easy tips and tricks for cooking and meal planning for one. Some ideas will save you money and show you ways to rethink your way of grocery shopping.

#### Palo Duro

**Friday, February 28 • 9:00 - 11:00 am**

*Fee: \$7.50 includes demo and tasting*

*Presenter: Food with Friendz*

### 5 Basic Sauces

These sauces are easier than you think and will give your meals that "you can only order this in a restaurant" look. We'll also share tips for using them in a variety of ways.

#### Palo Duro

**Friday, March 27 • 9:00 - 11:00 am**

*Fee: \$7.50 includes demo and tasting*

*Presenter: Food with Friendz*

### Meatless Mondays

We'll show you recipes for meatless Mondays that will surprise you. Don't expect salads!

#### Palo Duro

**Friday, April 10 • 9:00 - 11:00 am**

*Fee: \$7.50 includes demo and tasting*

*Presenter: Food with Friendz*



## HEALTH AWARENESS

### How to Stay Out of the Doctor's Office

The Standard American Diet (SAD) has guaranteed that every human who was raised in the USA is literally loaded with toxins in our blood, bones and organs. These toxins are the culprits that give us premature cardiac disease, strokes, cancer, diabetes, arthritis, you name it. When our aging bodies turn acidic, all these toxins are rendered double the trouble. Come and learn how to eliminate pain and add years to your life.

#### Los Volcanes

**2nd Wednesday • 10:15 - 11:15 am**

#### North Valley

**4th Wednesday • 10:00 - 11:00 am**

*Presenter: Dr. R. Barry King, PhD*

### Healthy Vision

As you age, your vision changes. Some conditions are normal, but others aren't. Learn about different vision problems and how they're treated.

#### Palo Duro

**Thursday, February 13 • 10:00 - 11:00 am**

*Presenter: Humana*

### Heart Failure, Hypertension, Diabetes and Other Health Topics

As we age, we encounter more chronic problems like hypertension, which can cause heart failure. Please join us for a lively discussion with an advanced practice nurse about these conditions along with information on stroke and heart attack. If you have any interest in another health condition, we can certainly discuss that, too!

#### Bear Canyon

**Wednesday, February 19 • 10:00 - 11:00 am**

#### North Valley

**Thursdays, March 12, May 21, June 25  
10:00 - 11:00 am**

*Presenter: UNMH, Heart Failure Program  
Patient Education*

## Hearing Loss

I have my new hearing aids, what now?

#### Palo Duro

**Wednesday, March 4 • 10:00 - 11:00 am**

*Presenter: McCurley Hearing Design*

## Vertigo and Imbalance

Fall prevention is better than injury, frustration, and pain. Come get the information you need.

#### Palo Duro

**Wednesday, April 1 • 10:00 - 11:00 am**

*Presenter: PTcares Physiotherapy*

## Learn to Live Well to 100

Want to live to 100 or beyond? Learn some things centenarians have in common and tips for increasing your chances of living your best life into the triple-digits.

#### Palo Duro

**Thursday, April 16 • 10:00 - 11:00 am**

*Presenter: Humana*

## Prostate Cancer Patients and Caregivers Need Support

Prostate cancer is the most common cancer in men next to skin cancer (more common than breast cancer) and often strikes unnecessary fear in people when it is diagnosed. The Prostate Cancer Support Association of New Mexico has been helping men and their supporters understand what prostate cancer is, how it is diagnosed and treated, and what to expect in the way of changes in lifestyle.

#### Bear Canyon

**Wednesday, May 13 • 10:00 - 11:00 am**

*Presenter: Prostate Cancer Support  
Association of NM*

## Comadre a Comadre for Breast Health

Comadre a Comadre is a program sponsored by the UNM College of Education providing one-on-one breast cancer education for you and your loved ones. Their Comadre Peer Patient Navigators and Peer Educators are breast cancer survivors and are trained to navigate, lend support and teach breast health classes in our community.

### Bear Canyon

**Wednesday, May 20 • 10:00 - 11:30 am**

*Presenter: Comadre de Comadre*

## Food & You: What's Aging Got to Do With It?

Our bodies need different foods and nutrients to function optimally as we age. Learn tips for adapting your diet as your metabolism, taste buds, and digestion change.

### Palo Duro

**Wednesday, June 3 • 10:00 - 11:00 am**

*Presenter: Humana*

## Know the 10 Warning Signs of Alzheimer's Disease

Alzheimer's is not normal aging. Come learn what the 10 warning signs are and have your questions answered.

### Palo Duro

**Wednesday, June 17 • 10:00 am - 11:00 pm**

*Presenter: NM Alzheimer's Association*

**“We are not surviving,  
we are thriving”**

— Jane Ong Baker, *Excercise Instructor at Barelmas Senior Center, age 79*

## Manage Your Chronic Disease (MyCD) Program Workshop

If you have (or care for someone with) a chronic health condition such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, anxiety, or other long-term health condition, this is the workshop for you. Learn from specially trained group leaders with chronic health conditions themselves. Set goals and make a step-by-step plan to improve your health and your life. Put Life Back Into Your Life.

Free 6-week workshop, 2 1/2 hour meetings. To enroll, please call (505) 880-2800.

## Diabetes Self-Management Program (DSMP)

### Palo Duro

**Thursday, January 30 - March 5 • 1:00 - 3:30 pm**

## Chronic Disease Self-Management Program (CDSMP) Workshop

### Palo Duro

**Thursday, March 26 - April 30 • 1:00 - 3:30 pm**

## Chronic Pain Self-Management Program (CPSMP)

### Palo Duro

**Thursday, May 21 - June 25 • 1:00 - 3:30 pm**



## GARDENING

### Composting with Worms

Worm composting is recycling that produces a useful soil conditioner. The class will include the selection of an appropriate worm species and creating a healthy environment for that species. Useful take-home information will cover all aspects of setting up and managing a worm composting operation indoors or outdoors. Prior to the class you may read all of the useful information at Worm Sources.

### Palo Duro

**Wednesday, January 8 • 10:00 am - 12:00 pm**

### North Valley

**Thursday, April 16 • 10:00 - 12:00 pm**

*Presenter: Bernalillo County Master Composters*

### Raised Bed Gardening & Composting

Raised bed gardening offers many excellent management options for high desert gardening. They are relatively inexpensive and contain soil, mulches and irrigation devices as well. The presentation will include a discussion about materials, design, location and watering and shading options for high desert.

### North Valley

**Thursday, February 6 • 10:00 - 12:00 pm**

### Bear Canyon

**Wednesday, June 17 • 10:00 - 11:30 am**

*Presenter: Bernalillo County Extension Office*

## Improving Garden Soil

Amending desert garden soil is a continuous effort. The class will cover the basics of soil constituents, soil testing and the benefits of the soil food web. Useful take-home information will allow participants to plan for and implement soil amending practices right away.

### Bear Canyon

**Wednesday, April 15 • 10:00 - 11:30 am**

### North Valley

**Thursday, May 7 • 10:00 - 11:30 am**

*Presenter: Bernalillo County Extension*



## HISTORY

### The Captivating and Tragic Life of Judy Garland

Judy Garland was called “the greatest entertainer who ever lived” by Fred Astaire. Yet her fantastic career and glamorous life was often overshadowed by her personal troubles and marital problems. Was growing up in Hollywood or MGM Studios or perhaps her own family responsible for her hard times? Let’s delve into Judy’s riveting life story and separate fact from myth. Clips will be shown.

### Bear Canyon

**Wednesday, January 15  
10:00 - 11:30 am**

*Presenter: Carol Venturini*

## “For God, Country, and the Thrill of It” (The Women Airforce Service Pilots of WW-II)

The Women Airforce Service Pilots (WASP) were a group of approximately 1,100 American women pilots who flew every type of aircraft in the Army Air Force inventory during WW-II. They were recruited into the civil service and trained to the same standards as Army Air Force pilots. The presentation will cover the development of the WASP program, their training, duty assignments, and the politics associated with the establishment of this pioneering group of exceptional women aviators.

### Bear Canyon

**Wednesday, January 22  
10:00 - 11:30 am**

*Presenter: Lanny Smith*

## The Fascinating and Uncommon Life of Eleanor Roosevelt

Eleanor Roosevelt was well known in the political world as the wife of President Franklin D. Roosevelt and was America’s longest serving First Lady. Yet it is Eleanor’s early private years that helped create her inquiring and determined character. Come and listen as we delve into the engrossing, extraordinary and also sometimes sad life of one of the world’s most admired people of the 20th century. Clips will be shown.

### Bear Canyon

**Wednesday, March 4 • 10:00 - 11:30 am**

*Presenter: Carol Venturini*

## Treasure Hunting in the Southwest

Where did all the treasure come from? Who put it there? When was it placed in the ground? Is it still there? William White has been writing since before the turn of the century. He first wrote about treasure hunting in the Mojave Desert of California and then New Mexico; primarily about the Caballo Mountains near Truth or Consequences, NM. Come hear his fascinating stories and maybe you will find out where you can find your treasure.

### Bear Canyon

**Wednesday, March 11 • 10:00 - 11:30 am**

*Presenter: William White*

## Growing a Runner

Runner and inspirational author discusses how courage requires the incredible power of believing in yourself. He will show a video interview, slideshow and will give away one free book.

### Palo Duro

**Thursday, April 15 • 10:00 - 11:00 am**

*Presenter: Gerry Garcia*

## Ellis Island - America’s Golden Door

Ellis Island was the golden gateway to America for over 12 million immigrants to the U.S. from 1892 until 1954. Today, over 100 million Americans can trace their ancestry to immigrants who passed through Ellis Island. But in its day, it was known to the anxious immigrants as both the Island of Hope and the Island of Tears, since its main function was as America’s main inspection station. Come and discover what immigrants faced at Ellis Island.

### Palo Duro

**Thursday, April 23 • 10:00 - 11:30 am**

*Presenter: Carol Venturini*

## Interesting Characters at the Battle of Glorieta Pass

The Battle of Glorieta Pass is sometimes referred to as the Gettysburg of the West. This significant but little known battle turned the tide for the Confederacy, destroying its hopes for a nation that spread from sea to shining sea, and denying it access to the rich California gold fields. Author and educator Jennifer Bohnhoff will introduce you to some of the colorful curmudgeons and characters who fought here in New Mexico as they tried to settle the destiny of a continent.

### Bear Canyon

**Wednesday, May 27 • 10:00 - 11:30 am**

*Presenter: Jennifer Bohnhoff*

## Humphrey Bogart and Lauren Bacall

The legendary couple, Humphrey Bogart and Lauren Bacall, were major stars of Hollywood's Golden Era. Bogart was known for his tough guy image and heavy drinking, while the much younger Bacall would be known for her sultry looks and throaty, sexual purr. Did this Hollywood power couple really have a marriage made in heaven? Come and listen as the early private lives of Bogart and Bacall as well as their famous Hollywood years will be revealed.

### Palo Duro

**Thursday, May 28 • 10:00 - 11:30 am**

*Presenter: Carol Venturini*

## LEGAL

### General Life Planning

Senior Citizens' Law Office will give an informational presentation about planning for incapacity and end of life. Topics include: powers of attorney, wills, and non-probate transfers.

### Barelas

**Wednesday, February 26  
10:30 am - 12:00 pm**

### Palo Duro

**Wednesday, March 11 • 10:00 - 11:00 am**

*Presenter: Senior Citizens' Law Office*

### Legalshield/IDShield Protection

Find out how you can get unlimited legal consultation, letters written on your behalf, wills, contracts and document reviews, 24/7 emergency legal assistance, complete identity protection and other services.

### North Valley

**Thursday, March 5**

**Thursday, April 2**

**10:00 am - 11:00 am**

*Presenter: Shirlette Weathersby*

## Power of Attorney Workshop

Join Senior Citizens' Law Office staff attorneys to complete your power of attorney documents for healthcare and finances. Please bring a current photo ID, and the names and contact information for the people you want to name as agents.

### Palo Duro

**Wednesday, April 8 • 10:00 am - 12:00 pm**

### Barelas

**Wednesday, April 22  
10:00 am - 12:00 pm**

*Presenter: Senior Citizens' Law Office*

## Real I.D. and Driver's License

Join Senior Citizens' Law Office to learn about issues seniors are facing in getting their driver's license or state ID card. Topics will include the REAL ID Act; different types of licenses; common problems; and possible solutions. Please sign-up in advance. The attorney will be available to meet one-on-one afterward to review documents and give personal advice for attendees.

### Barelas

**Wednesday, June 24 • 10:00 am - 12:00 pm**

### Bear Canyon

**Wednesday, March 25 • 10:00 - 11:30 am**

### Palo Duro

**Wednesday, February 12 • 10:00 am - 12:00 pm**

*Presenter: Senior Citizens' Law Office*

## Romance Scams

Join Senior Citizens' Law Office to learn about how to recognize and avoid romance scams. Learn why scams work so effectively, and red flags to watch for, with a focus on one of the most common and costly types: the "lonely hearts" scam.

### Palo Duro

**Wednesday, May 27 • 10:00 - 11:00 am**

*Presenter: Senior Citizens' Law Office*

## MEDICARE

### Med Care: Medicare 101 Questions and Answers

Did you know that you're still eligible for Medicare even if you plan to continue working after turning 65? Did you know you may be able to get financial assistance to help pay your Medicare premiums and qualify for lower prescription drug copays? Are you turning 65 and confused about your Medicare Health Plan options? We'll share tools and resources to help you understand the types of coverage that may be right for you. Whether you are just getting started with Medicare or simply looking to learn more, we are here to help.

**10:00 - 11:00 am**

### Barelas

**Wednesday, January 8**

**Wednesday, February 12**

**Wednesday, March 11**

### Bear Canyon

**Wednesday, January 8**

**Wednesday, April 8**

### Highland

**Wednesday, January 22**

**Wednesday, March 25**

**Wednesday, June 24**

### North Valley

**Wednesday, January 15**

**Wednesday, February 19**

**Wednesday, March 18**

**Wednesday, June 3**

### Palo Duro

**Wednesday, January 22**

**Thursday, February 20**

**Wednesday, March 25**

**Wednesday, May 20**

*Presenter: MedCare*

**Medicare Q & A**

We will address your Medicare questions.

**Palo Duro**

**Thursday, January 9 • 10:00 - 11:00 am**

*Presenter: Loreen and Lane*

**Medicare Explained**

Looks at what's available through Medicare and helps you begin to unravel the puzzle of healthcare choices. It describes eligibility and shows when changes are permitted.

**North Valley**

**Thursday, January 23 • 10:00 - 11:00 am**

*Presenter: Michael Torres*

**The Missing Pieces of Medicare**

Come learn what Medicare doesn't cover and how you can have it covered.

**Palo Duro**

**Thursday, February 27 • 10:00 - 11:30 am**

*Presenter: Loreen and Lane*

**New Medicare Options for 2020**

Come learn about your 2020 changes.

**Palo Duro**

**Thursday, March 19 • 9:00 - 10:00 am**

*Presenter: Loreen and Lane*

**Medicare Assistance Programs**

Explains Medicaid coverage, available Medicare Savings Programs, extra help and eligibility criteria, and additional benefits that are available.

**North Valley**

**Thursday, March 26 • 10:00 - 11:00 am**

*Presenter: Michael Torres*

**Medicare 101**

Have questions about Medicare? A Humana-licensed sales representative will be giving a Medicare 101 presentation.

**Palo Duro**

**Wednesday, April 22**

**Wednesday, June 10**

**10:00 - 11:00 am**

*Presenter: Humana*

**Short Term and Recovery Care**

Explains possible needs for short-term or recovery care and how these are handled by Medicare.

**North Valley**

**Thursday, April 30 • 10:00 - 11:00 am**

*Presenter: Michael Torres*

**SPECIAL INTEREST****Gambling Problem? There's Help**

What is compulsive gambling? How can you tell whether you have a gambling problem? Learn some answers to your questions. There is help available.

**Palo Duro**

**Wednesday, January 29**

**10:00 - 11:00 am**

*Presenter: Gambler's Anonymous*

**2020 Census**

The 2020 Census is closer than you think! These presentations will give a quick refresher of what it is and why it's essential that everyone is counted.

**Palo Duro**

**Wednesday, February 5**

**Thursday, March 26**

**10:00 - 11:00 am**

*Presenter: Complete Count 2020 Census*

**Current Economic Trends**

Dr. Ganderton, Professor of Economics at UNM, will discuss the economic issues currently facing the country and the globe. How do they affect retirees and their families?

**Bear Canyon**

**Wednesday, February 26**

**10:00 - 11:30 am**

*Presenter: Professor Phil Ganderton*

**Soul Punch Self Defense**

Don't be a victim. Learn basic information on how to protect yourself at any age from a certified teacher and retired police officer.

**Palo Duro**

**Thursday, March 12 • 9:00 - 11:00 am**

*Presenter: Soul Punch Self-Defense, Fee: \$20*

**Come and join the fun and see how a clown is created!**

We will start with street clothes and no make-up and magically transform to Twinkles The Clown! Twinkles has been clowning around for many years and is happy to share the fun and art of being a clown.

**Bear Canyon**

**Wednesday, March 18 • 10:00 - 11:30 am**

*Presenter: Debi Saylor*



## The Energetic of Spring; The Wood Element

We will be exploring the Energetics of Spring from a Chinese Medicine Perspective. This awareness can improve our health during the spring season. We will be looking at how our diet and acupressure points can enhance our vitality and help reduce stress. The stress can manifest in a multitude of ways: headaches, muscle, tension and digestion issues. There will be hands on practical experiences for locating acupressure points so come wearing comfortable clothing.

### North Valley

**Thursday, March 19 • 10:00 - 11:00 am**

*Presenter: Dr. Deborah Wozniak*

## So You Think You'd Like to Write a Book

Almost everyone has a book in them just waiting to be written, so where do you start, how do you finish it, and what do you do with it then? Gloria is not an expert, but has first-hand experience in writing and self-publishing five fiction novels. She can let you know what makes it fun, what makes it tough, and if the rewards are worth the effort. Gloria will discuss these topics and maybe stimulate some eventual Nobel writer in literature.

### Bear Canyon

**Wednesday, April 1 • 10:00 - 11:30 am**

*Presenter: Gloria Hightower*

## Contracting & Construction - What You Need to Know

What should you consider before your next construction project at home? Learn what you need to know before hiring for plumbing, windows, electrical, or landscaping projects.

### Palo Duro

**Wednesday, April 29 • 10:00 - 11:00 am**

*Presenter: Roland Cheeku*

## Nine Easy Pieces

Jeanne Saxon can perform magic on command...the magic of transforming the most frazzled, overworked woman into a confident, self-assured, success-oriented Diva. This program will be about 9 easy pieces, or effortless dressing. Learn how to simply take 9 pieces and make over 30 outfits. You will learn your best colors and fashion personality. No matter what your lifestyle is, Jeanne can help you feel radiant, natural and beautiful. Women of all ages are invited to attend! Life isn't perfect, but your outfit can be!

### Bear Canyon

**Wednesday, April 29 • 10:00 - 11:30 am**

*Presenter: Nygard Independent Stylist*

## Dangers of Gambling Among Seniors

In this presentation, find out why seniors are at risk for gambling addictions, learn about the different kinds of gamblers and signs to look for if there is a problem and where to get help. You will also hear stories from a few seniors who learned the hard way.

### Bear Canyon

**Wednesday, May 6 • 10:00 - 11:00 am**

*Presenter: Mary Fisher*

## Victory from the Shadows—Living with Low Vision

How do you cope with vision loss, dispel misconceptions, and find resources? Award-winning author-educators Gary Ted Montague and Elaine Carson Montague will celebrate the human spirit through humorous, heartwarming excerpts from their book, "Victory from the Shadows, Growing up in a New Mexico School for the Blind and Beyond." The book is a finalist for the 2019 New Mexico/Arizona Book Award. Unvarnished answers to your questions will also be addressed.

### Bear Canyon

**Wednesday, June 3 • 10:00 - 11:00 am**

*Presenter: Gary and Elaine Montague*

## The Energetics of Summer; Fire Element

We will be exploring The Energetics of the Summer from a Chinese Medicine perspective. This awareness can improve our health during the summer season. We will be looking at our diet and acupressure points that can enhance our vitality, and reduce anxiety and insomnia. There will be hands-on practical experiences for locating acupressure points so come wearing comfortable clothing.

### North Valley

**Thursday, June 18 • 10:00 - 11:00 am**

*Presenter: Deborah Wozniak*

## SENIOR ISSUES

### The Secret of the Reverse Mortgage

This short seminar is designed to help seniors understand how reverse mortgages work, and how banks and mortgage companies are compensated. Depending on how the reverse mortgage is structured it may provide a lower loan amount to seniors, and more revenue to the lender. Having a basic understanding gives you tools to make the best decision for your specific financial situation.

### Palo Duro

**Wednesday, January 15**

**10:00 - 11:00 am**

*Presenter: Dirk Gray*

### What's and Why's of Funeral Planning

Come to a free seminar on the "What's and Why's" of funeral planning. This will not be a FRENCH Funerals-Cremations sales presentation. We know you have choices and what we want to do is provide you the answers you need so you can make the best choice for you and your family.

### Bear Canyon

**Wednesday, February 12 • 10:00 - 11:00 am**

*Presenter: Karla Barela*

### The Five Wishes

Five Wishes is the first living will that talks about your personal, emotional and spiritual needs as well as your medical wishes. It lets you choose the person you want to make health care decisions for you, if you are not able to make them for yourself. All you have to do is check a box, circle a direction, or write a few sentences.

**Palo Duro**  
**Wednesday, February 19**  
**10:00 - 11:00 am**

*Presenter: Peter Tras III*

### Hands Across Time NM

Hands Across Time New Mexico, Inc., an Albuquerque-founded nonprofit, seeks to implement inter-generational solutions for issues facing our community's residents, namely social isolation.

**Palo Duro**  
**Wednesday, February 26**  
**10:00 - 11:00 am**

*Presenter: Hands Across Time NM*

### Are You Smarter Than a Scam Artist?

Avoid falling prey to scam artists by familiarizing yourself with ways to identify current scams and safeguarding your private information.

**North Valley**  
**Thursday, February 27**  
**10:00 - 11:00 am**

*Presenter: Michael Torres*



## Join Us!

- Fitness**      **Meals**
- Events**      **Clubs**
- Dances**      **Games**
- Classes**      **Trips**

**There Is Something For Everyone!**

### Standing Guard, Protect What You've Worked For

Strategies designed to help guard valuable assets and protect pre- and post-retirement income. We will discuss the impact of longevity, withdrawal strategies, anticipating rising costs, reviewing insurance/LTC protection, and healthcare cost concerns. Includes an option for addressing small business owners.

**Palo Duro**  
**Thursday, March 5**  
**10:00 - 11:00 am**

*Presenter: Matthew Ports, Edward Jones Office*

### Hospital Indemnity Advantage Care

Discusses available ways that help you pay for co-payments and out-of-pocket expenses arising from medical care that are not covered by insurance plans.

**North Valley**  
**Thursday, May 28**  
**10:00 - 11:00 am**

*Presenter: Michael Torres*

### Cancer Care

Programs that cover medical, non-medical and indirect costs associated with your care to provide financial peace of mind, so you can focus on what really matters most your recovery.

**North Valley**  
**Thursday, June 25 • 10:00 - 11:00 am**

*Presenter: Michael Torres*

## ESSENTIAL OILS

### Essential Oils

Essential oils are found naturally in the seeds, bark, stems, roots, flowers, and other parts of plants. They can be used for a wide range of emotional and physical wellness applications. Come and learn how these oils can help you or a family member.

**Bear Canyon**  
**Wednesday, February 5 • 10:00 - 11:00 am**

*Presenter: Sam School*

### Introduction to Essential Oils for Seniors

Learn how essential oils can provide seniors with safe, effective and affordable solutions for their health care needs. Experience samples of essential oils most commonly used to help with health concerns shared by many seniors, including problems with digestion, memory, joints, and much more.

**Los Volcanes**  
**Monday, January 27 • 2:00 - 4:00 pm**  
*Instructor: doTERRA*

### Essential Oils for Discomfort & Inflammation

Would you like to learn how to use essential oils and other all-natural products to support increased energy levels and ease discomfort and inflammation in your body? You are invited to come and learn how to take control of your health with nature's medicine and win door prizes!

**Los Volcanes**  
**Monday, February 24 • 2:00 - 4:00 pm**  
*Instructor: doTERRA*

### Essential Oils for Life Transitions, Sleep, and Mood Management

As we age, we have certain life challenges that come up we have never dealt with before. Join us to learn how to navigate these easily and to get the best out of life by supporting a restful night's sleep and managing your mood naturally with essential oils. There will be door prizes.

**Los Volcanes**  
**Monday, March 30 • 2:00 - 4:00 pm**  
*Instructor: doTERRA*

### Essential Oils for Blood Sugar, and Weight Management

Are you tired of the yo-yo ride with your weight or the highs and lows of blood sugar levels? Join us and learn how you can support your body to balance these naturally and win door prizes to start your journey.

**Los Volcanes**

**Monday, April 20 • 2:00 - 4:00 pm**

*Instructor: doTERRA*

### Essential Oils to Enhance Energy, and Memory

Have you ever wished you had more energy or you could remember where you left your keys or what you came into a room to get? Come learn and experience how essential oils can help support your body in functioning better and retaining information more easily and win door prizes!

**Los Volcanes**

**Monday, April 27 • 2:00 - 4:00 pm**

*Instructor: doTERRA*

### Essential Oils “Make and Take” Blend(s) for Cooking Workshop

Want to spice up your meals and have them taste fresh and delicious no matter what season it is? Come learn how you can use essential oils in your recipes and support a healthy lifestyle at the same time! We will be making blends to use in your Holiday cooking for you to take home and use for your loved ones. Make as many Blend(s) as you want, and all the supplies are included in the fee(s).

**Los Volcanes**

**Monday, May 18 • 2:00 - 4:00 pm**

*Fee: \$5 per product, Instructor: doTERRA*

### Essential Oils BINGO

That's right, BINGO! Come win your own free oils to support healthy digestion, breathing, circulation, energy, stress, rest and so much more! Free to play and we will be doing multiple games so bring your markers!

**Los Volcanes**

**Wednesday, June 17 • 2:00 - 4:00 pm**

*Instructor: doTERRA*

### Essential Oils “Make and Take” Aromatherapy Holiday Workshop

Come create a personalized scented candle(s) to support mood, hormones, respiratory system and mind without all the chemicals you find in the ones you buy at the store. Also create a personalized terra cotta aromatherapy necklace so you can take these benefits & share them. Make as many as you want and all the supplies are included in the fee(s).

**Los Volcanes**

**Monday, June 29 • 2:00 - 4:00 pm**

*Fee: \$5 per product, Instructor: doTERRA*

### Learn all about Essential Oils

Ongoing education. Join our monthly presentations to learn all about the wonders of essential oils. Class topics are subject to change.

**Palo Duro**

**2nd Tuesday of the Month**

**Tuesday, January 14 - Mood, Mind and Sleep**

**Tuesday, February 11 - Lifelong Nutritional Support**

**Tuesday, March 10 - Essential Oils of the Bible**

**Tuesday, April 14 - Healthy Weight Management**

**Tuesday, May 12 - Natural Skin & Body Care**

**Tuesday, June 9 - Men's Health**

**3:00 pm - 4:30 pm**

*Presenter: Lisa Massimo*

### TECHNOLOGY

#### ClearCaptions

New captioning technology for hearing loss with ClearCaptions. Come learn how this new technology can help you to communicate at a much higher level with captioning services.

**Palo Duro**

**Thursday, January 30 • 10:00 - 11:00 am**

**Highland**

**Wednesday, February 26 • 9:00 - 11:00 am**

*Presenter: ClearCaptions*

#### AARP Smart Driver TEK, 9 Safety Technologies in Vehicles

Cars are becoming more technologically advanced every day and show no sign of slowing down. This means there is more safety technology in today's cars than ever before. However, many drivers aren't familiar with how to use the technology to keep them safe. Smart Driver TEK is here to help! This fun and interactive workshop, developed jointly by AARP Driver Safety and The Hartford, provides drivers with the necessary tools to navigate modern vehicle technology.

**Palo Duro**

**Thursday, April 9 • 10:00 - 11:30 am**

**Bear Canyon**

**Wednesday, January 29**

**10:00 - 11:30 am**

*Presenter: AARP*

## Center Memberships are only \$20

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



## Why choose a Presbyterian health plan?

For starters, we provide access to the award-winning Presbyterian Healthcare System.\* We also provide convenient access to care in more ways, 24 hours a day.

Presbyterian health plans give you and your family access to:

- A comprehensive network of providers and facilities.
- Free gym memberships for most members.
- More updated facilities and hospitals in New Mexico – including PRESNow 24/7 Urgent and Emergency Care.
- Tools like 24/7 Video and Online Visits, Nurse Advice Line and MyChart for easier access to healthcare.
- Worldwide coverage for emergencies.

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*Why settle for anything less than a Presbyterian health plan?*

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\*2019 Healthgrades America's 250 Best Hospitals™

(505) Ask-PRES

 **PRESBYTERIAN**  
Health Plan, Inc.

## For decades, Senior Corps volunteers have been **making a difference** in Albuquerque!

Each year, Senior Corps volunteers serve nearly 215,000 hours in Albuquerque; this translates to a contribution valued at approximately \$4.5 million dollars!\*

*\*According to the Independent Sector, the Value of Volunteer Time in NM is \$21.20 per hour.*

Senior Corps is a suite of volunteer programs for Americans 55 years and older. Senior Corps is made up of three programs that each take a different approach to improving lives and fostering civic engagement.

**Foster Grandparent Program: Share Today, Shape Tomorrow** – tutoring and mentoring children. Earn meals while serving, and non-taxable hourly stipends for income-eligible applicants.

**RSVP: Lead with Experience** – building capacity and tackling pressing challenges in one of many organizations in the city.

**Senior Companion Program: Make Independence A Reality** – assisting older adults / providing respite care. Earn meals while serving, and non-taxable hourly stipends for income-eligible applicants.

**All three programs offer mileage reimbursements and supplemental insurance while serving.**

**Get involved by enrolling in the Foster Grandparent, RSVP, or Senior Companion program and help yourself while helping the community! Call (505) 764-6400.**



## Day Trips

### Trip Policies

- To register for trips, present your membership card.
- Registration for trips starts at 9:00 am on designated days.
- Cancellations for trips require a minimum 24-hour notice. Voicemail is available 24/7 for cancellations.
- No Show-No Call (Cancellations): DSA staff will contact Members by phone for each no show-no call. Three (3) no show-no calls in the current season/session will result in removal from all other trips during the current season/session
- For overnight, day trips, or performances that require an advanced payment, a refund will be provided if a replacement is found.
- Meals are at your expense.
- Remain with group for the entire trip.
- Return times are approximate.
- We require a two-week notice for special accommodations.

The City of Albuquerque Department of Senior Affairs, Center Policies and Procedures, Section 3.4-N, stipulates that anyone who goes on a Center-sponsored outing must "sign the Trip Release Form before leaving the Center." If an individual chooses not to sign the form, he or she will forfeit the opportunity to go on the outing and a refund will not be given.

For complete trip policies see centers

### Dates to sign up for trips:

**Tuesday, January 7, 2020** for January through March trips.

**Tuesday, March 10, 2020** for April through June trips.

## Ongoing/Variied Dates

### In Search of the Best Green Chile Cheeseburger

New Mexico didn't invent the hamburger, but we're the ones who added green chili and made it hot! No state is more passionate about its burger. Join us on our hunt to various locations over the next few months. You be the judge! You'll also get to visit various nearby attractions as an added bonus! Lunch at your own expense

#### Barelas

#### JANUARY

**Thursday, January 30**

**Check In: 8:45 am • Return: 2:30 pm**

**Restaurant: Owl Café - Albuquerque**

**Attraction: Forensic Science Center**

*Fee: Admission*

#### MARCH

**Thursday, March 12**

**Check In: 8:45 am • Return: 2:30 pm**

**Restaurant: Fuddruckers**

**Attraction: Nuclear Museum**

*Fee: Admission*

#### MAY

**Tuesday, May 19**

**Check In: 10:00 am • Return: 4:30 pm**

**Restaurant: Mineshaft Tavern in Madrid**

**Attraction: Turquoise Trail (Includes shopping in Madrid)**

### Ron's Ride & Glide

Enjoy fun-filled trips to mystery destinations. Ron will see to it that you have a wonderful time exploring the natural beauty of our state. Lunch on your own at a local restaurant.

#### Bear Canyon

**Thursday, January 9**

**Tuesday, February 11**

**Tuesday, March 3**

**Tuesday, April 7**

**Tuesday, May 5**

**Wednesday, June 10**

**Check In: 8:00 am • Return: 4:00 pm, approximately**

### Ride and Roam with Mr. Ron

The destination is a mystery but be assured, you are in for an adventure.

#### Palo Duro

**Tuesday, January 21**

**Wednesday, February 26**

**Thursday, March 5**

**Tuesday, April 21**

**Tuesday, May 26**

**Wednesday, June 24**

**Check In: 8:00 am • Return: 4:00 pm, approximately**



## Volunteer Today

LEAD. INSPIRE. CHANGE THE WORLD.

We offer a wide variety of volunteer opportunities.

Do you have time, talents, skills, or hobbies you would like to share? Are you 55 or older? Please call **(505) 764-6400**.

## A "FARE" TO REMEMBER

### El Camino Restaurant, Socorro

Take a drive down south to visit a popular down-home comfort food restaurant. They serve all your favorite New Mexican, American, and steak dishes.

**Palo Duro**

**Wednesday, January 8**

**Check In: 10:00 am • Return: 4:00 pm**

### MidTown Bistro, Santa Fe

Gourmet dining with a southwest influence, the aptly named Midtown Bistro offers fine dining with a regional influence in a warm sophisticated atmosphere. Since opening in 2013, the restaurant has become a favorite with locals and tourists alike. Enjoy a nice lunch where the food takes center stage.

**Palo Duro**

**Thursday, February 6**

**Check In: 10:15 am • Return: 4:00 pm**

### Gabriel's, Santa Fe

The personal attention to food and service is what makes Gabriel's special, a place where little touches enhance your whole dining experience. Enjoy patio dining with spectacular views of the Sangre de Cristo mountain range or where thick adobe walls and kiva fireplaces create a cozy atmosphere.

**Palo Duro**

**Tuesday, March 24**

**Check In: 10:15 am • Return: 4:00 pm**



### Cowgirl BBQ, Santa Fe

Since 1993, the Cowgirl has been serving up righteous barbecue, regional American cuisine, and a whole lot more at its Railyard location near downtown Santa Fe. Deep southwestern BBQ with a twist, Cowgirl is new-fashioned comfort food.

**Palo Duro**

**Wednesday, April 8**

**Check In: 9:45 am • Return: 4:00 pm**

### Andiamo, Santa Fe

Preparing the finest, local and seasonal ingredients with the utmost care and respect, their menu is inspired by Italian cuisine. As food is born of the region, Andiamo tries to stay true to their relationships with local growers. For that reason, they've continuously nurtured a strong connection between the Santa Fe Farmers Market and the kitchen—melding indigenous foods whenever possible, with key Italian imports. You will crave these earthy, effortless flavors long after the meal has ended.

**Palo Duro**

**Wednesday, May 6**

**Check In: 9:45 am • Return: 4:00 pm**

### Gorge Bar & Grill, Taos

With a beautiful patio overlooking the Historic Taos Plaza, this is the perfect spot to grab some lunch while taking in all that Taos has to offer. Full service menu made from scratch with only the best ingredients in their fresh and modern atmosphere is sure to please any appetite.

**Palo Duro**

**Thursday, June 11**

**Check In: 8:00 am • Return: 5:30 pm**



## January

### UNM Law Library/Lunch

Tour the University of New Mexico School of Law Library and visit the Governor Bruce King Reading room that houses and displays memorabilia from the King Collection.

**Highland**

**Tuesday, January 7**

**Check In: 9:15 am • Return: 2:00 pm**

### Matanza in Belen

The matanza has been part of New Mexico's culinary culture since the Spanish first introduced pigs to the Río Grande Valley. This daylong event offers many exciting contests including pig roasting, a red chili cook-off, horseshoe pitching, tortilla rolling and more.

**Barelas**

**Saturday, January 25**

**Check In: 8:00 am • Return: 3:00 pm**

*Fee: \$10 Admission*

**North Domingo Baca**

**Saturday, January 25**

**Check In: 8:00 am • Return: 3:00 pm**

### Matinee at Movies 8

See a recent release on the big screen.

**Manzano Mesa**

**Wednesday, January 15**

**Check In: 11:00 am • Return: 3:00 pm**

## Wheels Museum

The Wheels Museum is an organization in the Albuquerque Rail Yards dedicated to collecting, preserving and creating educational exhibits about the history of transportation in Albuquerque and New Mexico with emphasis on the impact on the development of the area. Our collections embrace the history of the railroads, the impact of the rail yards on Albuquerque, as well as automobiles, horse and wagon, and other modes of transportation.

### Bear Canyon

**Tuesday, January 21**

**Check In: 9:00 am • Return: 2:00 pm**

## Dynamax Theater

With partners D3D Cinema, Barco, and Dolby, the enhanced large-format DynaTheater now features the world's first 2D/3D digital 4K dual projection system. The system features two new projectors, new digital surround sound, and a new five story white screen. With optimum viewing throughout the renovated theater, there isn't a bad seat in the house!

### Los Volcanes

**Friday, January 24**

**Check In: 9:00 am • Return: 2:30 pm**

## Gertrude Zachary Antiques

This is a guided tour through 12,000 square feet of American and European antiques, architecture and fountains in this ABQ gem. Featured attractions are rare and unique one-of-kind pieces that you can't find anywhere else, followed by a delish lunch at Qburger.

### North Domingo Baca

**Tuesday, January 28**

**Check In: 9:45 am • Return: 3:00 pm**

## Gutierrez-Hubbell House

Join us for a tour of the historic Gutierrez-Hubbell property. Listed on the National Register of Historic Places, it features a restored hacienda with museum and temporary exhibits and working farm in the heart of the South Valley along the El Camino Real de Tierra Adentro.

### North Valley

**Thursday, January 30**

**Check In: 9:15 • Return: 2:00 pm**

## NM Museum of Natural History and Science

The New Mexico Museum of Natural History and Science takes you on a journey through New Mexico's past, from the formation of the universe to the present. Meet New Mexico's giant dinosaurs, walk through a volcano, or explore the solar system. The Museum's exhibits offer all this and more.

### Bear Canyon

**Wednesday, January 29**

**Check In: 10:30 am • Return: 4:00 pm**

# February

## ABQ Sunport, Behind the Scenes Tour

Did you know the ABQ Sunport has a meditation room? Probably not, because most people rush through the airport. The history and special perks offered by the Sunport might entice you to join this trip.

### Bear Canyon

**Tuesday, February 4**

**Check In: 8:00 am • Return: 3:00 pm**

*ID is required*

## First Friday Fractals

First Friday Fractals is the spectacular, award-winning full-dome planetarium show that takes viewers on a tour of the fractals in nature and zooms through infinitely complex mathematical fractals. Featuring original music, the show is educational, and highly entertaining.

### Los Volcanes

**Friday, February 7**

**Check In: 5:00 • Return: 9:00 pm**

## Sweet Candy/Coffee Tour/Lunch

First stop is to Elixer Boutique Chocolates to tour the sweetness of how chocolates are made, and then off to Chocolate Dude Candy Store and Coffee Shop for a taste of warm delicious coffee and candies.

### Highland

**Tuesday, February 11**

**Check In: 9:00 am • Return: 3:00 pm**

## Albuquerque Police Museum

This museum traces the history of the police department from the late 1800's to the present. There are many interesting exhibits; including photographs, uniforms, motorcycles, badges and early crime laboratory equipment.

### North Domingo Baca

**Tuesday, February 11**

**Check In: 8:45 am • Return: 2:30 pm**

*Fee: \$1.50 Admission*



### NM State Legislature Senior Day

Join us for a trip to visit the Legislature in Santa Fe. We will tour the Roundhouse hallway gallery and have lunch on the Santa Fe Plaza.

**Friday, February 14**

#### Barelas

**Check In: 10:45 am • Return: 5:00 pm**

#### Bear Canyon

**Check In: 10:45 am • Return: 5:00 pm**

#### Los Volcanes

**Check In: 10:45 am • Return: 5:00 pm**

#### Manzano Mesa

**Check In: 10:30 am • Return: 5:00 pm**

#### North Domingo Baca

**Check In: 10:45 am • Return: 5:00 pm**

#### North Valley

**Check In: 10:45 am • Return: 5:00 pm**

#### Palo Duro

**Check In: 10:45 am • Return: 5:00 pm**

### Coronado Shop

Treat yourself for Valentine's Day. Shopping and dining at stores and restaurants of your choice.

#### Manzano Mesa

**Friday, February 14**

**Check In: 9:30 am • Return: 1:30 pm**

### National Hispanic Cultural Center

Join us on a guided tour of the remarkable Torreón and the NHCC to learn about Hispanic culture throughout the world. This beautiful campus is located along the banks of the Rio Grande in the historic Albuquerque neighborhood of Barelas.

#### North Domingo Baca

**Thursday, February 20**

**Check In: 9:15 am • Return: 3:00 pm**

*Fee: \$2 Admission*

### The Turquoise Museum

View some of the world's rarest and most collectable pieces of turquoise and turquoise jewelry, now located at the Zachery Castle with its grand halls, spiral staircase and 127 chandeliers.

#### Bear Canyon

**Thursday, February 20**

**Check In: 9:00 am • Return: 2:00 pm**

*Fee: \$16 Admission*

### Loretto Chapel

The Loretto Chapel in Santa Fe is a former Roman Catholic church that is now used as a museum and a wedding chapel. It is known for its unusual helix-shaped spiral staircase (the "Miraculous Stair"). The Sisters of Loretto credited St. Joseph with its construction. It has been the subject of legend, and the circumstances surrounding its construction and its builder were considered miraculous by the Sisters of Loretto.

#### Palo Duro

**Thursday, February 20**

**Check In: 9:00 am • Return: 4:00 pm**

*Fee: \$4, ID Required*

### The Popcorn Cannery Tour

Come and join LVSC on this fun, and tasty trip. We will have the opportunity to visit this locally owned facility, and taste all the wonderful flavors they have to offer. Popcorn will also be available for purchase. Lunch is at your own expense.

#### Los Volcanes

**Tuesday, February 25**

**Check In: 9:30 am • Return: 2:30 pm**

### Kit Carson Home & Museum, Taos

The Kit Carson Home and Museum, still standing in its original footprint at 113 Kit Carson Road in Taos, was built circa 1825 and purchased by Kit Carson as a wedding gift for his third wife, Maria Josefa Jaramillo, a member of a prominent Taos family. In 1963 the Kit Carson Home and Museum was designated as a National Historic Landmark by the National Park Service.

#### North Valley

**Thursday, February 27**

**Check In: 8:00 am • Return: 5:00 pm**

*Fee: \$7 Admission*

### National Fiery Foods & Barbecue Show

Warm up your winter at the National Fiery Foods & Barbeque Show. New Mexico is the perfect place for this event, since we are known for our famous chili. Enjoy samples, cooking demonstrations, entertainment and more.

#### Los Volcanes

**Friday, February 28**

**Check In: 10:45 am • Return: 2:00 pm**

*Fee: Admission*

## March

### NM Roundhouse Tour

Join us for a tour of the NM State Capital, the only round state capital in the United States that is known informally as the Roundhouse. After the tour enjoy shopping and lunch on the Santa Fe Plaza.

#### Bear Canyon

**Thursday, March 5**

**Check In: 8:00 am • Return: 4:00 pm**

## The Georgia O'Keeffe Museum

A visit to the O'Keeffe Museum offers insight not only into the artist's paintings, but also her creative process and the light and landscape that inspired her. In addition to the main Museum campus in Santa Fe, the O'Keeffe Museum maintains O'Keeffe's two homes and studios in northern New Mexico, a research center and library, and a variety of collections relating to O'Keeffe and modern art.

**North Valley**  
**Friday, March 6**

**Check In: 10:00 am • Return: 2:30 pm**

## Las Vegas Montezuma Castle

Join LVSC on a tour to the Montezuma Castle in Las Vegas, New Mexico, and other historical sites around the district.

**Los Volcanes**  
**Tuesday, March 10**

**Check In: 8:00 am • Return: 5:30 pm**

*Fee: Admission*

## Los Alamos Science Museum

The Bradbury Science Museum is the chief public facility of Los Alamos National Laboratory. It was founded in 1953, and was named for the Laboratory's second director, Norris E. Bradbury. Experience more than 60 interactive exhibits revealing nuclear defense history and the research in life sciences, material sciences, space, supercomputing, energy, and the environment.

**Palo Duro**  
**Wednesday, March 11**

**Check In: 8:30 am • Return: 3:00 pm**

## Ojo Caliente

Long before the Spaniards described it as the "hot eye" of a deep volcanic aquifer, and even before the early Indian people gathered at these ancient springs, the waters have been flowing steadily from a source deep below the earth's surface. Ojo Caliente is the only natural hot springs in the world with the remarkable combination of five bubbling waters. Each is pleasantly pleasing to your senses.

**Bear Canyon**  
**Tuesday, March 17**

**Check In: 7:00 am • Return: 6:00 pm**

*Fee: \$33 Admission*

## Rail Runner Ride

Ride the rails from Albuquerque to Santa Fe where you may enjoy browsing and lunch.

**Manzano Mesa**  
**Wednesday, March 18**

**Check In: 9:00 am • Return: 6:00 pm**

## Jemez Springs Historic Site

The Jemez National Historic Landmark is one of the most beautiful prehistoric and historic sites in the Southwest. It includes the stone ruins of a 500 year old Indian village and the San José de los Jemez church dating to 1621. The village of Giusewa was built in the narrow San Diego Canyon by the ancestors of the present-day people of Jemez (Walatowa) Pueblo.

**Palo Duro**  
**Wednesday, March 18**

**Check In: 9:00 am • Return: 4:00 pm**

*Fee: \$5, ID Required*

## Ten Thousand Waves Spa

Among piñons and junipers are beautiful outdoor hot tubs and spa suites, world-class bodywork & skin care, and the amazing izanami restaurant. Ten Thousand Waves is dedicated to providing a Japanese sense of serenity and relaxation. Hydration is key; please make sure you bring a water bottle.

**Barelas**  
**Thursday, March 19**

**Check In: 8:00 am • Return: 6:00 pm**

*Fee: Admission, \$28 for unlimited communal or women's hot tub; other packages available for purchase*

## The Castañeda Hotel Tour

La Castañeda was built as a 25,000-square-foot railroad hotel in 1898. This Harvey House was considered an absolute jewel in the Fred Harvey chain and was built as a prototype with only 37 guest rooms and 6 bathrooms. This hotel was reached by passengers from the Atchison Topeka & Santa Fe Railroad whose tracks ran directly in front. La Castañeda is one of the earliest Harvey Houses to be built in the Mission Revival style.

**Bear Canyon**  
**Thursday, March 19**

**Check In: 8:00 am • Return: 4:00 pm**

*Fee: \$20 Admission*

## Chocolate & Coffee Expo

Chocolate and coffee lovers rejoice! This festival features cooking demonstrations, sampling, seminars, contests, live performances and a chocolate eating contest.

**North Domingo Baca**  
**Saturday, March 21**

**Check In: 9:00 am • Return: 2:30 pm**

*Fee: \$8 Admission*

### Meow Wolf

The Meow Wolf Art Complex stands as a beacon of creativity and community in Santa Fe's emerging Midtown Innovation District, welcoming locals and tourists alike to take part in fun, enriching art experiences, workshops, and community activities. Meow Wolf is an arts production company that creates immersive, multimedia experiences that transport audiences of all ages into fantastic realms of storytelling. We will have lunch at a local restaurant in town.

#### Los Volcanes

**Tuesday, March 24**

**Check In: 9:00 am • Return: 4:30 pm**

*Fee: Admission, ID Required*

### Rancho Los Luceros

Join us for a tour of the picturesque Los Luceros Historic Ranch north of Alcalde along the Rio Grande. See the magnificent Territorial-Style Hacienda that houses centuries of history within its walls. The property includes an 18th century Capilla (chapel), Victorian cottage, carriage, guest house and farmyard.

#### Bear Canyon

**Monday, March 23**

**Check In: 8:00 am • Return: 5:00 pm**

### Santuario de Chimayo/Lunch

El Santuario de Chimayo, the tiny shrine that is built on the site of what many believe to a place of miracles.

#### Highland

**Tuesday, March 31**

**Check In: 8:00 am • Return: 4:45 pm**

### Las Vegas Montezuma Castle and Dawn Light Sanctuary Tour

We will be taking a tour to the Montezuma Castle in Las Vegas, NM, and other historical buildings around the district. Lunch will be at the Plaza Hotel 1885.

#### North Valley

**Tuesday, March 31**

**Check In: 8:00 am • Return: 5:00 pm**

*Fee: \$20 Admission*



## April

### Santuario de Chimayo

Visit the famous Santuario where the extraordinary has occurred. Close to 300,000 people a year from all over visit the small church where many claim to have been healed from different ailments.

#### Palo Duro

**Friday, April 3**

**Check In: 8:30 am • Return: 4:00 pm**

#### Manzano Mesa

**Tuesday, April 7**

**Check In: 9:00 am • Return: 5:00 pm**

#### North Domingo Baca

**Tuesday, April 7**

**Check In: 8:30 • Return: 4:00 pm**

#### Barelas,

**Thursday, April 9**

**Check In: 8:15 am • Return: 4:30 pm**

#### Bear Canyon

**Thursday, April 9**

**Check In: 8:00 am • Return: 3:00 pm**

#### North Valley

**Thursday, April 9**

**Check In: 8:00 am • Return: 4:00 pm**

### Tomé Hill

Join us for a beautiful morning made even more special by the pilgrims wending their way up Tomé Hill. With faith and fortitude, the walkers are doing something that's good for their health as well as their minds.

#### Barelas

**Wednesday, April 8**

**Check In: 8:00 am • Return: 3:00 pm**

### Salinas Pueblo Missions

Salt, Societies, and Spirituality: A Tale of Two Cultures: Tucked away in the middle of New Mexico you'll find Salinas Pueblo Missions National Monument. The three sites offer a glimpse into a unique time in history. A time entrenched with cultural borrowing, conflict, and struggles. The now-abandoned sites stand as reminders of the Spanish and Pueblo People's early encounters. Third site will be visited only if time allows.

#### Bear Canyon

**Tuesday, April 14**

**Check In: 8:00 am • Return: 4:30 pm**

### Hays Honey & Apple Farm

An excellent source of local, raw honey and just about everything you could want to know about bees. Ken Hays, the owner, was the President of New Mexico Beekeeping Association for years and is one of only five remaining commercial beekeepers in the state.

#### Los Volcanes

**Tuesday, April 14**

**Check In: 10:00 am • Return: 3:00 pm**

### Skidmore's Holiday Bowling

Enjoy a little springtime bowling with your fellow members.

#### Highland

**Wednesday, April 15**

**Check In: 10:00 am • Return: 3:00 pm**

*Fee: Admission*

## Los Luceros Historic Site

A picturesque 148-acre Los Luceros ranch is located north of Alcalde along the Río Grande. Upon arriving at the site, visitors quickly realize why people have called the beautiful property home for over six hundred years. The centerpiece of Los Luceros Historic Site is a magnificent Territorial-style Hacienda that houses centuries of history within its walls. The property also includes an 18th century Capilla (chapel), Victorian cottage, carriage house, guesthouse, and farmyard. Bird watchers will find many species here.

### Palo Duro

**Thursday, April 16**

**Check In: 8:30 am • Return: 4:00 pm**

*Fee: Admission*

## Lisboa Springs Hatchery (Pecos)

Join us for a trip to Lisboa Springs Fish Hatchery. This hatchery is the oldest state trout hatchery.

### North Valley

**Thursday, April 23**

**Check In: 8:00 am • Return: 3:30 pm**

## The Castañeda Hotel Tour

La Castañeda was built as a 25,000-square-foot railroad hotel in 1898. This Harvey House was considered an absolute jewel in the Fred Harvey chain and was built as a prototype with only 37 guest rooms and 6 bathrooms. This hotel was reached by passengers from the Atchison Topeka & Santa Fe Railroad whose tracks ran directly in front. La Castañeda is one of the earliest Harvey Houses to be built in the Mission Revival style.

### Bear Canyon

**Thursday, April 28**

**Check In: 8:00 am • Return: 4:00 pm**

*Fee: \$20 Admission*

## Trip to Chimayo, NM

Chimayo is known for its spirituality and healing! Grab yourself some Holy Dirt! Great shopping for that spiritual gift and the chapels are gorgeous and humbling. Most people that visit are inspired! Kindness and compassion pour out of there! Come join the Trip to Chimayo for an uplifting experience! First stop is the Chimayo Museum; Dan will give us a guided tour where he will share with us the history of Chimayo. We're also going to visit the Ortega's Weaving Shop and the Santuario de Chimayo.

### Los Volcanes

**Wednesday, April 29**

**Check In: 9:00 am • Return: 5:00 pm**

**(approx.)**

# May

## Chaco Canyon Tour

Come join us on a scenic drive to Chaco Canyon Cultural National Historic Park where we can view the ruins of the Pueblos of the American Southwest. We will enjoy a picnic at the Gallo campground. Please pack your won lunch.

### Los Volcanes

**Saturday, May 2**

**Check In: 6:45 am • Return: 6:30 pm**

## Fiber Crawl, Española Valley Fiber Arts Center

The Española Valley Fiber Arts Center (EVFAC) is a unique resource for fiber artists and those who find beauty in the fiber arts. Visitors to the adobe storefront in the historic district of Española, New Mexico, enter a world of looms, colorful yarns, beautiful handmade textiles, books, and supplies.

### Palo Duro

**Date: TBA**

**Check In: 8:30 am • Return: 4:00 pm**

## NM Governor's Residence Tour

Join us for a tour of the New Mexico Governor's residence, the official residence of the Governor of New Mexico and his or her family. The current structure, located at 1 Mansion Drive in Santa Fe, New Mexico, has served as the Governor's official residence since 1954. It is the third home to serve this function.

### Bear Canyon

**Tuesday, May 12**

**Check In: 9:30 am • Return: 5:00 pm**

## Madrid/Lunch

Come experience the unique village of Madrid in New Mexico. Tour downtown Main Street and enjoy the unique shops and galleries.

### Highland

**Tuesday, May 12**

**Check In: 9:00 am • Return: 4:30 pm**

## Tarde De Oro

Tarde de Oro is an exciting production that focuses on the unique culture of New Mexico. The show features a rotating lineup of some of the best acts of the Southwest, which include Native American roots, Spanish and Mexican influences.

**May, TBA**

### Barelas

**Check In: 11:45 am • Return: 3:30 pm**

### Bear Canyon

**Check In: 11:45 am • Return: 4:00 pm**

### Highland

**Check In: 11:45 am • Return: 3:30 pm**

### Los Volcanes

**Check In: 11:45 am • Return: 3:30 pm**

### Manzano Mesa

**Check In: 11:45 am • Return: 3:30 pm**

### North Domingo Baca

**Check In: 11:45 am • Return: 3:30 pm**

### North Valley

**Check In: 11:45 am • Return: 3:30 pm**

### Palo Duro

**Check In: 11:45 am • Return: 4:00 pm**

### Monastery Christ in the Desert Abiquiu

We will take a scenic drive down HWY 84/285 to US Forrest Rd. through the Chama Canyon to a small community of monks "Monastery Christ in the Desert." Then we will have lunch at the Rio Chama Camp Grounds. Please pack your own sack lunch.

#### Los Volcanes

**Tuesday, May 12**

**Check In: 8:00 am • Return: 5:30 pm**

### ABC Cake Shop

The best in fresh baked treats that look as good as they taste. Cookies, cakes, cupcakes, quick breads, and other sweet surprises are created at this bakery. Take a tour and find out how the treats are created.

#### North Domingo Baca

**Tuesday, May 12**

**Check In: 9:15 am • Return: 2:00 pm**

### Chaco Canyon

Containing the most sweeping collection of ancient ruins north of Mexico, Chaco Canyon National Historic Park preserves one of the most important pre-Columbian cultural and historical areas in the United States. This trip involves a lot of walking, so comfortable dress and footwear is recommended.

#### Bear Canyon

**Thursday, May 14**

**Check In: 7:00 am • Return: 6:00 pm**

### Quilt, Craft and Sewing Festival at Expo NM

Come explore a variety of exhibits featuring sewing, quilting, needle-art, craft supplies and much more. There will also be free seminars, workshops, door prize drawings and more.

#### North Valley

**Thursday, May 14**

**Check In: 9:45 am • Return: 3:00 pm**

*Fee: \$12 Admission*

### Tent Rocks

Tent Rocks National Monument is a remarkable outdoor laboratory, offering an opportunity to observe, study, and experience the geologic processes that shape natural landscapes.

#### Barelas

**Friday, May 15**

**Check In: 8:30 am • Return: 4:00 pm**

### Coronado State Monument

While searching for the fabled seven cities of gold, Coronado instead came across twelve prosperous Tiwa farming villages. Because of conflict with Coronado, one of those villages, Kuaua, occupied since AD 1325, was soon abandoned. Visit the ruins and see some of the finest Pre-Columbian murals ever found in the painted kiva of Kuaua. At the beautiful visitor's center, enjoy seeing the artifacts and learn the history of this ancient place.

#### Bear Canyon

**Wednesday, May 20**

**Check In: 9:00 am • Return: 3:00 pm**

## June

### Hwy 63 Pecos Canyon Tour

Join LVSC for a scenic drive through the Pecos Canyon on New Mexico Hwy 63. We will stop at the Pecos Ruins Monument, Pecos Monastery, and a local campground to eat a sack lunch. Please pack your own sack lunch.

#### Los Volcanes

**Friday, June 5**

**Check In: 9:00 am • Return: 5:00 pm**

### Gilman Tunnels

Located in New Mexico's Jemez Mountains, in Sandoval County, the Gilman Tunnels blasted out of the rock in the 1920s were originally used for a logging railroad.

#### Barelas

**Friday, June 5**

**Check In: 8:30 am • Return: 4:00 pm**

### Albuquerque Folk Fest

The Albuquerque Folk Festival provides an opportunity for the public to experience and participate in folk music, song, dance, and storytelling through educational workshops, demonstrations and performances. Folk activities enhance community expression and the continuance of cultural traditions. Food and craft vendors available.

#### Palo Duro

**Saturday, June 13**

**Check In: 10:00 am • Return: 3:00 pm**

*Fee: Admission*

### Spring and Fiber Fest

Spring Festival at El Rancho de las Golondrinas celebrates water, land and life! Experience traditional activities like sheep shearing, wool, dying canoa, rope making, horno bread baking, crafts, and more. Every aspect of traditional fiber arts will be represented at this event.

#### North Valley

**Saturday, June 6**

**Check In: 9:00 am • Return: 3:00 pm**

*Fee: \$8 Admission*

### Santa Fe Opera Backstage Tour

Come discover how an opera production comes together. On the Santa Fe Opera behind-the-scenes tour you will explore many of the production and front-of-house areas.

#### Bear Canyon

**Tuesday, June 9**

**Check In: 7:00 am • Return: 3:00 pm**

*Fee: \$8 Admission*

### Telephone Museum

Housed in a charming 1906 building, visitors will enjoy the variety of switchboards that were once the "link to the world," there are hundreds of telephones on display as well as teletype machines used for news broadcasts.

**Bear Canyon**  
**Wednesday, June 3**

**Check In: 9:00 am • Return: 3:00 pm**

### Jemez/Los Alamos Spring Tour

Join LVSC as we enjoy the day driving through Jemez and Los Alamos on State Route 4. We will enjoy sightseeing Jemez Falls, Los Alamos, Pojoaque and beautiful New Mexico scenery. Please pack your own sack lunch.

**Los Volcanes**  
**Tuesday, June 9**

**Check In: 8:00 am • Return: 5:00 pm**

### Fenton Lake State Park

Pack a picnic and enjoy the view.

**Manzano Mesa**  
**Tuesday, June 16**

**Check In: 9:00 am • Return: 5:00 pm**

### A Day in Madrid

Travel the scenic Turquoise Trail and experience the village of Madrid nestled in a narrow canyon in the Ortiz Mountains. Madrid, at once a historic coal mining town and ghost town, now is a creative community with over 40 shops and galleries, several restaurants, a spa and museum.

**Barelas**  
**Thursday, June 18**

**Check In: 10:00 am • Return: 4:00 pm**

### Los Poblanos Historic Farm

Enjoy a tour through the lavender fields and learn about this farm's story. Visit the gift shop for lavender products such as teas, fudge and lotions.

**Highland**  
**Tuesday, June 23**

**Check In: 9:00 am • Return: 3:00 pm**

*Fee: Admission*

### Bradbury Science Museum

Learn about the history of Los Alamos National Laboratory, its national security mission, and the broad range of science engineering, and technology research programs undertaken to improve our nation's future.

**Bear Canyon**  
**Tuesday, June 23**

**Check In: 8:00 am • Return: 5:00 pm**

### Chuck Wagon Supper

Join us for one of the most exciting dining experiences at one of the most enjoyable attractions in the city. This adventure starts off with a riveting bird show along with hay rides that showcase the wonderful wildlife property. Save your appetite because dinner is included in this exceptional package. Once you've eaten your fill, you can relax and be entertained by live music.

**Palo Duro**  
**Saturday, June 27**

**Check In: 4:00 pm • Return: 10:00 pm**

*Fee: \$25 Meal and Admission*

### Indian Pueblo Cultural Center

The Indian Pueblo Cultural Center is home to over twenty large-scale murals by Pueblo artists, and they introduce visitors to nine of these impressive works of art. See paintings by legendary artists Pablita Velarde, Helen Hardin, and Jose Rey Toledo. We will journey through Pueblo art and culture; a moving introduction to the traditions and core values of Pueblo people. Any entry fee(s), and lunch is at your own expense.

**Los Volcanes**  
**Tuesday, June 30**

**Check In: 9:30 am • Return: 3:00 pm**

*Fee: Admission*

### Santa Fe Opera, The Barber of Seville

What's a lovelorn Count to do when he hopes to win the hand of clever Rosina? He enlists the help of a barber! Not just any barber, it's Figaro, the Barber of Seville! Hijinks and mayhem line their path to the altar. From overture to finale, it's the pinnacle of comic opera, Italian-style.

**Palo Duro**  
**Tuesday, August 4**

**Check In: 4:00 pm • Return: 12:00 am**

*Fee: \$78.50 Includes Ticket and Transportation  
No refunds unless a replacement can be secured*

### Rusalka Santa Fe Opera

Rusalka, a young water nymph, falls in love with a human prince. The witch gives her a potion that will render her human but take away her voice. Rusalka risks everything for love and ends up paying dearly. Music by Antonin Dvorak.

**Bear Canyon**  
**Tuesday, August 11**

**Check In: 4:30 pm • Return: 12:00 am**

*Fee: \$48, Includes ticket and transportation  
No refunds unless a replacement can be secured*

# Volunteer and make a difference!

Senior Corps Volunteers contribute over 215,000 hours to our community annually; this translates to a contribution valued at approximately \$4.8 million dollars!\*

\* Value of Volunteer Time according to the Independent Sector in NM is \$21.20 per hour.

## Department of Senior Affairs Transportation Nutrition Division

Volunteer drivers are needed to provide transportation for seniors to and from various meal sites, medical appointments, and grocery shopping for daily.

## Meals on Wheels of Albuquerque

Kitchen volunteers are needed any day Monday through Friday from 9 am-11 am. Volunteer Drivers are needed to deliver meals (Use of personal vehicle required).

## Catholic Charities

Volunteer drivers are needed to provide door-to-door transportation services to seniors for medical appointments and grocery shopping. Use of personal vehicle is required; agency gives mileage reimbursements.

## Adelante Development Center Benefits Counseling Center

Volunteers are needed to assist seniors and persons with disabilities in determining eligibility and enrollment for subsidized benefit programs. Training will be provided.

## Alzheimer's Association

Must have the ability to perform various clerical duties and other assignments. Flexible work days are available.

## Ronald McDonald House

Family room volunteers are needed to greet and sign in families, maintain laundry room, stock food and drinks, and help families with their needs.

## Ombudsman Program

Volunteer advocates are needed for residents in nursing homes and assisted living facilities.

## Silver Horizons

Silver Horizons wants to see low-income seniors living safe and secure, in their own homes, with enough food to eat. Help us provide groceries to over 3,500 seniors and 1,200 grandchildren every month. Call (505) 800-1400 or email ron@silverhorizons.org.



To get involved or for more information, call (505) 764-6400.

Are you 55 years of age or older? Would you like an opportunity to help your community?

**Senior Corps Volunteers receive transportation reimbursement and supplement insurance while serving.**

## Foster Grandparents: Share Today, Shape Tomorrow

Foster Grandparents serve as tutors and mentors assisting children in need of extra attention for educational, social and emotional development.

Foster Grandparents serve under the supervision of teachers and specialists in Albuquerque Public Schools, City of Albuquerque Child Development Centers, YDI Head Start Programs, and in other community programs.

Foster Grandparents serve an average of 20 hours per week, receive meals while on duty, and may qualify for a tax-free stipend.

**For information, call (505) 764-6412.**

## RSVP Volunteers: Lead with Experience

RSVP recruits and places volunteers in government and non-profit organizations to meet community needs.

With RSVP, you choose how much time you want to give and whether you want to share your skills or develop new skills.

## Senior Companions: Make Independence A Reality

Senior Companions are older adults who help other adults live independently and can provide support to family caregivers. They assist with grocery shopping and other daily tasks necessary to maintaining independent living.

Senior Companions serve an average of 20 hours per week, receive meals while on duty, and may qualify for a tax-free stipend.

You don't need medical or technical skills to be a Senior Companion. All you need to know is how to be a friend.