

Over 400 activities inside!

REGISTRATION
Begins Dec. 8, 2015

Sports & Fitness

ABQ 50+

Catalog

NOVEMBER 2014 - NOVEMBER 2015



Sports & Fitness Knows No Age!



CITY OF ALBUQUERQUE

DEPARTMENT OF SENIOR AFFAIRS

Richard J. Berry, Mayor



BERNALILLO COUNTY

DEPARTMENT OF SENIOR AFFAIRS

Jorja Armijo-Brasher, Director



505-880-2800

www.cabq.gov/seniors

Citizen Contact Center: 311

Be Active, Stay Active!



Dear Friends,

I am happy that you have the City of Albuquerque Department of Senior Affairs 50+ Sports and Fitness Program for 2015. The theme of this year's catalog is "Sports & Fitness Knows No Age!" and this catalog highlights what perseverance, training, exercise and physical activity can do for you, no matter what our age. Everyone has heard the saying, "You're only as old as you feel." An active lifestyle can produce

long-term health benefits regardless of your age. It helps prevent chronic diseases, controls weight, promotes strong bone, muscle, and joint development, and builds overall strength and endurance. I challenge you to exceed the expectations and the societal limitations of aging by trying a new sport or finding a physical activity that interest you. The Department of Senior Affairs 50+ Sports and Fitness Program offers a wide variety of indoor and outdoor activities that help you stay active, meet

new friends, and offer new experiences that you may have thought were impossible. Remember, you are only as old as you think you feel. Therefore, I encourage you to take a look through this 50+ Sports & Fitness catalog and find an activity or class that can help you improve your health and allow you to stay productive, strong and vibrant throughout your "Golden" years.

Age Well,

Mayor Richard J. Berry



Dear Friends,

As we grow older, an active lifestyle is more important than ever. We are living well into our 80s, 90s, and 100s and one of the best gifts we can give to ourselves and our families is to stay active and healthy. Regular exercise can help boost energy, maintain your independence and even reverse some of the symptoms of aging. Some people may not feel comfortable exer-

cising or participating in a sport; some may feel too old or too frail, while others believe their medical condition prevents them from performing strenuous activity. Exercise and physical activity need not be strenuous, and can be done at any age.

It is fitting that the theme of this year's City of Albuquerque Department of Senior Affairs 50+ Sports and Fitness Program catalog is "Sports & Fitness Knows No Age!". This catalog features a comprehensive program of fitness activities, classes, and sports programs for all ages and abilities. Whether you enjoy walking, running, golfing, weight lifting, water aerobics, pickleball, yoga, pilates, hiking, or playing a team sport, the

50+ Sports and Fitness Program has a number of different ways you can get active.

Whether you are generally healthy or are managing an illness, 50 years old or 100 years old, there are plenty of ways to get more active and boost your fitness. For more information regarding all of the exciting programs that the Department of Senior Affairs has to offer, please call the Department's Information Line at (505) 764-6400.

Jorja Armijo-Brasher
Director



City of Albuquerque
Richard J. Berry, Mayor

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

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

Jorja Armijo-Brasher,
Director, Department of Senior Affairs

Rhonda Methvin, Recreation Division Manager

Department of Senior Affairs Advisory Council

Debby Knotts, Chairman Marianne Chiffelle
Susan White Mabel Padilla
Agnes Vallejos

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District 2	Isaac Benton	District 7	Diane G. Gibson
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Our Vision

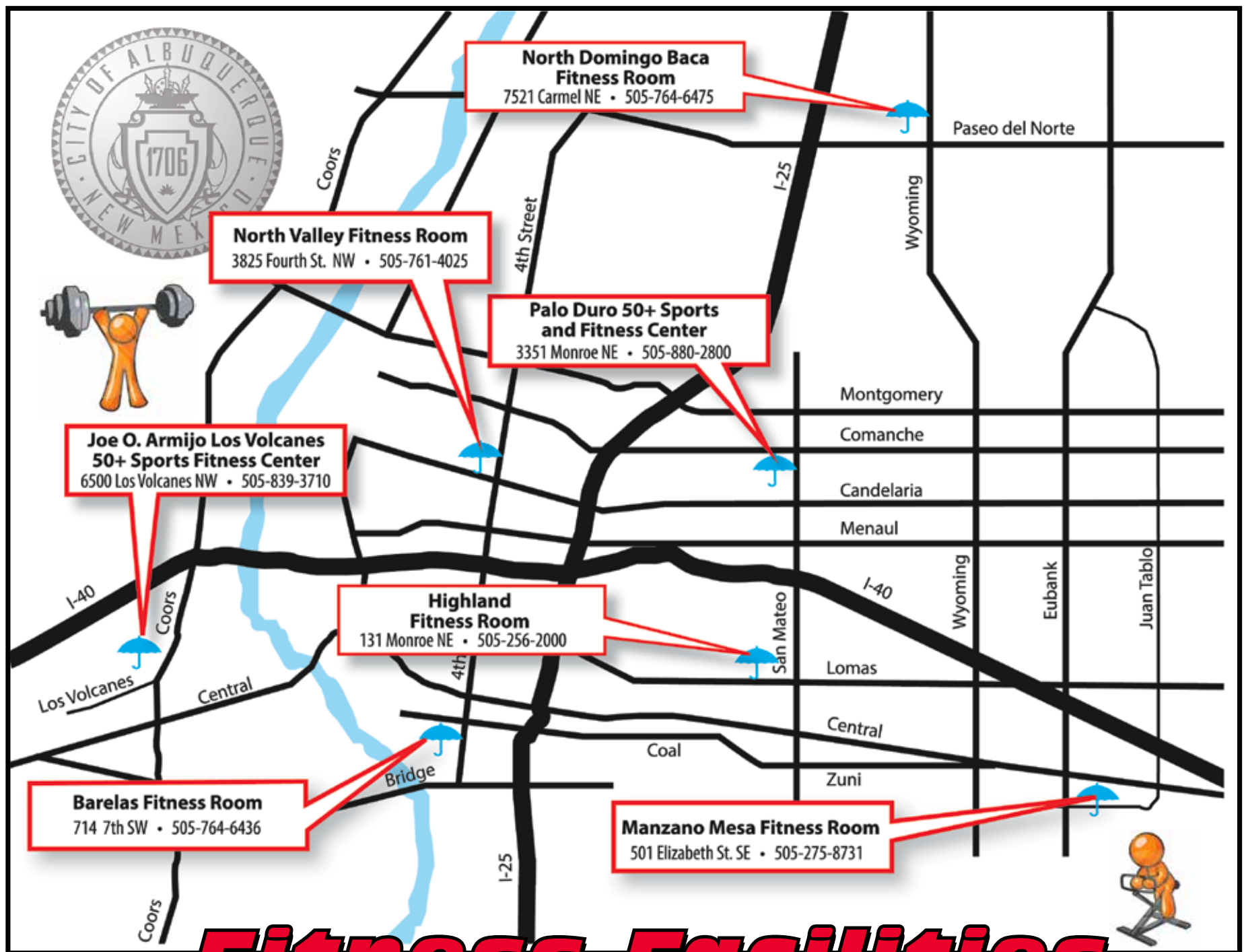
To be the community leader, who, in partnership with others, involves seniors in creating and sustaining a community where there is a growing spirit of interdependence that enhances everyone's quality of life.

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.

Department of Senior Affairs

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



Fitness Facilities



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

Highland Fitness Room
131 Monroe NE, Alb., NM 87108
Phone: 505-256-2000
Fax: 505-256-2004
Mon. - Fri. 8:00 am - 5:00 pm
Wednesday 8:00 am - 7:00 pm
Saturday 10:00 am - 4:00 pm

Joe O. Armijo Los Volcanes 50+ Sports & Fitness Center
6500 Los Volcanes NW, Alb., NM 87121
Phone: 505-839-3710
Fax: 505-839-9466
Mon. - Fri. 7:00 am - 7:00 pm
Saturday 8:00 am - 2:00 pm

Manzano Mesa Multigenerational Center Fitness Room
501 Elizabeth St. SE, Alb., NM 87123
Phone: 505-275-8731
Fax: 505-275-8734
Mon. - Fri. 8:00 am - 9:00 pm
Saturday 9:00 am - 3:00 pm

North Domingo Baca Multigenerational Center - Fitness Room
7521 Carmel NE, Alb., NM 87113
Phone: 505-764-6475
Fax: 505-764-6489
Mon. - Fri. 8:00 am - 9:00 pm
Saturday 9:00 am - 3:00 pm

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

Palo Duro 50+ Sports & Fitness Center
3351 Monroe NE, Alb., NM 87110
Phone: 505-880-2800
Fax: 505-883-9362
Mon. - Fri. 7:00 am - 7:00 pm
Saturday 8:00 am - 2:00 pm

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, six Fitness Centers and two Multigenerational Centers.



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

Closing Dates

Thanksgiving Day, Thurs./Fri.	Nov. 27-28, 2014
Christmas.....	Thursday, Dec. 25, 2014
New Year's Day	Thursday, Jan. 1, 2015
MLK Jr. Birthday	Monday, Jan. 19, 2015
President's Day	Monday, Feb. 16, 2015
Memorial Day	Monday, May 25, 2015
Independence Day	Friday, July 3, 2015
Labor Day.....	Monday, Sept. 7, 2015

2015 Cleaning Dates

Palo Duro 50+ Sports & Fitness Center

March 30 - April 4 and September 7-12

Los Volcanes 50+ Sports & Fitness Center

February 2 - 7 and July 20 - 25

Manzano Mesa Multigenerational Center

February 9 - 14 and July 27 - August 1

North Domingo Baca Multigenerational Center

March 2 - 7 and August 10 - 15



Just one of several great centers where "Fitness Knows No Age". See pages 3 and 26 for a center near you!

INSIDE Sports & Fitness

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VOLUNTEER Opportunities

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

Adapted Aquatics

Volunteers are needed to serve as substitute instructors.

Special Events

Volunteers are needed to assist with special events at all of our Fitness Centers.

Drivers

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

Albuquerque 50+ Games & Compete & Meet Games

Our competitive games need volunteers to coordinate or assist in coordinating sporting events.

Winter Sports

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

Walking & Hiking

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

Exercise Classes

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

Weight Training Orientations

Volunteer Orientation coaches are trained by our staff to teach participants safe and effective equipment use.

Orientation Coaches are needed at these sites:

1. **Palo Duro 50+ Sports & Fitness Center**
3351 Monroe NE, Alb., NM 87110 • 880-2800
2. **Manzano Mesa, Fitness Room**
501 Elizabeth SE, Alb., NM 87123 • 275-8731
3. **North Valley, Fitness Room**
3825 4th Street NW, Alb., NM 87107 • 761-4025
4. **Joe O. Armijo Los Volcanes 50+ Sports & Fitness Center**
6500 Los Volcanes NW, Alb., NM 87121 • 839-3710
5. **North Domingo Baca, Fitness Room**
7521 Carmel Ave. NE, Alb., NM 87113 • 764-6496

Interested in volunteering for any of these activities?

**Please call us at
880-2800**





OUTDOOR WINTER RECREATION

Downhill & Cross Country Skiing • Snowshoeing • Snowboarding

2015 Outdoor Winter Recreation

2015 WINTER FITNESS CHALLENGE

It's that time again! Time for a new year, a new start and a healthier you. The Department of Senior Affairs Sports and Fitness Program is challenging you to start 2015 with your health and wellness in mind. The 16-week weight loss challenge starts January 5 and runs until April 24. We will have bi-weekly weigh-ins, nutrition workshops and of course, winners in 3 different categories; total body weight lost, total percentage of body fat loss, and total fat free mass gained. No more excuses, it's time to accept our challenge and meet your goals because *Sports and Fitness Knows No Age*.

Starts January 5, 2015

16 week Challenge (ends April 24)

- Initial Weigh-ins/Body Comp
- Workout/Nutrition Logs
- Nutrition Workshops
- Workout Guides
- 2 Weigh-ins/Body Comps per Month (8 total including initial and final)

Winners for Most Body Weight Lost, Most Body Fat Lost and Most Lean Muscle Mass Gained

Before and After Pictures (optional)

Sign up at:
North Domingo Baca Fitness Room



SPECIAL WINTER TRIPS

Valles Calderas National Preserve Cross Country and Snowshoe Day Trip

Every winter we offer this special trip for cross country skiers and snowshoers to the Valles Calderas National Preserve in the Jemez Mountains. The beautiful preserve is comprised of almost 89,000 acres including the headwaters of both San Antonio Creek and the East Fork of the Jemez River.

Palo Duro 50+ Sports & Fitness Center

Moonlight Trip

Saturday, January 31, 2015

Check in: 3:30 pm Return by 11:00 pm

\$9 transportation and \$10.00 pd to Valles Caldera Ranger Station

Cindy McConnell

Palo Duro 50+ Sports & Fitness Center

Day Trip

Saturday, February 21, 2015

Check in: 8:00 am • Return: 5:00 pm

\$9 transportation and \$10 paid to Valles Caldera Ranger Station

Cindy McConnell

"50+ Winter Sports Bunch Club" 2015 Overnight Trips

These out-of-town, overnight ski and snowshoe trips are open to anyone interested. The 'Winter Sports Bunch' is a group of active seniors who enjoy taking trips together. This is a non-profit organization and the members are volunteers.

There are three winter trips in 2015. Final costs are based on the number of participants. For more information, email Cindy McConnell or Joyce O'Connell wintersportsbunch@gmail.com

Taos/Angel Fire

Jan. 13-15, 2015 \$150

Durango Mountain- Durango, Co.

Feb 10-12, 2015 \$140

Wolf Creek Ski & Nordic Areas

Pagosa Springs-Wolf Creek, CO,

Mar. 3-5, 2015 \$140

REGISTRATION
Begins Dec. 8, 2015



**For more info call:
880-2800**



2015 WINTER SPORTS DAY TRIP



2015 Outdoor Winter Recreation



A current City of Albuquerque, Department of Senior Affairs, Center membership and \$9 will cover the cost of transportation for each trip! Bring a sack lunch, snacks, water and dress warmly in layers.

Tuesday Cross Country Ski Trips

Enjoy the splendor of New Mexico's back country. Trips are open to intermediate or advanced skiers. Depending on snow conditions, destinations include the Jemez, Manzano, and Sandia Mountains. Equipment is not provided.

9 trips from Jan. 6–Mar. 24, 2015
 Check-In: 8:00 am
 Depart: 8:30 am • Return: 4:30 pm
 Cross country skiers must stay with the group.



Wednesday Snowshoeing Trips

Snowshoeing is fun! We provide snowshoes and poles or bring your own! Destinations include the Jemez, Manzano and Sandia Mountains, depending on the best snow.

9 weekly trips from Jan. 7–Mar. 25, 2015
 Check-In: 8:00 am
 Depart: 8:30 am • Return: 4:30 pm
 Snowshoers must stay with the group.

Friday Snowshoe 101 Trips

For those who would like to get outside but are new to snowshoeing. Instruction includes snowshoe techniques, basic conditioning exercises, and discussion of proper attire.

12 weekly trips from
 January 9 - March 27, 2015
 Check-In: 8:00 am
 Depart: 8:30 am • Return: 12:00 noon
 Snowshoers must stay with the group.

Thursday Downhill Skiing & Snowboarding Trips

Skiing & Snowboarding Trips:
 We do the driving and you hit the slopes at Santa Fe ski area.

12 weekly trips from
 January 8 - March 26, 2015
 Check-In: 7:00 am
 Depart: 7:30 am • Return: 4:30 pm
 Downhill skiers and Snowboarders must purchase own lift ticket.
 Seniors 72+ get FREE lift tickets.



* IMPORTANT INFO!

Trips leave from Palo Duro 50+ Sports & Fitness Center

Space is limited. Pre-payment is required to reserve your space.

For more info or to register call 880-2800

- Current membership is required
- Pre-payment required/trip

Limited to 2 registration forms/person

REGISTRATION
 Begins Dec. 8, 2015



OUTDOOR RECREATION

Hiking • Walking

Summer Sports Day Trips



HIKING

50+ Sports & Fitness Program Hiking

These hikes are designed for the beginner to intermediate hiker, varying from easy/moderate (A/B) hikes to the more challenging C/D level hikes. See our descriptions for the best hike for you. Hike the Sandia, Manzano, Jemez and Pecos wilderness areas! Our focus is fitness, but we take time to stop along the way and view birds, wildlife and wildflowers. Bring your own lunch, snacks and drinks. Trip costs vary based on 5¢ per mile for van transportation. Preregistration is required to reserve your place!

April–October, 2015

Palo Duro 50+ Sports & Fitness Center

Monday, 7:15 am–5:00 pm

Hike coordinator: Cindy McConnell

N. Domingo Baca Fitness Center

Every other Wednesday, 8:00 am–5:00 pm

Hike Coordinators: Dick Brown & Cindy McConnell

Los Volcanes 50+ Sports & Fitness Center

Every other Wednesday 7:15 am–5:00 pm

Hike Coordinators: Dick Brown & Cindy McConnell

LV-FIT & NDB-FIT dates are coordinated and offer True "B" Level hiking for hikers on both sides of Albuquerque

Hiking 101

Would you like to hike with us, but are not sure if you are able to complete a full day hike? These half day hikes through the Albuquerque Foothills and East Mountains are for you. Learn hiking techniques, conditioning and safety. Soon you will be ready to join your friends on the 'all-day' trips with confidence! Wear sturdy shoes or hiking boots, bring water and dress in layers. Nordic walking poles are provided by the center.

Palo Duro 50+ Sports & Fitness Center

Session 1: Fridays - April 17- May 22, 2015

Session 2: Fridays – August 28 – October 2, 2015

Friday, 7:10 am – Return by 1:00 pm

Instructor: Cindy McConnell, 880-2800

\$6.00/trip



WALKING

Walk About Albuquerque

Participants will learn the benefits of walking, safety tips, and different types of walking techniques, how to use a pedometer and walking poles. The program will explore the City of Albuquerque on your feet. The \$15 cost includes a pedometer, walking charts, handouts, an experienced guide and transportation!

Walk About Tuesday

Week 1: A Blossoming Adventure

Walk the Botanical Park while learning how to walk for the health of it.

Week 2: Train to Bernalillo

An historical tour of old Bernalillo - ride on the Rail Runner.

Week 3: Nob Hill

Learn about the architecture of this historical area of Albuquerque.

Week 4: The Albuquerque Bosque

Discover the natural side of Albuquerque.

Week 5: Take a Walk on the Wild Side!

Walk among the animals and be Wild!

Week 6: Plaza to Plaza

Civic Plaza to Old Town Plaza.

250 years of Albuquerque history.

Walk About Thursday

Week 1: UNM Campus

In 1892, Hodgin Hall was built on open grasslands; Come explore the beautiful campus and gardens we know today!

Week 2: Coronado Monument and Tamaya Artwork

A walk through history at Coronado to the very contemporary Tamaya, along the familiar banks of the Rio Grande.

Week 3: Downtown Public Art Walk/Reynold Neighborhood

See where that "1% for the Arts" went. We'll find the Beautiful and diverse Artwork in the cool shadows of downtown.

Week 4: Hubbel House/South Valley Neighborhoods

Explore the South Valley through its Open Spaces and the Historic Hubbel House.

Week 5: Ridgecrest Neighborhood/Veteran's Memorial

Under the shade trees of the post WWII era neighborhood, to lunch and a tour of the Veteran's Memorial.

Week 6: Huning Highland Neighborhood/Martinez Town Huning Highland Neighborhood

The railroad brought work, goods and people who built "New Town." Learn of the architecture, industry and interesting history of this Albuquerque neighborhood.

Tuesday Walks

Session I: Walk About

April 7- May 12, 2015

Session II: Walk About

August 25- September 29, 2015

Thursdays Walks

Session I: Walk About Thursdays

April 9 - May 14, 2015

Session II: Walk About Thursdays

August 27–October 1, 2015

Walk Abouts

Palo Duro 50+ Sports & Fitness Center,
3351 Monroe NE

Tues. and Thurs.,

Trip departure times vary from 7:00 - 8:45 am, depending on destination.



2015 Calendar At-A-Glance



JANUARY



Pickleball Compete and Meet Indoor Tournament
January 9,10,11

X/C ski, Snowshoe and Downhill ski trips begin

50 + Games Table Tennis competition
January 31

FEBRUARY

50+ Games Eight ball competition
February 11

50+ Games Basketball Free Throw and 3 point shot contest
February 21

50+ Games Huachas Competition
February 21

50+ Games Swimming competition
February 28

MARCH

50+ Games Shuffleboard competition
March 6

50+ Games AirGun competition
March 7

50+ Games Bowling competition
March 10,11,13

50+ Games Racquetball competition
March 19

50+ Games Badminton competition
March 20

50+ Games 5K Racewalk competition
March 21

50+ Games Talent and Dance Show Rehearsal
March 23

50+ Games Talent and Dance Show
March 24

MARCH continued

50+ Games Pickleball indoor competition
March 27 – 28

50 + Games Registration Deadline
March 27



APRIL

New Mexico State Games registration starts
April 1

50+ Games Archery Competition
April 4

50+ Games Golf Tournament
April 9

Walk About Tuesday Session 1 begin
April 7

Walk About Thursday Session 1 begin
April 9

50+ Games 5K and 10K Road race competitions
April 11

Hiking 101 trips begin
April 17

50+ Games Cycling Competitions
April 18,19

50+ Games Fun Events
April 21

50+ Games Tennis Competition
April 24 -25

50+ Games *Disc Golf* Competition (NEW)
April 28

50+ Games Horseshoes Competition
April 30

Fitness Hiking Trips begin

MAY

Fitness Hiking trips continued

50+ Games Track and Field competition
May 1,2

Walk About Tuesday continued

Walk About Thursday continued



JUNE

Fitness Hiking trips continued

New Mexico State Senior Olympics
June 2 - 6 Roswell, NM

JULY

Fitness Hiking trips continued

AUGUST

Fitness Hiking trips continued

Bench Press Workshop North Domingo Baca Multigenerational Center
August 8

Walk About Tuesday Session begins
August 25

Walk About Thursday Session begins
August 27

Hiking 101 trips begin



SEPTEMBER

Fitness Hiking trips continued

Walk About Tuesday trips continued

Walk About Thursday trips continued



OCTOBER

Fitness Hiking trips continued

Bench Press Competition North Domingo Baca Multigenerational Center
October 17



Call 880-2800
www.cabq.gov/seniors
Citizen Contact Center: 311

Compete & Meet Games

The 2015 "Compete & Meet" Games

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

The 2015 Compete & Meet Games offers competitions open to all athletes, nationwide. Compete in Pickleball or our Bench Press competition. Each competition includes a great time and medals to the 1st, 2nd and 3rd place winners.



Pickleball Tournament

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

Try it and find out why!

Indoor Pickleball Tournament

Manzano Mesa Multigenerational Center & Roosevelt Middle School
Friday evening - Saturday - Sunday,
January 9,10,11, 2015 • \$10 per event with current center membership.
Register by: Wednesday, December 31, 2015

Bench Press Competition

Competition is organized by age groups and gender. Individual medals will be given to the top 3 winners in each category. There will be a traveling trophy awarded to the gym with the strongest team of athletes entered. Awards will be determined on a ratio of body weight to weight lifted.

For information call Dominic @ North Domingo Baca 50+ Sports & Fitness Center at 764-6496.

Bench Press Workshop

Saturday, August 8, 2015 • 10:00 am
North Domingo Baca Multigenerational Center
Register by: Monday, August 3, 2015 • \$10

Bench Press Competition

Saturday, October 17, 2015 • 10:00 am
North Domingo Baca Multigenerational Center
Register by: Monday, October 12, 2015 • \$10



ABQ 50+ GAMES



The competitors of the local games are invited to participate in the New Mexico State Senior Olympics.

ALBUQUERQUE 50+ GAMES

DEADLINE FOR ENTRIES:

1 week prior to event, or March 27 by 7pm for final registrations

Get Fit for the Competitions!

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

REGISTRATION

One registration form covers all events for the 2015 Albuquerque 50+ Games. Registration forms must be completed and submitted to the Albuquerque 50+ Games (Palo Duro 50+ Sports & Fitness Center) office. Incomplete registrations cannot be accepted.

Registration is not valid without a current DSA membership.

FINAL DEADLINE:

March 27 by 7pm

NEW

Late registrations (for the track & field competition) will only be accepted at Palo Duro 50+ Sports and Fitness office May 1st by 6:30 PM.

LOCATION

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

ELIGIBILITY

The Albuquerque 50+ Games is an event open to all people who are at least 50 years of age by December 31, 2015 and have a current membership to the Department of Senior Affairs.

ATTENDANCE

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

EVENT

An "event" is defined as a single contest in a particular sport. For example: The 50-meter run and the 100-meter run are two events. Participants may enter a total of 20 events at the Albuquerque 50+ Games. Eight of the 20 events may be track & field and eight may be swimming. At New Mexico State Senior Olympics, you may enter no more than 10 events.



AGE DIVISIONS

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

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



The only exception is the Talent Show and Dance Competition. The age categories are 50-69 and 70+.

Age division for doubles and mixed doubles competition will be determined by the age of the younger partner as of December 31, 2015.

Age division for team competition is determined by the youngest member of the team as of December 31, 2015. Team competition age divisions are:

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



FEES

DSA Membership	\$13
Registration	\$12
Golf Fees: (Men & Women)	
Mandatory Cart included	
Without Season Pass	\$35.80
With Season Pass	\$17.80
Bowling, per event	\$ 6.00
Pay at SKIDZ Bowling Alley	

ENTRY FEE Assistance

Entry fee assistance is available from the Albuquerque 50+ Games. Call the Palo Duro 50+ Sports & Fitness Center at 880-2800.

REFUNDS

NO REFUNDS AFTER May 30, 2015. All fees must be paid at registration. Please make checks payable to the CITY OF ALBUQUERQUE.

PARTNERS/TEAMS

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

AWARDS

First, second and third place winners are awarded medals at the conclusion of their events. All finishers will qualify to participate in the New Mexico State Senior Olympics in Roswell, New Mexico ,2015.

RULES

The 2015 New Mexico Senior Olympics Rule Book is available for viewing online at www.nmseniorolympics.org Events are governed by the National Senior Games Association and the New Mexico Senior Olympics Board of Directors. Please note there may be rule changes for the local, state and National Senior Games.

RESULTS

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

VOLUNTEERS Needed

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

MEDICAL

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





2015 Albuquerque 50+ Games Competition & Workshop Schedule

Deadline for entry
is one week
prior to event
or by March 27.

Sports	Events	Date	Time	Location	Coordinator-Phone
Air Gun (Rifle & Pistol)	Competition	Sat., Mar. 7, 2015	8:00 am	Eldorado High School	Maj. Jim Koerber 296-4871 x1408
Archery	Competition: Compound Release Aid, Compound Finger Shooter, Conventional Recurve	Sat., April 4, 2015	10:00 am	Archery Range, Tijeras, NM	PDSFC 880-2800
Badminton	Competition: Singles, Doubles & Mixed Doubles	Fri., Mar. 20, 2015	9:00 am	Manzano Mesa Multigenerational Center	Terry & Nan Lauritsen 266-8237
Basketball	Competition: Free Throw, Best of 15 Free Throws	Sat., Feb. 21, 2015	10:00 am	Manzano Mesa Multigenerational Center	PDSFC 880-2800
	Competition: 3 Point Shot, Best of 6 Shots	Sat., Feb. 21, 2015	10:00 am	Manzano Mesa	
Bowling *NEW TIMES*	Practice/Competition: Singles	Tues., Mar. 10, 2015	11:30 am/12:00 pm	Skidz Bowl	Skidz Bowl 286-4371
	Practice/Competition: Doubles	Wed., Mar. 11, 2015	9:30 am/10:00 am		Charlotte Lober 299-2042
	Practice/Competition: Mixed Doubles	Wed., Mar. 11, 2015	1:30 pm/2:00 pm		
	Practice/Competition: Team Bowling	Fri., Mar. 13, 2015	11:30 am/12:00 pm		
Cycling	Competition: 5K, 10K & 20K	Sat., Apr. 18, 2015	Check-In 7:30 am	Atrisco Vista Blvd.	PDSFC 880-2800
	Competition: 40K	Sun., Apr. 19, 2015	Check-In 7:30 am	Atrisco Vista Blvd.	
Dance	Dress Rehearsal:	Mon., Mar. 23, 2015	9:00 am	African American Performing Arts Center	PDSFC 880-2800
	Competition: Country Waltz, Ballroom, Jitterbug, Line, Country Western, Latin (Cha Cha, Samba, Rumba, Merengue), Polka	Tues., Mar. 24, 2015	1:00 pm		
Field Events (also see Track)	Competition: Discus, High Jump, Javelin, Shot Put, Standing Long Jump, Running Long Jump	Fri., May 1, 2015 Sat., May 2, 2015	5:00 pm 9:00 am	Albuquerque Academy	PDSFC 880-2800
	Golf	Competition: Men's 18 Hole Scratch	Thurs., Apr. 9, 2015	Tee Times TBA	Arroyo del Oso Golf Course
Competition: Women's 18 Hole Scratch		Thurs., Apr. 9, 2015			
Horseshoes	Competition: Singles	Thurs., Apr. 30, 2015	5:00 pm	Los Altos Park	PDSFC 880-2800
Huachas	Practice/Competition: Singles & Doubles	Sat., Feb. 21, 2015	10:00 am	Manzano Mesa Multigenerational Center	PDSFC 880-2800
Eightball Pool	Competition: 8 Ball	Wed., Feb. 11, 2015	5:00 pm	Palo Duro Senior Center	PDSFC 880-2800
Pickleball	Competition: Singles, Doubles, Mixed Doubles	Fri.-Sat., Mar. 27-28, 2015	TBA	Manzano Mesa Multigenerational Center	Gary Rutherford 507-3663
Racewalk	Competition: 5K Race Walk	Sat., Mar. 21, 2015	8:00 am	Tingley Beach	Lenny Krosinsky 250-2283
Racewalking	Competition: 1500 Meter Race Walk Competition: 400 Meter Power Walk	Sat. May 2, 2015	9:00 am	Albuquerque Academy	Lenny Krosinsky 250-2283
Racquetball	Clinics: Offered Thursdays	All Year	Call for Info	Midtown Sports & Wellness Club	Paula Sperling 888-4411
	Competition: Singles, Doubles & Mixed Doubles	Thurs., Mar. 19, 2015	9:00 am		
Recreation Events (Also see Field & Track)	Competition: Frisbee Accuracy Throw, Frisbee	Tues., April 21, 2015	1:00 pm	Villela Park	PDSFC 880-2800
	Distance Throw, Soccer Kick, Softball Throw			Monroe St./Cherokee St.	
Roadrace	Competition: 10K and 5K Run	Sat., Apr. 11, 2015	7:00 am	TBA	PDSFC 880-2800
Shuffleboard	Competition: Singles/Doubles	Fri., Mar. 6, 2015	10:00 am	Manzano Mesa Multigenerational Center	PDSFC 880-28005
Swimming	Warmup:	Sat., Feb. 28, 2015	8:30 am	West Mesa Aquatics Center	Tim Wilde 269-0645
	Competition: Breaststroke: 50, 100, 200; Freestyle: 50, 100, 200, 500; Backstroke: 50, 100, 200; Butterfly: 50, 100; Indiv. 100 & 200 (4 Stroke, 1 Swimmer); Relay Medley: 100 (Open Strokes, 4 Swimmers)		9:00 am	* VOLUNTEERS WANTED *	PDSFC 880-2800
Table Tennis	Competition: Singles, Doubles & Mixed Doubles	Sat., Jan. 31, 2015	8:00 am	Bear Canyon Senior Center	Marv Sommers 880-2880
Talent Show	Dress Rehearsal:	Mon., Mar. 23, 2015	9:00 am	African American Performing Arts Center	PDSFC 880-2800
	Competition: Dance, Vocal Solo, Reading, Vocal Group, Band Contest, Instrumental, Comedy	Tues., Mar. 24, 2015	1:00 pm		
Tennis	Competition: Singles, Doubles & Mixed Doubles	Fri.-Sat., Apr. 24/25, 2015	4:00 pm/8:00 am	Jerry Cline Tennis Complex	PDSFC 880-2800
Track (also see Field)	Competition: 100, 200, 400, 800, 1500 run; 400 coed M relay (2 men, 2 women); 400 & 800 M est. time	Sat., May 2, 2015	9:00 am	Albuquerque Academy	PDSFC 880-28000
* NEW EVENT *					
Disc Golf	Competition: 18 hole disc golf	Apr. 28, 2015	TBA	Roosevelt Park	PDSFC 880-2800



Attention Athletes



New Mexico Senior Olympics Roswell, NM: June 2 - 6, 2015

2015 is not a qualifying year to participate at the 2015 National Senior Games in Minneapolis, MN, July - Aug 2015



Athletes have 2 ways to register for the New Mexico Senior Olympics.

•Register on line at www.nmseniorolympics.org.

•Mail your registration directly to: New Mexico Senior Olympics, Inc., PO Box 2690, Roswell, NM 88202-2690, 575-623-5777

PLEASE NOTE

You MUST compete in the same events at the Albuquerque 50+ Games that you will compete in at New Mexico Senior Olympics. **Not all events are offered at all levels** so read your competition schedule carefully.

NEW MEXICO *Summer Olympics*

For more information call:
New Mexico Senior Olympics
1-888-623-6676
Or e-mail:
nmso@nmseniorolympics.org



Team competitions which include basketball, softball, and volleyball are New Mexico Senior Olympics competitions only.

Albuquerque 50+ Games TEAM ROSTER



Bowling Dance Talent Show 400M Track Relay

Team Age: 50+ 60+ 65+ 70+ 75+ (80+ bowling)

Team Name: _____

Team Captain _____
Name

Address _____ Phone _____

Team Captains are responsible for filling out this form. Incomplete forms will disqualify the team. Each team member must also complete and sign an individual Albuquerque 50+ Games registration form on page 19. If you have more than 7 team members, attach a copy of this form.

Number of Team Members

Team Member 1: _____
Name Phone

T-Shirt Size Age Date of Birth

Team Member 2: _____
Name Phone

T-Shirt Size Age Date of Birth

Team Member 3: _____
Name Phone

T-Shirt Size Age Date of Birth

Team Member 4: _____
Name Phone

T-Shirt Size Age Date of Birth

Team Member 5: _____
Name Phone

T-Shirt Size Age Date of Birth

Team Member 6: _____
Name Phone

T-Shirt Size Age Date of Birth

Team Member 7: _____
Name Phone

T-Shirt Size Age Date of Birth

Programs & Activities REGISTRATION FORMS



This insert section contains all forms for you to register for, or enter our varied programs and/or activities. This is your first step to long-term fun, long-term friendships and more importantly, long-term health!



Make checks payable to the City of Albuquerque. Mail your registration to Palo Duro 50+ Sports & Fitness Center, 3351 Monroe NE, Albuquerque, NM 87110

Compete and Meet Games Registration Form

PLEASE PRINT

Name: _____
Last First Middle

Address: _____
Street City

State Zip

Home Phone: _____ DSA Membership # _____

Cell Phone: _____ E-mail: _____

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

Emergency Contact: _____
Name Relationship Phone

Age: _____
as of December 31, 2015

Male Female

Date of Birth: _____
__/__/__

Skill Rating: _____

REGISTRATION FEES:

City of Albuquerque Center Membership\$13
 or Current Membership information: _____ / /
Center Expires

ADDITIONAL FEES:

- Cycling Workshop FREE\$ _____
- Bench Press Workshop FREE\$ _____
- Bench Press Competition \$10\$ _____
- Indoor Pickleball Tournament \$10 per event \$ _____
- Singles
- Doubles Partner: _____ Must register separately
- Mixed Doubles Partner: _____ Must register separately

TOTAL AMOUNT ENCLOSED\$ _____

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

Signature _____ Date _____

By completing this registration, I agree to abide by all the rules and regulations of and by the City of Albuquerque Compete and Meet Games, to observe all rules of play, to exercise good sportsmanship and follow all written and or oral instructions given to me by authorized personnel of the City of Albuquerque, Albuquerque Academy, West Mesa Aquatics Center, and Los Altos Pool.

By checking the box, I agree to the following:

The undersigned does hereby consent to the photographing of the undersigned, and do hereby authorize the City of Albuquerque, Department of Senior Affairs to cause the same to be exhibited with advertising sponsorship as still photographs, transparencies, vehicle wraps, motion picture film and video tape for use on television, or in other printed and graphic materials.

The undersigned does hereby release the City of Albuquerque, Department of Senior Affairs and their associates and assignees from any and all claims for damages libel, slander, invasion of the right of privacy or any claims based on the use of said material.

Albuquerque 50+ Games Entry Form

PLEASE PRINT

Make checks payable to the City of Albuquerque. Take completed registration form or mail form to:

Palo Duro 50+ Sports & Fitness Center, 3351 Monroe NE, Albuquerque, NM 87110

Deadline for entry is one week prior to event or by March 27, 2015 - 7 pm

Name: _____
Last First Middle

Address: _____
Street City

State Zip

Home Phone: _____ DSA Membership #: _____

Cell Phone: _____ E-mail: _____

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

Emergency Contact: _____
Name Relationship Phone

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

By checking the box, I agree to the following:

The undersigned does hereby consent to the photographing of the undersigned, and does hereby authorize the City of Albuquerque, Department of Senior Affairs to cause the same to be exhibited with advertising sponsorship as still photographs, transparencies, vehicle wraps, motion picture film and video tape for use on television, or in other printed and graphic materials.

The undersigned does hereby release the City of Albuquerque, Department of Senior Affairs and their associates and assignees from any and all claims for damages libel, slander, invasion of the right of privacy or any claims based on the use of said material.

Signature _____ Date _____

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

Age: _____
as of December 31, 2015
 Male Female
Date of Birth: _____

Are you a member of a center?
 Yes No



REGISTRATION FEES:

Single Event Registration Fee\$12
Includes t-shirt and awards

DSA Membership (required)\$13

ADDITIONAL FEES:

Bowling Fee: No. of events x \$6.00
(\$6.00 per event) Pay at Skidz.

Singles, Doubles, Team or Mixed Doubles

Golf Fee

Men's & Women's Golf Fees

All ages 50+: Mandatory cart is included

Without Season Pass \$35.80 \$ _____

With Season Pass \$17.80 \$ _____

T-Shirt Size _____

TOTAL AMOUNT ENCLOSED\$ _____

For more information:

Palo Duro 50+ Sports & Fitness Center

3351 Monroe NE, Albuquerque, NM 87110

505-880-2800, e-mail: bsteinmetz@cabq.gov

AIRGUN

- Pistol - Benchrest
- Pistol - Standing
- Rifle - Benchrest
- Rifle - Standing
- Do you own your own gun? Y N

ARCHERY

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

Badminton

- Singles Doubles
Partner: _____
Must register separately
- Mixed Doubles
Partner: _____
Must register separately

BASKETBALL FREE THROW

- Best of 15 throws

BASKETBALL 3-POINT SHOT

- Best of 5 throws

BOWLING (Bowling Fees)

- Singles Doubles
Partner: _____
Must register separately
- Mixed Doubles
Partner: _____
Must register separately
- Team Bowling
Must register separately

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

CYCLING

- 5K 10K
- 20K (Will be a road race at State and Nationals)
- 40K (Will be a road race at State and Nationals)

DANCE COMPETITION

- Partner
- Country Western
- Jitterbug
- Line Dancing (6-15 people)
- Polka
- Latin Dance
- Waltz
- Country Waltz

DISC GOLF

FIELD EVENTS

- Discus
- High Jump
- Javelin
- Running Long Jump
- Shot Put
- Standing Long Jump

FUN EVENTS

- Frisbee Accuracy Throw
- Frisbee Distance Throw
- Soccer Kick
- Softball Throw

GOLF

- 18 Hole Scratch
- Scratch is played at NM State Senior Olympics and the National Senior Olympics. A NPS is required for Nationals.

USGA Handicap _____

Cart Partner _____

HORSESHOES

- Singles

HUACHAS

- Singles

PICKLEBALL

- Singles Doubles
Partner: _____
Must register separately
- Mixed Doubles
Partner: _____
Must register separately

POOL

- Eightball

RACEWALKING

- 400M 1500M 5K

RACQUETBALL

- Singles Doubles
Partner: _____
Must register separately
- Mixed Doubles
Partner: _____
Must register separately

ROAD RACE

- 5K - Run 10K - Run

SHUFFLEBOARD

- Singles Doubles
Partner: _____
Must register separately

SWIMMING

- 200 Medley Relay
- 50 Free 100 Free
- 200 Free 400/500 Free
- 50 Backstroke 100 Backstroke
- 200 Backstroke
- 50 Breaststroke 100 Breaststroke
- 100 IM 200 IM
- 50 Butterfly 100 Butterfly
- Group Aquatics Swim
- Group Name: _____
Must register separately

TABLE TENNIS

- Singles Doubles
Partner: _____
Must register separately
- Mixed Doubles
Partner: _____
Must register separately

TALENT SHOW

- Band
- Comedy
- Dance Solo
- Dance Group
- Instrumental
- Reading
- Vocal Solo
- Vocal Group
- Kitchen Band
- Group Name: _____
Must register separately

TENNIS

- Singles Doubles
Partner: _____
Must register separately
- Mixed Doubles
Partner: _____
Must register separately

TRACK

- 50 Meter Run (local only)
- 100 Meter Run 200 Meter Run
- 400 Meter Run 800 Meter Run
- 1500 Meter Run
- 400 Meter Coed Relay
- 800 Meter Estimated Time
- 400 Meter Estimated Time

Team captains must fill out team roster on page 13.

2015 Winter Outdoor Registration Form



We reserve the right to change trip locations due to snow conditions. Registration is first come, first served. You may register at the Palo Duro 50+ Sports & Fitness Center

Name: _____ DSA Membership # _____
Last First Middle

Address: _____
Street City State Zip

Phone: _____ E-mail: _____

Emergency Contact: _____
Name Relationship Phone

Would you like to be a volunteer? YES
 Are you a City of Albuquerque center member? YES NO
 When does your membership expire?

 Date

TUESDAY TRIPS

- Cross-Country
- Trip 1 Jan. 6 Open \$9
 - Trip 2 Jan. 20 Open \$9
 - Trip 3 Jan. 27 Open \$9
 - Trip 4 Feb. 3 Open \$9
 - Trip 5 Feb. 17 Open \$9
 - Trip 6 Feb. 24 Open \$9
 - Trip 7 Mar. 10 Open \$9
 - Trip 8 Mar. 17 Open \$9

CROSS-COUNTRY TOTAL \$ _____



WEDNESDAY TRIPS

- Snowshoeing
- Trip 1 Jan. 7 Open \$9
 - Trip 2 Jan. 21 Open \$9
 - Trip 3 Jan. 28 Open \$9
 - Trip 4 Feb. 4 Open \$9
 - Trip 5 Feb. 18 Open \$9
 - Trip 6 Feb. 25 Open \$9
 - Trip 7 Mar. 11 Open \$9
 - Trip 8 Mar. 18 Open \$9

SNOWSHOEING TOTAL \$ _____

Have own snowshoes?
 Yes No

THURSDAY TRIPS

- Downhill Skiing
- Trip 1 Jan. 8 Santa Fe \$9
 - Trip 2 Jan. 15 Santa Fe \$9
 - Trip 3 Jan. 22 Santa Fe \$9
 - Trip 4 Jan. 29 Santa Fe \$9
 - Trip 5 Feb. 5 Santa Fe \$9
 - Trip 6 Feb. 12 Santa Fe \$9
 - Trip 7 Feb. 19 Santa Fe \$9
 - Trip 8 Feb. 26 Santa Fe \$9
 - Trip 9 Mar. 5 Santa Fe \$9
 - Trip 10 Mar. 12 Santa Fe \$9
 - Trip 11 Mar. 19 Santa Fe \$9

DOWNHILL TOTAL \$ _____

FRIDAY TRIPS

- Snowshoe 101
- Trip 1 Jan. 9 Closest Snow \$9
 - Trip 2 Jan. 16 Closest Snow \$9
 - Trip 3 Jan. 23 Closest Snow \$9
 - Trip 4 Jan. 30 Closest Snow \$9
 - Trip 5 Feb. 6 Closest Snow \$9
 - Trip 6 Feb. 13 Closest Snow \$9
 - Trip 7 Feb. 20 Closest Snow \$9
 - Trip 8 Feb. 27 Closest Snow \$9
 - Trip 9 Mar. 6 Closest Snow \$9
 - Trip 10 Mar. 13 Closest Snow \$9
 - Trip 11 Mar. 20 Closest Snow \$9

SNOWSHOE 101 TOTAL \$ _____

LIABILITY WAIVER

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

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

Signature _____
 Date _____

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

Valles Caldera Nature Preserve Moonlight Trip -- January 31

Pay at preserve	\$10
Transportation	\$9
TRIP TOTAL	\$ _____
Day at Preserve -- February 21	
Pay at preserve	\$10
Transportation	\$9
TRIP TOTAL	\$ _____
Trip fees from above	\$ _____
Center Membership (\$13)	\$ _____
TOTAL FEES	\$ _____



IMPORTANT Payment Schedule & Trip Policies

1. Registrations for Winter Sports are on a first come, first serve, prepaid, sign-up basis.
2. Make checks payable to: City of Albuquerque
3. Participants must leave and stay with the group on all trips. No exceptions!
4. Cancellations for day trips will require a 24 hr. notice for a refund
5. All Winter Sports refund and trip transfer requests must be made by Friday, April 25, 2015 to the Palo Duro 50+ Sports and Fitness office. No requests for refunds or transfers will be taken after this date.
6. Activities will be cancelled due to weather conditions, or when minimum attendance is not met. A min. of 6 participants is required to use a single van; a min. of 12 people is required to use 2 vans.
7. If a Winter Sports event is cancelled, you may apply the credit to another Winter Sports trip or request a refund.

Sports & Fitness

A TO Z

Call
880-2800
Palo Duro 50+
Sports & Fitness
Center or one of the
event coordinators
in the listings below,
if you need more
information on an
activity/event.

The following pages contain a directory of classes, clinics, workshops, clubs, special events and practices available in the Albuquerque area through the Department of Senior Affairs, 50+ Sports & Fitness Program.

AIR GUN

Air Gun Competition

Albuquerque 50+ Games
Saturday, March 7, 2015 8:00 am
Eldorado High School
11300 Montgomery Blvd. NE.

For more information how you can learn to shoot an air gun, contact the 50+ Sports & Fitness Office 880-2800. This event will be a New Mexico Senior Olympics qualifying event.

Air Gun Practices

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

Eldorado High School, Rifle Range
Contact: Major Jim Korber,
Senior Instructor, Eldorado High
School JR ROTC at 296-4871



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.



Class sessions are as follows:

Session 1: Day: Monday, Wednesday & Friday

Time: 9:00 am to 10:00 am
Cost: \$12.00 each month - *Donation*
Transportation: provided from all 6 Albuquerque senior centers for 50¢.

Session 2: Day - Monday & Friday

Time: 1:15 pm to 2:15 pm
Cost: \$8.00 each month - *Donation*
Transportation: provided from all 6 Albuquerque senior centers for 50¢.

Session 3: Day - Tuesday & Thursday

Time: 9:00 am to 10:00 am
Cost: \$8.00 each month - *Donation*
Transportation: will be provided from the Palo Duro 50+ Sports & Fitness Center for 50¢.

Pre-Registration is required. The multigenerational centers will not be transporting clients. Self-Drivers are also welcome, but must pre-register.

ARCHERY

Albuquerque 50+ Games

Archery Competition

Saturday, April 4, 2015, 10:00 am
Sandia Crest Bowhunters Association
Archery Range, Tijeras, NM

The competition is sponsored by the Sandia Crest Bowhunters Association. This event will be a New Mexico Senior Olympics qualifying event.
Call 880-2800



BADMINTON

Albuquerque
50+ Games
Badminton Competition



Friday, March 20, 2015, 9:00 am
Manzano Mesa, Gym, 501 Elizabeth SE
This event will be a New Mexico Senior Olympics qualifying event.
Coordinators: Terry and Nan Lauritsen, 266-8237



Badminton Practice and Play

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

Manzano Mesa, Gym
Monday, Friday, 1:00–4:00 pm
Tuesday, 6:00–9:00 pm
Thursday, 7:00–9:00 pm



Wells Park Community Center, Gym
Tuesday & Thursday, 1:30–3:30 pm
Coordinators: Terry and Nan Lauritsen, 266-8237

BASKETBALL

Free Throw Competition

Saturday, February 21 - 10:00 am
Manzano Mesa, 501 Elizabeth SE

Contestants shoot 15 free throws in succession. The contestant who makes the most baskets in their age bracket is the winner. The free throw line for the women is 14 ft. and for men 15 ft.

Albuquerque 50+ Games
Basketball 3 Point Shot Competition

Held with the Free Throw Competition

Saturday, Feb. 21, 2015 - 10:00 am
Manzano Mesa, 501 Elizabeth SE

Each contestant will shoot one shot from each of the five different premarked positions on the 3-point line. The additional shot may be taken from any one of the 5 marked positions at the shooter's discretion. The contestant who makes the most baskets is the winner.

This event will be a New Mexico Senior Olympics qualifying event.
Coordinator:
Brett Steinmetz 880-2800



BOWLING



Albuquerque 50+ Games
Bowling Competition
Tuesday, Wed. & Fri.,
Mar., 10,11,13
Skidz Bowl, 7400 Lomas NE

If you would like to bowl on a team or with a partner and you do not have one, please mark your request on your registration sheet.

This event is a New Mexico Senior Olympics qualifying event.
Coordinator: Charlotte Lober
Call PDSFC 880-2800

CROSS COUNTRY SKIING

See Winter Sports, pages 6-7



CYCLING

Albuquerque 50+ Games -
5K, 10K, 20K, 40K

**Cycling Competition -
5K, 10K, 20K, 40K**

Saturday–Sunday,
April 18, 19, 2015
Check-in at 7:30 am



This event will be a New Mexico Senior Olympics qualifying event.
Coordinator:
Brett Steinmetz 880-2800



For Albuquerque
50+ Game Events,
look for this logo



For New Mexico Senior
Olympics Qualifying
Events, look for this logo



DANCE

**Dance Competition
Part of the Talent Show and Dance Competition**

Includes country western, jitterbug, line dancing, polka, latin (cha cha), waltz, and country waltz.

To reserve your FREE tickets call the 50+ Sports & Fitness Office 880-2800.

Tuesday, March 24, 2015 - 1:00 pm
African American Performing Arts Center
310 San Pedro Dr. NE
Albuquerque, NM 87108



**Mandatory Dress Rehearsal
for Competitors**

All competitors must be at the dress rehearsal for show timing and organization

Monday, March 23, 2015 9:00 am
Coordinator:
Brett Steinmetz 880-2800



EIGHT BALL POOL

Albuquerque 50+ Games

Eight Ball Pool Competition

Wednesday, February 11, 2015 5:00 pm

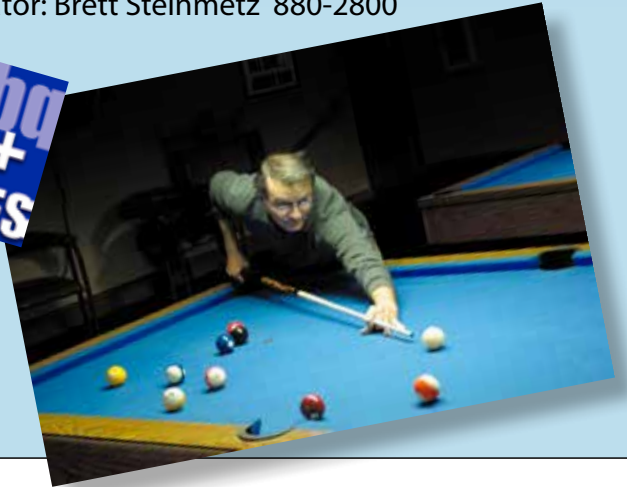
*** NEW LOCATION ***

Palo Duro Senior Center

5221 Palo Duro NE, 87110

This event is a New Mexico Senior Olympics qualifying event.

Coordinator: Brett Steinmetz 880-2800



CROSS COUNTRY SKIING · CYCLING
DANCE · EIGHT BALL POOL · EXERCISE

SPORTS & FITNESS A-Z

EXERCISE



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.

Barelas, Social Hall
Tuesday, Friday, 9:15 - 10:15 am

Bear Canyon, Social Hall
Mon, Wed, Fri, 8:15 - 9:15 am

Highland, Social Hall
Mon, Wed, Fri, 8:45 - 9:45 am

Los Volcanes, 50+ Fitness Center, Aerobic Room
Mon, Wed, Fri, 8:00 - 9:00 am

Manzano Mesa, Gym
Mon, Wed 8:15 - 9:15 am
Fri. - Social Hall 8:15 - 9:15 am

Palo Duro, Mesquite Room
Mon, Wed, Fri, 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.

Los Volcanes, 50+ Sports & Fitness Center
3rd Wednesday
8:00 am - 6:00 pm



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

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

Cardio Toning

Maximize fat burning and increase lean muscle mass with this total body toning workout! Build strength and endurance through a variety of fun and challenging exercises using your body weight, dumbbells, bands, and balls. All levels welcome.

Joe O. Armijo Los Volcanes 50+ Sports & Fitness Center, Aerobic Room
Monday 5:30 - 6:30 pm
\$3.00, Debra Sine

Dance Aerobics

Quick paced, high energy, core strengthening routines set to great music! No experience is necessary.

Joe O. Armijo Los Volcanes 50+ Sports & Fitness Center, Aerobic Room
Tues., Thur. 5:30 - 6:30p
Julie Stoffler

EXERCISE, CON'T.**EnhanceFitness**

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

Joe O. Armijo Los Volcanes 50+ Sports & Fitness Center, Aerobic Room
Mon, Wed, Fri, 1:00 - 2:00pm
 Dee Williams

North Valley, Rooms 1 & 2
Mon., Wed., Fri. 8:30 - 9:30 am
 Ilene Dunn and Ellias Novrestari
North Domingo Baca, Social Hall
Mon. 10:15 - 11:20am,
Tues. 8:00 - 8:50am,
Wed. and Thurs. 8:00 - 8:50am
 & 10:15 - 11:20 am Connie

Fitball

Target and challenge core muscles with stabilizing and balance exercises. Increase strength, sculpt, define and tone your body.

Joe O. Armijo Los Volcanes 50+ Sports & Fitness Center, Aerobic Room
Monday & Friday, 10:30 - 11:30 am

Manzano Mesa, Gym
Thur, 8:15 - 9:15am
 Janet Porter, Nancy Misred

Manzano Mesa, East Social Hall
Friday, 4:45 - 5:45 pm
 \$2.50, Ann Owens

**Flex & Tone**

This class will work to elongate and strengthen your muscles to achieve increased flexibility, improve posture and develop a strong core. The class will start with fun music for a warm-up and will progress to weights, resistance bands, and mats for the conditioning portion of the class. Finish off with a soothing and relaxing stretch.

Bear Canyon, Social Hall
Tues., Thurs., 8:15 - 9:15 am



Highland, Social Hall
Tuesday, Thursday,
8:15 - 9:15 am

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

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

North Domingo Baca Sports
& Fitness Center,
Aerobics Room (Upstairs)
Tues., Thurs., 9:15 - 10:15 am

Palo Duro, Mesquite Room
Tuesday, Thursday, 8 - 9 am

Gentle Exercise

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

Barelas, Social Hall
Tuesday, Friday
10:15 - 10:45 am

Bear Canyon, Social Hall
Mon., Wed., Fri.
9:30 - 10:30 am

Highland, Room 8
Mon., Wed., Fri.
10 - 11 am

Los Volcanes Joe O. Armijo
50+ Sports & Fitness
Center, Aerobic Room
Mon., Wed., Fri.
9:15 - 10:15am,
11:45am - 12:45pm

Manzano Mesa, Gym
Mon., Wed., Fri.
9:30 - 10:30 am

Palo Duro, Mesquite Room
Mon., Wed., Fri.
9:30 - 10:30 am

Senior Strength & Toning

Exercises are done in and out of a chair, this class is designed to help gain strength, endurance, flexibility, balance and bone density.

North Domingo Baca
Fitness Center,
Upstairs Aerobic Room
Monday, Wednesday,
Friday, 9:15-10:15 am
 \$1.50 per class
 Karim Armazanduk

**Pilates**

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

Barelas, Lead & Coal
Tuesday, 8:30-9:30am
 Richard Sertich

Joe O. Armijo Los Volcanes
50+ Sports & Fitness Center,
Aerobic Room
Wednesday 5:30-6:30 pm
 \$3, Rita James

North Valley, Social Hall South
Tuesday, 5:45-6:45 pm
 \$3, Karen Shore

Palo Duro, Mesquite
Wednesday, 5:30-6:30 pm
 \$3, Karen Shore

EXERCISE CONTINUED

Palo Duro 50+ Fitness Center
Pilates Reformer
Machine Training
Thursday 10:00-11:00am
Call 880-2800 for class
schedule

Piyo

A unique class designed to build strength & gain flexibility. It's about energy, power, and rhythm. Think sculpt abs, increased overall core strength and greater stability.

North Domingo Baca Fitness Center,
Upstairs Aerobic Room
Monday, Wednesday, Friday,
8:05-9:05 am
\$5/class
Karim Armazanduk

Cardio Blast

A class incorporating core strength, weight training, and cardio conditioning. Exercise using intervals, body weight techniques, stability balls and weights.

North Domingo Baca Fitness Center,
Upstairs Aerobic Room
Monday, Wednesday, Friday,
3:45 - 4:45 pm
50¢/class
Erika

Wii/X-Box Video Fitness, Yoga and Sports

The Wii and X-Box are truly unique and physically interactive experiences. Customize your fitness workouts with the Wii Fit, Wii Sports or X-Box Sports programs. Available upon request.

Joe O. Armijo Los Volcanes 50+ Sports & Fitness Center
Call 839-3710

Palo Duro 50+ Sports & Fitness Center
Call 880-2800

N. Domingo Baca Fitness Center
Call 764-6496

Cardio Kickboxing

North Domingo Baca Fitness Center,
Upstairs Aerobic Room
Tuesday, Thursday,
8:05 - 9:05 am
Marshall Matthews

Zumba® Gold Classes

Check out this fun new dance/aerobic class. Zumba is a fusion of Latin and international music creating a dynamic and exciting workout experience. No dance experience required.

Joe O. Armijo Los Volcanes 50+ Sports & Fitness Center, Aerobic Room
Tuesday, Thursday 9:30-10:30 am
\$1, Dee Williams

Manzano Mesa, Gym
Monday, Wednesday 10:45-11:45am
\$1, Cheryl Hallada



North Domingo Baca, Social Hall
Tuesday, Thursday 9:00-10:00 am
\$1, Julie Salazar



FENCING

Fencing is an elegant sport with a rich history. Known as "physical chess," it helps maintain balance, posture and coordination in addition to cognitive focus and critical thinking skills. Whether fencing with your grandkids or your friends, it is a wonderful sport for seniors, even those with moderate disabilities like arthritis or joint replacements.

Duke City Fencing welcomes visitors
Contact: Toby Tolley 872-0048 or
info@dukecityfencing.net



GOLF

Albuquerque 50+ Games
Golf Competition

Hosting both the men's and women's golf competitions. Participants will be called with their tee times, starting at 9:00 am.

Green fees including carts will be \$35.80 for 18 holes.

Thursday, April 9, 2015
Arroyo del Oso Golf Course
7001 Osuna Rd NE

The tournament is a scratch event no handicap and will be a New Mexico Senior Olympics qualifying event.

Coordinator: Brett Steinmetz 880-2800



HEALTHY LIVING

See Healthy Living page 25

HORSESHOES

Albuquerque 50+ Games
Horseshoe Competition

Horseshoes provides a means for people of all ages to enjoy good exercise while having fun.

Horseshoes provides a means for people of all ages to enjoy good exercise while having fun.
Thurs. April 30, 2015 5:00 pm

Los Altos Park,
10130 Eubank NE

This event will be a New Mexico Senior Olympics qualifying event.

Coordinator: Brett Steinmetz 880-2800



HUACHAS

Albuquerque 50+ Games Huachas Competition

If you enjoy horseshoes, you will like pitching washers.

Saturday, February 21, 10:00 am
*NEW LOCATION *

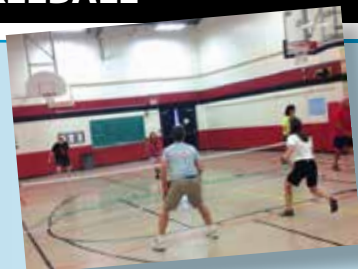
Manzano Mesa Multigenerational Center Gym
501 Elizabeth SE, 87123

Competition will be in both doubles and singles. This event will be at the New Mexico Senior Olympics.

Coordinator:
Brett Steinmetz 880-2800



PICKLEBALL



Pickleball is played with a perforated plastic ball and wood or composite paddle on a badminton court with the net lowered to 34 inches. "It resembles tennis and table tennis on a badminton court."

Albuquerque 50+ Games Pickleball Tournament

Friday-Saturday
March 27 - 28, 2015 9:00 am

Manzano Mesa
Multigenerational Center,
501 Elizabeth SE

The divisions will be singles, doubles and mixed. This event will be a New Mexico Senior Olympics qualifying event.

Coordinator:
Gary Rutherford (505) 507-3663

Compete & Meet
Pickleball Tournament
See Compete and Meet Games



abqpickleball.com
for more information

Open Pickleball

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

Times are subject to change from summer to winter.

Gary Rutherford 505-507-3663

Manzano Mesa, Gym
Thursday, 2:00 - 4:00 pm
Saturday, 9:00 - 11:00 am

Los Altos Park (weather permitting)

Call Gary Rutherford
(505) 507-3663

Pickleball Training

Manzano Mesa, Gym
Tuesday, Thursday, 9:15 - 11:00 am
Saturdays 12:30 - 2:50

RACEWALKING

Albuquerque 50+ Games Racewalking Competition

5K Racewalk

Saturday March 21, 2015 8:00 am

Tingley Beach Bike/Walk path
The Albuquerque 50+ Games qualifying race for the New Mexico Senior Olympics.

Coordinator:
Lenny Krosinsky,
250-2283



Albuquerque 50+ Games
Racewalking Competition
400 & 1500 meter Racewalk at the Track & Field Competition

Saturday, May 2, 2015

Beginning at 9:00 am
Albuquerque Academy
6400 Wyoming NE

This event will be a New Mexico Senior Olympics qualifying event.

Coordinator:
Lenny Krosinsky, 250-2283



RACQUETBALL

Albuquerque 50+ Games Racquetball Competition

Thursday, March 19, 2015

9:00 am

Midtown Sports & Wellness
4100 Prospect Ave. NE.



This event will be a New Mexico Senior Olympics qualifying event.

Coordinator:
Paula Sperling, 888-4811

Racquetball Clinics

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

Midtown Sports & Wellness Clubs

Thursdays, 10:00 am - 12:00 pm

\$20 Sports & Wellness Members
\$40 Non-Members

Individual classes are \$10.

Players can join at anytime.
Cost is prorated based on the number of sessions attended.

Information:
Paula Sperling at Midtown 888-4811.



HEALTHY LIVING**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 conditions, 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. Find practical ways to deal with pain and fatigue, discover better nutrition and exercise choices, understand new treatment choices, and learn better ways to talk with your doctor and family about your health.

Free 6-week workshop • 2.5 hour meetings • ALL MyCD Programs are Free of Charge

For more information visit: <http://www.arthritisnm.org/myCD-program.html>

Pre-registration required: 880-2800

2015 Schedule**JOE A. ARMIJO LOS VOLCANES
50+ SPORTS & FITNESS CENTER**

Tuesdays from 1:00 - 3:30 p.m. on:
January 13 - February 24, 2015
(skipping Tuesday, February 3, 2015,
as the Center is closed for cleaning);
March 10 - April 14, 2015;
May 5 - June 9, 2015;
July 7 - August 18, 2015
(skipping Tuesday, July 21, 2014,
as the Center is closed for cleaning);
September 1 - October 6, 2015; and
October 20 - November 24, 2015.

PALO DURO SENIOR CENTER

Thursdays from 1:00 - 3:30 p.m. on:
January 15 - February 19, 2015;
March 12 - April 16, 2015
This will be a Diabetes Self-Management
Program (DSMP) workshop;
May 7 - June 11, 2015;
July 9 - August 20, 2015
(skipping Thursday, August 6, 2015,
as the Center is closed for cleaning)
This will be a Diabetes Self-Management
Program (DSMP) workshop;
September 3 - October 8, 2015; and
October 15 - November 19, 2015
This will be a Diabetes Self-Management
Program (DSMP) workshop.

**NORTH DOMINGO BACA
MULTIGENERATIONAL CENTER**

Wednesdays from 1:30 p.m. - 4:00 p.m. on:
January 14 - February 18, 2015
This will be a Diabetes Self-Management
Program (DSMP) workshop;
March 11 - April 15, 2015;
May 6 - June 10, 2015
This will be a Diabetes Self-Management
Program (DSMP) workshop;
July 1 - August 5, 2015;
August 26 - September 30, 2015
This will be a Diabetes Self-Management
Program (DSMP) workshop;
and **October 14 - November 18, 2015.**

SATELLITE SENIOR CENTERS (MEAL SITES):**RIO BRAVO**

3910 Isleta SW, (505) 873-6647, with America Bencomo as site contact at 314 - 0246 or on her cell at 717 - 9391.

Wednesdays from 9:15 a.m. - 11:45 a.m.
Jan. 21 - Feb. 25, 2015

Workshop is Tomando Control de su Salud
and held in Spanish language

SOUTH VALLEY MULTI-PURPOSE CENTER

2008 Larrazolo SW, (505) 468-7604, with America Bencomo as site contact at 314 - 0246 or on her cell at 717 - 9391.

Mondays from 9:15 a.m. - 11:45 a.m.
April 13 through May 18, 2015

Skipping **Monday, May 25, 2015** as that is Memorial Day
Workshop is Tomando Control de su Salud and held in
Spanish language

THE CANCER CENTER AT PRESBYTERIAN

located at Presbyterian Kaseman Hospital Physicians Office
Building, 8300 Constitution Ave. NE, Building D,
Albuquerque, NM 87110.

Tuesdays from 2:15 p.m. - 4:45 p.m. on:
January 6 - February 10, 2015
April 7 - May 12, 2015

Tuesdays from 12:15 p.m. - 2:45 p.m. on:
July 7th - Aug 11, 2015 and Oct 13 - Nov 17, 2015

**RIO RANCHO (SANDOVAL COUNTY) NEW MEXICO:
PRESBYTERIAN HIGH RESORT CLINIC**

2nd Floor Conference Room (located at 4100 High Resort
Blvd SE Ste. #125, Rio Rancho, NM, US, 87124).

Wednesdays from 9:30 a.m. to 12 noon on:
January 28 - March 4, 2015;
March 25 - April 29, 2015;
May 20 - June 24, 2015;
July 15 through August 19, 2015;
September 9 - October 14, 2015; and
October 14 - November 18, 2015.

**BELEN/LOS LUNAS (VALENCIA COUNTY)
NEW MEXICO**

Bosque Farms Community Center, located at 950 North
Bosque Loop, Bosque Farms, NM.

Mondays from 1:00 to 3:30 p.m. on:

January 26 - March 9, 2015
skipping **Monday, Feb. 16, 2015**
as that is Presidents' Day and
October 19 - November 23, 2015

**UNIVERSITY OF NEW MEXICO
VALENCIA CAMPUS**

280 La Entrada Road, Room LRC
101C, Los Lunas, NM (Tome area)
Donna Ketcheson, MSN, CNM, CNP, Instructor,
is contact at UNM Valencia Campus Nursing
Program at (505) 925 - 8645 and email
donna@unm.edu:
Dates and times TBA

BELEN SENIOR CITIZENS CENTER

located at 715-A South Main Street, Belen, NM:
Dates and times TBA

FIRST CHOICE

Los Lunas Center; 145 Don Pasquel NW, Los
Lunas, NM 87031. Contact is Michelle LaPorte at
(W) 865 - 4618; Michelle_LaPorte@fcch.com
Dates and times TBA

**SANTA FE (SANTA FE COUNTY)
NEW MEXICO**

Santa Fe Business Incubator, (located at 3900
Paseo del Sol, Santa Fe, NM 87507 in Santa Fe):
Dates and times TBA

First Choice Community Healthcare

Edgewood Center, located at 8 Medical Ctr. Rd.
/ P.O. Box 2606, Edgewood, NM 87015 with
a phone number of 281-3406. Site contact is
Eleanor "Ellie" Short, Patient Care Facilitator at
281 - 3406, Eleanor_short@fcch.com.
Dates and times TBA

**ESPANOLA (RIO ARRIBA COUNTY)
NEW MEXICO**

Times TBA
January 8 - February 12, 2015 and
April 2 - May 14, 2015 and
September 17 - October 29, 2015.

FREE!!

ROADRACEAlbuquerque 50+ Games
Roadrace 5K and 10K Competition

This is an invitation to all the weekend runners to get recognition for your hard work.

Saturday, April 11, 2015
7:00 am



This event is a New Mexico Senior Olympics qualifying event. In addition, the 5K and 10K will run concurrently; so you will have a chance to qualify in both races on the same day! Both races start together.

Coordinator: Palo Duro Sports & Fitness Center 880-2800

SHUFFLEBOARDAlbuquerque 50+ Games
Shuffleboard Competition

Friday
March 6, 2015 9:00 am
Manzano Mesa, 501 Elizabeth SE



This event is a New Mexico Senior Olympics qualifying event.
Coordinator: Palo Duro Sports & Fitness Center 880-2800

Silver Shufflers Shuffleboard

When was the last time you had a good, competitive game of shuffleboard? Come join this group for an afternoon of fun and excitement.

Barelas, Social Hall
Monday, 2:30 - 4:30 pm

Manzano Mesa
Tuesday, 1:00 - 4:00 pm

Wells Park
Community Center
Monday, 9:00 - 11:30 am

\$1 donation

Information: Betty Piatt 922-6375 Scott Heron 299-7768
E-mail: boogie921@juno.com Website: www.senior-sports.org

**SOFTBALL****Men's Softball**

Practices begin in February with league play held on Tuesday and Thursday mornings from April to September.

Bear Canyon 65+ League
Bill Dubuque, 293-9530

Palo Duro
Papa Murphy's Team
Marc LaChey, 275-2331

**Women's Softball**
(League Play)

The City of Albuquerque Parks and Recreation Dept. and the NM Senior Sports Foundation are establishing a separate 50+ senior women's league.

Information, contact the City Sports Office at 291-6239 or the NM Senior Sports Foundation at 299-7768 or visit the website at www.senior-sports.org.

Silver Gloves

Women age 50 and over are welcome to join. Practice and tournaments are held throughout the year.

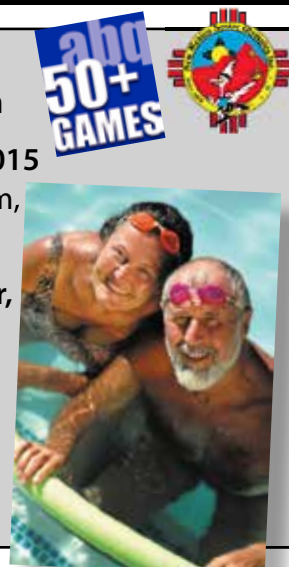
Information contact
Connie Dayton 980-2391
Website: www.senior-sports.org

SWIMMINGAlbuquerque 50+ Games
Swimming Competition

Saturday, February 28, 2015
Warm-up begins at 8:00 am,
meet begins at 9:00 am

West Mesa Aquatic Center,
6705 Fortuna Road NW

This event is a New Mexico Senior Olympics qualifying event.
Coordinator:
Brett Steinmetz, 880-2800

**Recreational Swimming**

The City of Albuquerque, Parks and Recreation Department offers recreation swimming, water exercise, swimming lessons and lap lane times open to the public.

For fees and info. call the Parks and Rec. Dept. at 768-5300, one of the following pools, or visit www.cabq.gov/aquatics.

Lap Swim**Highland Pool**

400 Jackson SE, 256-2096
Monday-Friday, 6:00 - 8:00 am,
11:45 am-1:15 pm, 6:00 - 8:00 pm
Saturday-Sunday, 12:00 - 1:00 pm



Los Altos Pool

10100 Lomas NE, 291-6290
Monday-Friday, 6:00 - 10:00 am,
 11:30 am-1:30 pm, 6:00 - 7:00 pm
Saturday-Sunday, 11:00 am - 1:00 pm

Sandia Pool

7801 Candelaria NE, 291-6279
Monday-Friday, 6:00 - 8:00 am, 6:00 - 8:00 pm
Saturday-Sunday, 11:00 am - 1:00 pm

Valley Pool

1510 Candelaria NW, 761-4086
Monday-Friday, 6:00 - 8:00 am, 6:00 - 8:00 pm
Saturday-Sunday, 12:00 - 4:00 pm

West Mesa Aquatic Center

6705 Fortuna Rd. NW, 836-8718
Monday-Friday, 5:30 - 8:00 am, 6:00 - 8:00 pm
Saturday-Sunday, 12 - 4 pm

TABLE TENNIS

Albuquerque 50+ Games
Table Tennis Competition

Saturday
 January 31, 8:00 am
Bear Canyon Senior Center
 4645 Pitt NE



This event will be a New Mexico Senior Olympics qualifying event.
 Coordinator: Marv Sommers
 Call Brett Steinmetz 880-2800



TALENT SHOW

Albuquerque 50+ Games
2015 Talent Show
 Part of the Talent Show and Dance Competition

Categories include: band, kitchen band, instrumental, vocal, dance, comedy and reading. Seating is limited for this popular show and tickets are required. To reserve your FREE tickets call the 50+ Sports & Fitness Office 880-2800.

Tuesday, March 24, 2015 1:00 pm
African American Performing Arts Center
 310 San Pedro NE



Mandatory Dress Rehearsal for Competitors

Monday, March 23, 2015 9:00 am

All competitors must be at the dress rehearsal. This event will be a New Mexico Senior Olympics qualifying event.

Coordinator: Brett Steinmetz 880-2800.

TENNIS

Albuquerque 50+ Games

Tennis Tournament

You don't have to be Pete Sampras to enjoy playing in our Albuquerque 50+ Games tournament.

Fri., Sat., April 24 & 25, 2015

Jerry Cline Tennis Complex
 7205 Constitution NE



Athletes will compete in Singles, Doubles and Mixed Doubles. This event will be a New Mexico Senior Olympics qualifying event. Coordinator: Brett Steinmetz 880-2800

TRACK

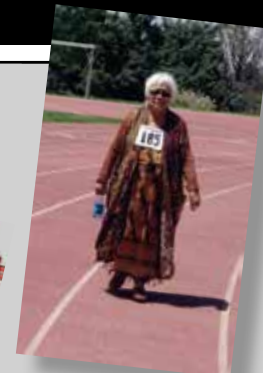
Albuquerque 50+ Games

Track & Field Competition

Fri. - Sat., May 1-2, 2015
 Events begin at 9:00 am

Albuquerque Academy
 6400 Wyoming NE

This event is a New Mexico Senior Olympics qualifying event.
 Coordinator: Brett Steinmetz 880-2800



VOLLEYBALL

New Mexico Senior Olympics
Volleyball Competition

State competition only

The New Mexico Senior Olympics will qualify athletes for the National Senior Olympics. Dates, times and locations will be announced at a later date.

For information contact the New Mexico Senior Olympics,
 1-575-623-5777, www.nmseniorolympics.org



Volleyball Pick-up Games

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

Wells Park Community Center, Gym
Monday, 6:00 - 8:00 pm
 Instructor: Dora Gunkel

Manzano Mesa, Gym
Monday (open gym for any age group),
Friday (one court reserved for senior play),
 5:00 - 7:00pm
Thursday, 6:00 - 9:00pm
 (Open gym not reserved for just senior play)

SHUFFLEBOARD · SOFTBALL
 SWIMMING · TABLE TENNIS

SPORTS & FITNESS A-Z

SPORTS & FITNESS A - Z
WEIGHT TRAINING

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 839-3710 for appointment

North Domingo Baca, Fitness Room
Call 764-6496 for appointment

Manzano Mesa, Fitness Room
Call 275-8731 for appointment

Palo Duro 50+ Sports & Fitness Center
Call 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.

Los Volcanes 50+ Sports & Fitness Center
Call 839-3710 for schedule

North Domingo Baca Sports & Fitness Center
Call 764-6496 for schedule



SENIOR CENTER PROGRAMS

CENTER LOCATIONS



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



Bear Canyon
4645 Pitt NE, Alb., NM 87111
Phone: 505-291-6211
Fax: 505-291-6237
Mon. - Fri. 8:00am - 5:00pm
Wednesday 8:00am - 9:30pm
Saturday 9:00am - 3:00pm



Highland
131 Monroe NE, Alb., NM 87108
Phone: 505-256-2000
Fax: 505-256-2004
Mon. - Fri. 8:00am - 5:00pm
Wednesday 8:00am - 7:00pm
Saturday 10:00am - 4:00pm



Los Volcanes
6500 Los Volcanes NW, Alb., NM 87121
Phone: 505-836-8745
Fax: 505-836-8749
Mon. - Fri. 8:00am - 5:00pm
Thursday 8:00am - 7:00pm
Saturday 9:00am - 1:00pm



Manzano Mesa Multigenerational Center
501 Elizabeth SE, Alb., NM 87123
Phone: 505-275-8731
Fax: 505-275-8734
Mon. - Fri. 8:00am - 9:00pm
Saturday 9:00am - 3:00pm



North Domingo Baca Multigenerational Center
7521 Carmel NE, Alb., NM 87113
Phone: 505-764-6475
Fax: 505-764-6489
Mon. - Fri. 8:00am - 9:00pm
Saturday 9:00am - 3:00pm



North Valley
3825 4th St. NW, Alb., NM 87107
Phone: 505-761-4025
Fax: 505-761-4031
Mon. - Fri. 8:00am - 5:00pm
Tuesday 8:00am - 9:00pm
Sunday 12:45am - 4:30pm



Palo Duro
5221 Palo Duro NE, Alb., NM 87110
Phone: 505-888-8102
Fax: 505-888-8107
Mon. - Fri. 8:00am - 5:00pm
Wednesday 8:00am - 7:00pm
Saturday 9:00am - 1:00pm

BASKETBALL

Open Basketball

Open/Drop-In Basketball is offered every day of the week (Mon.–Sat.) at the times listed below. Teams are formed as participants show up and sign in.



Manzano Mesa, Gym (E/W courts)

Monday, 11 am – 1 pm, East

Monday, 11:45 am – 1:30 pm, West

Monday, 7 pm – 9 pm, Both courts

Tuesday, 11 am – 1 pm

Wednesday, 11am – 12:30 pm, East

Wednesday, 11:45 am – 12:30 pm, West

Thursday, 11am–1pm

Friday, 11am–1pm, 7–9pm

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, Gym (East Court)

Tuesday, 11:00 am–1:00 pm

Thursday, 11:00 am–1:00 pm

Albuquerque 50+ Women's Basketball Program

Canyonets Basketball Program

Scott Heron 299-7768

A League of Their Own

Glynes Foster 828-1655

Lucy Padilla 897-2203

E-mail: Ginger Rich,
bballjunqie@yahoo.com

Albuquerque 50+ Men's Basketball Program

Albuquerque 50+ Men's basketball program welcomes men over the age of 50.

Saturday, 7:00 – 10:00 am

Sandia Prep High School

Allen Wainwright, 350-1574

DANCE

Ballroom/Latin/Swing

Dance Beginning

Learn the steps to Ballroom Waltz, Cumbia-Salsa, Tango, Cha Cha, Fox Trot, Swing and Rumba.

Manzano Mesa Multi-Generational Center, Social Hall
Saturday

Beginning: 10:00 - 11:00am

Intermediate: 11:00am - 12:30pm

Wise Women Belly Dance

Get in touch with your inner beauty while getting a good work out. This gentle approach to this ancient art form can be enjoyed by women of all ages and abilities. Belly dance displays the strength and beauty of women of all sizes, ages, and shapes.

Manzano Mesa, Social Hall
Thursday, 6:00 - 6:50 pm
Amaya

Japanese Folk Dancing

An introduction to the culture and spirit of the "Land of the rising sun."

Bear Canyon

1st, 2nd & 4th Saturday,

10:00 am–12:00 noon

Natsuko Edelman



SALSA!



Dance and Movement for Parkinson's

Join in the musicality, rhythm, expression, inventiveness and sheer physical pleasure of dance. Movements customized for all abilities, free to members with Parkinson's.

North Valley, South Social Hall
1st & 3rd Thursday,
2:00–3:00 pm
Joanie Carlisle

NM, Mexican Folklorico & Latin Dance Class

Learn traditional dances.

Barelas, Lead
Wednesday, Sept. 4 - Apr. 23
Frances Lujan
Call 764 - 6436 for more info.

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 always sexy Cha Cha. Fitness shoes or Dance shoes required.

Los Volcanes, Social Hall
Thursday, 6:00 - 7:00 pm
Saturday, 9:00 - 10:00 am
\$3, Elena Valencia

BASKETBALL · DANCE

SENIOR CENTER PROGRAMS



*Do you like to compete?
Join us for the
Albuquerque 50+ Games*

*See page 15 for more info
or call us at 880-2800*

DANCE, CONTINUED**Line Dance**

Great for people who love to dance but don't have a partner - Everyone learns the dance and dances in a line.

Beginner

Bear Canyon, Social Hall
Thursday, 3:15 - 4:30 pm
Clarada Hull

Los Volcanes, Social Hall
Tuesday, 9:15 - 10:15 am

Manzano Mesa, Social Hall
Wednesday, 1:30 - 3:00 pm
Georgette Smith

North Domingo Baca, Social Hall
Thursday, 1:30 - 2:30 pm
Mary Garcia

North Valley, Social Hall
Monday, 1:00 - 2:00 pm
Clarada Hull

Palo Duro, Mesquite
Monday, 3:15 - 4:30 pm
Saturday (2nd, 3rd, 4th),
9:00am - 10:30am
K. Tidy

Intermediate

Bear Canyon, Social Hall
Tuesday, 3:00 - 4:30 pm
Clarada Hull

Highland, Social Hall
Tuesday, 1:30 - 3:30 pm
Wylene Santistevan

Los Volcanes, Social Hall
Thursday, 9:00 - 10:00 am
Thursday, 10:00 - 11:00 am
\$1, Jeanette Hendrix

Manzano Mesa, Social Hall
Wednesday, 3:00 - 4:30 pm
Georgette Smith

North Domingo Baca, Social Hall
Tuesday, 5:45 - 7:30 pm
Georgette Smith

Intermediate II

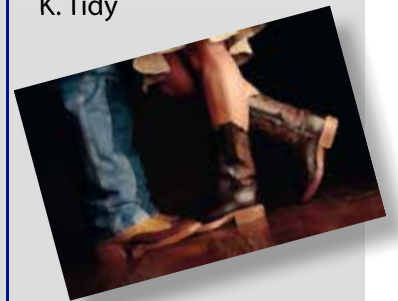
Bear Canyon, Social Hall
Tuesday, 1:30 - 3:00 pm
Clarada Hull

Manzano Mesa, Social Hall
Friday, 1:30 - 3:00 pm
Wylene Santistevan

Advanced

Bear Canyon, Social Hall
Thursday, 1:30 - 3:00 pm
Doug Madison

Palo Duro, Mesquite
Monday, 1:30 - 3:00 pm
Saturday (2nd, 3rd, 4th),
10:30am - 12:00pm
K. Tidy

**EASTERN TRADITIONS****Nia Technique**

The Nia Technique™ draws inspiration from the dance arts, martial arts and healing arts for a cardiovascular, aerobic, and super fun workout that is challenging and stimulating, yet easy to follow. We dance in our bare feet so we build strength from the ground up.

Highland, Room 8
Thursday, 11:15 am-12:15 pm
Michele Diel

Palo Duro, Aspen
Wednesday, 3:15-4:15pm
\$6 or \$30/5 classes/First Class Free
Diel

Yoga

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

Barelas
Monday, Thursday, 9:15-10:30 am

Bear Canyon, Room 2
Friday, 11am-12:30pm
Kae Sumrall



Bear Canyon, Multi-Purpose
Friday 1:30-3:00pm
Kae Sumrall

Highland, Room 8
Wednesday, 1:15-2:45 pm

Los Volcanes 50+ Sports & Fitness Center, Aerobics Room
Saturday, 8:15-9:30 am
Wednesday, 2:30-3:30pm
\$3, Cece Shantzek

Manzano Mesa, East Social Hall
Monday, 6:15-7:15 pm
\$25 per month, \$7 per class Ann Owen

North Domingo Baca,
Tuesday, 6:00-7:00 pm
(Upstairs Aerobic Room)
Thursday, 6:00-7:00pm (Classroom 5)
\$5, Anita

North Domingo Baca,
Monday, 9:00-10:00am
Friday, 1:00-4:00pm
\$5, Lynn Alexander
Wednesday, 8:00-9:00 am
Friday, 9:00-10:00 am,
1:00-2:00 pm
Saturday, 12:00-1:00 pm

Palo Duro

Monday, 9:00-10:00am
Ann Kelly
\$5, first class Free
Call 286-4220 for more information

Tijeras Senior Center

Wednesday, 10:45-11:45am
Sara Levin Free
Call 286-4220 for more information

Yoga, Chair

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

Bear Canyon, Room 1
Monday 2:30pm-3:30pm
Kae Sumrall

Yoga, Dahn

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

EASTERN TRADITIONS, CONTINUED

North Domingo Baca Fitness Center,
Group Exercise Room (Upstairs)
Saturday, 10:30–11:45am
\$5, Lynn Alexander

North Valley, Room 1 & 2
Tuesday, Thursday, 3:00–4:00 pm
\$3, David Plummer

Yoga, Hatha-Plus

This class combines Hatha yoga and core body work.

Manzano Mesa, Room 5
Friday, 9:00–10:00 am Janet Porter

Yoga, Hatha

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

Manzano Mesa, Room 5
Wednesday, 9:00–10:00 am
Dee Cappelle

Yoga - Kundalini

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

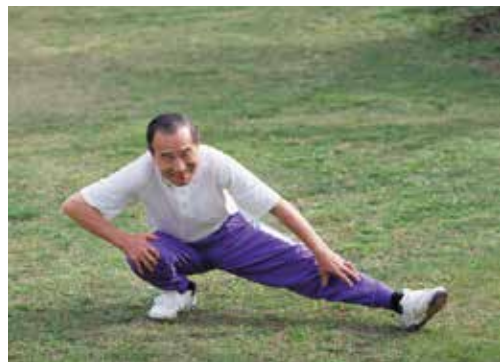
Manzano Mesa, Room 4
Wednesday, 10:00–11:00 am
Sueshila Stubbe

T'ai Chi

Beautiful, gentle, flowing movements improve balance, lower high blood pressure, increase bone density and cultivate Chi, or internal energy. T'ai Chi reduces stress and arthritis pain, significantly improves brain size in seniors, and may delay the onset of Alzheimer's disease. Cultivate your Chi for a long and happy life! Call Sifu Ty @ 620-1889 for more information.

Barelas, Social Hall
Wednesday, 9:30–10:30 am
Suggested donation \$5,
Ilene Dunn

Highland, Social Hall
Thursday, 9:30–10:30 am
Suggested donation \$5, Ilene
Dunn



INTERMEDIATE:
Thursday, 2:00–3:00pm
Suggested donation \$5, Master Dug
Corpolongo

Los Volcanes, Room 2
Tuesday and Thursday,
3:00–4:00 pm
Suggested donation \$5,
Sifu Ty Beh

Manzano Mesa, Room 4
Tuesday, 9:30–10:30 am
Suggested donation \$5, Ilene Dunn

North Valley, Room 1 and 2
Monday, 9:30–10:30 am
Suggested donation \$5, Sifu Ty Beh

Palo Duro, Ponderosa Pine
Friday, 9:30–10:30 am (not meeting
first Friday of every month)
Suggested donation \$5, Sifu Ty Beh

Tai Chi For Seniors

Slow, gentle movement to build health & balance, reduce stress, & heal from injuries. Presented in a brief way to balance the whole self: physical, emotional & spiritual
Los Volcanes, Room 2
1st, 2nd, 3rd, Wednesday,
12:00-1:00pm
Suggest donation \$3, Kay

Yang Style Tai Chi:

North Domingo Baca, Classroom 1
Friday, 11:30-12:30pm
Suggested donation \$5,
Sifu Ty Beh

T'ai Chi Chih

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

Palo Duro, Aspen Room
BEGINNING:
Wednesday,
3:15 - 4:15 pm
CONTINUING:
Wednesday, 4:30 - 5:30 pm
January 14 - March 11 (No Feb. 26)
March 18 - May 6
May 13 - July 1
\$60/8 week session
Ellen Tatge
PRACTICE:
Bear Canyon, Room 1
Wednesday, 11:30 am –1:00 pm
Mary Moriarty
Bear Canyon, Room 1
Wednesday, 3:30-4:30 pm
Helen

T'ai Chi Ch'uan

A form of martial arts, that provides a cardiovascular workout and improves balance.
Bear Canyon, Multi-Purpose
BEGINNER:
Saturday, 11:30 am–1:00 pm
No sign up required
Yolanda Day and Richard Coursey

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
Monday, 6:00–7:30 pm
Tuesday, 6:00–7:30 pm
Friday, 2:00–4:00 pm
Saturday, 9:00-11:45 am
See instructor for prices
Charles Watkins

Aikido

North Domingo Baca Fitness Center,
Group Exercise Room
(Upstairs)
Wednesday,
7:15–8:30 pm
\$4/class
Charles Watkins



TABLE TENNIS · TALENT SHOW
TENNIS

SENIOR CENTER PROGRAMS

EIGHT BALL POOL



A great way to visit and meet with friends. A variety of games are played at each center. Donation requested.

Barelas, Game Room
Monday - Friday, 8:00 am - 5:00pm

Bear Canyon, Billiards Room
Monday - Friday, 8:00 am - 5:00 pm
Saturday, 9:00 am - 3:00 pm
Highland, Billiards Room
Monday - Friday, 8:00 am - 5:00 pm
Saturday, 10:00 am - 4:00 pm

Los Volcanes, Billiards Room
Monday - Friday, 8:00 am - 5:00 pm
Thursday, 8:00 am - 7:00 pm
Saturday, 9:00 am - 1:00 pm
North Valley, Billiards Room
Monday-Friday, 8:00 am - 5:00 pm
Tuesday, 8:00 am - 7:00 pm

Palo Duro, Game Room
Monday - Friday, 8:00 am - 5:00 pm
Wednesday, 8:00 am - 7:00 pm
Saturday, 9:00 am - 1:00 pm

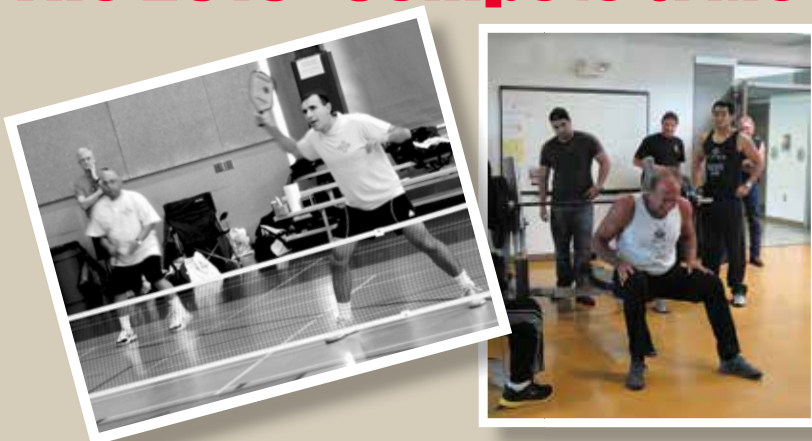


Fitness Knows No Age!
Find the center nearest you. See pages 3 and 26

ALBUQUERQUE 50+ GAMES

See page 10 & 11 For Info!!

The 2015 "Compete & Meet" Games



Come show us what you've got!!

See page 10 for more info or call 880-2800



EXERCISE

Get Moving Cardio

This group fitness cardio class incorporates high and low impact choices in an effective workout to burn more fat, use calories, and meet your fitness goals.

Manzano Mesa, Social Hall
Monday & Wednesday
 5:00-6:00 pm
 \$20 per month or \$2.50 per class
 Ann Owens



Zumba

Highland, Room 8
Wednesday, 5:30pm - 6:30 pm
 \$3 per class w/punch card
 \$4 drop in
 Cheryl

Manzano Mesa, Gym
Saturday 11:15 - 12:15 pm
Thursday 6:00 - 7:00 pm
 \$3 Jenny

North Domingo Baca, Social Hall
Monday 8:45 - 9:45 am & 4:30 - 5:30 pm
Tuesday 9:00 am - 10:00 am
 (Zumba Gold) & 4:30 - 5:30 pm
Wednesday 9:00 - 10:00 am

(Zumba Gold) & 5:30 - 6:30 pm
Thursday 9:00 - 10:00 am
 (Zumba Gold) & 4:45 - 5:45 pm
Friday 8:30 - 9:30 am & 4:45 - 5:45 pm
Saturday 9:00 - 10:00 am & 1:00 - 2:00 pm

North Valley

Tuesday 5:30 - 6:30 pm
 \$2, Mary Martinez

Zumba Gold Toning

This class is designed for the active older adult. You will use fast and slow rhythms and resistance training to tone and sculpt your body and burn fat.

Manzano Mesa, Gym
Friday, 8:00 - 9:00 am
 \$2 Dee Williams

Hiking (intermediate)

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

Bear Canyon
 Every other Thursday, 8:00 am
 Sandy McAvoy

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

Los Volcanes
 Every other Friday, 8:00 am
 Dick Brown

Highland
 Every other Tuesday, 8:00 am
 Pat Newman

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

Palo Duro
 Saturday, 9:00 am
 Sue Pelletier

North Domingo Baca
 Every other Friday 8:00 am
 Dick Brown



HOLISTIC ENERGY TRAINING

The focus in this class will be Body Movement to increase energy, and feel mental and emotional balance. Enjoy a deep experience of self-discovery.

Barelas
Thursday, 11:00am - 12:30 pm
 Bette Castoria

MASSAGE

Chair Massage

Natural non-invasive pain relief. Benefits include improved posture and range of motion, reduced anxiety and stress, increased sense of well-being massage done for a nominal fee.

North Domingo Baca, Downstairs Lobby
Thursday, 9:00am-3:00pm
 Lani Burns LMT #3387

North Valley, Lobby
1st & 2nd Wednesday, 9:00-11:00am
 Ellen Santistevan

Palo Duro Senior Center, Lobby
Tuesday, 9:00-11:00am
 Lani Burns LMT #3387

TABLE TENNIS

Practice and Play

Since its inception in 1880s England as an after-dinner amusement for upperclass Victorians, 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!

Barelas, Social Hall
 Thursday, 1:00 pm - 3:00 pm

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

Los Volcanes, Social Hall
 Tuesday, 1:30 - 5:00 4 pm

Palo Duro, Mesquite Room
 1st Saturday, 9:30 - 10:30 am
 2nd, 3rd & 4th Saturday, 9:30 - 11:30 am

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

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

Pajarito Senior Meal Site
 Wednesday, 12:30 - 1:30 pm



EXERCISE · HIKING · HOLISTIC ENERGY TRAINING · MASSAGE · TABLE TENNIS

SENIOR CENTER PROGRAMS

*Join us for the 2015 Winter Fitness Challenge!
 See page 6*

SELF DEFENSE

Feldenkrais Method

Awareness Through Movement

Often referred to simply as "Feldenkrais", is a somatic educational system designed by Moshé Feldenkrais. Feldenkrais aims to reduce pain or limitations in movement, to improve physical function, and to promote general wellbeing by increasing students' awareness of themselves and by expanding students' movement repertoire.

North Domingo Baca
Thursday, 6:15 - 7:15pm
 FREE, Steve Mulvihill.

TaeKwondo

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

All-Star Youth Karate

For ages 4-16, this karate/self defense program covers martial art techniques, emphasizing self-defense and child safety awareness.

Manzano Mesa,
 East Social Hall
Wednesday, 6:00 - 9:00 pm
 David Vigil
 To register: 899-1666

Kendo Kai

Meaning "Way of The Sword," is a modern Japanese martial art, which descended from traditional swordsmanship (kenjutsu) and uses bamboo swords (Shinai), and protective

armor. It is a physically and mentally challenging activity that combines martial arts practices and values with sport-like strenuous physical activity.

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

North Domingo Baca
Wednesday: 7:00-8:45pm
 Davis Begay. \$20.00 for adults and \$10.00 for youth.

Iron Olympian Karate

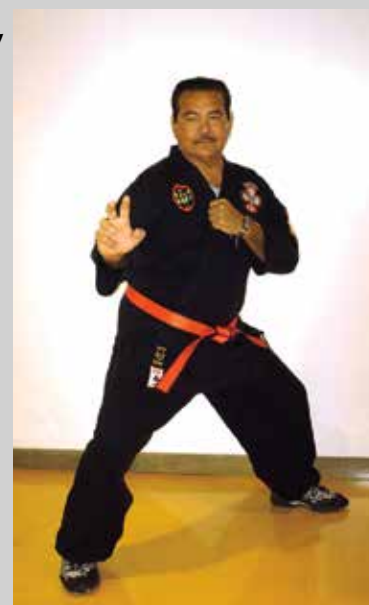
Develop physical strength, discipline, balance, coordination and self-esteem. Class includes breakaway techniques and safety awareness.

Manzano Mesa, Room 4
Tuesday, Wednesday, 6:00 - 8:00 pm
 Chris Nowak

Personal Defense Club, Close Quarter Combat

Provides a place to learn, teach and practice personal fighting skills. It is not associated with any traditional Asian art or sport.

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



SELF DEFENSE · WALKING GROUP

SENIOR CENTER PROGRAMS

WALKING GROUP

Come join this fun group as we walk through and see the sights of the Barelvas neighborhood and other selected locations.

Barelvas, Meet in Lobby
 Tuesday, 9:00-10:00 am



VOLUNTEER
Opportunities

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

Please call us at 880-2800