

**OVER 400 activities inside!!**

*January - June 2015*

# **ABQ** **Activities** **50+** *Catalog*

## **Riding the Age Wave**



Richard J. Berry  
Mayor



CITY OF ALBUQUERQUE

DEPARTMENT OF SENIOR AFFAIRS



BERNALILLO COUNTY

DEPARTMENT OF SENIOR AFFAIRS



Jorja Armijo-Brasher  
Director

**A Catalog of Classes, Special Events, Support Groups, Trips, Fitness Activities and MUCH MORE!!**



# Something for Everyone!



Dear Friends,  
Another new year is upon us, and I am delighted to present you with the City of Albuquerque's Department of Senior Affairs Activities Catalog. This edition highlights activities that will take place between January and June. Albuquerque is among the top five cities in the country in regard to how we support of senior citizens. The Department of Senior Affairs continues to work daily to ensure that Albuquerque remains one of the best cities in the country for senior facilities, services and programs. Al-

bucquerque is committed to remaining an age-friendly city where people of all ages are supported, celebrated, and better served. The theme of this year's catalog is "Riding the Age Wave." With the number of people 50 years and older increasing, the six Senior Centers, two Multigenerational Centers, and four Sports and Fitness Centers operated by the Department of Senior Affairs are constantly changing and evolving with the times. It is essential for this department to provide great facilities and programs for Albuquerque's seniors. From traveling to the Santa Fe Opera or the Santuario de Chimayo, to participating in aerobics or Zumba classes, to taking classes in watercolor painting and computers, the Department connects people to people and provides great opportunities for interactions

and socialization opportunities. These activities allow seniors in Albuquerque to: be life-long learners be committed to their physical fitness take part in recreational events within our community Please call the Senior Information & Assistance Program at (505) 764-6400, or stop by one of the centers to learn about the array of services that the Department has to offer. Live longer, happier and healthier lives by "Riding the Age Wave" with the Department of Senior Affairs.

Age Well Albuquerque!

Richard J. Berry  
Mayor

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Come make it  
another banner year!



evolving needs of the community as we begin to see the population of adults 50 years of age and older growing. Statistics have shown that within the next 10 to 15 years, New Mexico will rank 4th in the nation in the number of people

Dear Friends,  
This is going to be an exciting year for the Department of Senior Affairs as we begin to embark on a collaborative effort that will result in creating a new blueprint for the future of Albuquerque and its seniors. This blueprint will help the City and the Department to continue to address the

over the age of 65 years. Albuquerque's 65 years and older will double in size and the Department of Senior Affairs is committed to ensuring that we are prepared for the increase in the senior population.

The New Year is already shaping up to being another banner year. In February, we will be opening a new Fitness Room at the North Valley Senior Center and the Retired and Senior Volunteer Program will be relocating to their new offices at the Highland Senior Center. In addition, a city-wide questionnaire will be sent out to the community to help the Department continue to improve upon the finest programs and services available and to ensure that we are meeting the needs of our rapidly changing demographics. The Department has also secured funding and will begin the design of the new gymnasium at the North Domingo Baca Multigenerational Center; we will begin renovations to the Los Vol-

canes Senior Center; and we will be conducting a Feasibility Study for a new Westside Multigenerational Center.

These next six months will be extremely exciting for staff and the members of the Department of Senior Affairs. I invite you to take a look inside this catalog and see the many programs, classes, activities, trips, special events, groups, and fitness activities that the Department has to offer. All of our facilities are a continued reflection of the City of Albuquerque's commitment to an Age-Friendly city where people of all ages are supported and celebrated.

Please join us at any one of our facilities and have a wonderful New Year.

Jorja-Armijo Brasher  
Director

City of Albuquerque, Richard J. Berry, Mayor Robert J. Perry, Chief Administrative Officer Michael J. Riordan, P.E., Chief Operations Officer Jorja Armijo-Brasher, Director, Department of Senior Affairs Rhonda Methvin, Recreation Division Manager	<b>Department of Senior Affairs Advisory Council</b> Debby Knotts, Chairman Susan White Greg Lopez Marianne Chiffelle Mabel Padilla	<b>City Councilors</b> District 1 Ken Sanchez District 2 Isaac Benton District 3 Klarissa J. Pena District 4 Brad Winter, VP District 5 Dan Lewis District 6 Rey Garduño, President District 7 Diane G. Gibson District 8 Trudy E. Jones District 9 Don Harris	
The City of Albuquerque/Bernalillo County Department of Senior Affairs Hdqtrs. is located at 714 7th Street SW. Program inquiries may be directed to 764-6400			



# Center Directory

## Barelas

714 7th St. SW, Alb, NM 87102  
Phone: 764-6436 • Fax: 764-6472  
Monday–Friday, 8:00 am–5:00 pm

## Bear Canyon

4645 Pitt NE, Alb, NM 87111  
Phone: 767-5959 • Fax: 767-5964  
M,T,W,F 8:00 am–5:00 pm  
Thursday, 8:00 am–9:00 pm  
Saturday, 9:00 am–3:00 pm  
Thursday Night Dance 6:00–9:00 pm

## Highland

131 Monroe NE, Alb, NM 87108  
Phone: 256-2000 • Fax: 256-2004  
Monday, Tuesday, Thursday,  
Friday 8:00 am–5:00 pm  
Wednesday, 8:00 am–7:00 pm  
Saturday, 10:00 am–4:00 pm

## Los Volcanes

6500 Los Volcanes NW, Alb, NM 87121  
Phone: 836-8745 • Fax: 836-8749  
M,T,W,F 8:00 am–5:00 pm  
Thursday, 8:00 am–7:00 pm  
Saturday, 9:00 am–1:00 pm  
Hotspot Gift Shop  
Mon.–Fri., 9:00 am–1:00 pm

## North Valley

3825 4th St. NW, Alb, NM 87107  
Phone: 761-4025 • Fax: 761-4031  
M,W,TH,F, 8:00 am–5:00 pm  
Tuesday, 8:00 am–7:00 pm  
Sunday 12:30–4:30 pm

## Palo Duro

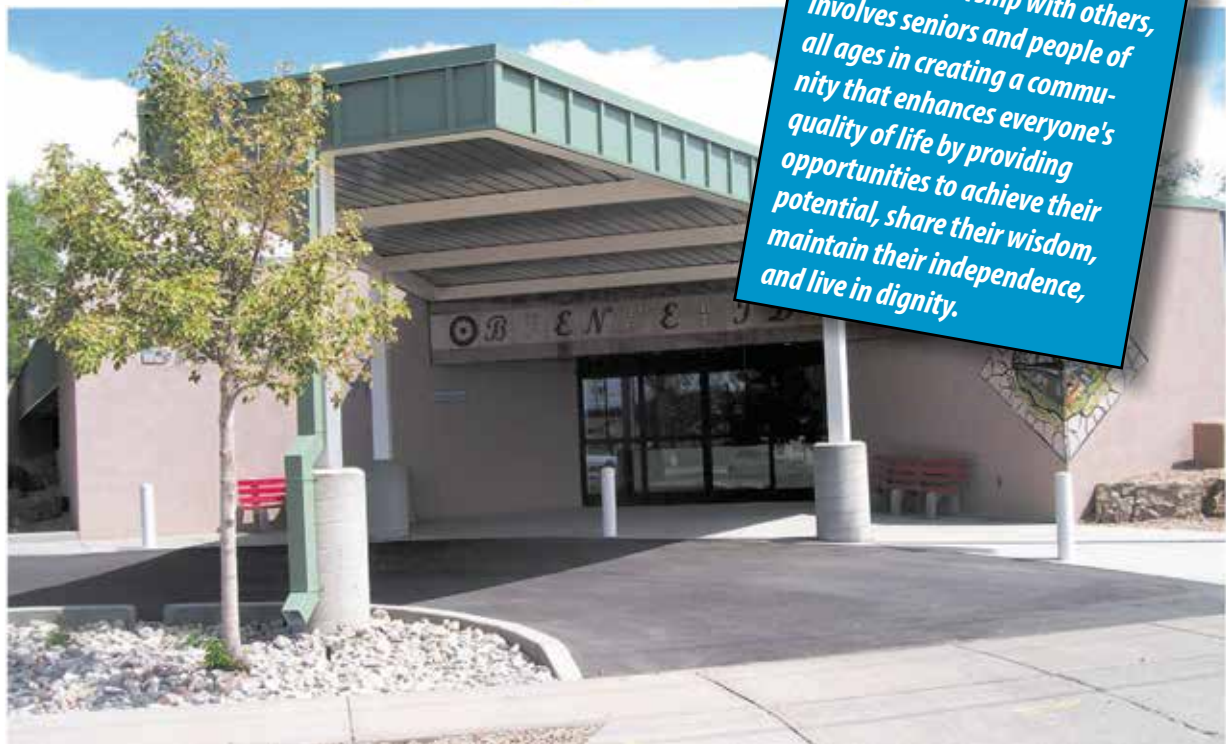
5221 Palo Duro NE, Alb, NM 87110  
Phone: 888-8102 • Fax: 888-8107  
M,T,T,F, 8:00 am–5:00 pm  
Wednesday, 8:00 am–7:00 pm  
Saturday, 9:00 am–1:00 pm  
Desert Willow Gift Shop  
Monday–Friday, 9:00 am–2:00 pm

## Multigenerational Centers

### Manzano Mesa

#### Multigenerational Center

501 Elizabeth SE, Alb, NM 87123  
Phone: 275-8731 • Fax: 275-8734  
Monday–Friday, 8:00 am–9:00 pm  
Saturday, 9:00 am–3:00 pm



*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 to achieve their potential, share their wisdom, maintain their independence, and live in dignity.

## North Domingo Baca Multigenerational Center

7521 Carmel Ave. NE, Alb., NM 87113  
Phone: 764-6475 Fax: 764-6489  
Monday–Friday, 8:00 am–9:00 pm  
Saturday, 9:00 am–3:00 pm

### Breakfast at the Centers

Enjoy a full menu breakfast Mon. - Fri., 8:00–9:00 am at 7 of our centers. On occasion, meal service may be cancelled. Check with the front desk for schedule changes. \$1.50 (NDBMC does not offer a full menu breakfast).

### Lunch at the Centers

**Barelas, Los Volcanes, North Domingo Baca, North Valley, Manzano Mesa**  
Reserve by 1:00 pm one work day prior.  
Mon–Fri, 11:30 am–1:00 pm  
\$2 for 60 and older, \$3.25 for 50–59, \$7.67 for guests under 50 (including children) If you are 60 or older, donations are accepted to help cover the expense of preparing the meal, however no one will be denied services for choosing not to donate.

### Bear Canyon, Highland, Palo Duro

Monday–Friday, 11:30 am–1:00 pm  
\$3.25 for seniors, \$7.67 for guests under 50 (including children)

## Fitness Centers

Call 880-2800 for Fitness Center information.

### Palo Duro 50+ Sports and Fitness Center

3351 Monroe NE  
Albuquerque, NM 87110  
Phone: 880-2800  
Monday–Friday, 7:00 am - 7:00 pm  
Saturday, 8:00 am - 2:00 pm

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

6500 Los Volcanes NW  
Albuquerque, NM 87121  
Phone: 839-3710 • Fax: 839-9466  
Monday–Friday, 7:00 am - 7:00 pm  
Saturday, 8:00 am - 2:00 pm

**For Information  
and Assistance  
call 764-6400**



# Center Directory Continued

## Meal Sites

Sites are generally open Mon.–Fri., 9 am–3 pm, and offer activities as well as a hot noon meal. Lunch reservations required. Menus and activities calendars are available. Suggested contributions: 60 and older: \$2/meal; 50-59: \$3.25/meal; under age 50: \$7.67/meal. Limited transportation for neighborhood residents is available to some sites. Call below for information.

### Nutrition Program Office

764-6474  
2540 Karsten Ct. SE, Alb, NM 87102

### Alameda Satellite

Raymond G. Sanchez Community Center  
9800 4th Street NW, Alb, NM 87114  
897-8896  
[www.my.calendars.net/alamedamealsite](http://www.my.calendars.net/alamedamealsite)

### Armijo Satellite

1714 Centro Familiar SW, Alb, NM 87105  
873-0047  
[www.my.calendars.net/armijomealsite](http://www.my.calendars.net/armijomealsite)

### Embudo Towers

8010 Constitution NE, Alb, NM 87110  
764-6467

### Encino Garden

412 Alvarado SE, Alb, NM 87108  
764-6467

### Encino Terrace

609 Encino Place NE, Alb, NM 87102  
764-6467

### South Valley Multipurpose Senior Center

2008 Larrazolo SW, Alb, NM 87105  
468-7604

### La Amistad

415 Fruit NE, Alb, NM 87102  
848-1395

### Cesar Chavez Community Center

7505 Kathryn Ave SE, Alb, NM 87108  
256-2680

### Los Duranes Community Center

2920 Leopoldo NW, Alb, NM 87107  
767-5900

### Tijeras Senior Center

#10 Tijeras Ave, Tijeras, NM 87059  
286-4220

### Pajarito

6080 Isleta Blvd SW, Alb, NM 87105  
873-6617

### Paradise Hills

5901 Paradise Blvd NW, Alb, NM 87114  
314-0246

### Rio Bravo

3910 Isleta Blvd SW, Alb, NM 87105  
873-6647

### Shalom House

5500 Wyoming NE, Alb, NM 87109  
823-1434

### Taylor Ranch Community Center

4900 Kachina St NW, Alb, NM 87120  
768-6006

### Thomas Bell Community Center

3001 University SE, Alb, NM 87106  
848-1333

### Wainwright Manor

5601 Gibson SE, Alb, NM 87108  
764-6467

### Whispering Pines

#6 Lark Road, Tijeras, NM 87059  
281-8003



See Pages 47 - 50 for  
Satellite Center Activities!!

Enjoy good food, good company,  
and great entertainment!

Satellite Centers provide social activities as well as healthy and well-balanced noon meals for individuals over 60. Transportation to Satellite Centers may be arranged and are provided on a donation basis. The meals meet 1/3 of the USDA recommended dietary allowances and nutrition education is provided.

## Volunteer Today!

LEAD. INSPIRE. CHANGE THE WORLD... AGAIN.



We offer a wide variety of  
volunteer opportunities.

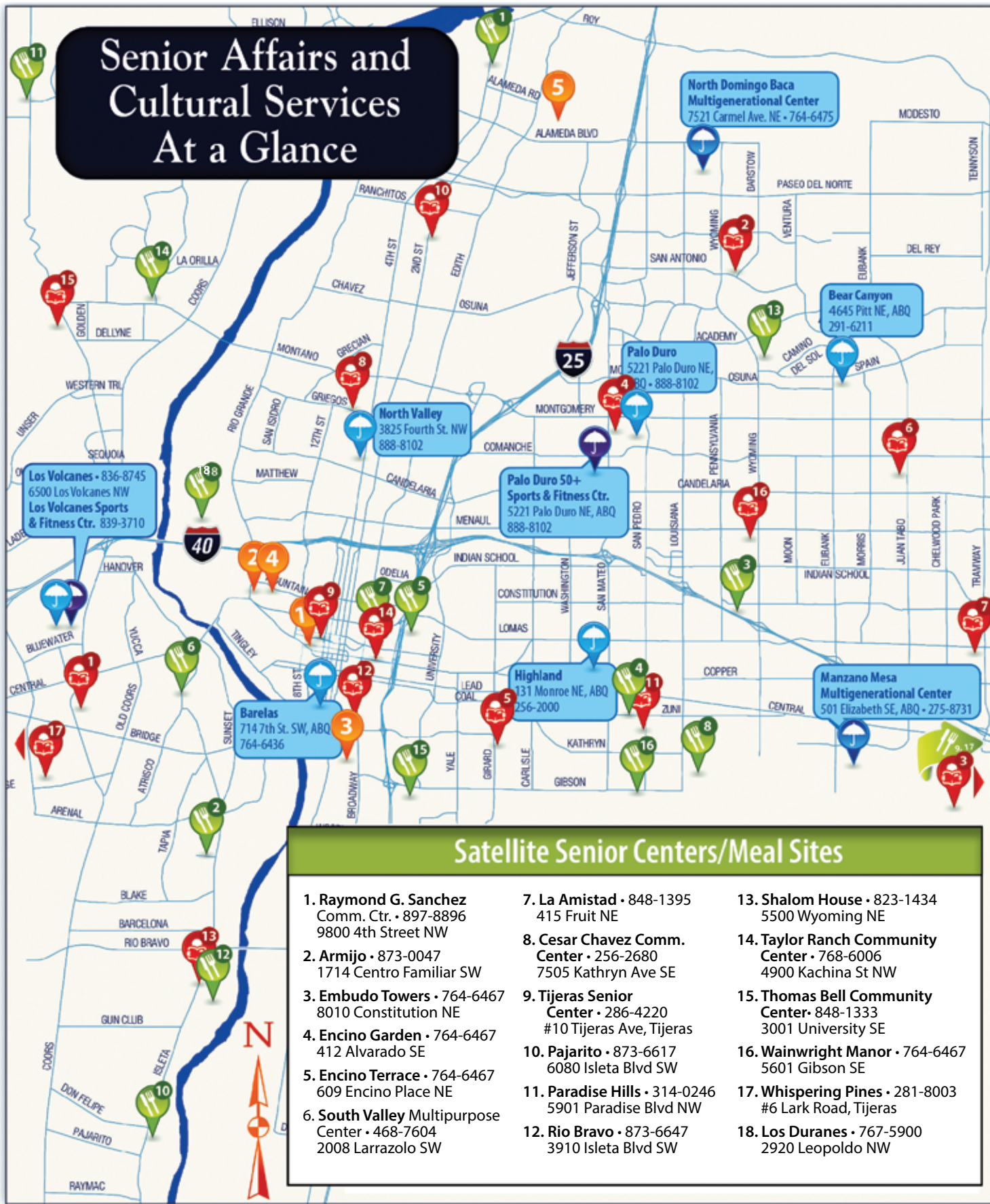
Do you have time, talents, skills, or hobbies  
you would like to share?  
If you do, please call the RSVP office at 764-1616



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



# Senior Affairs and Cultural Services At a Glance



## Libraries

- Alamosa Library**  
6900 Gonzales SW • 836-0684
- Cherry Hills Library**  
6901 Barstow NE • 857-8321
- East Mountain Library**  
1 Old Tijeras Rd. • 281-8508
- Erna Fergusson Library**  
3700 San Mateo NE • 888-8100
- Ernie Pyle Library**  
900 Girard SE • 256-2065
- Juan Tabo Library**  
3407 Juan Tabo NE • 291-6260
- Lomas Tramway Library**  
908 Eastridge NE • 291-6295
- Los Griegos Library**  
1000 Griegos Rd. NW • 761-4020
- Main & Genealogy Library**  
501 Copper NW • 768-5141
- North Valley Library**  
7704-B 2nd St. NW • 897-8823
- San Pedro Library**  
5600 Trumbull SE • 256-2067
- South Broadway Library**  
1025 Broadway SE • 764-1742
- South Valley Library**  
3904 Isleta SW • 877-5170
- Special Collections Library**  
423 Central NE • 848-1376
- Taylor Ranch Library**  
5700 Bogart NW • 897-8816
- Tony Hillerman Library**  
8205 Apache NE • 291-6264
- Westgate Library**  
1300 Delgado SW • 833-6984

## Satellite Senior Centers/Meal Sites

- |   |  |   |
|---|--|---|
| 1. <b>Raymond G. Sanchez</b><br>Comm. Ctr. • 897-8896<br>9800 4th Street NW | 7. <b>La Amistad</b> • 848-1395<br>415 Fruit NE                        | 13. <b>Shalom House</b> • 823-1434<br>5500 Wyoming NE                     |
| 2. <b>Armijo</b> • 873-0047<br>1714 Centro Familiar SW                      | 8. <b>Cesar Chavez Comm. Center</b> • 256-2680<br>7505 Kathryn Ave SE  | 14. <b>Taylor Ranch Community Center</b> • 768-6006<br>4900 Kachina St NW |
| 3. <b>Embudo Towers</b> • 764-6467<br>8010 Constitution NE                  | 9. <b>Tijeras Senior Center</b> • 286-4220<br>#10 Tijeras Ave, Tijeras | 15. <b>Thomas Bell Community Center</b> • 848-1333<br>3001 University SE  |
| 4. <b>Encino Garden</b> • 764-6467<br>412 Alvarado SE                       | 10. <b>Pajarito</b> • 873-6617<br>6080 Isleta Blvd SW                  | 16. <b>Wainwright Manor</b> • 764-6467<br>5601 Gibson SE                  |
| 5. <b>Encino Terrace</b> • 764-6467<br>609 Encino Place NE                  | 11. <b>Paradise Hills</b> • 314-0246<br>5901 Paradise Blvd NW          | 17. <b>Whispering Pines</b> • 281-8003<br>#6 Lark Road, Tijeras           |
| 6. <b>South Valley Multipurpose Center</b> • 468-7604<br>2008 Larrazolo SW  | 12. <b>Rio Bravo</b> • 873-6647<br>3910 Isleta Blvd SW                 | 18. <b>Los Duranes</b> • 767-5900<br>2920 Leopoldo NW                     |

## Cultural Venues

- The KiMo Theatre**  
768-3544 • 423 Central Ave. NW
- Old Town**  
Just NE of Rio Grande & Central
- South Broadway Cultural Center** • 848-1320  
1025 Broadway Blvd SE
- The Albuquerque Museum of Art & History** • 243-7255  
2000 Mountain Road NW
- Anderson-Abruzzo Albuquerque International Balloon Museum** • 880-0500  
9201 Balloon Museum NE

## Senior Centers



**Barelas**  
714 7th St. SW  
764-6436



**Bear Canyon**  
4645 Pitt NE  
767-5959



**Highland**  
131 Monroe NE  
256-2000



**Los Volcanes**  
6500 Los Volcanes  
NW 836-8745



**North Valley**  
3825 4th St. NW  
761-4025



**Palo Duro**  
5221 Palo Duro NE  
888-8102

## Multigenerational Centers



**Manzano Mesa**  
501 Elizabeth SE  
275-8731



**N. Domingo Baca**  
7521 Carmel Ave. NE  
764-6475

## 50+ Sports & Fitness Centers



**Palo Duro**  
3351 Monroe NE  
880-2800



**Los Volcanes**  
6500 Los Volcanes  
NW 839-3710



# Great Partnership

## Presenting Albuquerque's Rich Cultural Tapestry

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

### City of Albuquerque Department of Senior Affairs

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

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

**Membership:** Any person wishing to participate at a senior center is required to obtain a membership card. Membership is \$13 a year and is valid at all six senior centers in Albuquerque, and the Manzano Mesa and North Domingo Baca Multigenerational Centers and all 50+ Sports & Fitness Centers. People who are 50 years and older may become center members; spouses of members, even if they are younger than 50 may also become members.



### City of Albuquerque Cultural Services Department

City of Albuquerque, Cultural Services Department, oversees management of Albuquerque's Public Libraries, BioPark, Museums, the KiMo Theatre, and more.



Cultural Services also hosts special events throughout the year throughout the city. Cultural Services At a Glance:

- Albuquerque/Bernalillo County Library System
- ABQ BioPark: Albuquerque Aquarium, Rio Grande Botanic Garden, Rio Grande Zoo, Tingley Beach
- Albuquerque Museum of Art and History
- Anderson-Abruzzo Albuquerque International Balloon Museum
- Harry E. Kinney Civic Plaza
- KiMo Theatre
- Old Town – New Fun
- South Broadway Cultural Center
- Special Events
- GOV TV Channel 16
- Public Art Urban Enhancement Program

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

## Using This Catalog

If you have a membership (only \$13 a year) at one location, and are over age 50, you are entitled to participate in all of our centers. If a trip or class is filled at your home center, a similar trip or class may be available to you at another.

Our Multigenerational Centers are for seniors, youth and the entire community age 6 and older. For only \$13 you can join our Multigenerational Centers. Currently we have two, Manzano Mesa and North Domingo Baca Multigenerational Center. Both centers have fitness rooms, classrooms, and meeting rooms. Manzano Mesa has a gymnasium and a water sprayground, a fully automated aquatic play environment where all ages can get wet during the hot summer months.

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

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

Unless otherwise noted:

- Activities are free with membership.
- Trip and class sizes are limited.
- Meals are at your expense.
- Activities are first-come first-served
- Unless there is alternative contact information in the listing, most activities require advanced reservations; Call the host center for more information (a center directory is on page 3).
- Activities leave from or take place at the host center.
- Return times are approximate.

Class fees are usually payable to the instructor at the first class.



This one day, four-hour class provides techniques for coping with changes in vision, hearing and reaction time, along with a "rules of the road" review. Anyone 55 and older may take this class and may receive a discount on insurance premi-



ums. No tests are involved. \$15 for AARP members, \$20 for non-members. Make check payable to AARP and bring it to class. (Cash not accepted). Call for dates and to register.

**Barelas, Lead & Coal**  
3rd Wednesday, 1:00 – 4:45 pm

**Bear Canyon, Room 5**  
3rd Thursday, 12:00 - 4:00pm  
1st Saturday, 9:30 am - 1:30 pm

**Highland, Room 7**  
1st Thursday, 12:15 – 4:15 pm  
2nd Saturday, 10:30 am - 2:30 pm

**Los Volcanes, Room 2**  
1st Monday, 9:00 am–1:15 pm

**Manzano Mesa, Room 5**  
1st & 3rd Saturday, 9:00 am–1:00 pm

**N. Domingo Baca, Community Room**  
1st Saturday, 10:30 am – 2:30 pm

**North Valley, Room 4**  
1st Monday, 12:30 – 4:30 pm  
(Spanish speaking)  
Will schedule as needed

**Palo Duro, Ponderosa Pine**  
1st Friday, 8:30 am – 12:30 pm



## Center Closings

### WINTER 2015

Barelas.....	Jan. 26 - 31
Bear Canyon.....	Mar. 23 - 28
Highland.....	Mar. 9 - 14
Los Volcanes.....	Jan. 5 - 10
Los Volcanes Fitness Ctr. ....	Feb. 2 - 7
Manzano Mesa.....	Feb. 9 - 14
North Domingo Baca.....	Mar. 2 - 7
North Valley.....	Jan. 12 - 17
Palo Duro.....	Feb. 23 - 28
Palo Duro Fitness Ctr. ....	Mar. 30 – Apr. 4

### Holiday Closings:

New Year.....	Thursday, January 1
MLK Birthday.....	Monday, January 19
Presidents Day.....	Monday, February 16
Memorial Day.....	Monday, May 25
Thanksgiving.....	Thurs/Fri, Nov. 26-27
Christmas Day.....	Friday, December 25

## Center Shops & Markets

### Flea Markets at the Centers

Find special bargains, treasures and satisfy your sweet tooth. Reserve your table at the front desk.

**Barelas, Social Hall**  
Thursday, 8:00 am - 1:00 noon, \$2 table

**Bear Canyon, Multi-purpose**  
May - September  
Monday, 10:00 am - 2:00 pm, \$5 table

**Highland, Lobby (Arts Mart)**  
Monday 7:30 am setup  
8:00 am - 1:00 pm, \$2 rental

**Los Volcanes, Lobby**  
Tuesday, 8:30 - 11:30 am  
Friday, 8:30 - 11:30 am, \$2 rental

**Manzano Mesa, Outdoors**  
1st Friday, May - October  
8:00 am - 1:00 pm, \$2 rental

**North Valley**  
Wednesday, 8:00 am–12:00 pm  
\$1, \$1.50, \$2 rentals

**Pajarito Meal Site**  
1st Friday, 9:00 am–12:00 pm, \$1 rental

### Gift Shops

Buy a handmade gift made by seniors. You must be a center member to sell.

**Los Volcanes, "Hot Spot"**  
Monday - Friday, 9:00 am - 1:00 pm  
**Palo Duro, Desert Willow Gift Shop**  
Monday - Friday, 9:00 am - 2:00 pm

### Friendship Coffee

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

**Barelas, Social Hall**  
Wednesday, 9:30 – 10:30 am  
**Bear Canyon, Social Hall**  
Tuesday, 9:30 - 10:30 am  
**Highland, Lobby**  
Tuesday, 10:00 – 11:00 am  
**Los Volcanes, Social Hall**  
Thursday, 10:00–11:00 am  
**Manzano Mesa, Social Hall**  
Thursday, 10:00–11:00 am  
**North Valley, Social Hall**  
Times vary, call for info.  
**Palo Duro, Cottonwood**  
Wednesday, 9:15–10:15 am



### Americans with Disabilities Act:

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

### Health

#### Medicare Assistance

**North Valley**  
Call for appointment  
761-4025

#### Ask the Doctor

Discuss medical problems covering diagnosis, treatment and recovery.

**Manzano Mesa, Room 4**  
2nd Tuesday, 10:00 - 11:00 am  
Dr. Francis Roe

### Blood Pressure Screening

**Bear Canyon, Room 2**  
Wednesday, 9:00 - 11:00 am  
**Highland, Room 8**  
Friday, 9:30 - 11:30 pm  
**Palo Duro, Aspen**  
Monday, 9:30 - 11:30 am



### GEHM Clinic

Call for dates  
**Barelas, Lobby**  
**Highland, Room 1**  
**Los Volcanes, Social Hall**  
**Manzano Mesa, Lobby**  
**N. Domingo Baca, Lobby**  
**North Valley, Room 1**



## Health, con't.

### Hearing

#### Hearing Aid Technician

Sandia Hearing Aids offers hearing aid technician services including maintenance, cleaning, changing batteries, wax removal and checking function. For all models—\$2 per hearing aid.

#### Los Volcanes

2nd Tuesday, every other month  
9:00–10:00 am



#### Lip Reading

**Bear Canyon, Room 5**  
Monday, 12:30–1:30 pm  
\$5 materials, no registration required  
Jean Dugas

## Legal Clinic

### Senior Citizen Law Office

Provides general legal information. Divorces, wills, and criminal issues are not included. Info: 265-2300.

#### Highland, Room 7

3rd Tues, 1:00 - 3:00 pm

#### Los Volcanes, Room 1

4th Thursday, 10:00 am - 12:00 noon

#### North Valley, Room 4

3rd Thursday, 9:00 - 11:00 am

Advance Directive Workshop (Powers of Attorney, Cremation Authorization, EMS/DNR)



## Shopping Trips from Barelvas

50¢ transportation.  
Sign up at front desk.



### Barelvas

#### Wal-Mart Superstore

Monday, 9:30 - 11:30 am

## Volunteer Opportunities

If you have time, talents, skills, or hobbies you would like to share, please call the center of your choice.

## New Member Orientation

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

**Bear Canyon, Room 1**  
2nd Friday, 10:30 - 11:30 am

## Public Art in Albuquerque

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

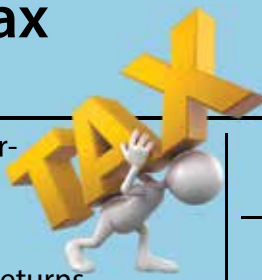
"Rain to River", the Hahn Arroyo Mosaic Project, by lead artist Nan Masland and 160 community volunteers, 2011.



## AARP Income Tax Assistance

Please bring the following information to your appointment.

- Picture Identification
- Copy of your last year's tax returns
- Social Security Cards for all people listed on return
- W-2 forms for wages
- Forms including 1099-INT (interest); 1099-DIV (dividends); All 1099-R (retirement); SSA 1099 (Social Security Benefit Statement); All 1099-B (stock sales) you must have the basis (what you paid) for all sales including mutual funds. Call your broker; 1099-G (gambling winning; RRB 1099 (railroad retirement); and any other 1099 forms.
- Forms reporting income such as jury duty, election work, alimony, etc.
- Medical expenses



If you have a complex return, check with the center before making an appointment. Some returns are out of scope for volunteer assistants. Please call beginning January, 2015 to make an appointment.

- For ages 65 or older, property tax bill and or rent receipts.

### Barelvas, Atlantic & Stover

Monday & Wednesday  
February 2 - April 15

8:30 am - 2:00 pm

**First come-first served:**

**No appt. required**

### Bear Canyon, Room 3 & 4

Tuesdays 8:00 am - 3:00 pm  
February 3 - April 14

Closed for cleaning Mar. 23 - 28

**Appointments required**

### Highland, Computer Room

Thurs., Feb 5 - Apr. 9  
(excluding Mar. 12)

8:30 am - 2:00 pm

**Appointments required**

### Highland, con't.

Fri., Feb 6 - Apr. 10  
(excluding Mar. 13)

8:30 - 11:30 am

Walk in Basis Only

### Los Volcanes, Room 1&2

Friday, January 30 - April 10

9:00 am - 3:00 pm

**Appointments required**

### North Valley, Room 1&2

Friday, February 6 - April 10

8:30 am - 2:00 pm

**Appointments required**

### Palo Duro, Computer Room

Thurs. Feb 5 - Apr. 9  
(excluding Feb. 26)

8:15 am - 3:00 pm

**Appointments required**



## Art and Craft Classes

### Arts and Crafts

Have fun learning different crafts. Crafts include: plastic canvas, embroidery, pin and button jewelry making.

#### Barelas, Santa Fe

Friday, 8:00 am–1:00 pm

Material Fee

Instructor: Viola Garcia

### Arts and Crafts - Sharing

For beginners who want to learn and for the experienced who want to share. Embroidery, crochet, counted cross-stitch, knitting, needlecraft and more.

#### North Valley, Room 3

Wednesday, 9:00 am - 1:00 pm



### Card Making for Mixed Occasions!

Love sending greeting cards and arts & crafts? Card Kits are pre-made; all you have to do is assemble. Bring your basic craft kit: favorite adhesive, craft scissors, scissors, and paper cutter if you have them.

#### Palo Duro, Cottonwood

Wednesday Jan. 14, Mar. 11, May 13

5:00 - 7:00 pm

Instructors: Yolanda Gradi

& Josie Lyons

### Get It Done!

Chat while you “get done” those projects in this modern day quilting bee.

#### Palo Duro, Juniper

Friday, 12:00 noon – 2:00 pm

## Beading and Jewelry

### Beading/Jewelry Class

Learn to make beautiful patterns for lovely jewelry and gifts.

#### Manzano Mesa, Room 3

Wednesday, 8:00 - 11:30 am

M. Jacobson

### Beading/Jewelry Group

Make your own beautiful art in jewelry.

#### Manzano Mesa, Room 4

Monday, 8:00 – 11:30 am

Pat Suhr

### Bead Society of NM

“It’s all about the Sparkle!”

#### N. Domingo Baca, Room 5

4th Monday, 4:30 - 8:30 pm

Sue Ortiz

#### North Domingo Baca, Room 5

1st Tuesday, 2:00 - 6:00 pm

Sue Ortiz

### Bead Society Board Meetings

#### North Domingo Baca, Room 1

2nd Tuesday, 12:30 - 4:00 pm

Sue Ortiz

## New Directions in Paper Maché

Paper maché has grown up! In this lecture class, learn new recipes for paper maché strip technique, paper maché clay, and paper maché fine clay - made with toilet paper! This class also covers new elements used like glass eyes and how to protect your artwork from the elements. Come learn the exciting grown up paper maché!

#### Los Volcanes, Room #10

Monday, February 9 &

Wednesday, May 20

12:00 noon - 1:30 pm

\$6

## Ceramics

Learn care and use of molds, pouring, preparation for firing, glazing, overglazing and/or staining, decorating, decals, etc. Materials not included.

#### Barelas, Santa Fe Room

Monday and Wednesday

9:00 am - 12:00 noon

#### Los Volcanes, Room 4

Friday, 8:00 am - 11:30 am

Monday, 1:00 pm - 4:00 pm

#### North Valley, Room 4

Tues., Wed., 12:00 noon - 4:00 pm

#### Palo Duro, Piñon Room

Mon., Thurs., 8:00 am - 12:00 noon

## Tile Class

Create art works on tile. All levels welcome. See instructor about materials.

#### Manzano Mesa, Room 3

Monday, 9:00 am - 12:00 noon

Tuesday, 9:00 am - 1:00 pm

Friday, 9:00 am - 1:00 pm

Lawanda Strong and Nellie Lang

## Crocheting, Knitting, Weaving & Needlepoint

### Happy Hookers Crochet Club

This all ages, all levels, informal group works on individual projects and a group project: making lap rugs for disabled vets.

#### Manzano Mesa, Room 4

Monday, 1:00 - 3:00 pm, Schmidt

### Crocheting

Join our fun-loving group for socializing and learning new techniques.

#### Los Volcanes, Room 2

Monday, 1:00 - 4:00 pm, McNabb

### Needlepoint 101

#### North Domingo Baca, Room 3

Monday, 9:00 - 11:00am

Instructor: Lee Hendricks

### Knitting and Crocheting

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

#### Bear Canyon, Room 4

Monday, 10:00 am - 12:00 noon

Jeannine Steidl

#### Los Volcanes, Room 2

Tuesday, 10:00 - 11:15 am

#### Manzano Mesa, Room 3

Friday, 1:00 - 3:00 pm

*Do you play the  
accordion?  
See page 34*



Arts & Crafts · Beading & Jewelry · Paper Mache  
Ceramics · Tile · Crocheting, Knitting & Weaving

# Classes



**Crocheting, Knitting, Weaving, con't.**

**North Valley, Room 3**  
Wednesday, 9:00 am - 1:00 pm

**Palo Duro, Cottonwood**  
Wednesday, 12:00 noon - 3:00 pm  
Jackson

**Miscellaneous Classes**

**Listen & Learn Music Appreciation Series: Big Band**

Do your toes tap to a Glenn Miller standard? In this class, students will listen and learn all about the history, standards, albums, and so much more.  
\$6 Instructor: LJ

**Los Volcanes, Room 10**  
Monday, February 2  
9:00 - 10:00 am

**North Domingo Baca, Community Room**  
Tuesday, February 3  
9:00 - 10:00 am

**Listen & Learn Music Appreciation Series: Romantic Music**

Learn all about romantic music, from its historical origins, its effect on music, standards, and today's lovely and lush sounds.

**North Domingo Baca, Room 6**  
Tuesday, February 10  
9:00 - 10:00 am  
\$6  
Instructor: LJ



**Listen & Learn Music Appreciation Series: Great American Songbook**

The Great American Songbook - Learn about the history, collection, notable performance, and how these songs are relevant and influential even today.  
\$6 Instructor: LJ

**Los Volcanes, Room 10**  
Monday, February 23  
9:00 - 10:00 am

**Listen & Learn Music Appreciation Series: A Capella**

Making music with no instruments is what makes a capella so exciting! Learn about the ancient art of a capella singing all the way up to today's exciting sounds.

**North Domingo Baca, Room 6**  
Tuesday, February 24  
8:30 - 9:30 am  
\$6 Instructor: LJ

**Ojos de Dios**

Ojo de dios – those fun 2-stick creations we did as kids – have really grown up! Students will create their own ojos in this hands-on class. Please see location for detailed materials list. \$30 Instructor: LJ

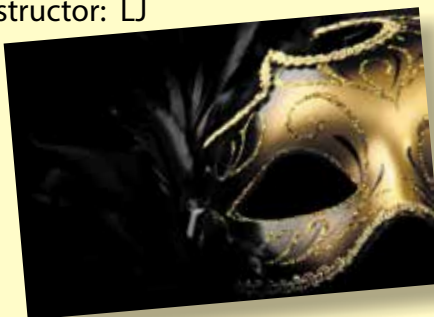
**North Domingo Baca, Community Room**  
Tuesday, February 3 10:30 - 11:30 am  
February 10, 17 10:00 - 11:00 am

**Los Volcanes, Room 10**  
Thursday, March 26, April 2, April 9  
11:30 am - 12:30 pm

**How Opera Changed the Arts**

Opera – the culmination of story, art, drama, and music. Learn about the beginnings of opera, and how opera props became models for today's movie characters.

**North Domingo Baca, Room 7**  
Tuesday, February 3  
12:30 - 1:30 pm  
\$6  
Instructor: LJ



**The Chemistry of Home Brewing Beer**

Learn the brewing process, history of beer and its impact on civilization, how valuable it was!

**Bear Canyon, Room 5**  
Wednesday, February 4  
8:30 - 11:30 am  
Cost: Free  
Instructor: Kevin Fleming

**Bear Canyon, Room 4**  
Thursday, February 19  
6:00 - 9:00 pm  
Cost: Free  
Instructor: Kevin Fleming

**Super Simple Stamp Making**

Making stamps to decorate can be super simple. Students will cut stamps apply paint, and stamp cards and paper. We will also cover stamping on fabrics, history of stamps, and more. \$14 Instructor: LJ

**Los Volcanes, Room 10**  
Monday, February 9  
10:00 - 11:00 am

**North Domingo Baca, Room 7**  
Tuesday, February 3  
2:00 - 4:00 pm

**Paper Maché: Beads**

Paper maché clays have opened a whole new vista in bead making. Learn to make paper maché clays while creating your own beads.

**North Domingo Baca, Room 7**  
Tuesday, February 10, 17, 24  
March 3  
12:30 - 1:30 pm  
\$20 Instructor: LJ

**Stained Glass through the Ages**

Oh! How far stained glass has come! Students in this lecture class will learn about the history, construction, and modern trends in stained glass - all while looking at vivid example in the presentation.

**North Domingo Baca, Room 6**  
Tuesday, February 24  
10:00 - 11:00 am  
\$6  
Instructor: LJ

**Introduction to Cosplay**

Cosplay had small beginnings back in the early 1990s but quickly grew into a phenomenon - even to have its own TV show "Heroes of Cosplay". Students will learn about cosplay history, cosplay selection, contest rules and regs, and much more!

**North Domingo Baca, Room 7**  
Tuesday, February 24  
2:00 - 3:00 pm  
\$6  
Instructor: LJ



**Jelly Jar Jewels**

Students will create their own beautiful art that may be lit from within tealights to create a luminescent jewel. Students are encouraged to bring a small, clean jar to this class. (hands-on)

**North Domingo Baca, Room 7**  
Tuesday, March 10, 17, 24  
12:30 - 1:30 pm  
\$20  
Instructor: LJ

**Coiled Fiber Bowls**

Craft your own colorful bowls made from clothesline and yarn! These bowls are function and beauty coiled into 1 item! (3-session hands-on class, see location for materials list) \$25 Instructor: LJ

**Los Volcanes**  
Wednesday, March 4, 11, 18  
10:30 - 11:30 am

**North Domingo Baca,**  
Tuesday, March 10, 17, 24  
8:30 - 9:30 am

**How to Purchase Glasses Online**

Purchase your next pair of prescription glasses from online retailers and save up to 80%!  
\$6 Instructor: LJ

**Los Volcanes, Room 1**  
Monday, February 2 &  
Wednesday May 27  
1:30 - 2:30 pm

**North Domingo Baca,**  
Community Room  
Tuesday, April 7  
10:00 - 11:00 am

**Feather Fan Party**

Join other feathered friends for a fun party to decorate a "blank" fan. Students are encouraged to bring any type of embellishment including hot glue guns, markers, rhinestones, glitter, or any other fantasy items. Your instructor will provide

the fan "blanks." Fabulous music and festive refreshments.

**Los Volcanes, Room 10**  
Wednesday, January 28 & May 20  
1:00 - 3:00 pm  
\$15 Instructor: LJ

**North Domingo Baca, Room 7**  
Tuesday, April 7  
12:30 - 2:30 pm  
\$20 Instructor: LJ

**Intro to Cruises**

Your class cruise director will explore the benefits of cruises, how to cruise in style, comparing cruise lines, what to expect, hidden costs, selecting the best rooms, all about shore excursions, what not to pack, and how to get as much as you can out of cruising! (lecture). \$6 Instructor: LJ

**Los Volcanes, Room 10**  
Wednesday, May 6  
9:00 - 10:00 am

**North Domingo Baca, Room 7**  
Tuesday, April 7  
3:00 - 4:00 pm

**Paper Maché: Masks**

Students will be creating their own masks using forms, paper maché clays, and other elements. Please see location for detailed materials list.

**Los Volcanes, Room 10**  
Wednesday, March 4, 11, 18, 25  
12:00 - 1:30 pm  
\$24 Instructor: LJ

**North Domingo Baca, Room 6**  
Tuesday, April 14, 21, 28, May 5  
10:00 - 11:00 am  
\$20 Instructor: LJ

**Fast and Easy Soap Making**

Students will learn about all types of soap making while pouring their own non-caustic, good, clean fun glycerin soap bars to take home! (lecture and hands-on, students may make more than 1 bar for a small fee)  
\$20 Instructor: LJ

**Los Volcanes, Room 4**  
Thurs., March 26, Wed., May 27  
1:00 - 3:00 pm

**North Domingo Baca, Room 7**  
Tuesday, April 21  
2:30 - 4:30 pm

**Paper Parasol Painting Party**

Join us for a paper parasol painting party where we will personalize our prefabricated "blank" white paper parasols that your instructor will provide. We will prettify while partaking to music and refreshment.

**Los Volcanes, Room 10**  
Wednesday, February 11 & May 27  
9:00 - 11:00 am \$22 Instructor: LJ

**North Domingo, Room 7**  
Tuesday, April 14  
12:30 - 2:30 pm \$20 Instructor: LJ

**Succulents**

Succulents are gaining huge popularity! Students will learn about the succulent horticulture, new planting designs, and much more!  
\$6 Instructor: LJ

**Los Volcanes, Room 10**  
Wednesday, May 6  
10:15 - 11:15 am

**N. Domingo Baca,**  
Room 6  
Tuesday, April 21  
8:30 - 9:30 am

**Glorious Soutache Jewelry**

What is soutache? Soutache (soo-tash) is narrow flat braid made from thread over 2 cords made from cotton, silk, polyester, or rayon. Soutache is lightweight, lustrous, and so easy to form into glorious jewelry! Learn about this new art by making your own pieces during this hands-on 5-session class.  
\$35 Instructor: LJ

**Los Volcanes, Room 10**  
Thursday, Mar. 26, Apr. 2, 9, 16, 23  
10:00 - 11:00 am

**North Domingo Baca,**  
Room 7  
Tuesday, April 28,  
May 5, 12, 19, 26  
12:30 - 1:30 pm





**Sun Protection Notions and Clothing**

Learn about the cancer risks associated with sun exposure in our sun-drenched state, cool new clothes that reflect the rays, and how sun screens work. \$6 Instructor: LJ

**Los Volcanes, Room 10**  
Thursday, April 16  
11:30 am – 12:30 pm

**North Domingo Baca, Room 6**  
Tuesday, April 28  
8:30 - 9:30 am

**Scherenschnitte: Art of Paper Cutting**

Learn the history, cultures, and methods of creating beautiful art from cutting paper. \$6 Instructor: LJ

**Los Volcanes, Room 10**  
Wednesday, January 28  
10:00 – 11:00 am

**North Domingo Baca, Community Room**  
Tuesday, May 5  
8:30 - 9:30 am

**5 Minute Bread in Your Slow Cooker**

Learn how to make artisan no-knead bread dough from scratch and bake it in their slow cooker - with as little as 5 minutes a day! Instructor: LJ

**Los Volcanes, Room 10**  
Monday, February 2  
10:30 – 11:30 am \$6

**North Domingo Baca, Room 7**  
Tuesday, May 5  
2:00 - 3:00 pm \$5



**Tie Dye with Sharpies**

Sharpie brand markers create beautiful tie dye effects with none of the muss! Students are asked to bring in a clean item to color. \$20 Instructor: LJ

**North Domingo Baca, Room 6**  
Tuesday, May 12  
8:30 - 10:30 am

**Los Volcanes, Room 10**  
Wednesday, May 6  
11:30 am - 1:30 pm

**Crowdfunding**

Looking for others to help your non-profit grow? Want to get funds to start your business? Want to tap into funding your awesome project worldwide? Crowdsourcing might be just the ticket! Learn how to run a successful campaign. (lecture)

**North Domingo Baca, Room 7**  
Tuesday, May 12  
2:00 - 3:00 pm  
\$6  
Instructor: LJ

**Modern Adobe, Hypertufa, and Papercrete**

Learn about new adobe composition, construction, and local building codes. We will also cover new construction elements like papercrete, earthbags, and hypertufa.

**North Domingo Baca, Room 6**  
Tuesday, May 19  
8:30 - 9:30 am  
\$6  
Instructor: LJ

**Body Scans: Medical Imaging**

MRIs, PET scans, body scans, X-rays, CT scans, ultrasound...Learn more about medical imaging and what's next in this exciting field. (lecture). \$6 Instructor: LJ

**Los Volcanes, Room #10**  
Wednesday, January 28  
9:00 – 10:00 am

**N. Domingo Baca, Room 6**  
Tuesday, May 19  
10:00 - 11:00 am



**Teen Boot Camp: Business Success Skills**

This week-long class provides teens with tools to excel at business. Topics include getting the job with awesome resumes and acing the interview, business etiquette, real life skills like finding an apartment... and so much more!

**North Domingo Baca, Room 2**  
Session 1: June 1, 2,3,4,5,  
Session 2: June 15,16,17,18,19  
9:00 am - 4:00 pm \$99  
Instructor: LJ

**Teen Boot Camp: College Success Skills**

This week-long class provides teens with the tools to get the most out of attending college. Students will learn all this and more in this intensive class.

**North Domingo Baca, Room 2**  
Session 1: June 8, 9, 10, 11, 12  
Session 2: June 22, 23, 24, 25, 26  
9:00 am - 4:00 pm \$99  
Instructor: L



**New Sewing Products and Tools**

Come and learn about new tools and products for the home sewer.

**North Valley, Room 3**  
Tuesday, March 31  
1:00 - 2:00 pm \$6  
LJ



**Power Tools for Women**

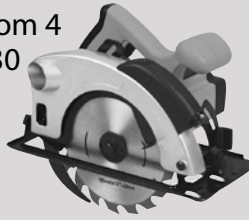
Powered tools changed the landscape for do-it-yourselfers- and even more significantly – changed it for women! In this class/presentation, learn how the power tool market is changing for women, everything from smaller hand grips to pink tools.

**Let's go on ski trip!!**  
See page 53 for info.



## Miscellaneous Classes, con't.

**North Valley, Room 4**  
Monday, March 30  
1:00 - 2:00 pm  
\$6  
LJ



## Canning 101

Learn the basics on how to do home canning. Learn the difference between hot water bath canning and pressure canning, USDA safety guidelines, and delicious recipes. Learn from a NM State Fair blue ribbon winner!

**North Valley, Room 4**  
Monday, March 30  
2:30 - 4:00 pm  
\$6  
LJ



## Learn to Make Bath Bombs

Learn a fun way to add excitement to your senses while enjoying the benefits of Essential Oils.

**North Valley, Room 4**  
Thursday, April 30  
9:00 - 10:00 am  
Deb Garey

## Making Father's Day Gifts

Learn a fun way to make father's day gifts with essential oils.

**North Valley, Room 3**  
Thursday, May 28  
9:00 - 10:00 am  
Deb Garey

## Joy of Soy

Make your own soy wax candles and customize them with color and scent.

**North Valley, Room 3**  
Friday, May 29  
10:00 - 11:30 am  
\$10 materials fee, each class  
Instructor: Lauralyn Johnson



## Photography Classes

**North Domingo Baca, Room 5**  
Wednesday, 8:30 - 11:30am  
Thursday,  
6:00 - 8:00pm  
Sign up at the  
front desk  
Jim Corrigan  
\$10/class



## Plastic Canvas

Plastic canvas is a foundation for needlepoint or other canvas work embroidery. Create 3-D objects such as tissue box covers, small jewelry boxes, handbags, and other decorative objects.

**Los Volcanes, Room 4**  
Thursday, 1:00 - 3:00 pm  
Fees determined on 1st day of class  
Grace Colclessor

## Doll Making

### Porcelain Doll Making

Learn this art while making a doll.

**Los Volcanes, Room 4**  
Thursday, 9:00 - 11:00 am  
Maness, materials not included,  
waiting list



### Exploring the Arts with Dolls

Doll making using cloth textile design, paper clay, polymer clay, block printing found objects, steampunk and more. A variety of mediums will be used to creating dolls that are pieces of art.

**Los Volcanes, Room 4**  
Monday, 1:00 - 2:30 pm  
(Class starts Monday, February 2)

## Beginning Drawing

Learn how to draw using the chiaroscuro "3D" techniques, use of pencil, ink, and charcoal. Geared for Beginners and experienced welcome.

**North Valley, Room 4**  
Tuesday, April 7, 14, 21, 28  
4:30 - 6:30 pm  
\$45  
Elaine Cimino

## Drawing

### Sketching Class

Enlighten your imagination and explore the magic of sketching and caricatures. All levels.

**Los Volcanes, Room 10**  
Thursday, 9:00 - 11:00 am  
Jeanette Dominguez

### Portrait Drawing Class

We need your face! Highland Portrait Drawing class draws live models with a focus on the proportions of the head. Models are needed weekly in return you will get copies of all the artworks of your portrait. New Artist welcomed and models are always needed. Call the front desk for more information.

**Highland, Room 8**  
Tuesday, 10:00 am - 11:00 am  
Marge Palsce

## Folk Arts

### Retablos/Hispanic Folk Art

Learn the art of making retablos.

**Barelas, Stover**  
Tuesday, 9:00 - 11:30 am  
George Salazar  
**North Valley, Room 3**  
Wednesday, 1:00 - 4:00 pm  
Anita Andrade



*There is something for everyone under our umbrella!*  
Membership entitles you to a world of opportunities.

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

Miscellaneous Classes · Joy of Soy · Photography · Plastic Canvas · Doll Making · Beginning Drawing · Drawing · Folk Arts

# Classes



**Folk Arts, con't.**

**Swedish Weaving**

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

**Los Volcanes, Room 2**  
 Tuesday, 12:00 noon - 2:30 pm  
 J. Brunyansky, R. Hinkel & C. Lucero

**Palo Duro, Juniper**  
 Friday 2:15 - 4:30pm  
 \$10 Material Fee Lucero

**Glass**

**Fused Glass**

Learn the art of fusing glass in a kiln by stacking layers of glass together.

**Manzano Mesa, Room 3**  
 2nd Monday, 9:00 am - 12:00 noon  
 \$15 materials, Nellie Lang

**Stained Glass**

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

**Los Volcanes, Room 4**  
 Friday, 1:00 - 3:00 pm  
 \$10 first class, \$10/every 3 months  
 Marie Silence

**Palo Duro, Cottonwood**  
 Friday, 9:30 - 11:30 am  
 Clum

**Leather**

**Leather Craft**

Learn the art of hand-tooled leather crafting. Students must buy leather.

**Palo Duro, Aspen**  
 Tuesday, 12:00 noon - 2:00 pm  
 Love, some tools provided



**Metals**

**Silversmith I**

Cut, stamp, hammer, solder and finish silver. Learn basic techniques along with practical information. WAIT LIST ONLY CALL INSTRUCTOR.

**Bear Canyon, Room 5**  
 Thursday, April 30,  
 May 7, 14 & 21  
 5:30 - 8:30 pm  
 \$30 material fee/\$100 Course fee  
 Eileen Ott

**Palo Duro, Juniper**  
 Wednesday Jan 7 - Feb 11  
 4:30 - 6:30 pm  
 \$30 material fee/\$100 Course fee  
 Ott

**Palo Duro, Juniper**  
 Saturday June 6 - June 27  
 9:30 am - 12:30 pm  
 \$30 material fee/\$100 Course fee  
 Ott

**Silversmith II**

Expand on the skills learned in Silversmith I and focus on bezel construction, soldering, and stone setting. Prerequisite: Silversmith I

**Bear Canyon, Room 5**  
 Tuesday, April 28, May 5, 12, & 19  
 1:00 - 4:00 pm  
 \$35 Silver and materials fee/ \$100 Course fee  
 Eileen Ott

**Bear Canyon, Room 5**  
 Thursday, June 4, 11 18 & 25  
 5:30 - 8:30 pm  
 \$35 Silver and materials fee/ \$100 Course fee  
 Eileen Ott

**Palo Duro, Juniper**  
 Wednesday March 4-April 8  
 4:30 - 6:30 pm  
 \$35 material fee/\$100 Course fee  
 Ott

**Palo Duro, Juniper**  
 Saturday Jan. 10-31  
 9:30 am - 12:30 pm  
 \$35 material fee/\$100 Course fee  
 Ott

**Silversmith III**

Learn more complex bezel construction and stone setting using gallery

wire and bezels. Prerequisites: Silversmith I & II

**Bear Canyon, Room 5**  
 Tuesday, June 2, 9, 16 & 23  
 1:00 - 4:00 pm  
 \$40 silver and material fee / \$100 Course fee  
 Eileen Ott

**Bear Canyon, Room 5**  
 Thursday, January 8, 15, 22 & 29  
 5:30 - 8:30 pm  
 \$40 silver and material fee / \$100 Course fee  
 Eileen Ott

**Palo Duro, Juniper**  
 Wednesday April 22- May 27  
 4:30 - 6:30 pm  
 \$40 material fee/\$100 Course fee  
 Ott

**Palo Duro, Juniper**  
 Saturday Feb. 14-March 14  
 9:30 am - 12:30 pm  
 \$40 material fee/\$100 Course fee  
 Ott

**Silversmith IV**

Make closures, clasps and hinges from basic to complex in this techniques class. Prerequisites: Silversmith I, II & III.

**Bear Canyon, Room 5**  
 Thursday, February 12, 19, 26 & March 5  
 5:30 - 8:30 pm  
 \$40 silver and material fee / \$100 Course fee  
 Eileen Ott

**Palo Duro, Juniper**  
 Wednesday June 10-July15  
 4:30 - 6:30 pm  
 \$40 material fee/\$100 Course fee  
 Ott

**Palo Duro, Juniper**  
 Saturday March 28-April 18  
 9:30 am - 12:30 pm  
 \$40 material fee/\$100 Course fee  
 Ott



**Metals, con't.**

**Silversmith V**

Learn to make bracelets, rings or shadow boxes. Prerequisite Silversmith I, II, III. Student buys all silver.

**Bear Canyon, Room 5**  
 Thursday, March 19 & April 2, 9 & 16  
 5:30 - 8:30 pm  
 \$40 silver and material fee / \$100 Course fee  
 Eileen Ott

**Palo Duro, Juniper**  
 Saturday May 9-23  
 9:30 am - 12:30 pm  
 \$5 Consumables fee/\$100 Course fee  
 Ott

**Silversmith Open Sessions**

Sessions open to any student wanting extra work time. Call an instructor for availability.

**Metal Casting**

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

**Palo Duro, Juniper**  
 Thursday, 12:00 noon - 5:00 pm  
 Ellis  
 \$2.00/per casting for consumables

**Metal Silversmith and Jewelry Making Open Lab**

Open lab for metals, silversmith, fused glass and enamel for those students with a basic knowledge of jewelry making.

**Palo Duro, Juniper**  
 Wednesday, 10:00 am - 4:00 pm  
 Garcia, Taylor, Provencio

**Painting, Drawing & Pastels**

**Drawing Classes**

**N. Domingo Baca, Room 4**  
 Saturday, 9:15 - 11:15 am  
 Free, Jolynne Fenger

**Artist's Corner**

Meets to paint in any medium and offer gentle critique and constructive criticism.

**Manzano Mesa, Room 3**  
 Thursday, 1:00 - 4:00 pm  
 Bring your own materials, Kennedy

**Painting Workshop**

Instruction is given on perspective, composition, form, color mixing and blending. Ongoing classes are open to all levels. No registration required. Bring materials.

**Los Volcanes, Room 4**  
 Tuesday, 9:00 - 11:00 am  
 Janet Dominguez  
**North Valley, Room 4**  
 Friday, 9:00 am - 12:00 noon  
**Barelas, Coal**  
 Wednesday, 9:00 am - 12:00 noon

**Sketching**

Class provides tutelage in this all levels "open studio" class. Participants must have basic materials and equipment and can join in at any time.

**Los Volcanes, Room 10**  
 Tuesday, 9:00 - 11:00 am  
 Janet Dominguez



**Watercolor: Adult**

This all levels class covers: Landscape, spring flowers, still life, painting from photos and sketches and one class on location.

**Manzano Mesa, Room 3**  
 Dates and times of next session to be announced.  
 \$60 plus supplies, Sandy Culler,  
 710-4143

**Adult Watercolor**

Learn about composition, color, art history, challenges and inspiration.

**North Domingo Baca, Room 5**  
 Tuesday, 8:30 am - 12:00 pm  
 Jo Nell Tyson  
 This is a self-directed class

**Watercolor for Fun**

**North Domingo Baca, Room 5**  
 Monday, 8:30 am - 12:30 pm  
 Raymond Ortiz  
 Free



**Palo Duro Palettes**

We work in all mediums and share our knowledge and enthusiasm. Come sample a variety of methods, ideas and techniques. Material available.

**Palo Duro, Piñon**  
 Wednesday, 1:00 - 3:00 pm  
 Lamkin

**Artist Series: Watercolor**

Professional artist Ralph Lewis leads class discussion of assigned projects.

**Highland, Room 1**  
 Monday, 9:00 - 11:30 am  
 Ralph Lewis

**Visiting Artists Series**

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

**Palo Duro, Cottonwood**  
 Tuesday, 1:00 - 3:00 pm  
 Haag





**Brilliance of Soft Pastels**

Beginners focus on technique, composition and materials. Intermediate students focus on interpreting value and color, enhancing skills and new challenges. Demos given along with individual help. Some materials may be purchased.

**Manzano Mesa, Room 3**  
Monday, 1:30 - 4:00 pm  
6 - 8 week session, Sharon Jensen

**Beginning Oil Painting**

All ages welcome. Discover your inner artist through oil painting.

**North Domingo Baca, Classroom 5**  
Wednesday, 5:30 - 7:30 pm  
\$80 (6 week sessions)  
Instructor: Pat Berger

**Painting Flowers with Acrylics**

This class explores in depth resist techniques using acrylics.

**North Valley, Room 4**  
Tuesday, May 5, 12, 19, 26  
4:30 - 6:30 pm  
\$45  
Elaine Cimino

**Painting Workshop: Acrylic**

Share ideas, techniques and inspiration. All skill levels learn from each other.

**Bear Canyon, Room 3**  
Monday, 9:00 am-12:00 noon  
Paul Stubbe, Students supply their own materials. No registration required.

**Painting Workshop: Oil**

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



**Bear Canyon, Rooms 3 & 4**  
Wednesday, 9:00-11:30 am  
Instructor: Marian Boardl

**Watercolor Club**

This on-going activity allows participants to share ideas, techniques and inspiration. No registration required.

**Bear Canyon, Room 3**  
Tuesday, 1:00 - 3:30 pm  
Instructor: Paul Stubbe

**Painting: Open Workshop**

All venues welcome

**Bear Canyon, Room 4**  
Friday, 9:30 am - 12:00 noon  
Marian Boardl  
No registration required, bring materials.

**Off Beat Artists**

We are a group of self-directed artists who work primarily in drawing and painting mediums. The objective is to work and share our creative experiences in an atmosphere of camaraderie. No instruction. Participants provide their own materials and work at their own pace.

**Barelas, Lead/Coal**  
Monday, 11:00 am - 3:30 pm

**Mixed Media**

Discover new applications to painting with watercolor, pastel and acrylic media.

**North Valley**  
Tuesday, June 9, 16, 23, 30  
4:30 - 6:30 pm  
\$45  
Elaine Cimino

**Pottery**

**Pottery Lab**

For advanced and intermediate pottery students only.

**Palo Duro, Piñon**  
Wednesday, 8:00 - 11:30 am  
Self-directed

**Pottery Open Studio**

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

For those enrolled in or completing a previous Bear Canyon pottery course.

**Bear Canyon, Room 5**  
Friday, 1:00 - 4:00 pm  
February 6-10, (10 weeks)  
Material and firing fees  
Self-Directed

**Pottery Open Studio, con't.**

**Highland, Room 2**  
Monday & Thursday, 1:00 - 4:00 pm  
Self-Directed

**Los Volcanes, Room 4**  
Wednesday, 12:30 - 3:00 pm  
Self-Directed

**Beginning Pottery**

Learn the fundamentals of creating clay. This six month class will focus on basic projects such as coil pots, slab vessels and sculpture. All work will be fired in the studio. Materials and firing fees apply. See instructor during class time to sign waiting list

**Los Volcanes**  
Wednesday, 9:00 - 11:30 am

**Beginning Pottery**

Learn basic pottery forms using pinch, coil and slab techniques.

**Bear Canyon, Room 5**  
Thursday 8:30 - 11:30 am  
February 5 - April 9 (10 weeks)  
Material fee and firing fees  
Instructor: Carol McIntosh

**Advanced/Beginning Pottery**

Explore glaze techniques and surface decoration.

**Bear Canyon, Room 5**  
Wednesday 12:30 - 4:30 pm  
February 4 - April 8 (10 weeks)  
Material fee and firing fees  
Instructor: Carol McIntosh  
(waiting list)

Do you want to learn ceramics? See page 9





### Pottery

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

Material Fee.

**Palo Duro, Piñon**  
Friday, 9:00 - 11:30 am

**Manzano Mesa, Room 3**  
Thursday, 9:00 am - 1:00 pm  
Lea Jones

### Pottery for Kids

Class is \$2.00 for ages kindergarten to 5th grade (5 - 11). Class is limited to 25 participants. Sign up at the front desk.

**North Domingo Baca, Room 5**  
Friday, 3:15 - 5:00 pm

### Pottery: Advanced

**Manzano Mesa, Room 3**  
Tuesday, 9:00 am - 1:00 pm  
Carolyn Rigirozzi

### Hand Built Pottery

**North Domingo Baca, Room 5**  
Tuesday, 12:00 noon - 4:00 pm  
(kiln room)  
12:00 - 2:00pm  
( Room 5)  
Jo Lynne Fenger

### Pottery & Handbuilding Clay

Come learn the basic techniques of hand-building and make some of your own pottery creations.

**Barelas, Santa Fe**  
Thursday, call center for hours.  
Instructor: JoLynne Fenger  
Materials and Firing Fees



### Rosemalers

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

**Highland, Room 2**  
Friday, 9:30 - 11:30 am  
(January - May)  
2nd Saturday (Meeting)  
10:00 am - 3:00 pm  
(No Class June - August)  
Instructor: Diana Ekedal

### Quilting

#### Knitting and Crocheting

Beginners to advanced are welcome. Beginners are taught the basics of knitting and techniques.

**Bear Canyon, Room 4**  
Monday, 10:00 am - 12:00 noon  
Instructor: Jeannine Steidl

#### Quilting: Experienced

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

**Bear Canyon, Rooms 3 & 4**  
Tuesday, 8:30 - 11:45 am  
Instructor: Janet Moffatt

#### Tuesday Angels

This group makes pillows, quilts, stuffed toys and lap robes, to donate to community organizations.

**Palo Duro, Aspen**  
Tuesday, 8:30 - 11:30 am  
Bommelaere

#### Laptop Quilters

Simple quilts are made and donated to the children at All Faiths Receiving Home and Birth Right. Materials donations are welcome.

**Highland, Room 3**  
Monday, 9:00 - 11:00 am

### Punch Quilting

A "no sew" way to create fabric pictures and wall hangings.

**Manzano Mesa, Room 3**  
Tuesday, 1:00 - 3:00 pm



### Quilting

For novice and experienced quilters

**Highland, Room 7**  
Tuesday, 8:00 am - 12:00 noon

**Los Volcanes, Room 2**  
Thursday, 9:00 am - 12:00 noon

**North Valley, Room 3**  
Monday, 8:00 am - 3:00 pm  
Sunday, 1:00 - 4:00 pm

**Palo Duro, Cottonwood**  
Tuesday, 8:00 am - 12:30 pm  
Spartz, Stanton  
Saturday, 9:00 am - 1:00 pm  
Stanton

### Machine Quilting

**Manzano Mesa, Room 4**  
Tuesday 9:30 - 11:30 am  
Friday, 1:15 - 3:00 pm

### Sewing & Alterations

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

**Palo Duro, Ponderosa**  
Tues., 10:30 am - 12:00 noon  
Gosso

### Dropped Stitch Knitters

**North Domingo Baca, Community Room**  
1st Monday 10:00 am - 12:00 noon  
\$20/year

Center memberships  
are only \$13 a year!





### Intro to Decoupage - Wooden Frame

Learn how to create a unique and special frame. Cut or tear decorative paper, glue and seal; add some glitter for a little bling!

North Valley, Room 4

Class A:  
Thursday, February 19,  
9:45 - 10:45 am  
Thursday, February, 26, 9:30-9:45 am  
(Seal Frame)

\$5 materials fee Autumn Foglia

Class B: Thursday, February, 26,  
9:50 - 10:50 am  
Thursday, March 5,  
10:15-10:30 a  
(Seal Frame)  
\$5 materials fee Autumn Foglia

### NM Creative Arts Tin Work

Join us and have some fun with your creative ideas to this open workshop where you will share and work with others on your own projects. You must bring your own supplies.

Highland, Room 2  
Friday, 12:30 - 4:30 pm  
Leader: Marcella Tapia

Los Volcanes, Room 4  
Tuesday, 1:00 - 4:00pm  
Maria Martinez

### Telescope

#### Amateur Telescope Making

Make your own telescope.  
Manzano Mesa, Room 3  
1st & 3rd Wednesday, 7:00 – 9:00 pm  
Mike Pendley



### Woodworking

#### Open Woodshop and Woodcarving

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

North Valley, Room 3  
Tuesday, 8:30 – 10:30 am

### Los Volcanes, Room 10

Tuesday, 8:30 – 10:30 am  
Upson, Lovato  
Wednesday 12:00 noon – 4:00 pm  
(power tools) Juanita Hopes

### Manzano Mesa, Room 3

Wednesday, 8:00 – 11:30 am  
Ralph Manchego

### Woodcarving

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

### Bear Canyon, Room 5

Friday, 8:00 am–12:00 noon  
Instructor: Gerry Hobart

### Woodcarving

Carvers do all types of relief and chip carving; wood burning, golf ball and santo carving, etc. Bring your own tools.

### Planet Art with Debbie Kmak

Classes are \$35, includes material fee.



### Social Media and New Technology

#### Social Media Marketing

Learn how social media is changing our lives and how to promote ourselves using social media.

Los Volcanes, Room 1  
Monday, Feb. 2 & Wed., May 13  
2:30 - 4:30 pm

North Domingo Baca, Room 7  
Tuesday, February 10  
2:00 - 3:00 pm  
\$6  
Instructor: LJ

How about a game of  
Mah Jongg? *See page 32*



### Wix Website Builder

Build a website without knowing a single bit of HTML using the latest website builder tools. Learn to build a website in about 2 hours. Students should have a familiarity using Windows and browsers like Internet Explorer. \$12 Instructor: LJ

Los Volcanes, Room 10  
Thursday, March 26  
8:00 - 10:00 am



North Domingo Baca, Room 7  
Tuesday, February 17  
2:00 - 4:00 pm

### Facebook Made Simple

Easily learn your way around Facebook. Join us for this 5-session class to learn more! Students should be very comfortable with a computer. (5-session hands-on class)  
\$30 (5 sessions) Instructor: LJ

Los Volcanes, Room 10  
Wednesday, March 4, 11, 18, 25, April 1  
2:00 - 3:00 pm



North Domingo Baca,  
Computer Room  
Tuesday, March 3, 10, 17, 24, 31  
8:30 - 9:30 am

### Blogging Made Simple

Blogging is a key social media component! Students will learn about the history of blogs, how to create their own blog, blogging communities, and how blogging is changing the face of business. Students should be familiar with using a personal computer, but no other skills are needed.

Los Volcanes, Room 1  
Monday, February 23  
2:30 - 4:00 pm  
Wednesday, May 6, 13, 20, 27  
2:00 - 3:00 pm  
\$25

North Domingo Baca,  
Computer Room  
Tuesday, March 3, 10, 17, 24  
10:00 - 11:00 am  
N. Domingo Baca,  
Room 6  
Tuesday, April 14  
8:30 - 9:30 am  
\$6  
Instructor: LJ



### Intro to Facebook

Learn to become a Facebook user and communicate with family and friends.

**Los Volcanes**, Room 1  
Session I Monday, February 9  
1:00 - 2:30 pm  
Session II Wednesday, May 20  
12:00 noon - 1:30 pm  
\$6 Instructor: LJ



**North Domingo Baca**,  
Community Room  
Tuesday, April 7  
8:30 - 9:30 am \$6 Instructor: LJ

**North Valley**, Computer Lab  
Monday, Wednesday,  
February 2, 4, 9, 11  
9:00 - 11:00 am  
\$35 Marcella Pirlot

**North Valley**, Computer Lab  
Tuesday, May 5, 12, 19, 26  
5:30 - 6:45 pm  
\$35 Marcella Pirlot

### Selling on Etsy

Etsy is a great way to sell your hand-made items. Learn how to create your own profile, join groups, and make sales in the marketplace.  
\$8 Instructor: LJ



**Los Volcanes**, Room 1  
Monday, February 23  
11:30 am - 1:30 pm

**North Domingo Baca**, Room 7  
Tuesday, April 21  
12:30 - 2:00 pm

### Pin It on Pinterest

Learn how to create pins, how to add pins to your board, and how to share your board with others and so much more!

**Los Volcanes**, Room 1  
Mon., February 23, Wed., May 20  
3:00 - 4:30 pm  
\$8 Instructor: LJ



**North Domingo Baca**,  
Room 7  
Tuesday, April 14  
3:00 - 4:30 pm  
\$8 Instructor: LJ

### Introduction to Skype

Learn how to use the Basics of a Real-Time SKYPE account. Class will include setting up your own account

to communicate with other SKYPE users. (Must have basic computer and internet skills).

\$35 Marcella Pirlot



**North Valley**, Computer Lab  
Tuesday & Thursday, March 3, 5, 10  
9:00 - 11:00 am

**North Valley**, Computer Lab  
Tuesday, June 2, 9, 16  
9:00 - 11:00 am



### All about eBooks

Learn the history of the eBook, where to get free eBooks, checking eBooks from your library, and managing your personal eBook library.

**North Valley**, Room 3  
Tuesday, March 31  
2:30 - 3:30 pm  
\$6 LJ Johnson

### Android Class

Learn how to set up and use your Android smartphone or tablet. Bring your Android device.

**North Valley**, Computer Lab  
Monday & Wednesday, April 6, 8, 13  
1:00 - 3:00 pm  
\$35 Instructor: Ivan Pfeifer

### Intro to GIMP Digital Photo Class

GIMP is free digital editing software that offers a wide range of photo editing and graphics options. Learn how to download and install, digital photo file formatting, how to light balance a photo, resize, crop and basic color enhancing.

**Bear Canyon**, Room 5  
Wednesday, May 6  
10:00 am - 12:00 noon  
Free Instructor: David Wimsatt

## Computer Classes

### Computer Lab

Open to members who wish to practice their computer skills or access the web.

**Barelas**, Computer Room  
Call Center for hours.

**Bear Canyon**, Computer Room  
Monday, Wednesday, Friday 9:00-11:00 am  
No Registration required

**Highland**, Room 6  
Wednesday, 1:00 - 3:00 pm

**Los Volcanes**, Computer Room  
Monday, 2:00 - 5:00 pm  
Thursday, 3:00 - 7:00 pm  
Saturday, 11:15 am - 1:00 pm

**Manzano Mesa**, Computer Lab  
Tues, Thur, 9:00 am - 12:00 noon  
Wednesday, 1:00 - 3:00 pm

**North Valley**, Computer lab  
Tuesday, Thursday, 1:00 - 3:00 pm

**Palo Duro**, Cedar Crest  
Monday, Tuesday, Friday  
1:00 - 3:00 pm

### Introduction to Microsoft Word

Learn how to write a letter, use special fonts, etc. using Microsoft Word. Must have basic computer skills.

**North Valley**, Computer Lab  
Monday, April 6, 13, 20, 27  
9:00 - 11:00 am  
\$35  
Marcella Pirlot

### Microsoft PowerPoint

Learn to create unique PowerPoint presentations using Microsoft PowerPoint 2010. Fun and exciting class.

**North Valley**, Computer Lab  
Mon.& Wed., March 2, 4, 9, 11  
9:00 - 11:00 am  
\$35  
Marcella Pirlot

### General Computer

#### Ask Computer Questions - Get Computer Help

Bring your computer questions.

**Manzano Mesa**, Computer Lab  
1st Saturday, 12:30 - 2:30 pm  
M. Hadaway, J. Freedman, R. Bemis, and E. Cardona



**Computer Basics**

Do you know what a mouse is or even a keyboard? If not, this is the class for you.

**North Domingo Baca**, Computer Lab  
 Wednesday, 1:00 - 3:00 pm,  
 Thursday, 9:00 - 11:00 am  
 Lee Hendrix

**Computers for Beginners**

Learn basic computer terms and functions.

**North Valley**, Computer Lab  
 Monday & Wednesday,  
 January 26 & 28 and February 2 & 4  
 1:00 - 3:00 pm Fee: \$35  
 Instructor: Ivan Pfeifer

**North Valley**, Computer Lab  
 Tuesday, February 3, 10, 17, 24  
 5:30 - 6:45 pm Fee: \$35  
 Instructor: Marcella Pirlot

**North Valley**, Computer Lab  
 Mon. & Wed., May 4, 6, 11 & 13  
 1:00 - 3:00 pm Fee: \$35  
 Instructor: Ivan Pfeifer

**Internet and Email**

Learn how to access the internet, shop without compromising your personal information, find reliable government and medical websites.

**North Valley**, Computer Lab  
 Monday & Wednesday,  
 February 23, 25 March 2, 4  
 1:00 - 3:00 pm Fee: \$35  
 Instructor: Ivan Pfeifer

**North Valley**, Computer Lab  
 Tuesday,  
 March 3, 10, 17, 24  
 5:30 - 6:45 pm Fee: \$35  
 Instructor: Marcella Pirlot

**North Valley**, Computer Lab  
 Tuesday,  
 May 5, 12, 19 & 26  
 9:00 - 11:00 am Fee: \$35  
 Instructor: Marcella Pirlot

**Word and Excel**

Learn how to create documents; edit, move, copy and paste text; change fonts; set margins; save and print your documents. Learn how to create a spreadsheet and how to use basic tools in Excel.



**North Valley**, Computer Lab  
 Monday & Wednesday,  
 March 16, 18, 23, 25  
 1:00 - 3:00 pm  
 \$35 Instructor: Ivan Pfeifer

**Introduction to Microsoft Windows 8.1 and Beyond**

This class is ideal for the first time student and students wishing to update their computer skills. Learn about basic computing and how to use the latest Microsoft operating system.

**Barelas**, Computer Room  
 Tuesday, January 6, 13, 20,  
 9:00 - 11:00 am, 1:00 - 3:00 pm  
 Tuesday, March 3, 10, 17, 24, 9:00-  
 11:00 am, 1:00 - 3:00 pm  
 Tuesday, May 5, 12, 19, 26,  
 9:00 - 11:00 am, 1:00 - 3:00 pm  
 \$20 or \$3 per individual class  
 Instructor: Patrick Turrieta – Please see instructor to sign up for class.

**Intermediate Introduction Course: Introduction to Microsoft Publisher 2013**

Learn how to make greeting cards, menus, calling cards, calendars, and banners. Common use and understanding of Windows 8.1 is recommended.

Note: There must be a total of 4 students signed up for Microsoft Publisher for the class to be presented.

**Barelas**, Computer Room  
 Tuesday, February 3, 10, 17, 24,  
 9:00 - 11:00 am, 1:00 - 3:00 pm  
 Tuesday, April 7, 14, 21, 28,  
 9:00 - 11:00 am, 1:00 - 3:00 pm  
 Tues., June 2, 9, 16, 23, 9:00 - 11:00 am  
 \$20 or \$3 per individual class  
 Instructor: Patrick Turrieta



**Computer Use 101**

This is a basic hands-on use of the computer.

**Barelas**, Computer Room  
 Friday, 9:00 am - 1:00 pm  
 Free. Qassem Samad  
 Please sign up at Front Desk  
 Instructor: Qassem Samad

**Windows 8.1 – Beginning/Intermediate**

This is a Beginning/Intermediate class covering the basics in Windows 8.1 and advancing to implementing, customizing and maintain Windows 8.1.

**Barelas**, Computer Room  
 Starting Thurs., Feb. 5, 1:00 - 3:00 pm  
 for Class, 3:00 - 4:00 pm for Lab  
 Cost: Free.  
 Please sign up at Front Desk  
 Instructor: Dino Ramirez

**General Computer**

**Windows 8.1 Basics**

**Bear Canyon**, Computer Lab  
 1:30 - 3:30 pm  
 Monday, January 5, 12, 26  
 February 2, 9, 23  
 Instructor: Harold Gottlieb  
 Cost: \$50 Sign up at the front desk

**Bear Canyon**, Computer Lab  
 1:30 - 3:30  
 Mondays, April 13, 20, 27,  
 May 4, 11, 18  
 Instructor: Harold Gottlieb  
 Cost: \$50 Sign up at the front desk

**Los Volcanes**, Room 1  
 Tuesday (every 8 weeks, call for info)  
 10:00 am - 12:00 noon  
 Wed. (every 8 weeks, call for info)  
 9:00 - 11:00 am  
 Wed. (every 8 weeks, call for info)  
 11:30 am - 1:30 pm

**Palo Duro**, Computer Room  
 Computer classes to be announced.  
 Please call center at 888-8102



**Windows 7**

Bear Canyon, Computer Lab  
 1:30 - 4:00 pm  
 Thursday, January 29, February 5,  
 12, 19, 26 & March 5  
 Instructor: Darl Patrick  
 Cost: \$50 Sign up at the front desk

**MS Office Excel 2010**

Bear Canyon, Computer Lab  
 1:30 - 3:30 pm  
 Mondays, March 2, 9, 16 & April 6  
 Instructor: Bill Miller  
 Cost: \$40 Sign up at the front desk

**Digital Camera & Photo Editing Basics**

Bear Canyon, Computer Lab  
 1:30 - 3:30 pm  
 Thursday, April 2, 9, 16 & 30  
 Instructor: Walter Garrett  
 Cost: \$40 Sign up at the front desk



**Apple Macintosh Day**

Open to Mac users of any experience level. A different Macintosh subject every month!

**Apple Users Group** - announcements, open forum Q&A help time, and presentations.

**Bear Canyon, Rooms 3 & 4**  
 3rd Saturday of each month

**The Learning Corner**  
 9:45 - 11:00 am

**Apple Users Group**  
 11:15 am - 12:30 pm  
 Facilitator: Bob Reed

**iPad & iOS-8 Workshop**

Apple & PC iPad users bring your iPad and join in in the fun. This is a workshop format where your iPad questions may be answered. Version iOS 6 and earlier, & iPad version 1 features, will NOT apply. This iPad workshop will feature only the iPad 2 or later, and iOS-7. We are not covering the iPhone, Kindle, Nook,



Surface, etc. Arrive early. The first 25 who arrive will be seated. No exceptions!

**Bear Canyon, Computer Lab**  
 10:00 am - 12:00 noon  
 2nd Thursday, Limit 25  
 Cost: \$Free

**Apple Macintosh Classes at Bear Canyon**

We conduct classes periodically on a variety of Apple Macintosh topics. To join e-mail list, and receive course notification plus regular "Mac Tips & Information," contact: Bob Reed at 292-3805, reed1936@comcast.net Sandoval

**PC Users' Group (WUG)**

Attendees have an opportunity to discuss their individual PC activities and problems.

**Bear Canyon, Computer Lab**  
 Wednesdays, 12:15 - 2:15 pm  
 Instructors: Radebaugh / Frank Krek  
 Bert Radebaugh  
 Phone: 275-6613  
 email: bandw37@comcast.net

**Manzano Mesa Computer Classes**

Each class needs at least 5 students to apply in order to hold the class. Please fill out an application, in the Computer Lab at Manzano Mesa and you will be notified by phone when the class is scheduled for and the cost of the class.

- Beginners Computer for Windows XP & 7
- Windows 8.1 Differences
- Beginners Windows 8.1
- Internet Level 1
- Microsoft Word 2007 or 2010
- Microsoft Excel 2007 or 2010
- How to use Facebook
- How to use SKYPE

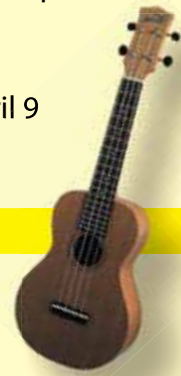
- Email Basics
- Files, folders & flash drives basics
- Digital Camera Basics
- Buy sell on Craigslist & Ebay
- Individual tutoring by appt.

**Music Classes**

**Intro to Ukulele - Learn and Earn a Ukulele\***

Start your New Year off right! Great opportunity for low income individuals to learn basics of ukulele and earn a ukulele. Requirements to earning ukulele: attend 12 classes, memorize and perform five songs. Ukuleles available for use during class. Sponsored by iCreate, Inc.

**North Valley, Room 4**  
 Thurs., January 22 - April 9  
 11:00 - 11:45 pm  
 Free Auttem Foglia

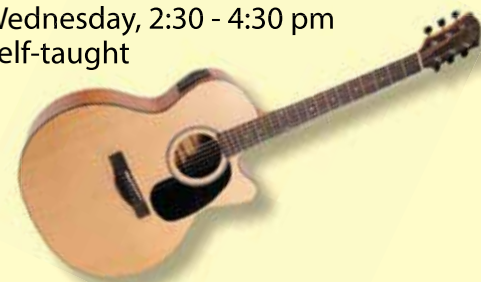


**Beginning Ukulele**

**North Valley, Room 4**  
 Thurs., May 8 - July 2  
 11:00 - 11:45 pm  
 \$3/class

**Beginning Guitar**

**Los Volcanes, Room 2**  
 Wednesday, 2:30 - 4:30 pm  
 Self-taught



**Violin Workshop**

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

**Bear Canyon, Room 1**  
 Friday, 8:00 - 10:00 am  
 Instructor: Garcia  
 No registration required





**Dance Classes**

**Ballroom/Latin/Swing Dance: Intermediate**

Continuation from the beginning class, with intermediate step patterns.

**Manzano Mesa**

\$20 for 4 weeks, includes patterns & disc  
Saturday,  
Beginning 10:00 - 11:00 am  
Intermediate 11:00 am - 12:00 noon  
Barbara Weiss, 506-0049

**Ballroom Dancing**

**Bear Canyon, Social Hall**  
Thursday, 4:45 - 5:45 pm  
\$6 per lesson  
Instructor: Rosamaria Delgadillo-Burt

**Highland, Room 8**  
Sat., 10:30 - 11:30 am (Classic Waltz)  
11:30 am - 12:30 pm (Cha Cha)  
Start date Jan. 24th See Center for complete information.  
Instructor: Avery Myers-Regulinski  
Cost: \$20/4 week session or \$8 drop-in

**Hula Dance Class**

Join us for this 6 week class and learn to Dance the Hula. Space is limited so sign up at the front desk!



**Highland, Room 8**  
Thurs., Feb. 5 - Mar. 19  
1:30 - 3:00 pm  
Instructor: Cindi Heffner

**Wise Women Belly Dance**

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

**Manzano Mesa, Social Hall**  
Thursday, 6:00 - 6:50 pm  
Amaya - 280-3638



**Dance and Movement for Parkinson's**

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

**North Valley, South Social Hall**  
1st & 3rd Thursday, 2:00 - 3:00 pm  
Free to members with Parkinson's,  
Joanie Carlisle

**Line Dancing**

**Beginning Line Dance**

**Barelas, Social Hall**  
Thursday, 1:30 - 3:00 pm (starting January 15) Gayle Mecca  
Fee: \$1

**Bear Canyon, Social Hall**  
Thursday, 3:15 - 4:30 pm  
(with new classes starting in January, May, and September)

**Los Volcanes, Social Hall**  
Tues, 9:15 - 10:15 am, Self taught  
Thu, 9:00 - 10:00 am, Jeanne Hendrix

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

**N. Domingo Baca, Social Hall**  
Thu, 1:15 - 2:30 pm, Mary Garcia

**North Valley, Social Hall**  
Mon, 1:00 - 2:00 pm, Clarada Hall

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

**Intermediate Line Dance**

**Bear Canyon**  
Tuesday, 3:15 - 4:30 pm  
Instructor: Clarada Hull

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

**Los Volcanes, Social Hall**  
Thu, 10:00 - 11:00 am  
Jeanne Hendrix

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

**N. Domingo Baca, Social Hall**  
Tue, 5:45 - 7:30 pm, Georgette Smith

**Intermediate II**

**Bear Canyon**  
Tuesday, 1:30 - 3:00 pm

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

**Advanced**

**Palo Duro, Mesquite**  
Mon, 1:30 - 3:15 pm,  
Sat (2nd, 3rd, & 4th),  
10:30 am - 12:00 noon  
Instructor : Jeanne Hendrix

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



**Square Dancing**

Enjoy the timeless tradition of Square Dancing.

**Palo Duro, Mesquite**  
Wednesday, 1:00 - 3:00 pm  
Carol Champion

**NM & Latin Dance Class**

Learn New Mexican and Latin dances.

**Barelas, Social Hall**  
Monday, 10:00 - 11:00 am  
Frances Lujan

**Latin Rhythms**

Learn the fundamental skills of social Latin dancing in dances such as; Salsa, Cha-cha, Rumba, Samba, Bolero, and Merengue.

**North Domingo Baca, Aerobic Room**  
Thursday, 10:15-11:15 am  
Free Class

## Language Classes

### Sign-Language

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

#### North Valley, Room 3

Tues., Feb. 3, 10, 17, 24, March 3, 10  
1:00 - 2:30 pm

Tues., Mar. 17, 24, 31, April 7, 14, 21  
5:30 - 7:00 pm

\$5 materials fee

Instructor: Pam Jenkins



### French Beginners Level 1 & 2

#### North Domingo Baca, Room 5

Call for dates: 1:00 - 2:30 pm

1st class = Beginners;

2nd class = level 2 2:45 - 4:15 pm

(2 consecutive classes).

\$20 material fee Julia Devine

### French: Advanced

Would you like the opportunity to speak French and learn current usage?

#### Palo Duro, Aspen

Monday, 1:00 - 3:00 pm

\$5 Materials Fee

Goldsmith



### German: Intermediate

Members need to have pronunciation and grammar under control and can write sentences with dependent clauses. This is not a conversation class. Most members have been to Germany, Austria, or Switzerland. Number 1 goal is to have fun!

#### Palo Duro, Aspen

Thursday, 8:45 - 11:30 am

Holcomb, Maldonado



### Italian for Beginners

Learn the language of love! Come have some fun while picking up conversations in Italian and listening to Italian songs. No experience necessary.

#### Barelas, Stover

Friday, 11:00 am - 12:00 noon

Instructor: Alison Oatman

\$3/class

### Italian Workshop: Intermediate

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

#### Bear Canyon, Room 2

Tuesday, 11:10 am - 1:00 pm

Register with Alex Trujillo

### Spanish Beginning

This fun ten-week course is ideal for students with little or no experience with Spanish.

#### Palo Duro, Aspen

January 7 - February 11

10:00 am - 12:00 noon

\$20, \$10 material fee,

Johnson

### Spanish Workshop

#### Intermediate/Advanced

Conducted mainly in Spanish, with activities that emphasize speaking, listening and reading. Call to see if space is available.

#### Bear Canyon, Room 2

Tuesday, 9:00 - 10:50 am

Instructor: Frances Perolti

No registration required

### Spanish Workshop

#### Grammar Review/Conversation

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

#### Bear Canyon, Room 2

Tuesday, 1:10 - 3:00 pm

Instructors: King, Campbell

No registration required

### Introduction to Spanish

Pronunciation, greetings, simple phrases, telling time, beginning grammar etc., w/ gradual move into basic vocabulary and conversation.

#### North Domingo Baca Community Room

Monday & Thursday,

Jan. 22 - Mar. 16

12:45 - 2:45 pm

\$20.00 Material Fee.

Louise Harris



### Spanish

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

#### Highland, Room 7

Tuesday, 1:00 - 3:00 pm

Belcher

### Rockin' Spanish Class

Beginners are welcome in this Spanish class. Learn without ever conjugating a verb. Sign up required for 6 class sessions at the front desk.

#### Highland, Room 3

9:00 - 11:00 am

January 6, 8, 13, 15, 20, 22

February 3, 5, 10, 12, 17, 19

March 17, 19, 24, 27, 31, April 2

April 7, 9, 14, 16, 21, 23

May 5, 7, 12, 14, 19, 21

June 2, 4, 9, 11, 16, 18,

Instructor: Dr. Judy Vavrek

Cost: \$55

## Writing Classes and Groups

### TGIF Poetry

Devoted to reading poetry by its members, contemporary poets, as well as great poets of the past.

#### Bear Canyon, Room 2

1st and 3rd Friday, 1:00 - 3:00 pm

Allan Roth, no registration required

### Writing Your Autobiography

This workshop is based on your own personal experiences and includes short writings about particular events in one's life.

#### Bear Canyon, Room 1

Tuesday, 9:00 - 11:15 am

Instructor: Suzanne Clear



# Classes

Writing Classes & Groups, con't.

## Writing Classes and Groups, con't.

### Writing about our Lives

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

Highland, Room 3  
Friday 1:00 - 3:00 pm  
Leader: Joanne Calkins

*Autobiogr* 

## Fundamentals of Astrology – What's in Your Planet?

This 6 week class covers basic concepts of astrological energy and phenomena. Bring your natal charts, if you have them.

Highland, Room 7  
Thursday May 7,14,21,28 June 4, 11  
9:30 - 11:00 am  
Cost: \$40 Instructor: Nyira Gitana

## Inquiring Minds Discussion Group

Anthropology, the study of human-kind everywhere, throughout time, seeks to produce reliable knowledge about people, their behavior, about the things that make them different, and the things they all share in common.

Bear Canyon, Room 2  
Monday, 10:00 - 11:00 am

## Beginning Hebrew

This is a beginning Hebrew class using the book "The First Hebrew Primer".

North Domingo Baca, Room 4  
Saturday, 1:00 - 2:30 pm  
Jamie Banks



# January - June 2015

## JAN. - JUNE 2015

### Birthday Party

Celebrate birthdays every month with cake.

Barelas, Social Hall  
3rd Wednesday, 11:30 am - 1:00 pm

Highland, Social Hall  
1st Wednesday, 12:15 - 12:45 pm  
Sponsored by Humana

Los Volcanes, Social Hall  
1st Friday, 11:15 am - 12:30 pm  
\*Sponsored by Presbyterian

N. Domingo Baca, Social Hall  
Last Friday, 12:15 pm

North Valley, Social Hall  
3rd Friday, 11:30 am - 12:30 pm  
\*Sponsored by Presbyterian



### Ice Cream Socials

Barelas, Lobby  
2nd Tuesday, 11:30 am - 1:00 pm  
75¢/serving

Los Volcanes, Social Hall  
1st Wednesday, 11:15 am - 12:00 noon  
75¢/serving

### Pie Socials

Enjoy your favorite pies at these socials.  
Barelas, Lobby  
4th Friday, 11:30 am - 1:00 pm  
75¢/slice

Los Volcanes, Social Hall  
3rd Friday, 11:00 am - 12:00 noon  
75¢/slice

North Domingo Baca, Lobby  
First Friday, 11:30 am - 1:00 pm  
75¢/serving

### Weekly Center Dances

#### Dance to Live Music at the Centers

Dance to top 40s, Spanish, country western, and oldies. Check the bulletin boards for our monthly listings of bands. \$2.50 per person

Barelas, Social Hall  
Friday, 1:30 - 4:30 pm

Highland, Social Hall  
Every 3rd Wednesday, 2:30 - 5:30 pm

Los Volcanes, Social Hall  
Thursday, 1:30 - 4:30 pm  
(\$3 admission on 4th Thursday)

North Valley, Social Hall  
Sunday, 1:30-4:30 pm

Bear Canyon, Social Hall  
Thursday evenings, 6:00 - 9:00 pm

*Join Us Now!!  
Membership is only \$13/Year*

### Dinner Dances

Spend an elegant evening dining and dancing to live music. Various bands \$7.50 per person

Barelas, Social Hall  
Tuesday, March 24, June 23  
4:00 - 7:00 pm

Los Volcanes, Social Hall  
Tuesday, April 28  
4:30 - 7:30 pm

North Valley, Social Hall  
Tuesday, February 17, May 19  
4:00 - 7:30 pm

### Dessert Socials

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

North Valley, Social Hall  
2nd Thursday, 11:30 am - 12:30 pm

Palo Duro  
2nd Wednesday, 11:30am - 12:30pm

Bear Canyon, Social Hall  
3rd Friday 1:30 - 2:30 pm

### Friday Afternoon Matinee

Join us as we feature a "Movie of the week" You will get a free box of popcorn just for joining us.

Highland, Lobby  
Friday, 2:00 pm

*Most activities are free with membership unless otherwise indicated.*

# Events



**Karaoke Tuesdays**

For those of you who sing like Sinatra and those who can barely carry a tune: come and sing your heart out!

**Barelas, Social Hall**  
 Tuesday  
 11:30 am – 1:00 pm

**Karaoke**

Do you like to dance, do you like to sing? Maybe you can be a North Valley Karaoke Queen or King. Join us for Karaoke and dancing.

**North Valley, Social Hall**  
 Thursday, 9:30 - 11:00 am

**Piano Music**

Piano music for your enjoyment.

**North Valley, Social Hall**  
 Thursday, 11:00 am - 12:00 noon



**Special Luncheon**

**Bear Canyon, Social Hall**  
 4th Friday (subject to change)  
 11:30 am - 1:00 pm  
 \$4/person

**Health Fair**

Free exhibits, screenings, and information. Open to the public

Bear Canyon  
 8:00 am - 12:00 noon  
 Wednesday,  
 March 4



**Barelas Destinations Events**

Take a Journey with Barelas! We will visit other countries with lots of celebration, feasts & fiestas without leaving home! Join us for an adventure! Don't forget to sign up with a passport to fun! All Aboard!

Our itinerary includes the following:

**January**

China is our first stop. We will celebrate the Chinese New Year early with a fabulous luncheon and entertainment!

Wednesday, January 21  
 11:30 am - 1:00 pm

**February**

February is the month of love! Bonjour! Where else would we go, but Paris, France to celebrate Valentine's Day! Join us for some fun and dancing!

Friday, February 13  
 1:30 - 4:30 pm  
 \$2.50 per person

**March**

We continue our journey to visit the countries of Columbia and Ireland. First Destination: Columbia - Mmm, the aroma of coffee! Join us as we sample different coffees and luscious chocolates.

Wednesday, March 4  
 9:30 - 11:00 am  
 \$1 per person

**Second Destination: Ireland**

A four-leaf clover will bring luck your way...especially if you join us on St. Patty's Day for a traditional Irish feast and entertainment! Don't forget to wear your lucky green!

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

**April**

We will visit Denmark and celebrate with an early Tulip Festival and sample some pastries!

Wednesday, April 15  
 8:30 - 9:30 am

**May**

Hola, Damas Y Caballeros! We visit Mexico with a fiesta for Cinco de Mayo!

Tuesday, May 5  
 9:30 am - 1:00 pm

**June**

Ciao! Join us for our final destination, as we travel to Italy for our 2015 Fashion Show and Luncheon! Milan is famous for fashion and you will have a chance to view our spring & summer collection!

Wednesday, June 17  
 10:00 am - 1:00 pm

*We, at Barelas Senior Center hope you have enjoyed the journey!*

To help the City of Albuquerque and the Department of Senior Affairs plan for the future, there will be six **Strategic Planning Initiative Meetings** at North Domingo Baca Multigenerational Center located at 7521 Carmel Ave N.E.

Call 764-6469 to make a reservation to attend any one of these exciting meetings:

<b>January 15</b> 3:00 – 4:00 pm 4:30 – 5:30 pm	<b>January 20</b> 8:30 – 9:30 am 10:00 – 11:00 am
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**January 22, 3:00 – 4:00 & 4:30 – 5:30 pm**

**ABQ Together**  
**Strategic Planning Initiative Meetings**

CITY OF ALBUQUERQUE DEPARTMENT OF SENIOR AFFAIRS | BERNALILLO COUNTY



## JANUARY 2015

### New Happy Ways for the New Year!

**Manzano Mesa, Social Hall**  
 Monday, January 5  
 Reservations Required  
 Serving lunch 11:30 am - 12:30 pm



### Three Kings Day

Celebrate the end of the holiday season with sweet bread and hot cocoa.

**Los Volcanes, Lobby**  
 Thursday, January 15  
 2:00 - 3:00 pm



### Déjeuner" en Blanc (Lunch in White)

Based on the incredible French tradition 'Diner en Blanc'. It is a white themed event where you celebrate life and lunch amongst friends, everything is white and gorgeous! Attendees are encouraged to wear all white!

### Palo Duro

Thursday, January 15  
 Reservations Required, \$4  
 Serving Lunch 11:30 am - 12:30 pm

### Pop Your Corn

No information to confirm this is a true "National" day. But, don't let that pop (burst) your bubble, err pop your corn that is. Strangely, National Popcorn Day is in January, yet National Popcorn Month is October. According to tradition, it is celebrated on January 19th. On National Popcorn Day, pop up some fresh popcorn, kick back and enjoy!

**Los Volcanes, Social Hall**  
 Wednesday, January 19, All Day

### Let's Have a Blonde Brownie

What's a blonde brownie? Traditional brownies are a dark brown. To make blonde brownies, light brown sugar is used in the recipe. On National Blonde Brownie Day, it's your right/responsibility to bake blonde brownies, and to eat them. If you don't have time to bake today, come to Los Volcanes and have one with us!

**Los Volcanes, Social Hall**  
 Wednesday, Jan.21, 11:00 am - 2:30 pm

What's happening at the Kimo Theatre? *See page 35*



### Tea Party - National Hot Tea Month

Join us for a Tea Party to celebrate National Hot Tea Month. Wear your favorite hat and bring your favorite teacup. Entertainment provided. Reservation required.

**Los Volcanes, Social Hall**  
 Wednesday, Jan. 21, 2:00 - 3:30 pm

### Pie Day At Los Volcanes

Pie Day is a special day so set this day aside, come spend it with us. We are going to bake/cook all of your favorite pies.

On this day, you are also encouraged to join us bake a few new pie recipes and bring to the center. And most importantly, it's a day to eat pies!

**Los Volcanes, Social Hall**  
 Friday, January 23, 11:30 am - 3:30pm



### Chocolate Lovers Delight

And a day to eat cake. Why this a day to "bake your chocolate cake....and eat it, too!" Because it is National Chocolate Cake Day! On this day, a white or yellow cake will not do. It must be chocolate, all chocolate. But, we know better. This day is for you, and all chocolate lovers.

**Los Volcanes, Social Hall**  
 Monday, Jan. 26, 11:30 am - 2:30 pm

### Black & White Dinner Dance

Dress to the nines in your best black and whites. Enjoy a fabulous menu and mingle with friends.

**Los Volcanes, Social Hall**  
 Tuesday, January 27  
 4:30 - 7:30 pm  
 \$7.50

### Let's Play A Kazoo

Today is National Kazoo Day. People young and old love Kazoos. Kazoo Day celebrates the the joy of this musical instrument. Kazoos are easy to play. Simply hum a tune into the kazoo, and you're an expert.

**Los Volcanes**  
 Tuesday, January 28  
 All Day



### Super Bowl Jersey - Pre Superbowl Potluck Party

Join other fans to enjoy a variety of eats. Make sure to wear your team's jersey, to represent your NFL team. Please sign up at the front desk to bring a snack/dish to share!

**Los Volcanes, Social Hall**  
 Friday, January 30 10:30 am - 12:30 pm



### Super Bowl Party

Let's meet before the big game. It may or may not be your team but come have fun with friends and vote for which team you think will win!

**North Valley, Social Hall**  
 Friday, January 30th  
 10:30 am - 12:00 noon

**Palo Duro, Mesquite**  
 Friday, January 30th  
 10:30 am - 12:00 Noon



## FEBRUARY 2015

### Soup-er Bowl 2015

The super bowl game may be over, but come on over and enjoy some warm soup! Wear your team colors and have some fun!

**Barelas, Lobby**  
 Monday, February 2,  
 9:30 am - 10:30 am  
 Please Sign up at Front Desk



**Groundhog Day**

Who cares if there's six more weeks of winter? Let's pretend it's summer and have Strawberry Shortcake. Before we know it, we really will be wearing short sleeves.

**Los Volcanes**  
Monday, February 2

**Don't Cry Over Spilt Milk Day**

This day is in recognition that everyone spills a little milk now and then. It's a day to be optimistic, think positive, and to find something good in everything that happens. Take a positive attitude and fix it, or get past it.

**Los Volcanes**  
Tuesday, February 10  
11:30 am - 1:00 pm

**Make A Friend & Bring To The Center for a Visit**

No matter how many friends we have, more of them increases our wealth. Make a Friend Day is a great opportunity to meet someone new, or do something to make a new friend. Spend "Make a Friend Day" just being friendly, and by doing special or nice things for others.

**Los Volcanes, Social Hall**  
Wednesday, February 10

**Valentine's Day Party/Dance**

The morning Party will include chocolate tasting, chocolate activities and much more. After lunch you can enjoy yourself dancing the afternoon away at our special Valentines Day Dance.

**Los Volcanes, Social Hall**  
Thursday, February 12  
Dance, 1:30 - 4:30 pm

**My Funny Valentine Luncheon**

Join us for lots of fun and entertainment and a great meal to celebrate Valentine's Day.

**Highland, Social Hall**  
Thursday, February 12  
\$4.00 Reservations Required  
Serving Lunch from  
11:30 am - 12:00 noon

How about an overnight trip to Chama? *See page 70*



**Candy Land Party**

Do you have a sweet tooth? Come and enjoy all types of chocolate and candy treats.

**North Valley, Social Hall**  
Thursday, February 12th  
11:00 am - 12:30 pm

**Valentine's Day Luncheon**

Buy a ticket for your special someone. This luncheon is sure to be enjoyed as a pair, solo or a group!

**Los Volcanes, Social Hall**  
Friday, Feb. 13, 11:30 am - 1:00 pm  
\$4 reservations required



**Do A Grouch A Favor**

Do a Grouch a Favor today. Do it and make the world a better place. Look around for someone who is in a grouchy mood today. Then, do him/her a favor that will cheer up their day. There's plenty of grouches out there to practice on. Try it on all of the grouches that you see today, and watch the results!



**Los Volcanes, Social Hall**  
Monday, February 16

**It's Mardi Gras Time**

Beads, Food... Lots of Fun! It will be a party second to none!

**Barelas, Social Hall**  
Monday, February 9  
1:30 - 3:30 pm  
\$2.00

**Chocolate Mint Day Afternoon Social**

Chocolate Mint Day celebrates anything and everything that is chocolate mint flavored. Come and have some with us at Los Volcanes Senior Center, Get Your FILL of Chocolate Mint.

**Los Volcanes, Social Hall**  
Wednesday, Feb. 18,  
11:30 am - 1:30 pm



**Carnival!**

Although Mardi Gras just passed no one told Palo Duro. Let the fun continue and join us for a good ole' time Cajun Style!

**Palo Duro**  
Thursday, February 19  
Reservations Required, \$4  
Serving Lunch 11:30 am - 12:30 pm

**Chinese New Year**

Chinese Lunar New Year is commonly known as the Chinese New Year. The year 2015 is going to be an exciting year – more specifically to individuals who fall under The Year of the Sheep – it is THEIR year! Year of the Sheep falls under the element of Wood. Under the influence of the element Wood, sheep is a witty individual who is very thoughtful, is mindful to other's wishing, is generous, sentimental and has high moral in life. Join us as we celebrate Chinese culture with lion dancing and Chinese treats.

**Los Volcanes, Social Hall**  
Thursday, February 19,  
10:30 am - 12:00 noon



**Cherry Pie à la Mode Fun Day President's Celebration**

We celebrate George Washington's Birthday and President's Day in February, appropriately and traditional to have a slice of cherry pies in honor of the occasion. Being the "hot pie" of the month, it is only fitting that Cherry Pie Day falls in February.

**Los Volcanes, Social Hall**  
Friday, February 20,  
11:30 am - 1:30 pm



**Volunteer Recognition**

**Manzano Mesa, Social Hall**  
 Monday, February 23  
 Invitation Required  
 4:00 - 5:00 pm

**Crunch With A Little Corn - Have Fun Appetizer At Los Volcanes**

Today is a holiday with a crunch because today is National Tortilla Chip Day. Its popularity has grown immensely. Today is a tribute to the rising popularity of one of America's favorite munchies, Chips, Salsa & maybe even Queso to have a good day!

**Los Volcanes, Lobby**  
 Tuesday, February 24  
 11:30 am - 1:00 pm

**Volunteer Appreciation Brunch**

We would be lost without our volunteers. They are highly valued assets that we want to recognize at Los Volcanes. If you're a volunteer at Los Volcanes, please submit your information at the front desk to ensure we have the correct contact information as invitations will be sent and RSVP's will be requested.

**Los Volcanes, Social Hall**  
 Wed., February 25, 9:30 - 11:30 am



**Spot of Tea Party**

If coffee is not your cup of tea, then join us for a warm spot of tea!

**Barelas, Lead & Coal**  
 Thursday, February 26,  
 9:30 - 11:00 am  
 Reservations Requested. Limited to 24



**MARCH 2015**

**Let Us Call You By Your Middle Name TODAY**

It was selected with care, so you should be proud of it. Grab your name tag and slap it on for the DAY! There are plenty of John Smiths and



Mary Jones. The middle name makes your name unique. It often was selected to honor someone. Do you know why you were given your middle name? If not, today's the day to find out. Find out a little more about the person you were named after. We encourage you to enjoy your middle name on Middle Name Pride Day, and every day! Come have fun and join us for snacks!

**Los Volcanes, Lobby**  
 Tuesday, March 10

**Luck of the Irish Luncheon**

Let's celebrate St. Paddy's Day with a delicious menu of standard Irish fare - corned beef, cabbage and all the fixings.

**Los Volcanes, Social Hall**  
 Tuesday, March 17  
 Lunch served at 11:30 am  
 \$4 reservations required



**Luck of the Leprechaun Luncheon**

**Manzano Mesa, Social Hall**  
 Tuesday, March 17  
 Reservations Required  
 Serving lunch 11:30 am - 12:00 noon

**You're In Luck**

Feeling Lucky! Come celebrate St. Patrick's Day at North Valley with entertainment and refreshments. Remember to wear your green.

**North Valley, Social Hall**  
 Tuesday, March 17th  
 10:30 am - 12:00 noon

**Plaid Madness**

We have gone mad for plaid and all things green! Sport your best plaid attire and win a prize.

**Palo Duro**  
 Thursday, March 19  
 Reservations Required, \$4  
 Serving Lunch 11:30 am - 12:00 noon

**Enchantment Paradise Luncheon**

Join us for the mystical beauty and whimsical fun, during this Enchantment Paradise luncheon. You will enjoy some great entertainment and food.

**Highland, Social Hall**  
 Thursday, March 26  
 \$4.00 Reservations Required  
 Lunch from 11:30 am - 12:00 noon

**Something Surprising On A Stick**

Isn't this just a neat day? We thought you'd agree. So what comes on a stick? Practically anything...popsicles, fudgecicles, there's also corndogs, and shrimp; the list is so long. Come to Los Volcanes and see what surprises are in store for you!

**Los Volcanes, Lobby**  
 Friday, March 27



**APRIL 2015**

**Spring Luncheon**

Spring is in the Air, and we want to celebrate with a lovely spring luncheon.

**Los Volcanes, Social Hall**  
 Wed., April 1, 11:30 am - 1:00 pm  
 Reserve by March 23

**Bunny Bash**

The Easter Bunny isn't just for the children anymore, join us for entertainment and games. Win a prize at the bunny hop (cake walk) and stay for the raffle to win an Easter basket for adults.

**North Valley, Social Hall**  
 Friday, April 3  
 10:00 am - 12:00 noon



**Tax Day Fun Day**

In honor of the tax season ending, we will enjoy some entertainment during lunch.

**Los Volcanes, Social Hall**  
 Monday, April 15,  
 Lunch, 11:30 am - 1:00 pm  
 (Lunch, regular protocol)

**Festival Internacional Sponsored by Senior Arts**

North Valley, Social Hall  
Friday, April 17  
9:00 am - 2:00 pm

*Celebrate Earth!*



**Mother Earth Celebration**

Manzano Mesa, Social Hall  
Monday, April 20  
Reservations Required  
Serving Lunch 11:30 am - 12:00 noon

**Spring 'Peep' Luncheon**

Spring is here and our Spring Peep Luncheon features your favorite 'peeps' (people and marshmallow treats) for a springy celebration.

**Palo Duro**

Thursday, April 16  
Reservations Required, \$4  
Serving Lunch 11:30 am - 12:00 noon



**Spring Luau**

Let's have a Luau to jump start our summer. Fun, Food and entertainment is bound to get you ready for the summer weather.

**Highland, Social Hall**

Thursday, April 23  
\$4.00 Reservations Required  
Lunch from 11:30 am - 12:00 noon



**Los Volcanes Dinner Dance**

Spend an elegant evening dining and dancing to wonderful entertainment.

Los Volcanes, Social Hall  
Tuesday, April 28, 4:30 - 7:30 pm  
\$7.50



**MAY 2015**

**Brothers and Sisters Day at Los Volcanes**

Brothers and Sisters Day is a day to cherish your siblings. The older you get, the more you learn to appreciate them. Have your brother or sister come visit with you at Los Volcanes in sharing a meal together, it is a great way to enjoy this special day. Entertainment provided.

ate them. Have your brother or sister come visit with you at Los Volcanes in sharing a meal together, it is a great way to enjoy this special day. Entertainment provided.

Los Volcanes  
Monday, May 4 11:30 am - 1:30 pm



**Cinco de Mayo Luncheon**

Cinco de Mayo commemorates the Mexican army's 1862 victory over France at the Battle of Puebla. Please join us as we celebrate with Mexican food, mariachi music and snacks.

Los Volcanes, Social Hall  
Tuesday, May 5, 11:30 am - 1:00 pm  
Reservations required for lunch

**Mamacita's Special Day Luncheon**

Join us to celebrate Mother's Day. Bring your son and/or daughter to Los Volcanes. A special surprise will be given to all the wonderful mothers.

Los Volcanes, Social Hall  
Friday, May 8, 11:30 am - 1:00 pm  
Reserve by Monday, May 4

**Mother's Day Tea**

Let's honor our Mothers with a tea party! Don't forget to wear your favorite hat and bring your special teacup.

**Barelas, Lead & Coal**

Thursday, May 7  
11:00 am - 12:30 pm  
Reservations Requested.  
Limited to 24 Deb Garey



**Lady in Red Tea Party**

Wear your most colorful, wildest red hat and dress to this fun filled Tea Party. Share a story about you, your hat or anything in between.

North Valley, Social Hall  
Friday, May 8th  
9:30 - 11:00 am



**Special Sunday Dance**

Honoring all mothers, women enter dance free.

North Valley, Social Hall  
Sunday, May 10th  
1:30 - 4:30 pm

**Marvelous Moms Luncheon**

Manzano Mesa, Social Hall  
Monday, May 11  
Reservations Required  
Serving Lunch 11:30 am - 12:30 pm

**Ma and Pa's Jamboree**

Celebrate Moms & Dads. Bring family with you to enjoy a rootin' tootin' holler-n-hootin' good time! Enjoy oven-roasted chicken, stuffing, candied sweet potatoes, tossed salad, biscuits and fruit pie.

Los Volcanes, Social Hall  
Wed., May 13 Lunch 11:30 am - 1:00 pm  
Dance 1:30 pm - 4:30 pm



**Annual El Camino Real Garden Blessing**

Join us for this annual blessing. The tradition is hundreds of years old. It is celebrated in Spanish speaking countries around the world on the feast of San Isidro, patron of farmers and gardeners. Our garden will be the location of this historic event. Light refreshments will be served following the blessing.

**Barelas, Garden**

Friday, May 15  
10:00 - 11:00 am  
Patrick Turrieta

**Palo Duro Goes 'Americana'**

Our Americana luncheon will celebrate the red, white, and blue like a true American patriot. Just think... Apple pie, baseball, Rock n' Roll, and Hollywood!

Palo Duro  
Thursday, May 21  
Reservations Required, \$4  
Lunch 11:30 am - 12:30 pm



**MAY 2015, con't.**



**Car Show and Sock Hop**

Enter your cars by May 1st to win a prize. All classic cars, muscle cars, lowriders, etc., qualify to enter. Dancing and refreshments will begin at 10:30 am. Join us for a fun filled morning!

**North Valley, Social Hall**  
Friday, May 22  
9:00 am - 1:00 pm

**Carnival Luncheon**

Join us for a fun Carnival Themed luncheon with some fun games, food and entertainment.

**Highland, Social Hall**  
Thursday, May 28  
\$4.00 Reservations Required  
Lunch from 11:30 am - 12:00 noon

**JUNE 2015**

**25th Annual Los Volcanes Day!**

Come out and celebrate 25 years of service to our seniors. On Friday, June 19, 2015, an art show featuring our talented seniors of Los Volcanes, flea market vendors, lots of entertainment and a dance are just a few of the attractions planned for this event. Everyone is invited! For more information, please contact us at 836-8745.

**Los Volcanes, Social Hall**  
Friday, June 5  
8:00 am - 4:30 pm FREE



**Papa's Day Luncheon**

Join us to honor all of the wonderful fathers. Bring in your son/daughter to the center with you to have lunch.

**Los Volcanes**  
Friday, June 19, 11:30 am - 12:30 pm  
Reserve by June 8

**Dear Old Dad Luncheon**

**Manzano Mesa, Social Hall**  
Friday, June 19th  
Reservations Required  
Serving Lunch 11:30 am - 12:30 pm

**Dad You Are My Super Hero**

All gentlemen and women welcome to join this super neat father's day event. Refreshments and music will be part of the fun.

**North Valley, Social Hall**  
Friday, June 19th  
10:30 - 11:30 am

**Special Sunday Dance**

Honoring all dads at the Sunday afternoon dance; men enter dance free.

**North Valley, Social Hall**  
Sunday, June 21st  
1:30 - 4:30 pm

**Summer Outdoor Barbeque & Potluck**

Bring your favorite dish & we'll provide the burgers & hotdogs. Reservations required

**Los Volcanes, Patio, Social Hall**  
Friday, June 22, 11:30 am

**Welcome Summer Ice Cream Party**

Well it's hot out there so let's Party with some Ice cream and entertainment.

**Highland**  
Thursday, June 25, 1:30 - 2:30 pm

**It's A Chocolate Tasting Event**

Enter a world of chocolate delicacies. There will be chocolate tasting and a fondue to dip strawberries, apples, marshmallows, and variety of melons. Yum!

**Los Volcanes, Social Hall**  
Thursday, June 28, 1:00 - 2:30 pm

**El Camino Real Garden Tour and Open House**

Everyone is invited to tour our lush garden. Nearly 100 varieties of plants, flowers, trees, and vegetables will be on display. Check out our tropical garden and our Veteran's Memorial garden in addition to our new Oriental garden. Enjoy Mother Nature at her best! Light refreshments will be served.

**Barelas, Garden**  
Monday, June 29  
10:00 am - 3:00 pm  
Patrick Turrieta



**Bingo**

Bingo with cash and prize giveaways, raffle drawings and refreshments.

**Barelas, Social Hall**  
Tuesday, 1:15 - 3:45 pm

**Bear Canyon, Social Hall**  
Wednesday, 1:30 - 4:00 pm

**Highland, Social Hall**  
Monday, 1:15 - 3:30 pm

**Los Volcanes, Social Hall**  
Friday, 1:30 - 3:30 pm

**Manzano Mesa, Social Hall**  
Thursday, 1:30 - 4:00 pm

**North Valley, Social Hall**  
Wednesday, 1:30 - 4:00 pm  
1st Thursday (FGP), 1:30 - 4:00 pm

**Palo Duro, Mesquite**  
Tuesday, 1:15 - 4:00 pm  
\$1.75 and up to play

**Billiards**

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

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

**Bear Canyon, Pool Room**  
Monday - Friday 9:00 am - 4:45 pm  
Saturday, 9:00a m - 2:45 pm

**Highland, Billiards Room**  
Monday - Friday, 8:00 am - 5:00 pm  
Saturday, 10:00 am - 4:00 pm

**Los Volcanes, Poolroom**  
Monday - Friday, 8:00 am - 5:00 pm  
Thursday, 8:00 am - 7:00 pm  
Saturday, 9:00 am - 1:00 pm

**Manzano Mesa, Game Room**  
Monday - Friday, 8:00 am - 8:50 pm  
Saturday, 9:00 am - 2:50 pm

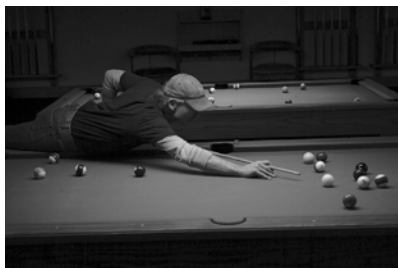
Do you want to learn how to use your new iPad? See page 19

### Palo Duro

Monday - Friday, 8:00am - 5:00pm  
Saturday, 9:00 am - 1:00pm

### North Valley, Billiards Room

Mon, Wed, Thur, Fri  
8:00 am - 5:00 pm  
Tuesday, 8:00 am - 7:00 pm  
Sunday, 12:30 - 5:00 pm



### Board Games and Puzzles

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

#### Barelas, Lobby

Monday - Friday, 8:00 am - 4:00 pm

#### Los Volcanes, Room 9

Mon., Wed., Fri., 9:00 - 11:00 am

#### North Valley, Social Hall

Thursday, 9:30 - 11:00 am

### Bridge

#### Friday Bridge

Bear Canyon, Room 1  
Friday, 12:15 - 3:30pm

#### Manzano Mesa, Sitting Room

1st & 3rd Friday, 10:00 am - 2:30 pm

### Bridge: Duplicate

Players are invited to participate in this non-sanctioned game. Pre-arrange your partners before the game or call 881-9725 to locate a possible partner.

#### Bear Canyon, Room 3

Thursday, 12:30 - 4:00 pm

.50 per person

Instructor: Dick West

#### Palo Duro, Cottonwood

Monday, 12:15 - 4:00 pm

Friday, 12:15 - 4:00 pm



### Bridge, Senior Men's

#### Palo Duro, Cottonwood

1st Thursday, 12:30 - 4:00 pm

### Bridge Group

#### N. Domingo Baca, Room 10

Tuesday, 12:30 - 3:00 pm

### Bridge, Party

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

#### Los Volcanes, Room 10

Friday, 12:30 - 3:30 pm

### Bridge, Practice/Lessons

#### Bear Canyon, Room 3

Wednesday, 1:00 - 3:00 pm

### Bridge

#### Bear Canyon, Room 2

Thursday, 1:00 - 4:30 pm

#### Highland, Room 3

Tuesday, 12:00 - 4:30 pm

#### Palo Duro, Aspen

Wednesday, 12:30 - 2:45 pm

### Bridge: Saturday

For intermediate and advanced bridge players.

#### Bear Canyon, Room 1

Saturday, 9:00 am - 1:00 pm

#### Manzano Mesa

9:30 am - 1:30 pm



DO YOU LIKE COMPETING IN SPORTS?  
SEE PAGE 51



### Chess for Fun

Learn the basics, or the moves of the masters. All levels welcome.

#### Bear Canyon, Room 2

Monday 11:30 am - 2:30 pm

Wednesday, 1:30 - 4:30 pm

Coordinator: Don Lubin

#### Highland, Room 3

Wednesday, 1:00 - 3:00 pm

#### Los Volcanes, Lobby

Saturday, 10:00 am - 12:30 pm

### Cribbage

#### Palo Duro, Mesquite

Friday, 1:00 - 3:00 pm, Goodman

### Hearts/Spades

Tuesday 9:00 am - 12:00 pm

Game Card Room



### Shanghai Rummy

#### Bear Canyon, Room 4

Thursday, 12:30 - 4:00 pm

### Game Time!

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

#### Palo Duro, Aspen

Wednesday, 12:25 - 4:15 pm



*There is a center  
close to you!  
See page 3*

Billiards · Board Games & Puzzles · Bridge · Chess · Cribbage  
Hearts/Spades · Rummy · Scrabble · Game Time!

Games & Cards



### Mah Jongg

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

#### Bear Canyon, Room 4

Monday, 12:30 - 4:30 pm  
 Instructor: Carrie Przehurat

#### Highland Room 4

Monday 1:00 – 4:00 pm

#### Los Volcanes, Room 10

Thursday, 12:30 – 4:15 pm

#### North Domingo Baca, Room 10

Friday, 12:30 - 5:00pm  
 Jane Harrison



### Mexican Train Dominoes

#### Highland, Room 4

Wednesday, 12:30 – 3:30 pm

#### Los Volcanes, Room 10

Tuesday, 12:00 – 3:00 pm



### Pinochle

#### Bear Canyon, Room 4

Tuesday, 12:30 - 4:45 pm  
 Kathleen & Carlton Valcourt

#### Bear Canyon, Lobby

Tuesday, 9:30 - 11:30 am  
 Ray Kranz

#### Highland, Room 3

Tues and Thurs, 12:00 – 4:00 pm

#### Los Volcanes, Lobby

Wednesday, 12:30 - 4:00 pm

#### Manzano Mesa, Room 4

Wednesday, 1:00 – 4:00 pm

### Poker

#### Bear Canyon, Pool Room

Monday, Wednesday - Friday,  
 12:00 - 3:30

#### Los Volcanes, Room 9

Monday - Friday, 12:30 – 4:30 pm

#### North Valley, Library

Monday - Friday, 12:00 – 4:00 pm

### Euchre

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

#### Los Volcanes, Room 1

Tuesday, 2:15 – 5:00 pm  
 Liz Terry

### Acting

#### Rio Grande Players

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

#### Palo Duro, Aspen

Tuesday, 2:15 - 4:30pm

#### Vintage Players

Members read and perform monologues, readings, skits, one act plays and original material.

#### Manzano Mesa, Room 3

4th Saturday, 10:00 am - 12:00 noon  
 Janet Porter

#### Highland Readers Theater

Starting each September we start to rehearse for adult plays; new people are encouraged to join in the month of April when the group is starting to rehearse for children's plays. No audition required; everyone is welcome.

#### Highland, Room 7

Tuesday, 3:15–5:00 pm

### Book Club

#### Manzano Mesa, Room 3

2nd Monday, 6:30 - 8:30 pm

### Arts and Crafts

#### Artist Series

#### Highland, Room 8

Monday, 9:30 - 11:30 am

### Scents the Beginning: Essential Oils

#### North Domingo Baca, Room 1,

Community Room  
 4th Monday, 6:00 - 8:30 pm  
 1st Thursday, 6:00 - 8:30 pm



#### Do-Terra Essential Oils Success Training

North Domingo Baca,  
 East Social Hall  
 2nd Saturday, 11:00am - 12:30pm

### Project Linus

A sewing get together to make blankets for Project Linus which are given to children in hospitals, homeless shelters and abused children.

#### Highland, Room 3

Monday, 9:00 - 11:00 am

### Knitting Guild

#### North Domingo Baca, Room 7

1st Saturday, 12:00 - 2:00pm

### Dropped Stitch Knitters

#### N. Domingo Baca, Community Room

1st Monday of every other month,  
 9:30 - 11:00am

Bonnie Carr

### NM Polymer Clay

#### N. Domingo Baca, Community Room

2nd Saturday, 12:00 - 3:00 pm

Connie Combs

### Westside Painting Group

#### Los Volcanes, Room 4

2nd Saturday, 10:00 am–1:00 pm



### Auto and RV Clubs

#### Corvairs of New Mexico

A 37 year charter member of the Corvair Society of America, we meet to plan activities, talk mechanical issues and participate in social and charitable events.

#### Highland, Room 4

3rd Wednesday, 5:00 - 6:00 pm

#### N. Domingo Baca,

Community Room  
 1st Wednesday, 7:00 - 8:30 pm  
 Larry Yoffee

### Siglo De Oro R.V. Club

Excursions around the state and beyond will highlight our travel season. Join us for our monthly business meeting and trip signup, followed by a "get together" luncheon at a local restaurant.

#### Bear Canyon, Social Hall West

3rd Tuesday, (except Nov., Dec.)  
 10:00–11:00 am

*Pick up a Sports & Fitness Catalog for details on Winter Sports Activities!*





## Book and Discussion

### Classic and Great Books

Energize your mind.

**Bear Canyon, Room 2**  
2nd & 4th Friday, 1:00 - 3:00 pm  
Kathy Nunn

### Bible Study

Explore ways to relate unchanging truths to life today. Open to all ages, faiths, and interest—sit in for any or all studies. Scripture portions are printed out for participants.

**Los Volcanes, Room 2**  
Tuesday, 9:30–11:30 am

Maria Martinez  
**Manzano Mesa, Room 5**  
Thursday, 10:00–11:00 am

**N. Domingo Baca, Community Rm.**  
Wednesday, 9:00–10:00 am  
John Embery

**North Valley, Room 3**  
Thursday, 9:30–10:30 am  
Rev. Chavez

### Community Bible Study

**N. Domingo Baca, Classroom 1**  
Wednesday, 6:30-8:30pm  
Josh Peterson

### Women's Bible Discussion

**Manzano Mesa, Room 4**  
Tuesday, 10:30 am - 12:30 pm

### History of the Bible

In this nondenominational class, we will be looking into Bible history, and how to study the Bible.

**N. Domingo Baca, Classroom 7**  
Thursday, 11:00 am - 12:00 noon  
Thursday, 6:00 - 7:00pm  
Bruce Leonard

### Bilingual Bible Study

This study includes mariachi gospel music. Join us as we study scripture together in English and Spanish.

**North Valley, SH-S**  
Monday, 10:30 - 11:30 am  
Julian Padilla

### Open Topic Discussion Group

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

**Palo Duro, Aspen**  
Thursday, 1:00 - 3:00 pm  
Gustafson

### Discussion on Philosophy & Related Topics

**N. Domingo Baca, Community Room**  
3rd Thursday, 6:00 - 8:45pm  
Diane Goodman

### Mystery Book Club

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

**Palo Duro, Ponderosa**  
2nd Tuesday, 1:30 - 2:30 pm  
Rankin

### The Novel Etc. Book Club

**Highland, Room 3**  
2nd Saturday, 2:30 - 4:00 pm

### Romance Readers Book Club

**North Domingo Baca, Room 3**  
1st Tuesday, 6:30 - 7:30pm



## Community Groups

### Sociable Singles

**Bear Canyon, Social**  
4th Thurs., Room, 5, 3:00 - 5:30 pm  
Meeting, 1st Tuesday,  
Social Hall, 11:00 am - 1:00 pm  
Meeting, 3rd Friday,  
Room 4, 3:00 - 4:45 pm

### Albuq. Roadrunners Club

**N. Domingo Baca, Room 4**  
1st Wednesday, 6:30 - 8:30 pm  
Glenda Muirhead

### Bead Society of New Mexico

**N. Domingo Baca, Room 5**  
1st Tuesday, 2:00 - 6:00 pm  
Sue Ortiz

### Bead Society Board Meetings

**N. Domingo Baca**  
2nd Tuesday, 12:30 - 4:00 pm  
Sue Ortiz



### La Leche League of Albuquerque

**N. Domingo Baca, Room 6**  
3rd Tuesday, 9:00-11:00am  
Alana McCarraher

### LGBT Senior Meeting

**Highland, Room 7**  
2nd Thursday, 2:00-4:00 pm

### Albuquerque Cyberscribes Writing Group

This group puts writing projects online and reads these during meetings, We discuss writing principles and methods and sometimes divide parts and read screenplays out loud.

**North Domingo Baca**  
Monday, 6:00-8:30pm

### Poetry Critique Group

**North Domingo Baca**  
1st & 3rd Thursday, 1:00-3:00pm





**Community Groups, con't.**

**Symbols of the Southwest**

This is a group that studies 18th/19th Century playing cards/divination and gaming decks. We examine their origins, symbolism, artwork and their applications in gaming, both traditional and contemporary.

**North Domingo Baca**  
4th Saturday, 12:30-2:30pm

**Silk Purse Poets**

**North Domingo Baca, Room 3**  
1st & 3rd Wednesday

**Colonial Park Association**

**Palo Duro, Piñon**  
Wednesday, 5:45 – 6:30 pm  
Jan. 21, Mar. 18, May 20

**Valle Del Canto Home-Owner's Association**

**Los Volcanes, Room 2**  
1st Thursday, 5:30 – 6:30 pm

**Los Alamos Neighborhood Association (LANA)**

Protects property values and promotes the continued proper land use in the Los Alamos Subdivision.

**North Valley, Social Hall**  
Times and dates TBA  
Mary Turpin

**Near North Valley Neighborhood Association**

**North Valley, Social Hall**  
Times and Dates TBA

**Family**

**Family Reclaiming Families**

This community outreach project seeks to engage children of working refugee families in meaningful activities.

**Manzano Mesa, Room 5**  
2nd & 4th Monday, 6:30 – 7:30 pm  
Nkazi Sinandile

**FAPAC Asian American Pacific**

**N. Domingo Baca, Room 6**  
Friday, 6:00 - 8:00pm  
Carol Richmond



**Genealogy Club**

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

**Bear Canyon, Room 4**  
3rd Friday, 12:30 - 2:30 pm  
LaChey, Otahal, Holub

**Music**

**Accordian Group**

Group open to accordian players of any level.

**Bear Canyon, Room 3**  
2nd & 4th Thursday, 7:00 - 9:00 pm  
Dan Wright

**Palo Duro, Aspen**  
Friday, 9:00 – 12:00 noon  
Hendley

**Palo Duro, Aspen**  
3rd Saturday, 10:00 am – 12:00 pm  
Hendly



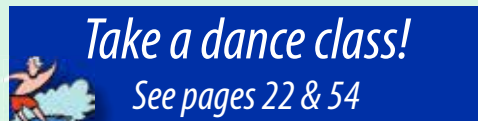
**Beartones**

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

**Bear Canyon, Room 1**  
Thursday, 10:00 am - 12:00 pm

**Quartet**

**Bear Canyon, Room 2**  
Thursday, 12:00 - 12:45 pm



**Choralaires**

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

**Palo Duro, Cottonwood**  
Monday, 9:00 - 11:00 am  
Artery

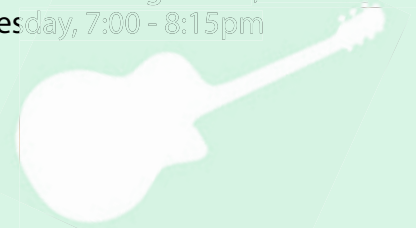
**Intergenerational Community Drum Circle**

No drumming or musical experience required, just a willingness to have some fun and play! Minimum age 8 years old. Children must be accompanied by participating adult.

**Manzano Mesa, Room 4**  
3rd Friday, 7:00–8:45 pm  
\$8 Adults, \$6 Seniors, \$4 Youth 8–17  
Giselle Felicia Vivian

**Health Rhythms Empowerment Drumming**

**North Domingo Baca, Room 7**  
Tuesday, 7:00 - 8:15pm



**Guitar Group**

For those who can play guitar in the keys of C-D-G-etc. Also, other instruments are welcome. You need your own instrument and music stand. We welcome musicians, amateurs and professionals.

**Bear Canyon, Room 5**  
Monday, 2:00-4:00pm  
Instructor: Benavidez

**North Valley, Social Hall**  
Tuesday, Friday, 10:00–11:45 am

**Karaoke**

Do you like to dance, do you like to sing? Maybe you can be a North Valley Karaoke Queen or King. Join us for Karaoke and dancing.

**North Valley, SH**  
Thursday, 9:30–11:00 am

**Piano Music**

Piano music for your enjoyment.

**North Valley, SH**  
Thursday, 11:00 am–12:00 noon





CITY OF ALBUQUERQUE

# Cultural Services

DEPARTMENT

## ALL OVER THE MAP: THE ONGOING DIALOGUE OF PUBLIC ART

Albuquerque Museum  
West Gallery  
January 31 - April 5, 2015



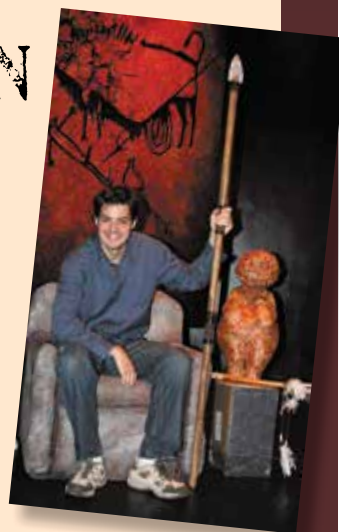
The City of Albuquerque and the Bernalillo County Public Art Programs will mount a joint exhibition entitled *All Over the Map: The Ongoing Dialogue of Public Art*, highlighting the past 50 years of public art in the region, including an interactive, forward thinking engagement component which will seek public input and feedback on what public art should or could be in the future.

Kimo Theatre  
presents...

## DEFENDING THE CAVEMAN

February 6-8, 2015

The longest running one-man Broadway show returns to the KiMo Theatre! For three nights only, this wildly popular comedy is a hilariously insightful play about the ways men and women relate, *Caveman* has both sexes roaring with laughter and recognition. For tickets and info visit [www.kimotickets.com](http://www.kimotickets.com).



Albuquerque Bernalillo  
County Public Library

## Día de Los Niños



APRIL

saturday 18 -30, 2015 | Times Vary  
Through Apr. 30. Sixteen libraries will host special events for children, families and school groups featuring storytellers, interactive programs and more. At the end of each event, children will be able to take home a book of their very own (while supplies last). FREE  
[www.abclibrary.org](http://www.abclibrary.org)

**Please Note:**

\$ Indicates it is a paid event





**Website:**  
www.ABQBioPark.com

**Zoo**  
903 10th Street SW.  
Phone 505-768-2000 or 311 locally.

**Botanic Garden/Aquarium:**  
2601 Central Ave NW.  
Phone 505-848-7180 or 311 locally.

**Tingley Beach:**  
1800 Tingley Drive SW.  
Phone 505-768-2000 or 311 locally.



### JANUARY

**saturday 17** | 9 a.m. – 5 p.m.  
**Winter Fire Colors Flower Show.** Through Feb. 23. Warm up with the blaze of colors in the Mediterranean Conservatory at the Botanic Garden.

**thursday 29** | 9:30 a.m. – 3:30 p.m.  
Touchpool Volunteer Training. Help visitors understand how our actions affect the health of the ocean and how we can protect this delicate ecosystem and its inhabitants. Online application required. www.abqbiopark.com

### FEBRUARY

**friday 6** | 9:30 am – 3:30 pm  
**BioVan Rangers Volunteer Training.** The BioVan is a free, two-part outreach program to Albuquerque area elementary schools. Online application required.

**saturday 14** | 10 a.m. – 2 p.m.  
**Zoo Valentine's Discovery Day.** Learn about family-friendly romantic rituals of animals at special discovery stations at the zoo. \$ Reservations required.

**saturday 14** | 3 p.m. – 4 p.m.  
**Valentine's Day Adults-Only Tours:** That's a Moray. Aquarium experts discuss exotic and curious romantic rituals of animals. \$ Reservations required.

**thursday 19** | 9:30 a.m. – 3:30 p.m.  
**BioPark Greeter Volunteer Training.** Join the BioPark's Welcoming Team! Greeters act as hosts and hostesses for visitors of the ABQ BioPark Zoo, Aquarium and Botanic Garden. Online Application required.

**saturday 21** | 8 a.m. - 11 a.m.  
**Great Backyard Bird Count.** Meet up at the Botanic Garden with your binoculars and join the nation-wide count of migratory birds. No charge, but pre-registration is required.

### MARCH

**saturday 14** | sunrise – 4 p.m.  
**Free Fishing Derby.** Cast your line and see what you can catch! Prizes for tagged fish. Fishing license required.

### MAY

**sunday 3** | 7 a.m. – 10 a.m.  
30th Annual Run for the Zoo. Run, walk or stroll in the New Mexico BioPark Society's annual fundraiser. Half-marathon, 10K, 5K and 1 mile races. Registration required  
www.runforthezoo.org.



### South Broadway Cultural Center

**sunday, May 3** | 7 p.m.

### Ballet Folklórico Quetzalli de Veracruz

One of the best folkloric music and dance groups in Mexico joins us for a Cinco de Mayo celebration. Ticket information call 505-848-1320. \$





# Special Events

[www.CultureABQ.com](http://www.CultureABQ.com) or call 311 for more information



**Saturday, May 2**

**11 a.m. – 7 p.m.**

Enjoy food, music, demonstrations, arts, and activities all recreated from the Middle Ages! Renaissance Faire will be returning to the Anderson-Abruzzo Albuquerque International Balloon Museum.



## Heights Summerfest

Save the date! Your favorite way to spend a summer night is back! Heights Summerfest will be returning to North Domingo Baca Park on Saturday, June 13, 2015. FREE



# ALBUQUERQUE MUSEUM



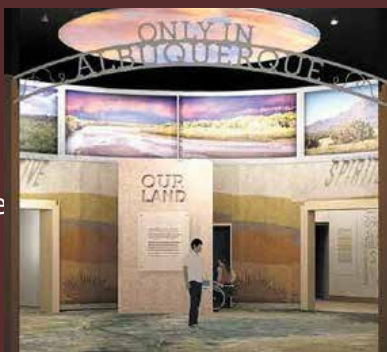
## JANUARY

saturday 30 | 2 p.m. – 5 p.m.  
Public Opening: *On the Map - Visualizing Albuquerque*. Enjoy a talk by guest curator Joseph Traugott, drop in art activities in the Museum School and music in the lobby. FREE.

## MARCH

Tuesday 3 | 9 a.m. - 5:00 p.m.  
Public Opening: *Only in Albuquerque* - Join us for a new and exciting permanent exhibit that will bring alive the history and culture of Albuquerque and

the central Rio Grande valley. "Only in Albuquerque" tells the story of Albuquerque in four separately themed galleries that represent the essence of Albuquerque: "Innovative," "Resourceful," "Spirited" and "Courageous." Vibrant theater presentations, digital story-books and the state-of-the-art "Only in Albuquerque" mobile app will make the experience even more appealing to visitors of all ages.



## MAY

saturday 16 | 10 a.m. – 4 p.m.  
Heritage Day at Casa San Ysidro. Come and explore New Mexico's agricultural and cultural traditions. Enjoy performances, weaving, blacksmith and horno baking demonstrations, purchase handcrafted traditional arts from local artists, and explore the

Museum's period rooms to see artifacts that reflect how people lived long ago.



saturday 30 | 2 p.m. – 5 p.m.  
Public Opening: *Killer Heels: The Art of the High Heeled Shoe*. Enjoy a talk, drop in art activities in the Museum School and music in the lobby.

*FREE admission to the Albuquerque Museum and the Balloon Museum on the first Friday of the month and Sunday from 9 am - 1 pm (Except during Balloon Fiesta and when fee-based programs are offered at normally free times).*



## Anderson-Abruzzo Albuquerque International Balloon Museum

Albuquerque's air and space museum, highlighting lighter-than-air exhibits.



JANUARY - JUNE

### Two Eagles Command Center:

In January 2015, Albuquerque balloon pilot Troy Bradley and his partner in the planned flight, Leonid Tiukhtyaev, will launch from Saga, Japan in a helium-filled balloon named Two Eagles—an homage to the famed Double Eagles—and attempt to fly at least 6,000 miles, with a goal of up to 8,000 miles.

The Command Center will feature a variety of electronic equipment, multiple phone lines, and a big screen monitor. Visitors to the museum in early 2015 will be able to observe in real-time the operations of the historic flight.



MARCH

saturday 21 | TBA

Spring Break Family Day. Spring Break Family Day is a great day out with the family that includes hands-on balloon education, making kites, live music, parachute games and balloon sculptures. \$



## FIESTAS DE ALBUQUERQUE IN HISTORIC OLD TOWN

April 18

Fiestas de Albuquerque celebrates the history and culture of Albuquerque. Come celebrate Albuquerque's 309th birthday with mariachi, folklorico, live music and so much more!





**Piano Workshop,  
Beginning/Intermediate**

Bear Canyon, Room 2  
Thursday, 9:00 - 10:30 am

**Piano Workshop, Intermediate**

Bear Canyon, Room 2  
Thursday, 10:30 - 11:30 am

**Violin Workshop**

Bear Canyon, Room 1  
Friday, 1:00 - 3:30 pm



**Highland Harmonizers**

Highland, Room 7  
Wednesday, 10:00 am - 12:00 pm

**Highland Hi-Toners**

Highland, Room 7  
1st, 2nd & 3rd Friday,  
10:30 am - 12:00 pm

**Jug Band Practice**

Palo Duro, Juniper  
Monday, 11:30 am - 1:00 pm  
Homer



**Mariachi Group**

Barelas, Lead & Coal  
Friday, 12:15 - 1:30 pm



**Palo Duro Band Practice**

For members who play an instrument.

Palo Duro, Aspen  
Friday, 1:00 - 3:00 pm  
Denhollander

**Sing-A-Long**

Manzano Mesa, Room 4  
Tuesday, 1:00 - 2:15 pm  
Richard Mabry



**Alb. Recorder Orchestra**

Palo Duro, Piñon  
Saturday, 9:30 - 11:30 am  
Hale or Shaw

**Other Interest Groups**

**Soroptimist Int. of Albuquerque**

N. Domingo Baca, Room 6  
1st Monday, 5:30 - 7:45 pm  
Joy Donelson

**Women Veterans of NM Board**

N. Domingo Baca, Room 6  
1st Tuesday, 5:30 - 7:30 pm  
Mae Lockett

**El Camino Real Garden Club**

Sign up and join this free garden club as it starts its 3rd successful year of planning, planting, and growing a wonderful lush garden at the Barelas Senior Center.

**Barelas, Social Hall**

Monday, March 9  
1:00 - 2:00 pm  
Patrick Turrieta  
Call for details



**Duke City Fliers**

North Domingo Baca, Community Rm.  
2nd Thursday, 6:00 - 8:00 pm

**Albuquerque Tea Party**

We report on and plan non-partisan activities such as registering voters and educating participants on issues and candidate positions. ABQ Tea Party is non-partisan and does not exclude anyone because of party affiliation, religion, race, etc.

North Domingo Baca, Community Rm.  
Every Tuesday (except 3rd Tuesday),  
6:30 - 9:00pm  
Marge Tapia

**Alb. Wildlife Federation**

Manzano Mesa, Room 3  
2nd Thursday, 6:00 - 8:45 pm

**Discussion on Philosophy and Related Topics**

N. Domingo Baca, Community Rm.  
3rd Tuesday, 6:00 - 8:45pm  
Dianne Goodman

**Libros Group  
Bookbinding Study Group**

Manzano Mesa, Room 3  
1st Saturday, 9:00 am - 12:00 pm

**NM Railroad Assn. Div. 6**

N. Domingo Baca, Room 1  
2nd Saturday, 12:00 - 2:30 pm  
Mike Hadaway



**Palo Duro Philatelic Society**

Join us for mixtures, the trading circuit and door prizes.

Palo Duro, Ponderosa  
Monday, 11:15am - 3:00pm  
Ellison

**Rock Hound Club**

Palo Duro, Aspen  
**Meetings:** 1st and 3rd Thurs.  
Noon - 1:00 pm  
**Trips:** 2nd and 4th Thursday  
8:15 am - 4:30 pm, 5¢/mile, Harris



There is ALWAYS something fun to do at one of our centers!!  
See page 3 for a center near you!





**Computer and Camera**

**Camera Club**

Share photos, techniques, field trips

**Palo Duro, Ponderosa**  
2nd Friday, 11:00am - 1:00pm

**Investment**

**Invest in Debt**

**Manzano Mesa, Room 5**  
2nd Wednesday, 6:00 - 9:00 pm

**Investment Club**

Club follows the NAIC program

**Palo Duro,**  
Computer Lab  
3rd Wed.,  
10:00 am - 12:00 pm

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

**Bear Canyon, Room 4**  
Thursdays, 8:00 am - 9:15 pm

**Manzano Mesa, Room 4**  
Friday, 10:00 - 11:30 am

**North Domingo Baca, Room 7**  
Tuesday, 10:00 am - 12:00pm  
Margo Bouchard

**Palo Duro, Aspen**  
Monday, 11:45 am - 1:00 pm, Eberting

**Senior Issues**

**Grey Panthers**

Grey Panthers brings together young, old, women, men, persons of all ethnic, racial and economic backgrounds for the promotion of social and economic justice.

**Highland, Room 7**  
4th Saturday, 1:00 - 3:00 pm



**NA RFE Chapter 80**

The National Association of Retired Federal Employees meets to preserve federal retirement and health benefits. Open to civilian employees, retirees, survivors and spouses with at least 5 years of federal government service.

**Palo Duro, Mesquite Room**  
1st Sa., 11:00 am - 12:45 pm Mae

**Retired Physicians Group**

**Palo Duro, Ponderosa**  
Monday, 3:00 - 4:30 pm, Dr. Castillo

**Retired Public Employees Association Chapter #096**

**Los Volcanes, Room 2**  
Fri. (every 6 months) 1:00 - 3:00 pm  
Larry Sullivan

**Retired Public Employees (RPEA)**

Group addresses issues related to public employees who have retired: benefits, insurance, monthly pay, etc.

**Bear Canyon, Room 4**  
2nd Friday, Jan, Apr, Jul, Oct  
1:00 - 3:00 pm



**Social Networking**

**Cherokees of New Mexico**

**Manzano Mesa, Room 4**  
3rd Saturday, 12:00 - 3:00 pm

**Red Hat Society**

Join your senior sisters across the nation and the world, and greet middle age with verve, humor and frivolity.

The only criteria for joining are willingness to share and a red hat.

**Manzano Mesa, Social Hall**  
3rd Thursday,  
10:00 - 11:30 am



**Palo Duro, Aspen**  
1st Saturday,  
11:00 am - 12:30 pm

**Society of Creative Anachronism**

Monthly Citizen's Meeting.  
Hear what is happening.

**Manzano Mesa, Room 5**  
3rd Tuesday, 6:00 - 8:50 pm

**Vietnamese Senior Association**

Meet to visit and enjoy social contact with other Vietnamese and to take trips within the community.

**Manzano Mesa, Room 4**  
Saturday, 9:00 am - 12:00 noon

**FAFNM**

Quarterly meeting for Filipino American Foundation.

**North Domingo Baca**  
Call for details



**Outdoor Sports**

**Duke City Electric Flyers**

R/C Electric Model Aircraft—if interested contact Greg at gwrullman@aol.com



**N. Domingo Baca**  
2nd Thursday, 7:00 - 9:00pm

**Fishing Club**

Fisherman and fisherwomen, join us for a lot of fun and camaraderie.

**Bear Canyon, Room 1**  
Club Meetings held the Monday before fishing trips  
1:00 - 2:00pm  
Call Center for Dates  
Ken Nau

### Los Volcanes,

Trips: every other Thursday,  
Check in 5:00 am Depart 5:15 am  
April - October  
Michael Gallegos, Abram Lucero

### North Valley

Meets: Monday, 11:00 am  
Trips: Tuesday, 6:00 am

### Palo Duro, Mesquite

Meetings: Thursday before  
trips 10:30am  
Trips: Every other Tuesday  
6:00 am – 4:00 pm  
5¢ per mile, Rozelle & Francke

### Travel Clubs

Albuquerque Travel Partners  
We bring together lively seniors to  
discuss potential travel ideas.

### Palo Duro, Piñon

2nd and 4th Tues., 1:00 - 3:00 pm  
Garcia

### Special Interests

#### Albuquerque Historic Aviation Society

A group is for aviation lovers to spend  
time visiting with fellow enthusiasts.

#### Bear Canyon, Rooms 3 & 4

1st Thursday, 7:00 - 9:00 pm  
Harry Davidson 256-7212



#### Zia Sundials, Chapter #106

Members of the National Association  
of Watch and Clock Collectors.

#### Bear Canyon, Room 5

2nd Saturday, 12:00 - 3:00 pm



### Support Groups

#### Alzheimer's Caregivers Support Group

Bi-Lingual Spanish/English support  
group for caregivers of those car-  
ing for a loved one with Alzheimer's  
disease.

#### North Valley, Room 3

2nd Thursday  
1:30 - 2:30 pm  
Alzheimer's Association, NM Chapter

#### Essential Tremors Support Group

#### Palo Duro, Ponderosa

3rd Saturday, 10:00 am - 12:00 pm  
gluten Intolerance

#### MS Support Group

#### Palo Duro, Juniper

2nd Monday, 2:00 - 4:00 pm

#### N. Domingo Baca

3rd Thursday, 1:00 - 2:30 pm

#### Prostate Cancer Support Association of NM, Inc.

#### Bear Canyon, Room 3

1st & 3rd Saturday, 12:30 - 3:00 pm  
Lou Reimer, 254-7784

#### Weight Loss Surgery

#### N. Domingo Baca, Room 6

Wednesday, 6:00 - 8:00pm  
Cyndi Kuchera

#### Deaf Seniors Citizens of Greater Albuquerque

#### Palo Duro, Cottonwood

Thursday, 8:30 am - 12:00 pm  
Seth & Johnson

#### Grief Support Group

Join this caring group of individuals  
and find the support you need. All are  
welcome to attend. No registration is  
necessary.

#### Bear Canyon, Room 2

Monday, 3:00 - 4:30pm  
Joanne Rupprecht

#### Parkinson's Education

The New Mexico Parkinson's Disease  
Coalition holds semi-monthly educa-  
tion meetings for people with Par-  
kinson's, care partners, families and  
interested professionals. Speakers  
discuss topics relevant to living well  
with Parkinson's. For More Details call  
219-5065



#### Highland, Social Hall

Sat., February 21, April 18, June 20  
1:00 - 2:30 pm

#### New Member Education – Presbyterian Senior Care

Presbyterian Senior Care Insurance  
Care offers a new member education  
monthly.

#### Los Volcanes, Room 1

Wednesday, 12:30 - 4:00 pm  
Ginny Sullivan

#### Poetry Group

"Voices of the Valley" poetry group is  
about poets getting together to read,  
write and discuss poetry of all genres.  
(limit 8 in group).

#### North Valley, Computer Lab

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

#### TGIF Poetry

#### Bear Canyon, Room 1

1st & 3rd Fridays, 1:00 - 3:00pm  
Allen Roth

**JOIN US!!!**  
MEMBERSHIP IS ONLY \$13/YEAR



**Lots of Activities! Lots of Education!**  
**Lots of Entertainment!**  
**And more importantly...Lots of Fun!**

Outdoor Sports · Travel Clubs · Special Interests  
Support Groups · Poetry Group

Groups & Clubs



**JAN. - JUNE 2015**

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

**Health Awareness and Prevention**

**Home Yoga Practice**

“Yoga Shown to Boost Brain Power in Seniors” Home Yoga Practice can be the secret. Learn the advantages of Home Yoga Practice, how to set one up successfully and what your resources are.



**Palo Duro, Ponderosa**  
Wednesday January 7th  
10:00 - 11:00 am  
Presented by: Christine Stump

**Introduction to Essential Oils**

Learn the basics of what and how to use Essential Oils and how they can help heal and soothe your body.

**Barelas, Lead/Coal**  
Friday, January 23  
11:00 am - 12:00 pm  
Presenter: Deb Garey, doTERRA

**Bear Canyon, Room 5**  
Wednesday, April 29  
10:00 - 11:00 am  
Instructor: Debi Rhodes

**North Valley, Room 4**  
Thursday, January 22  
9:00 - 10:00 am  
Presenter: Deb Garey, doTERRA

**Monthly Essential Oil Seminars**

Learn all about how essential oils may be a natural remedy for you, through these monthly seminars!

**January 28** Be on Guard for winter with Essential Oils

**February 18** Aging and Essential Oils

**March 25** Pain Management and Essential Oils

**April 29** De’Stress with Essential Oils

**May 27** Women’s Health with Essential Oils

**June 24** Men’s Health with Essential Oils

**Palo Duro, Ponderosa**  
Wednesday 10:30 - 11:45 am  
Presented by: Teri Rocco-C’deBaca  
doTERRA Wellness Advocate



**Project Heart Start**

**An Easier Way to Save a Life**

Learn hands-only CPR and how to respond in an emergency. Learn the simple steps of saving a life in this short, 1-hour training. This free class does not include a certificate.

**Highland, Room 8**  
1st Friday of each month January 2, February 6, March 6, April 3, May 1, June 5  
1:00 - 2:00 pm

**North Valley, Room 4**  
Wednesday, January 21  
9:00 - 10:00 am

**Strategies to Living with Blindness and Low Vision**

Come learn everyday methods to cope with loss of vision. Discover services that are available to you through government and other agencies.

**Palo Duro, Ponderosa**  
Wednesday, February 4  
9:00 - 10:00 am  
Presented by: Jonathon Ice



**Traditional Medicines**

Learn the effects herbs and plants can have on your body, and how to use them for medicinal purposes.

**North Valley**  
Wednesday, February 11  
9:30 - 10:30 am  
Raices

**Medicine Cabinet Makeover**

Fill your medicine cabinet with safe, pure and effective Essential Oils and learn about alternatives to over the counter medicines.

**North Valley, Computer Lab**  
Thursday, February 12  
9:00 - 10:00 am  
Presented by: Deb Garey, doTERRA

**Barelas, Lead/Coal**  
Thursday, February 19  
11:00 am - 12:00 pm  
Deb Garey, doTERRA

**Managing Emotions**

Understanding Passions, Instincts, Impulses and Drives are keys to maintaining a successful life.



**North Valley, Room 4**  
Wednesday, March 4  
9:30 - 10:30 am  
Haven Behavioral Hospital

**Candida Albicans**

Studies have revealed a strong connection between an overabundance of the yeast Candida Albicans and the occurrence of autoimmune diseases. Learn what you can use to eliminate Candida Albicans.

**North Valley, Room 4**  
Thursday, March 12  
9:00 - 10:00 am  
Presented by: Deb Garey, doTERRA

**A Balanced Life: How to Stay Healthy, Mentally & Physically**

Join members of Lovelace Medical Center’s staff as they discuss how you can find balance between your mental and physical health.

**Barelas, Lead & Coal**  
Tuesday, April 7  
10:00 - 11:00 am  
Lovelace Health System



**Stroke Education**

Did you know May is National Stroke Awareness month? Join members of Lovelace Medical Center’s staff as they discuss strokes, including signs and symptoms and what to do if you experience one.

**Bear Canyon, Room 5**  
Wednesday, May 13  
10:00 - 11:00 am  
Gabrielle Costales, Lovelace

**Barelas, Lead/Coal**  
Tuesday, May 19  
10:00 - 11:00 am  
Lovelace Health System

**Ningxia RED**

Learn how beneficial this juice, Ningxia Red can heal and nourish your body and health as well as build up your immunity.



**Bear Canyon, Room 5**  
Wednesday, May 20  
10:00 - 11:00 am  
Instructor: Debi Rhodes

**Summertime Health**

Join Lovelace Medical Center's staff for tips on staying healthy this summer, including how to stay hydrated, avoiding heat stroke and the importance of sunscreen. Bring your questions and a friend!



**Bear Canyon, Room 5**  
Wednesday, June 10  
10:00 - 11:00 am  
Gabrielle Costales, Lovelace

**Barelas, Lead/Coal**  
Tuesday, June 16  
10:00 - 11:00 am  
Lovelace Health System

**Keep it Pumping**

Learn how essential oils can be used to support the heart and circulatory system and address certain cardiovascular ailments.



**Bear Canyon, Room 5**  
Wednesday, June 17  
10:00 - 11:00 am  
Instructor: Debi Rhodes

**Diabetes Management**

We will discuss oils that effect blood sugar, oils to help with stress relief and the complications of diabetes.

**North Valley, Computer Lab**  
Thursday, June 18  
9:00-10:00 am



**Barelas, Lead /Coal**  
Thursday, March 19  
11:00 am - 12:00 pm  
Deb Garey, doTERRA

**Allergies**

Allergies involve exaggerated responses of the immune system. This response is called an allergic reaction. This class offers suggestions for Essential Oils that may eliminate the symptoms.

**Barelas, Lead/Coal**  
Thursday, June 25  
11:00 am - 12:00 pm  
Deb Garey, doTERRA



**Special Services**

**Financial**

**Tax Advantaged Investing**

Discuss immediate annuities, and how to create an income both you and your spouse can't outlive.

**Bear Canyon, Room 5**  
Wednesday, February 11  
10:00 - 11:00 am  
Edward J Schiavi, CFP

**Savvy Social Security**

This Savvy Social Security presentation is geared towards men and women in the 50's and 60's. This presentation attempts to bridge the information gap and empower people to make informed decisions.

**Palo Duro, Ponderosa**  
Wednesday, February 18th  
5:30 - 6:30 pm  
Presenter: Brad Yablonaky



**Streetwise Seniors**

Better Business Bureau answers your questions on avoiding scams, hiring a reputable contractor, identity theft, and donating wisely. Learn what to watch out for.

**Highland, Room 7**  
Thursday, February 19  
9:00 - 10:00 am  
Sponsored by: Better Business Bureau

**Bank CD's and Treasury Alternatives**

Focusing on higher yielding A rated and Insured investments that are available in the market place. We will look at several fixed income alternatives.

**Bear Canyon, Room 5**  
Wednesday, March 18  
10:00 - 11:00 am  
Edward J Schiavi, CFP



**Tax Exempt NM Investments**

Find ways to double your tax exemption from both Federal and State government.

**Bear Canyon, Room 5**  
Wednesday, April 1  
10:00 - 11:00 am  
Edward J Schiavi, CFP

**Healthcare in Retirement**

Health care will likely be one of the biggest retirement expenses...around \$220,000 for the average 65 year old couple over a 20 year retirement. Learning about planning for health care costs is important for achieving financial security in retirement.

**Palo Duro, Ponderosa**  
Wednesday, May 13  
5:30 - 6:30pm  
Presenter: Brad Yablonsky

**Senior Issues**

**Facts and Myths of Hospice**

Join us for this informative presentation followed up by a question and answer session.

**Palo Duro, Ponderosa**  
Wednesday, January 14  
9:00 - 10:00am

**Identity Theft/Prevention**

Learn all about how to protect yourself and what to look for when it comes to protecting our identities.

**Palo Duro, Ponderosa**  
Wednesday January 21  
10:00 - 11:00am  
Presented by: Senior Law Office





## Senior Issues, con't.

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

We know you have choices and what we want to do is provide you the answers you need so you can make the best choice for you and your family.

**Highland, Room 7**  
Thursday, February 5  
9:00 - 10:00 am  
Sponsored by: Karla Barela

**Palo Duro, Ponderosa**  
Wednesday, February 11  
9:00 - 10:00am  
Sponsored by: Karla Barela

**Barelas, Lead & Coal**  
Thursday, March 26  
11:00 am - 12:00 pm  
Sponsored by: Karla Barela

**Bear Canyon, Room 5**  
Wednesday, February 25  
10:00 - 11:00 am  
Sponsored by: Karla Barela

### Vision Empowering Seniors for Successful Aging

Join us for a humorous but candid talk on aging and living your life to its potential!

**Palo Duro, Ponderosa**  
Wednesday, February 11  
10:30 - 11:30am  
Presented by: Deborah Taylor



### Meditation Made Simple

Meditation was tied to stress reduction and immune system improvement. But where to start? Learn and practice simple, repeatable, accessible and non-religious methods of meditating in this one hour interactive talk.

**Palo Duro, Ponderosa**  
Wednesday, March 4  
10:30 - 11:30 am  
Presenter: Susan Turner

### Start the Conversation

Talking about death does not make you dead! But it can be difficult. What decisions can you make now? Let's explore how to start the conversation with family and friends.

**Highland, Room 7**  
Thursday, March 5  
9:00 - 10:00 am  
Sponsored by: Compassion & Choices ABQ. Action Team

### Five Wishes

Create your Living Will.

**North Valley, Room 4**  
Wednesday, March 18  
9:30 - 10:30 am  
Ambercare



### Medicare and Homecare: What is covered and not covered

Join us for an informal discussion about the Medicare Home Care Benefit: what services are covered and not covered, eligibility requirements, the process for getting Medicare home care services, and where to get services that are not covered by Medicare.

**Bear Canyon, Room 5**  
Wednesday, April 8  
10:00 - 11:00 am  
Kelly Kirkpatrick, Right at Home

### Helping Hoarders

Compulsive Hoarding affects up to 5% - 6% of the population and presents difficult problems for mental health professionals, first responders, law enforcement, neighbors, friends and relatives. This one hour presentation includes discussion, lecture and PowerPoint slides, and extensive handout and a list of resources.

**Bear Canyon, Room 5**  
Wednesday, February 18  
10:00 am - 11:00 am  
Kit Anderson

**Highland, Room 7**  
Thursday, April 23  
9:00 am - 10:00 am  
Kit Anderson

**North Valley, Room 4**  
Wednesday, May 6  
9:30 - 10:30 am  
Kit Anderson, CPO-CD

**Palo Duro, Ponderosa**  
Wednesday, April 8  
10:00 - 11:00  
Presenter: Kit Anderson

### Spirituality in Recovery

Recovering from some unhealthy event is part of the human experience. The ability to understand and manage the situation goes beyond the physical, mental and emotional. Understanding spirituality in recovery is critical to whole wellness.

**North Valley, Room 4**  
Wednesday, April 8  
9:30 - 10:30 am  
Haven Behavioral Hospital

### The Presence of Living in the Present

We must celebrate the moment that we are in. Otherwise, the future immediately becomes the past and we never experience or celebrate the gift of the present.

**North Valley, Room 4**  
Wednesday, April 22  
9:30 - 10:30 am  
Haven Behavioral Hospital

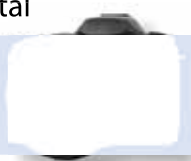


### Living Your Best

Through self-actualization and increasing the focus on our wonderful unique abilities, we can have a life of unselfish fulfillment. We can then share all we have with all we love... that's living your best!

**North Valley, Room 4**  
Wednesday, May 20  
9:30 - 10:30 am  
Haven Behavioral Hospital

Learn to use that new digital camera!  
See page 11



### Decision Making

The acts of insanity will begin to increase in frequency and intensity when a person cannot learn from past behaviors. Good decision making, not luck, produces outcomes.

**North Valley, Room 4**  
Wednesday, June 10  
9:30 - 10:30 am  
Haven Behavioral Hospital

### Empowering Seniors for Successful Aging

Join us for a humorous but candid talk about aging and living your life to its potential!

**Barelas, Lead/Coal**  
Tuesday, June 23  
10:00 - 11:00 am  
Sponsored by The Woodmark at Uptown

### Looking Beyond What You See

The ability to have progressive insight into hearing and seeing a greater message of hope, a plea for help or a cry for understanding is a gift. Those individuals who are able to use these instinctive skills can provide much help and support to others. We call them visionaries.

**North Valley, Room 4**  
Wednesday, June 24  
9:30 - 10:30 am  
Haven Behavioral Hospital



### Of Special Interest

#### Gardening, History, Science, Technology

#### Going Natural with Natives – Plants That Is!

Are you considering redoing your yard or going more water wise with xeric plants? Maybe you would just like to know more about the native plants. Come enjoy a photographic PowerPoint presentation of New Mexico and its native plants and wildflowers.

**Barelas, Lead/Coal**  
Friday, January 9  
10:00 - 11:30 am  
Debi Harrington – President of Council of Albuquerque Gardens Clubs



#### Beauty Queens- Helena Rubenstein & Elizabeth Arden

Helena and Elizabeth were both queens of the cosmetic industry. Learn all about their fascinating lives.

**Palo Duro, Ponderosa**  
Wednesday, January 14  
10:15 - 11:45  
Presented by: Carol Ann Venturini

#### Smart Phone Q&A

Need basic help or have questions on how to use that “smart” gadget of yours? Please bring your device.

**Palo Duro, Ponderosa**  
Wednesday, January 21  
9:00 - 10:00 am  
Presented by: Jim Moore



#### Keep Albuquerque Beautiful

CABQ Solid Waste Department will present their Keep Albuquerque Beautiful presentation topics will include litter, graffiti and most of all recycling.

**Barelas, Lead & Coal**  
Tuesday, January 20  
10:00 - 11:00 am  
Sponsored by: Solid Waste

#### Home Composting Basics

Learn the science, art, materials, methods and benefits of home composting and soil amending.

**Highland, Room 7**  
Thurs., January 29, 9:30 - 11:30 am  
Thursday, April 9, 9:00 - 10:00 am  
Sponsor: Solid Waste  
May 23, 10:00 am – 12 noon  
Sponsor: Bernalillo County Extension

**Barelas, Lead & Coal**  
Tuesday, April 14  
2:00 - 4:00 pm  
Bernalillo County Extension Master Composters



#### Principles of Gardening

We will discuss the principles of planning a new garden or re designing an old one, what to consider when planting.

**Palo Duro, Ponderosa**  
Wednesday, February 4th  
10:30-11:45am  
Presenter: Karen Davis

#### Getting Organized with the Beach Vacation System

When people were surveyed about their biggest challenges to improving their home’s organization the most prevalent answers were: too little space, too little time, and too much stuff. Learn basic organizing skills and techniques. The audience will learn these concepts using the analogy of a beach vacation.

**Barelas, Lead/Coal**  
Tuesday, February 10  
10:00 – 11:00 am  
Elizabeth Tawney Gross  
Organizing for Everyday, LLC

#### Spanish Cruelty in New Mexico

Were the Spanish Colonizers of NM cruel to the Indians? Or is that idea culturally biased propaganda? You decide. Attend this slide presentation titled “the Spanish Black Legend in New Mexico”.

**North Valley, Room 4**  
Wednesday, February 25  
9:30-10:30 am  
Ruben Salaz



#### Composting with Worms

Learn the science, art, materials, methods and benefits of composting with red worms.

**Highland, Room 7**  
Thursday, February 26  
9:30 – 10:30 am  
Sponsor: Bernalillo County Extension





**Of Special Interest, con't.**

**So You Want to Volunteer?**

Where do you start? There are more than 1,600 charitable and nonprofit organizations in the Albuquerque area. If you are interested in using your talents to help others, then come to this presentation.



**Palo Duro, Ponderosa**  
Wednesday March 4  
9:00 - 10:00 am  
Presenter: Community Link

**Meditation Made Simple**

Meditation has been tied to stress reduction and immune system improvement. But where to start? Learn and practice simple, repeatable, accessible and non-religious methods of meditating.



**Palo Duro, Ponderosa**  
Wednesday, March 4  
10:30 - 11:00 am

**Hollywood Rat Pack**

"Frank Sinatra, Dean Martin, Peter Lawford and Sammy Davis Jr. were members of the famous and also infamous Hollywood Rat Pack. Come and join us to hear the absorbing story of the Hollywood Rat Pack."

**Palo Duro, Ponderosa**  
Wednesday, March 11  
10:15 - 11:45 am  
Presenter: Carol Ann Venturini



**Discovering the Rio Grande by Paddlecraft**

The Rio Grande in the Albuquerque area is a spectacular natural resource, yet many long-time residents have little direct experience with the river. Learn how canoes and kayaks are the ideal watercraft to explore this local treasure. (Please attend this presentation if you plan to sign up for the Sunset Float trip in May.)

**Barelas, Lead/Coal**  
Thursday, March 12  
11:00 am - 12:00 pm  
Michael Hayes, Quiet Water Paddling Adventures

**Succulent Container Gardens for the Southwest – A Make and Take Class**

Succulents are wonderful little water wise plants that are beautiful year round and easy to maintain. Come for this great Make and Take Succulent Container Workshop. A materials fee of \$15 is due to the instructor at the time of class. One may also attend the class and not assemble a container for free. Reservations should be made in order to be assured of having enough workshop materials.



**Barelas, Lead/Coal**  
Monday, March 16  
10:00 am - 12:00 pm  
Debi Harrington – President of Council of Albuquerque Gardens Clubs

**Spacecraft Images of Stars, Nebulae & Galaxies**

Fantastic images, from NASA spacecraft, of stars, nebulae, and galaxies will be shown along with what scientists understand about these objects and variable stars, supermassive black holes, and more.



**Palo Duro, Ponderosa**  
Wednesday, March 18  
10:00 - 11:00 am  
Presenter: Len Duda

**Gardening 101**

Learn how to make paper pots to raise flower and vegetable seedlings to grow in your spring and summer garden. El Camino Garden Keeper, Patrick Turrieta will teach the basics and provide materials to get you started on your way to a lush garden. Materials provided. Class open to 12 participants.



**Barelas, Lead/Coal**  
Wednesday, March 25  
1:00 - 2:30 pm  
Patrick Turrieta – Contact Patrick to sign up.

**Bucket Composting**

Learn the science, art, materials, methods and benefits of the Bokashi and other bucket composting choices.

**Highland, Room 7**  
Thursday, March 26  
9:30 - 10:30 am  
Sponsored by: Bernalillo County Extension

**Study of the Bible- Exodus**

We will study the bible as history and great interesting stories. Please note: Not a Bible study.

**Palo Duro, Ponderosa**  
Wednesday, April 1  
11:00 am - 12:00 pm  
Presenter: Arthur Byers



**Improving Desert Garden Soil**

Learn how to drought-proof local desert garden soils and how to improve fertility with organic amendments.



**Highland, Room 7**  
Thursday, April 2  
9:30 - 10:30 am  
Sponsored by: Bernalillo County Extension

**El Camino Real Garden Planning and Plot Assignments**

Join others with an interest in gardening and discuss the garden plans for our 2015 garden season. There is a limited amount of gardens to be assigned and selection may be made on a lottery basis.

**Barelas, Social Hall**  
Tuesday, April 6  
1:00 - 2:30 pm  
Instructor: Patrick Turrieta

**Container Gardening for Bees, Birds, and Butterflies**

Container gardening is great for those with limited space, or those who can't easily plant a garden bed because it is more difficult to plant and maintain. The class will include handouts with "container recipes" and one lucky person will win the container after the class.

**Barelas, Lead/Coal**  
 Friday, May 1  
 9:00 - 11:00 am  
 Debi Harrington –  
 Albuquerque Garden Center



**New Mexico Steam Locomotive Railroad Historical Society**

Love trains? Come hear all about the rebuilding of the massive historic steam locomotive 2926. This presentation is highly recommended for those that will be participating in our trip to the actual building site!

**Palo Duro, Ponderosa**  
 Wednesday, April 15  
 10:30 - 11:45 am  
 Presenter: Steve NMSLRHS

**John D. Rockefeller and Family**

Rockefeller, described as a successful business man, a robber baron, and philanthropist...he was all three. He was also a family man too. Discover the engrossing tale of this interesting man and his family.

**Palo Duro, Ponderosa**  
 Wednesday, May 13  
 10:15 - 11:45 am  
 Presenter: Carol Ann Venturini

**Basics of Composting**

Learn how to compost food and yard waste, an easy and fun way to recycle and to build healthy soil in your yard and garden. The class will cover the science, art, methods, choices and benefits of home composting

**Palo Duro, Ponderosa**  
 Wednesday, June 3  
 10:00 am - 12:00 pm  
 Presenter: John Zarola

Do you need help with your hearing aid?  
 See page 8



**Travel**

**Travel with Ray**

Join Ray Rachkowski as he shares with you his travel adventures, pictures and discussion. You will not be disappointed.

**China** – See this 26 day adventure where they started in Shanghai, then visited the Great Wall, Beijing Opera, Terra Cotta Warriors, Panda Sanctuary and many more sites.

Most activities are free with membership unless otherwise noted.



**Alaska** – During this adventure you will view the inside passage with visits to Ketchikan, Juneau & Skagway. Included on this trip was Glacier Bay, Misty Fjords and train ride to White Pass and the day of the Yukon Gold Rush.

**Highland, Room 7**  
 Thursday, June 18 & 25  
 10:00 – 11:00 am

**Satellite Senior Centers**

**Friendship Socials**

Join us as we gather to meet new people and make friends. We have great conversations with each other as we share refreshments.

**Coffee Socials**

**Armijo**  
 Monday - Friday, 9:00 - 10:00 am

**La Amistad**  
 Monday - Friday, 9:15 - 10:00 am

**Pajarito**  
 Monday - Friday, 9:00 - 10:00 am

**Paradise Hills Community Center**  
 Monday - Friday, 9:00 - 11:30 am

**Raymond G. Sanchez Comm. Ctr.**  
 Monday - Friday, 9:00 - 11:00 am

**Rio Bravo**  
 Monday - Friday, 9:00 - 11:00 am

**South Valley Multipurpose Senior Center**  
 Monday - Friday, 9:00-11:30am

**Taylor Ranch Community Center**  
 Monday - Friday, 9:30 - 11:00 am



**Tijeras Senior Center**  
 Monday - Friday, 8:30 am - 1:00 pm

**Whispering Pines**  
 Monday, 10:30 - 11:30 am

**Birthday Celebration**

**Armijo**  
 Last Wednesday, 12:00 - 1:00 pm  
 Sponsored by Amerigroup

**Arts & Craft Classes**

**Arm Quilting/Computerized Embroidery**

Join us at our site that is located in the East Mountain area.

**Whispering Pines**  
 Monday & Friday, 12:00 - 2:30 pm

**Quilters Group**

Join our newly formed quilters group. Bring your quilting projects as we work together.

**Armijo**  
 Friday, 12:30 - 2:30pm

**Paradise Hills Community Center**  
 Tuesday, 10:00 am - 2:00pm

**South Valley Multipurpose Sr. Ctr.**  
 Mon. - Thurs., 10:00 am - 4:00 pm

**Taylor Ranch Community Center**  
 Friday, 9:00 am - 11:00 pm  
 Free

Presentations  
 Of Special Interest cont'. · Travel

Friendship Socials  
 Arts & Crafts Classes

Satellite  
 Senior Centers



### Arts & Crafts

Join us as we work on various projects.

#### Pajarito

Wednesday, 12:00 - 3:00 pm

#### Paradise Hills Community Center

Monday, 10:30 - 11:30 am

#### Tijeras Senior Center

Tuesday, 10:30 am - 1:00 pm

### Ceramics

#### Paradise Hills Community Center

Tuesday & Thursday, 9:00am - 1:00pm  
\$15 fee per month covers the class fee and materials. Limited to 15 students per class.



#### Raymond G. Sanchez Community Center

Thursday  
9:00 - 11:30 am

No charge for the class.

#### South Valley Multipurpose Sr. Center

Tues. & Thurs., 9:00 am - 4:00 pm

No charge for the class. Purchase slip, tools and paints for \$10/month.

### Knitting/Needlework

#### Taylor Ranch Community Center

Wednesdays 1:00 - 3:30 pm Free

### Knitting/Crocheting

#### Paradise Hills

Monday-Friday, 9:30 - 11:30 am

### Scrapbooking

#### Paradise Hills Community Center

Wednesday, 10:30 - 11:30am

Bring 10 photos to class. You may want to pick a theme like a birthday party or a wedding, a vacation, grandchildren, etc.

### Puzzles

#### Pajarito

Monday - Thursday, 9:00 - 9:30am

#### Whispering Pines

Monday, Wednesday & Friday

9:00 - 11:00 am and 12:30 - 3:00 pm



### Sewing

#### La Amistad

Monday - Friday, 9:00 am - 2:30 pm

#### South Valley Multipurpose Senior Center

Monday - Thursday, 9:00 am - 4:00 pm

#### Thomas Bell Community Center

Call for day and time, 848-1333

#### Whispering Pines

Monday - Friday, 1:30 - 3:00 pm

### Pottery

#### South Valley Multipurpose Senior Center

Wednesday & Friday, 9:00 - 11:30 am

There is no charge for this class. You must purchase your own clay, tools and paints.

### Tin Smithing

#### South Valley Multipurpose Senior Center

Wednesday, 12:30 - 4:00 pm

There is no class fee. Please bring your own tools.

### Wood Carving

#### South Valley Multipurpose Senior Center

Mondays, 8:30 - 11:30am

### Inspirational Hour

#### South Valley Multipurpose Senior Center

Wednesday, 10:30 - 11:30 am

Sing gospel hymns and devotional hours

### Pray the Rosary

#### Pajarito

Friday, 9:30 - 10:30 am



### Miscellaneous

### Computer Lab

#### Paradise Hills Community Center

Monday - Friday, 9:00 am - 2:00 pm

E-mail & surf the web. No printing.

#### South Valley Multipurpose Center

Monday & Wednesday, 1:00 - 2:00 pm

#### Taylor Ranch Community Center

Monday - Friday, 9:00 am - 3:00 pm

(not available in June & July)

### Bible Study

#### Paradise Hills Community Center

Wednesday, 12:00 - 1:30pm

### Line Dance

#### Tijeras Senior Center

Monday, 10:00 - 11:30am



### Foreign Language

#### Conversational Spanish Group

#### Tijeras Senior Center

Thursday, 10:30 - 11:30am

Informal and free of charge.

### Music Classes

### Guitar Beginning/Intermediate

#### Armijo

Mon. & Wed., 12:30 - 2:00 pm

Please bring your own guitar.

No class fee.



### Classical Guitar

#### Tijeras Senior Center

Call for Information 286-4220

### Intermediate Guitar

#### Tijeras Senior Center

Tuesday, 10:30 - 11:30am

### Karaoke

#### Armijo

Monday - Friday, Upon Request



### Ukulele Hour

#### Tijeras Senior Center

Mon., 12:00 - 1:30pm No class fee.

Must have own instrument.

### Acoustic Jam/Beginners

#### Tijeras Senior Center

Tuesday, 12:00 - 1:30pm

Join our informal jam session, any acoustic instrument welcome.

### Music Sing and Sing-Along

**Tijeras Senior Center**  
Thursday, 10:00 - 10:30 am

### Live Music

**Paradise Hills**  
Friday, 10:00 - 11:30 am  
Music by our talented seniors.

### Live Music & Dance

**South Valley Multipurpose Senior Center**  
Tues., Thurs. & Fri., 9:30 - 11:30 am  
Mon. & Wed., 10:30 - 11:30 am

### Sports & Fitness

#### Pickle Ball

**Raymond G. Sanchez Community Center**  
Tuesday, Wednesday, 1:00 - 3:00pm  
**Paradise Hills Community Ctr. Gym**  
Monday - Friday, 10:15 am - 12:15 pm



#### Senior Basketball

**Raymond G. Sanchez Community Center**  
Tuesday, 9:30 - 11:00am  
**Taylor Ranch Community Center**  
Tues. & Thurs., 11:00 am - 1:00 pm  
(not available in June)

#### Open Weight Room

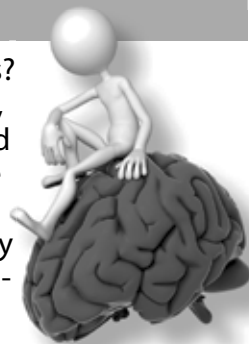
**Cesar Chavez Community Center**  
Monday, Wednesday, Friday  
8:00 - 10:00am

#### Fitness Room

**South Valley Multipurpose Senior Center**  
Monday - Friday, 8:00 am - 12:00 pm  
& 12:30 - 4:00 pm  
**Taylor Ranch Community Center**  
Monday - Friday, 8:00 am - 11:00 am  
**Tijeras Senior Center**  
Call for Information, 286-4220

### Brain Fitness

What is Brain Fitness? It is interactive tools, exercises, games and activities to improve cognitive function. The class is taught by a professional gerontologist Terri Tobey.



**Sites to be Determined (Call 764-6467)**

#### Tomando Control de su Salud

This Free 6 week course will be conducted in Spanish and is designed for those who have or care for someone who has a chronic health condition. The class leaders have chronic health conditions themselves. We will assist you in setting goals and help you make a step-by-step plan to improve your health and your life. Please call 873-6647 or 764-6474 to pre-register.

**Rio Bravo**  
Wednesday Jan. 21 - Feb 25, 2015,  
9:15 - 11:45 am  
1 Session per week, 2 ½ hours  
Instructor America Bencomo

**South Valley**  
Monday April 13 - May 18, 2015,  
9:15 - 11:45am  
1 Session per week, 2 ½ hours  
Instructor America Bencomo



#### Fitness Time

Choose from a variety including Zumba, Gentle, Chair Exercise, and Aerobics

**Pajarito**  
Monday & Wednesday, 9:30 - 10:30 am

#### Stretching Time

**Raymond G. Sanchez**  
Monday - Friday, 11:00 - 11:30 am  
**Taylor Ranch Community Center**  
Monday & Friday, 9:00 - 10:00 am  
Wednesday, 8:30 - 9:30 am  
Not available in June

### Fitness Hour

Join us for an hour of exercise, utilizing a variety of fitness videos including cardio, yoga and Zumba.

**Rio Bravo**  
Monday & Wednesday  
10:30 - 11:30 am

#### Fitness Walk

**Whispering Pines**  
Monday, Wednesday & Friday,  
12:30 - 2:30 pm

**Pajarito**  
Monday - Friday, 10:30 - 11:00am

#### Exercise

**Pajarito**  
Mon. & Wed., 9:30 - 10:30am

#### Chair Exercise

**Armijo**  
Monday - Friday, Upon Request

**Paradise Hills Community Center**  
Mon, Wed, Fri, 10:00 - 10:30am &  
10:30 - 11:00am  
Darleen Santiago, Instructor

#### Yoga

**Tijeras Senior Center**  
Wednesday, 10:45 - 11:30 am  
No class fee. Students must supply own mat.

**Whispering Pines**  
Mondays, 10:30 - 11:30 am

#### ZUMBA

**Paradise Hills Community Center**  
Tuesday, Thursday, 9:00 - 10:00 am  
\$4/class or \$20/6-class card  
Tiffany Dickerson, Instructor

**South Valley Multipurpose Senior Center**  
Tuesday & Wednesday & Thursday,  
Adv. 9:00 - 10:00 am  
Beg. 10:00 - 11:00 am





## Special Events

### Valentine Dance

Plan to be a part of our annual Valentine Sweetheart Ball. We will be crowning a King and Queen for all participating Meal Sites.

**Los Vecinos Community Center**  
Friday, February 13, 2015  
10:00 am - 1:00 pm

### Matinee Movie

Weekly movies, free popcorn

**Armijo**  
Tuesday, 12:00 noon - 2:00 pm

**Tijeras Senior Center**  
Thursday, 1:00 - 3:30 pm

### Trips

Walmart Shopping

**Armijo**  
1st Thursday, 1:00 - 2:30 pm

**Paradise Hills**  
1st Friday, 12:30 - 2:30 pm



### Games and Cards

#### Bingo at the Satellite Senior Centers

We love bingo. Join our fun with this game of chance and be the lucky person that yells out BINGO!!

**Alameda**, Mon - Fri, 10:00 - 11:30 am

**Armijo**, Mon - Fri, 10:00 - 11:30 am

**La Amistad**, Mon, Thu, 1:00 - 2:30 pm

**Pajarito**, Mon - Fri, 10:00 - 11:30 am

**Paradise Hills**, Tue., Thurs.,  
10:00 - 11:15 am

**Rio Bravo**, Mon., Tues. & Thurs.,  
10:00 - 11:30 am

**South Valley Multipurpose Center**,  
Monday - Wednesday, 9:15 - 10:15 am

**Tijeras**, 1st & 4th Friday,  
12:00 noon - 1:30 pm

**Whispering Pines**  
3rd Wednesday, 1:00 - 2:00 pm



#### Duplicate Bridge

**Taylor Ranch Community Ctr.**  
Monday, Thursday & Friday,  
1:00 - 4:30 pm  
Tuesday, 12:30 - 4:00 pm

#### Party Bridge (Intermediate Level Preferred)

**Taylor Ranch Community Ctr.**  
Tuesdays, 1:00 - 3:00 pm

#### Dominoes (Mexican Train)

**Paradise Hills**  
Monday - Friday, 9:00 - 11:30 am



### Card Games

**Raymond G. Sanchez Community Center**  
Monday - Friday,  
9:00 - 10:00 am & 12:00 noon - 1:00 pm  
Uno, Poker, Black Jack etc.

### Air Hockey

**Raymond G. Sanchez Community Center**  
Monday, 9:00 - 10:00 am

### Billiards

**Paradise Hills Community Center**  
Monday - Friday, 9:30 am - 12:30 pm

**Rio Bravo**  
Friday, 10:00 am - 12:00 noon

**South Valley Multipurpose Senior Center**  
Monday - Friday, 9:00 am - 4:00 pm

**Tijeras Senior Ctr.**  
Monday - Friday, 9:30 am - 3:30 pm

**Whispering Pines**  
Monday, Wednesday and Friday, 9:00 am - 12:00 noon & 1:00 - 2:00 pm



### Horse Shoes

**Whispering Pines**  
Friday, 1:00 - 3:00 pm



### Table Tennis

**Pajarito**  
Mon. - Fri., 12:30 - 2:30 pm

**Tijeras Senior Center**  
Friday, 10:00 - 11:30 am



### Wii Bowling

**Armijo**  
Mon. - Fri. Upon Request

**Tijeras Senior Center**  
Wednesday, 10:00 - 11:30 am



**South Valley Multipurpose Senior Center**  
Tuesday & Thursday, 8:30 - 11:30 am

### Wii Fitness

**Pajarito**  
Tuesday & Thursday, 9:30 - 10:00 am

### Wii Time

**Armijo Senior**  
Monday - Friday, 9:30 - 11:00 am

**Raymond G. Sanchez Community Center**  
Monday - Friday, 12:30 - 1:30 pm

**Whispering Pines**  
Monday, Wednesday & Friday,  
10:00 - 11:00 am

### Board Games

**Raymond G. Sanchez Community Center**  
Every other Tuesday 9:00 - 10:00 am

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



**Whispering Pines**  
Monday, Wednesday and Friday,  
12:30 - 1:30 pm

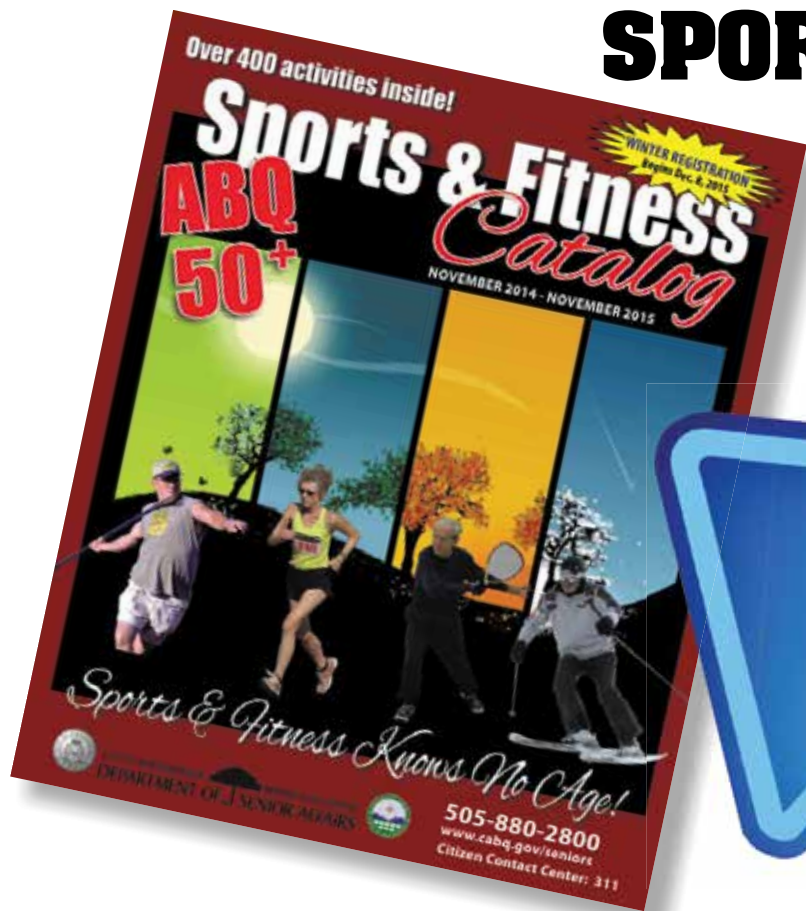
### T.O.P.S.

**Tijeras Senior Center**  
Tuesday, 10:00 - 11:30 am

**PLEASE NOTE:**  
*Reservations are required by noon the day prior by contacting the Satellite Center of your choice. A \$2 meal donation is graciously accepted. For meal times and scheduled site activities visit the individual Satellite Center online or give them a call.*

# SPORTS COMPETITIONS

Pick up a 50+ Sports & Fitness Catalog for registration forms and details about any of these competitions.



**Call  
880-2800**



Most activities are free with membership unless otherwise noted.

## The 2015 "Compete and Meet" Games

Join us for our winter *Pickleball* competition or our other workshops in *Swimming, Air Gun, and Cycling*. When available.

**Call Palo Duro 50+ Sports and Fitness for more information**



## ALBUQUERQUE 50+ GAMES



The 50+ Sports & Fitness Program hosts lessons, trainings and invigorating fun events that prepare Bernalillo County residents to participate in 25 different sports competitions. The ABQ 50+ Games are the local qualifying events for the New Mexico State Senior Olympics and are held January - April 2015.

### Events at a glance

Cycling, swimming and air gun workshops; Competitions - bowling, basketball 3 point & free throw competition, eight ball pool, talent show & dance, shuffleboard, swimming, table tennis, air gun, huachas, road race, pickleball, racquetball, race walk, badminton, archery, cycling, golf, tennis, horseshoes, track & field.

## Winter Sports

- Cross-Country Skiing
- Downhill Skiing
- Snowboarding
- Snowshoeing





### 50+ Sports & Fitness Winter Sports

We offer many exciting opportunities for enjoying winter sports in New Mexico. Try cross-country skiing, snowshoeing, downhill skiing!

For more information pick up a 50+ Sports and Fitness Catalog, or check online at <http://www.cabq.gov/seniors/sports-fitness> or call 880-2800.

### Winter Sports Bunch: Overnight Trips

This club organizes out-of-town, overnight skiing and snowshoeing trips for 50+ adults.

For info: Cindy McConnell  
at [mconnell.cindymac@cabq.gov](mailto:mconnell.cindymac@cabq.gov)



### Air Gun Practices

For beginners or those wanting to hone their skills for competition.

Eldorado High School, Rifle Range (by reservation) Major Jim Korber, Senior Instructor, Eldorado High School JR ROTC at 296-4871 (ext. 35145)



### Badminton Practice & Play

Badminton is beneficial to your physical and mental well being, while challenging your mind, reflexes and stamina.

**Manzano Mesa, Gym**  
Monday, 1:30 - 4:00 pm  
Tuesday, 6:00 - 9:00 pm  
Friday, 1:00 - 4:00 pm  
Thursday 7:00 - 9:00 pm

**Wells Park**  
Tuesday and Thursday  
1:30 - 3:30 pm

## Manage Your Chronic Disease

### (MyCD) Program Workshop

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

Free 6-week workshop  
2 1/2 hour meetings  
ALL MyCD Programs  
are **Free of Charge**  
For more info. visit:  
[www.arthritisnm.org/  
myCD-program.html](http://www.arthritisnm.org/myCD-program.html)



**Palo Duro, Ponderosa**  
Thursday, 1:00 - 3:30 pm  
Jan 22 - March 5 (No Feb. 26)  
March 12 - April 16  
May 7 - June 11  
July 9 - August 20 (No Aug. 6)

**North Domingo Baca, Room 1**  
Wednesday, 1:30 - 4:00 pm  
July 23 - August 27  
September 3 - October 8  
October 15 - November 19

**Los Volcanes 50+ Sports  
and Fitness Center**  
Tuesday, 1:00 - 3:30 pm

July 8 - August 19  
September 2 - October 7  
October 28 - December 2

**Veteran's Memorial Park**  
(1100 Louisiana Blvd. SE). To learn more about this wonderful community resource that includes a: visitor center, 25-acre memorial park, museum, library and meeting facilities, please visit  
<http://nmvetsmemorial.org>  
Wednesdays from 9:00 - 11:00 am on:  
July 9 through August 13, 2014; and  
August 27 through October 1, 2014

**Lovelace Westside Hospital**  
(located at 10501 Golf Course Rd NW in Albuquerque with Theresa Jones Henry as 727-2001 as contact):  
Thursdays from 10:00 am - 12:30 pm:  
July 17 - August 21, 2014;  
September 4 - October 9, 2014; and  
October 16 - November 20, 2014.

**Santa Fe, New Mexico:**  
Santa Fe Business Incubator, (located at 3900 Paseo del Sol, Santa Fe, NM 87507 in Santa Fe) register through the City of Albuquerque Department of Senior Affairs at (505) 880 - 2800):  
Mondays from 1:00 pm - 3:30 pm on:  
July 14 - August 18, 2014;  
September 8 - October 13, 2014; and  
November 3 - December 8, 2014

### Drop-In Basketball

Open/Drop-In Basketball is offered daily (Mon-Fri) at the times listed below. Teams form as participants show up and sign in. Schedules are subject to change.

**Manzano Mesa, Gym (E/W courts)**  
Mon, 11:00 am - 1:00 pm, East  
Mon, 11:45 am - 1:30 pm, West  
Mon, 7:00 - 9:00 pm, both courts  
Tue, 11:00 am - 1:00 pm  
Wed, 11:00 am - 12:30 pm, East  
Wed, 11:45 am - 12:30 pm, West  
Thur, 11:00 am - 1:00 pm, both courts  
Fri, 11:00 am - 1:00 pm,  
7:00 - 9:00 pm, both courts



### Senior Men's Basketball

This group gathers to play some friendly, but competitive basketball, where teams are picked prior to the games.

**Manzano Mesa, Gym, East Court**  
Tuesday, 11:00 am - 1:00 pm  
Thursday, 11:00 am - 1:00 pm

### 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 Monday - Friday between 5 - 8 pm. Contact Toby Tolley @ 505-872-0048 or info@dukecityfencing.net for information.

### 50+ Sports & Fitness Program Fitness Hiking

Hikes vary from easy/moderate A/B hikes to the more challenging C/D level hikes. Bring your own lunch, snacks and drinks. 5¢ per mile, space is limited, prepayment is required. The website: [www.ASCHG.org](http://www.ASCHG.org) hosts an incredible database of 300 hikes in NM and a schedule of all senior center hikes.

**Los Volcanes 50+ Sports & Fitness Center**  
Apr - Oct: Every other Wednesday, 7:00 am - 5:00 pm

**Palo Duro 50+ Sports & Fitness Center**  
Apr - Oct, Mon, 7:15 am - 5:00 pm  
Vivian Heyward, Cindy McConnell

**N. Domingo Baca, Fitness Center**  
Apr - Oct, Every other Wednesday, 8:00 am - 5:00 pm  
Cindy McConnell

### Center Hiking & Treks

Enjoy these intermediate level hiking trips and less demanding treks year round. Schedules are available at front desk of host centers or online at [www.aschg.org](http://www.aschg.org) 5¢/mile.

**Bear Canyon**  
Every other Thursday, starting January 8, 7:45 am  
Coordinator: Sandy McAvoy

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

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

**N. Domingo Baca**  
Every other Friday, 8:00 am  
Dick Brown

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

**Palo Duro**  
Every other Tuesday, 8:00 am  
Marilyn Warrant  
Saturday, 9:00 am  
Sue Palletier



### Huachas

#### Open Huachas

A physical game of skill that is very similar to horseshoes. The difference is that large metal washers are pitched at a 3-inch hole in a 24 x 24 inch.

**Bear Canyon, Park**  
Friday, 10:00 - 11:00 am  
(weather permitting)



### Pickleball

Check out [abqpickleball.com](http://abqpickleball.com) for updated and additional play locations

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

**Barelas**  
Monday, 1:30 - 3:30 pm

#### Pickleball Training

Tuesday, Thursday, 9:15 - 11:00 am  
Saturday, 12:30 - 2:50 pm

**Los Volcanes**  
Mon, Wed, Fri, 9:30 - 11:00 am  
Monday, 1:30 - 3:00 pm  
1st & 3rd Wed, 12:30 - 3:00 pm



### Shuffleboard

#### Silver Shufflers

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

**Manzano Mesa**  
Tuesday, 1:00 - 4:00 pm  
\$1 donation, Scott Heron 299-7768 & Millie Martinez 797-0841

### 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

#### 50+ Men's Softball

Practices begin in February with league play held on Tuesday and Thursday mornings from April to September. Meeting held every 2nd Friday.

**Highland, Room 3**  
9:30 - 11:00 am  
John Denery 573-1094

### Table Tennis

#### Practice and Play

Since its inception in 1880s England, as an after-dinner amusement for upper class Victorians, this sport has grown into an international favorite.

**Barelas, Social Hall**  
Upon request

**Bear Canyon, Social Hall**  
(subject to change)  
Monday, 1:30 - 3:30 pm  
Thursday, 9:30 - 11:00 am  
Friday, 2:30 - 4:45pm  
Saturday, 9:00 am - 2:00 pm

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



Fencing · Hiking · Huachas · Pickleball  
Shuffleboard · Men's Softball · Table Tennis

Sports & Fitness



**Table Tennis, con't.**

**N. Domingo Baca, Game Room**  
Monday - Friday, 8:00 am - 9:00 pm  
Saturday, 9:00 am - 3:00 pm

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

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

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

**Volleyball: Indoor "Beachball"**

**Los Volcanes, Social Hall**  
2nd Wednesday, 1:30 - 3:00 pm

**Volleyball Pick-up Games**

Drop-in volleyball matches.



**Manzano Mesa, Gym**  
Monday, Friday, 5:00 - 7:00 pm

**Dance Classes**

**Ballroom Dance**

**Ballroom/Latin/Swing Dance: Intermediate**

Continuation from the beginning class, with intermediate step patterns.

**Manzano Mesa**  
Wednesday, 9:30 - 10:30 am  
Saturday: 11:30 am - 12:30 pm  
Barbara Weiss, info 506-0049

**Wise Women Belly Dance**

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

**Manzano Mesa, Social Hall**  
Thursday, 5:45 - 7:00 pm  
Amaya

**Clogging**

"Clog" comes from a Gaelic word meaning time.

**Manzano Mesa, Social Hall**  
Friday, 9:30 - 11:00 am  
Shirley Smith

LEARN SELF-DEFENSE  
SEE PAGE 57 & 58



**Dance and Movement for Parkinson's**

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

**North Valley, South Social Hall**  
1st & 3rd Thursday, 2:00 - 3:00 pm  
Free to members with Parkinson's, Joanie Carlisle

**Line Dancing**

Love to dance but don't have a partner?

**Barelas, Lead/Coal**  
Beginning, Thurs. (Beginning Jan. 15)  
1:30 - 3:00 pm  
Gayle Mecca, \$1

**Bear Canyon, Social Hall**  
Advance, Thu, 1:30 - 3:00 pm  
Doug Madison  
Beginning, Thu, 3:15 - 4:30pm  
Clarada Hull  
Intermediate I, Tue, 3:00 - 4:30pm  
Clarida Hull  
Intermediate II, Tue, 1:30 - 3:00pm  
Clarida Hull

**Highland, Social Hall**  
Intermediate, Tuesday, 1:30 - 3:00 pm  
Wylene Santistevan

**Los Volcanes, Social Hall**  
Intermediate, Jeanne Hendrix, \$1  
Thu., 9:00 - 10:00 am  
Thu., 10:00 - 11:00 am

**Manzano Mesa, Social Hall**  
Beginning, Wed., 1:30 - 3:00 pm  
Intermediate, Wed., 3:00 - 4:30 pm  
Georgette Smith  
Intermediate II, Fri., 1:30 - 3:00 pm  
Wylene Santistevan

**N. Domingo Baca, Social Hall**  
Beginning, Thu., 1:30 - 2:30 pm  
Mary Garcia  
Intermediate, Tue., 5:45 - 7:30 pm  
Georgette Smith

**North Valley, South Social Hall**  
Beginning, Mon, 1:00 - 2:00 pm  
Clarida Hull

**Palo Duro, Mesquite**

Advanced, Mon, 1:30 - 3:00 pm  
Saturday (not first Sat.),  
10:30 am - 12:00 noon  
Beginning, Monday, 3:15 - 4:30 pm  
Saturday, 9:00 - 10:30 am, K. Tidy

**Square Dancing**

Enjoy the timeless tradition of Square Dancing.

**Palo Duro, Mesquite**  
Wednesday, 1:00 - 3:00 pm  
Carol Champion

**NM, Mexican Folklorico & Latin Dance Class**

Learn New Mexican, Mexican, Latin and Cumbia dances. Have fun & exercise at the same time!

**Barelas, Social Hall**  
Monday, 10:00 - 11:00 am  
Frances Lujan

**Los Volcanes**  
Tuesday, 2:00 - 4:00 pm

**Fitness/Exercise**

**Adapted Aquatics**

Taught at the University of NM Therapeutic Pool (92 degree water), participants are led through a series of range of motion exercises. Pre-registration required through the Sports & Fitness Centers. (The Multigenerational Centers will NOT be transporting clients. Ask the Senior Centers for the times their vans will depart for Session 1 & 2)

**Session 1: Mon, Wed, Fri,**  
9:00 - 10:00 am  
\$12/month. (3 classes/wk) donation, 50¢ for transportation  
(Provided from all 6 Senior Centers)

**Session 2: Mon, Fri, 1:15 - 2:15 pm**  
\$8/month (2 classes/wk.) donation, 50¢ transportation  
(Provided from all 6 Senior Centers and Los Vecinos Community Center)

**Session 3: Tue, Thu, 9:00 - 10:00 am**  
\$8/month (2 classes/wk.) donation, 50¢ transportation  
(Provided from Palo Duro 50+ Sports & Fitness Center and varied Mealsites)



### T.N.T. Dynamite New Class!

Come Trim 'n Tone your body with Andriana a seasoned professional with over 16 years' experience. This class is designed to fit your own individual needs and abilities. Work at your own pace towards improving strength, stamina and muscle tone.

**Bear Canyon, Social Hall**  
Monday, Wednesday, Friday  
9:30 - 10:30 am  
Cost: \$1.50 per class

**Los Volcanes, Fitness Center Aerobics Room**  
Monday, Wednesday, Friday  
11:45 am - 12:45 pm  
Cost: \$1.50 per class

### Aerobics

These low impact aerobics classes are for beginners to advanced exercisers, everyone works at their own pace.

**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, 8:15 - 9:15 am - Social Hall

**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 us for a free assessment.

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

**Manzano Mesa, 18+ Fitness Room**

2nd Thursday,  
11:00 am - 1:00 pm

**N. Domingo Baca, 18+ Sports & Fitness Center**  
4th Wednesday, 8:30 am - 1:30 pm,  
2:00 - 7:00 pm

**Palo Duro 50+ Sports & Fitness Center**  
1st Wednesday, 8:00 am - 7:00 pm



### Cardio/ Core/ Tone

Increase lean muscle mass while burning calories to strengthen and tone your body. This class will incorporate circuit style cardio exercises and exercises using body weight, stability balls and weights with an emphasis on core strength.

**N. Domingo Baca, Group Exercise Room (Upstairs)**  
Tuesday, Thursday 8:05 - 9:05 am  
\$4/class, Marita

### Dance Aerobics

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

**Los Volcanes 50+ Sports & Fitness Center, Aerobic Room**  
Tues, Thurs 5:30 - 6:30 pm  
Julie Stoffler

### EnhanceFitness

Improve balance, flexibility, bone density, coordination, endurance, alertness, strength and help with fall prevention, in this evidence-based senior fitness class. You will be pleased with the gains you have made at the 16-week assessment.

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

**North Valley, South Social Hall**  
Monday, Wednesday, Friday,  
9:00 - 10:00 am Ellias Novrestari

**N. Domingo Baca, Social Hall**  
Monday, 10:15 - 11:20 am  
Tuesday, 8:00 - 8:50 am,  
Wed., 8:00 - 8:50 am & 10:15 - 11:20 am,  
Thursday, 8:00 - 8:50 am &  
10:15 - 11:15 am  
Connie T.

### Feldenkrais Method, Awareness Through Movement

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

**North Domingo Baca**  
Thursday, 6:00 - 7:00 pm  
\$5/class  
Steve Mulvihill

### Fitball

Target core muscles with stabilizing and balance exercises. Increase strength, sculpt, and tone.

**Los Volcanes 50+ Sports & Fitness Center, Aerobic Room**  
Monday, Friday 10:30 - 11:30 am

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

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



### Flex & Tone

Elongate and strengthen your muscles, increase flexibility, improve posture and develop a strong core.

**Bear Canyon, Social Hall**  
Tuesday, Thursday, 8:15 - 9:15 am

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

**Los Volcanes 50+ Sports & Fitness Center, Aerobics Room**  
Tuesday, Thursday, 8:00 - 9:00 am

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

**North Domingo Baca, Aerobic Room**  
Tuesday, Thursday 9:15 - 10:15 am

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





**Gentle Exercise**

Done mostly in a chair we use weights, balls and bands to focus on strength building with resistance.

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

**Highland, Social Hall**  
Mon., Wed., Friday 10:00 - 11:00 am

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

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

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



**Get Moving Aerobics**

Join this group fitness cardio class, which 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**  
Mon, Wed, 5:00 - 6:00 pm  
\$2.50 or \$20/month, Ann Owens

**Pilates**

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

**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

**Palo Duro 50+ Fitness Center**  
Pilates Reformer Machine Training  
Call 880-2800 for class schedule

**Pilates**

Increase your core strength, balance and flexibility while having fun. Students of all levels can safely participate in these invigorating 50 minute classes. We will develop strength, focus on balance and improve our overall sense of well-being.

**Barelas, Lead & Coal**  
Tuesday, 8:30 - 9:30 am  
\$2 suggested donation  
Richard Sertich

**Piyo**

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

**North Domingo Baca Fitness Center, Aerobic Room**  
Monday, Wednesday, & Friday  
8:05 - 9:05 a.m.  
\$5/Class Jalum Armazanduk

**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

**N. Domingo Baca, Social Hall**  
Tuesday, Friday, 10:10 - 11:10 am  
\$3/class, Jalum Armazanduk



**Senior Strength and Toning**

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

**N. Domingo Baca, Group Exercise Room (Upstairs)**  
Monday, Wednesday, Friday  
9:15 - 10:15 am  
\$2.00/class, Jalum Armazanduk



**Zumba**

Zumba fuses Latin rhythms and easy-to-follow moves to create a fitness program that will blow you away.

**Manzano Mesa, East Gym**  
Saturday, 11:15 am - 12:15 pm  
Thursday, 6:00 - 7:00 pm  
Fee: \$2, Jenny

**N. Domingo Baca, Social Hall**  
Monday, 8:45 - 9:45am (\$2/class)  
\$1, Kristin Gentry  
Friday, 8:30 - 9:30 am

**N. Domingo Baca, Social Hall**  
Monday, 4:30 - 5:30 pm  
Wednesday, 5:30 - 6:30 pm (\$3/class)  
Saturday, 9:05 - 10:05 am  
Saturday, 1:00 - 2:00 pm  
\$5, Marian Tarin

**N. Domingo Baca, Social Hall**  
Tuesday, 4:30 - 5:30 pm ( \$3/class)  
Thursday, 4:45 - 5:45 pm  
Friday, 8:45 - 9:45 am & 4:45 - 5:45 pm  
\$3, Jalum Armazanduk

**North Valley, South Social Hall**  
Tuesday, 5:30 - 6:30 pm  
Instructor: Mary Martinez  
\$3



## Zumba Gold

This class is designed for the active older adult. It fuses Latin rhythms and easy-to-follow moves to create a fitness program that will blow you away.

### 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 - 11:45 am  
\$1, Dee Williams

### N. Domingo Baca, Social Hall

Tues, Thurs, 9:00 - 10:00 am (\$1/class)  
Tuesday, 4:30 - 5:30 pm (\$3/class)

Wednesday, 9:00 - 10:00 am (\$3/class)  
5:30 - 6:30 pm

\$3, Jen

Thursday, 9:00 - 10:00 am, 4:45 - 5:45 pm  
(\$1/class)

### N. Domingo Baca, Social Hall

Friday, 8:30 - 9:30 am & 4:45 - 5:45 pm  
\$1, Kristi

## 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

Friday, 8:00 - 9:00 am  
\$1, Dee Williams

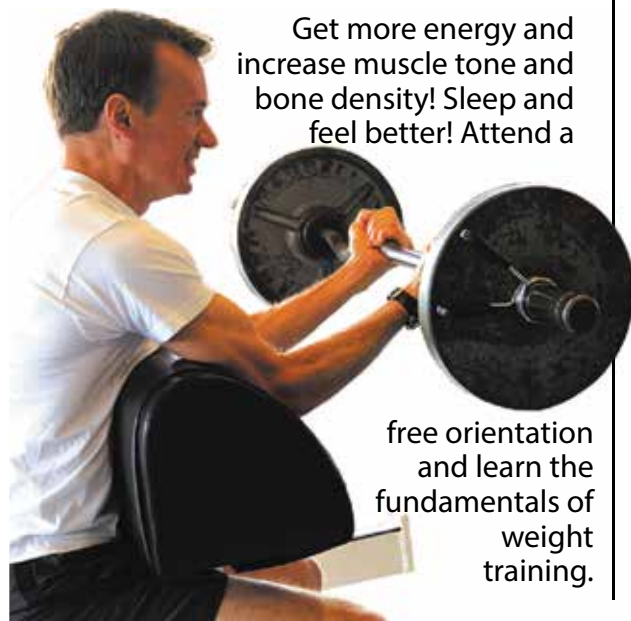
## Zumbatomic

Thursday, 4:45 - 5:45 pm  
Jalum Armazanduk

## Weight Training

### Weight Training Orientations

Get more energy and increase muscle tone and bone density! Sleep and feel better! Attend a



free orientation and learn the fundamentals of weight training.



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

Manzano Mesa, Fitness Room  
Appointment: 275-8731 X232

N. Domingo Baca, Fitness Room  
Appointment: 764-6496

Palo Duro 50+ Sports & Fitness Center  
Appointment: 880-2800

### Fitness Facilities

Our fitness facilities are equipped with strength training and cardio equipment. A \$13/year membership entitles you to full privileges. There is a contribution of 50¢/visit. Free equipment orientations are available by appointment.

### Barelas, Pacific Room

764-6436, 714 7th Street, SW

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

839-3710, 6500 Los Volcanes, NW

Manzano Mesa, Fitness Room  
18+ Sports & Fitness Center

275-8731, 501 Elizabeth, SE

### N. Domingo Baca

18+ Sports & Fitness Center  
764-6496, 7521 Carmel, NE

### North Valley

761-4025, 3825 Fourth Street, NW  
small fitness room with cardio equipment and weight machines. Free for members.

### Palo Duro 50+

Sports & Fitness Center  
880-2800, 3351 Monroe, NE

### Basics with Free Weights

For novice weight trainers. Learn safe free weight lifting techniques to be used with or without workout machines to provide variety in reaching fitness goals.

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

Call 839-3710 for schedule

North Domingo Baca Fitness Center

Call 505-764-6496 for schedule

## Self Defense

### Aikido

Join instructor Charles Watkins, (505) 920-4180 in this 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.

N. Domingo Baca,  
Room varies

Monday, 6:00 - 7:30 pm

Tuesday, 6:00 - 7:30 pm

Saturday, 9:00 - 11:45 am

\$4 or \$45/month

### N. Domingo Baca,

Aerobic Room (Upstairs)

Wednesday, 6:30 - 7:45 pm

Thursday, 7:15 - 8:30 pm

\$4 or \$45/month,

Charles Watkins

### Aikido Weapons

Weapons are Aikido with either a 50 inch staff called a "jo" or a wooden sword called a "bokken". The practice of weapons improves our empty hand techniques. This class involves forms and partner practices. Aikido (Women's Defense).

### North Domingo Baca

Thursday, 5:30 - 7:00 pm

Charles Watkins

### All-Star Youth Karate

For ages 4-15, martial art techniques, emphasizing self-defense and child safety awareness is covered.

### Manzano Mesa,

East Social Hall

Wednesday, 6:00 - 9:00 pm

Mistie Gallegos,

register: 899-1666

### New Mexico Kendo Kai

A Japanese martial art of sword fencing.

### Manzano Mesa,

East Social Hall

Friday, 6:00 - 8:00 pm

Davis Begay,

register: 899-1666





**Self Defense, con't.**

**Tae-kwon-do**

Traditional and olympic-style tae-kwondo training focused on improved physical strength and stamina, better focus and concentration, greater self-discipline, competency in self-defense and increased self-confidence. Classes will be led by Master Instructor, former National Champion & Team Captain at the US Olympic Training Center - David Martin

**N. Domingo Baca, Varies**

Monday 7:15 - 8:15 pm  
 Tuesday, 7:15 - 8:15 pm  
 Thursday, 7:15 - 8:15 pm

Individual, group, and family rates, contact for details, David Martin, accelerationcoaching@gmail.com



**Kendo Kai**

Meaning "Way of the Sword," is the 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.

**North Domingo Baca,**

Wednesday, 7:00 - 8:45 pm  
 \$20 adults, \$10 youth  
 Davis Begay

**Iron Olympian Karate**

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

**Manzano Mesa, Room 3**

Tuesday, Wednesday, 6:00 - 8:00 pm  
 Chris Nowak

See page 3 for contact info.



**Iron Olympian Karate**

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

**Manzano Mesa, Room 3**

Tuesday, Wednesday, 6:00 - 8:00 pm  
 Chris Nowak

**Kempo Karate**

**North Domingo Baca, Classroom 1**

Thursday, 7:15 - 8:15 pm  
 \$10 per class  
 Chris Kirby

**Personal Defense Club, Close Quarter Combat**

A place to learn, teach and practice personal fighting skills - not associated with any traditional Asian art or sport.

**Manzano Mesa, Room 4**

Monday, 7:30 - 9:00 pm  
 \$10/month, Dr. Sean Ross



**Eastern Traditions**

**Tai Chi**

Slow, gentle movement to build health & balance, reduce stress and heal from injuries. Presented in a brief way to balance the whole self: physically emotionally and spiritually.

**Los Volcanes, Room #2**

Wed., 1st, 2nd, 3rd,  
 12:00 noon - 1:00 pm  
 \$3 donation Kay

**Tai Chi for Arthritis**

**North Domingo Baca, Classroom 1**

Wednesday, 9:30 - 10:30 am  
 \$35/ 8 week session (\$5 per class)  
 Fred Schlesinger

**T'ai Chi Chih**

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.

**Manzano Mesa**

Tuesday, 5:30 - 6:30 pm  
 \$60/8 weeks, payable at first class  
 Eileen Devine, 281-9731 to register

**North Domingo Baca**

Wednesday, 3:30 - 4:30 pm  
 Mona Lee Schilling

**Palo Duro, Aspen Room**

Beginning Tai Chi Chih 3:15 - 4:15 pm  
 Continuing Tai Chi Chih 4:30 - 5:30 pm

January 14 - March 11

March 18 - May 6

May 13 - July

\$60/8 weeks, payable at first class  
 Ellen Tatge



**T'ai Chi Chih (PRACTICE)**

**Bear Canyon, Room 1**

Wednesday, 11:30 - 1:00 pm  
 Mary Moriarty

**Bear Canyon, Room 1**

Wednesday, 3:30 - 4:30 pm  
 Helen

**Yang Style Tai Chi**

**North Domingo Baca**

Friday, 11:30 am - 12:30 pm  
 \$5/donation

Instructor: Sifu TyBeh

**T'ai Chi Ch'uan**

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!

**Barelas, Social Hall**

Wednesday 9:30 - 10:30 am  
 Sihing Ilene Dunn  
 Suggested donation \$5

**Highland, Social Hall**

Intermediate  
 Thursday 2:00 - 3:00 pm  
 Master Dug Corpolongo  
 Suggested donation \$5



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

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

**Manzano Mesa, Room 4**  
Tuesday 9:30 - 10:30 am  
Master Dug Corpolongo  
Suggested donation \$5

**North Domingo Baca, Community Room**  
Friday 11:30 am - 12:30 pm  
Sifu Ty Beh  
Suggested donation \$5

**North Valley, Room 1 and 2**  
Monday 9:30 - 10:30 am  
Master Dug Corpolongo  
Suggested donation \$5

**Palo Duro, Ponderosa Room**  
Friday 9:30 - 10:30 am  
Sifu Ty Beh  
Suggested donation \$5  
(Not meeting 1st Friday)

**Tai Chi Chaun Yang Form 108**

**North Domingo Baca, Room 6**  
Friday, 6:00 - 7:00 pm  
Justin Meyer

**Nia Technique**

The Nia Technique draws inspiration from the dance arts, martial arts and healing arts for a cardiovascular, aerobic, fun and challenging workout. Dancing is done in bare feet.

**Highland, Room 8**  
Thursday, 11:15 am - 12:15 pm  
Check with instructor for cost  
Michele Diel



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

**Meditation Circle**

**North Domingo**  
Friday, 11:15 am - 12:15 pm  
Lynn Alexander Free

**Yoga**

**Yoga, Chair**

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

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

**Los Volcanes, Room 10**  
Friday, 11:00 am - 12:00 noon  
Donation, Lori Armi

**Gentle Yoga**

For anyone new to yoga or desiring a slower paced class. Relaxation, breathing, and simple meditations will be explored and support equipment will be used. Increase range of motion and muscle tone.

**Basics/Beginning Yoga**

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

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

**Beginning Yoga & Beyond**

Bring balance, strength, & flexibility to the mind, body and emotions through yoga. Great for both beginners and the experienced student.

**Los Volcanes 50+ Sports & Fitness Center, Aerobic Room**  
Saturday, 8:10 - 9:30 am  
\$3/class, Kathy

**Yoga**

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

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

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

**Los Volcanes**  
Monday, 2:00 - 3:10 pm  
Maebi Richards

**Manzano Mesa, East Social Hall**  
Monday, 6:15 - 7:00 pm  
\$25/month, Ann Owen

**N. Domingo Baca, Classroom 4**  
Monday, 9:00-10:00 am  
Monday, 5:45 - 6:45 pm, E. Social Hall  
Misa Romero/ \$5 class  
Friday, 1:00 - 2:00 pm, Classroom 4  
Lynn Alexander

**N. Domingo Baca, Aerobic Room (Upstairs)**  
Tuesday, Thursday, 6:00 - 7:00 pm  
\$5/class, Anita Crouse

**Yoga**

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**  
Fridays, 11:00 am - 12:30 pm  
Kae Sumrall

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

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

**Los Volcanes**  
Monday, 2:00 - 3:10 pm  
Maebi Richards



**Manzano Mesa, East Social Hall**  
Monday, 6:15 - 7:00 pm  
\$25/month, Ann Owen

**N. Domingo Baca, Classroom 4**  
Monday, 9:00 - 10:00 am  
Monday, 5:45 - 6:45 pm, E. Social Hall  
Misa Romero/ \$5 class  
Friday, 1:00 - 2:00 pm, Classroom 4  
Lynn Alexander  
Tuesday, Room 1, 9:00 - 10:00 am  
Tues., Community Room, 4:00 - 5:00 pm  
Wed., Community Room, 4:00 - 5:00 pm  
Thursday, Room 1, 4:00 - 5:00 pm  
Irene Minste

**N. Domingo Baca, Aerobic Room (Upstairs)**  
Tuesday, Thursday, 6:00 - 7:00 pm  
\$5/class, Anita Crouse



**Yoga, Hatha**

Gentle yoga with an emphasis on stretching and breathing.

**Los Volcanes, Room 2**  
Monday, 2:00 - 3:00 pm  
\$5, Maebi Richards

**Hatha Yoga Plus**

(plus core body-work)

**Manzano Mesa, Room 5**  
Friday, 9:00 - 10:00 am  
Janet Porter  
Hatha Yoga Qi Gong

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

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

**Yoga-Kundalini**

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

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

**Laughter Yoga**

This class combines unconditional laughter with yogic breathing (pranayama). Laughter is simulated as an exercise in a group with eye contact and childlike playfulness - soon turning into real and contagious laughter.

**Los Volcanes, Room 2**  
Saturday, 10:30 - 11:00 am  
Maebi Richards

**Yoga, Dahn**

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

**N. Domingo Baca,**  
Aerobic Room (Upstairs)  
Saturday, 10:30 - 11:45 am  
\$5/class, Lynn Alexander

**North Valley, Social Hall South**  
Tuesday, Thursday, 3:00 - 4:00 pm  
\$3, David Plummer

**Other Classes**

**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.

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

**North Domingo Baca, Lobby**  
Thursday, 9:00 am - 3:00 pm  
Lani Burns  
Call or text to schedule an appointment at 363-9402

**Spinal Screenings**

**North Domingo Baca, Lobby**  
2nd & 4th Wed., 8:00 - 10:00 am  
Free  
David Bixel



**Blood Pressure**

**North Domingo Baca, Lobby**  
Monday, 9:00 am - 12:00 noon

**Chair Massage Therapy**

Choice of seated massage in a regular chair, wheelchair, or a massage chair.

**North Valley, Lobby**  
1st & 3rd Wednesday  
9:00 am - 12:00 noon  
Donation  
Ellen Santistevan, LMT 6535, APP

**Reflexology Massage Therapy**

Reflexology is a hands on modality that relaxes and restores the body by working the hands and/or feet. Come treat your feet or hands.

**North Valley, Lobby**  
4th Wednesday and 2nd Friday  
9:00 - 11:00 am  
\$10 for 15 minutes  
Catherine Barba, LMT6823



**REIKI**

If you suffer from physical pain, sleeplessness, emotional pain, Reiki energy may help you. Linda does 15 minute session for walk-in and donation basis.

**Highland, Room 8**  
Every 1st Friday 9:30 am - 12:00 noon

**Balance & Movement for Parkinson's**

This class is designed for most all levels and focuses on balance and movement while either seated or standing. Slow movements, strength, hand-eye coordination and memory are also incorporated in a fun atmosphere. Caregivers are encouraged to attend and participate too! Start Date is January 5.

**Highland, Room 8**  
Monday 3:00 - 3:45 pm  
Cost: \$5 per class  
Instructor: Mindy Chaplin

**Barelas Walking Group**

Come join this fun group as we walk through and see the sights of the Barelas neighborhood and get fit!

**Barelas, Meet in Lobby**  
Call Center for Hours

**Exercise/Gyrokinesis for MS**

**North Domingo Baca, Room 6**  
Wednesday, 11:00 am - 12:00 noon



*Enjoy nature with a trip to Ojo Caliente. Experience the natural hot springs!  
See page 66*

# Trips

## Trip Policies

- To register for trips, present your membership card or give your card information with your payment.
- Make checks payable to the City of Albuquerque
- Cancel at least 3 days in advance.
- For overnight, day trips, or performances that require an advanced payment, a refund will be provided if a replacement is found.
- Meals are at your expense.
- Remain with group for the entire trip.
- Return times are approximate.
- We require a two-week notice for special accommodations.
- Mileage charges for van use are 5¢ per mile per person and may include driver costs.
- Refunds: Original receipts should be presented to receive approved refunds. No refunds on trips costing \$1.00 or less.

The City of Albuquerque Department of Senior Affairs, Center Policies and Procedures, Section 3.4-N, stipulates that anyone who goes on a Center-sponsored outing must "sign the Trip Release Form before leaving the Center". If an individual chooses not to sign the form, he or she will forfeit the opportunity to go on the outing and a refund will not be given.

## DATES to sign up for trips:

**Monday, December 1st - January - March** trips registrations/presentations will be available for sign up.

**Monday, March 2nd - April - June** trips registrations/presentations will be available for sign up.

**Monday, June 1st - July - Sept** trips registrations/presentations will be available for sign up

## Monthly Trips

### Ride and Roam with Ron

The destination is a mystery but be assured you are in for a great time.

#### Palo Duro

Tuesday, January 20  
 Tuesday, February 3  
 Monday, March 23  
 Thursday, April 16  
 Wednesday, May 6  
 Tuesday, June 23

Check in: 8:00 am  
 Return: 4:00 pm (approximately)  
 5¢/mile, transportation cost paid upon return & lunch at your own expense.

### Ride & Glide w/Ron

Enjoy fun-filled trips to mystery destinations. Ron will see to it that you have a wonderful time just exploring the natural beauty of our state. Enjoy a delicious lunch at a local restaurant.

#### Bear Canyon

Thursday, January 15  
 Wednesday, February 18

Tuesday, March 31  
 Wednesday, April 8  
 Tuesday, May 12  
 Wednesday, June 17

**Check in:** 8:00 am

**Return:** 4:00 pm approximately

\$6.50 transportation, 5¢ per mile if trip exceeds 100 miles

### Lunch Bunch

Visit a variety of restaurants in and around town and enjoy a wonderful meal with old and new friends.

#### Bear Canyon

4th Thursday  
 Check in: 10:45 am • Return 2:00 pm  
 50¢ transportation

### Out-To-Dinner

Experience the ambiance and fare at a variety of area restaurants while enjoying the company of friends.

#### Bear Canyon

1st Monday  
 Check in: 5:00 pm • Return 8:30 pm  
 50¢ transportation



*Palo Duro presents...*

## A "Fare" to Remember

*Trips leave Palo Duro • Sign up at the front desk  
 Meals at your own expense*

### Prime or WisePies - Rio Rancho

We can choose between two restaurants in the area: PRIME menu includes meatloaf, fish & chips, chicken, steak, or WISE PIES PIZZA where you choose a variety of toppings.



#### Palo Duro

Wednesday, January 14, 2015  
 Check In: 10:30 am  
 Return Approx.: 4:00 pm  
 Cost: \$2.00 Transportation

### The Original Real Burger - Santa Fe

Serving burgers, hot dogs, or New Mexico cuisine.



#### Palo Duro

Thursday, February 5, 2015  
 Check In: 9:45 am  
 Return Approx.: 4:00 pm  
 Cost: \$7.00 Transportation

### El Paragua - Española

Featuring New Mexico cuisine.

#### Palo Duro

Friday, March 13, 2015  
 Check In: 9:45 am  
 Return Approx.: 4:00 pm  
 Cost: \$10.00 Transportation



### Great American Diner Casa Blanca & Acoma - Casa Blanca

Breakfast is served until 2:00 pm also soups, salads, burgers, sandwiches, fried chicken or shrimp or enchiladas. In addition we will take a side trip to the Acoma Museum.

#### Palo Duro

Tuesday, April 14, 2015  
 Check In: 8:15 am  
 Return Approx.: 4:00 pm  
 Cost: \$8.50 Transportation



Monthly Trips · A "Fare to Remember"

Trips



**NM History and Art Museums - Santa Fe**

We will board the Rail Runner at the Sandia station for our day in Santa Fe. After our "scatter" lunch at the plaza we will visit the History or many art museums. New Mexico's Museums are free on Wednesdays for New Mexico residents.

**Palo Duro**  
Wednesday, May 20, 2015  
Check In: 9:00 am Return Approx.: 4:00 pm  
Cost: \$2:00 Transportation – plus \$7.00 Rail Runner day pass

**Terra Four Seasons Resort at Encantado - Santa Fe**

This is an upscale restaurant at the Encantado Resort near Santa Fe. Serving American cuisine.

**Palo Duro**  
Monday, June 15, 2015  
Check In: 9:45 am Return Approx.: 4:00 pm  
Cost: \$8.50 Transportation

**DAY TRIPS**

**JANUARY**

**KOB Tour**

See "Behind-the-scenes" of your local KOB 4 News Broadcasting station! Guests are offered a 40 minute tour of the studio. Be sure to be on the lookout for your favorite local anchor! We will follow up our tour with lunch at a local eatery.

**Bear Canyon**  
Tuesday, January 13  
Check in: 10:00 am Return 3:00pm  
Transportation: \$2.50  
Lunch at your own expense

**National Weather Service**

The National Weather Service Forecast Office in Albuquerque is one of 122 forecast offices across the county whose primary mission is the protection of life and property. The office is responsible for taking detailed observations of the atmosphere and producing forecasts, watches and warning for the public as well as the aviation and fire weather communities. On this trip, we will learn about how observations, forecasts and warnings are generated and disseminated to the public.

**Barelas**  
Thursday, January 22  
Check in: 9:00 am – Return: 2:00 pm  
\$2.00 transportation, lunch at your own expense

Put your car in our car show! See page 30!



**Hispano Chamber Matanza in Belen**

This daylong event offers many exciting contests including pig roasting, a red chili cook-off, horseshoe pitching, tortilla rolling and more. Enjoy the music of many well-known New Mexico artists, as well as many other fun activities.

**Los Volcanes**  
Thursday, January 24  
Check in 8:00 am Return: 3:00 pm  
\$5.00 Transportation  
\$10.00 Admission



**NM State Legislature Senior Day**

Join us for a trip to visit the Legislature in Santa Fe. We will tour the Round house hallway gallery and have lunch on the Santa Fe Plaza. Lunch at your own expense

**Barelas**  
Tuesday, January 27  
Check In: 8:00 am Return 4:00 pm

**Bear Canyon**  
Tuesday, January 27  
Check in: 8:00 am Return 4:00 pm

**Highland**  
Tuesday, January 27  
Check in: 8:00 am Return 4:00 pm

**Los Volcanes**  
Tuesday, January 27  
Check in: 7:45 am Return 4:00 pm

**Manzano Mesa**

Date: Tuesday, January 6  
Check In: 8:00 am – Return 4:00 pm

**North Domingo Baca**  
Tuesday, January 27  
Check in: 8:00 am Return 4:00 pm

**North Valley**  
Tuesday, January 27  
Check in: 8:00 am Return 4:00 pm

**Palo Duro**  
Tuesday January 27  
Check In: 8:00 am Return 4:00 pm

**Gertrude Zachary Antiques**

This is a guided tour through 12,000 sq ft. of American & European antiques, architectural & fountains in this ABQ gem. Feature attractions are rare and unique one of a kind pieces that you can't find anywhere else, followed by a delish lunch at Qburger.

**Palo Duro**  
Wednesday January, 28  
Check In: 9:45 am Return: 3:00 pm  
Transportation \$2.00  
Lunch at your own expense

**Jerusalem at the Museum of Natural History**

Join us for a trip to the museum of Natural history, Dynamax Theater. "Experience first-hand the vibrancy, beauty, and rhythms of the Old City from people who call it home." See the most extraordinary historical and sacred sites of the beautiful and majestic City, Jerusalem.

**North Valley**  
Wednesday, January 28  
Check in: 10:00 am Return: 3:00 pm  
\$1.50 transportation, \$6 admission, lunch at your own expense



**Divine Carvings at Santuario de San Martin**

Housed in an unassuming circular adobe church atop a hill, this church contains incredibly detailed and inspirational wood-carvings of Juan Sandoval, an untrained artist, which has been displayed at the Smithsonian Institute. Followed up with a delightful lunch!

**Bear Canyon**

Friday, January 23  
Check in: 9:30 am Return: 3:30 pm  
\$2.50 Transportation

**FEBRUARY**



**Shopping Day at Passion for Fashion**

Find some of the best deals in town on this upscale resale clothing boutique. Lunch will follow at El Patron Restaurant after shopping.

**North Valley**

Tuesday, February 3  
Check in: 10:30 am Return: 2:00 pm  
\$1.00 transportation

**Forensic Science Center**

Learn what forensic science and crime scene investigation is really like, and what it is not. A presentation will be followed by a tour of the two story building, which will feature such areas as DNA chemistry and fire arms. No admission charge, but they ask participants to donate a can of food for their food drive.

**Bear Canyon**

Thursday, February 5  
Check in: 8:00 am  
Return 3:00 pm  
Transportation: \$2.00  
Lunch at your own expense



*Do a grouch a favor!  
See page 27 to see how.*

**Friends and Lovers Balloon Rally**

Bring your family, a warm cup of coffee or hot chocolate, and enjoy the view as a close-knit group of local balloon pilot's launch up 135+ hot air balloons, followed up with a tasty lunch at Monroe's.



**Palo Duro**

Saturday Feb 7  
Check In: 6:00 am Return: 12:30 pm  
Transportation \$2.00  
Lunch at your own expense

**ABC Cake Shop**

The best in fresh baked treats that look as good as they taste. Cookies, cakes, cupcakes, quick breads, and other sweet surprises are created at this bakery. Take a tour and find out how the treats are created.



**Barelas**

Tuesday, February 10  
Check in: 9:15 am  
Return: 2:00 pm  
\$2.00 transportation,  
lunch at your own expense

**Ojo Caliente**

Long before the Spaniards described as the "hot eye" of a deep volcanic aquifer, and even before the early Indian peoples gathered at these ancient springs, the waters have been flowing steadily from a source deep below the earth's surface. Ojo Caliente is the only natural hot springs in the world with the remarkable combination of five bubbling waters. Each is pleasantly pleasing to your senses. The fee includes access to all the pools and steam baths all day.

**Bear Canyon**

Tuesday, February 10  
Check In: 7:00 am Return: 5:00 pm  
Cost: \$14.50  
Entry Fee and Lunch at your own expense

**Los Volcanes**

Thursday, March 5  
Tuesday, April 14  
Thursday, May 15  
Check in 6:45 am Return: 6:00 pm  
\$14.50 transportation/ \$18.00 Mineral Bath, extra services are available. The entrance to the mineral baths are at your own expense. Bring your own lunch or purchase lunch at the Artesian Restaurant.

**Highland**

Thursday, April 9  
Check In: 8:00 am Return: 5:00 pm  
Cost: \$13.75

Entry Fee and Lunch at your own expense

**North Valley**

Friday, April 24  
Check in: 8:00 am  
Return: 5:00 pm  
\$13.75 transportation

**Left Turn Distilling Tour**

Take a tour of Albuquerque's FIRST Craft Distillery. Left Turn Distilling began by making all their equipment entirely by hand. With these, they now supply small batches of spirits flavored with local ingredients. In addition to making rum, vodka, and whiskey, the distillery yields Brothers Old Tom Gin, a sweet liquor based on a recipe that's more than 100 years old.

**Bear Canyon**

Thursday, February 12  
Check in: 2:00 pm  
Return: 6:00 pm  
\$.50 Transportation



**Hispanic Cultural Center**

Join us on a guided tour of the remarkable Torreon and HCC to learn about Hispanic Culture throughout the world. Our beautiful campus is located along the banks of the Rio Grande in the historic Albuquerque neighborhood of Barelas.

**Palo Duro**

Thursday, February 12  
Check In: 9:15 am  
Return: 3:00 pm  
Transportation \$2.00  
Admission \$2.00  
Lunch at your own expense

*Create your living will  
See page 44 for info*





**FEBRUARY, CONT.**

**Lovelace Medical Tour**

Join our administrators and staff for a tour of Lovelace's downtown campus. The tour will include stops at Lovelace Rehabilitation Hospital, the Heart Hospital of New Mexico at Lovelace Medical Center, and Lovelace Medical Center. You'll have the opportunity to meet with our staff and ask questions about the hospitals and our programs. Lunch is provided.

**Barelas**

Wednesday, February 18  
Check in: 8:15 am Return: 1:30 pm  
50¢ transportation

**Enchanted Journeys with Shannon**

**Bear Canyon**

Wednesday, April 29  
Check in: 8:00 am • Return: 2:00 pm  
50¢ Transportation

**Let's Go Bowling**

**Great Exercise & lots of fun at the Holiday Bowl**

Los Volcanes  
Thursday, February 19  
Check in 12:30 pm Return: 4:00 pm  
\$2.00 Transportation, \$6.00/1 game, \$9.00/2 games (includes shoes)



**Aurora Borealis Glasswork**

We demonstrate paper weight making, flower pulling and glassblowing. You will also learn about tools and equipment that are used

**North Domingo Baca**

Tuesday, February 24  
10:00 am-2:00 pm  
\$2.00 per person, lunch at your own expense



**From the Ground Up-Design Here & Now**

516 Arts exhibition showing contemporary work by established and emerging Albuquerque area designers and architects, highlighting both built and speculative projects that vary widely in scale and demonstrate shared interests in innovation, experience, material, form and function. The exhibition focuses on the Art in

Architecture and how well-designed objects have the potential to change the way we see the world.

**Bear Canyon**

Tuesday, February 24  
Check in: 10:00 am Return: 2:30 pm  
\$2.00 Transportation lunch at your own expense

**ABQ. Police Museum**

This museum traces the history of the police department from the late 1800's to the present. There are many interesting exhibits; including photographs, uniforms, motorcycles, badges and early crime laboratory equipment.

**Highland**

Wednesday, February 11  
Check In: 8:45 am Return: 2:30 pm  
Cost: \$1.50  
Lunch at your own expense



**Harvey House Museum**

In 1910 the railroad built a Harvey House restaurant right by the railroad tracks. This was the 86th restaurant in the chain, operated by Fred Harvey. Inside you can find hundreds of memorabilia pertaining to the Harvey House and the Santa Fe Railway, as well as exhibits on early local businesses in Belen.

**North Valley**

Thursday, February 12  
Check in: 10:15 am Return: 4:00 pm  
\$5.00 transportation

**Enchanted Journeys with Shannon**

We'll visit a mystery destination that's sure to be lots of fun, followed by lunch at a nearby restaurant.

**Barelas**

Thursday, February 26  
Check in: 8:15 am Return: 4:00 pm  
\$11.00 transportation, lunch at your own expense



**Flea Market at Los Volcanes Senior Center**

Find old and new treasures at Los Volcanes Senior Center Flea Market. Los Volcanes Senior Center is one of our department centers, we want to show them support. Explore the center and enjoy lunch in the cafeteria after the flea market.

**North Valley**

Friday, February 27  
Check in: 8:30 am Return: 1:00 pm  
\$.50 transportation

**The Antique Mile**

The Antique mile is a group of ABQ. Antique stores located in the quaint village of Los Ranchos. All of these stores have different antiques, eras, collections and products. Lunch will be at the popular El Pinto Restaurant.

**Highland**

Friday, February 27  
Check In: 9:30 am Return: 3:30 pm  
Cost: \$2.50  
Lunch at your own expense

**MARCH**

**KRQE News Tour**

The Channel 13 news tour: A behind the scenes look at what it takes to put a newscast together. Following the tour we'll stop and have lunch at the contact Church Street Café.



**Los Volcanes**

Tuesday, March 3  
Check In: 8:45 am Return: 2:00 pm

**Torreón Fresco**

Born and raised in Santa Fe, New Mexico, Frederico Vigil grew up inspired by the rich history that has become the trademark of his art. He has spent close to a decade on this monumental 4,000 square foot work, the largest concave fresco in North America. Over 3,000 years of Hispanic

history are depicted in the broadest sense, from Europe to Mesoamerica and into the American Southwest, illustrating the complexities and diversity of the Hispanic experience.

**Bear Canyon**

Wednesday, March 3  
 Check in: 9:00 am Return 2:30 pm  
 Transportation: \$2.50  
 Lunch at your own expense

**El Camino Real Heritage Museum**

Step back into New Mexico's unique history as The Royal Road to the Interior Lands. Travel through time from 1598 when the first adventurers from Spain & Mexico came to the New Mexico we know today.



**Manzano Mesa**

Friday, March 6  
 Transportation: \$15  
 Check in: 9:00 am Return: 4:00 pm  
 Lunch on Your Own

**National Fiery Foods & Barbecue Show**

Warm up your winter at the National Fiery Foods & Barbeque Show. New Mexico is the perfect place for this event, since we are known for our famous chili. Enjoy samples, cooking demonstrations, entertainment and more.



**Los Volcanes**

Saturday, March 7  
 Check in: 10:45 am  
 Return: 2:00 pm  
 \$2.00 transportation, admission and other expenses on your own

**North Valley**

Saturday, March 7  
 Check in: 10:45 am Return: 2:00 pm  
 \$2.00 transportation, admission and other expenses on your own

**KNME Studio Tour**

Curious about our local Public Broadcasting Service? Join us on this tour as we learn all about what it takes to run a television station. Come prepared with questions about your favorite local programs.

**Palo Duro**

Monday March 9th  
 Check In: 9:15 am Return: 3:00 pm  
 Transportation \$ 2.00  
 Lunch at own expense



**Historic Churches Tour - Santa Fe**

Visit historic churches in the Santa Fe area during this walking tour. Learn about each church's unique history. During the day we will have lunch at one of Santa Fe's many fine restaurants.

**Los Volcanes**

Tuesday, March 10  
 Check in: 8:45 am Return: 5:00 pm  
 \$8.50 transportation, Lunch and other expenses on your own

**Thrift Store Shopping**

It's time to go Thrifting! We will visit 2 Thrift Shops in the morning then go to lunch at Wendy's (or wherever else the group may want to eat-lunch on your own). After lunch we will hit one more shop.

**Los Volcanes**

Tuesday, March 12  
 Check In: 9:30 am Return: 3:30 pm  
 Transportation: \$2.50

**Museum Hill Santa Fe**

Museum Hill offers a central destination for exploring some of the city's finest museums in the SW. What used to be the outskirts of town became the site of gracious, neo-Pueblo style homes in the mid-20th century, many of them designed by the famed architect John Gaw Meem. Choose from four different museums, unique gifts from the shop and lunch at the café.

**Palo Duro**

Wednesday March 18  
 Check In: 9:00 am Return: 5:00 pm  
 Transportation \$ 8.50  
 Lunch & Admission at your own expense

**Socorro Walking Tour**

The three district tour of Socorro will take you through a historic adventure. Each district has a variety of interesting places and things to see. Also visit the newest museum

in town, The Hammel Museum. The museum is a retired brewery and now the headquarters of Socorro's County Historical Society. Find machinery and equipment of the brewery and the ice plant, a collection of historical exhibits and artifacts.

**North Valley**

Thursday, March 19  
 Check in: 8:30 am Return: 4:00 pm  
 \$6.00 transportation



**Randall Davey Audubon Center & Sanctuary**

Located in Santa Fe, this sanctuary encompasses 135 acres of striking landscapes and wildlife. Bounded by thousands of acres of National Forest and Santa Fe River Watershed land, the center and Sanctuary provides a peaceful sanctuary for plants, animals and visitors.

**Highland**

Friday, March 20  
 Check In: 10:00 am Return: 5:00 pm  
 Cost: \$6.75  
 Lunch at your own expense



**Bear Canyon**

Thursday, June 4  
 Check In: 8:15 am Return: 5:00 pm  
 Cost: \$8.00  
 Lunch at your own expense

**Popcorn Cannery Trip**

Join us on this fun and tasty trip. We will have the opportunity to visit this locally owned facility and taste all the wonderful flavors they have to offer. Popcorn will also be available for purchase. We will then head to lunch at a local restaurant.



**Bear Canyon**

Tuesday, March 17  
 Check in: 8:15 am  
 Return: 3:00 pm  
 \$2.00 transportation, lunch at your own expense



**MARCH** CONT.



**Chocolate & Coffee Expo**

Chocolate and coffee lovers rejoice! This festival features cooking demonstrations, sampling, seminars, contests, live performances and chocolate eating contests.

**Los Volcanes**

Saturday, March 21  
Check in: 9:00 am Return: 2:30 pm  
\$1.00 transportation  
\$8.00 admission  
other expenses on your own

**The Mother Road**

On this trip we'll head west to Grants, following the surviving remnants of old U.S. Highway 66 through a landscape of rugged beauty and villages steeped in lore and legend, including Laguna Pueblo, Cubero, San Fidel, Budville, and Acomita, stopping at several points of interest along the way. A side trip will take us north a few miles to Seboyeta and the quaint outdoor shrine of Los Portales. We'll have lunch in Grants, then explore the volcanic badlands and wind-sculpted sandstone cliffs of El Malpais National Monument before returning.

**Highland**

Wednesday, March 25  
Check In: 8:15 am  
Return: 5:00 pm  
Cost: \$12.25  
Lunch at your own expense



**Genealogy Center**

Join librarian Lisa Kindrick for a tour and overview of the ABC Library Genealogy Center at the Main Library in downtown Albuquerque. With many specialized databases, a computer lab, over 31,000 books of genealogical and local history information from all over the United States and the world, an extensive microfilm collection, and experienced volunteers from

the Albuquerque and New Mexico Genealogical Societies to assist you, you'll want to learn how to take advantage of these free resources.

**Barelas**

Tuesday, March 24  
Check in: 9:45 am Return: 2:30 pm  
\$2.00 transportation  
lunch at your own expense

**Special Collections Library**

Special Collections Library (a branch of ABC Library) houses research collections on Albuquerque history and New Mexico history and culture. Visitors learn about the history of public libraries in Albuquerque, the history of the 1925 Pueblo/Spanish Revival-style library building, and the different historical collections that make this library truly special!

**Barelas**

Thursday, March 26  
Check in: 9:30 am Return: 2:00 pm  
\$2.00 transportation  
lunch at your own expense

**Acoma Pueblo & Haaku Museum**

Discover the traditional Native American culture and living history of Acoma Pueblo. The Sky City Cultural Center is the gateway to our Pueblo and Museum exhibits.

**Bear Canyon**

Tuesday, April 14  
Check In: 8:00 am Return: 5:00 pm  
Transportation, \$10.50  
Plus \$20 Tour and museum fee  
Lunch at your own expense

**APRIL**



**Santuario de Chimayo**

Visit the famous Santuario where the "extraordinary has occurred." Close to 300,000 people a year from all over visit the small church where many claim to have been healed from different ailments.

**North Valley**

Friday, March 27  
Check in: 8:30 am Return: 4:00 pm  
\$10.00 transportation

**Barelas**

Wednesday, April 1  
Check in: 8:15 am Return: 4:30 pm  
\$10.00 transportation, lunch at your own expense

**Bear Canyon**

Wednesday, April 1, 2015  
Transportation: \$10.00  
Check in: 8:00 am Return: 3:30 pm  
Lunch on Your Own

**Los Volcanes**

Thursday, April 2  
Check in: 8:00 am Return: 4:30 pm

**Manzano Mesa**

Wednesday, April 1, 2015  
Transportation: \$10.00  
Check in: 9:00 am Return: 3:00 pm  
Lunch on Your Own

**North Domingo Baca**

Wednesday, April 1  
9:00 am - 3:00 pm  
Lunch at your own expense

**Enchanted Journeys with Shannon**

We'll visit a mystery destination that's sure to be lots of fun, followed by lunch at a nearby restaurant.

**Barelas**

Thursday, April 2  
Check in: 8:15 am Return: 4:00 pm  
\$11.00 transportation, lunch at your own expense



**Wild Life West**

Discover your wild side; find native animals including mountain lions, black bears, wolves, deer and more in natural enclosures.

**Bear Canyon**

Thursday, April 9, 2015  
Transportation: \$5.00  
Check in: 8:15 am Return: 3:00 pm  
Lunch on Your Own

## APRIL CONT.

### Tomé Hill

Join us for a beautiful morning made even more special by the pilgrims wending their way up Tome Hill. With faith and fortitude, the walkers are doing something that's good for their health as well as their minds.

### North Valley

Friday, April 3

Check in: 8:00 am Return: 2:30 pm

\$4.50 transportation

Lunch at your own expense



### Fiestas de Albuquerque

Featuring food, live music, dance, activities and more from five major eras of Albuquerque's history, this event will have something for everyone! As you walk through different areas of Historic Old Town you will be able to experience the awesome history of the Native American Era, learn about the founders from the Spanish Era, enjoy mouth watering delicacies and learn how to craft piñatas from the Mexican Era, and listen to live, historic music and see blacksmith demonstrations from the Territorial Era.

### Bear Canyon

Saturday, April 11, 2015

Transportation: \$2.00

Check in: 9:00 am Return: 3:00 pm

Lunch on your own

### Salinas Pueblo Missions

The Salinas Pueblo Missions are a series of ruins of several Native American villages and Spanish missions dating back to Spanish colonial times, which were later abandoned. The monument is composed of three sites, we will visit all of them.

### Highland

Wednesday, April 15

Check In: 8:15 am Return: 4:30 pm

Cost: \$5.25

Lunch at your own expense



### Montezuma Castle

The site where this magnificent hotel was built on itself comes with a lot of history, come learn about its occupants and its latest owner the United World College through a tour led by a student guide. We will wrap up the afternoon dining at a local hot spot, the Spic and Span restaurant.

### Palo Duro

Saturday April 18 (Subject to Change)

Check: In: 9:45 am Return: 6:00 pm

Transportation \$ 15.00

Lunch at your own expense

### Friedman Recycling Center

In the tour, we will go over the history of Friedman Recycling, the recycling plant here in Albuquerque, and we will also explain what is done at the plant and where all the items go.

### Barelas

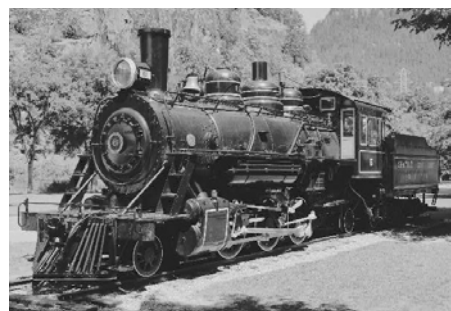
Thursday, April 9

Check in: 8:00 am

Return: 2:00 pm

\$2.00 transportation,

lunch at your own expense



### NM Steam Locomotive and Railroad Society

Train enthusiast or not this is not a trip to miss. Come be a first hand witness as a group of volunteers fully restores Steam Locomotive 2926 to operational status! In the not-too-distant future we should be hearing the thunder and the wail of her whistle as she makes her way from town-to-town. We will follow up or day with a scrumptious lunch at Cheese and Coffee.

### Palo Duro

Wednesday, April 22

Check In: 10:45 am Return: 3:00 pm

Transportation \$2.00

Lunch at own expense

### Santa Fe Botanical Garden

During this tour we will experience gardens that reflect different aspects of the Northern New Mexico landscape and centuries of human habitation. Throughout the gardens you will see native plants mixed with non-natives.

### Highland

Wednesday, April 24

Check In: 8:30 am Return: 4:00 pm

Cost: \$6.75

Lunch at your own expense

### ABQ Renaissance Faire

Join the Society for Creative Anachronism for the Renaissance Faire! Enjoy food, music, archery, fencing, arts, and activities all recreated from the Middle Ages!

### Palo Duro

Saturday April 25th

Check In: TBA

Transportation \$2.00

Admission and Lunch at own expense.

### Montezuma Castle Tour

Join us for a tour of The Armand Hammer United World College of the American West a two-year residential school.

### North Valley

Saturday, April 25

Check in: 8:30 am Return: 5:00 pm

Transportation \$11.00

### Bandelier National Monument

Bandelier National Monument is an unexpected delight, containing some of the most unusual and interesting ancient ruins in the Southwest, petroglyphs and pictographs, steep narrow canyons with plentiful wildlife, mountains rising to 10,200 feet, many acres of backcountry and a colorful section of the Rio Grande valley. Visitor activities are concentrated in a short section of Frijoles Canyon, a 400 foot deep, sheer-walled gorge.

### Barelas

Wednesday, April 30

Check in: 8:00 am Return: 2:00 pm

\$10.00 transportation, lunch at your own expense





**Salinas Pueblo Missions National Monument**

Visit the three units of the Salinas Pueblo Missions National Monument. The Abo, Quarai, and gran quivira ruins give you insight to the earliest meetings of Spanish missionaries and local Puebloan tribes. After our tour we will head over to Shaffer Hotel and Restaurant to have lunch.

**North Valley**

Thursday, May 7  
Check In: 8:00 am Return: 4:00 pm  
Cost: \$10.50

**Mystery Trip**

Everything about this trip is a mystery. Sign up, you won't be disappointed!

**North Domingo Baca**

Friday, May 8  
9:00 am- 3:00 pm  
\$3.00 transportation  
Lunch at your own expense

**Puye Cliff Dwellings**

Journey back in time approximately two thousand years and you will find the ancestors of Santa Clara Pueblo thriving here at Puye. Your visit will be a journey of personal and spiritual discovery as you experience the stillness, beauty and cultural significance.

**Highland**

Wednesday, May 13  
Check In: 8:00 am Return: 6:00 pm  
Cost: \$ 12.75  
Lunch and Tour at your own cost

**San Felipe Feast Day**

San Felipe is one of the most culturally conservative of all the Keresan speaking people, passionately retaining their Traditional religion and customs despite relentless pressures from the outside world. San Felipe is located not more than thirty miles from Albuquerque.

**Bear Canyon**

Friday, May 1  
Transportation: \$3.50  
Check in: 9:00 am Return: 3:00 pm  
Lunch on Your Own



**Shidoni Foundry Tour**

The Shidoni Foundry is a bronze art foundry, sculpture garden and gallery located along the Rio Tesuque. Watch 2000 degree molten bronze being poured into ceramic shell molds, stroll around the sculpture garden and visit the gallery where 100 different sculptors from all over the country are represented.

**Bear Canyon**

Thursday, May 7  
Transportation: \$6.00  
Check in: 8:30 am Return: 4:00 pm  
Lunch on Your Own

**Albuquerque Walking Tour**

Come learn the fascinating history of downtown & Central Ave. after the coming of the railroad in 1880. This seven block walk includes the architectural and business history of Central Avenue from the early 1900's through the present. Tour is sponsored by the ABQ Historical Society and Historic ABQ Inc.

**Palo Duro**

Tuesday, May 12  
Check In: 9:15 am Return: 3:00 pm  
Transportation \$2.00  
Lunch at own expense

**Pecos National Historic Park-Forked Lightning Ranch House**

This 90 minute van tour begins at Kozlowski's Santa Fe Trail stage stop. Next you'll be driven to see the bluff overlooking the confluence of the Glorieta Creek and Pecos River where Tex Austin, "Daddy of the Rodeo," hired architect John Gaw Meem to build a house. Completed in 1926 and later becoming the summer



**Sunset Float**

Join us for Guided Sunset Adventure along the Rio Grande! The Sandia Mountains are locally famous for their spectacular color display in the light of the setting sun, and there is no perspective in the area that surpasses that offered by the Rio Grande! Embarking from a sun-dappled stand of cottonwoods in Algodones, this guided paddling adventure will involve just under two hours of float time along the Rio Grande. Participants will paddle their own kayaks or canoes and float through several miles of cottonwood Bosque, which opens regularly to magnificent views of the Sandia's as they undergo their daily transformation into the "watermelon mountains." (Individual kayaks are strongly recommended for those with little or no prior experience with paddling.) We'll return to our facility following the trip, where we'll enjoy a cozy campfire, a soak in our hot tub, and an assortment of light snacks, complete with S'mores!

**Barelas**

Tuesday, May 12  
Check in: 3:45 pm Return: 10:00 pm  
Transportation and Kayak/Canoe \$66.00



home of the Historical Park benefactors E.E. "Buddy" Fogelson and his wife, Academy Award-winning actress Greer Garson.

**Palo Duro**

Wednesday, May 13  
 Check In: 9:00 am Return: 5:00 pm  
 Transportation \$ 6.50  
 Admission Fee \$5  
 Please bring box lunch

**Hubble House**

A 150 year old adobe hacienda situated on 10 acres located along El Camino Real. Over time this property has served as a trading post, a stagecoach stop and the local Post Office. Come tour this magnificent home and the open space trails that surround it. Followed up with lunch at Abuelitas!

Bear Canyon  
 Tuesday, May 19  
 Check in 8:45 am Return 3:00 pm  
 \$2.50 Transportation,  
 Lunch on Your Own

**Taos, Rio Grande Gorge**

The Rio Grande Bridge is one of the most incredible attractions of the Gorge. The bridge is the second highest cantilever truss bridge in the United States. You can walk along sidewalks and take in the beautiful view from this area. Following our visit to the Gorge we will take a tour around Taos.

**North Valley**

Thursday, May 21  
 Check In: 7:00 am Return: 6:30 pm  
 \$23 transportation, lunch on your own

**National Museum of Nuclear Science & History**

Visit the nation's only congressionally chartered museum, an intriguing place to learn the story of the Atomic Age, from early research of nuclear development through today's peaceful uses of nuclear technology. "The Secret Southwest" will be on exhibit where you will acquire information regarding spies of the cold war and the Manhattan Project.

**North Valley**

Thursday, May 28  
 Check in: 9:00 am Return: 2:00 pm  
 \$1.50 transportation



**Walkin'N Circles Ranch**

A beautiful Horse Rescue Mission located in Edgewood, NM. Caretakers introduce you to all the horses, telling you their stories.

**Bear Canyon**

Thursday, May 21, 2015  
 Transportation: \$5.00  
 Check in: 8:30 am Return: 3:00 pm  
 Lunch on Your Own

**Friedman Recycling Plant**

Come tour Friedman's recycling plant that process all recycled materials from residences, turning the recyclables into materials like paper towels, and even jeans. We will have a meet and greet with staff followed by a facility tour from the catwalk. Please wear closed toe shoes, be able to walk up stairs, and ready for a little dust. We go to lunch before our tour.

**Bear Canyon**

Thursday, March 12, 2015  
 Transportation: \$2.00  
 Check in: 10:00 am Return: 2:30 pm  
 Lunch on Your Own

**Tent Rocks**

The Kasha-Katuwe Tent Rocks National Monument is a remarkable outdoor adventure. The cone-shaped tent rock formations are the products of volcanic eruptions that occurred 6 to 7 million years ago.

**Manzano Mesa**

Friday, May 15, 2015  
 Entry: Free  
 Transportation: \$7.00  
 Check In: 8:30 am Return: 4:00 pm  
 Lunch on your own



*Trips are first-come, first-served.  
 Most require advance registration.*

**JUNE**

**Picnic at the Villanueva State Park and Church Tour**

Take a tour of one of the oldest Catholic churches in Northern New Mexico. You will find amazing art work created by parishioners. The Villanueva State Park is a charming riverside park nestled in a canyon near the village of Villanueva. Enjoy a hike on one of the park trails, or simply enjoy the breathtaking scenery and colors of the magnificent red and yellow landscape. Sack lunches will be provided.

**North Valley**

Thursday, June 4  
 Check in: 8:15 am Return: 5:00 pm  
 \$13.00 transportation

**Chaco Canyon**

Chaco canyon contains the most sweeping collection of ancient ruins, north of Mexico. The park preserves one of the United States most important Pre-Columbian cultural and historical areas.

**North Domingo Baca**

Friday, June 5  
 7:00 am-6:00 pm



**Gilman Tunnels**

Join us for a drive to see the popular Gilman Tunnels, the unusual man-made hallows that were used to accommodate a logging train in the 1920s. We will enjoy lunch in Jemez.

**Highland**

Friday, June 5  
 Check In: 8:30 am Return: 4:00 pm  
 Cost: \$4.50  
 Lunch at your own expense



**JUNE** cont'd.



**Butterfly Pavillion**

The PNM Butterfly Pavillion features several hundred North American butterflies and thousands of nectar plants. Visitors can watch new butterflies emerge from their chrysalides, and photographers can capture great shots of the colorful creatures.

**Highland**

Wednesday, June 10  
Check In: 9:30 am Return: 2:30 pm  
Cost: \$2.00  
Entry Fee & Lunch at your own expense

**Victory Alpaca Ranch and Spinning Mill Gallery**

Enjoy hugging and feeding lovable Alpacas at Victory Ranch. This is the season when we start sheering the Alpacas. Learn more about the sheering process and how to make yarn, followed by a tour of the Mora Valley Spinning Mill and Gallery.

**North Valley**

Thursday, June 11  
Check in: 8:15 am  
Return: 5:00 pm  
\$15.00 Transportation



**Mystery Trip**

The destination is a mystery but be assured you are in for a great time!

**Manzano Mesa**

Friday, June 12th  
Transportation: \$10.00  
Check In: 9:00 am Return: 4:00 pm  
Entry fee: \$2.00 & Lunch on your own

**Dar Al Islam**

Hidden away in the hills of Rio Chama Valley you'll find the Dar-al-Islam Mosque, a stunning structure

of adobe topped by a softly sculpted dome that seems at home in its high-desert environment, built in 1981 by renowned Egyptian architect Hassan Fathi the mosque overlooks Plaza Blanca.

**Bear Canyon**

Thursday, June 18, 2015  
Transportation: \$12.00  
Check in: 8:00 am Return: 5:00 pm  
Lunch on Your Own

**Santa Fe Opera House Tour**

Go behind the scenes of the Opera House, and learn more about the fascinating and exciting Opera production. Afterwards enjoy a great lunch at the plaza.

**North Valley**

Friday, June 19  
Check in: 7:30 am  
Return: 2:00 pm  
\$8.00 transportation  
Admission: \$8.00



**All Roads Lead to Chama (Overnight)**

Chama, New Mexico is located in the beautiful Northern New Mexico Rocky Mountains. Our village is a vacationer's paradise. Chama is a fun destination where we will visit the Cumbres & Toltec Railroad Station (Please note: Train ride is not scheduled on this trip), browse through the gift shops and enjoy the scenery!

**Barelas**

Tuesday, June 9  
Check in 7:00 am  
Return Wed., June 10  
6:00 pm (approx.)  
\$135.00/single \$86.00/Double, includes transportation and hotel  
Meals at your expense  
Maximum 10 people



**ABQ Museum - Traveling Exhibit Killer Heels (From Brooklyn Museum)**

Killer Heels: The Art of the High-Heeled Shoe explores fashion's most provocative accessory. From the high platform chopines of sixteenth-century Italy to the glamorous stilettos, the exhibition looks at the high-heeled shoe's rich and varied history.



**Palo Duro**

Wednesday, June 10th  
Check In: 9:15 am Return: 3:00 pm  
Transportation \$2.00 Admission Fee  
Lunch at own expense

**A Day in Madrid**

Travel the scenic Turquoise Trail and experience the village of Madrid nestled in a narrow canyon in the Ortiz Mountains. Once a historic coal mining town and ghost town, Madrid it is now a creative community with over 40 shops and galleries, several restaurants, a spa and museum.

**Palo Duro**

Thursday June 18  
Check In: 10:00 am Return: 4:00 pm  
Transportation \$6.00  
Lunch at own expense

**Santa Fe National Cemetery**

Orderly rows of headstones and monuments commemorate the lives and service of those who contributed to the growth, development and preservation of the Nation.

**Barelas**

Friday, June 19  
Check in 8:30 am  
Return 4:00 pm  
\$7.50 transportation,  
meals at your own expense



**Highland**

Friday, May 22  
Check In: 9:00 am  
Return: 3:30 pm  
\$7.50 Transportation

**Las Vegas Fourth of July Fiestas**

Join us for a fun time in Las Vegas, New Mexico for the Annual Fourth of July Fiestas. There will be Music, food arts and crafts and much more for your enjoyment.

**North Valley**

Friday, July 3  
Check in: 8:00 am Return: 5:00 pm  
Transportation \$13.00

# THEATER TRIPS

## ADOBE THEATER

### The Night Thoreau Spent in Jail

If the law is of such a nature that it requires you to be an agent of injustice to another, then I say, break the law." So wrote the young Henry David Thoreau in 1849. Three years earlier, Thoreau had put his belief into action and refused to pay taxes because of the United States government's involvement in the Mexican War, which Thoreau firmly believed was unjust.

#### Bear Canyon

Sunday, January 18  
Check in: 12:45 pm  
Return 5:00 pm  
\$13.50 transportation & admission



## ALBUQUERQUE LITTLE THEATER

### Monty Python's Spamalot

Spamalot retells the legend of King Arthur and his Knights of the Round Table, and features a bevy of beautiful showgirls, not to mention cows, killer rabbits, and French people. A perfect finale for this stellar season!

#### Bear Canyon

Sunday, June 7  
Check in: 12:45 pm Return: 5:00 pm  
\$22.50 transportation & admission



### The King and I

East versus West makes for a dramatic, richly textured and ultimately uplifting tale of enormous fascination. It is 1862 in Siam when an English widow, Anna Leonowens, and her young son arrive at the Royal Palace in Bangkok, having been summoned by the King to serve as tutor to his many children and wives. The King is largely considered to be a barbarian by those in the West, and he seeks Anna's assistance in changing his image, if not his ways. With both keeping a firm grip on their respective traditions and values, Anna and the King grow to understand and, eventually, respect one another, in a truly unique love story.

#### Bear Canyon

Sunday, March 15  
Check in: 12:45 pm  
Return: 5:00 pm  
\$22.50 transportation & admission



### Cold Mountain

Deserting the Confederate army and fleeing the hospital to reunite with the love of his life, wounded Civil War soldier W. P. Inman endures an American odyssey that has gripped millions of readers — and now takes the opera stage. Nathan Gunn, the go-to lyric baritone for heroic roles, is ideally cast as Inman, returning to Santa Fe after more than 15 years. His beloved Ada Monroe is created by popular mezzo-soprano Isabel Leonard. Rounding out the principal cast is tenor Jay Hunter Morris, and Emily Fons. Miguel Harth-Bedoya, remembered for Osvaldo Golijov's Ainadamar in 2005, conducts.

#### Palo Duro

Monday, August 17  
Check In: 4:30 pm  
Return Approx: 12:00 am  
Cost: \$62.25 Includes Transportation & Ticket



### Daughter of the Regiment

Born to wealth, the vivacious Marie was found as an infant on a battlefield and raised by soldiers who dote on her. The affection is mutual, and when wealthy relatives separate her from the regiment, her boyfriend Tonio joins forces. A famous test for tenors — nine high C's in a single treacherous aria that catapulted the career of Alek Shrader. As Marie, soprano Anna Christy adds to her string of recent bel canto triumphs. Connoisseurs of stage are celebrating the return of director Ned Canty. Italian-born conductor Speranza Scappucci, one of the most exciting new conductors on the international scene, makes her Company debut.



#### Palo Duro

Wednesday, August 26  
Check In: 4:30 pm  
Return Approx.: 12:00 am  
Cost: \$62.25 Includes Ticket & Transportation



# VOLUNTEER

Senior Corps Volunteers contribute over 242,000 hours to our community annually; this translates to a contribution valued at \$4.7 million dollars!\*

\* Value of Volunteer Time according to the Independent Sector in NM in 2013 is \$19.77 per hour. For information call 764-1616



## Department of Senior Affairs Transportation Nutrition Division:

Volunteer Drivers are needed to provide transportation for seniors to and from various meal sites, medical appointments, and grocery shopping for daily, four-hour shifts; Monday – Friday.

## Meals on Wheels of Albuquerque:

Kitchen volunteers are needed any day Monday through Friday from 9 am-11am. Volunteer Drivers are needed to deliver meals (Use of personal vehicle required).

## Catholic Charities:

Volunteer Drivers are needed to provide door to door transportation services to

seniors for medical appointments and grocery shopping. Use of personal vehicle is required; agency gives mileage reimbursements.

## Adelante Development Center Benefits Counseling Center:

Volunteers are needed to assist seniors and persons with disabilities in determining eligibility and enrollment for subsidized benefit programs. Training will be provided. Skills: Call for details.

## Alzheimer's Association:

Must have the ability to perform various clerical duties and other assignments. Flexible work days are available.

## Ronald McDonald House:

Family Room Volunteers are needed to greet and sign in families, maintain laundry room, stock food and drinks, and help families with their needs.

## Ombudsman Program:

Volunteer Advocates are needed for residents in nursing homes and assisted living facilities.

## The Foster Grandparent Program Advisory Council:

Council members are needed to advocate on behalf of volunteers, evaluate Program effectiveness, and assist in the recognition of volunteers by raising funds and resources.

*Are you 55 years of age or older?  
Would you like an opportunity  
to help your community?*

Senior Corps Volunteers receive supplemental insurance and transportation reimbursements!



## Senior Companions Make Independence A Reality

Senior Companions are healthy older adults who help other adults live independently and can provide support to family caregivers. They assist with grocery shopping and other daily tasks necessary to maintaining independent living. Senior Companions serve an average of 20 hours per week, may qualify for a tax free stipend, and receive assistance for meals & transportation costs. You don't need medical or technical skills to be a Senior Companion. All you need to know is how to be a friend

YOU HAVE A NEIGHBOR WHO NEEDS A HELPING HAND

For information call 764-1612

## Foster Grandparents Share Today. Shape Tomorrow

Foster Grandparents serve as tutors and mentors assisting children with special and exceptional needs. Foster Grandparents serve an average of 20 hours per week, receive meals while on duty, and may qualify for a tax free stipend.

Over 80 Foster Grandparents contribute 80,000 hours of service each year. Foster Grandparents serve in more than 40 sites in Albuquerque, including Elementary Schools, City of Albuquerque Child Development Centers, Head Start Programs, and Community Programs.

The Foster Grandparent Program goals are to enable Foster Grandparents to remain active through participation in meaningful placements and needed community service. Children receive the necessary attention for educational, social, & emotional development.

For information call 764-6412

Senior Corps is a division of the Corporation for National & Community Service, is jointly administered by New Mexico Aging & Long-Term Services Department, and is sponsored locally by the City of Albuquerque Department of Senior Affairs.

## RSVP

### Lead With Experience

RSVP recruits and places volunteers in government and non-profit organizations to meet community needs.

With RSVP, you choose how much time you want to give and whether you want to share your skills or develop new skills.

For information call 764-1616



Albuquerque Senior Corps

Corporation for  
NATIONAL &  
COMMUNITY  
SERVICE



A Catalog of Classes, Special Events, Support Groups, Trips, Fitness Activities and MUCH MORE!!