

**ONE
ALBUQUE
ROQUE**

senior affairs

Albuquerque

50+
**Sports
and
Fitness
Catalog**

2022 through 2023

(505) 764-6400

www.cabq.gov/seniors
Citizen Contact Center: 311



Timothy M. Keller, Mayor

Anna M. Sanchez, Director

Hello Albuquerque,

We are excited for the return of our annual 50+ Sports and Fitness Catalog, showcasing the dozens of top-tier recreation and wellness programs on offer to keep you connected with other older adults in Albuquerque. Let's face it, many of us, in all generations, became more sedentary and isolated during the pandemic. No shame in that! But getting active again, physically and socially, is the best present we can give ourselves. So whether you're getting back in the saddle, or are one of the lucky few that managed to keep up your exercise routine, this catalog is a perfect guide to our 50+ Sports and Fitness opportunities. These invigorating programs are at your service to help you maintain an active lifestyle that keeps you independent and living well.

If you are just returning to your favorite activities, you'll notice some positive changes in our exercise programs and fitness centers. We've added enhanced cleaning protocols and equipment upgrades. This past year we invested \$64,000 in cardio equipment upgrades across Albuquerque's Senior Affairs 50+ Sports and Fitness facilities and exercise rooms and we were excited to deliver \$36,000 in upgraded equipment to North Valley Senior Center with new technology that offers a low impact workout but still gets heart rates up.

Whether you're just getting started or experienced athlete, we are sure you will find something in this catalog that can help you reach your personal fitness and lifestyle goals. You can start here to kickstart your wellness journey, or fine-tune your current routine to optimize your results. What ever it is you choose to do, we want you to take advantage of these opportunities to live a longer, healthier, and more joyous life.

Sincerely,



Timothy M. Keller, Mayor
The City of Albuquerque



Anna M. Sanchez, Director
The City of Albuquerque,
Department of Senior Affairs

Department of Senior Affairs

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

City of Albuquerque

Timothy M. Keller, Mayor

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

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

Anna M. Sanchez,
Director, Department of Senior Affairs

Angel Montoya,
Recreation Division Manager

Department of Senior Affairs Advisory Council

Steve Borbas	Evan Thompson
Louis Carlentine	Martha Medina
Heavens Levitt	Teresa Haering
Lucy Lopez	Raymond Taylor
Dubra Karnes-Padilla	Shelia Humdley
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District 4	Brook Bassan	District 9	Renée Grout
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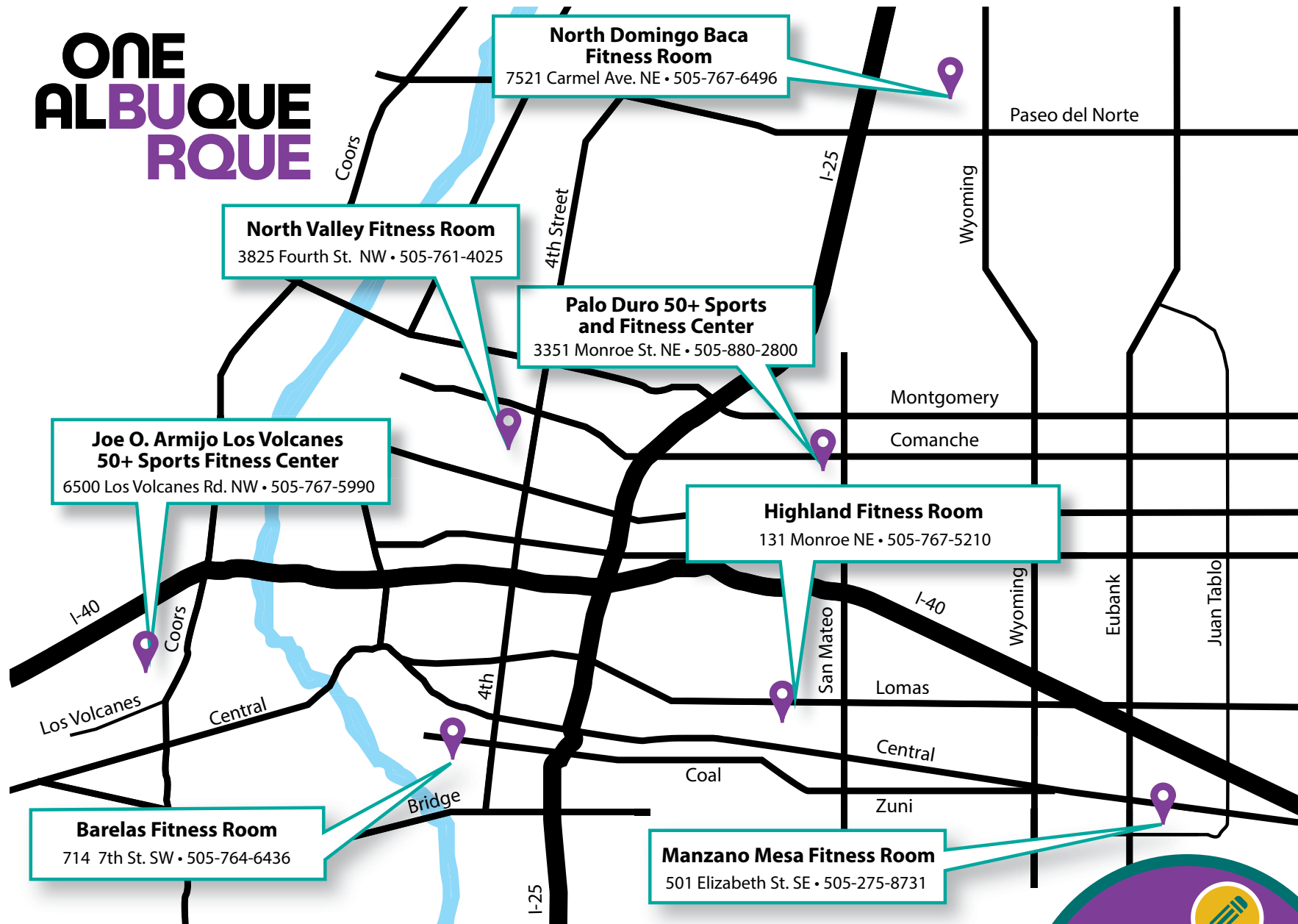
Our Vision

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

Our Mission

We are committed to providing resources with care and compassion that help our community thrive while embracing aging.

ONE
ALBUQUE
ROQUE



FITNESS FACILITIES

Barelas Fitness Room

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

Highland Fitness Room

131 Monroe NE, Alb., NM 87108
 Phone: (505) 767-5210
 Fax: (505) 767-5224
 Mon. – Fri. 8:00 am – 5:00 pm
 Wednesday 8:00 am – 7:00 pm
 Saturday 10:00 am – 4:00 pm

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

6500 Los Volcanes NW,
 Alb., NM 87121
 Phone: (505) 767-5990
 Fax: (505) 767-5994
 Mon. – Fri. 7:00 am – 7:00 pm
 Saturday 8:00 am – 2:00 pm

Manzano Mesa Multigenerational Center Fitness Room

501 Elizabeth St. SE, Alb., NM 87123
 Phone: (505) 275-8731
 Fax: (505) 275-8734
 Mon. – Fri. 8:00 am – 9:00 pm
 Saturday 9:00 am – 3:00 pm

North Domingo Baca Multigenerational Center Fitness Room

7521 Carmel Ave. NE, Alb., NM 87113
 Phone: (505) 764-6496
 Fax: (505) 764-6497
 Mon. – Fri. 8:00 am – 9:00 pm
 Saturday 9:00 am – 3:00 pm

North Valley Fitness Room

3825 4th St. NW, Alb., NM 87107
 Phone: (505) 761-4025
 Fax: (505) 761-4031
 Mon. – Fri. 8:00 am – 5:00 pm
 Tuesday 8:00 am – 7:00 pm
 Sunday 12:30 pm – 5:30 pm



Palo Duro 50+ Sports & Fitness Center

3351 Monroe NE, Alb., NM 87110
 Phone: (505) 880-2800
 Fax: (505) 883-9362
 Mon. – Fri. 7:00 am – 7:00 pm
 Saturday 8:00 am – 2:00 pm




**REGISTRATION
BEGINS:**
Dec. 15, 2022

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Center Memberships

Membership offers fitness programs as well as classes, travel, meals, computer labs, volunteer opportunities, competitive sports events and much more at six Centers, seven Fitness Centers and two Multigenerational Centers.



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

Center Closings

Christmas	Monday, Dec. 26, 2022
New Year's Day	Monday, Jan. 2, 2023
MLK Jr. Birthday	Monday, Jan. 16, 2023
Presidents' Day	Monday, Feb. 20, 2023
Memorial Day	Monday, May 29, 2023
Juneteenth	Monday, June 19, 2023
Independence Day	Tuesday, July 4, 2023
Labor Day.....	Monday, Sept. 4, 2023
Indigenous Peoples' Day	Monday, Oct. 9, 2023
Veterans Day.....	Friday, Nov. 10, 2023
Thanksgiving Day	Thursday & Friday, Nov. 23 & 24, 2023



Accredited by 
 National Institute of
 Senior Centers

Volunteer Opportunities

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

Water Exercise

Volunteers are needed to serve as substitute instructors.

Albuquerque 50+ Games and the Compete & Meet Games

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

Drivers

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

Exercise Classes

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

Winter Sports

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

Walking & Hiking

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

Fitness Room Orientations

Volunteer Orientation Coaches will receive training by our staff to teach participants safe and effective equipment use.

Orientation Coaches are needed at these sites:

1. **Palo Duro 50+ Sports & Fitness Center:** 3351 Monroe NE, Alb., NM 87110 • (505) 880-2800
2. **Manzano Mesa, Fitness Room:** 501 Elizabeth SE, Alb., NM 87123 • (505) 275-8731
3. **North Valley, Fitness Room:** 3825 4th Street NW, Alb., NM 87107 • (505) 880-2800
4. **Joe O. Armijo Los Volcanes 50+ Sports & Fitness Center:** 6500 Los Volcanes NW, Alb., NM 87121 • (505) 767-5990
5. **North Domingo Baca, Fitness Room:** 7521 Carmel Ave. NE, Alb., NM 87113 • (505) 764-6496
6. **Highland, Fitness Room:** 131 Monroe NE, Alb., NM 87108 • (505) 880-2800



Interested in
volunteering for any
of these activities?
Please call us at
(505) 880-2800.

Outdoor Winter Recreation

Downhill & Cross Country Skiing • Snowshoeing • Snowboarding



Important Registration Information

Schedule & Trip Policies

1. **Registration begins on Dec. 15, 2022 starting at 7:00 am.**
2. Must have a current DSA membership to participate and register for trips.
3. North Domingo Baca Fitness Center and Los Volcanes Sports and Fitness Center will accept winter registration on this day ONLY until 12:00 pm.
4. Limited to two registration forms per person.
5. All trips are subject to change or cancellation due to inclement weather.
6. Registrations for Winter Sports are on a first come, first serve basis.
7. Participants must leave and stay with the group on all trips. No exceptions!
8. Cancellations for day trips will require a minimum 24 hr. notice.
9. Three or more trip no shows without prior 24 hour cancellation will result in a removal from all winter trips.
10. Activities will be canceled due to weather conditions, or when minimum attendance is not met. A minimum of 6 participants is required to use a single van; a minimum of 12 people is required to use 2 vans.

Important Information



Trips leave from Palo Duro 50+
Sports & Fitness Center

3351 Monroe NE

For more info or to register call
(505) 880-2800

Current membership is required.

Online Registration is Now Available for our Winter Trips.

1. Please call Los Volcanes, North Domingo Baca or Palo Duro Sports and Fitness Centers to receive your user name and password. The website to login is <http://play.cabq.gov>
2. Once logged in you can update your household information and username and password.
3. To register for programs click on Sports & Fitness then find and click on Senior Affairs Sports & Fitness. Click to open winter trips and register for the activities of your choice.
4. Must have a current Department of Senior Affairs Membership.

For more information, call (505) 880-2800.

Outdoor Winter Recreation, *continued...*

WINTER SPORTS DAY TRIPS

Tuesday Cross Country Ski Trips

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

9 trips from January 3 – February 28, 2023

Check-In: 8:45 am

Depart: 9:00 am

Return: 5:00 pm

Cross country skiers must stay with the group.

Wednesday Snowshoeing Trips

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

9 trips from January 4 – March 1, 2023

Check-In: 8:45 am

Depart: 9:00 am

Return: 5:00 pm

Snowshoers must stay with the group.

Thursday Downhill Skiing & Snowboarding Trips

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

11 trips from January 5 – March 16, 2023

Check-In: 7:00 am

Depart: 7:30 am

Return: 4:30 pm

Downhill skiers and snowboarders must purchase own lift ticket.

A current City of Albuquerque Department of Senior Affairs membership is required for each trip! Bring a sack lunch, snacks, water and dress warmly in layers.


**REGISTRATION
BEGINS:
Dec. 15, 2022**

NEW

Friday Beginner Snowshoe Class

For those who would like to get outside but are new to snowshoeing. Class will go over snowshoe techniques, basic conditioning exercises, mapping and discussion of proper attire. Register for one class.

Class I: January 6 – January 20

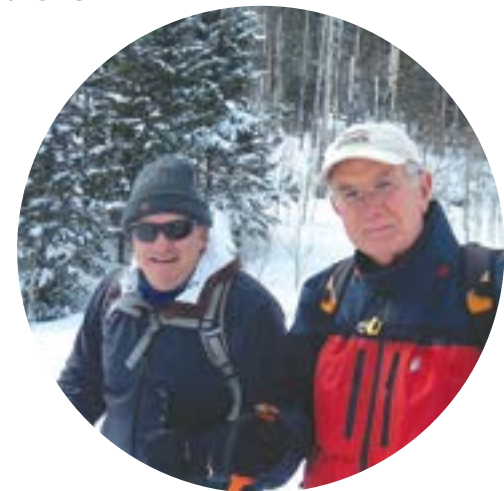
Class II: January 27 – February 10

Class III: February 17 – March 3

Check-In: 8:45 am

Depart: 9:00 am

Return: 1:00 pm



Important Information

Three or more trip no shows without prior 24 hour cancellation, will result in a removal from all winter trips.

Online Registration is Now Available for our Winter Trips. See page 4.

Winter Outdoor Registration Form

Name: _____ Date of Birth _____
Last First Middle

Address: _____
Street City State Zip

Phone: _____ E-mail: _____

Emergency Contact: _____
Name Relationship Phone

Important Information: Schedule and Trip Policies

1. Registrations for Winter Sports are on a first come, first serve, sign-up basis.
2. Participants must leave and stay with the group on all trips. No exceptions!
3. **Cancellations for day trips will require a minimum 24 hr. notice.**
4. Three or more trip no shows without prior 24 hour cancellation, will result in a removal from all winter trips.
5. **Activities will be canceled due to weather conditions, or when minimum attendance is not met.** A min. of 6 participants is required to use a single van; a min. of 12 people is required to use 2 vans.

TUESDAY TRIPS

Cross-Country

- Trip 1 Jan. 3
- Trip 2 Jan. 10
- Trip 3 Jan. 17
- Trip 4 Jan. 24
- Trip 5 Jan. 31
- Trip 6 Feb. 7
- Trip 7 Feb. 14
- Trip 8 Feb. 21

WEDNESDAY TRIPS

Snowshoeing

- Trip 1 Jan. 4
- Trip 2 Jan. 11
- Trip 3 Jan. 18
- Trip 4 Jan. 25
- Trip 5 Feb. 1
- Trip 6 Feb. 8
- Trip 7 Feb. 15
- Trip 8 Feb. 22

Have own snowshoes?

Yes No

THURSDAY TRIPS

Downhill Skiing

- Trip 1 Jan. 5 Santa Fe
- Trip 2 Jan. 12 Santa Fe
- Trip 3 Jan. 19 Santa Fe
- Trip 4 Jan. 26 Santa Fe
- Trip 5 Feb. 2 Santa Fe
- Trip 6 Feb. 9 Santa Fe
- Trip 7 Feb. 16 Santa Fe
- Trip 8 Feb. 23 Santa Fe
- Trip 9 Mar. 2 Santa Fe
- Trip 10 Mar. 9 Santa Fe
- Trip 11 Mar. 16 Santa Fe

Friday Beginner Snowshoe Class

- Class I: Jan. 6–24
- Class II: Jan. 27–Feb. 10
- Class III: Feb. 17–Mar. 3

Have own snowshoes?

Yes No



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



Signature _____

Date _____



The 2023 "Compete & Meet" Games

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

The 2023 Compete & Meet Games offers competitions open to all athletes, nationwide. Compete in Pickleball or our Bench Press competition. Each competition includes a great time and medals to the 1st, 2nd and 3rd place winners.

PICKLEBALL TOURNAMENT

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

Manzano Mesa Outdoor Courts

September 22, 23, 24, 2023

Registration Deadline is Tuesday, September 12, 2023

BENCH PRESS COMPETITION

Competition is organized by age groups. Divisions are singles, doubles or mix doubles. Medals will be awarded to winner in each category. Awards will be determined on a ratio of body weight to weight lifted. For more information and to sign up please call North Domingo Baca 50 + Sports & Fitness at (505) 764-6496.

North Domingo Baca Multigenerational Center

Saturday, November 4, 2023 10:00am

Registration deadline is Friday, October 27, 2023

Cost to participate is \$10 free for the public to come cheer & watch

GET UP AND MOVE CHALLENGE

Senior Affairs Sports & Fitness challenges you to walk, run, swim or bike to begin a healthier you in 2023. All you need is a way to measure your distance: Fitbit, smart watch, pedometer, or track your miles while using fitness equipment monitors such as treadmills, or recumbent bike!

Top 3 participants in each category with the most total miles will win a prize.

Report your total distance every Friday to the front desk of one of the centers below and see your progress each week.

Challenge will last 8 weeks (Starts February 13 to April 7, 2023)

Sign up starts Monday, January 30, 2023

Los Volcanes 50+ Sports & Fitness Center – (505) 767-5990

Palo Duro 50+ Sports & Fitness Center – (505) 880-2800

North Domingo Baca Sports & Fitness Center – (505) 764-6496





Albuquerque 50+ Games

DEADLINE FOR ENTRIES: One week prior to event

Get Fit for the Competitions! The 50+ Sports & Fitness Program offers ongoing exercise classes and “state-of-the-art” weight rooms available for you to train for your events.

Registration

One registration form covers all events for the 2023 Albuquerque 50+ Games. Registration forms must be completed and submitted to the Palo Duro 50+ Sports & Fitness Center office. Incomplete registrations cannot be accepted.

Registration is not valid without a current Department of Senior Affairs membership.

Online Registration is Now Available.

1. Please call Los Volcanes, North Domingo Baca or Palo Duro Sports and Fitness Centers to receive your user name and password. The website to login is <http://play.cabq.gov>
2. Once logged in you can update your household information and username and password.
3. To register for programs you will open Sports & Fitness and then find Senior Affairs Sports & Fitness. Then open up winter trips and pick the ones you want to register for.
4. Must have a current Department of Senior Affairs Membership.

Final Deadline

One week prior to event. Registration deadline for swimming is Wednesday, February 8, 2023.

Location

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

Eligibility

The Albuquerque 50+ Games is an event open to all people who are at least 50 years of age by December 31, 2023, and have a current membership to the Department of Senior Affairs.

Attendance

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

Partners/Teams

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

Refunds

NO REFUNDS AFTER May 19, 2023.

Awards

First, second and third place winners are awarded medals at the conclusion of their events.

Age Divisions

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

50-54	70-74	90-94
55-59	75-79	95-99
60-64	80-84	100+
65-69	85-89	

Age division for doubles, mixed doubles and team competition will be determined by the age of the younger partner as of December 31, 2022.

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

Rules

The 2023 New Mexico Senior Olympics Rule Book is available for viewing online at www.nmseniorolympics.org. Events are governed by the National Senior Games Association and the New Mexico Senior Olympics Board of Directors. Please note there may be rule changes for the local, state and National Senior Games.

Volunteers Needed

Volunteers play a vital role in the Albuquerque 50+ Games. Assistance is needed. Please call the Albuquerque 50+ Games Center at (505) 880-2800 if you would like to volunteer.

Medical

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

Fees

DSA Membership	\$20
Registration	\$12

Golf Fees: (Men & Women)

\$34 (subject to change)
Mandatory cart included

Pay at Arroyo Del Oso Golf Course

Bowling, per event\$8.00
(subject to change)

Pay at Skidmore's Holiday Bowl



Deadline for entry is one week prior to event. Deadline for Swimming is Wed. Feb. 8, 2023.

Albuquerque 50+ Games Competition & Workshop Schedule

Sports	Events	Date	Time	Location	Coordinator — Phone
Air Gun	Competition: Pistol Standing, Pistol Supported, Rifle Standing, Rifle Supported	Sat., Jan. 14, 2023	8:00 am	Eldorado High School	Jim Koerber (505) 296-4871 Ext. 35145
Archery	Competition: Recurve w/Sights, Barebow Recurve No Sights, Compound Fingers w/Sights, Barebow Compound No Sights, Compound Release	Sat., Apr. 29, 2023	8:00 am	Archery Range, Tijeras, NM	PDSFC (505) 880-2800
Badminton	Competition: Singles, Doubles & Mixed Doubles	Fri., Feb. 3, 2023	8:00 am	Manzano Mesa Multigenerational Center	PDSFC (505) 880-2800
Bowling	Competition: Singles Competition: Doubles Competition: Mixed Doubles Competition: Team Bowling	Tues., Feb. 28, 2023 Wed., Mar. 1, 2023 Thu., Mar. 2, 2023 Thu., Mar. 2, 2023	9:00 am	Skidmore's Holiday Bowl	PDSFC (505) 880-2800
Field Events	Competition: High Jump, Discus, Javelin & Shot Put	Fri., Apr. 21, 2023	5:00 pm	La Cueva High School	PDSFC (505) 880-2800
Golf	Competition: Men's 18 Hole Scratch Competition: Women's 18 Hole Scratch	Wed., Apr. 19, 2023	8:00 am	Arroyo del Oso Golf Course	PDSFC (505) 880-2800
Pickleball	Competition: Singles Competition: Doubles Competition: Mixed Doubles	Fri. May 19, 2023 Sat., May 20, 2023 Sun., May 21, 2023	10:00 am 8:00 am 8:00 am	Manzano Mesa Outdoor Pickleball Courts	Gary Rutherford (505) 507-3663
Powerwalk	Competition: 5K Powerwalk	Sat., Apr. 15, 2023	8:00 am	Balloon Fiesta Park	PDSFC (505) 880-2800
Powerwalk	Competition: 1500m	Sat., Apr. 22, 2023	8:00 am	La Cueva High School	Lenny Krosinsky (505) 250-2283
Racewalking	Competition 5K	Sat., Apr. 8, 2023	8:00 am	Balloon Fiesta Park	Lenny Krosinsky (505) 250-2283
Racewalking	Competition 1500M	Sat., Apr. 22, 2023	Check in 8:00am meet starts 8:30am	La Cueva High School	PDSFC (505) 880-2800
Roadrace	5K / 10K	Sat., April 1, 2023	8:00 am	Balloon Fiesta Park	Magi Ezzard (505) 880-2800
Shuffleboard	Competition: Singles/Doubles	Tue., Jan. 24, 2023	10:00 am	Manzano Mesa Multigenerational Center	PDSFC (505) 880-2800
Swimming	Warmup/Check In - Competition: Breaststroke: 50, 100; Freestyle: 50, 100, 200, 500; Backstroke: 50, 100, 200; Butterfly: 50, 100; Indiv. 100, 200 (4 Stroke, 1 Swimmer); Relay Medley: 200 (Open Strokes, 4 Swimmers)	Sat., Feb. 25, 2023 Note: Deadline to register is Wednesday Feb. 8, 2023	Check in/Warm up 7:30 am Meet 8:30 am	West Mesa Aquatics Center	PDSFC (505) 880-2800
Table Tennis	Competition: Singles Doubles Mixed Doubles	Sat., Jan. 28, 2023	9:00 am	Bear Canyon Senior Center	PDSFC, Marv Summers (505) 880-2800
Tennis	Competition: Singles Doubles Mixed Doubles	Tue., May 2, 2023 Tue., May 9, 2023 Tue., May 16, 2023	3:00 pm	Jerry Cline Tennis Courts	PDSFC (505) 880-2800
Track	Competition: 50m, 100m, 200m, 400m, 800m, 1500m & 4 x100m Relay	Sat., Apr. 22, 2023	Check in 8:00 am Meet starts 8:30 am	La Cueva High School	PDSFC (505) 880-2800

Albuquerque 50+ Games Registration Form (1)

PLEASE PRINT

Make checks payable to the City of Albuquerque. Take completed registration form or mail form to: Palo Duro 50+ Sports & Fitness Center, 3351 Monroe NE, Albuquerque, NM 87110

Deadline for entry is one week prior to event. Swimming deadline is Wednesday, February 8, 2023

Name _____

Last First Middle

Address _____

Street City

State Zip

Home Phone _____

Cell Phone _____ Email _____

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

Emergency Contact _____

Name Relationship

Phone _____

Age (as of Dec. 31, 2023) _____ Male Female

Date of Birth ____/____/____

Signature _____

By completing this registration, I agree to abide by all the rules and regulations of and by the City of Albuquerque, Albuquerque 50+ Games.

REGISTRATION FEES:

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

DSA Membership (required)\$20

ADDITIONAL FEES:

Bowling Fee: No. of events x \$8.00
(\$8.00 per event) Pay at Skidmore's
Holiday Bowl (fees subject to change)
Singles, Doubles, Team or Mixed Doubles

Golf Fee

Men's & Women's Golf Fees

\$34 (Fees Subject to change)

All ages 50+: Mandatory cart is included

Pay at Arroyo Del Oso Golf Course

TOTAL AMOUNT ENCLOSED\$ _____

For more information:

Palo Duro 50+ Sports Fitness Center
3351 Monroe NE,
Albuquerque, NM 87110
(505) 880-2800



Albuquerque 50+ Games Registration Form (2)

AIR GUN

- Pistol Standing
- Pistol Supported
- Rifle Standing
- Rifle Supported

ARCHERY

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

BADMINTON

- Singles Doubles
- Partner: _____
Must register separately

- Mixed Doubles
- Partner: _____
Must register separately

BOWLING (BOWLING FEES)

- Singles Doubles
- Partner: _____
Must register separately

- Mixed Doubles
- Partner: _____
Must register separately

- Team Bowling
- _____
- Must register separately

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

GOLF

- 18 Hole Scratch

PICKLEBALL

- Singles
- Doubles
- Partner: _____
Must register separately

- Mixed Doubles
- Partner: _____
Must register separately

RACEWALKING

- 5K
- 1,500m

POWERWALKING

- 5K
- 1,500m

ROAD RACE

- 5K Run
- 10K Run

SHUFFLEBOARD

- Singles Doubles
- Partner: _____
Must register separately

SWIMMING

- 200 Medley Relay
- 50 Breaststroke
- 50 Free
- 100 Breaststroke
- 100 Free
- 100 IM
- 200 Free
- 200 IM
- 500 Free
- 50 Butterfly
- 50 Backstroke
- 100 Butterfly
- 100 Backstroke
- 200 Backstroke

Group Name _____
Must register separately
Swimming deadline Wed., Feb. 8, 2023

TABLE TENNIS

- Singles Doubles
- Partner: _____
Must register separately

- Mixed Doubles
- Partner: _____
Must register separately

TENNIS

- Singles Doubles
- Partner: _____
Must register separately

- Mixed Doubles
- Partner: _____
Must register separately

TRACK & FIELD:

- 50m
- high jump
- 100m
- long jump
- 200m
- discus
- 400m
- javelin
- 800m
- shot put
- 1500m
- 4x100m relay



Albuquerque 50+ Games | Open Gyms

Call Palo Duro 50+ Sports & Fitness Center at (505) 880-2800 if you need more information on an activity/event.

AIR GUN

Air Gun Practices

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

Eldorado High School, Rifle Range

Contact: Major Jim Koerber, Senior Instructor, Eldorado High School JR ROTC at (505) 296-4871, Ext. 35145

Air Gun Competition

Saturday, January 14, 2023, 8:00 am

ARCHERY

Archery Competition

Saturday, April 29, 2023, 9:00 am

Sandia Crest Bowhunters Association Archery Range, Tijeras, NM

The competition is sponsored by the Sandia Crest Bowhunters Association.

Call Palo Duro Sports & Fitness: (505) 880-2800



BADMINTON

Badminton Competition

Friday, February 3, 2023, 10:00 am

Manzano Mesa, Gym: 501 Elizabeth SE

Call Palo Duro Sports & Fitness: (505) 880-2800

Badminton Practice and Play

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

Manzano Mesa, Gym

Please call Manzano Mesa for most up to date times and schedule for open play.

North Domingo Baca, Gym

Please call North Domingo Baca for the most up to date times and schedule for open play.

BASKETBALL

Open/Drop-In Basketball

Offered every day of the week (Mon.-Sat.) at the times listed below. Teams are formed as participants show up and sign in.

Manzano Mesa, Gym

Please call Manzano Mesa for most up to date times and schedule for open play.

North Domingo Baca, Gym

Please call North Domingo Baca for the most up to date times and schedule for open play.

Senior Men's Basketball 55+

This group gathers to play some friendly, but competitive basketball, where teams are picked prior to the games. This is a good workout, with a lot of action and exercise.

Manzano Mesa, Gym

Please call Manzano Mesa for most up to date times and schedule for open play.

North Domingo Baca, Gym

Please call North Domingo Baca for the most up to date times and schedule for open play.

Albuquerque 50+ Women's Basketball Program

Senior Women's Basketball | Canyon Nets Basketball Program

Open to all women 50+. No prior experience required. Practices held year round at Sandia Preparatory School, 532 Osuna NE. Please check website for most up to date schedule.

Information: NM Senior Sports Foundation,
(505) 299-7768 or website www.senior-sports.org

New Mexico Senior Olympics Basketball Tournament

Dates, times and location will be announced at later date.

For information contact New Mexico Senior Olympics,
1-575-623-5777, 1-888-623-6676

www.nmseniorolympics.org



BOWLING

Bowling Competition

Skidmore's Holiday Bowl

Tuesday, Feb. 28, Singles 9:00 am

Wednesday, March 1, Doubles 9:00 am

Thursday, March 2, Mix Doubles followed by Team 9:00 am

Additional fees apply to the Bowling Competition. \$8.00/event paid at Skidmore's Holiday Bowl at the time of event. (Fees subject to change.)

Coordinator: Palo Duro Sports & Fitness:
(505) 880-2800



GOLF

Golf Competition

Hosting both the men's and women's golf competitions. Participants will be called with their tee times.

Green fees, including carts, will be \$34.00 for 18 holes. (Fees subject to change.)

Fees to be paid at Arroyo Del Oso Golf Course

The tournament is a scratch event, no handicap.

Wednesday, April 19, 2023

Arroyo del Oso Golf Course, 7001 Osuna Rd NE

Coordinator: Palo Duro Sports & Fitness:
(505) 880-2800

PICKLEBALL

Pickleball Tournament

Friday, May 19, 10:00 am

Singles

Saturday, May 20, 8:00 am

Doubles

Sunday, May 21, 8:00 am

Mix Doubles

Manzano Mesa Outdoor Pickleball Courts

*Coordinator: Gary Rutherford,
(505) 507-3663*

Compete & Meet Pickleball Tournaments

See Compete and Meet Games on page 7.

Open Pickleball

Times and locations are subject to change.
Please check website for most up to date information. www.abqpickleball.com

Pickleball Training

Manzano Mesa, Gym

Please call Manano Mesa for most up to date times and schedule.

North Domingo Baca, Gym

Please call North Domingo Baca for most up to date times and schedule.



RACEWALKING

Racewalking

Racewalking appeals to many people because they can successfully participate and enjoy doing a sport! Try it for yourself and see how much fun this activity can be.

New Mexico Racewalkers weekly training at Tingley Beach, Saturdays, 8:00 am

If you are interested in learning how to racewalk, participate in racewalking, or would like to join the practices, call Lenny Krosinsky, at (505) 250-2283, or e-mail: lennykro@aol.com or visit www.newmexicoracewalkers.org.

Racewalking & Competition

5K Racewalk

Saturday, April 8, 2023, 8:00 am

Balloon Fiesta Park

Lenny Krosinsky, (505) 250-2283

1500m Racewalking

Saturday, April 22, 2023, Check in 8:00 am, Meet starts 8:30 am

La Cueva High School

Powerwalking Competition

5K Powerwalk

Saturday, April 15, 2023 8:00 am

Balloon Fiesta Park

Lenny Krosinsky, (505) 250-2283

1500m Powerwalking

Saturday, April 22, 2023, Check in 8:00am, Meet starts 8:30am

La Cueva High School

ROADRACE

Roadrace 5K and 10K Competition

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

Saturday, April 1, 2023, 8:00 am

Location: Balloon Fiesta Park

*Contact: Palo Duro Sports & Fitness,
(505) 880-2800*

Both races start together.

Coordinator: Magi Ezzard

SHUFFLEBOARD

Shuffleboard Competition

Tuesday, January 24, 2023, 10:00 am

Manzano Mesa, Gym

*Coordinator: Palo Duro Sports & Fitness
(505) 880-2800*

Silver Shufflers Shuffleboard

Come learn a new sport or hone your skills and play a friendly match. Shuffleboard is one of the most popular non-cardiovascular sports around! It is learned quickly and uses the techniques of 8 ball pool on a larger floor court. All equipment and instruction is provided.

Manzano Mesa, Gym

Please call Manzano Mesa for the most up to date times and schedule for open play.

*Information: New Mexico Sports Foundation
(505) 299-7768. www.senior-sports.org*

SWIMMING

Swimming Competition

Saturday, February 25, 2023
Deadline to enter is Wednesday, February 8, 2023
Warm-up begins at 7:30 am
Meet begins at 8:30 am

West Mesa Aquatic Center, 6705 Fortuna Road NW

Coordinator: Palo Duro Sports & Fitness (505) 880-2800

Recreational Swimming

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

For most up to date fees and info. call the Parks and Recreation Department at (505) 768-5342, or visit www.cabq.gov/aquatics.

SOFTBALL

Men's Master 65+ League

League play is held on Tuesday and Thursday mornings from April to September. Practices start as early as February.

If you are interested in playing or adding a team to the league

Contact: Bill Dubuque (505) 977-2609.

League Play (SWSL)

50+ Senior Women's league rules are modified to use National Senior Games Rules. Play is held on Mondays. Spring, Summer and Fall Leagues offered.

Contact: New Mexico Sports Foundation (505) 299-7768.

www.senior-sports.org

Men's 50+ Softball League (ASSL)

League play runs from April through September on Tuesday and Thursday mornings. Practices start in March. If you turn 50 during the year, you are eligible to play.

If you are interested in playing on an existing team, or forming your own team, please leave a message for Steve Holliday at (505) 228-8126.

Silver Gloves

Women 50+ are welcome to join and no experience necessary. Practices are held year round and opportunity to participate at out-of-state tournaments. Organization meeting is held in January to enroll players for leagues.

Contact: New Mexico Sports Foundation (505) 299-7768. www.senior-sports.org

New Mexico Senior Olympics Softball Tournament

State competition only. Dates, times and location will be announced at a later date.

For information contact New Mexico Senior Olympics, 1-575-623-5777 or 1-888-623-6676. www.nmseniorolympics.org



TABLE TENNIS

Table Tennis Competition

Saturday, January 28, 2023, 9:00 am

Bear Canyon Senior Center, 4645 Pitt NE, 87111

Coordinator: Marv Sommers, Palo Duro Sports & Fitness Center (505) 880-2800.

TENNIS

Tennis Tournament

You don't have to be Serena Williams to enjoy playing in our Albuquerque 50+ Games tournament. Athletes will compete in Singles, Doubles and Mixed Doubles.

SINGLES

Tuesday, May 2, 2023, 3:00 pm

DOUBLES

Tuesday, May 9, 2023, 3:00 pm

MIXED DOUBLES

Tuesday, May 16, 2023, 3:00 pm

Coordinator: Palo Duro Sports & Fitness (505) 880-2800.



New Mexico Senior Sports Foundation

Please contact the NM Senior Sports Foundation at (505) 299-7768, or go to their website at www.senior-sports.org. Find your sport, plan to attend, learn the basics, and enjoy how to stay healthy by staying active! Get up and go!

TRACK

Track & Field Competition

Friday, April 21, 2023, 5:00 pm

Saturday, April 22, 2023,
Check in 8:00 am, Meet starts 8:30 am

La Cueva High School

VOLLEYBALL

New Mexico Senior Olympics Volleyball Competition

Dates, times and locations will be announced at a later date.

For information contact the New Mexico Senior Olympics,
1-575-623-5777 or 1-888-623-6676
www.nmseniorolympics.org



Volleyball Pick-up Games

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

Manzano Mesa, Gym

Please call Manzano Mesa for most up to date times and schedule for open play.

North Domingo Baca, Gym

Please call North Domingo Baca for most up to date and times and schedule for open play.

Exercise Classes

AQUATICS

Water Exercise

Taught at the University of New Mexico Therapeutic Pool (92° water), participants are led through a series of range of motion exercises that will increase joint mobility and develop muscular strength.

Registration is done by lottery. Lottery forms are available at all the Senior Centers, Multigenerational Centers, and Sports and Fitness Centers. Lottery forms can be picked up starting on the 10th of every month and have to be returned by the 15th of every month to be eligible for the lottery.

Class sessions are as follows:

SESSION 1:

**Monday, Wednesday, Friday,
9:00 – 10:00 am**

Number of classes: 3 classes/week

Transportation: provided from all 6 Albuquerque senior centers. Self-drivers are also welcome, but must pre-register.

SESSION 2:

Monday, Friday, 1:15 – 2:15 pm

Number of classes: 2 classes/week

Transportation: provided from all 6 Albuquerque senior centers. Self-drivers are also welcome, but must pre-register.

SESSION 3:

Tuesday, Thursday, 9:00 – 10:00 am

Number of classes: 2 classes/week

Transportation: provided from the Palo Duro 50+ Sports & Fitness Center. Self drivers are also welcome, but must pre-register.

Albuquerque Parks and Recreation Department offers a wide variety of water exercise classes and lap swim at their indoor aquatic facilities.

For more Information call the Parks and Recreation Department at (505) 768-5353, or visit www.cabq.gov/aquatics.

MOVEMENT

Aerobics

These fun, low impact aerobics classes combine energizing music with a routine designed to strengthen the cardiovascular system. For beginners to advanced exercisers; everyone works at their own pace. Burn calories and get a great workout.

Highland, Social Hall

Monday, Wednesday, Friday, 9:00 – 10:00 am

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

**Monday, Wednesday, Friday,
8:00 – 9:00 am**

Manzano Mesa, Gym

**Monday, Wednesday, Friday,
8:15 – 9:15 am**

Palo Duro Sports and Fitness Center

**Monday, Wednesday, Friday,
8:00 – 9:00 am**

North Domingo Baca, Gym

**Monday, Wednesday, Friday,
8:15 – 9:15 am**

La Blast

Fitness Classes Powered by Dance

North Domingo Baca, Aerobic Room

Monday, 9:00 – 10:00 am

Thursday, 10:00 – 11:00 am

Cost: \$5 per class

Hula

Hawaiian Culture and Hula Dance

North Domingo Baca, Aerobic Room

Wednesday, 5:30 – 7:00 pm

Cost: \$35/ 4 classes

Gentle Exercise

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

Barelas, Social Hall

**Monday, Tuesday, Friday,
10:00 – 11:00 am**

Highland, Social Hall

**Monday, Wednesday, Friday,
10:15 – 11:15 am**

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

**Monday, Wednesday, Friday,
9:15 – 10:15 am**

Manzano Mesa, Gym

**Monday, Wednesday, Friday,
9:30 – 10:30 am**

Palo Duro Sports and Fitness Center

**Monday, Wednesday, Friday,
9:15 – 10:15 am**

North Domingo Baca, Gym

**Monday, Wednesday, Friday,
9:30 – 10:30 am**



Flex & Tone

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

Highland, Room 8

Tuesday, Thursday, 8:15 – 9:15 am

Manzano Mesa, Gym

Tuesday, Thursday, 8:15 – 9:15 am

North Domingo Baca, Gym

Tuesday, Thursday, 8:15 – 9:15 am

Palo Duro Sports and Fitness Center

Tuesday, Thursday, 8:00 – 9:00 am

Fitball

Strengthen and tone your whole body using exercises that combine stability balls and free weights. Good for improving posture, balance, and flexibility all while challenging your core. This class is for the **intermediate fitness level**. Must be able to get up and down from the floor and be able to sit on a stability ball.

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

Monday, Friday, 10:30 – 11:30 am

New Mexico Folk & Latin Dance

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

North Domingo Baca, Aerobic Room

Wednesday, 9:30 – 11:00 am

Instructor: Frances Lujan

Zumba Gold Toning

Designed for the active older adult. It fuses Latin rhythms and easy-to-follow moves.

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

Tuesday, Thursday, 9:30 – 10:30 am

Cost: \$3

Instructor: Dee Williams

Pilates

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

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

Tuesday, Thursday, 10:45 – 11:45 am

Cost: \$5

Instructor: Thea Muehlenweg

Boomer Yoga

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

North Domingo Baca, Aerobic Room

Tuesday, 4:30 – 5:30 pm

Cost: \$8/class

Instructor: Joy

Vinyasa Flow Yoga

Flowing Vinyasa-based class threads together the mind, body and spirit.

North Domingo Baca, Aerobic Room

Tuesday, 10:15 – 11:30 am

Saturday, 9:00 – 10:15am

Cost: \$10/class

Instructor: Misa

Yoga For Well Being

Improve balance, posture, and confidence with yoga.

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

Thursday, 2:15 – 3:15 pm

Saturday, 9:00 – 10:00 am

Cost: \$5/class

Instructor: Denise

Aikido

A non-aggressive style of martial arts working on the principle: “do not fight force with force.” Redirect the attacker’s energy and use it to your favor.

North Domingo Baca, Aerobic Room

Tuesday, Thursday, 6:00 – 7:30 pm

Cost: \$5/class

Qi Gong

Healing practice that combines meditation, controlled breathing and gentle movement.

North Domingo Baca, Aerobic Room

Tuesday, Thursday, 9:30 – 11:00 am

Instructor: Lillian

Palo Duro Sports & Fitness Center

Wednesday, 12:00 – 1:00 pm

Instructor: Diane

Fee \$5 per class

American Kenpo Karate

North Domingo Baca, Aerobic Room

Monday, 10:30 am – 12:00 pm

Wednesday, 11:30 am – 1:00 pm

Friday, 9:00 – 11:00 am

Free

Kung Fu

Chinese Martial Art from concentration and self discipline

North Domingo Baca, Aerobic Room

Saturday, 10:30 am – 12:30 pm

Free



“Exercise is the fountain of youth!”

— Helena Kirkwood

FITNESS

Fitness Room Orientation

Fitness orientation is an information session, providing the basics of how to use the weight machines and cardio equipment.

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

Call (505) 767-5990 for appointment

Manzano Mesa, Fitness Room

Call (505) 275-8731 for appointment

North Domingo Baca, Fitness Room

Call (505) 764-6496 for appointment.

North Valley, Fitness Room

Call (505) 880-2800 for appointment

Palo Duro, 50+ Sports & Fitness Center

Call (505) 880-2800 for appointment

Basics With Free Weights

For novice lifters to learn safe and proper free weight lifting techniques to be used as an alternative, or in conjunction with workout machines.

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

Call (505) 767-5990 for schedule

North Domingo Baca, Sports & Fitness Center

Call (505) 767-5990 for schedule.

“We are not surviving,
we are thriving”

— Jane Ong Baker,
Exercise Instructor at Barelvas Senior Center,
age 79

Body Fat Vs. Muscle

The goal for optimal health is reducing body fat while increasing muscle. Visit one of our fitness facilities below for a free personal assessment.

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

3rd Tuesday, 8:00 am – 6:00 pm

North Domingo Baca, 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 – 6:00 pm

EVIDENCE BASED PROGRAMS

Enhance Fitness

This is an evidence based senior fitness class in which a three-part assessment will be conducted for each participant.

Class components include cardio, weight training and flexibility.

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

Monday, Wednesday, Friday,
1:00 – 2:00 pm

Instructor: Dee Williams

PATHS TO HEALTH NM: TOOLS FOR HEALTHIER LIVING

Paths to Health NM is an initiative that includes several prevention and self-management programs. These programs are designed to help adults gain the confidence and skills they need to better manage or prevent chronic health conditions or injuries. These programs have been proven to work and improve quality of life. Such programs available consist of preventing falls, diabetes and managing chronic diseases.

Visit pathstohealthnm.org for a list of available programs.



If you want to take a self assessment of your fall risks visit: www.ncoa.org/

FallsFreeCheckUp

and you can complete a short, 12-question survey that screens you or loved one for the most common falls risk factors.





National Senior Health and Fitness Day

Join us for an interactive day focused on health and wellness for older adults. There will be exercise demonstrations, health screenings, mini health fair and door prizes.

Wednesday, May 31, 2023 from 9:00 am – 1:00 pm

For more information call (505) 880-2800.



VISIT US ONLINE AT www.cabq.gov/seniors.

CITY OF ALBUQUERQUE SENIOR CENTERS



Barelas

**714 7th St. SW,
Albuquerque, NM 87102**

Phone: (505) 764-6436

Fax: (505) 764-6472

Monday – Friday: 8:00 am –
5:00 pm



Bear Canyon

**4645 Pitt NE,
Albuquerque, NM 87111**

Phone: (505) 767-5959

Monday – Friday: 8:00 am –
5:00 pm

Thursday: 8:00 am – 9:00 pm

Saturday: 9:00 am – 3:00 pm



Highland

**131 Monroe NE,
Albuquerque, NM 87108**

Phone: (505) 767-5210

Fax: (505) 767-5224

Monday - 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,
Albuquerque, NM 87121**

Phone: (505) 767-5999

Fax: (505) 767-5992

Monday – Friday: 8:00 am –
5:00 pm

Thursday: 8:00 am – 7:00 pm

Saturday: 9:00 am – 1:00 pm



Manzano Mesa Multigenerational Center

**501 Elizabeth SE,
Albuquerque, NM 87123**

Phone: (505) 275-8731

Fax: (505) 275-8734

Monday – Friday: 8:00 am –
9:00 pm

Saturday: 9:00 am – 3:00 pm



North Domingo Baca Multigenerational Center

**7521 Carmel NE,
Albuquerque, NM 87113**

Phone: (505) 764-6475

Fax: (505) 764-6489

Monday – Friday 8:00 am –
9:00 pm

Saturday 9:00 am – 3:00 pm



North Valley

**3825 4th St. NW,
Albuquerque, NM 87107**

Phone: (505) 761-4025

Fax: (505) 761-4031

Monday – Friday 8:00 am –
5:00 pm

Tuesday 8:00 am – 7:00 pm

Sunday 12:30 pm – 5:00 pm



Palo Duro

**5221 Palo Duro NE,
Albuquerque, NM 87110**

Phone: (505) 888-8102

Fax: (505) 888-8107

Monday – Friday: 8:00 am –
5:00 pm

Wednesday: 8:00 am –
7:00 pm

Saturday: 9:00 am – 1:00 pm

**ONE
ALBUQUE
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Call (505) 880-2800 or visit www.cabq.gov/seniors. Registration begins Dec. 15, 2022