

2023 through 2024

# ABQ Sports and Fitness Catalog

Fitness Knows No Age



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

[www.cabq.gov/seniors](http://www.cabq.gov/seniors)  
Citizen Contact Center: 311

505-764-6400



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ALBUQUE  
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senior affairs



Dear Albuquerque,

Welcome to the latest edition of our annual ABQ Sports and Fitness Catalog. The City of Albuquerque’s Department of Senior Affairs (DSA) is committed to providing services and programs that promote active and healthy aging. In this guide, you will find a variety of activities designed to help Albuquerque families age well and continue to thrive in our city.

We know that physical fitness is a lifelong journey that contributes to overall quality of life, reduces stress, and decreases the risk of depression. Regular exercise boosts positive health outcomes such as bone density, balance, strength, and cardiovascular health. With seven fitness centers across the city and a multitude of classes and trips to choose from, our Sports and Fitness Program can help you meet your health and wellness goals, no matter what your current fitness level is.

Whether you are an experienced athlete or an exercise novice, you are sure to find something in this guide that suits your skills and interest—from competitive sports like pickleball and swimming, to ski trips and dance classes. We encourage you to visit one of our facilities to see for yourself how DSA Sports & Fitness staff can help you take charge of your health.

As Albuquerque continues fulfilling its great promise of being the best place for families, we hope this catalog inspires you to get engaged, try something new, or rediscover a favorite activity. To learn more about the Department of Senior Affairs, please visit [cabq.gov/seniors](http://cabq.gov/seniors) or call our Senior Information Line at 505-764-6400, Monday through Friday, 8:30am to 4:30pm.

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](mailto:jmahoney@cabq.gov).

**Anna M. Sanchez,**  
*Director, Department of Senior Affairs*

**Angel Montoya,**  
*Recreation Division Manager*

Department of Senior Affairs Advisory Council

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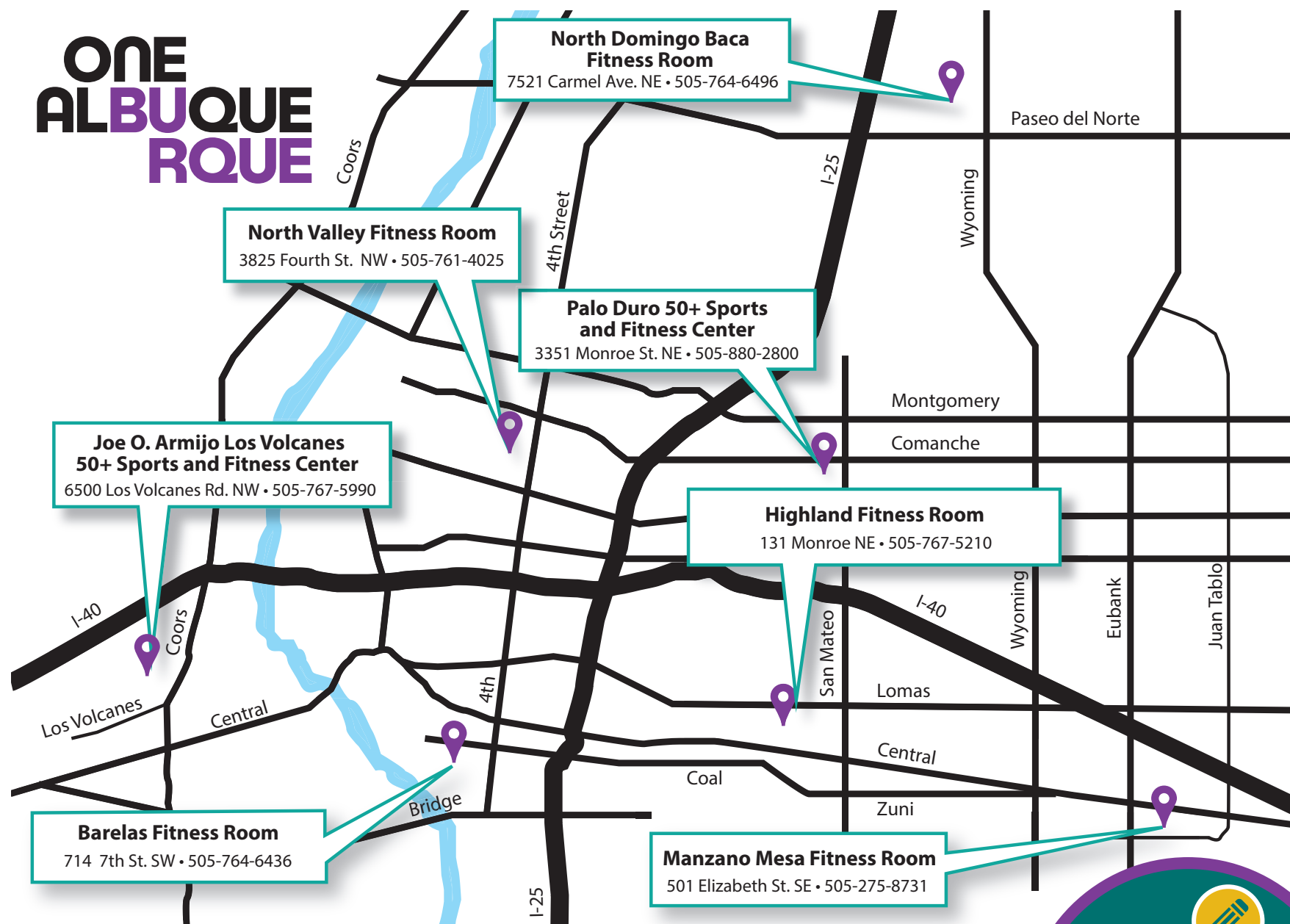
District 1 Louie Sanchez	District 6 TBD
District 2 Joaquin Baca	District 7 Tammy Fiebelkorn
District 3 Klarissa J. Peña	District 8 Dan Champine
District 4 Brook Bassan	District 9 Renée Grout
District 5 Dan Lewis	

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.



## FITNESS FACILITIES

### Barelás Fitness Room

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

### Highland Fitness Room

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

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

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

### Manzano Mesa Multigenerational Center Fitness Room

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

### North Domingo Baca Multigenerational Center Fitness Room

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

### North Valley Fitness Room

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

### Palo Duro 50+ Sports & Fitness Center

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





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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.

## Center Closings

Christmas .....	Monday, Dec. 25, 2023
New Year's Day .....	Monday, Jan. 1, 2024
MLK Jr. Birthday .....	Monday, Jan. 15, 2024
President's Day .....	Monday, Feb. 19, 2024
Memorial Day .....	Monday, May 27, 2024
Juneteenth .....	Wednesday, June 19, 2024
Independence Day .....	Thursday, July 4, 2024
Labor Day .....	Monday, Sept. 2, 2024
Indigenous Peoples Day .....	Monday, Oct. 14, 2024
Veteran's Day .....	Monday, Nov. 11, 2024
Thanksgiving Day .....	Thursday & Friday, Nov. 28 & 29, 2024



Accredited by   
National Institute of  
Senior Centers



# Volunteer Opportunities

You can gain the satisfaction of helping others improve their health and fitness level! The 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. Volunteers drive vans, and help with loading equipment.

## Walking & Hiking

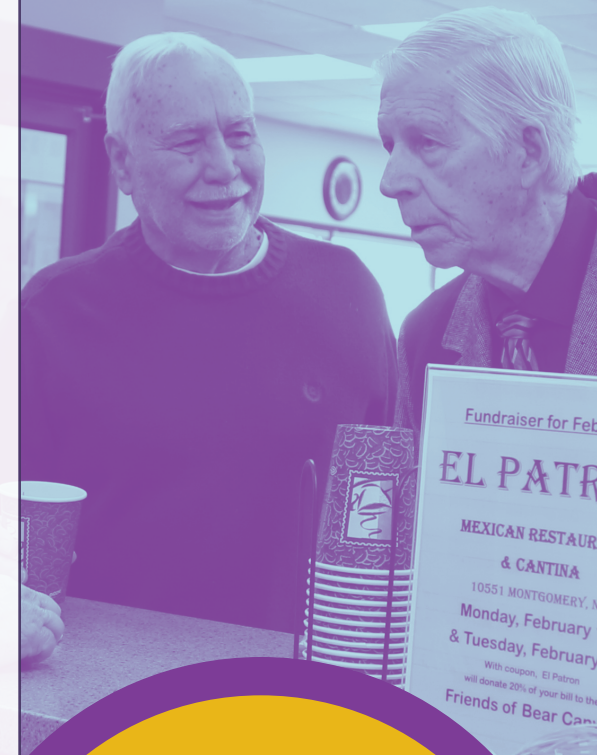
We are also looking for volunteers to help lead walking and hiking trips. Volunteers may drive the van, and/or help the program coordinator with equipment and trip logistics.

## 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

### WINTER SPORTS DAY TRIPS

#### 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 4 – March 14, 2024**

**Check-In: 7:00am**

**Depart: 7:30am**

**Return: 5:00pm**

*Downhill skiers and snowboarders must purchase own lift ticket.*



## Registration Information

### Schedule & Trip Policies

#### 1. Registration begins on Dec. 15, 2023 starting at 7:00am.

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 12:00pm.
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.

### Online Registration is Now Available for our Winter Trips.

1. First time using on-line registration 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. To register on-line go to [play.cabq.gov](http://play.cabq.gov)
3. Once logged in you can update your household information and username and password.
4. 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.

### 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.

### Important Information

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

**For more information, call 505-880-2800**





## The 2024 "Compete & Meet" Games

### 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**

**October 18, 19, 20, 2024**

**Registration Deadline is Friday, October 11, 2024**

### GET UP AND MOVE CHALLENGE

Senior Affairs Sports & Fitness challenges you to walk, run, swim or bike to begin a healthier you in 2024. 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 5 to April 5, 2024)**

**Sign up starts Monday, January 29, 2024**

**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 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 2024 Albuquerque 50+ Games. Registration forms must be completed and submitted to the Palo Duro 50+ Sports & Fitness Center office.

Registration requires a current Department of Senior Affairs membership.

### Online Registration is Now Available.

1. First time using on-line registration 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/>
3. To register on-line go to [play.cabq.gov](http://play.cabq.gov)
3. Once logged in you can update your household information and username and password.
4. To register for programs you will open Sports & Fitness and then find Senior Affairs Sports & Fitness. Then open up ABQ 50+ Games and pick the ones you want to register for.



## Final Deadline

One week prior to event. Registration deadline for swimming is Wednesday, February 7, 2024.

## 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, 2024, 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 June 3, 2024.

## 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:

50-59	70-79	90-99
60-69	80-89	100+

Age division for doubles, mixed doubles and team competition will be determined by the age of the younger partner as of December 31, 2023.

50+ 60+ 70+ 80+

## Volunteers Needed

Volunteers play a vital role in the Albuquerque 50+ Games. Assistance is needed. Please call the Albuquerque 50+ Games Center at 505-764-6496 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. 7, 2024.**

# 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., Feb. 3, 2024	9:00am	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. 20, 2024	9:00am	Archery Range, Tijeras, NM	PDSFC 505-880-2800
Badminton	Competition: Singles, Doubles & Mixed Doubles	Tue., Feb. 6, 2024	6:00pm	North Domingo Baca	PDSFC 505- 880-2800
Bowling	Competition: Singles Competition: Doubles Competition: Mixed Doubles Competition: Team Bowling	Tues., Mar. 5, 2024 Wed., Mar. 6, 2024 Thu., Mar. 7, 2024 Thu., Mar. 7, 2024	10:00am	Skidsmore's Holiday Bowl	PDSFC 505- 880-2800
Field Events	Competition: High Jump, Discus, Javelin & Shot Put	TBA	TBA	La Cueva High School	PDSFC 505-880-2800
Golf	Competition: Men's 18 Hole Scratch Competition: Women's 18 Hole Scratch	Wed., Apr. 17, 2024	TBA	Arroyo del Oso Golf Course	PDSFC 505-880-2800
Pickleball	Competition: Singles Competition: Doubles Competition: Mixed Doubles	Fri., June 7, 2024 Sat., June 8, 2024 Sun., June 9, 2024	10:00am 8:00am 8:00am	Manzano Mesa Outdoor Pickleball Courts	Gary Rutherford 505-507-3663
Powerwalk	Competition: 5K Powerwalk	Sat., Apr. 27, 2024	9:00am	Balloon Fiesta Park	PDSFC 505-880-2800
Powerwalk	Competition: 1500m	TBA	TBA	La Cueva High School	Lenny Krosinsky 505-250-2283
Racewalking	Competition: 5k	Sat., Apr. 13, 2024	9:00am	Balloon Fiesta Park	Lenny Krosinsky 505-250-2283
Racewalking	Competition: 1500m	TBA	TBA	La Cueva High School	PDSFC 505-880-2800
Roadrace	5K / 10K	Sun., April 14, 2024	9:00am	Balloon Fiesta Park	Magi Ezzard 505-880-2800
Shuffleboard	Competition: Singles/Doubles	Tue., Feb. 27, 2024	10:00am	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. 24, 2024 Note: Deadline to register is Wednesday Feb. 7, 2024	Check in/Warm up 7:30am Meet 8:30am	West Mesa Aquatics Center	PDSFC 505-880-2800
Table Tennis	Competition: Singles Doubles Mixed Doubles	Sat., Feb. 10, 2024	9:00am	Bear Canyon Senior Center	PDSFC, Marv Summers 505-880-2800
Tennis	Competition: Singles Doubles Mixed Doubles	Tue., May 7, 2024 Tue., May 14, 2024 Tue., May 21, 2024	9:00am	Jerry Cline Tennis Courts	PDSFC 505- 880-2800
Track	Competition: 50m, 100m, 200m, 400m, 800m, 1500m & 4 x100m Relay	TBA	TBA	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 7, 2024**

Name \_\_\_\_\_  
Last First Middle

Address \_\_\_\_\_  
Street City  
State Zip

Home Phone \_\_\_\_\_

Cell Phone \_\_\_\_\_ Email \_\_\_\_\_

☐ I am interested in volunteering with the Sports and Fitness Program

Emergency Contact \_\_\_\_\_  
Name Relationship

Phone \_\_\_\_\_

Age (as of Dec. 31, 2024) \_\_\_\_\_ ☐ 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 Free
- ☐ 100 Free
- ☐ 200 Free
- ☐ 500 Free
- ☐ 50 Backstroke
- ☐ 100 Backstroke
- ☐ 200 Backstroke
- ☐ 50 Breaststroke
- ☐ 100 Breaststroke
- ☐ 100 IM
- ☐ 200 IM
- ☐ 50 Butterfly
- ☐ 100 Butterfly

Group Name \_\_\_\_\_  
Must register separately  
*Swimming deadline Wed., Feb. 7, 2024*

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





# 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: February 3, 2024, 8:00am

## ARCHERY

### Archery Competition

Saturday: April 20, 2024, 9:00am

### 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

Tuesday: February 6, 2024, 6:00pm

### North Domingo Baca, Gym: 7521 Carmel Ave NE

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,  
505-269-5952 or website  
[www.senior-sports.org](http://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](http://www.nmseniorolympics.org)**



## BOWLING

### Bowling Competition

#### Skidmore's Holiday Bowl

**Tuesday: March 5, Singles 10:00am**

**Wednesday: March 6, Doubles 10:00am**

**Thursday: March 7, Mix Doubles followed by Team 10:00am**

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 17, 2024**

**Arroyo del Oso Golf Course, 7001 Osuna Rd NE**

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



## PICKLEBALL

### Pickleball Tournament

**Friday: June 7, 10:00am**

Singles

**Saturday: June 8, 8:00am**

Doubles

**Sunday: June 9, 8:00am**

Mix Doubles

### Manzano Mesa Outdoor Pickleball Courts

Coordinator: Garry Rutherford, Palo Duro Sports & Fitness Center 505-880-2800.

### Compete & Meet Pickleball Tournaments

See Compete and Meet Games on page 8.

### Open Pickleball

Times and locations are subject to change. Please check website for most up to date information. [www.abqpickleball.com](http://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: 8:00am**

*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](mailto:lennykro@aol.com) or visit [www.newmexicoracewalkers.org](http://www.newmexicoracewalkers.org).*

### Racewalking & Competition

5K Racewalk

**Saturday: April 13, 2024, 9:00am**

**Balloon Fiesta Park**

Coordinator: Lenny Krosinsky, Palo Duro Sports & Fitness Center 505-880-2800.

### 1500m Racewalking

**TBA**

**La Cueva High School**

### Powerwalking Competition

5K Powerwalk

**Saturday: April 27, 2024 9:00am**

**Balloon Fiesta Park**

Coordinator: Lenny Krosinsky, Palo Duro Sports & Fitness Center 505-880-2800.

### 1500m Powerwalking

**TBA**

**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.

**Sunday: April 14, 2024**

**Location: Balloon Fiesta Park**

Coordinator: Magi Ezzard, Palo Duro Sports & Fitness, 505-880-2800.

Both races start together.

## SHUFFLEBOARD

### Shuffleboard Competition

**February 27, 2024, 10:00am**

**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 505-269-5952.

Website: [www.senior-sports.org](http://www.senior-sports.org)

## SWIMMING

### Swimming Competition

**Saturday: February 24, 2024**  
**Deadline to enter is Wednesday:**  
**February 7, 2024**  
**Warm-up begins at 7:30am**  
**Meet begins at 8:30am**

**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](http://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*  
 505-269-5952. [www.senior-sports.org](http://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*  
 505-269-5952. [www.senior-sports.org](http://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](http://www.nmseniorolympics.org)*

## TABLE TENNIS

### Table Tennis Competition

**Saturday: February 10, 2024, 9:00am**

**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 7, 2024, 9:00am**

## DOUBLES

**Tuesday: May 14, 2024, 9:00am**

## MIXED DOUBLES

**Tuesday: May 21, 2024, 9:00am**

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

## New Mexico Senior Sports Foundation

Please contact the NM Senior Sports Foundation at 505-269-5952, or go to their website at [www.senior-sports.org](http://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  
TBA  
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](http://www.nmseniorolympics.org)



Volleyball Pick-up Games

Join the 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.



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:  
9:00am–10:00am  
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: 1:15pm–2:15pm  
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: 9:00am–10:00am  
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](http://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, Room 8  
Monday, Wednesday & Friday:  
9:00am–10:00am

Joe O. Armijo Los Volcanes 50+ Sports & Fitness Center, Aerobic Room  
Monday, Wednesday & Friday:  
8:00am–9:00am  
  
Manzano Mesa, Gym  
Monday, Wednesday & Friday:  
8:15am–9:15am

Palo Duro 50+ Sports & Fitness Center, Aerobics Room  
Monday, Wednesday & Friday:  
8:00am–9:00am  
  
N. Domingo Baca, Gym  
Monday, Wednesday & Friday:  
8:15am–9:15am



## La Blast

Fitness Classes Powered by Dance  
**N. Domingo Baca, Aerobic Room**  
**Monday: 9:00am–10:00am**  
**Thursday: 10:00am–11:00am**  
 Cost: \$5 per class

## Hula

Hawaiian Culture and Hula Dance  
**N. Domingo Baca, Aerobic Room**  
**Monday & Wednesday:**  
**5:30pm–6:45pm**  
 Cost: \$35/ 4 classes

## Hula: Intro to Hula

Hawaiian Culture and Hula Dance  
**N. Domingo Baca, Aerobic Room**  
**Monday: 3:00pm - 4:30pm**  
 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.

## Highland, Room 8

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

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

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

## Manzano Mesa, Gym

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

## Palo Duro 50+ Sports & Fitness Center, Aerobics Room

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

## North Domingo Baca, Gym

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



## 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: 8:15am–9:15am**

## Manzano Mesa, Gym

**Tuesday & Thursday: 8:15am–9:15am**

## North Domingo Baca, Gym

**Tuesday & Thursday: 8:15am–9:15am**

## Palo Duro 50+ Sports & Fitness Center, Aerobics Room

**Tuesday & Thursday: 8:00am–9:00am**

## 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: 10:30am–11:30am**  
 Instructor: Leslie Herman

## 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: 9:30am–11:00am**

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: 9:30am–10:30am**  
 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: 10:45am–11:45am**  
 Cost: \$5  
 Instructor: Thea Muehlenweg

## Mat Pilates

## North Domingo Baca, Aerobic Room

**Tuesday: 11:30am–12:30pm**  
 Cost: \$7  
 Instructor: Marilyn

## Yoga - Strength & Alignment

This class works on proper alignment to build strength and flexibility incorporating breath and mind/body awareness. all practice levels are invited.

## Palo Duro 50+ Sports & Fitness Center, Aerobics Room

**Monday: 11:00am–12:00pm**  
 Fee: \$10 per class  
 Instructor: Mindy Caplan

## Yoga For Well Being

Improve balance, posture, and confidence with yoga.

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

**Thursday: 2:15pm–3:15pm**  
**Saturday: 9:00am–10:00am**  
 Cost: \$5/class  
 Instructor: Denise

## Accessible/Chair Yoga

Gentle yoga for every body and every ability. Strength, flexibility, balance, and mindlessness.

**Palo Duro 50+ Sports & Fitness Center, Aerobics Room**

**Monday: 3:30pm–4:30pm**

*Instructor: Toby Palley*

## Gentle Yoga

Experience the profound benefits of strength, flexibility, and balance is for every body and every ability.

**Palo Duro 50+ Sports & Fitness Center, Aerobics Room**

**Tuesday & Thursday: 10:15am–11:15am**

**Wednesday: 5:30pm–6:30pm**

*instructor: Toby Palley*

## Restorative Yoga

A restful practice that is all about slowing down and opening your body through passive stretching.

**North Domingo Baca, Aerobic Room**

**Tuesday: 4:30pm–5:30pm**

Cost: \$10/class

*Instructor: Barbara*

## Vinyasa Flow Yoga

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

**North Domingo Baca, Aerobic Room**

**Tuesday: 10:15am–11:30am**

**Saturday: 9:00am–10:15am**

Cost: \$10/class

*Instructor: Misa*

## 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: 6:00pm–7:30pm**

Cost: \$5/class

## Qi Gong

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

**Palo Duro 50+ Sports & Fitness Center, Aerobics Room**

**Friday: 12:00pm–1:00pm**

Cost: \$5/class

*Instructor: Diane Chase*

## American Kenpo Karate

**North Domingo Baca, Aerobic Room**

**Monday: 10:30am–12:00pm**

**Wednesday: 11:30am–1:00pm**

**Friday: 9:00am–11:00am**

*Free*

## Kung Fu

Chinese Martial Art from concentration and self discipline

**North Domingo Baca, Aerobic Room**

**Saturday: 10:30am–12:30pm**

*Free*

## Tai Chi

Enjoy this series of gentle physical exercises and stretches.

**Palo Duro 50+ Sports & Fitness Center, Aerobics Room**

**Tuesday: 1:00pm–2:00pm**

*Instructor: Lucy Salazar*

## Tai Chi for Arthritis

Recommended by the Centers for Disease Control and Prevention; this evidence-based falls prevention exercise program improves muscle strength, flexibility, balance and mobility while reducing joint pain and stiffness. Medical studies show the program to relieve arthritis pain in patients, prevent falls in older adults and improve overall health. Must be registered to attend this 8-week class.

**Sign-ups start Dec. 27, 2023.**

**North Domingo Baca, Aerobic Room**

**Jan. 17, 2024 – Mar. 6, 2024**

**Wednesday: 1:00pm–2:00pm**

*Instructor: Lucy Salazar*



“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

### Talks with a Physical Therapist

30–60 minutes (*depending on the topic*) of informal talks covering details of anatomy and physiology to help individuals maximize exercise effectiveness, minimize risk of injury and optimize functional movements. If there is interest, talks can address how to assist someone with movement of establishing different types or exercise programs (*ex: high intensity interval training, strengthening, cardiovascular etc.*).

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

**January 2024 through October 2024**  
**1st Monday of the Month.**

(if the 1<sup>st</sup> Monday falls on a Holiday, the class will be held the 2<sup>nd</sup> Monday of that month)

**11:45am–12:45pm**

Instructor: Leslie Herman, PT (NM lic#1699)

## 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: 8:00am–6:00pm**

**North Domingo Baca, Fitness Center**

**4th Wednesday: 9:00am–1:30pm,  
2:00pm–5:00pm**

**Palo Duro 50+ Sports & Fitness Center**

**1st Wednesday: 8:00am–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:  
1:00pm–2:00pm**

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/](http://www.ncoa.org/FallsFreeCheckUp)**

**[FallsFreeCheckUp](http://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.

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

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



## SPECIAL EVENTS

### National Senior Health & Fitness Day

It is a day dedicated to the betterment of the health of seniors. The common goal is to help senior Americans stay fit and healthy.

**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 29, 2024 from 9:00am–1:00pm**

**For more information call 505-880-2800**

### National Fall Prevention Awareness

National Fall Prevention Awareness takes place in September. It is a day to see if you are at risk of falling and learning more about safety and programs in your area.

**For more information call 505-880-2800**

### Active Adult Fitness Exam 50+

Senior Fitness Exam takes place in October and is for people over 50. It is a series of tests that you will be put through to measure your fitness level. It will also show you what you can do to improve your fitness level from strength, flexibility, balance, cardiovascular, and mobility.

**For more information call 505-880-2800**

### Functional Fitness Assessment 60+

The Senior Affairs Sports and Fitness Staff will be holding a Functional Fitness Assessments for people over the age of 60 in senior centers throughout 2024. At the end of the assessment you will receive a score on your functional fitness level.

**For more information call 505-880-2800**





# Fitness Knows No Age







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# CITY OF ALBUQUERQUE SENIOR CENTERS



## Barelas

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

Phone: 505-764-6436

Fax: 505-764-6472

Monday–Friday:

8:00am–5:00 pm



## Los Volcanes

**6500 Los Volcanes NW,  
Albuquerque, NM 87121**

Phone: 505-767-5999

Fax: 505-767-5992

Monday–Friday:

8:00am–5:00pm

Thursday: 8:00am–7:00pm

Saturday: 9:00am–1:00pm



## North Valley

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

Phone: 505-761-4025

Fax: 505-761-4031

Monday–Friday:

8:00am–5:00pm

Tuesday: 8:00am–7:00pm

Sunday: 12:30pm–5:00pm



## Bear Canyon

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

Phone: 505-767-5959

Monday–Friday:

8:00am–5:00 pm

Thursday: 8:00am–9:00pm

Saturday: 9:00am–3:00pm



## Manzano Mesa Multigenerational Center

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

Phone: 505-275-8731

Fax: 505-275-8734

Monday–Friday:

8:00am–9:00pm

Saturday: 9:00am–3:00pm



## Palo Duro

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

Phone: 505-888-8102

Fax: 505-888-8107

Monday–Friday:

8:00am–5:00pm

Wednesday: 8:00am–7:00pm

Saturday: 9:00am–1:00pm



## Highland

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

Phone: 505-767-5210

Fax: 505-767-5224

Monday–Friday:

8:00am– 5:00pm

Wednesday: 8:00am–7:00pm

Saturday: 10:00am–4:00pm



## North Domingo Baca Multigenerational Center

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

Phone: 505-764-6475

Fax: 505-764-6489

Monday–Friday:

8:00am–9:00pm

Saturday: 9:00am–3:00pm

**ONE  
ALBUQUE  
ROQUE** senior affairs

**Call 505-880-2800 or visit [www.cabq.gov/seniors](http://www.cabq.gov/seniors). Registration begins Dec. 15, 2023**