

ONE
ALBUQUE senior affairs
RQUE

January through June 2019

Activities Catalog

OVER 400 ACTIVITIES INSIDE

2019 NATIONAL
Senior Games

June 14 through 25, 2019

(505) 764-6400

www.cabq.gov/seniors

Citizen Contact Center: 311



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



Welcome to the Winter/Spring Activities Catalog for the City of Albuquerque Department of Senior Affairs. We hope you enjoy the multitude of activities, classes, and trips that you can participate in at our Senior Centers and throughout Albuquerque's many social and cultural venues.

Burque is a vibrant place to enjoy a variety of activities, everything from outdoor adventures in our city parks and open space to the talented artists performing in any number of theaters, breweries, and coffee shops around town. Whatever it is that you enjoy, there's a good chance that you'll find it here.

We hope this guide helps you connect with your community. You can connect with your peers at any one of our senior centers, or bring along your family and friends for some of the fun whether it's at one of our multi-generational centers or out and about around town. Our goal is to keep you active and engaged in our community where you can meet up with old friends and meet some new ones along the way.

We also want to encourage you to get involved through our volunteer program—One ABQ Volunteers. We are turning government inside out so every person has a role to play in moving our city forward. There's something for everyone—if you're interested in public safety we have crime data entry; if you care about animals you can foster a pet—we want everyone to be able to find something they're passionate about and pitch in. You can learn more at cabq.gov/abq-volunteers.

We hope this catalog will serve as a resource for you to engage with your community, whether you're a regular at one of our centers or you're looking to join us for the first time.

Your Mayor,

Timothy Keller, Mayor, City of Albuquerque



Welcome to 2019 and with it, the Winter/Spring Activities Catalog of the Department of Senior Affairs! Each new year brings opportunities to start new resolutions, and I'd like to encourage you to learn more about the many programs and services we offer, as well as to share with a loved one, friend, or neighbor.

Engagement of our elder population is critical for a healthy and vibrant City. Out of the 11,000 senior centers nationwide, the City of Albuquerque Department of Senior Affairs offers a focal point of engagement with eight centers that offer diverse and rich programming, in addition to five fitness and sports facilities. These community-based services are more important now than ever to our aging population. Our goal is to engage Albuquerque's seniors early and often to ensure the benefits will last.

In my ten months in this honored role, I have spent much time visiting with members of our Senior and Multigenerational Centers and have been increasingly touched by the numerous stories members have shared about how much they enjoy our programming and what brought them to our centers. Many partners and volunteers, as well as our dedicated staff, make it possible every day – whether they are serving a meal, caring for a facility, setting up a class, or transporting a senior to one of our locations on a daily basis.

We invite you to be a part of the magic and take advantage of the many enrichment opportunities for you. Memberships to participate at our centers are \$20 annually and are a fraction of the value you will receive in return. Please use this catalog as a guide over the next six months, and always feel free to reach out directly to a center for the latest programming information.

In addition, this catalog will provide information on other programs and services from the Department of Senior Affairs, such as home-delivered meals, transportation services, and much more.

Lastly, 2019 will bring even more excitement as Albuquerque prepares to host the National Senior Games in June. We invite you to participate over the 12 days of competition, either as a competitor, volunteer, or spectator.

In Service,

Anna M. Sanchez, Director



Timothy M. Keller,
Mayor, City of Albuquerque

Anna M. Sanchez,
Director, Department of Senior Affairs

Danny Holcomb,
Recreation Division Manager

Department of Senior Affairs Advisory Council

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

City Councilors

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

**ONE
ALBUQUE
RQUE** senior affairs

Our Vision

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

Our Mission

The Department of Senior Affairs is a community leader, who in partnership with others, involves seniors and people of all ages in creating a community that enhances everyone's quality of life by providing opportunities that involve and assist seniors to achieve their potential, share their wisdom, maintain their independence, and live in dignity.

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CENTER DIRECTORY

Nationally Accredited Senior and Multigenerational Centers

Senior Centers

Barelas

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

Bear Canyon

4645 Pitt NE, Alb, NM 87111
Phone: (505) 767-5959 • Fax: (505) 767-5964
M, T, W, F, 8:00 am - 5:00 pm
Thursday, 8:00 am - 9:00 pm
Saturday, 9:00 am - 3:00 pm

Highland

131 Monroe NE, Alb, NM 87108
Phone: (505) 767-5210 • Fax: (505) 767-5224
M, T, Th, F, 8:00 am - 5:00 pm
Wednesday, 8:00 am - 7:00 pm
Saturday, 10:00 am - 4:00 pm

Los Volcanes

6500 Los Volcanes NW, Alb, NM 87121
Phone: (505) 767-5999 • Fax: (505) 767-5992
M, T, W, F, 8:00 am - 5:00 pm
Thursday, 8:00 am - 7:00 pm
Saturday, 9:00 am - 1:00 pm

Hotspot Gift Shop

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

North Valley

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

Palo Duro

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

Multigenerational Centers

Manzano Mesa

501 Elizabeth SE, Alb, NM 87123
Phone: (505) 275-8731 • Fax: (505) 275-8734
Monday - Friday, 8:00 am - 9:00 pm
Saturday, 9:00 am - 3:00 pm

North Domingo Baca

7521 Carmel Ave. NE, Alb, NM 87113
Phone: (505) 764-6475 • Fax: (505) 764-6489
Monday - Friday, 8:00 am - 9:00 pm
Saturday, 9:00 am - 3:00 pm

Breakfast at the Centers

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

Lunch at the Centers

Area Agency on Aging Funded Meal Sites:

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

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

City of Albuquerque General Fund Meal Sites:

Bear Canyon, Highland, Palo Duro

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

Accredited by



National Institute of
Senior Centers

CENTER DIRECTORY (CONTINUED)

Meal Sites

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

Bernalillo County Facilities

Alameda Satellite

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

Paradise Hills

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

Rio Bravo Satellite

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

South Valley Multipurpose Senior Center

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

Whispering Pines

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

Albuquerque Housing Authority Facilities

Embudo Towers Meal Site

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

La Amistad Satellite

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

Village of Tijeras Facility

Tijeras Senior Center

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

Department of Family and Community Services Facilities

Cesar Chavez Community Center

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

Los Duranes Community Center

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

Taylor Ranch Community Center

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

Thomas Bell Community Center

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

Privately Run Housing Facilities

Ed Romero Terrace

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

Encino Garden Meal Site

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

Encino Terrace Meal Site

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

Shalom House Meal Site

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

Fitness Centers: The Department of Senior Affairs has seven Fitness Facilities located through the City to meet all of your fitness needs. See page 48 of the catalog for a location nearest you or call (505) 880-2800 for more information.

Department of Senior Affairs Advisory Council 2019 Schedule of Meetings

Los Volcanes Senior Center: 6500 Los Volcanes NW
January 28, 2019

Bear Canyon: 4645 Pitt NE
February 25, 2019

Highland: 131 Monroe NE
March 18, 2019

Palo Duro: 5221 Palo Duro NE
April 15, 2019

North Domingo Baca: 7521 Carmel Ave. NE
May 20, 2019

North Valley: 3825 4th St. NW
June 17, 2019

Center Closings

Palo Duro Senior Center April 22 - April 26

Barelas Senior Center April 29 - May 3

Highland Senior Center May 6 - May 10

Manzano Mesa

Multigenerational Center May 20 - May 24

North Valley Senior Center July 8 - July 12

Palo Duro Fitness Center July 22 - July 26

Bear Canyon Senior Center July 29 - August 2

North Domingo Baca

Multigenerational Center August 5 - August 9

Los Volcanes Senior Center and

Fitness Center August 19 - August 23

New Year's Day Tuesday, Jan. 1

MLK Jr. Birthday Monday, Jan. 21

President's Day Monday, Feb. 18

Memorial Day Monday, May 27

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.



Senior Affairs and Cultural Services at a Glance



Satellite Senior Centers/Meal Sites

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

Libraries

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

Cultural Venues

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

Senior Centers



Barelas
714 7th St. SW
(505) 764-6436



Bear Canyon
4645 Pitt NE
(505) 767-5959



Highland
131 Monroe NE
(505) 767-5210



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



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



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

Multigenerational Centers



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



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

50+ Sports and Fitness Centers



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



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



North Valley Fitness Center
3825 4th St. NW
(505) 761-4025

One Albuquerque

Albuquerque's Rich Cultural Tapestry

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

**ONE
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senior affairs



City of Albuquerque Department of Senior Affairs

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

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

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

City of Albuquerque Cultural Services Department

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

CULTURAL SERVICES AT A GLANCE:

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

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



Using This Catalog

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

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

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

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

Unless otherwise noted:

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

General Information

CENTER SHOPS AND MARKETS

Flea Markets at the Centers

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

Barelas

Thursday • 8:00 - 11:00 am, \$2 table

Bear Canyon

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

Highland

Monday • 8:00 am - 1:00 pm, \$2 table

Los Volcanes

Friday • 8:00 - 11:15 am, \$2 table

Manzano Mesa

**May - October, 1st Friday • 8:00 am - 12:00 pm
\$2 table**

North Valley

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

Gift Shops

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

Los Volcanes, Hot Spot Gift Shop

Monday - Friday • 9:00 am - 1:00 pm

Friendship Coffee

A vendor special event where you can chat with old friends and make new ones over coffee and a special treat.

Barelas

Wednesday • 9:30 - 10:30 am

Bear Canyon

Tuesday • 9:30 - 10:30 am

Highland

Monday • 1:00 - 4:00 pm

Los Volcanes

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

Manzano Mesa

Thursday • 10:00 - 11:00 am

North Valley

Wednesday • 8:30 - 10:30 am

Palo Duro

Wednesday • 9:15 - 10:15 am

Public Art in Albuquerque

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

Americans with Disabilities Act:

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

LEGAL CLINIC

Senior Citizen Law Office

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

Barelas

2nd Thursday • 10:30 am - 12:30 pm

Highland

3rd Tuesday • 1:00 - 3:00 pm

1st Wednesday • 9:00 am - 12:00 pm

Los Volcanes

4th Thursday • 10:00 am - 12:00 pm

North Valley

3rd Thursday • 9:00 - 11:00 am

SHOPPING TRIPS

Shopping Trips from Barelas Wal-Mart Superstore

Sign up at front desk.

Barelas

Monday • 9:30 - 11:30 am

Minimum 3 people

NEW MEMBER ORIENTATION

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

Bear Canyon

2nd Friday • 10:30 - 11:30 am

Palo Duro

1st Monday • 3:00 - 4:00 pm

HEALTH

Blood Pressure Screening

Bear Canyon

Wednesday • 9:00 - 11:00 am

Highland

Friday • 10:00 - 11:00 am

Palo Duro

Monday • 9:15 - 11:15 am

GEHM Clinic *Call for dates*

Barelas: (505) 764-6436

Bear Canyon: (505) 767-5959

Highland: (505) 767-5210

Los Volcanes: (505) 836-8745

Manzano Mesa: (505) 275-8731

North Domingo Baca: (505) 764-6475

North Valley: (505) 761-4025

Palo Duro: (505) 888-8102

AARP SMART DRIVER

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

Barelas

3rd Wednesday • 12:30 - 4:30 pm

Bear Canyon

3rd Thursday • 12:00 - 4:00 pm

1st Saturday • 9:30 am - 1:30 pm

Highland

1st Thursday • 12:15 - 4:15 pm

2nd Saturday • 10:30 am - 2:30 pm

Los Volcanes

1st Monday • 9:00 am - 1:15 pm

Manzano Mesa

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

North Domingo Baca

1st Saturday • 10:30 am - 2:30 pm

North Valley

1st Monday • 12:15 - 4:30 pm

Palo Duro

1st Friday • 8:30 am - 12:30 pm

Income Tax Assistance

If you have a complex return, check with the center before making an appointment. Some returns are out of scope for volunteer assistants. Please bring the following information to your appointment. Appointments only.

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

Barelas

Monday and Wednesday,

February 4 - April 15

8:00 am - 2:00 pm

walk-in available

Bear Canyon

Tuesday, February 5 - April 9

8:00 am - 3:00pm

Highland

Tuesday, January 31 - April 11

Walk-in only on Friday:

February 1 - April 12

8:00 am - 2:00pm

Los Volcanes

Friday, February 1 - April 12

8:30 am - 2:30 pm

Manzano Mesa

Monday, February 4 - April 15

8:30 am - 3:00 pm

North Domingo Baca

Monday, January 28 - April 15

8:30 am - 2:30 pm

North Valley

Friday, February 2 - April 12

8:30 am - 1:00 pm

By appointment only, walk-in if available

Palo Duro

Thursday, February 7 - April 11

8:30 am - 3:00 pm

Classes

ARTS AND CRAFTS

Beginning Colored Pencil

Moving from Symbols to Realism. In this class, students will learn techniques to map out realistic images from photographs, to use Prism colored pencils in layers to created details, texture, and color variety, and understand color theory in a hands-on approach. Material fee Apply.

Bear Canyon

Monday, February 4 - April 29

12 weeks • 9:30 - 11:30 am

Instructor - Jean A. Thurow

Arts and Crafts Class

Crafts, plastic canvas, pin and button necklaces and embroidering.

Whispering Pines Meal Site

Wednesday • 11:30 am - 2:00 pm

Tijeras Meal Site

Wednesday • 10:00 am - 2:00 pm

Barelas

Friday • 8:00 am - 1:00 pm

Instructor: Viola

Arts and Crafts Sharing

For the beginner who wants to learn and the experienced who wants to share.

Embroidery, crochet, counted cross-stich, knitting, needlecraft, and more.

North Valley

Wednesday • 9:00 am - 12:30 pm

Artist's Corner

Open arts and crafts.

Manzano Mesa

Thursday • 1:00 - 4:00 pm

Beading

Tijeras Meal Site

Thursday • 10:00 am - 12:00 pm

Manzano Mesa

Monday • 8:30 - 11:00 am

Ceramics

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

Barelas

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

Instructor: Thomas

Los Volcanes

Friday • 8:00 am - 12:00 pm

North Valley

Tuesday, Wednesday • 12:00 - 4:00 pm

Palo Duro

Monday • 11:00 am - 3:00 pm

Thursday • 8:00 am - 1:00 pm

Paradise Hills Meal Site

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

Call for more information, (505) 314-0246.

Ceramic Painting

Whispering Pines Meal Site

Wednesdays • 9:30 am

Embroidery, Computerized

Tijeras Meal Site

Thursday • 10:00 am - 3:00 pm

Whispering Pines Meal Site

Monday, Wednesday, Friday

10:00 - 11:30 am • 1:00 - 3:00 pm

Sewing

Whispering Pines Meal Site

Monday, Wednesday, Friday

11:30 am - 2:00 pm

Amateur Telescope Making

Making your own telescope.

Manzano Mesa

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

Craft Group Open Studio

Come join this Open Studio Craft Group with a fun loving group for socializing, and learning new techniques for crafts such as knitting, crochet, etc. It's also a great way to share creative and new craft ideas. This is in an informal group working on different individual and group projects. You must bring your own supplies.

Highland

January 8 - June 25

Tuesday • 9:00 am - 12:00 pm

Facilitator: Ramona

Open Crafts

No instructors; each individual is able to work on a craft project of their choice.

Manzano Mesa

Monday • 8:30 - 11:30 am

Plastic Canvas

Plastic canvas is a foundation for needlepoint or other canvas work embroidery. Its rigidity makes it useful for creating 3-dimensional objects such as tissue box covers, small jewelry boxes, handbags, and other decorative objects. Fees determined on 1st day of class.

Los Volcanes

Thursday • 1:00 - 3:00 pm

Porcelain Doll Making

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

Los Volcanes

Thursday • 9:00 - 11:00 am

Rosemalers

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

Highland

Friday • 9:30 - 11:30 am

2nd Saturday (Meeting)

10:00 am - 12:00 pm

Instructor: Diana

Stained Glass

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

North Valley

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

Instructor: Terry

Palo Duro

Friday • 9:30 - 11:30 am

Visiting Artists Series

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

Palo Duro

Tuesday • 1:00 - 3:00 pm

Instructor: Judy Haag

PAINTING AND DRAWING

Palo Duro Palettes

Work in all mediums and share our knowledge and enthusiasm.

Come sample a variety of methods, ideas as well as new techniques. Materials are available.

Palo Duro

Wednesday • 1:00 - 3:00 pm

Instructor: Les Lamkin

Basic Watercolor

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

Palo Duro

Tuesday • 2:00 - 4:30 pm

Session I: Level I Watercolor:

January 29 - March 19

Monday • 2:00 - 4:30 pm

Session I: Level II Watercolor:

January 28 - March 18

Tuesday • 2:00 - 4:30 pm

Session II: Level I Watercolor:

April 2 - May 14

Monday • 2:00 - 4:30 pm

Session II: Level II Watercolor:

April 1 - May 13

Cost: \$140 for each session

Instructor: Nancy Goetz



Landscape in Pastel

Introduction to Pastels offers a variety of techniques, from the chalk pastels stick and pastel pencil.

Students will have a chance to work with numerous papers, pastels and equipment. The class will include studies in the landscape, as well as subjects of the student's choice.

Important Things to Note:

- We will go over color theory and mix colors from the primaries while learning to address highlights and shadows.
- Projects within the course will focus on pastel painting from photographs.
- It is beneficial to build a strong foundation in an observational practice in order to understand composition and design, negative space, color changes from cool to warm and using contrast and layers to build a believable 3-dimensional space on the paper/canvas.

North Valley

Thursday, January 10, 17, 24 and 31

1:00 - 3:00 pm

Fee: 4 classes \$50

Instructor: Elaine Cimino

Basic Drawing

The elements and principles of design are the building blocks used to create a work of art. The elements of design can be thought of as the things that make up a painting, drawing, design etc. Good or bad - all paintings will contain most of if not all, the seven elements of design.

The basic Drawing Principles of design can be thought of as what we do to the elements of design. How we apply the Principles of design determines how successful we are in creating a work of art.

North Valley

Thursday, February 7, 14, 21 and 28

1:00 - 3:00 pm

Fee: 4 classes \$60/Materials Supplied

Instructor: Elaine Cimino

Drawing Botanicals in Color Pencils

Botanical drawing basic techniques, art supplies, light source set up. Video shows the art supplies for working in colored pencil and demonstrates techniques for rendering. This beginning course teaches you how to use plants as the subject of art with easy approaches and many visual examples. Participants will read very straightforward lessons.

- Observation of Art in Nature
- The Use of Line in Drawing
- The Use of Shape and Space in Drawing
- Depicting Perspective and Foreshortening in Illustration
- Using Light to Add Dimension to Botanical Illustrations
- Composition and a Creative Approach to Drawing

North Valley

Tuesday, March 5, 12, 19 and 26
4:30 - 6:30 pm

Fee: 4 classes, \$50 all class supplies included
Instructor: Elaine Cimino

Abstract Painting with Acrylics

This course introduces students to classical and contemporary painting, techniques and concepts, with emphasis on the understanding of its formal language and the fundamentals of artistic expression. Even though previous painting experience is not a prerequisite for this course. Painting from still-life, landscape, and life models from observation will be geared towards realism; at the same time, various other painting styles could be explored. This may seem like a lot to absorb - but always remember that our main emphasis will be to encourage and nourish individuality and creativity. Materials supplied.

North Valley

Thursday, March 7, 14, 21 and 28
1:00 - 3:00 pm

Fee: 4 classes, \$75/Materials included
Instructor: Elaine Cimino

Watercolor Botanical Painting

Think Audubon in water Color Pencils and watercolor and pen and ink. This class is a continuation of the March class that introduces Watercolor to botanical drawing and Illustration. Have you always wished that you could be more proficient at drawing? Have you been looking for an opportunity to unwind by finding a new avenue to express yourself creatively? This beginning course is a continuation of the March course with an emphasis on six different topics in botanical drawing and observing the natural world.

North Valley

Tuesday, April 2, 9, 16 and 23
4:30 - 6:30 pm

Fee: 4 classes, \$75/Materials included
Instructor: Elaine Cimino

Basic Watercolor

This transparent water-based painting medium has been enjoyed and used for centuries. Regardless of your experience level, you will learn how to use materials and all the techniques associated with watercolor. You will see demonstrations and we will discuss composition, design, subject matter, and textures that lend themselves to this medium. You will leave this course with knowledge of how to use materials such as brushes, papers and paint-to-water ratio. Focus will be given to inventing the medium for yourself by learning to gain the right amount of control for your style. We will explore different washes: wet on wet, wet on dry, dry on dry painting, in order to help you understand how to make different textures while learning to control the uncontrollable: water!

North Valley

Thursday, April 4, 11, 18 and 25
1:00 - 3:00 pm

Fee: 4 classes, \$75/Materials included
Instructor: Elaine Cimino

Painterly Painting from Expressionism in Acrylics

Learn to paint in painterly style by exploring expressionism and impressionism.

This class is for beginners wishing to explore fun ways to be creative and learn new Techniques and tips to apply to abstract painting.

North Valley

Tuesday, May 7, 14, 21 and 28
4:30 - 6:30 pm

Fee: 4 classes, \$75
Instructor: Elaine Cimino

Painting Like the Impressionist Landscape the Study of Color and Light Acrylics

Learn To paint like the Monet, VanGough, Cezanne with studies of color and light in the landscapes.

North Valley

Thursday, May 9, 16, 23 and 30
1:00 - 3:00 pm

Fee: 4 classes, \$75/Materials Included
Instructor: Elaine Cimino

Water Color - Still Life Painting

This transparent water-based painting medium has been enjoyed and used for centuries. Regardless of your experience level, you will learn how to use materials and all the techniques associated with watercolor. You will see demonstrations and we will discuss composition, design, subject matter, and textures that lend themselves to this medium. It is beneficial to build a strong foundation in an observational practice in order to understand the composition and design, negative space, color changes from cool to warm and using contrast and layers to build a believable 3-dimensional space on the paper.

North Valley

Tuesday, June 4, 11, 18 and 25
4:30 - 6:30 pm

Fee: 4 classes, \$75
Instructor: Elaine Cimino

Drawing Class

Open Studio. All levels welcome.

North Domingo Baca

Saturday • 9:15 - 11:15 am

Portrait Drawing Class

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

Highland

Tuesday • 10:00 am - 12:00 pm

Learn to Draw with Kelly

Come have fun with us! Supplies can be purchased at Michaels or Hobby Lobby. 1-12x18 of newsprint, 1-kneaded eraser, 1-charcoal pencil.

North Domingo Baca

Friday • 9:00 - 11:00 am

Sketching**Los Volcanes**

Thursday • 9:00 - 11:00 am

Instructor: Dominguez

Al's Coloring Class

If you are interested in coloring for relaxation, peace of mind or to express creativity and meet people who share your same interest, this is the class for you. Al's coloring class is about expressing creativity through one of a kind intricate designs. Al will provide the coloring pages and pencils.

Barelas

Mondays • 10:00 - 11:30 am

Brilliance of Pastels

This class involves weekly demonstrations, teaching and critique. Pastels are the only art medium that are utilized in both drawing and painting. Soft pastels are pure pigment and are as permanent as oil paints! In the last class we will learn how to frame a pastel painting. Written hand-outs are given weekly. Call for a materials list. Some may be purchased from the instructor. Six or eight week sessions.

Manzano Mesa

Mondays, January 7 - June 28

1:30 - 4:00 pm

Instructor: Sharon

Fee plus materials

Painting: Open Workshop

All venues welcome. No registration required, bring materials.

Bear Canyon

Friday • 9:00 - 11:30 am

Painting Workshop: Acrylic

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

Bear Canyon

Monday • 9:00 - 11:30 am

Instructor: Paul

Painting Workshop: Oil

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

Bear Canyon

Wednesday • 8:30 - 11:30 am

Instructor: Marian

Painting: Tile**Manzano Mesa**

Friday • 8:30 - 11:30 am

(Special Needs Tile Painting offered. Must have appropriate caretaker to client ratio)

Instructor: Lawanda

Painting Class**Los Volcanes**

Tuesday • 9:00 - 11:00 am

Instructor: Dominguez

Watercolor/Open Studio

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

Highland

Thursdays, January 3 - June 27

9:30 am - 12:00 pm

Facilitator: Davetta

Watercolor: Intermediate

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

Bear Canyon

Tuesday • 1:00 - 3:30 pm

Watercolor: Adult Class**North Domingo Baca**

Tuesday • 9:00 am - 12:30 pm

Instructor: Raymond Ortiz

Oil Painting

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

North Valley

Friday • 9:00 am - 12:00 pm

PHOTOGRAPHY

Photography Classes

All levels welcome. Bring your own camera.

North Domingo Baca

Wednesday • 8:30 - 11:30 am

Thursday • 6:00 - 8:00 pm

Sign up at the front desk

Instructor: Jim

POTTERY

Pottery

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

Self-directed. There is a material fee.

Manzano Mesa

Tuesday, Thursday • 9:00 am - 1:00 pm

North Valley

Monday • 9:00 - 11:30 am

Palo Duro

Friday • 9:00 - 11:30 am

Beginning Pottery

This is a class for beginners to explore together the fun of working with clay, and learn pottery techniques. Watch your creations come to life!

Highland

Wednesday, January 9 - June 26

9:00 am - 12:00 pm

Instructor: Christine

Pottery: Intermediate

This class is for students who have completed the Beginning Pottery course or who have proficient knowledge. This fifteen-week class will cover a variety of clay projects including sculpture, hand built pottery, pottery on the wheel, glaze finish, and surface design. Students are encouraged to develop their own projects. All work will be fired in the studio. Material fees apply.

Los Volcanes

Wednesday • 9:00 - 11:00 am

Pottery: Clay Classes

North Domingo Baca

Tuesday • 9:00 am - 1:00 pm

Wednesday • 9:00 am - 1:00 pm

October through April

QUILTING, SEWING AND WEAVING

Get It Done!

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

Palo Duro

Friday • 12:00 - 2:00 pm

Laptop Quilters

An experienced group of hand quilters sharing ideas, assisting each other and completing quilts to completion. A wide variety of items from donated materials. Everything produced is given to community groups and hospitals. Donations of fabric and yarn are always appreciated.

Highland

Monday • 9:00 - 11:30 am

Quilting

Paradise Hills Meal Site

Tuesday • 10:00 am - 3:00 pm

Taylor Ranch Meal Site

Friday • 9:00 - 11:00 am

Quilting, Long Arm

Whispering Pines Meal Site

Friday • 9:00 am - 3:00 pm

Quilting

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

Highland

Tuesday • 8:00 am - 12:00 pm

Palo Duro

Tuesday • 8:00 am - 12:30 pm

Saturday • 9:00 am - 1:00 pm

Quilting Cluster

North Domingo Baca

Friday • 10:00 am - 4:00 pm

Quilting: Experienced

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

Bear Canyon

Tuesday • 8:30 - 11:45 am

Instructor: Janet

Quilting: Hand

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

North Valley

Monday • 8:00 am - 4:00 pm

Quilting: Machine

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

Manzano Mesa
Tuesday • 9:00 am - 12:00 pm

Instructor: Shirley

Quilting: Punch

Manzano Mesa
Tuesday • 1:00 - 3:00 pm

Sewing and Alterations

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

Palo Duro
Tuesday • 10:00 am - 12:30 pm

Instructor: Silvia Gosso

Swedish Weaving

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

Los Volcanes
Tuesday • 11:30 am - 2:30 pm

Palo Duro
Friday • 2:15 - 4:30 pm

\$10 material fee

Tuesday Angels

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

Palo Duro
Tuesday • 8:30 - 11:30 am



METALS (sign-up is required)

Metal Casting

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

Palo Duro
Thursday • 1:00 - 4:30 pm

Instructor: James Lumpee

\$4 per casting for consumables

Metalsmithing/Jewelry Lab

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

Palo Duro
Wednesday • 11:30 am - 4:00 pm

Lab Monitors: Garcia & Taylor

\$1 per week for consumables

Tin Class

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

Los Volcanes
Tuesday • 12:30 - 4:30 pm

Traditional Spanish Tin Work/Open Studio

Expand on your skills with tinsmithing a traditional colonial art form. This is an open studio for people who have completed the Traditional Spanish Tin Work class and are skilled enough to work without an instructor.

Highland
Wednesday • 1:00 - 4:00 pm

Self Directed

Tin Punching

Tin-punching is a colonial art form to make functional and decorative items from tin. This is a great class to learn about cutting, punching, and finishing off tin. This class is self-taught.

Barelas
Tuesday • 12:30 - 4:00 pm

Tin Works Class

Join Jason Younis y Delgado, a 5th generation tinsmith and a member of the Spanish Colonial Arts Society in an open class for tinwork at North Valley Senior Center. All experience levels are invited.

North Valley
Tuesday, March 5, 12, 19 and 26

9:30 am - 11:30 am

Tuesday, June 4, 11, 18 and 25
9:30 - 11:30 am

Fee \$55 for all materials

Instructor: Jason Younis

CROCHETING AND KNITTING

Project Linus

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

Manzano Mesa
2nd Saturday • 9:00 am - 12:00 pm

Bear Canyon
Monday • 9:00 am - 12:00 pm

The "Busy Bees"

Donate hats, blankets and scarves to many organizations.

Palo Duro
Wednesday • 12:00 - 3:00 pm

Instructor: Susan Courtright

Open Studio Crochet and Knitting

Come join this Open Studio Crochet and Knitting with a fun loving group for socializing and learning new techniques. This is in an informal group working on different individual and group projects. You must bring your own supplies.

North Valley
Wednesday • 9:00 am - 12:30 pm

MUSIC

Beginning Classical Guitar

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

Bear Canyon

Monday • 9:00 - 11:00 am

Instructor: Don Lubin

Classical Guitar II

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

Bear Canyon

Thursday • 12:30 - 3:00 pm

Instructor: Don Lubin

Intro to Ukulele

Learn the basics of Ukulele: holding instrument, strumming, chords, reading chords, drawing chord charts, playing songs and more! Bring a one-inch 3-ring binder and ukulele (not baritone) to class. 8 sessions: 7 one-hour classes and an in-class recital. For questions call (505) 712-6253.

North Valley

**Monday, February 4 - March 25
10:45 - 11:45 am**

Fee: 8 Classes/\$40 due at 1st class

Instructor: Auttem-Lin

Canto y Guitarra

Get together to sing in Spanish.

Barelas

Monday • 12:30 - 1:30 pm

City of Albuquerque Department of Senior Affairs | (505) 764-6400

Intermediate Ukulele

Learn to read notes on treble clef staff and to locate notes on the fretboard in order to pick the melody of a song (versus strum) and much more! Bring a one inch 3-ring binder and ukulele (not baritone) to class. For questions, (505) 712-6253. (Classes will range from 1-1.5 hours). Max. 12

North Valley

Monday, April 8 • 10:45 am - 12:15 pm

Fee: 6 Classes/\$50 due at 1st class

Instructor: Auttem-Lin

Transposing Keys/Chords Workshop (Treble Clef)

For ukulele or guitar, instrument for workshop optional. Learn to change the key of a song and the chords within that key to a comfortable playing or vocal range. A simplified process and useful tool. One, 2-hour workshop. For questions call (505) 712-6253.

North Valley

Monday, April 1 • 10:00 am - 12:00 pm

Fee: \$20 due at start of workshop

Instructor: Auttem-Lin

Beginning Ukulele

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

Highland

Wednesday, January 2 • 4:30 - 6:30 pm

Instructor: Anita Ann Withrow

WOODWORKING

Woodshop and Wood Carving

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

Los Volcanes

Tuesday • 8:30 - 10:30 am

Monday • 12:00 - 4:00 pm

North Valley

Tuesday • 8:00 - 10:30 am

Woodcarving/Bear Canyon Carvers

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

Bear Canyon

Friday • 8:00 am - 12:00 pm

Instructor: Gerry

Open Woodshop and Wood Carving

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

Manzano Mesa

Wednesday • 8:00 - 11:30 am

FOLK ART

Retablos/Hispanic Folk Art

Learn the art of making retablos.

North Valley

Wednesday • 1:00 - 4:00 pm

Instructor: Anita Andrade

Barelas

Tuesday • 9:00 - 11:00 am

Instructor: George

COMPOSITION (WRITING)

Memories - Autobiography

Bear Canyon

Tuesday • 9:00 - 11:15 am

Word Wright's Writing

North Domingo Baca

Monday • 1:30 - 3:30 pm

Writing about our Lives

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

Highland

Friday • 1:30 - 3:00 pm

COMPUTER**BARELAS****Introduction to Microsoft Windows 10 and Beyond**

This class is ideal for the first time student wanting to learn the use of the computer and the student wishing to update their computer skills with the latest Microsoft 10 operating system. Students will learn about basic computing and how to use this Microsoft operating system. They will also be given an introduction to MS Word, Email and how to access the net and use it safely. Minimum of 4 students needed to offer this class.

Barelas

Tuesdays, January 8, 15, 22 and 29
9:00 - 11:00 am • 1:00 - 3:00 pm

Cost of 16-hour course \$20 payable to instructor. Sign up at the front desk.

Introduction to Microsoft Publisher

Learn how to make flyers, greeting cards, calling cards, banners, etc. Minimum of 4 students need to sign up 1 week prior for this class for the class to be presented. It is recommended that the student have common use and understanding of Windows 10 operating systems prior to taking this class.

Barelas

Tuesdays, February 5, 12, 19 and 26
9:00 - 11:00 am • 1:00 - 3:00 pm

Barelas

Tuesdays, April 9, 16, 23 and 30
9:00 - 11:00 am • 1:00 - 3:00 pm

Cost of 16 lesson course \$20 payable to instructor. Minimum of 4 students needed to offer this course. Sign up at the front desk.

Introduction to Microsoft Windows 10 and Beyond

This class is ideal for the first time student wanting to learn the use of the computer and the student wishing to update their computer skills with the latest Microsoft 10 operating system. They will also be given an introduction to MS Word, Email and how to access the net and use it safely. Minimum of 4 students needed to offer this class.

Barelas

Tuesdays, March 5, 12, 19 and 26
9:00 to 11:00 am • 1:00 - 3:00 pm

Cost of 16-hour course \$20 payable to instructor. Sign up at the front desk.

Introduction to Microsoft Windows 10

This class is ideal for the first time student wanting to learn the use of the computer and the student wishing to update their computer skills with the latest operating system. Students will learn about basic computing and how to use the latest Microsoft operating system. They will also be given an introduction to MS Word, Email and how to access the net and use it safely.

Barelas

Tuesdays, May 7, 14, 21 and 28
9:00 to 11:00 am • 1:00 - 3:00 pm

Cost of 16 lesson course \$20 payable to instructor. Minimum of 4 students needed to offer this course. Sign up at the front desk.

Introduction to Microsoft Publisher 2013

Learn how to make flyers, greeting cards, calling cards, banners, etc. Minimum of 4 students needed to offer this course. Sign up 1 week prior course. It is recommended that the student have common use and understanding of Windows 10 operating system prior to taking this class.

Barelas

Tuesdays, June 4, 11, 18 and 25
9:00 am to 11:00 am • 1:00 to 3:00 pm

Cost of 16 lesson course if \$20. Sign up at the front desk.

BEAR CANYON**Apple iPad and iPhone Workshop**

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

Bear Canyon

2nd Thursday of every month
10:00 am - 12:00 pm

Contact: Bob Reed, reed1936@comcast.net

Apple Macintosh Day

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

Bear Canyon

3rd Saturday of each month
9:45 am to 12:00 pm

Contact: Bob Reed, reed1936@comcast.net

Computer: Lab

Open to members who wish to practice their skills or access the web. The Lab will be open only if a computer monitor is in the present.

Bear Canyon

Monday, Wednesday and Friday
9:00 - 11:00 am

Computer: Windows PC Classes at Bear Canyon

For a calendar of Bear Canyon computer room activities, visit: www.brownbearsw.com/freecal/bcsc.

We conduct classes periodically on a variety of Windows PC topics. To join our email list, and receive course notifications, contact Gary Day at 292-4909 or email, garylday@msn.com.

Computer: Windows Workshop

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

Bear Canyon
3rd Wednesday every month
1:30 - 3:30 pm

Facilitators: Harold Gottlieb and Gary Day.
Contact: Harold Gottlieb: hbgott12@q.com

Computer: Chromebook Users Group

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

Bear Canyon
2nd Wednesday every month
1:30 - 3:30 pm

Contact: Bill Miller at
bearcanyonclasses@gmail.com

HIGHLAND

Open Computer Lab
Wednesday • 1:00 - 3:00 pm

LOS VOLCANES

Open Computer Lab
Monday and Wednesday
9:00 am - 1:00 pm

MANZANO MESA

Computer Lab
Manzano Mesa
Tuesday, Thursday • 9:00 am - 12:00 pm
Wednesday • 1:00 - 3:00 pm
Friday • 9:00 am - 3:00 pm

NORTH DOMINGO BACA**Word 2010 and Up, Level 1**

Create and modify documents; use spell and grammar check; enhancing text with fonts, bullets, and numbering; cut and paste, Undo, margins; saving and printing. Detailed handout included.

North Domingo Baca
January 9, 10, 15 and 16
9:45 am-12:00 pm

Cost: Donation
Instructor: Karen Johnson

Using the Internet

Learn how to access and use the Internet, shop without compromising your personal information, and finding information such as reliable government and medical websites. Detailed handout included.

North Domingo Baca
January 23, 24, 29 and 30
9:45 am - 12:00 pm

Cost: Donation
Instructor: Karen Johnson

Excel 2010 and Up, Level 1

Learn to create and enhance spreadsheets, create simple formulas, preview and print. Lots of tips and tricks. Detailed handout included.

North Domingo Baca
February 6, 7, 12 and 13
9:45 am - 12:00 pm

Cost: Donation
Instructor: Karen Johnson

**Word 2010 and Up, Level 2**

Create drop caps, customize bullets and paragraph numbering. Also, indent paragraphs; set and use custom tabs; use Format Painter; use Find and Replace; insert page breaks and page numbers; create portrait and landscape pages; and create headers and footers. Detailed handout included.

North Domingo Baca
February 20, 21, 26 and 27
9:45 am - 12:00 pm

Cost: Donation
Instructor: Karen Johnson

Using Flash Drives

In this class, you will learn how to purchase and use flash drives. We will use flash drives in the other classes in order to take projects home. Detailed handout included.

North Domingo Baca
March 6, 7, 12 and 13
9:45 am - 12:00 pm

Cost: Donation
Instructor: Karen Johnson

Publisher 2010 and Up, Level 1

Create eye-catching, colorful flyers, signs, letterheads, greeting cards, business cards, labels and include clipart and photos. Many tips and tricks will be included to help you create and modify your publications. Detailed handout included.

North Domingo Baca
April 3, 4, 9 and 10
9:45 am - 12:00 pm

Cost: Donation
Instructor: Karen Johnson

Word 2010 and Up, Working with Photos

Learn how to place, modify, and enhance photos, clipart, and text boxes in your documents. This is an advanced Word class. Detailed handout included.

North Domingo Baca
April 17, 18, 23 and 24
9:45 am - 12:00 pm

Cost: Donation
Instructor: Karen Johnson



Google Calendar

Keep your personal or business calendar to access from any computer or your phone. View your calendar by day, week month, or year. Create one-time or recurring appointments; create reminders, format the calendar. Detailed handout included.

North Domingo Baca
May 15, 16
9:45 am - 12:00 pm

Cost: Donation
Instructor: Karen Johnson

Excel 2010 and Up, Level 2

Learn to create advanced formulas, work with functions and dates, sort and filter, worksheet protection, and charts (graphs). More tips and tricks! Detailed handout included.

North Domingo Baca
May 1, 2, 7, 8 and 14
9:45 am - 12:00 pm

Cost: Donation
Instructor: Karen Johnson

Windows 10 and Word 2010 and Up for Beginners

Learn Windows basics and how to create documents in Word. This class is designed for beginners. Take Word, Level 1 for a more thorough knowledge of Word. Detailed handout included.

North Domingo Baca
May 22, 23, 28 and 29
9:45 am - 12:00 pm

Cost: Donation
Instructor: Karen Johnson

Email Using Google's Gmail

Send and receive email. Learn how to delete, reply, forward, organize, and attach documents and photos. Detailed handout included.

North Domingo Baca
June 19, 20, 25 and 26
9:45 am - 12:00 pm

Cost: Donation
Instructor: Karen Johnson

NORTH VALLEY

Open Computer Lab

Open to members who wish to practice their skills or access the web. The Lab will be open only if a computer monitor is present. During open lab a monitor is on site to assist you.

Lab Hours: Monday - Thursday
1:00 - 3:00 pm and
Tuesday • 9:00 am - 12:00 pm

PALO DURO

Open Computer Lab

Open to members who wish to practice their skills or access the web. The Lab will be open only if a computer monitor is present. During open lab a monitor is on site to assist you.

Monday, Tuesday, Wednesday and Friday
1:00-3:00 pm Thursday • 9:30 - 11:30 am
Closed on Thursdays during tax season

TIJERAS MEAL SITE

Computer Lab

Tijeras Meal Site
Monday, Tuesday, Thursday and Friday
8:30 am - 4:00 pm

LANGUAGE

Beginners Spanish Class

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

North Valley
Thursday, January 17 - February 21
10:00 - 11:00 am

North Valley
Thursday, March 14 - April 18
10:00 - 11:00 am

North Valley
Thursday, May 2 - June 6
10:00 - 11:00 am

\$45 materials included, 6 week course
Instructor: Carlos Johnson

Beginning/Intermediate Spanish

Have you always wanted to learn Spanish but were unsure where to start? Join our Beginning/Intermediate Spanish class and spend 6 weeks getting a feel for the language and the grammar. \$40 includes texts and supplemental material

Bear Canyon
Monday, January 14 - March 4
Monday, March 25 - April 29
Monday, May 13 - June 24
8:30 - 9:30 am

Instructor: Carlos A. Johnson

Beginning Spanish Discussion

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

Palo Duro

Session I:

Tuesday, January 15 - February 19

3:00 - 4:00 pm

Session II:

Tuesday, March 5 - April 9

3:00 - 4:00 pm

Session III:

Tuesday, April 23 - May 28

3:00 - 4:00 pm

\$45 materials provided

Instructor: Carlos Johnson

Spanish Workshop: Contemporary

Bear Canyon

Tuesday • 1:10 - 3:00 pm

Instructor: Judith

No registration required.

Spanish: Beginning Conversational

Suitable for absolute beginners and a good refresher for those who have had Spanish in school — but a lot more fun! Learn essential phrases; how to show good manners in Spanish; and enough to get by in many practical situations. 8 week session.

North Domingo Baca

Wednesday • 9:00 - 10:00 am

Instructor: Magda Holloway

Spanish (Beginning Level)

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

Highland

Thursday, January 3 - June 27

10:30 - 11:45 am

Instructor: Cindy Jones

North Domingo Baca

Friday • 12:30 - 1:30 pm

Instructor: Magda Holloway

Spanish (Intermediate Level)

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

North Domingo Baca

Wednesday • 10:30 - 11:30 am

Instructor: Magda Holloway

Highland

Tuesday, January 8 - June 25

12:30 - 3:00 pm

Instructor: Shirley

Please see HSC front desk for availability, as class is currently full.

Spanish Workshop: Intermediate and Advanced

Bear Canyon

Tuesday • 9:00 - 10:50 am

Instructor: Diane

Spanish - Open Studio Spanish Conversation

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

Highland

Tuesday, January 8 - June 25

1:00 - 2:00 pm

Facilitator: Shirley

Please see HSC front desk for availability, as class is currently full.

Beginners Sign-Language

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

North Valley

Tuesday, March 5 - April 9

5:30 - 7:00 pm

\$5 materials fee 6 week course

Instructor: Pam Jenkins

North Valley

Tuesday, April 16 - May 21

1:00 - 2:30 pm

\$5 materials fee 6 week course

Instructor: Pam Jenkins

Intermediate Sign-Language

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

North Valley

Tuesday, May 28- July 2 • 1:00 - 2:30 pm

\$5 material fee

Instructor: Pam Jenkins

French: I

North Domingo Baca

Thursday • 11:00 am - 12:15 pm

French: II

North Domingo Baca
Thursday • 1:00 - 2:30 pm

Intermediate French

North Domingo Baca
Saturday • 9:00 - 11:00 am

French: Advanced

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

Palo Duro

Monday • 1:00 - 3:00 pm

\$5 materials fee

Instructor: Nora Temmar & Sharon Himmelstein

Italian for Beginners

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

Barelas

Friday • 11:00 am - 12:00 pm

Instructor: Annalisa

\$3/class

Italian Workshop: Intermediate

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

Bear Canyon

Tuesday • 11:10 am - 1:00 pm

Instructor: Alex

German: Intermediate

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

Palo Duro

Thursday • 9:00 - 11:30 am

Instructor: Terry Lyons

German: Conversational**Bear Canyon**

Tuesday • 2:00 - 4:00 pm

Instructor: Simon

Lip Reading**Bear Canyon**

Monday • 12:30 - 1:30 pm

Instructor: Jean

\$5 for book

DANCE**Dance and Movement for Parkinson's**

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

North Valley

1st and 3rd Thursday • 2:00 - 3:00 pm

Instructor: Joanie Carlisle

Cost: Free

Dancing with the Bars

It's not what you may think...Dancing with the Bars is a movement exercise form of dancing — to the bars of music. It's a fun way to achieve a fit, toned body, and serene mind. It is user friendly, playful, and easy.

Bear Canyon

Thursday • 8:30 - 9:15 am

Line Dancing

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

Line Dance: Starter

First time dancers or beginners

Manzano Mesa

Wednesday • 12:15 - 1:15 pm

Beginning Line Dance

First time dancers or beginners

Manzano Mesa

Wednesday • 9:00 - 10:00 am

Instructor: Simone

Suggested donation: \$1

Line Dancing: Beginning**Barelas**

Wednesday • 10:00 - 11:00 am

Instructor: Simone

\$1 suggested donation

Bear Canyon

Tuesday • 1:30 - 3:00 pm

Thursday • 3:15 - 4:30 pm

Instructor: Patty

Los Volcanes

Thursday • 9:00 - 10:00 am

Instructor: Gayle Mecca

Manzano Mesa

Wednesday • 1:30 - 3:00 pm

Instructor: Georgette

\$1 Donation

Palo Duro

Monday • 3:15 - 4:30 pm

Saturday • 9:00 - 10:30 am

Instructor: Gayle Mecca

Line Dancing I: Intermediate**Bear Canyon**

Tuesday • 3:15 - 4:30 pm

Instructor: Patty

Manzano Mesa

Wednesday • 3:00 - 4:30 pm

\$1 Donation

Line Dancing II: Intermediate**Manzano Mesa**

Friday • 2:00 - 3:30 pm

Instructor: Wylene S.

Line Dancing III: Intermediate**Manzano Mesa****Tuesday • 2:00 - 4:00 pm***Instructor: Clorinda R.**\$1 Donation***Line Dance: Intermediate****Los Volcanes****Thursday • 10:10 - 11:10 am***Instructor: Gayle Mecca***North Domingo Baca****Tuesday • 5:45 - 7:30 pm***Instructor: Georgette***North Domingo Baca****Thursday • 1:30 - 3:00 pm***Instructor: Mary***Highland****Tuesday • 1:30 - 3:00 pm***Instructor: Wylene***Line Dance: Advanced****Bear Canyon****Thursday • 1:30 - 3:00 pm***Instructor: Doug**Cost: \$1***Palo Duro****Monday • 1:30 - 3:15 pm***Instructor: Doug Madison***2nd, 3rd, 4th Saturday****10:30 am - 12:00 pm***Instructor: Jeanne Hendrix***Ballroom: Beginning****Bear Canyon****Thursday • 4:45 - 5:45 pm***\$6/class***Manzano Mesa****Wednesday • 6:00 - 7:00 pm****Highland****Tuesday • 10:00 - 11:00 am****New Mexico Folk Dance****Manzano Mesa****Wednesday • 9:45 - 11:15 am****Ballroom/Swing/Country/Dance: Intermediate**

Come learn the basics moves for ballroom, Latin and swing. Intermediate is a continuation from the beginning class, with intermediate step patterns. Includes patterns and disc.

Manzano Mesa**Saturday • 10:00 am - 12:00 pm****Beginning: 10:00 - 11:00 am****Intermediate: 11:00 am - 1:00 pm***Instructor: Barbara W.**\$25/4 weeks, includes patterns and disk***North Domingo Baca****Thursday • 7:00 - 8:00 pm****Saturday • 10:30 am - 12:30 pm***Instructor: Georgette***Hula and Hawaiian Culture**

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

North Domingo Baca**Tuesday • 4:45 - 5:45 pm****Tribal Belly Dance/ Belly Dance Foundations**

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

North Domingo Baca**Friday • 5:00 - 6:30 pm****Wise Women Belly Dancing**

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

Manzano Mesa**Thursday • 6:00 - 8:00 pm***\$5 for first class, \$10 Drop In or \$35 for 4 classes***Center Memberships are only****\$20**

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

Volunteer Today

We offer a wide variety of volunteer opportunities.

Do you have time, talents, skills, or hobbies you would like to share? If you do, please call the RSVP office at **(505) 767-5225**.

Interested in volunteering?
Please call us at **(505) 767-5225**.



Events

Ongoing Events

Dance to Live Music at the Centers

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

Barelas

Friday • 1:30 - 4:15 pm

Bear Canyon

Thursday • 6:00 - 8:45 pm

Highland

4th Saturday • 12:00 - 3:00 pm

Los Volcanes

Thursday • 1:30 - 4:15 pm

North Valley

Sunday • 1:30 - 4:30 pm

Ice Cream Socials

Banana splits and sundaes are favorites. 75¢/serving

Los Volcanes

1st Wednesday • 10:15 - 11:15 am

Palo Duro

3rd Thursdays • 11:30 am - 12:30 pm

Barelas

2nd Thursdays • 10:00 am - 11:00 am

**Sponsored by Davis Riordan, Insurance Broker*

Pie Socials

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

Los Volcanes

3rd Friday • 10:15 - 11:15 am

North Domingo Baca

1st Friday • 11:45 am - 1:00 pm

Dessert Socials

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

Barelas

4th Thursday • 10:00 - 11:00 am

Bear Canyon

3rd Friday • 1:30 - 2:30 pm

Birthday Celebration

Celebrate birthdays every month with cake.

Bear Canyon

2nd Thursday • 11:30 am - 12:30 pm

Barelas

3rd Wednesday • 1:00 - 2:00 pm

Palo Duro

1st Friday • 11:30 am - 12:30 pm

Highland

1st Wednesday • 1:00 - 1:30 pm

Los Volcanes

1st Friday • 10:00 - 10:45 am

North Domingo Baca

Last Friday • 11:45 am - 12:30 pm

North Valley

3rd Friday • 10:30 - 11:30 am

Tijeras Meal Site

3rd Friday • 12:00 pm

Friendship Coffee

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

Barelas

Wednesday • 9:30 - 10:30 am

Bear Canyon

Tuesday • 9:30 - 10:30 am

Highland

Monday • 1:00 - 4:00 pm

Los Volcanes

Thursday • 10:00 - 11:00 am

Tuesday • 10:00 - 11:00 am

Manzano Mesa

Thursday • 10:00 - 11:00 am

North Valley

Wednesday • 8:30 - 10:30 am

Palo Duro

Wednesday • 9:15 - 10:15 am

Movies at Palo Duro

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

Palo Duro

1st and 3rd Thursday • 1:30 - 4:00 pm

Highland

Every Friday • 2:00 pm

New Mexican Folk and Latin Dance

New Mexican, Mexican and contemporary Latin dances. ATHLETIC SHOES must be worn to participate.

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

Tuesday 1:15 - 2:45 pm

Instructor: Frances

Karaoke

Barelas

3rd Tuesday • 11:00 am - 1:00 pm



January

“Get Movin’ and Groovin’ January Special Event

Are you ready to get your bodies moving again after all that yummy holiday foods? Come dance a little and start your year off healthier and happier.

Manzano Mesa
Friday, January 4
1:30 - 3:00 pm

Three Kings Day

Los Volcanes
Tuesday, January 8 • 10:00 - 11:30 am

Law Enforcement Appreciation Lunch

Come join us for a nice relaxing afternoon and have lunch with an APD officer.

North Domingo Baca
Wednesday, January 9
11:30 am - 1:00 pm

Gypsy Dreams Luncheon

Our crystal ball predicts you’ll have an amazing time at our gypsy inspired luncheon. The food and entertainment will be sure to please.

Palo Duro
Thursday, January 10
11:30 am - 1:00 pm
\$4, Reservations required

Monday Fun-Day Pickleball

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

Barelas
Monday, January 21, 1:30 - 3:30 pm

Carrington College Blood Pressure Checks

Barelas
Thursday, January 24
8:00 am - 2:00 pm

City of Albuquerque **Department of Senior Affairs** | (505) 764-6400

Let’s Talk Health

Join us for a mini health fair. We will have health and wellness representatives here to provide: blood pressure testing, BMI testing, heel scans and more. We will provide some nutritious and delicious snacks! More details to be announced.

Los Volcanes
Wednesday, January 24
9:30 am - 12:00 pm
Call center to sign up

Chinese New Year Luncheon

Come celebrate the beginning of the Year of the Pig! Reservations required.

Bear Canyon
Friday, January 25 • 11:30 am - 1:00 pm
\$4

The Super Bowl Party

The Super Bowl is around the corner, but come and join us for snacks and refreshments as you support your favorite team by wearing your team’s Jersey or T-shirt.

North Valley
Thursday, January 31 • 10:30 - 11:30 am

February

African American Night

Join us as we kick off African American History month. Food, fun and a history lesson.

North Domingo Baca
Friday, February TBA • 6:00 - 8:00 pm

2019 Super Bowl LIII Gathering

Ready...Set...Join Highland Senior Center for a Super Bowl gathering! Put on your favorite team jersey and team paraphernalia, bring your famous snack, come taste other delicious snacks, and celebrate Super Bowl LIII at HSC!

Highland
Sunday, February 3 • 3:00 - 9:00 pm

Valentine’s Day Dance

Taylor Ranch Community Center
Thursday, February 14
10:30 am - 1:30 pm

Sweet Tooth

"All you need is love. But a little chocolate now and then doesn’t hurt." — Charles M. Schulz

Manzano Mesa
Thursday, February 14 • 10:00 - 11:00 am

Red Day At Los Volcanes

Who cares if there’s six more weeks of winter! Let’s pretend it’s summer and have Strawberry Shortcakes. Before we know it, we really will be wearing short sleeves. Make sure wear “RED” for National Red Day.

Los Volcanes
Friday, February 1 • 1:30 - 4:00 pm

Cupid Cuties Dance

Enjoy yourself dancing the afternoon away at our special Valentine’s Day Dance.

Los Volcanes
Thursday, February 14 • 1:30 - 4:30 pm
Dance: Free

Sweetheart Special Luncheon

Come join us, and bring that special person in your life, or come alone who knows who you might meet at our Valentine's Day Sweetheart Special Luncheon. So dress to impress, you're sure to have a great time, and enjoy a delicious meal! Space is limited, so advance \$4 ticket purchase IS REQUIRED at the HSC Front desk.

Highland Thursday, February 14

Serving from 11:30 am - 12:00 pm
\$4 ticket required

Xoxo Luncheon

Roses are red
Violets are blue
A kiss for me
And a hug for you

Join us as we celebrate this love-filled holiday with those we care about most!

Palo Duro Thursday, February 14 11:30 am - 1:00 pm

\$4, Reservations required

Be My Valentine

For all the couples and single that want to enjoy this romantic day with a little fun and excitement, join us for food and entertainment.

North Valley Thursday, February 14 • 10:00 - 11:30 am

Valentine's Dance Party

Roses are red, violets are blue, Barelás is planning a party that's perfect for you!!

Barelás Friday, February 15 • 1:30 - 4:00 pm \$3/person

Sweetheart Dinner Dance

North Valley Tuesday, February 19 • 4:00 - 7:00 pm Cost: \$7.50

Highland Readers Theater Performance

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

Palo Duro Wednesday, February 20 • 2:00 - 3:00 pm Bear Canyon Thursday, February 7 • 1:30 - 2:30 pm

That's Amore Luncheon

Ciao! Down with Bear Canyon for a delicious Italian meal and all your favorite Dean Martin songs performed by Roger Burns. Reservations required.

Bear Canyon Friday, February 22 • 11:30 am - 1:00 pm \$4 Reservations required

March

Mardi Gras

North Valley Senior Center wants to invite you to join us in celebrating Fat Tuesday. It is a traditional festival celebrated in New Orleans. Come and enjoy snacks, masks, beads and music.

North Valley Tuesday, March 5 • 10:00 - 11:30 am

El Camino Real Garden Club

Sign up and join our free garden club as it starts its 6th successful year of planning, planting and growing a wonderful lush garden here at the Barelás Senior Center. Learn more about our garden club. "Free" Membership is open to all Albuquerque Senior Center and Multigenerational Senior members.

Barelás Senior Center Monday, March 6 • 10:00 - 11 :00 a.m.

Fat Tuesday/Mardi Gras Celebration

Crowns, beads, parades and more... This is what Mardi Gras is for!

Los Volcanes Tuesday, March 5 • 1:00 - 3:00 pm

You're My Lucky Charm Luncheon

Whether you're lucky or not you'll enjoy this magically delicious celebration!

Palo Duro Thursday, March 14 • 11:30 am - 1:00 pm \$4, Reservations required

Pi Day (Π)

Considered an irrationable number Pi (Π) is the ratio of any circle's circumference to its diameter and because everyone should be able to enjoy a fun mathematical holiday, at Los Volcanes we will be celebrating by serving a slice or two from a very round pizza!

Los Volcanes Thursday, March 14 • 1:00 - 3:00 pm

St. Patrick's Day Dinner

Wear all your green and enjoy a good Irish meal!

North Domingo Baca Friday, March 15 • 6:00 - 8:00 pm

Lucky Charm Luncheon

Join us on St. Patrick's Day Irish feast with all the traditional fixings! Don't forget to wear your green.

Highland Friday, March 15 • 11:30 am - 1:00 pm \$4, Reservations required

St. Patty's Day Luncheon

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

Barelás Monday, March 18 • 11:30 am - 1:00 pm Reservations required

Luck O' the Irish Luncheon

Lots o' luck will come your way if you can join Bear Canyon for St. Patty's Day!

Bear Canyon

Friday, March 15 • 11:30 am - 1:00 pm

\$4

St. Patrick's Day

Join us for a traditional Irish menu. Corned beef and cabbage, boiled potatoes and all the fixins and entertainment during our St Patrick's Day Luncheon. Reservation is required, please call (505) 761-4025.

North Valley

Monday, March 18 • 11:30 am - 1:00 pm

Shhh... It's about to start

Join us again for another movie on the big screen and all of your favorite theatre snacks!

Manzano Mesa

Friday, March 29 • 12:30 - 2:30 pm

We Appreciate You Volunteers!

North Valley Senior Center would like to thank all of our volunteers for your hard work and dedication. Join us as we show you a token of our appreciation.

North Valley

Tuesday, March 26 • 10:00 - 11:00 am

April

BEE - sy Spring!

Flowers are blooming, sun is shining, open up the windows and let the fresh air in. Join us for some goodies and good times.

Los Volcanes

Wednesday, April 3 • 1:00 - 2:30 pm

Gardening in the El Camino Real Garden

Learn how our senior garden got started here at the Barelmas Center and how you can join the garden club or become a "Garden Angel" and support our garden with various donations of seeds, plants and other garden materials. El Camino Garden Keeper, Patrick Turrieta and other gardeners will talk about our wonderful garden program and how you might start a garden at your home, apartment or other location. Please sign up at the front desk or call center to sign up

Barelmas Senior Center

Wednesday, April 3 • 1:00 - 2:30 pm

Knights of the Round Table Luncheon

Hear Ye! Hear Ye! You have been summoned to attend a celebration fit for medieval times. Food and entertainment will be aplenty

Palo Duro

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

\$4, Reservations required

Easter Egg Hunt

The search is on, come and search for the golden eggs; you never know what might be inside. Cookies, Candy, and Chocolate will be shared with everyone.

Manzano Mesa

Wednesday, April 17 • 10:00 - 11:30 am

Volunteer Recognition Event

Their help and participation is invaluable to Los Volcanes. Los Volcanes says "Thank You" with a Very Special Event. By invitation only.

Los Volcanes

Wednesday, April 17 • 2:00 - 4:30 pm

50's Special Luncheon

Throw on some 50's attire and join us for a luncheon and dance, complete with music entertainment playing songs from the 50's. Space is limited, so advance \$4 ticket purchase is required at the. HSC Front Desk.

Highland

Thursday, April 18

Serving ONLY from 11:30 am - 12:00 pm

\$4 Ticket required

Springs Arts and Crafts Fair

We will have vendors featuring handcrafted one of a kind items. Make sure and reserve your table today for our spring holiday arts and crafts fair, tables will sell fast. Only handcrafted items and artisan goods will be sold. Vendors call (505) 764-6436 to reserve your spot

Barelmas Senior Center

Wednesday, April 24 • 10:00 am - 1:00 pm

Valid membership required

Bunny Bash Luncheon

Wear your spring colors and join us for a hoppity good time! With great entertainment and a traditional Easter Meal. Reservations required.

Bear Canyon

Friday, April 26 • 11:30 am - 1:00 pm

\$4, Reservations required

Festival International

North Valley Senior Center presents 19th Annual Festival International. Professional artists from different cultures will present their music and dance in beautiful customs.

North Valley

Friday, April 26 • 9:00 am - 1:30 pm

Duke Ellington Day/Lunch

Join us as we take a stroll down memory lane with Duke Ellington. Dance and enjoy refreshments.

North Domingo Baca

Monday, April 29 • 11:30 am - 1:00 pm

Dinner Dances

Spend an elegant evening dining and dancing to live music. Various bands

Los Volcanes

Tuesday, April 30 • 4:00 - 7:00 pm

\$7.50 per person

May

Lunch Time Theater Special Luncheon

Join us for LUNCHTIME THEATRE - featuring another lively production presented by The Silver Players, Albuquerque Little Theatre's acting program for Seniors (55+). This group of players train together to develop and present live performances of classic and contemporary plays, as well as write, design, and produce work developed by its members. This is the same group that brought us their hilarious production, BAWLS! Space is limited, so advance \$4 ticket purchase is required at the HSC Front desk.

Highland

Thursday, May 2

Serving only from 11:30 am - 12:00 pm

Performance starts at 12:30 pm

\$4 Ticket Required

Fiestas de Mayo

Celebrating the Battle of Puebla! Food, drink and Mariachi music! It will be a fiesta to remember!

Los Volcanes

Thursday, May 2 • 1:30 - 3:30 pm

Fiestas de Mayo

Nacho ordinary party and not your ordinary day! Let the fiestas start early with this Cinco de Mayo theme dance. Celebrate with food, drinks and music!

Barelas

Friday, May 3 • 1:30 - 4:15 pm

\$3 per person

North Valley Cinco de Mayo Celebration

Join the fun as we celebrate Cinco de Mayo! Enjoy festive snacks, dancing and music by one local entertainer.

North Valley

Friday, May 3 • 10:30 am - 12:30 pm

Mother May I...

We have all had that protective mother type in our lives, someone who has wanted only the best for us, today we will celebrate her and all the hard work and love she has shown us.

Manzano Mesa

Wednesday, May 8 • 10:00 am - 11:30 am

Always Time for Tea

Please join us for a special day to honor all mothers and any woman that has touched your heart and shown you love. Drink tea and share a story about your mother.

Los Volcanes

Friday, May 8 • 1:30 - 3:00 pm

Take Me Out To the Ballgame

Nothing is more American than baseball. Don't strike out on this bash or you'll miss out on all the fun! Baseball caps, jerseys and tees are highly encouraged.

Palo Duro

Thursday, May 9 • 11:30 am - 1:00 pm

\$4, Reservations required

Celebrating Older Americans Month

Joins us as we celebrate Older American's Month with a pie a la mode social! It'll be a fun time with music and delicious pie and ice cream!

Los Volcanes

Thursday, May 9 • 1:30 - 4:00 pm

(Dance Free)

Mom's Day Lunch

Let's celebrate Mom's Day with a special lunch and other nice surprises.

Barelas

Friday, May 10 • 11:30 am - 1:00 pm

Lunch reservations required

Mother's Day Celebration

Come join us as we celebrate Mother's Day the North Domingo Baca way.

North Domingo Baca

Friday, May 10 • 11:10 am - 1:10 pm

Special Sunday Dance

In honor of Mother's Day, we would like to show all mother's our appreciation on this special day. Ladies get in free.

North Valley

Sunday, May 12 • 1:30 - 4:30 pm

Annual El Camino Real Garden Blessing

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

Barelas Senior Center Gardens

Wednesday, May 15 • 10:00 - 11:30 am

Celebrating Older Americans Month

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

Bear Canyon

Friday, May 17 • 11:00 am - 1:00 pm

Senior Prom

Taylor Ranch Community Center

Friday, May 17 • 10:30 am - 1:30 pm

Carrington College Blood Pressure Checks

Barelas
Thursday, May 23
8:00 am - 2:00 pm

Let's Talk Health

Join us for a mini health fair. We will have health and wellness representatives here to provide: blood pressure testing, BMI testing, heel scans and more. We will provide some nutritious and delicious snacks! More details to be announced.

Los Volcanes
Wednesday, May 23
9:30 am - 12:00 pm

Call center to sign up

Memorial Day Luncheon

Join us for a delicious barbecue meal as we remember all the men and women who have served. Reservations required.

Bear Canyon
Friday, May 24 • 11:30 am - 1:00 pm

\$4

Patio Party: Los Volcanes is having BBQ on the Patio

Let's have a picnic together, food, fun and entertainment.

Los Volcanes
Thursday, May 29 • 1:30 - 3:00 pm

June

Food Truck Day

Enjoy some delicious local cuisine at Bear Canyon's Annual Food Truck Day.

Bear Canyon
Friday, June 7 • 11:00 am - 2:00 pm

Gone Fishin'

Every dad needs a break once in a while, come grab a chair and a cold beverage and just relax with us on this special day put aside for you.

Manzano Mesa
Wednesday, June 12
10:00 am - 11:30 am

Father's Day Jam Session on the Patio

Come listen to some Jazz music and help us honor our Dad's.

Los Volcanes, Patio
Thursday, June 13

Father's Day Lunch

Let's celebrate Dad with a great meal! We'll have some great music to enjoy and special treats.

Barelas Senior Center
Friday, June 14 • 11:30 am - 1:00 pm

Lunch reservations required

Father's Day Celebration

Come help us honor our Dads.

North Domingo Baca
Friday, June 14 • 11:30 am - 1:00 pm

Special Sunday Dance

Honoring dads on Father Day! Men get in free.

North Valley
Sunday, June 16 • 1:30 - 4:30 pm

Annual Community Health Fair

As we believe that your "Health is your Wealth", we are having our annual health fair. This event is meant to provide our folks with a variety of health and wellness screenings ranging in blood pressure, blood sugar, hearing, cholesterol checks and other resources that are beneficial to your health.

North Valley
Friday, June 21 • 9:00 am - 1:00 pm

Summer Bash

Top off America's favorite sandwich, with a piece of cheese, green chile, all the fun stuff we all enjoy. Fire up the grill and let's get the burgers cooked. For the carb conscious, eat your burgers without the buns. Watch out for delicious mouthwatering burgers..... Top of the list.....well certainly should be cheeseburgers!

Los Volcanes, Patio
Friday, June 21 • 1:30 - 3:00 pm

Banana Split Ice Cream Social

Come join us for a festive Banana Split Ice Cream Social complete with all the fixings. We'll have entertainment playing your favorite tunes of music from the 50's and 60's. This is a sponsored event, and so it's FREE to attend. However space is limited, so advance sign-up is required at the HSC Front desk.

Highland
Thursday, June 27
Serving from 2:00 - 3:00 pm

El Camino Real Garden Tour and Open House

Tour and see what is growing in our lush gardens this year. Nearly 100 varieties of plants, flowers, trees, vegetables and fruit will be on display. Check out our tropical garden with a good variety of Hawaiian plants and see our desert garden also. Get your garden questions answered by our Barelas resident Garden Keepers or other gardeners. Enjoy this peaceful and restful location to view Mother Nature at her best! Light refreshments will be served in the garden and a prize drawing will be held.

Barelas Senior Center
Thursday, June 27 • 10:00 am - 12:00 pm

Games and Cards

Billiards

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

Barelas

Monday - Friday • 8:00 am - 4:45 pm

Bear Canyon

Monday - Friday • 8:00 am - 4:45 pm
Saturday • 9:00 am - 2:45 pm

Highland

Monday - Friday • 8:00 am - 4:45 pm
Wednesday • 8:00 am - 6:45 pm
Saturday • 10:00 am - 3:45 pm

Los Volcanes

Monday - Friday • 8:00 am - 4:30 pm
Thursday • 8:00 am - 6:30 pm
Saturday • 9:00 am - 12:30 pm

Manzano Mesa

Monday - Friday • 8:00 am - 8:45 pm
Saturday • 9:00 am - 2:45 pm

North Valley

Monday - Friday • 8:00 am - 4:50 pm
Sunday • 12:30 - 4:50 pm

Palo Duro

Monday - Friday • 8:00 am - 4:45 pm
Saturday • 9:00 am - 12:45 pm

Paradise Hills

Monday - Friday • 9:30 - 11:30 am

Rio Bravo

Wednesday, Friday • 9:00 - 11:30 am

Tijeras

Monday-Friday • 8:30 am - 3:00 pm

Whispering Pines

Monday, Wednesday, Friday
9:00 - 11:30 am • 1:00 - 2:00 pm

Dominos

Paradise Hills

Monday - Friday • 9:30 - 11:30 am

Ping Pong

Tijeras

Friday • 10:00 am

Wii

Tijeras

Wednesday • 9:30 am - 3:00 pm

Corn Hole/Bean Bag Toss

Los Volcanes

Wednesday • 9:30 - 11:00 am

Bingo

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

Barelas

Tuesday • 1:15 - 3:45 pm

Bear Canyon

Wednesday • 1:30 - 4:00 pm

Highland

Monday • 1:30 - 3:45 pm

Los Volcanes

Friday • 1:30 - 4:00 pm

Manzano Mesa

Thursday • 1:30 - 4:00 pm

North Valley

Wednesday • 1:30 - 4:00 pm

Palo Duro

Tuesday • 1:15 - 4:00 pm

Alameda/Raymond G. Sanchez

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

Paradise Hills

Tuesday, Thursday • 10:00 - 11:00 am

Rio Bravo

Tuesday and Thursday
9:30 am - 11:00 am • 12:30 - 2:00 pm

Tijeras

Friday (except 3rd Friday) • 12:00 pm

Cribbage

Bear Canyon

Monday • 9:00 am - 12:00 pm
Thursday • 9:30 - 11:30 am

Palo Duro

Friday • 1:00 - 3:30 pm

Board Games and Puzzles

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

Barelas

Monday - Friday • 8:00 am - 5:00 pm

Highland

Monday - Friday • 8:00 am - 4:45 pm
Wednesday • 8:00 am - 6:45 pm
Saturday • 10:00 am - 3:45 pm

Los Volcanes

Monday - Friday • 8:00 am - 4:30 pm
Thursday • 8:00 am - 6:30 pm
Saturday • 9:00 am - 12:30 pm

North Valley

Monday - Friday • 8:00 am - 4:50 pm
Sunday • 12:30 - 4:50 pm

Bridge

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

Bear Canyon

Wednesday • 12:30 - 3:30 pm
Thursday • 8:30 - 11:30 am

Highland

Tuesday • 12:00 - 4:00 pm

Los Volcanes

Friday • 12:30 - 3:30 pm

Palo Duro

Wednesday • 12:30 - 2:45 pm

Bridge: Duplicate

Players are invited to participate in this non-sanctioned game. Pre-arrange your partners before the game or call (505) 881-9725 to locate a possible partner.

Bear Canyon

Thursday • 12:30 - 4:00 pm

Palo Duro

Monday • 12:15 - 4:00 pm

Friday • 12:15 - 4:00 pm

Bridge, Party**Taylor Ranch**

Tuesday • 12:30 - 4:30 pm

Bear Canyon

Friday • 12:15 - 3:30 pm

Alameda/Raymond G. Sanchez

Monday - Friday • 8:30 - 10:00 am

Rio Bravo

Friday • 12:30 pm

Bridge: Senior Men's**Palo Duro**

1st Thursday • 12:30 - 4:00 pm

Canasta Hand and Foot**Bear Canyon**

Monday • 12:00 - 4:30 pm

Thursday • 12:00 - 4:30 pm

Chess: For Fun

Is a two-player board game played on a chessboard; a checkered game board with 64 squares arranged in an eight-by-eight grid. Each player begins the game with 16 pieces. Learn the basics, or the moves of the masters. All levels welcome.

Bear Canyon

Monday • 11:30 am - 2:30 pm

Wednesday • 1:30 - 4:30 pm

Friday • 12:15 - 4:30 pm

Highland

Wednesday • 1:00 - 3:00 pm

Manzano Mesa

Friday, 6:00 - 8:00 pm

Euchre

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

Los Volcanes

Tuesday • 12:30 - 4:30 pm

Game Time!

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

Palo Duro

Wednesday • 12:00 - 5:00 pm

Huachas

Huachas is a game, similar to horseshoes, that involves teams of players that take turns tossing washers towards a box or hole. The game may also be called washer pitching, washer toss, washers or washoes.

Bear Canyon, outside in park

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

Jigsaw Puzzle**North Valley**

Monday - Friday • 8:00 am - 5:00 pm

Sunday • 12:30 - 5:00 pm

Highland

Monday - Friday • 8:00 am - 4:45 pm

Wednesday • 8:00 am - 6:45 pm

Saturday • 10:00 am - 3:45 pm

Mah Jongg/Spite or Malice

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

Bear Canyon

Monday • 12:00 - 4:30 pm

Highland

Friday • 1:00 - 3:00 pm

Los Volcanes

Thursday • 12:00 - 4:15 pm

Mah Jongg (American)

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

Palo Duro

2nd, 4th Thursday • 12:00 - 3:30 pm

Tijeras

Tuesday • 11:30 am



Mexican Train

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

Bear Canyon

Saturday • 10:00 am - 12:00 pm

Highland

**Monday and Wednesday
12:30 - 4:00 pm**

Los Volcanes

Tuesday • 12:45 - 4:00 pm

Pinochle

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

Bear Canyon

Tuesday • 9:30 - 11:30 am

Tuesday • 12:30 - 4:45 pm

Highland

Tuesday • 12:00 - 4:00 pm

Los Volcanes

Wednesday • 12:30 - 4:30 pm

Manzano Mesa

Wednesday • 1:00 - 4:30 pm

Paradise Hills

Wednesday • 9:00 am - 12:00 pm

Poker

Bear Canyon

Monday • 1:00 - 4:00 pm

Los Volcanes

**Tuesday, Wednesday, Friday
12:30 - 4:00 pm**

North Valley

Monday - Friday • 12:00 - 4:00 pm

Shanghai Rummy

A rummy card game, based on gin rummy and a variation of Contract rummy played by 3 to 8 players. It is also known as California rummy.

Bear Canyon

Tuesday • 12:00 - 4:00 pm

Thursday • 12:30 - 4:00 pm

Rummikub

Los Volcanes

Monday • 12:00 - 3:30 pm

Table Tennis

Highland

Wednesday • 4:00 - 6:00 pm

Manzano Mesa

Monday - Friday • 8:00 am - 9:00 pm

Saturday • 9:00 am - 3:00 pm



SENIOR SERVICES

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

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

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

**ONE
ALBUQUE
RQUE**

Groups and Clubs

OUTDOOR SPORTS

Easy Peasy Bicycling

The name says it all! Join us as we get together for some fun and easy bicycling. Make and friends while keeping active.

Palo Duro
Thursday • 10:00 - 11:00 am

Fisherman's Club

Fisherman and Fisherwomen meet every week to decide where the group will go fishing.



Bear Canyon
Every other Monday • 1:00 - 2:00 pm

Los Volcanes
Wednesday • 9:00 - 11:30 am

Trips: Every Thursday starting in April
5:10 am - 4:00 pm

North Valley
Monday • 10:00 - 11:00 pm
Trips: Every Tuesday • 5:00 am - 5:00 pm

Paul Nunez

Rock Hound Club

Palo Duro
Trips: Thursday, 2nd and 4th
8:15 am - 4:30 pm

Meetings: Thursday, 1st and 3rd
12:00-1:00pm

Facilitator: Charlie Harris

50+ Senior Softball League Meeting

Highland
2nd Friday • 9:30 - 11:00 am

USA Track Field of NM

North Domingo Baca
1st Thursday • 6:45 - 8:45 pm

SUPPORT GROUPS

Alzheimer Association Caregiver Support Group

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

North Valley
3rd Thursday • 2:00 - 3:00 pm

Multiple Sclerosis

North Domingo Baca
3rd Thursday • 12:30 - 2:30 pm

Invest in Debt

Manzano Mesa
2nd Wednesday • 6:00 - 9:00 pm

ACTING

Rio Grande Players

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

Palo Duro
Tuesday • 2:15 - 4:30 pm

Highland Readers Theater

Highland
Tuesday • 3:15 - 5:00 pm

ARTS AND CRAFTS

Arts and Crafts Sharing

North Valley
Wednesday • 9:00 am - 12:30 pm

Gathering of Artists

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

Highland
Monday • 10:00 - 11:30 am

Knitting Guild

North Domingo Baca
1st Saturday • 12:00 - 2:00 pm

New Mexico Polymer Clay

North Domingo Baca
2nd Saturday • 12:00 - 3:00 pm

Off Beat Artists

We are a group of self-directed artists who work primarily in drawing and painting mediums. The objective of our group is to work and share our creative experiences in an atmosphere of camaraderie. There are no instructions provided, but we share gentle critiques with one another if requested. Participants provide their own materials and work at their own pace. If interested, please come by and meet us, or just come ready to work and see if we are a good fit for you!

Barelas
Monday • 11:00 am - 3:30 pm

Happy Hookers Crochet Club

Enjoy crocheting? All ages and skill levels are welcome to join our fun and informal group. We help each other learn new stitches, read patterns and share ideas. Work on an individual creation or contribute to our group effort to making baby blankets, hats, scarves or lap blankets to donate to local charitable organizations.

Manzano Mesa
Monday • 1:00 - 3:00 pm

Watercolor Group

North Domingo Baca
Tuesday • 9:00 am - 12:30 pm

Instructor: Raymond Ortiz

Free

Origami Club

North Valley
1st Sunday • 1:00 - 3:00 pm

Quilting Cluster

North Domingo Baca
Friday • 10:00 am - 4:00 pm

AUTOMOBILE/TRAINS/RV

Corvairs of New Mexico

Highland
3rd Wednesday • 5:00 - 6:00 pm
North Domingo Baca
1st Wednesday • 7:00 - 8:30 pm

Rio Grande Div. 6 Railroad

North Domingo Baca
2nd Saturday • 12:00 - 3:00 pm

BIBLE STUDY

Bible Study

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

Los Volcanes

Tuesday • 9:30 - 11:15 am

North Domingo Baca

Wednesday • 9:00 - 10:00 am

North Domingo Baca

Wednesday • 6:30 - 8:30 pm

Barelas

Thursday • 11:00 am - 12:00 pm

Manzano Mesa

Thursday • 10:00 - 11:00 am

Women's Bible Discussion

Manzano Mesa
Tuesday • 10:30 am - 12:30 pm

BOOK AND DISCUSSION

Albuquerque Cyberscribes Writing Group

North Domingo Baca
Monday • 6:30 - 8:45 pm

Classic and Great Books Discussion Group

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

Inquiring Minds

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

Bear Canyon

Monday • 10:00 - 11:00 am

Libros

Manzano Mesa
1st Saturday • 9:00 am - 12:00 pm

Meeting of the Mind

North Domingo Baca
4th Tuesday • 6:45 - 8:45 pm

Mystery Book Club

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

Palo Duro

2nd Tuesday • 1:30 - 2:30 pm

Facilitator: David Haugnot

New Mexico State Poetry Society, (Albuquerque Chapter)

North Domingo Baca
2nd Saturday • 12:30 - 2:30 pm

Novel Book Club

Highland
2nd Saturday • 2:30 - 4:00 pm

Open Topic Discussion Group

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

Palo Duro

Thursday • 1:00 - 3:00 pm

Facilitator: Simmering

Poetry Critique Group

North Domingo Baca
Wednesday • 10:00 am - 12:00 pm

Society of Children's Book Writers and Illustrators (SCBWI)

North Domingo Baca
2nd Tuesday • 7:00 - 8:30 pm

TGIF Poetry Group

Bear Canyon
1st and 3rd Friday • 1:00 - 3:00 pm

French Language Book Club

Palo Duro
Monday • 3:00 - 4:00 pm

COMMUNITY GROUPS

Albuquerque Roadrunners Club

North Domingo Baca
1st Wednesday • 7:00 - 8:00 pm

APS Transition Services

North Domingo Baca
Tuesday • 8:00 - 11:00 am

Bead Society of New Mexico

North Domingo Baca
4th Monday • 6:30 - 8:30 pm

Canasta

Highland
Monday • 1:00 - 4:00 pm

North Domingo Baca
Saturday • 11:30 am - 2:45 pm

Canasta 60+ Singles Meet Up

North Domingo Baca
Monday • 6:30 - 8:30 pm

Chaplain Monthly Meeting

North Domingo Baca
1st Thursday • 6:00 - 8:00 pm

Chinese American Speaker Series

North Domingo Baca
4th Saturday • 10:00 am - 12:00 pm

District 4 Coalition

North Domingo Baca
3rd Wednesday • 7:00 - 8:45 pm

Escribiente Calligraphy Society

For more information about escribiente calligraphy: escribiente.org.

Manzano Mesa
1st Wednesday • 6:30 - 8:30 pm

Gray Panthers of Greater Albuquerque

Gray Panthers brings together young, old, women, men persons of all ethnic, racial and economic backgrounds for the promotion of social and economic justice. The meetings have guest speakers speaking on current local and national issues.

Highland
4th Saturday • 1:00 - 3:00 pm

Hearts/Spades

North Domingo Baca
Tuesday • 9:00 am - 12:00 pm

Italian Club

North Domingo Baca
1st Thursday • 6:30 - 8:30 pm

Japanese Play Group

North Domingo Baca
Bi-Weekly • 11:30 am - 3:00 pm

Kiwanis Club of Coronado

North Domingo Baca
3rd Tuesday • 5:15 - 7:30 pm

Laughter Group

North Domingo Baca
Wednesday • 10:15 - 11:00 am

Mah Jongg

Bear Canyon
Saturday (begins Jan. 20) • 1:00 - 2:30 pm
Instructor: Josie Tennant

Highland
Friday • 1:00 - 3:00 pm

North Domingo Baca
Friday • 12:00 - 4:00 pm

Modular Railroad

Manzano Mesa
3rd Saturday • 10:00 am - 3:00 pm

Notre Dame Club of New Mexico

Manzano Mesa
1st Monday • 5:30 - 6:45 pm

Red Hat Society

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

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

Social Singles Meeting

Bear Canyon
1st Tuesday • 11:30 am - 1:30 pm
3rd Friday • 3:00 - 4:45 pm

Senior SAGE Group

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

Highland
Men's Group: 3rd Wednesday
10:00 am - 12:00 pm

Senior LGBT Monthly Meeting

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

Highland
2nd Thursday • 2:00 - 4:00 pm

Sociable Singles Social

Bear Canyon
4th Thursday • 3:00 - 5:00 pm

El Camino Real Garden Club

Sign up and join our free garden club as it starts its 6th successful year of planning, planting and growing a wonderful lush garden here at the Barelmas Senior Center. Learn more about our garden club. "Free" Membership is open to all Albuquerque Senior Center and Multigenerational Senior members.

Barelmas Senior Center
Monday, March 6 • 10:00 - 11 :00 am

VFW Post 10763

Bear Canyon
1st Thursday • 8:30 - 9:45 am

Vietnamese Seniors

Manzano Mesa
Saturday • 9:00 am - 12:00 pm

Words of Peace Global Presentation

North Domingo Baca
3rd Saturday • 12:00 - 2:30 pm

FAMILY

Genealogy

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

Bear Canyon
3rd Friday • 12:30 - 2:30 pm

Reclaiming Families

Manzano Mesa
Tuesday • 6:00 - 7:45 pm

LANGUAGE

Dutch-Speaking Group

Bear Canyon
Friday • 10:00 - 11:30 am

MUSIC

ABQ Strummers: Ukulele

A group for people of all ages who want to get together to play music and sing. We will draw from many generations of music, so bring your suggestions.

Manzano Mesa
Mondays (Except 2nd Monday),
6:30 - 8:30 pm

Accordion Group

Group open to accordion players of any level.

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

Albuquerque Recorder Orchestra

Palo Duro
Saturday • 10:00 - 11:30 am
Facilitator: Ray Hale

Band Practice: Los Amigos

Practicing Rancheras and New Mexican music.

North Valley
Tuesday • 1:00 - 2:30 pm

Beartones

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

Bear Canyon
Thursday • 10:00 am - 12:00 pm

Choralaires

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

Palo Duro
Monday • 9:00 - 11:00 am

Jug Band Practice

Palo Duro
Monday • 11:30 am - 1:00 pm

Guitar (Beginning)

You need your own instrument and music stand.

Bear Canyon
Wednesday • 9:00 - 11:00 am

Highland
Starting June 26
Wednesday • 2:30 - 3:30 pm

Guitar Group

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

North Valley
Tuesday • 10:15 am - 12:00 pm

Guitar Workshop

Bear Canyon
Monday • 1:00 - 4:00 pm

Hi-Toners

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

Piano Open Workshop

Bear Canyon
Friday • 9:00 - 10:30 am

Piano Workshop, Intermediate

Bear Canyon
Friday • 10:45 am - 12:00 pm

Roadrunner Strummers

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

Highland
Saturday • 10:00 am - 12:30 pm

Violin Workshop

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

Bear Canyon
Friday • 8:00 - 10:00 am



NEIGHBORHOOD ASSOCIATION

Vineyard Estates Neighborhood Association

North Domingo Baca
4th Thursday • 7:00 - 8:15 pm

Noreste Neighborhood Association

North Domingo Baca
1st Tuesday - TBA

Northeast Area Community Policing Council

North Domingo Baca
2nd Tuesday • 6:00 - 8:30 pm

New Mexico Solar Energy Board Meeting

North Domingo Baca
3rd Tuesday • 5:30 - 8:00 pm

OTHER GROUPS OF INTEREST

Cherokee SW Township

Bear Canyon
2nd Saturday • 10:30 am - 2:30 pm

Albuquerque Congress of Real Estate (ACRE)

North Domingo Baca
1st Thursday • 6:00 - 8:45 pm

Albuquerque Tea Party

North Domingo Baca
Every Tuesday except 3rd Tuesday
6:30 - 8:30 pm

Duke City Flyers

North Domingo Baca
2nd Thursday • 6:00 - 8:00 pm

Rock Mountain Flying Machine

North Domingo Baca
1st Tuesday • 7:00 - 8:45 pm

TOPS #216: Take Off Pounds Sensibly

Manzano Mesa
Friday • 9:30 am - 12:00 pm

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

Bear Canyon
Thursday • 8:00 - 9:15 am

North Domingo Baca
Tuesday • 10:00 am - 12:00 pm

Palo Duro
Monday • 11:45 am - 1:00 pm

Zia Sundials, Chapter #106

Members of the National Association of Watch and Clock Collectors.

Bear Canyon
2nd Saturday • 1:00 - 2:45 pm

PHOTOGRAPHY

Photography Club

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

North Valley
Every other Monday
10:00 - 11:30 am

Charles Chavez and Julie Francois

SENIOR ISSUES

NARFE Chapter 80

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

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

Retired Physicians Group

Palo Duro
Monday • 2:45 - 4:30 pm
Facilitator: Dr. Castillo

SOCIAL NETWORKING

Game Night for Widows Group

North Domingo Baca
3rd Tuesday • 4:40 - 8:30 pm

Kirkland New Horizon Toastmaster

Manzano Mesa
Friday • 11:45 am - 1:30 pm

Kiwanis

North Domingo Baca
Monday (Bi-Weekly) • 6:00 - 8:00 pm

Red Hat Sisters

Manzano Mesa
3rd Thursday • 10:00 - 11:30 am

SPECIAL INTEREST

Albuquerque Fibromyalgia Support Group

North Domingo Baca
1st Tuesday • 1:00 - 3:00 pm

ALZ Association Support Group

North Domingo Baca
1st Tuesday • 4:00 - 6:00 pm

OLOC (Old Lesbian's Organizing for Change)

This group is a cooperative community of Old Lesbian feminist activists from many backgrounds.

Highland

3rd Saturday • 12:30 - 3:30 pm

Instructor: Elizabeth

Multiple Sclerosis

North Domingo Baca
3rd Thursday • 12:30 - 2:30 pm

Invest in Debt

Manzano Mesa
2nd Wednesday • 6:00 - 9:00 pm

Investment Club

Club follows the NAIC program.

Palo Duro

3rd Wednesday • 10:00 am - 12:00 pm

Speak with Distinction Toastmasters

Manzano Mesa
Thursday • 5:00 - 7:00 pm

Cherokees of NM

Manzano Mesa
3rd Saturday • 12:00 - 3:00 pm

Food Addicts in Recovery Anonymous

Palo Duro
Saturday • 9:00 - 10:30 am

Grief Support Group

Bear Canyon
Monday • 3:00 - 4:30 pm

Prostate Cancer Support Group

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

Deaf Seniors Citizens of Greater Albuquerque

Palo Duro
Thursday • 8:30 am - 12:00 pm

Facilitator: Judy & Dorothy

TRAVEL

Siglo de Oro RV Club

Bear Canyon
January through June, 3rd Tuesday •
10:00 - 11:00 am

Albuquerque Travel Partners

Palo Duro
2nd, 4th Tuesday • 1:00 - 3:00 pm

Philatelic Society

Join us for mixtures and the trading circuit.

Palo Duro

Monday • 11:15 am - 2:30 pm

WRITING

TGIF Poetry Group

Bear Canyon
1st and 3rd Friday • 1:00 - 3:00 pm

Memories - Autobiography

Bear Canyon
Tuesday • 9:00 - 11:15 am

Writing Group

North Domingo Baca
Wednesday (Bi - Weekly) • 2:30 - 4:45 pm

Voices of the Valley Poetry Group

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

North Valley

2nd and 4th Friday • 1:00 - 3:30 pm

Writing about our Lives

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

Highland

Friday • 1:30 - 3:00 pm

Facilitator: Joanne

Presentations

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

HEALTH AWARENESS

Heart Failure and Other Topics

Heart Failure is a disease of aging and is becoming more common each day. The heart is a pump and it can become weaker over time. It cannot pump the fluids in our body as it did when we were young. Heart Failure is a disease that is manageable at home. Join us for a discussion on way to keep your heart healthy at home given the limitations that occur with aging. We can also discuss other topics as they arise.

Bear Canyon

Wednesday, February 20
10:00 - 11:00 am

North Valley

Thursday, February 14 • 10:00 - 11:00 am
Thursday, April 11 • 10:00 - 11:00 am

Palo Duro

Wednesday, February 13
10:00 - 11:00 am

Presenter: Cynthia

Dental Care in Your Home

Dental Care in Your Home, a 501©(3) corporation, provides the highest quality dental care to homebound and special needs individuals by licensed and experienced dentists and hygienists in the patient's home or care facility. Please join us to find out how you can help in this charitable effort to care for the dental needs of family and friends or you might know someone that needs this assistance.

Bear Canyon

Wednesday, May 8 • 10:00 - 11:00 am

Presenter: Jacob Kualapai, Executive Director

Highland

Wednesday, March 27 • 9:00 - 11:00 am

Presenter: Jacob Kaulapai, BS, CPDH, CDHC

Health and Unhealthy Relationships

Healthy relationships are important for everyone! This talk will explore the key components of healthy relationships that are crucial for establishing mutual respect and consent; it will also identify the various behaviors commonly found in unhealthy relationships, and discuss different strategies for creating healthier communication.

Palo Duro

Wednesday, January 23 • 10:00 - 11:00 am

Presenter: Daniel Fabrizio, Rape Crisis Center

Healthy Aging One Breath at a Time

How do we learn to ride through chaos and confusion, especially as we age? In addition to its amazing health benefits, a regular practice of meditation can help sustain you. You can learn to go within, observe your personal issues and let them go, breath by breath. This workshop will teach you a systematic practice of meditation. Wear comfortable clothes. We will practice in chairs. By donation.

Palo Duro

Thursday, January 31 • 10:00 - 11:30 am

Presenter: Rennie Maguire

The Energetics of Winter - The Winter Element

We will be exploring the Energetics of Winter From A Chinese Medicine Perspective. This awareness can improve our health during the winter season. We will be looking at how our diet and acupressure points can enhance the vitality of our bones and help reduce Pain. Low back, knee, hip and joints in general will be addressed. There will also be handouts, including recipes, so that the learning can continue. There will be hands-on practical experiences with locating acupressure points so come wearing comfortable clothing.

North Valley

Thursday, January 24 • 10:00 - 11:30 am

Presenter: Deborah

The Energetic of Spring - The Wood Element

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

North Valley

Thursday, April 4 • 10:00 - 11:00 am

Presenter: Deborah

The Energetics of Summer - Fire Element

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

North Valley

Thursday, June 13 • 10:00 - 11:00 am

Presenter: Deborah



Albuquerque Public Art Program

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



the Public Library ABQ-Bernco

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



KiMo Theatre

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



ABQ BioPark

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



www.CultureABQ.com • 505.768.2000



Albuquerque Find your essence

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



Cultural and Community Events

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

Albuquerque Museum

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

Anderson-Abruzzo Albuquerque International Balloon Museum

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

ABQ BioPark Botanic Garden

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

PRESENTATIONS, CONTINUED

New Mexico Health Security Act

The NM Health Security Act will be under consideration in the 2019 Legislative Session. Learn how the plan, created by New Mexicans for New Mexicans, will ensure that ALL New Mexicans have affordable health care coverage by pooling health care dollars, providing choice of provider, and offering a comprehensive benefits package similar to the plan which NM state employees already enjoy.

Palo Duro

Wednesday, January 9 • 10:00 - 11:00 am

Presenter: Paula Mills

The Skinny on Fat

Fat has a bad reputation, but not all fats are bad. Find out which fat you should avoid and which you should keep.

North Valley

Thursday, February 7 • 10:00 - 11:00 am

Presenter: Erica Gonzales

Keeping a Healthy Weight

Weight can sometimes go up and down like a yo-yo. The struggle to keep a healthy weight may seem impossible. Learn 5 simple steps that may help you in your journey to maintaining a healthy weight.

North Valley

Thursday, June 27 • 10:00 - 11:00 am

Presenter: Erica Gonzales

Headaches Decoded

Headaches are a common problem, but many people don't know much about why they happen and how to prevent them. Find out about the different types of headaches and triggers that might cause them.

North Valley

Thursday, April 18 • 10:00 - 11:00 am

Presenter: Erica Gonzales

Suicide Prevention and Awareness

Topics discussed are; Speaking About Suicide, Isolation, Change In Sleep Patterns, Change In Eating Patterns, Making Preparations, Giving Away Possessions, Reckless Behavior, and Sense Of Personal Hopelessness.

Highland

Wednesday, April 24 • 9:00 - 11:00 am

Presenter: Kristy Franchini, Community Liaison

Healthy Eating to Control Your Cholesterol

Learn how different foods can affect you cholesterol levels. Which ones should you limit and avoid?

North Valley

Thursday, May 9 • 10:00 - 11:00 am

KETO Recipes

Keto diet recipes for beginners. We'll also explain the differences between Keto, Paleo and Atkins diets. You can decide which fits your lifestyle.

Palo Duro

Friday, March 22 • 9:00 - 11:30 am

Fee: \$7.50 includes demo and tasting

Presenter: Food with Friendz



How To Stay Out Of The Doctors Office

Doctor King's Health Improvement Program: End PAIN and ADD years to your life at ANY age!

The Standard American Diet (SAD) has guaranteed that every human who was raised in the USA is literally loaded with toxins - in our blood, bones and organs. These toxins are the culprits that give us premature cardiac disease, strokes, cancer, diabetes, arthritis - you name it. When our aging bodies turn acidic, all these toxins are rendered double the trouble. Mankind was designed to live 120 years and more. So, why aren't we seeing that today? Well, we are. In the high Himalayas of northern Pakistan live the Hunza people who regularly live to 120. How do they do it? They don't eat the way Americans and western Europeans do. Their diet is rich in foods that keep their bodies free of the toxins that are killing us. Come and learn how to eliminate pain and add years to your life.

Los Volcanes

2nd Wednesday • 10:00 - 11:00 am

Presenter: Dr. R. Barry King, PhD

North Valley

4th Wednesday • 10:00 - 11:00 am

Presenter: Dr. R. Barry King, PhD

LIFE PLANNING / RETIREMENT

License/REAL ID Workshop

This is an informational presentation discussing what the new requirements are and what steps seniors can take to get the appropriate paperwork in order. We are happy to meet with you afterward to briefly discuss what your next steps should be.

Barelas

Tuesday, June 11 • 10:00 - 11:30 am

Highland

Wednesday, June 19 • 9:00 - 11:00 am

Presenter: Senior Law Office

Considering Cremation?

Neptune Society has been serving families since 1973 by providing simple, dignified cremation services. We are America's largest and oldest provider of cremation services. We continue to assist families in making the best possible decisions today, allowing them to focus on the present and future. Preplanning is easier and more affordable than you think. Attend one of our free informational seminars as we discuss the countless benefits of preplanning, and have all of your questions answered by a pre-need counselor.

Bear Canyon

Wednesday, January 9 • 10:00 - 11:00 am

Presenter: Kenneth Gonzales

What's and Why's of Funeral Planning

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

Bear Canyon

Wednesday, January 16 • 10:00 - 11:00 am

Los Volcanes

Wednesday, May 15 • 10:00 - 11:00 am

Palo Duro

Wednesday, February 27 • 10:00 - 11:00 am

Presenter: Geraldine Gallegos

Tax-Free Investing: It's Not What you Make, It's What You Keep! Seminar

Overview of tax-advantaged investments such as muni bonds (muni/UIT/mutual funds), IRAs (traditional/Roth/401k/403b) and/or life insurance.

Palo Duro

Thursday, January 17 • 10:00 - 11:00 am

Presenter: Matthew Ports, Edward Jones Office

North Valley

Thursday, March 14 • 10:00 - 11:00 am

Presenter: Edward Jones

Life Planning

A staff attorney from Senior Citizens' Law Office will provide information on preparing for incapacity and end of life. Topics include Powers of Attorney, Wills and Will substitutes. Please note: the presenter cannot give personal legal advice, Please note: the presenter cannot give personal legal advice, and can only answer general questions.

Bear Canyon

Wednesday, June 5 • 10:00 am - 12:00 pm

Presenter: Senior Citizens' Law Office

Barelas

Tuesday, February 12 • 10:00 - 11:30 am

Presenter: Senior Law Office

North Valley

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

Presenter: Senior Law Office

Legal Issues for Caregivers, "What you Should Know"

Questions on Outliving your Retirement Funds? Do you have aging parents and are providing care? Are you a senior and have questions about long term care? Are you about to retire and have questions about Medicare POA or Long Term Care? These topics and much more! Come to free information day! 1st Friday of the month! Sign up at the front desk.

Los Volcanes

Friday, January 4

Friday, February 1

Friday, March 1

Friday, April 5

Friday, May 3

Friday, June 7

9:00 - 11:00 am

Preplanning

Interested in preplanning? Attend one of our informational seminar as we discuss the benefits of preplanning, Veterans benefits, affordable options and savings, travel and relocation protection plan. Preplanning is easier and more affordable than you think. Attend one of our free informational seminars as we discuss the countless benefits of preplanning, and have all of your questions answered.

North Valley

Wednesday, January 16 • 10:00 - 11:00 am

Palo Duro

Wednesday, February 6

Thursday, April 18

Wednesday, June 5

10:00 - 11:00 am

Presenter: Ken Neptune Society

Pre-Arrangement

Come enjoy refreshments and learn how advance funeral planning can save money and protect your family in the future. You will learn why advance planning is so important for creating a healing and meaningful celebration of life. With the knowledge gained you can make decisions you will feel good about now and your family will be comforted by later. There will be an opportunity for questions and answers.

North Valley

Thursday, January 17

10:00 - 11:00 am

Presenter: Annette Salazar Funeral Homes

North Valley

Thursday, March 7

10:00 - 11:00 am

Presenter: Annette Salazar Funeral Homes

Woman's Retirement Outlook Seminar

A women-focused seminar discussing retirement income, Social Security, withdrawal rates, preparing for the unexpected, inflation risks, and costs of health care and long-term care.

North Valley

Thursday, January 31 • 10:00 - 11:00 am

Presenter: Edward Jones

Palo Duro

Thursday, February 21 • 10:00 - 11:00 am

Presenter: Matthew Ports, Edward Jones Office

Bear Canyon

Wednesday, May 1 • 10:00 - 11:30 am

Presenter: Matthew Ports, Edward Jones Office

Re-Connect to the World and Rediscover Hearing

Choosing the right aids is the beginning of the journey to hearing well again. We will discuss hearing aid technology and the importance of maximizing your new hearing aids. There is a lot to learn about how to use, maintain and care for your hearing aids.

Highland

Wednesday, February 20 • 9:00 - 11:00 am

Instructor: Dr. Dorothy McCurley, AuD.

Retirement: Making Your Money Last

Considerations/tradeoffs when developing a withdrawal strategy -- working longer, spending less and delaying Social Security. Ways to plan for expected and unexpected expenses with insurance.

Palo Duro

Thursday, April 11 • 10:00 - 11:00 am

Presenter: Matthew Ports, Edward Jones Office

North Valley

Thursday, May 2 • 10:00 - 11:00 am

Presenter: Edward Jones

TECHNOLOGY / SECURITY

Teeniors

Teeniors™ are tech-savvy teens and young adults who help seniors learn technology through personal tutoring. Whether you have questions about your smartphone, computer, or anything online, our goal is to empower you to connect with your loved ones and engage with the world through technology safely, while also providing meaningful jobs for young adults in New Mexico. Call (505) 764-6436 to sign up. Space is limited.

Barelas

Wednesday, January 23

Wednesday, February 27

Wednesday, March 27

Thursday, April 25

3:00 - 4:40 pm

\$5/class

Legalshield/IDShield Protection

Find out how you can get unlimited Legal Consultation, letters and phone call written on your behalf, contracts and document reviews, 24/7 Emergency legal Assistance, Complete Identity Protection and other services. For more information and appointments call (505) 435-3326

North Valley

Thursday, January 24 • 10:00 - 11:00 am

Thursday, May 23 • 10:00 - 11:00 am

Presenter: Shirlette Weathersby

Los Volcanes

Wednesday, January 16

Wednesday, March 20

Friday, May 17

10:00 - 11:00 am

Presenter: Shirlette Weathersby

Scams and Identity Theft

Join Senior Citizens' Law Office for a presentation on common types of scams and ripoffs. Learn about different types of scams, signs to watch out for, and what to do if you or someone you know is taken advantage of.

North Valley

Thursday, January 31 • 10:00 - 11:00 am

Presenter: SCLO

Barelas Senior Center

Tuesday, March 26 • 10:00 - 11:30 am

Presenter: Senior Law Office

Stay a Step Ahead of the Scammers Fraud Protection and Safety

We've probably all taken at least one call from a fake IRS agent or a bogus Microsoft technician wanting to fix our computer -- even if we don't have one. Learn about the most common scams circulating through New Mexico and how to protect you from becoming a victim.

Highland

Wednesday, May 22 • 9:00 - 11:00 am

Presenter: Tania Martinez, Bank of Albuquerque

Outsmart the Scammers

Incidents of fraud are on the rise, and scammers' tactics are becoming more complex. That's why it's important to educate yourself about fraud. And while no one is immune, there are steps you can take to outsmart the scammers. Includes red flags that may indicate fraud, resources to turn to, and steps to protect yourself and your loved ones.

Bear Canyon

Wednesday, June 12 • 10:00 - 11:30 am

Presenter: Matthew Ports, Edward Jones Office

Palo Duro

Thursday, June 6 • 10:00-11:00 am

Presenter: Matthew Ports, Edward Jones Office

North Valley

Thursday, June 20 • 10:00 - 11:00 am

Presenter: Edward Jones

SPECIAL INTEREST

Home Composting Basics

Home composting is recycling that produces a useful soil conditioner. Basic composting science will be presented with a special focus on useful practices for a high desert climate. A variety of home composting options will be covered. Useful take-home information will help a participant get started and / or improve an already chosen composting method.

Bear Canyon

Wednesday, March 13 • 10:00 - 11:30 am

Presenter: Bernalillo County Extension

Los Volcanes

Friday, January 25 • 1:00 - 3:00 pm

North Valley

Thursday, February 7 • 10:00 - 12:00 pm

Palo Duro

Wednesday, April 10 • 10:00 - 12:00 pm

Composting in Tumbler Bins

The class will cover the basics of home composting in the desert. The science, art, materials, methods, choices and benefits will be included. Then, particular emphasis will be on successful use of tumbling bin containers.

Bear Canyon

Wednesday, January 23 • 10:00 - 11:30 am

Presenter: Bernalillo County Extension

Los Volcanes

Friday, April 26 • 1:00 - 3:00 pm

North Valley

Thursday, March 21 • 10:00 - 11:30 am



Bokashi Bucket Composting

Bokashi composting in a closed container offers anyone, especially city and apartment dwellers, an uncomplicated way to recycle kitchen scraps and other organics.

North Valley

Thursday, May 16 • 10:00 am - 12:00 pm

Bear Canyon

Wednesday, February, 27

10:00 - 11:30 am

Palo Duro

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

Presenter: Bernalillo County Extension

Composting with Worms

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

Los Volcanes

Friday, February 22 • 1:00 - 2:00 pm

Bear Canyon

Wednesday, May 15 • 10:00 - 11:30 am

Presenter: Bernalillo County Extension Office

Improving Desert Garden Soil

Amending desert garden soil is a continuous effort. The class will cover the basics of soil constituents, soil testing and the benefits of the soil food web. The value of humus in finished compost will be prominent in the discussion. Options for improving soil fertility and resiliency in the face of warm temperatures and low precipitation will be presented. Useful take-home information will allow participants to plan for and implement soil amending practices right away

Los Volcanes

Friday, March 29 • 1:00 - 3:00 pm

Bear Canyon

Wednesday, April 17 • 10:00 - 11:30 am

Palo Duro

Wednesday, May 29 • 10:00 am - 12:00 pm

Presenter: Bernalillo County Extension

Raised Bed Gardening and Composting

Raised garden beds in the high desert present many useful management options for home gardeners. Soil, amendments, mulches and irrigation methods are well-contained by raised beds. The class will cover set-up, soil, irrigation, mulching, and sheet composting for soil fertility in a raised bed.

Los Volcanes

Friday, May 17 • 1:00 - 3:00 pm

Palo Duro

Wednesday, March 6 • 10:00 am - 12:00 pm

Presenter: Bernalillo County Extension

North Valley

Thursday, April 11 • 10:00 am - 12:00 pm

Barelas Community Gardening

How would you like to be a part of a gardening community? Join us to learn about the ins and outs of vegetable, fruit and gardening. 20 gardening plots will be available. There will be a presentation:

Barelas

Monday, March 11 • 1:00 - 2:30 pm

Presenter: Pat Turrieta

Bear Canyon Poets

Carol March, author of "The Odds of Becoming Ourselves," and Raymond Mock, author of "A Tried Heart," are members of Bear Canyon Senior Center. They will share their experiences and a poetry reading of some of their favorite poems. Come and be inspired!

Bear Canyon

Wednesday, January 30 • 10:00 - 11:30 am

Presenters: Carol March and Raymond Mock

Da Vinci: Genius of Art and Science

2019 marks the 500th anniversary of Leonardo Da Vinci's death. Join us for a 2-part series of discovering Da Vinci's seven principles of innovation. We'll explore his art and inventions, share surprising facts and reveal a few personal musings that made Da Vinci such a genius of art and science.

Bear Canyon

Wednesday, February 6 and 13

10:00 - 12:00 pm

Presenters: Dr. Susan Chadoir, author of article Lead With the Genius of Da Vinci, and Dr. Miriam Zyskind, scholarly docent of Da Vinci The Genius.

How to Make a Valentine's Wreath with Dorothy

Sign up for this one of a kind class, create, and enjoy a beautiful Valentine wreath. Dorothy will show you step by step how to make your own wreath. There are 12 spots available for this class. Each class costs only \$5 for materials fee. We will supply the ribbon, the ring to make the wreath, and the tools required (scissors and pruners).

Barelas

Friday, February 8 • 10:00 - 11:30 am

Presenter: Dorothy

\$5 Material fee



Join Us!

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

There Is Something For Everyone!

USS Arizona

On December 7th, 1941, the United States of America was suddenly and deliberately attacked by the Empire of Japan. This event forever changed the destinies of both nations. The most visible and poignant reminder of this tragedy is the USS Arizona, the battleship which sustained the worst casualties on December 7th, and which remains a sunken tomb at Pearl Harbor for nearly 1,000 sailors and marines.

Andrew Desautels has spent the past 18 years involved with and serving the last survivors of the USS Arizona. He spent 11 years as the elected National Secretary of the USS Arizona Reunion Association, an organization created by the former sailors of the battleship, their families, and the families of those who perished while defending her. He passionately tells the emotional story of December 7th, the USS Arizona, and of the last of her surviving crew, using a combination of historical and personal photos, video clips, and artifacts including a fragment of the Arizona.

Bear Canyon

Wednesday, March 20 • 10:00 - 11:30 am

Presenter: Andrew Desautels

Ellis Island

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

Bear Canyon

Wednesday, March 27 • 10:00 - 11:30 am

Presenter: Carol Venturini

Cherokee South West Township

This presentation will cover who are Native Americans, their history and the relationships between the registered tribes and their members

Bear Canyon

Wednesday, April 3 • 10:00 - 11:00 am

Presenter: Darl Patrick

Smart DriverTEK

Smart DriverTEK is a brand-new, 90-minute workshop offering an interactive way to stay up-to-date with the latest safety technology in your current or future car. Learn all about blind-spot detection systems, front-collision warning systems and more - and it's free! Bring a friend!

Bear Canyon

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

Presenter: AARP

Nine Easy Pieces.....

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

Bear Canyon

Wednesday, May 22 • 10:00 - 11:30 am

Presenter: Jeanne Saxon, Nygard Independent Stylist

Errol Flynn

Errol Flynn was an Australian born actor who achieved Hollywood fame in “swashbuckler” roles. His films included The Adventures of Robin Hood, Captain Blood, The Sea Hawk, Virginia City, and Dodge City. But Flynn became equally famous for his notorious womanizing, wild living, and hard drinking, which contributed to his downfall. Come and listen as we delve into the surprising life of the fabled Errol Flynn.

Bear Canyon

Wednesday, June 26 • 10:00 - 11:30 am

Presenter: Carol Venturini

Essential Oils Series

For thousands of years, the natural aromatic compounds of plants that are essential oils, have provided simple health solutions. Today, you can trust the power of plants to enhance physical, mental, and emotional health with Essential Oils.

Los Volcanes Room 4

Thursday, April 11 • 9:30 - 11:00 am

Presenter: Barbara

Domestic Violence Training

United together, breaking the silence in our community. Training topics include; Dynamics of Domestic Violence, Why They Stay, Identifying “Red Flags”, The Value of Acknowledge. Space is limited, so advance sign-up is required at the HSC Front desk.

Highland

Wednesday, January 16 • 9:00 - 11:00 am

Instructor: Alfredo Bouquet, APD Officer (Retired)

Instant Pot Recipes

HELP! I have a new Instant Pot, now what? We'll show you the possibilities!

Palo Duro

Friday, January 25 • 9:00 - 11:30 am

Fee: \$7.50 includes demo and tasting

Presenter: Food with Friendz

Resilience: Bouncing Back from Adversity

This workshop will cover the nature and nurturing of resilience and give tips on how all of us can become more resilient. Workshop will include some exercises and discussion with audience.

Palo Duro

Thursday, February 7 • 10:00 - 11:00 am

Presenter: Vivian Harris, MBA

Department of Senior Affairs Services

The Department of Senior Affairs will be providing information from the Information and Assistance line which provides beneficial resource information to seniors. The Information and Assistance line also provides referrals to the Department of Seniors for home delivered meals, senior companions, and home services for minor home repairs.

Palo Duro

Wednesday, February 20

Wednesday, May 22 • 10:00 - 11:00 am

Presenter: Department of Senior Affairs

Stretch Your Grocery Dollars

Eating healthy doesn't have to be expensive. Learn easy ways to get the biggest bang for your buck on healthy foods at the grocery store.

North Valley

Thursday, March 14 • 10:00 - 11:00 am

Presenter: Erica Gonzales

Helping Hoarders

Hoarding Disorder affects up to 5-6% of the population and presents difficult problems for mental health professionals, first responders, law enforcement, neighbors, friends and relatives. Learn what works and what doesn't work in these situations. An extensive list of resources is included.

Palo Duro

Thursday, March 14 • 10:00 - 11:00 am

Presenter: Katherine D. Anderson, CPO-CD, Anderson Organizing Systems

Small Plates and Noshes for Summer Parties

Neighbor's BBQ on Saturday... Grandma's meatballs, Mom's cheese ball? We can show you how to rock your next party!

Palo Duro

Friday, June 7 • 9:00 - 11:30 am

Fee: \$7.50 includes demo and tasting

Presenter: Food with Friendz

The Importance of Community Involvement

The Office of Neighborhood Coordination (ONC) works to build and foster neighborhood involvement and relationships, promote community involvement, and increase communication between neighborhoods, residents and the City. Vanessa Baca is the Neighborhood Communication Liaison and Vicente Quevedo is the Neighborhood Planning Liaison. They work directly with neighborhood associations, homeowner associations, community organizations, developers and the City overall to notify about projects, to train neighborhoods on processes and to overall develop and encourage neighborhood leadership.

Palo Duro

Wednesday, March 13

10:00 am - 12:00 pm

Presenter: City of ABQ (ONC)

Pueblo Oral Traditions: Storytelling through Music

Many indigenous communities throughout the New World do not have written languages. This means that traditional cultural knowledge of those communities has to be passed orally from one generation to the next. Music often plays a pivotal role in how communities pass on knowledge, specifically during participation in seasonal cultural activities. The focus of this presentation will be on storytelling through music as learned and taught by a Jemez Pueblo tribal member.

Palo Duro

Wednesday, January 30 • 10:00 - 11:00 am

Presenter: Marlon Magdalena

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nothing beats a true partner.

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For more than 75 years, Blue Cross and Blue Shield of New Mexico has been a local health insurance company giving more families peace of mind knowing no one's closer to their well-being.



BlueCross BlueShield of New Mexico

Satellite Senior Center Activities

ARTS AND CRAFTS

Arts and Crafts

Whispering Pines
Wednesday • 11:30 am - 2:00 pm
Alameda/Raymond G. Sanchez
Varies, Call for details.

La Amistad
Tuesday • 9:00 - 11:00 am,
Wednesday • 1:00 - 2:30 pm

Beading

Tijeras
2nd and 4th Thursday • 10:00 am -
12:00 pm

Ceramics

Paradise Hills
Tuesday, Thursday • 9:00 am - 12:00 pm

Ceramic Painting

Whispering Pines
Wednesday • 9:30 am

Embroidery, Computerized

Tijeras
Thursday • 10:00 am - 3:00 pm
Whispering Pines
Monday, Wednesday, Friday
10:00 - 11:30 am • 1:00 - 3:00 pm

Knitting, Crochet and Needle Work

Taylor Ranch
Wednesday • 1:00 - 3:30 pm
Tijeras
Thursday • 1:00 - 4:00 pm

Quilting

Paradise Hills
Tuesday • 10:00 am - 3:00 pm
Taylor Ranch
Friday • 9:00 - 11:00 am

Quilting, Long Arm

Whispering Pines
Friday • 9:00 am - 3:00 pm

Sewing

Whispering Pines
Monday, Wednesday, Friday
11:30 am - 2:00 pm

CARDS AND GAMES

Bingo

Alameda/Raymond G. Sanchez
Monday - Friday • 10:00 - 11:30 am
Paradise Hills
Tuesday, Thursday • 9:30 - 11:00 am
Rio Bravo
Monday, Tuesday, Thursday,
9:30 - 11:00 am • 12:30 - 2:00 pm
Tijeras
Friday (except 3rd Friday) • 12:00 pm

Bingo Travels

Barelas
Tuesday, January 29 • 10:00 am - 4:30 pm
North Valley
Wednesday, February 20 • 10:00 am -
4:30 pm
Bear Canyon
Wednesday, March 20 • 10:00 am -
4:30 pm
Los Volcanes
Friday, April 26 • 10:00 am - 4:30 pm
Palo Duro
Tuesday, May 14 • 10:00 am - 4:30 pm
Highland
Monday, June 24 • 10:00 am - 4:30 pm

Billiards

Paradise Hills
Monday - Friday • 9:30 - 11:30 am
La Amistad
Monday - Friday • 9:00 am - 3:00 pm
Rio Bravo
Wednesday, Friday • 9:00 - 11:30 am
Tijeras
Monday-Friday • 8:30 am - 3:00 pm
Whispering Pines
Monday, Wednesday, Friday
9:00 - 11:30 am • 1:00 - 2:00 pm

Board Games/Cards

Alameda/Raymond G. Sanchez
Monday - Friday • 8:30 - 10:00 am
La Amistad
Monday - Friday • 9:00 am - 3:00 pm
Rio Bravo
Friday • 12:30 pm

Bridge, Duplicate

Taylor Ranch
Monday - Friday • 12:30 - 4:30 pm

Bridge, Party

Taylor Ranch
Tuesday • 12:30 - 4:30 pm

Dominos

Paradise Hills
Monday - Friday • 9:30 - 11:30 am

Mah Jongg

Tijeras
Tuesday • 11:30 am

Pinochle

Paradise Hills
Wednesday • 9:00 am - 12:00 pm

Table Tennis

Tijeras
Friday • 10:00 am

Wii

La Amistad
Mornings Upon Request
Tijeras
Wednesday • 9:30 am

COMPUTERS

Computer Lab

Tijeras
Monday - Friday • 8:30 am - 4:00 pm
Paradise Hills
Monday - Friday • 8:00 am - 2:00 pm
Taylor Ranch
Wednesday • 11:30 am - 1:00 pm

FRIENDSHIP COFFEE

Coffee Socials

Alameda
Monday - Friday • 8:00 - 9:00 am
Paradise Hills
Monday - Friday • 8:30 - 11:30 am
Rio Bravo
Monday - Friday • 9:00 - 11:30 am
Taylor Ranch
Monday - Friday • 10:30 - 11:30 am
Tijeras
Monday - Friday • 8:30 - 1:00 pm
Whispering Pines
Monday, Wednesday, Friday
9:30 - 10:30 am

HEALTH AND WELLNESS

Nutrition Education

Whispering Pines
Monday • 10:00 - 11:00 am

TOPS Weight Loss Group

Tijeras
Tuesday • 10:00 am

Nutrition Education

Whispering Pines
Monday • 10:00 - 11:00 am

TOPS Weight Loss Group

Tijeras
Tuesday • 10:00 am

MISCELLANEOUS

AARP Driver's Safety Class

Taylor Ranch
2nd Saturday of the month

Bible Study

Paradise Hills
Wednesday • 12:00 - 1:00 pm
Tijeras
Wednesday • 12:00 pm

Cake Decorating

Tijeras
Monday • 10:30 am

Current Events

Whispering Pines
Monday • 9:30 am

Movies

Paradise Hills
Wednesday • 8:30 - 10:30 am

La Amistad
Friday • 12:45 - 3:00 pm

Rio Bravo
Wednesday • 12:30 pm

Genealogy Class

Tijeras
Wednesday • 10:00 am

Puzzles

Whispering Pines
Monday, Wednesday, Friday
9:00 - 11:30 am • 12:30 - 3:00 pm

Flea Market

Rio Bravo
1st Friday • 9:00 am - 2:00 pm

MUSIC

Beginners Acoustic Jam

Tijeras
Tuesday • 12:30 pm

Guitar, Classic

Tijeras
Monday • 10:30 am

Guitar, Intermediate

Tijeras
Tuesday • 10:30 am

Guitar, Slack Key

Tijeras
Monday • 9:30 am

Guitar, Steel

Tijeras
Monday • 8:30 am

Guitar, Jazz

Tijeras
Monday • 8:30 am

Uke Hour

Tijeras
Monday • 12:00 pm

LANGUAGE

Advanced Conversational Spanish

Tijeras
Thursday • 1:00 pm

Beginning Spanish

Tijeras
Wednesday • 10:30 am - 3:00 pm

SPORTS AND FITNESS

Dancing, Belly

Paradise Hills
Friday • 9:30 - 10:30 am

Exercise, Chair

Paradise Hills
Monday, Wednesday, Friday
10:30 - 11:00 am

Fitness, Senior

Taylor Ranch
Monday, Friday • 9:00 - 10:00 am
Wednesday • 8:30 - 9:30 am

Fitness Trail Walking: Group, Outdoor

Whispering Pines
Monday, Wednesday, Friday

Horseshoes

Whispering Pines
Monday, Wednesday, Friday
1:00 - 2:00 pm

Open Gym, Senior Men

Los Duranes
Monday • 9:30 am - 12:00 pm

Pickleball

Los Duranes
Tuesday • 10:00 am - 12:00 pm

Tai Chi Chih

Los Duranes
Monday • 10:00 - 11:00 am

Yoga

Los Duranes
Thursday • 10:00 - 11:00 am

Zumba Gold

Tijeras
Tuesday • 12:30 pm
\$2

EVENTS

Birthday Celebration

Alameda/Raymond G. Sanchez
4th Friday • 11:00 am

Paradise Hills
4th Thursday • 12:15 pm

Tijeras
3rd Friday • 12:00 pm

Shopping Outing

Alameda/Raymond G. Sanchez
Thursday • 9:30 - 10:30 am

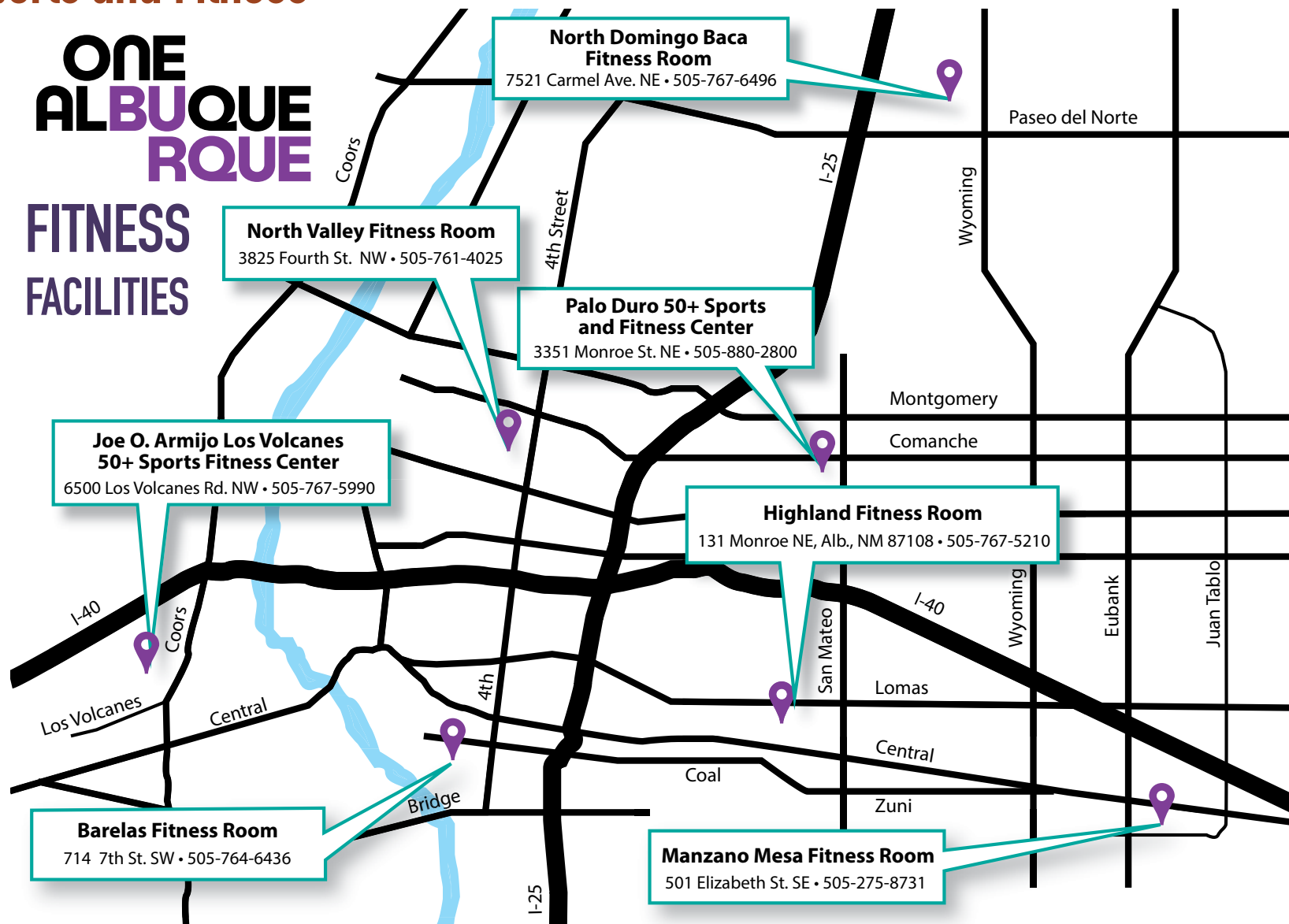
Out To Lunch Club

Alameda/Raymond G. Sanchez
Times and Places Vary

Sports and Fitness

**ONE
ALBUQUE
RQUE**

**FITNESS
FACILITIES**



BADMINTON

Badminton Practice and Play

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

Manzano Mesa

Monday, Friday • 1:30 - 4:00 pm

Tuesday • 6:00 - 9:00 pm

Thursday • 7:00 - 9:00 pm

Wells Park Community Center

Tuesday and Thursday • 1:30 - 3:30 pm

Coordinators: Terry and Nan Lauritsen, (505) 266-8237

BASKETBALL

Open/Drop-In Basketball

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

Manzano Mesa

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

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

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

Senior Men's Basketball

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

Manzano Mesa

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

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

WALKING PROGRAM

Participants will learn the benefits of walking, safety tips and different types of walking techniques, how to use walking poles. The program will explore the City of Albuquerque and the Metro Area on foot. Register for individual trips.

Touring the 505 Tuesdays

These walks will be at a touring pace with frequent stops and water breaks.

Session I: April 2 - May 21

Trip One - Petroglyph National Monument
Trip Two - Town of Bernalillo
Trip Three - Albuquerque Zoo
Trip Four - Plaza to Plaza

Trip Five - South Valley
Trip Six - UNM Main Campus
Trip Seven - Old Town
Trip Eight - Nature Center

Session II: September 3 - October 29

Trip One - Botanical Gardens
Trip Two - Corrales
Trip Three - Tijeras Ranger Station
Trip Four - Huning's Highland

Trip Five - Open Space Visitor Center
Trip Six - Down Art Walk
Trip Seven - Country Club
Trip Eight - Nob Hill

Fitness Walking Thursdays

These walks are designed to build your fitness levels and will be at a brisk walking pace.

Session I: April 4 - May 23

Trip One - Academy Hill Park
Trip Two - Manzano Mesa
Trip Three - Aldo Leopold Trail
Trip Four - Pajarito Open Space

Trip Five - Montgomery Park
Trip Six - Loma Del Norte
Trip Seven - Pat Hurley Park
Trip Eight - Mariposa Basin

Session II: September 5 - October 31 (No Class October 10)

Trip One - North Domingo Baca Park
Trip Two - Phil Chacon Park
Trip Three - Open Space Visitor Center

Trip Four - Tingley Beach
Trip Five - Heritage Hills Park
Trip Six - Roosevelt Park
Trip Seven - Valle Del Bosque
Trip Eight - Pueblo Montano

Trips leave from Palo Duro 50+ Sports & Fitness Center

3351 Monroe NE



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

PICKLEBALL

Open Pickleball

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

Times are subject to change from summer to winter.

Manzano Mesa

Thursday • 2:00 - 4:00 pm

Saturday • 9:00 - 11:00 am

Barelas

Monday • 1:30 - 3:30 pm

Los Volcanes

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

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

Gary Rutherford (505) 507-3663
abqpickleball.com

Pickleball Training

Manzano Mesa

Tuesday, Thursday • 9:15 - 11:00 am

Saturdays • 12:30 - 2:50 pm

HIKING

50+ Sports & Fitness Program Hiking

These hikes are designed for the beginner to intermediate hiker, varying from easy/moderate (A/B) hikes to the more challenging C/D level hikes. See our descriptions for the best hike for you. Hike the Sandia, Manzano, Jemez and Pecos wilderness areas! Our focus is fitness. Bring your own lunch, snacks and drinks. Preregistration is required!

Bear Canyon

Every other Thursday • 8:00 am

Highland

Every other Tuesday • 8:00 am

Los Volcanes

Every other Friday • 9:00 am

North Domingo Baca

Every other Friday • 8:00 am



North Valley

Every other Thursday • 8:00 am

Palo Duro

Every other Tuesday • 8:00 am

Saturday • 9:00 am

SHUFFLEBOARD

Silver Shufflers Shuffleboard

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

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

Manzano Mesa

Tuesday • 1:00 - 4:00 pm

*Information: New Mexico Sports Foundation
(505) 299-7768*

Website: www.senior-sports.org

TABLE TENNIS

Practice and Play

Since its inception in 1880s England, this sport has grown into an international favorite. Originally, a line of books served as the net, a champagne cork or knot of string as the ball and a cigar box lid as the racket. Come see how it has evolved!

Bear Canyon

Monday • 1:30 - 4:30 pm

Wednesday • 10:15 - 11:00 am

Thursday • 9:30 - 11:00 am

Friday • 2:30 - 4:30 pm

Saturday • 9:00 - 11:00 am

1:00 - 3:00 pm

Manzano Mesa

Monday - Friday • 8:00 - 9:00 pm

Saturday • 9:00 am - 3:00 pm

AQUATICS

Adapted Aquatics

Taught at the University of New Mexico Therapeutic Pool (92° water), participants are led through a series of range of motion exercises that will increase joint mobility and develop muscular strength. Registration is done by lottery. Lottery forms are available at all the Senior Centers, Multigenerational Centers, and Sports and Fitness Centers. Lottery forms can be picked-up starting on the 10th of every month and have to be returned by the 15th of every month to be eligible for the lottery.

Class sessions are as follows:

SESSION 1:

**Monday, Wednesday and Friday
9:00 - 10:00 am**

Number of classes: 3 classes/week

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

SESSION 2:

Monday and Friday • 1:15 - 2:15 pm

Number of classes: 2 classes/week

Transportation: provided from all 6 Albuquerque senior center and Vista Grande Community Center. Self-Drivers are also welcome, but must pre-register.

SESSION 3:

Tuesday and Thursday • 9:00 - 10:00 am

Number of classes: 2 classes/week

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

VOLLEYBALL

Volleyball Pick-up Games

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

Wells Park Community Center

Monday • 6:00 - 7:45 pm

Manzano Mesa, Gym

Monday - Friday • 5:00 - 7:00 pm

Alamosa Community Center

Saturday • 9:00 - 11:00 am



More Aquatic Programs offered around The City of Albuquerque.

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

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

EXERCISE

Matter Of Balance

This FREE Program emphasizes practical strategies to decrease fear of falls by making behavioral changes in a person's everyday activities. Minimal exercises. This program will be offered at various locations in 2019.

For more information and schedule, contact Joe O Armijo, Los Volcanes, 50+ Sports and Fitness Center at (505) 767-5990.

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.

Cost: \$.50 donation at each location

Highland

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

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

Palo Duro

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

North Domingo Baca

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



Body Fat Vs. Muscle

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

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

3rd Tuesday • 8:00 am - 6:00 pm

North Domingo Baca

4th Wednesday • 8:30 am - 1:30 pm
2:00 - 7:00 pm

Palo Duro 50+ Sports & Fitness

1st Wednesday • 8:00 am - 6:00 pm

Dance Aerobics

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

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

Monday, Wednesday • 5:30 - 6:30 pm

Cost: \$.50 donation

Instructor: Debra Roane

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.

North Valley

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

Instructor: Nancy and Diane

North Domingo Baca

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

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

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

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

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

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

Instructor: Marta

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

Monday, Wednesday Friday

1:00 - 2:00pm

Instructor: Dee Williams

Flex and Tone

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

Cost: \$.50 donation at each location

Highland

Tuesday, Thursday • 8:15 - 9:15 am

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

Tuesday, Thursday • 8:00 - 9:00 am

Manzano Mesa

Tuesday, Thursday • 8:15 - 9:15 am

North Domingo Baca

Tuesday, Thursday • 10:15 - 11:15 am

Palo Duro

Tuesday, Thursday • 8:00 - 9:00 am

Fitball

Using a stability ball and weights, target and challenge core muscles with stabilizing and balance exercises.

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

Monday, Wednesday, Friday

10:30 - 11:30 am

Cost: \$.50 donation

**“Its a lot of fun!
Lets face it,
that’s what we
need at our age.”**

— Connie Robb,
speaking about the Hiking 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.

Cost: \$.50 donation at each location.

Barelas

Tuesday, Friday • 10:00 - 11:00 am

Highland

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

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

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

Manzano Mesa

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

Palo Duro

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

North Domingo Baca

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

Get Moving Cardio

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

Manzano Mesa

Monday • 5:00 - 6:00 pm

Cost: \$20/month or \$2.50/class

Instructor: Ann Owens

Nia Technique

The Nia Technique™ draws inspiration from the dance arts, martial arts and healing arts for a cardiovascular, aerobic, and super fun workout that is challenging and stimulating, yet easy to follow.

Highland

Thursday • 11:15 am - 12:15 pm

Cost: \$6

Instructor: Michelle Diel

Pilates

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

Barelas

Tuesday • 8:30 - 9:30 am

Instructor: Richard Sertich

North Valley

Thursdays • 8:30 - 9:30 am

Suggested \$2 donation

Instructor: Richard Sertich

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

Tuesday, Thursday • 10:45 - 11:45am

Cost: \$5

Instructor Thea Muehlenweg

New Mexico Folk and Latin Dance

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

Manzano Mesa

Wednesday • 9:45 - 11:15 am

Cost: free

Instructor: Frances Lujan

Tarde De Oro Dancers

North Valley

Monday • 9:45 - 11:45 am

Instructor: Frances Lujan

Salsarobics

Spice up your workout with this energetic, fun and sizzling workout; learn the fundamentals of Latin dance such as Salsa, Merengue, Bachata, Brazilian Samba and always sexy Cha Cha. Fitness shoes or Dance shoes required.

Los Volcanes

Thursday • 5:30 - 6:30 pm

Saturday • 9:30 - 10:30 am

Cost: \$3 per class

Instructor: Elena Valencia

Hula and Hawaiian Culture

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

North Domingo Baca

Tuesday • 5:00 - 6:00 pm

Instructor: Cindi Heffner

\$5/class

T.N.T Dynamite

Trim and tone your body with this class designed to fit your own individual needs and abilities. Work at your own pace towards improving strength, stamina, and muscle tone.

Bear Canyon

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

Cost: \$1.50

Instructor: Andriana Wethington

Zumba®

North Domingo Baca

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

Friday • 9:10 - 10:10 am

Saturday • 1:00 - 2:00 pm

North Valley

Tuesday • 5:30 - 6:30 pm

Cost: \$3

Instructor: Mary Martinez



Zumba® Gold Classes

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

Bear Canyon

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

Cost: \$2

Instructor: Julie M. Salazar

Manzano Mesa

Monday, Wednesday • 10:45 - 11:45 am

Instructor: Dee Williams

North Domingo Baca

Tuesday • 9:10 - 10:10 am
Wednesday • 9:10 - 10:10 am
Thursday • 9:10 - 10:10 am

North Valley

Thursday • 9:00 - 10:00 am
Friday • 9:40 - 10:40 am

Cost: free

Instructor: Mary Martinez

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

Tuesday, Thursday • 9:30 - 10:30am

Cost: \$2

Instructor: Dee Williams

**There is a
center near
you!** SEE PAGES 4 AND 5.

WEIGHT TRAINING**Weight Training Orientations**

Weight training will keep you feeling and looking great. Not only will weight training give you more energy, but also increases muscle tone and bone density. Join one of our free orientations where we instruct on the fundamentals of weight training.

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

Call (505) 767-5990 for appointment

Manzano Mesa

Call (505) 275-8731 for appointment

North Domingo Baca

Call (505) 764-6496 for appointment.

North Valley

Call (505) 880-2800 for appointment

Palo Duro, 50+ Sports & Fitness Center

Call (505) 880-2800 for appointment

Basics With Free Weights

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

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

Call (505) 767-5990 for schedule

North Domingo Baca, Sports & Fitness Center

Call (505) 764-6496 for schedule.

**EASTERN TRADITIONS****Aikido**

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

North Domingo Baca

Tuesday, Thursday • 7:15 - 8:30 pm

Cost: \$4/class

Instructor: Charles Watkins

Iron Olympian Karate

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

Manzano Mesa

Tuesday • 6:00 - 8:00 pm

Instructor: Chris Nowak

Kendo Kai

Meaning "Way of The Sword," is a modern Japanese martial art, which descended from traditional swordsmanship (kenjutsu) and uses bamboo swords (Shinai), and protective armor. It is a physically and mentally challenging activity that combines martial arts practices and values with sport-like strenuous physical activity.

Manzano Mesa

Friday • 6:00 - 8:00 pm

Instructor: Davis Begay

North Domingo Baca

Wednesday • 6:45 - 8:45 pm

Cost: \$20 for adults and \$10 for youth.

Instructor: Davis Begay

Personal Defense Club, Close Quarter Combat

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

Manzano Mesa

Monday • 7:00 - 9:00 pm

Cost: \$10 per month,

Instructor: Dr. Sean Ross

Traditional T'ai Chi Ch'uan

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

Palo Duro

Friday • 9:30 - 10:30 am

Instructor: Sifu Ty Beh

Cost \$5 per class (not meeting 1st Friday)

Manzano Mesa

Tuesday • 9:30 - 10:30 am

Instructor: Sihing Ilene Dunn

Suggested \$5 Donation

North Valley

Monday, Tuesday, and 1st Friday of the month • 9:30 - 10:30 am

Cost: \$5 per class

Instructor: Sifu Ty Beh

Barelas

Wednesday • 9:30 - 10:30 am

Cost: \$5 per class

Instructor: Sifu Ty Beh

T'ai Chi Ch'uan

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

Highland

Thursday • 9:30 - 10:30 am

Bear Canyon

Saturday • 11:30 am - 1:00 pm

Cost: \$5

Instructor: Ilene Dunn

T'ai Chi Chih

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

Palo Duro

BEGINNING:

Wednesday • 3:00 - 4:15 pm

Session I: January 9 - February 13

Session II: February 20 - March 27

Session III: April 3 - May 8

Session IV: May 15 - June 19

\$60 for 6 weeks, payable at first class

Instructor: Molly Grade

CONTINUING:

Wednesday • 4:30 - 5:30 pm

Session I: January 9 - February 13

Session II: February 20 - March 27

Session III: April 3 - May 8

Session IV: May 15 - June 19

Instructor: Ellen Tatge

\$60 for 6 weeks, payable at first class

PRACTICE:

Bear Canyon

**Wednesday • 11:30 am - 1:00 pm
3:30 - 4:30 pm**

“We are not
surviving, we
are thriving”

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

Traditional T'ai Chi Ch'uan Short Form Intermediate

Beautiful flowing movements improve balance, lower high blood pressure, increase bone density and cultivate chi, or internal energy. Traditional T'ai Chi reduces stress and arthritis pain, significantly improves brain size, improves motor control in Parkinson's, and may delay the onset of Alzheimer's Disease. Recent studies show T'ai Chi is anti-aging! Cultivate your chi for a long and happy life. Everyone is welcome. Tai Chi Chuan is a gentle ancient exercise from China that will improve your balance and enhance your overall health. This is a more advanced class than Traditional T'ai Chi Ch'uan.

Highland

Thursday • 1:30 - 2:30 pm

\$5 per class

Instructor: Sifu Ty Beh

YOGA

Yoga Fitness

Fitness yoga combines traditional flowing yoga movement with light weights. Deep, slow breathing is also heavily emphasized throughout the class to increase oxygen intake. Please join the fun and experience this new and improved way of balanced fitness.

North Domingo Baca

Thursday • 6:00 - 7:00 pm

Cost: \$5 per class

Instructor: Fadia

Yoga: Flow Yoga with Guided Meditation

If you can breathe, you can do yoga. Increases upper body strength, flexibility and cardiovascular endurance through a combination of movements and poses. Beginners are welcome.

North Domingo Baca

Wednesday • 5:00 - 6:00 pm

Friday • 7:00 - 8:00 pm

Saturday • 11:30 am - 12:30 pm

\$6/class

Instructor: Tiana Kaula

Yoga, Beginning

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

Barelas

Monday, Thursday • 9:15 - 10:30 am

Instructor: Celina

\$3/class suggested donation

Bear Canyon

Friday • 10:00 - 11:00 am

Instructor: Tiana

\$5

Highland

Monday (Gentle Yoga) • 1:30 - 2:30 pm

Wednesday • 1:30 - 2:30 pm

\$6 per class

Instructor: Mindy

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

Thursday • 2:00 - 3:00 pm

Saturday • 9:00 - 10:00 am

Instructor: Dena

\$4/class

Manzano Mesa

Wednesday • 4:45 - 6:00 pm

Instructor: Ann O.

\$7/class or \$25/month

Yoga, Belts and Blocks

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

Palo Duro

Monday • 9:00 - 10:00 am

Wednesday • 5:15 - 6:15 pm

Instructor: Laurene Leyba

\$3/class

Yoga: Chair

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

Bear Canyon

Monday • 2:30 - 3:30 pm

\$5/class

Yoga: Dahn

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

North Valley

Tuesday and Thursday • 3:15 - 4:15 pm

Instructor: David Plummer

Cost: \$3/class

Yoga: Flow, Vinyasa Flow

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

North Domingo Baca Fitness Center

Monday • 5:45 - 7:00 pm

Instructor: Misa Romero

\$5/class

Yoga: Gentle Hatha

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

North Valley

Tuesday • 4:00 - 5:00 pm

Friday • 3:30 - 4:30 pm

Instructor: Cindy Chavez

Cost: \$3

Yoga: Hatha

Manzano Mesa

Wednesday • 9:00 - 10:00 am

Instructor: Dee C.

Yoga: Hatha Plus (plus core body-work)

Manzano Mesa

Friday • 9:00 - 10:00 am

Instructor: Jan P.

Yoga (Hatha/Blend) Intermediate

Manzano Mesa

Monday • 6:15 - 7:15pm

Cost: \$7

Instructor: Ann Owens

Yoga: Kundalini

Manzano Mesa

Wednesday • 10:10 - 11:10 am

North Domingo Baca Fitness Center

Friday • 11:00 am - 12:30 pm

Instructor: Jenna Gelin

\$10/class

Yoga: Laughter

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

Bear Canyon

Friday • 12:30 - 1:15 pm

Instructor: Barbara

Manzano Mesa

Saturday • 9:00 - 10:00 am

Instructor: Kathy C.

OTHER CLASSES

Balance and Movement for Parkinson's

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

Highland

Monday • 2:45 - 3:30 pm

Wednesday • 2:45 - 3:30 pm

\$6 per class

Instructor: Mindy

Blood Pressure Checks with Betsy

Free blood pressure checks on a first come/first serve basis.

Highland

Friday • 10:00 - 11:00 am

Instructor: Betsy

Chair Massage Therapy

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

Bear Canyon

Monday • 12:00 - 3:00 pm

\$5/10 min

Dance and Movement for Parkinson's

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

North Valley

1st, 3rd Thursday • 2:00 - 3:00 pm

Instructor: Joanie Carlisle

Cost: Free

Exercise for Parkinson's

Parkinson's Wellness and Recovery is an effective and fun way to gain flexibility, coordination, strength and improve balance. These exercises also improve attention and mental focus.

North Valley

2nd, and 4th Thursday of the Month

2:00 - 3:00 pm

Instructor: Linda Ozier

Acupressure

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

North Valley

Friday • 10:00 am - 2:00 pm

Suggested donation of \$0 - \$15 for 30 minutes or \$25 for an hour

Instructor: Linda Leatherman

Reflexology Massage Therapy

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

North Valley

4th Wednesday and every Friday

10:15 am

Suggested donation \$10

Instructor: Catherine Barba

Aerobics

First time dancers or beginners.

Manzano Mesa

Monday, Wednesday, Friday

8:15 - 9:15 am

The Benefits of Quality Essential Oils

dōTerra means gift of the earth. Essential oils offer safe and fun ways to take care of every day health issues and support immune systems. Essential oils strengthen the body, assist in healing the heart, empower individuals, increase spiritual awareness and connection, and inspire individuals to take responsibility for their health and fulfill their life's purpose.

Manzano Mesa

2nd and 4th Wednesday • 6:30 - 8:30 pm

Instructors: Debi and Sam

Palo Duro

2nd Tuesday • 3:00 - 4:30 pm

Instructor: Lisa Massimo

Cloggersize

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

Manzano Mesa

Beginner/Starter:

Saturdays • 12:00 pm - 12:30 pm

Easy Clogging/Cloggercize:

Saturdays • 12:30 - 1:30 pm

Intermediate:

Saturdays • 1:30 - 2:30 pm

Instructor: Brenda

Jazzercise

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

North Domingo Baca

Monday • 4:30 - 5:30 pm

Tuesday • 4:30 - 5:30 pm

Wednesday, Thursday • 5:40 - 6:40 pm

Reversing Brain Drain**North Domingo Baca**

Wednesday • 6:30 - 7:30 pm

**“Exercise
is the
fountain
of youth!”**

— Helena Kirkwood

HEALTH AND FITNESS**Manage Your Chronic Disease (MyCD) Program Workshop**

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

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

Diabetes Self-Management Program (DSMP);

January 31- March 7

Palo Duro

Thursday • 1:00 - 3:30 pm

Chronic Disease Self-Management Program (CDSMP) Workshop;

March 28 - May 2

Palo Duro

Thursday • 1:00 - 3:30 pm

Chronic Pain Self-Management Program (CPSMP);

May 23 - June 27

Palo Duro

Thursday • 1:00 - 3:30 pm



Center Memberships are only **\$20**

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

Call (505) 764-6400.

**ONE
ALBUQUE
RQUE** senior affairs



**ONE
ALBUQUE
RQUE** senior affairs

If you are interested in advertising space in this catalog please call **(505) 764-6468** or email **DHolcomb@cabq.gov.**

Volunteer to Help Low-Income Seniors in Our Community!

Silver Horizons, RSVP (Retired & Senior Volunteer Program), and the City of Albuquerque's Department of Senior Affairs work together to improve seniors' lives in our community.



Silver Horizons wants to see low-income seniors living safe and secure, in their own homes, with enough food to eat.

Help us provide groceries to over 3,500 seniors and 1,200 grandchildren every month.

Our organization exists because of volunteer and donor support from the community.

To learn more, or to get involved, connect with us online at [SilverHorizonsNewMexico](#) [SilverHelpingSeniors.org](#) or Call 505-800-1400 or email ron@silverhorizons.org



A healthy tomorrow starts today.

As long as there have been New Mexicans, Presbyterian has been caring for them. We've been a part of New Mexico longer than New Mexico has been a state. Over that time, healthcare has changed in ways no one could have imagined. What hasn't changed is our dedication.

 **PRESBYTERIAN**

(505) ASK-PRES (275-7737)

www.phs.org



THINK BEFORE YOU DIAL 9-1-1

Firefighters need to be available for **life threatening emergencies** such as:



- > CHEST PAIN/CARDIAC ARREST
- > UNCONSCIOUSNESS
- > STROKES
- > SEIZURES
- > HEART ATTACKS
- > SEVERE BLOOD LOSS
- > RESPIRATORY DISTRESS
- > COMPLEX BIRTHS
- > TRAPPED PATIENTS
- > CRITICAL INJURIES
- > SHOOTINGS AND STABBINGS
- > DRUG OVERDOSE

IF THE MEDICAL ISSUE IS MINOR:

- > SEE YOUR FAMILY DOCTOR
- > SEE YOUR PHARMACIST
- > CHECK WITH PUBLIC HEALTH
- > GO TO A WALK-IN CLINIC OR URGENT CARE

**ALBUQUERQUE
FIRE RESCUE**
cabq.gov/fire



Firefighter resources are precious. Misuse can make the difference between life or death for somebody you love.

Day Trips

Trip Policies

- To register for trips, present your membership card.
- Registration for trips starts at 9:00 am on designated days.
- Cancel at least 3 days in advance.
- For overnight, day trips, or performances that require an advanced payment, a refund will be provided if a replacement is found.
- Meals are at your expense.
- Remain with group for the entire trip.
- Return times are approximate.
- We require a two-week notice for special accommodations.

The City of Albuquerque Department of Senior Affairs, Center Policies and Procedures, Section 3.4-N, stipulates that anyone who goes on a Center-sponsored outing must "sign the Trip Release Form before leaving the Center". If an individual chooses not to sign the form, he or she will forfeit the opportunity to go on the outing and a refund will not be given.

Dates to sign up for trips:

Tuesday, January 3, 2019 for January through March trips.

Tuesday, March 5, 2019 for April through June trips.

Ongoing/Varied Dates

Bingo Travels from Manzano Mesa

Do you enjoy playing bingo? Would you like to experience it at another center? Join us on a tour as we visit a few of the senior centers and some of the meal sites around town. We will stay to have lunch with new friends before playing a game of bingo. All trips leave from Manzano Mesa.

JANUARY

Barelas: Tuesday, January 29, Check In: 10:00 am • Return 4:30 pm

FEBRUARY

North Valley: Wednesday, February 20, Check In: 10:00 am • Return 4:30 pm

MARCH

Bear Canyon: Wednesday, March 20, Check In: 10:00 am • Return: 4:30 pm

Lunch: \$3.25 or a la carte items

APRIL

Los Volcanes: Friday, April 26, Check In: 10:00 am • Return 4:30 pm

MAY

Palo Duro: Tuesday, May 14, Check In: 10:00 am • Return 4:30 pm

JUNE

Highland: Monday, June 24, Check In: 10:00 am • Return 4:30 pm

Lunch: \$3.25 or a la carte items

Ride and Roam with Ron

The destination is a mystery but be assured you are in for an adventure.

Palo Duro

Thursday, January 17

Tuesday, February 26

Wednesday, March 13

Thursday, April 18

Wednesday, May 15

Monday, June 10

Check In: 8:00 am • Return: 4:00 pm approximately

Please note: lunch is at your own expense

Take a Hike with Pat

The new year is a great time to evaluate your general health and make a plan to improve it in 2019. With that in mind you might consider joining the ongoing hiking group formed at the Barelas Senior Center. "Take a Hike with Pat" is a group of seniors who like to get out and explore areas in and around Albuquerque. Hike and learn some local history at the same time. "Hikes with Pat" will be scheduled monthly. Note: Those considering hiking should be able to walk on uneven surfaces without issue for a minimum of 3 miles. Hiking boots, and a hiking stick are recommended. *Call the Barelas Senior Center at (505) 764-6436 the 1st week of each month to find out location, distance and time of hike for the month.*

Ride and Glide with Ron

Enjoy fun-filled trips to mystery destinations. Ron will see to it that you have a wonderful time just exploring the natural beauty of our state Lunch at your own expense at a local restaurant.

Bear Canyon

Tuesday, January 15

Wednesday, February 13

Monday, March 11

Tuesday, April 9

Thursday, May 16

Thursday, June 6

Check In 8:00 am Return 5:00 pm (approx.)

Lunch Bunch

Visit a variety of restaurants in and around town and enjoy a wonderful meal with old and new friends

Bear Canyon 4th Thursday

Check In: 10:45 am • Return 2:00 pm

Out-To-Dinner

Experience the ambiance and fare at a variety of area restaurants while enjoying the company of friends.

Bear Canyon 1st Monday

Check In: 5:00 pm • Return 8:30 pm

Green Chile Cheeseburger Smack Down Tour

New Mexico didn't invent the hamburger, but we're the ones who added green chili and made it hot! No state is more passionate about its burger. Join us on our hunt to various locations over the next few months. You be the judge! You'll also get to visit various nearby attractions as an added bonus! 4th Thursday of the month. Times are subject to change

Los Volcanes

FEBRUARY

Thursday, February 28

Check In: 8:45 am • Return: 2:30 pm

MARCH

Thursday, March 28

Check In: 8:15 am • Return: 4:30 pm

APRIL

Thursday, April 25

Check In: 9:30 am • Return: 2:30 pm

MAY

Thursday, May 23

Check In: 8:00 am • Return: 4:00 pm

JUNE

Thursday, June 27

Check In: 7:00 am • Return: 5:00 pm

A "FARE" TO REMEMBER

Rutilios: Los Lunas

This family owned restaurant serves quality New Mexican cuisine. They are known for their friendly and attentive staff their food is just as good as their service! Be sure to try the chile rellenos or opt for the southwest grilled chicken. Your palette will not be disappointed.

Palo Duro

Wednesday, January 9

Check In: 10:00 am • Return: 4:00 pm

TerraCotta Wine Bistro: Santa Fe

Travel the world at TerraCotta Wine Bistro where the food is globally inspired. Enjoy some pork schnitzel or low country shrimp and grits while sipping on a refreshing glass of wine. This vibrant and charming restaurant will be sure to show you what historic Santa Fe is all about.

Palo Duro

Wednesday, February 6

Check In: 10:00 am • Return 4:00 pm

Greenhouse Bistro & Bakery: Los Lunas

This quaint restaurant can be found on the grounds of the Center for Ageless Living. They are known for their fresh herb seasoned rotisserie chicken and handmade breads. However, their team of professional chefs also prepare fresh salads, soups, and desserts. "Good food puts you in a good mood!"

Palo Duro

Thursday, March 7

Check In: 10:00 am • 4:00 pm

The Hollar: Madrid

In the need for comfort food? The Hollar is exactly what you need if you have a craving for fried green tomatoes or fish and chips. You can also take comfort in knowing that only fresh and local ingredients are used to create this delicious cuisine.

Palo Duro

Thursday, April 4

Check In: 10:00 am • 4:00 pm

Sonder Café: Santa Fe

Locally owned and committed to providing their patrons with a taste of local talent through their beer and wine selections.

These carefully selected beverages pair wonderfully with their American dishes. Whether you're in the mood for mussels with a New Mexican twist or roast chicken breast, Sander Cafe provides it all. Following this delicious stop, we will head over to the Farmer's Market and see what the local growers have to offer.

Palo Duro

Tuesday, May 21

Check In: 8:15 am • Return: 4:00 pm

Cottonwood on the Greens: Los Alamos

This full-service restaurant is co-located on the Los Alamos Golf Course. You won't be disappointed in their menu selection as it ranges from pizza to steak to seafood. Cottonwood on the Greens values your comments greatly, so be sure to let them know what a great time you had at this fine dining establishment. Following this tasty stop, we will head over to the Farmer's Market and see what the local growers have to offer.

Palo Duro

Thursday, June 13

Check In: 8:00 am • Return: 4:00 pm

January

Meals on Wheels

Enjoy a delicious lunch buffet followed by a tour, Meals on Wheels of Albuquerque a private nonprofit corporation founded in 1972, by a group of women from Presbyterian Churches around Albuquerque. They began with 20 clients and 40 volunteers. Today they serve approximately 500 clients and have over 400 volunteers. They delivered 9,400 meals in 1972. Today they are delivering over 100,000 meals a year. Burrito and drink at your own expense.

Bear Canyon

Thursday, January 10

Check In: 7:45 am • Return: 12:00 pm

Because It's Time: Unraveling Race and Place in New Mexico

Examines race and identity in New Mexico and is a space for artistic expression that grapples with the complexities of who we are, how we are understood, and how that impacts the way we live (or don't) in a variety of places.

North Domingo Baca

Thursday, January 17

Check In: 10:00 am • Return 2:00 pm

Admission at the door, (your cost).

Maxwell Museum of Anthropology

The Maxwell Museum of Anthropology was founded in 1932 and contains more than one million archaeological and ethnological objects. They strive to connect the University of New Mexico with Albuquerque citizens through providing exhibits that celebrate the diversity of New Mexico's communities.

Palo Duro

Wednesday, January 30

Check In: 9:45 am Return: 3:00 pm

SIGN-UP FOR
JANUARY
THROUGH MARCH
TRIPS BEGINS:
Jan. 3, 2019

Coffee 101-NM Piñon Co.

Learn all about great coffee and how to decipher a coffee house menu in our comprehensive two hour seminar. Our fun and informative Coffee 101 class includes:

Cupping (the practice of experiencing the tastes and aromas of brewed coffee)

Roasting (you'll learn the different roasting terms and get to participate in actual coffee roasting) fun facts about coffee and its history.

Highland

Thursday, January 31

Check In: 9:00 am • Return: 2:00 pm

Indian Pueblo Cultural Center

Discover Pueblo Indian culture, enjoy a renowned collection of Pueblo pottery and art, see traditional Native American dances honoring Mother Earth and meet artists selling their handcrafted works. Taste the award-winning Tewa Taco and fresh baked Pueblo oven bread at Pueblo Harvest Café. Lunch at you own expense

Barelas

Thursday, January 31

Check In: 9:00 am • Return: 1:00 pm

\$6.40 Senior Admission

February

Tim & Larry's Elixir Boutique Chocolates Tour

Elixir chocolates are made entirely by hand using the finest of ingredients. For over 20 years, each flavor has been lovingly developed to produce a rich and creamy taste sensation. No preservatives are used, just the freshest ingredients available. We will be given a tour of Elixir's chocolate factory along with tasty samples!

Bear Canyon

Tuesday, February 5

Check In: 8:30 am • Return: 3:00 pm

Figments Tea Shoppe & Gallery

Established in 2009, we are not just a Figment of your imagination, but a friendly and hospitable tea shop. We are a unique shop that sells high-quality loose leaf teas. We have a variety of over 150 teas that you can enjoy loose by the ounce or brewed by the cup, as well as tea arrangements to help you enjoy tea any day. Tea time includes a scone, fruit or yogurt and a featured dessert of the month, with your choice of tea.

Manzano Mesa

Wednesday, February 6

Check In: 10:00 am • Return: 1:00 pm

Tea Time: \$12

El Charritos

A long standing restaurant in Albuquerque. Family owned, it's a great restaurant with great food.

Los Volcanes,

Thursday, February 7

Check In: 11:30 am • Return: 1:00 pm

J&R Vintage Auto Museum

Take a guided tour of 60 fully restored antique cars and trucks, then do some shopping in the gift shop.

Los Volcanes

Tuesday, February 12

Check In: 9:30 am • Return: 2:00 pm

\$5 Admission Fee

From Calder to Chicago: Sculptors on Paper

Sculptors have historically tended to produce extraordinary drawings and works on paper. The reasons for this are not easily assessed, but certainly have something to do with the tactility and physicality of the drawing process itself.

North Domingo Baca

Tuesday, February 12

Check In: 10:00 am • Return: 2:00 pm

Admission: Your cost at the door.

Shidoni Foundry and Galleries

This picturesque compound is home to a foundry that casts work for established and up-and-coming artists from all over North America. On the grounds of an old chicken ranch, Shidoni has a rambling sculpture garden and a gallery.

Barelas

Tuesday, February 19

Check In: 9:00 am • Return: 3:00 pm

Lunch at your own expense

Rude Boy Cookies Tour

We will have lunch at the Standard Diner in Nob Hill then follow lunch by a fun experience of milk and cookies. Each day fresh, chewy, delicious cookies are made from scratch in this premier, Specialty Cookie Shop. Along with cookies there is ice cream and New Mexico's only fresh milk bar.

Los Volcanes

Thursday, February 21

Check In: 11:30 am • Return: 1:00 pm

Cost: \$15 tour and cookies

NM State Legislature Senior Day

Join us for a trip to visit the Legislature in Santa Fe. We will tour the Round House and hallway gallery. We will have lunch in Santa Fe at our own expense.

Barelas

Friday, February 22

Check In: 8:00 am • Return: 4:00 pm

Bear Canyon

Friday, February 22

Check In: 8:00 am • Return 4:00 pm

Highland

Friday, February 22

Check In: 8:00 am •Return: 4:00 pm

Los Volcanes

Friday, February 22

Check In: 7:30 am • Return: 4:00 pm

North Valley

Friday, February 22

Check In: 8:00 am •Return: 4:00 pm

Manzano Mesa

Friday, February 22

Check In: 8:00 am •Return: 4:00 pm

Palo Duro

Friday, February 22

Check In: 8:00 am •Return: 4:00 pm

Lunch at your own expense

Meow Wolf

With the help of George R.R. Martin, who recently purchased a vacant former bowling alley, Meow Wolf has converted the building into a multi-use Art Complex. The Meow Wolf Art Complex stands as a beacon of creativity and community in Santa Fe's emerging Midtown Innovation District, welcoming locals and tourists alike to take part in fun, enriching art experiences, workshops, and community activities. Meow Wolf is an arts production company that creates immersive, multimedia experiences that transport audiences of all ages into fantastic realms of storytelling. Our work is a combination of jungle gym, haunted house, children's museum, and immersive art exhibit. This unique fusion of art and entertainment gives audiences fictional worlds to explore.

Bear Canyon

Wednesday, February 20

Check In: 8:45 am • Return: 4:00 pm

Highland

Wednesday, February 27

Check In: 9:00 am • Return: 4:30 pm

Admission: \$13

Visions of the Hispanic World: Albuquerque Museum

The Hispanic Society of America takes us on a cultural adventure exploring over 200 extraordinary works that span over 3,000 years. This exhibit offers New Mexicans the opportunity to celebrate world cultures through remarkable artistic creations including paintings, sculptures, and manuscripts.

Palo Duro

Wednesday, February 27

Check In: 9:15 am • Return: 2:00 pm

\$9 Admission fee



Volunteer Today

LEAD. INSPIRE. CHANGE THE WORLD.

We offer a wide variety of volunteer opportunities.

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

(505) 767-5225.

The Oldest House

The Oldest House is a history museum. Attached to the museum is a house that was added on in the late 1800s. The later house addition was converted to a gift shop. Entrance to the museum is through the gift shop.

De Vargas Street House, located at 215 East De Vargas Street on the eastern side of Old Santa Fe Trail in Santa Fe, New Mexico within the Barrio De Analco Historic District, is one of the Oldest buildings in America. The Oldest House rests on part of the foundation of an ancient Indian Pueblo dating from around 1200 CE. This pueblo was once inhabited by a tribe from the Tano speaking tribes of the northern part of the territory.

North Valley
Thursday, February 28
Check In: 9:15 am • Return: 3:30 pm

Quarai Ruin, Mountainair

The Salinas Pueblo Missions National Monument is located in central New Mexico. Mountainair is approximately 90 miles from Albuquerque. Composed of ruins of three mission Churches: Quarai, Abo, and Gran Quivira. The three Churches were mostly built in the early seventeenth century by the pueblo under Spanish control. No food available at the ruins so pack a lunch.

Quarai is the most intact and restored of the three Churches.

Barelas
Thursday, February 28
Check In: 9:00 am • Return: 5:00 pm

March

One Coil At A Time

Curated by Humans of New Mexico, this exhibition opens the day before our annual Recuerda a Cesar Chavez Festival and features photo portraits and first person stories of everyday New Mexicans and their experiences in social movements.

Sky City Cultural Center & Haak'u Museum

North Domingo Baca
Thursday, March 7
Check In: 10:00 am • Return 2:00 pm

Admission: Your cost at the door.

Villa di Capo Ristorante Italiano

Villa di Capo is located in the J.A. Skinner Building which is a registered historical landmark, is also on old "Route 66" road. You will be comfortable in the Old World charm as you enjoy traditional Italian cuisine.

Los Volcanes
Thursday, March 7
Check In: 10:00 am • Return: 2:00 pm

Mineral Museum

Located on the campus of the New Mexico Institute of Mining and Technology, The Mineral Museum established in 1889, houses the collection of 15,000 mineral specimens and was assembled to assist with the education of the engineers and geologists and has grown to be one of the largest.

Bear Canyon
Thursday, March 7
Check In: 8:00 am • Return: 5:00 pm

Southwest Chocolate & Coffee Fest

The Southwest Chocolate & Coffee Fest brings together 120 purveyors of incredible chocolates, coffees, candies, teas, gourmet foods, and wine and beer. While not sampling and shopping from these unique businesses, attendees enjoy live music, cooking demonstrations, coffee seminars, baking contests and live cow milking demonstrations.

North Valley
Saturday, March 17
Check In: 9:45 am • Return: 3:00 pm
Admission: \$8

De Vargas Street - Santa Fe

This will be an interesting and informative tour of the Barrio de Analco District on the Lower Santa Fe Trail. The highlight will be the 800 year old adobe house, reported to be the oldest house in the USA. There are numerous places of interest within walking distance that we will tour also, ending our tour with lunch at one of Santa Fe's great restaurants.

Highland
Tuesday, March 19
Check In: 9:00 am • Return: 5:00 pm

Aquarium/Botanic Garden

The aquarium focuses (mostly) on the aquatic life of the Rio Grande and the ocean it feeds into. Upon entering, visitors are introduced to the river through a series of small aquarium tanks, displaying fish of the Rio Grande. Also enjoy the Botanic Garden is a 36-acre botanical garden. The garden showcases plants of the Southwest and other climates including formal themed gardens, and a demonstration garden

Manzano Mesa
Wednesday, March 20
Check In: 9:30 am • Return: 3:00 pm
\$6 admission

The Mineral Museum

The Mineral Museum in Socorro was established in 1889, the museum houses the collection of 15,000 mineral specimens and was assembled to assist with the education of the engineers and geologists and has grown to be one of the largest. Lunch at your own expense.

Barelas

Thursday, March 21

Check In: 8:00 am • Return: 6:00 pm

OFFCenter

Come enjoy the therapeutic and healing aspects of art at this colorful and unique all-inclusive studio. We will be creating multimedia collages using materials donated by the wonderful residents of Albuquerque. Not only will this trip be fun, but you will be contributing to a local studio that offers free art education and workshops throughout the city.

Palo Duro

Thursday, March 21

Check In: 9:15 am • Return 3:00 pm

\$10 admission

Golden Crown Bakery

We will take a tour of this old fashioned neighborhood bakery in the old town area where many popular items include pizza crust with blue corn, biscochitos, green chile cheese bread and much more.

Bear Canyon

Thursday, March 21

Check In: 9:45 am • Return: 2:30 pm

Sky City, Acoma

Acoma Pueblo is a Native American pueblo approximately 60 miles west of Albuquerque, New Mexico in the United States. Four villages make up Acoma Pueblo: Sky City (Old Acoma), Acoma Pueblo is a National Historic Landmark. Acoma tribal traditions estimate that they have lived in the village for more than two thousand years. Acoma is one of the oldest continuously inhabited communities in the United States.

Barelas

Thursday, March 28

Check In: 9:00 am • Return: 3:00 pm

April

People Powered: New Mexicans and Social Movements

National Hispanic Cultural Center

North Domingo Baca

Monday, April 8

Check In: 9:30 am • Return: 2:00 pm

Petroglyph National Monument

Petroglyph National Monument protects one of the largest petroglyph sites in North America, featuring designs and symbols carved onto volcanic rocks by Native Americans and Spanish settlers 400 to 700 years ago. These images are a valuable record of cultural expression and hold profound spiritual significance for contemporary Native Americans and for the descendants of the early Spanish settlers. Please bring a sack lunch

Barelas

Tuesday, April 9

Check In: 9:00 am • Return: 3:00 pm

Santuario de Chimayo

El Santuario de Chimayo, the tiny shrine that is built on the site of what many believe to be a miracle associated with the crucifix of "Nuestro Señor Esquipas". El Santuario de Chimayo is also the site of a small pit of Holy Dirt which many people attribute as possessing remarkable curative powers.

Highland

Tuesday, April 9

Check In: 9:00 am • Return: 5:00 pm (approx.)

Manzano Mesa

Tuesday, April 16

Check In: 8:00 am • Return: 3:00 pm

North Valley

Thursday, April 18

Check In: 8:00 am • Return: 4:00 pm

Los Volcanes

Tuesday, April 9

Check In: 8:00 am • Return: 4:30 pm

Barelas

Thursday, April 18

Check In: 8:45 am • Return: 4:00 pm

Humming Desert Alpacas

Visit this small three acre farm just off I-25 between Albuquerque and Santa Fe dedicated to breeding and selling healthy, quality Huacayas Alpacas.

Bear Canyon

Tuesday, April 16

Check In: 9:15 am • Return: 2:30 pm



Ten Thousand Waves

Ten Thousand Waves is inspired by the great Japanese mountain hot spring resorts. Ten minutes from downtown Santa Fe, but only minutes from the National Forest, there is nothing quite like this on the North American continent. Among piñons and junipers are beautiful outdoor hot tubs and spa suites, world-class bodywork and skin care, and the amazing izanami restaurant. For a lucky few, it is the closest lodging to the Santa Fe Ski area. Lunch at your own expense

Barelas
Tuesday, April 16

Check In: 9:00 am • Return: 6:00 pm
\$28 admission

Acoma Pueblo/Haak'u Museum

Acoma Pueblo is one of New Mexico's most scenic and historic, where you'll experience breathtaking views and amazing rock formations.

Bear Canyon
Friday, April 19

Check In: 8:00 am • Return: 5:00 pm
\$20 Tour and Museum Fee

Tome Hill

Join us for a beautiful morning made even more special by the pilgrims wending their way up Tome Hill. With faith and fortitude, the walkers are doing something that's good for their health as well as their minds.

Los Volcanes
Friday, April 19

Check In: 7:30 am • Return: 2:30 pm

Coronado Historic Site

A truly memorable and educational experience exploring historic Puebloan and Spanish Colonial artifacts on exhibit. Enjoy this guided tour into the beautifully painted kiva located in the south plaza of Kuaua Pueblo. Savor in the breathtaking views of the Rio Grande and Sandia Mountains while dining on their ramada-covered picnic tables.

Palo Duro
Wednesday, April 24

Check In: 9:00 am • Return: 4:00 pm
Please note: bring a sack lunch

Sopaipilla Factory - Pojoaque

This restaurant offers a Norther New Mexican menu with breakfast served all day. They have a beer, wine and margarita menu. After lunch we will visit the nearby Poeh Cultural Center Museum devoted to the arts and culture of the Puebloan peoples.

Los Volcanes
Thursday, April 30

Check In: 8:45 am • Return: 4:00 pm

New Mexico Travertine Company

Let's take a trip to Belen, New Mexico and see how decorative building stone, mined at a nearby quarry, is cut and polished. A tour of their facilities will be interesting and informative. We will have lunch at a local restaurant in town.

Highland
Tuesday, April 30

Check In: 9:15 am • Return: 3:00 pm

May

Hays Honey and Apple Farm

This local honey and apple farm is buzzing with delight at your interest in visiting their estate. The owner, Ken Hays, is passionate about teaching others about beekeeping and its benefits to not only our health but to the environment. If this fascinating information wasn't enough, you will be provided with a sample of their 100% pure, raw, and natural honey.

Palo Duro
Thursday, May 2

Check In: 8:30 am • Return 3:00 pm

Olympus Beauty Academy

Up to 20% off on senior day. May have other weekly specials.

Los Volcanes
Tuesday May 7

Check In: 10:00 am • Return: 2:00 pm

El Rancho Motel

The historic El Rancho Hotel provides a unique Southwest Experience in the midst of the American West. The El Rancho Hotel is a pillar of the West and was the Home of the Movie Stars throughout the 1930s to 1940s who filmed Westerns in the area.

Bear Canyon
Wednesday, May 8

Check In: 8:00 am • Return: 6:00 pm

Tent Rocks

The cone-shaped tent rock formations are the products of volcanic eruptions that occurred 6 to 7 million years ago and left pumice, ash, and tuff deposits over 1,000 feet thick. Precariously perched on many of the tapering hoodoos are boulders caps that protect the softer pumice and tuff below. The tent rock formations vary in height from a few feet up to 90 feet. Bring a sack lunch

Barelas
Tuesday, May 14

Check In: 9:00 am • Return: 5:00 pm

Ojo Caliente

Ojo Caliente is the only natural hot springs in the world with the remarkable combination of five bubbling water.

North Domingo Baca

Tuesday, May 14

Check In: 8:00 am • Return 6:00 pm

Blue Moon Café (Santa Fe)

This casual restaurant boasts of their smoked brisket, chicken, sausage and ribs. You may also order soup, salads burgers, or sandwiches. No alcohol served

Los Volcanes

Tuesday, May 21

Check In: 9:45 am • Return 3:00 pm

Old Windmill Dairy Tour

If you love cheese this is the trip for you! In July of 2007, Ed and Michael Lobaugh opened their dairy with a Grade A license and started selling their award-winning chèvre. In 2008, they started making semi-hard cheeses such as McIntosh Cave Aged Goat Cheese, Sandia Sunrise Gouda and Manzano Blue Moon (their national award-winning Blue cheese). The aged cheeses produced by The Old Windmill Dairy are the first in New Mexico to be aged in a cellar specially designed to recreate the unique effects of cave-aging.

Bear Canyon

Tuesday, May 21

Check In: 8:00 am • Return: 3:00 pm

Rail Runner Ride

Hang out for the day in Santa Fe. Take the rail runner to Santa Fe Plaza to explore the surroundings. You will be able to walk around, shop and get a bit to eat.

Manzano Mesa

Wednesday, May 29

Check In: 8:30 am • Return: 5:30 pm

You are responsible to make the train departure at the scheduled time.

Tarde De Oro

Tarde de Oro is an exciting production that focuses on the unique culture of New Mexico. The show features a rotating lineup of some of the best acts of the Southwest which include Native American roots, Spanish and Mexican influences.

Thursday, May TBA

Check In: 11:45 am • Return: 3:30 pm

Free admission

North Valley

Palo Duro

Highland

Manzano Mesa

Barelas

Bear Canyon

Los Volcanes

North Domingo Baca

Pecos National Historical Park

Pecos park, encompasses thousands of acres of landscape infused with historical elements from prehistoric archaeological ruins to 19th-century ranches, to a battlefield of the American Civil War. Its largest single feature is Pecos Pueblo, a Native American community abandoned in historic times. Two sites within the park, the pueblo and the Glorieta Pass Battlefield, are National Historic Landmarks. Bring a sack lunch

Barelas

Thursday, May 30

Check In: 9 am • Return: 5:00 pm

Jackalope Mercado - Santa Fe

The first Jackalope location, the Santa Fe store overflows with a huge variety of one-of-a-kind home and outdoor furnishings and accessories from India, Bali, Africa, Thailand, China, Mexico, and more. Guests say it offers the most fun you'll ever have shopping!

North Valley

Friday, May 31

Check In: 9:00 am • Return: 3:30 pm

June

Purple Adobe Lavender Farm

We will enjoy a tour through the lavender fields and learn about this farm's story. There is a gift shop featuring Lavender products such as lavender teas, fudge, gelato, all made fresh at the farm. On the premises is a teach house where lunch is served.

Los Volcanes

Tuesday, June 4

Check In 8:00 am • Return 3:00 pm

Turquoise Trail Sculpture Garden

The Turquoise Trail Sculpture Garden and Studio is the private residence of artists Jennifer and Kevin Box. Nestled in the Little Garden of the Gods on Highway 14, it is just 10 miles south of Santa Fe on a National Scenic Byway known as the Turquoise Trail. With towering rock formations encompassing the three acre sculpture garden, visitors meander through a distinct southwest landscape discovering sculpture along the way. The environment creates a dramatic backdrop for this exhibition of stark contrast and unexpected harmony. The relationship between the white clouds and the predominately white artwork evokes a sense of lightness and peace.

North Valley

Thursday, June 6

Check In: 9:15 am • Return: 3:30 pm

Free admission

Que Sera Alpacas - Santa Fe

You will be welcomed to a working alpaca ranch where you can have fun on a trip that's a bit out of the ordinary. Meet the baby alpacas, called cria, and their moms. See the fiber processing area and the "kissing alpacas" who will steal your heart and make you want to take them home!

Highland

Tuesday, June 11

Check In: 9:00 am • Return: 4:30 pm (approx.)

NM Mining Museum

This simulated Uranium Mining Museum is top notch! Retrace the experience of going underground and see what the Miners worked in every day. Learn about the rich historical legacy of mining and the related culture of Grants/Cibola County. The initial boom in the Grants area started soon after Paddy Martinez, a Navajo shepherd, found uranium-bearing outcrops in the Todilto Limestone Member of the Wanakah Formation at the foot of Haystack Butte in the spring of 1950.

Bear Canyon

Thursday, June 13

Check In: 8:00 am • Return: 4:00 pm

\$3 admission

Los Poblanos Open Space

One of the largest remaining pieces of agricultural land in Albuquerque, this 138-acre site offers a wonderful way to watch the changing seasons as sorghum, corn, flowers, vegetables and other crops grow. The site of the farm has been continuously farmed for hundreds of years. Los Poblanos offers excellent year-round bird watching opportunities.

Barelas

Thursday, June 13

Check In: 10:00 am • Return: 3:00 pm

Mystery Trip With Tom!

Everything about this trip is a Mystery. Sign up, you won't be disappointed!

North Domingo Baca

Friday, June 14

Check In: 8:30 am • Return 4:00 pm

Lunch at own expense.

Herb and Lavender Festival

This Festival contains lavender and herb product vendors along with lectures and hands-on activities on all things lavender! You can participate in different workshops such as creating a raffia braid with hers and lavender, baking artesian bread, cooking with essential oils and much more. This is an annual event host every year at Rancho de Las Golondrinas

North Valley

Saturday, June 15

Check In: 9:00 am • Return: 4:30 pm

Admission \$6

Blue Hole in Santa Rosa

Blue Hole appears in the midst of the desert like a great blue gem. Once known as Blue Lake, it is one of seven sister lakes connected underground by a vast system of water. This wonder defines Santa Rosa even as it seems to defy the surrounding red mesas. Born of a geological phenomenon called the Santa Rosa sink, the place is magic — as water always is in a land of little rain. Blue Hole is a constant 62 degrees. *Please bring a sack lunch*

Barelas

Tuesday, June 18

Check In: 9:00 am • Return: 5:00 pm

Laguna Burger 66 Pit Stop

Never Frozen, Always Amazing - The World Famous Laguna Burger provides the freshest and most delicious green chile cheeseburger in the world. Laguna Burger is always fresh, never frozen, a half pound of seasonal fresh ground beef on a locally baked bun with farm – fresh lettuce, tomato, onions and the finest homegrown green chile. It is always cooked to order and served in a clean, comfortable, friendly atmosphere.

Los Volcanes

Thursday, June 20

Check In: 10:30 am • Return: 1:00 pm

Rancho de las Golondrinas

The Ranch of the Swallows."This historic ranch, now a living history museum, dates from the early 1700s and was an important paraje or stopping place along the famous Camino Real, the Royal Road from Mexico City to Santa Fe. Experience the life of another time in a location unlike any other in America. *Lunch at your own expense*

Barelas

Thursday, June 20

Check In: 9:00 am • Return: 5:00 pm

Fenton Lake State Park

The Jemez Mountains provide the backdrop for this stunning year-round retreat surrounded by beautiful ponderosa pine forests. Fenton Lake State Park is a mellow mountain escape. The Rio Cebolla flows through the park and there is fishing and canoeing lake too. Come and enjoy a day by the water and make sure to bring your sack lunch and a water bottle.

Manzano Mesa

Friday, June 21

Check In: 8:15 am • Return: 4:00 pm

Santa Fe Studio Tours

Open to the public, a free event, this is an unique opportunity for the public to see the artists' latest work and their working environments. Many artists will be demonstrating their techniques and all will have art for sale. Santa Fe Studio Tour officials describe the Tour as a "dynamic yet intimate total immersion in art where visitors can talk with the artists, experience their working environments and purchase art, all while enjoying the landscape of New Mexico, touring from one studio to the next!" This is an opportunity for the public to view all the artists' work and map out their Studio Tour.

North Valley

Saturday, June 22

Check In: 8:00 am • Return: 5:00 pm

Popcorn Cannery

Join us on this fun and tasty trip. We will have the opportunity to visit this locally owned facility and taste all the wonderful flavors they have to offer. Popcorn will also be available for purchase. We will then head to lunch at a local restaurant.

Bear Canyon

Tuesday, June 25

Check In: 8:30 am • Return: 3:00 pm

Chuck Wagon Supper

Join us for one of the most exciting dining experiences at one of the most enjoyable attractions in the city. This adventure starts off at 6:00 pm with a riveting bird show along with hay rides that showcase the wonderful wildlife property. Save your appetite because dinner is included in this exceptional package. Once you've eaten your fill, you can relax and be entertained by live music.

Palo Duro

Saturday, June 29

Check In: 4:00 pm • Return: 10:00 pm

\$23 Includes meal and admission

Chuck Wagon Supper

Join us for one of the most exciting dining experiences at one of the most enjoyable attractions in the city. This adventure starts off at 6:00 pm with a riveting bird show along with hay rides that showcase the wonderful wildlife property. Save your appetite because dinner is included in this exceptional package. Once you've eaten your fill, you can relax and be entertained by live music.

Palo Duro

Saturday, June 29

Check In: 4:00 pm • Return: 10:00 pm

\$23 Includes meal and admission

August

Cosí Fan Tutte - Santa Fe Opera

Mozart's and Da Ponte's final collaboration has delighted, confounded, and rewarded viewers ever since its 1790 premiere in Vienna. Their "School for Lovers" sports a highly experienced faculty and a progressive curriculum — required reading and written papers have all been replaced by experiential learning. There's a devil of a final exam, though, especially for two young couples about to be married. It's a lab project in which they dissect the question, "Are you in love, or in love with the idea of love?" They're also required to work in pairs, and they soon discover that being engaged to someone special doesn't preclude being especially attracted to someone else. No refunds unless a replacement can be found!

Bear Canyon

Monday, August 5

Check In: 4:30 pm • Return: 12:00 am

\$73.50 Includes ticket and transportation

Santa Fe Opera La Boheme

Better to have loved and lost young and poor and consumed with love, six Bohemians lead "charming and terrible lives" in 19th-century Paris. Living in Latin Quarter garrets, furnished mostly with hope for the future. Strolling medieval streets crowded with toy vendors, fruit sellers, street urchins and military bands. They fraternize with famous writers and artists at the Café Momus and find their places in a rapidly changing society. They taste the freedom and perils of a freelance economy, and brave epidemics of passion and jealousy, sorrow, and loss. Conductor Jader Bignamini and director Mary Birnbaum bring Puccini's boisterous, poignant, heartbreaking score to life onstage. Sec it with someone you love.

Palo Duro

Wednesday, August 7

Check In: 4:30 pm • Return: 12:00 a.m.

\$80 Includes ticket and transportation

No Refunds unless a placement can be secured



Volunteer and make a difference!



Senior Corps Volunteers contribute over 234,000 hours to our community annually; this translates to a contribution valued at approximately \$4.7 million dollars!*

* Value of Volunteer Time according to the Independent Sector in NM in 2015 is \$19.91 per hour. For information call (505) 767-5225.

Department of Senior Affairs Transportation Nutrition Division

Volunteer Drivers are needed to provide transportation for seniors to and from various meal sites, medical appointments, and grocery shopping for daily, four-hour shifts; Monday – Friday.

Meals on Wheels of Albuquerque

Kitchen volunteers are needed any day Monday through Friday from 9 am-11 am. Volunteer Drivers are needed to deliver meals (Use of personal vehicle required).

Catholic Charities

Volunteer Drivers are needed to provide door to door transportation services to seniors for medical appointments and grocery shopping. Use of personal vehicle is required; agency gives mileage reimbursements.

Adelante Development Center Benefits Counseling Center

Volunteers are needed to assist seniors and persons with disabilities in determining eligibility and enrollment for subsidized benefit programs. Training will be provided.

Alzheimer's Association

Must have the ability to perform various clerical duties and other assignments. Flexible work days are available.

Ronald McDonald House

Family Room Volunteers are needed to greet and sign in families, maintain laundry room, stock food and drinks, and help families with their needs.

Ombudsman Program

Volunteer Advocates are needed for residents in nursing homes and assisted living facilities.

The Foster Grandparent Program Advisory Council

Council members are needed to advocate on behalf of volunteers, evaluate Program effectiveness, and assist in the recognition of volunteers by raising funds and resources.

Silver Horizons

Silver Horizons wants to see low-income seniors living safe and secure, in their own homes, with enough food to eat. Help us provide groceries to over 3,500 seniors and 1,200 grandchildren every month. Call (505) 800-1400 or email ron@silverhorizons.org

Are you 55 years of age or older? Would you like an opportunity to help your community?

Senior Corps Volunteers receive supplemental insurance and transportation reimbursements!

Senior Companions: Make Independence A Reality

Senior Companions are healthy older adults who help other adults live independently and can provide support to family caregivers. They assist with grocery shopping and other daily tasks necessary to maintaining independent living.

Senior Companions serve an average of 20 hours per week, may qualify for a tax free stipend, and receive assistance for meals and transportation costs.

You don't need medical or technical skills to be a Senior Companion. All you need to know is how to be a friend.

For information, call (505) 764-1612.

Foster Grandparents

Foster Grandparents serve as tutors and mentors assisting children with special and exceptional needs.

Foster Grandparents serve an average of 20 hours per week, receive meals while on duty, and may qualify for a tax free stipend.

Over 80 Foster Grandparents contribute 80,000 hours of service each year. Foster Grandparents serve in more than 40 sites in Albuquerque, including Elementary Schools, City of Albuquerque Child Development Centers, Head Start Programs, and Community Programs.

The Foster Grandparent Program goals are to enable Foster Grandparents to remain active through participation in meaningful placements and needed community service. Children receive the necessary attention for educational, social, and emotional development.

For information, call (505) 764-6412.

RSVP: Lead with Experience

RSVP recruits and places volunteers in government and non-profit organizations to meet community needs.

With RSVP, you choose how much time you want to give and whether you want to share your skills or develop new skills.

For information, call (505) 764-5225.

Join us for the
2019 NATIONAL
Senior Games

June 14 through 25, 2019

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VOLUNTEERS NEEDED call (505) 764-6400. For more information call (888) 623-6676.