Albuquerque
50+ Sports and Fitness Catalog
COMING IN 2019
NATIONAL Senior Games
June 14 through 25, 2019
SEE PAGE 6
(505) 764-6400
www.cabq.gov/seniors
Citizen Contact Center: 311

December 2018 through December 2019
Dear Community Members,

The City of Albuquerque’s Department of Senior Affairs is proud to share the 2019 ABQ 50+ Sports and Fitness Catalog. The programming we have at our Senior Affairs Department helps our priority of creating an inclusive City. Inside you will find fitness and wellness activities for anyone from the beginner to advanced athlete to keep you active year round.

As a member of the Department of Senior Affairs, adults 50 and over can take advantage of our sports and fitness facilities, classes, and trips. According to the World Health Organization, even gentle, regular exercise such as walking or swimming can increase lifespan by around three to five years. Plus, getting physically active can become a source of fun, stress relief, and a place to meet friends, which all have benefits. You’ve already taken the first step by opening up this catalog.

The City is coming together as One Albuquerque to host the National Senior Games to be held June 14-25th. This twelve-day athletic competition, taking place across various venues from Albuquerque to Santa Fe, will allow our community to get involved and be inspired by the athletic feats of seniors from across the country. More than 10,000 senior athletes from the age of 50 to over 100, will visit our beautiful City and be cheered on by more than 15,000 loved ones. There are many ways to get involved in these games – from becoming one of the 3,000 volunteers needed to put on the games to showing up to support the athletes.

Visit www.nsga.com to find out how to get your free ticket as a spectator of the games.

Leading up to the Games, the Department of Senior Affairs Sports and Fitness program will also hold select local sports competitions (see page 11), to prepare our local athletes for the Games with our partners at New Mexico Senior Olympics.

We invite you to take charge of how you age, fuel your mood and improve your overall sense of well-being. It’s never too late to get moving and the Department of Senior Affairs has the programs and activities to help you make changes to your lifestyle in small or big ways.

Sincerely,

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

The City of Albuquerque, Department of Senior Affairs

JOIN US FOR THE UPCOMING...

2019 NATIONAL
Senior Games
June 14 through 25, 2019

City of Albuquerque
Timothy M. Keller, Mayor

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

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

Anna M. Sanchez,
Director, Department of Senior Affairs

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 L. 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

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

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

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

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

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

Center Closings

<table>
<thead>
<tr>
<th>Holiday</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Christmas</td>
<td>Tuesday, Dec. 25, 2018</td>
</tr>
<tr>
<td>New Year’s Day</td>
<td>Tuesday, Jan. 1, 2019</td>
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<tr>
<td>MLK Jr. Birthday</td>
<td>Monday, Jan. 21, 2019</td>
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<tr>
<td>President’s Day</td>
<td>Monday, Feb. 18, 2019</td>
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<tr>
<td>Memorial Day</td>
<td>Monday, May 27, 2019</td>
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<tr>
<td>Independence Day</td>
<td>Thursday, July 4, 2019</td>
</tr>
<tr>
<td>Labor Day</td>
<td>Monday, Sept. 2, 2019</td>
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<tr>
<td>Veteran's Day</td>
<td>Monday, Nov. 11, 2019</td>
</tr>
<tr>
<td>Thanksgiving Day</td>
<td>Thursday &amp; Friday, Nov. 28 &amp; 29, 2019</td>
</tr>
</tbody>
</table>

Center Memberships

REGISTRATION BEGINS: Dec. 13, 2018

Center Memberships

$20
Volunteer Opportunities

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

Adapted Aquatics
Volunteers are needed to serve as substitute instructors.

Albuquerque 50+ Games and the Compete & Meet Games
Our competitive games need volunteers to coordinate or assist the sporting events.

National Senior Games
National Senior Game will be June 14-25, 2019. Many volunteer opportunities available.

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

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

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

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

Weight Training Orientations
Volunteer Orientation Coaches are trained by our staff to teach participants safe and effective equipment use.

Orientation Coaches are needed at these sites:
1. Palo Duro 50+ Sports & Fitness Center: 3351 Monroe NE, Alb., NM 87110 • (505) 880-2800
2. Manzano Mesa, Fitness Room: 501 Elizabeth SE, Alb., NM 87123 • (505) 275-8731
3. North Valley, Fitness Room: 3825 4th Street NW, Alb., NM 87107 • (505) 761-4025
4. Joe O. Armijo Los Volcanes 50+ Sports & Fitness Center: 6500 Los Volcanes NW, Alb., NM 87121 • (505) 767-5990
5. North Domingo Baca, Fitness Room: 7521 Carmel Ave. NE, Alb., NM 87113 • (505) 764-6496
6. Highland, Fitness Room: 131 Monroe NE, Alb., NM 87108 • (505) 767-5210

Interested in volunteering for any of these activities? Please call us at (505) 880-2800.
2019 Calendar At-A-Glance

**JANUARY**
- X/C ski, Snowshoe and Downhill Ski Trips begin
- 50+ Games Table Tennis competition **JANUARY 12**
- 50+ Games Presentation and Workshop **JANUARY 24**
- 50+ Games Open Track- Indoor **JANUARY 22-24 AND JANUARY 29-31**

**FEVERARY**
- X/C ski, Snowshoe and Downhill Ski Trips continued
- 50+ Games Shuffleboard competition **FEBRUARY 1**
- 50+ Games Open Track- Indoor **FEBRUARY 5-6**
- 50+ Games Racquetball competition **FEBRUARY 7**
- 50+ Games Badminton competition **FEBRUARY 15**
- 50+ Games Swimming competition **FEBRUARY 23**
- 50+ Games Presentation and Workshop **FEBRUARY 28**

**MARCH**
- X/C ski, Snowshoe and Downhill Ski Trips continued
- 50+ Games Bowling competition **MARCH 5, 6, 8**
- 50+ Games 5K Powerwalk Competition **MARCH 16**
- 50+ Games Presentation & Workshop **MARCH 21**
- 50+ Games 5K Racewalk Competition **MARCH 23**
- 50+ Games Horseshoes Competition **MARCH 29**
- 5K & 10K Road Race Competitions **MARCH 30**

**APRIL**
- Fitness Hiking Trips begin **APRIL 1**
- Touring the 505 Session 1 begin **APRIL 2**
- Fitness Walking Thursdays begin **APRIL 4**
- Hiking for Beginners begins **APRIL 5**
- 50+ Games Golf Tournament **APRIL 3**
- 50+ Games Archery Competition **APRIL 6**
- 50+ Games Tennis Mix Doubles **APRIL 2**
- 50+ Games Tennis Doubles **APRIL 26**
- 50+ Games Pickleball outdoor competition **APRIL 6-7**

**MAY**
- Fitness Hiking trips continued
- Touring the 505 Tuesdays continued
- Fitness Walking Thursdays continued
- Half Day Friday Hikes Begin **MAY 3**

**JUNE**
- Fitness Hiking trips continued
- National Senior Games **June 14-25** Albuquerque, NM

**JULY**
- Fitness Hiking trips continued

**AUGUST**
- Fitness Hiking trips continued

**SEPTEMBER**
- Fitness Hiking trips continued
- Touring the 505 Tuesdays Session 2 begins **SEPTEMBER 3**
- Fitness Walking Session 2 begins **SEPTEMBER 5**

**OCTOBER**
- Fitness Hiking trips continued
- Compete & Meet Outdoor Pickleball Tournament **OCTOBER 19-20**
- Bench Press Competition North Domingo Baca Multigenerational Center **OCTOBER 26**
- Touring the 505, Session 2 continue
- Fitness Walking Thursday, Session 2 continue

Join us for the

2019 NATIONAL Senior Games

June 14 through 25, 2019

www.nsga.com

VOLUNTEERS NEEDED call (505) 210-1930 or email at volunteer@nsga.com.
Outdoor Winter Recreation

Downhill & Cross Country Skiing • Snowshoeing • Snowboarding

Important Registration Information

Schedule & Trip Policies

1. Registration begins on Dec. 13, 2019 starting at 7:00 am
2. Must have a current DSA membership to participate and register for trips.
3. North Domingo Baca Fitness Center and Los Volcanes Sports and Fitness Center will accept winter registration on this day ONLY until 12:00 pm.
4. Limited to two registration forms per person.
5. All trips are subject to change or be canceled due to inclement weather.
6. Registrations for Winter Sports are on a first come, first serve basis.
7. Participants must leave and stay with the group on all trips. No exceptions!
8. Cancellations for day trips will require a minimum 24 hr. notice.
9. Activities will be canceled due to weather conditions, or when minimum attendance is not met. A minimum of 6 participants is required to use a single van; a minimum of 12 people is required to use 2 vans.

For more information, call (505) 880–2800

Important Information

Trips leave from Palo Duro 50+
Sports & Fitness Center
3351 Monroe NE

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

Current membership is required.
Outdoor Winter Recreation, continued...

WINTER SPORTS DAY TRIPS

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

8 trips from Jan. 8 - March 5, 2019 No trips on January 22
Check-In: 8:00 am
Depart: 8:15 am
Return: 5:00 pm
Cross country skiers must stay with the group.

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

9 trips from Jan. 2 - March 6, 2019 No trips on January 23
Check-In: 8:00 am
Depart: 8:15 am
Return: 5:00 pm
Snowshoers must stay with the group.

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

11 trips from January 3 - March 14, 2019
Check-In: 7:00 am
Depart: 7:30 am
Return: 4:30 pm
Downhill skiers and Snowboarders must purchase own lift ticket. Seniors 72+ get FREE lift tickets.

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

January 4 - January 25, 2019
Check-In: 8:00 am
Depart: 8:15 am
Return: 1:00 pm

Half Day Friday Snowshoe Trips
Snowshoeing is fun! We provide snowshoes and poles or bring your own!

6 trips from Feb. 1 - March 8, 2019
Check-In: 8:00 am
Depart: 8:15 am
Return: 1:00 pm
Snowshoers must stay with the group.

Important Information

Trips leave from Palo Duro 50+Sports & Fitness Center
3351 Monroe NE
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!

Wednesday “B Level” Hikes
N. Domingo Baca Fitness Center
Every other Wednesday, 8:00 am - 5:00 pm

Joe O. Armijo Los Volcanes 50+ Sports & Fitness Center
Every other Wednesday, 8:00 am - 5:00 pm
Hike coordinator: Cindy McConnell

Balance Workshop for Senior Hikers
50+ Sports & Fitness Program in conjunction with UNM Physical Therapy Program, is offering a workshop to give senior hikers tips on how to keep a sturdy base out on the hiking trails. To qualify for this work shop you must be healthy, active seniors with no neuromuscular disorders or diseases.
Saturday, March 9, 2019
Space is limited to 20 hikers.
Transportation offered from Palo Duro Sports and Fitness Center
Cost: free

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, 2019
Trip One - Petroglyph National Monument
Trip Two - Town of Bernalillo
Trip Three - Albuquerque Zoo
Trip Four - Plaza to Plaza

Session II: September 3 - October 29, 2019 (No Class October 2)
Trip One - Botanical Gardens
Trip Two - Corrales
Trip Three - Tijeras Ranger Station
Trip Four - Huning’s Highland

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, 2019
Trip One - Academy Hill Park
Trip Two - Manzano Mesa
Trip Three - Aldo Leopold Trail
Trip Four - Pajarito Open Space

Session II: September 5 - October 31, 2019 (No Class October 10)
Trip One - North Domingo Baca Park
Trip Two - Phil Chacon Park
Trip Three - Open Space Visitor Center

SUMMER SPORTS DAY TRIPS

Monday “Fitness” Hikes
Palo Duro 50+ Sports & Fitness Center
April - October, 2019, Monday, 7:00 am - 5:00 pm
Hike coordinator: Cindy McConnell

Half Day Friday Hikes
These half day hikes through the Albuquerque Foothills and East Mountains are for you. Wear sturdy shoes or hiking boots, bring water and dress in layers. Nordic walking poles are provided by the center.

Palo Duro 50+ Sports & Fitness Center
Session I: Fridays, May 3 - 31, 2019, 8:00 am - Return by 1:00 pm
Session II: Friday, September 6 - November 1 (No trip October 11, 2019)
Instructor: Cindy McConnell, (505) 880-2800
The 2019 "Compete & Meet" Games

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

The 2019 Compete & Meet Games offers competitions open to all athletes, nationwide. Compete in Pickleball or our Bench Press competition. Each competition includes a great time and medals to the 1st, 2nd and 3rd place winners.

**Pickleball Tournament**

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

**Manzano Mesa Outdoor Courts**

**Saturday - Sunday, October 19-20, 2019**  
*(Registration deadline is Friday, October 11, 2019)*

**Bench Press Competition**

Competition is organized by age groups and gender. Individual medals will be given to the top 3 winners in each category. Awards will be determined on a ratio of body weight to weight lifted.

For information call North Domingo Baca Sports & Fitness Center at (505) 764-6496.

**North Domingo Baca Multigenerational Center**

**Saturday, October 26, 2019, 10:00 am**

Early registration encouraged. On-Site registration welcomed.
Albuquerque 50+ Games

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

Final Deadline
One week prior to event.

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

Eligibility
The Albuquerque 50+ Games is an event open to all people who are at least 50 years of age by December 31, 2019 and have a current membership to the Department of Senior Affairs.

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

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

Refunds
NO REFUNDS AFTER May 19, 2019.

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

Registration
One registration form covers all events for the 2019 Albuquerque 50+ Games. Registration forms must be completed and submitted to the Palo Duro 50+ Sports & Fitness Center office. Incomplete registrations cannot be accepted. Registration is not valid without a current Department of Senior Affairs membership.

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

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

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

Age division for doubles, mix doubles and team competition will be determined by the age of the younger partner as of December 31, 2019.

- 50+
- 55+
- 60+
- 65+
- 70+

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

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

Fees

<table>
<thead>
<tr>
<th>Service</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>DSA Membership</td>
<td>$20</td>
</tr>
<tr>
<td>Registration</td>
<td>$12</td>
</tr>
</tbody>
</table>

Golf Fees: (Men & Women)

- Mandatory Cart included
  - Without Season Pass: $35.80
  - With Season Pass: $17.80

Bowling, per event: $7.50
Pay at Skidmore’s Holiday Bowl

Rules
The 2019 New Mexico Senior Olympics Rule Book is available for viewing online at www.nmseniorolympics.org. Events are governed by the National Senior Games Association and the New Mexico Senior Olympics Board of Directors. Please note there may be rule changes for the local, state and National Senior Games.

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

<table>
<thead>
<tr>
<th>Sports</th>
<th>Events</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Coordinator-Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Archery</td>
<td>Competition: Recurve w/Sights, Barebow Recurve  &lt;br&gt; No Sights, Compound Fingers w/Sights, Barebow Recurve  &lt;br&gt; Compound No Sights, Compound Release</td>
<td>Sat., Apr. 6, 2019</td>
<td>9:00 am</td>
<td>Archery Range, Tijeras, NM</td>
<td>PDSFC (505) 880-2800</td>
</tr>
<tr>
<td>Badminton</td>
<td>Competition: Singles, Doubles &amp; Mixed Doubles</td>
<td>Fri., Feb. 15, 2019</td>
<td>10:00 am</td>
<td>Manzano Mesa Multigenerational Center</td>
<td>Terry &amp; Nan Lauritsen (505) 266-8237</td>
</tr>
<tr>
<td>Bowling</td>
<td>Competition: Singles</td>
<td>Tues., Mar. 5, 2019</td>
<td>9:00 am</td>
<td>Skidsmore’s Holiday Bowl</td>
<td>PDSFC (505) 880-2800</td>
</tr>
<tr>
<td></td>
<td>Competition: Doubles</td>
<td>Wed., Mar. 6, 2019</td>
<td>9:00 am</td>
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<tr>
<td></td>
<td>Competition: Mixed Doubles</td>
<td>Fri., Mar. 8, 2019</td>
<td>9:00 am</td>
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<tr>
<td></td>
<td>Competition: Team Bowling</td>
<td>Fri., Mar. 8, 2019</td>
<td>12:30 pm</td>
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<tr>
<td>Golf</td>
<td>Competition: Men’s 18 Hole Scratch</td>
<td>Wed., Apr. 3, 2019</td>
<td>9:00 am</td>
<td>Arroyo del Oso Golf Course</td>
<td>PDSFC (505) 880-2800</td>
</tr>
<tr>
<td></td>
<td>Competition: Women’s 18 Hole Scratch</td>
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<tr>
<td>Horseshoes</td>
<td>Competition: Singles</td>
<td>Fri., Mar. 29, 2019</td>
<td>9:00 am</td>
<td>Los Altos Park</td>
<td>PDSFC (505) 880-2800</td>
</tr>
<tr>
<td>Pickleball</td>
<td>Competition: Doubles</td>
<td>Sat., April 6, 2019</td>
<td>8:00 am</td>
<td>Manzano Mesa Outdoor Pickleball Courts</td>
<td>Gary Rutherford (505) 507-3663</td>
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<tr>
<td></td>
<td>Competition: Mixed Doubles</td>
<td>Sun., April 7, 2019</td>
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<tr>
<td>Powerwalk</td>
<td>Competition: 5K Powerwalk</td>
<td>Sat., Mar. 16, 2019</td>
<td>8:00 am</td>
<td>Balloon Fiesta Park</td>
<td>Lenny Krosinsky (505) 250-2283</td>
</tr>
<tr>
<td>Racewalk</td>
<td>Competition: 5K Racewalk</td>
<td>Sat., Mar. 23, 2019</td>
<td>8:00 am</td>
<td>Balloon Fiesta Park</td>
<td>Lenny Krosinsky (505) 250-2283</td>
</tr>
<tr>
<td>Racquetball</td>
<td>Clinics: Offered Thursdays</td>
<td>All Year</td>
<td>Call for Info</td>
<td>Midtown Sports &amp; Wellness Club</td>
<td>Paula Sperling (505) 888-4411</td>
</tr>
<tr>
<td></td>
<td>Competition: Singles, Doubles &amp; Mixed Doubles</td>
<td>Thurs., Feb. 7, 2019</td>
<td>10:00 am</td>
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<tr>
<td>Presentation &amp; Workshop</td>
<td>Training for sport and injury prevention</td>
<td>Thurs., Jan. 24, 2019</td>
<td>6:00 pm</td>
<td>Albuquerque Convention Center Indoor Track</td>
<td>PDSFC (505) 880-2800</td>
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<td></td>
<td>Thurs., Feb. 28, 2019</td>
<td>6:00 pm</td>
<td>North Domingo Baca</td>
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<tr>
<td>Roadrace</td>
<td>Competition: 10K and 5K Run</td>
<td>Sat., Mar. 30, 2019</td>
<td>7:00 am</td>
<td>Embudo Channel Trail</td>
<td>PDSFC (505) 880-2800</td>
</tr>
<tr>
<td>Shuffleboard</td>
<td>Competition: Singles/Doubles</td>
<td>Fri., Feb. 1, 2019</td>
<td>10:00 am</td>
<td>Manzano Mesa Multigenerational Center</td>
<td>PDSFC (505) 880-2800</td>
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<tr>
<td>Swimming</td>
<td>Warmup/Check In - Competition: Breaststroke: 50, 100, 200; Freestyle: 50, 100, 200, 500; Backstroke: 50, 100, 200; Butterfly: 50, 100, 200; Indiv. 100, 200 &amp; 400 (4 Stroke, 1 Swimmer); Relay Medley: 200 (Open Strokes, 4 Swimmers)</td>
<td>Sat., Feb. 23, 2019</td>
<td>7:30 am 8:30 am</td>
<td>West Mesa Aquatics Center</td>
<td>PDSFC (505) 880-2800</td>
</tr>
<tr>
<td>Table Tennis</td>
<td>Competition: Singles, Doubles &amp; Mixed Doubles</td>
<td>Sat., Jan. 12, 2019</td>
<td>9:00 am</td>
<td>Bear Canyon Senior Center</td>
<td>PDSFC, Mav Sommers (505) 880-2800</td>
</tr>
<tr>
<td>Tennis</td>
<td>Competition: Singles  &lt;br&gt; Doubles  &lt;br&gt; Mixed Doubles</td>
<td>Tues., Mar. 19, 2019</td>
<td>5:00 pm</td>
<td>Jerry Cline Tennis Courts</td>
<td>PDSFC (505) 880-2800</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Tues., Mar. 26, 2019</td>
<td>5:00 pm</td>
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<td></td>
<td></td>
<td>Tues., Apr. 2, 2019</td>
<td>5:00 pm</td>
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</tr>
</tbody>
</table>

**Deadline for entry is one week prior to event.**
Compete and Meet Games Registration Form

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

PLEASE PRINT

Name: ____________________________
Last        First        Middle
Address: __________________________________________________________
Street ____________________________ City ____________________________
State ______ Zip ____________________________
Home Phone: ____________________________ Work Phone: ____________________________
Cell Phone: ____________________________ E-mail: ____________________________
☐ I am interested in volunteering with the 50+ Sports and Fitness Program

Emergency Contact:
Name: ____________________________ Relationship: ____________________________ Phone: ____________________________
Age: ____________________________
☐ Male ☐ Female
Date of Birth: ___/___/____
Pickleball Skill Rating: ____________________________

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

REGISTRATION FEES:
City of Albuquerque Center Membership ........................................ $20

ADDITIONAL FEES:
☐ Bench Press Competition $10 ................ $___
☐ Pickleball Tournament $10 per event $___

TOTAL AMOUNT ENCLOSED ........... $______

Pickleball Tournaments:
☐ Doubles Partner: ____________________________
☐ Mixed Doubles Partner: ____________________________

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

Signature ____________________________ Date ____________________________

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

Name: ____________________________ Date of Birth ____________________________
Last Name First Name Middle Name

Address: ____________________________________________
Street City State Zip

Phone: ____________________________ E-mail: ____________________________

Emergency Contact: ____________________________
Name __________ Relationship __________ Phone __________

Important Information: Schedule and Trip Policies

1. Registrations for Winter Sports are on a first come, first serve, sign-up basis.
2. Participants must leave and stay with the group on all trips. No exceptions!
3. Cancellations for day trips will require a minimum 24 hr. notice.
4. Activities will be cancelled due to weather conditions, or when minimum attendance is not met. A min. of 6 participants is required to use a single van; a min. of 12 people is required to use 2 vans.

TUESDAY TRIPS
Cross-Country
☐ Trip 1 Jan. 8
☐ Trip 2 Jan. 15
☐ Trip 3 Jan. 29
☐ Trip 4 Feb. 5
☐ Trip 5 Feb. 12
☐ Trip 6 Feb. 19
☐ Trip 7 Feb. 26
☐ Trip 8 Mar. 5

THURSDAY TRIPS
Downhill Skiing
☐ Trip 1 Jan. 3 Santa Fe
☐ Trip 2 Jan. 10 Santa Fe
☐ Trip 3 Jan. 17 Santa Fe
☐ Trip 4 Jan. 24 Santa Fe
☐ Trip 5 Jan. 31 Santa Fe
☐ Trip 6 Feb. 7 Santa Fe
☐ Trip 7 Feb. 14 Santa Fe
☐ Trip 8 Feb. 21 Santa Fe
☐ Trip 9 Feb. 28 Santa Fe
☐ Trip 10 Mar. 7 Santa Fe
☐ Trip 11 Mar. 14 Santa Fe

FRIDAY TRIPS
Friday Snowshoe Half day trips
☐ Trip 1 Feb. 1
☐ Trip 2 Feb. 8
☐ Trip 3 Feb. 15
☐ Trip 4 Feb. 22
☐ Trip 5 Mar. 1
☐ Trip 6 Mar. 8

Have own snowshoes? Yes ☐ No ☐

NEW CLASS
Beginner Snowshoe
☐ January 4 - January 25

REGISTRATION BEGINS: Dec. 13, 2018

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

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

Signature ____________________________ Date ____________________________

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

For all adults 50+ as beginners or National Qualifiers that want to ENHANCE, CONDITION and TRAIN!

January – April

- Learn Sport TECHNIQUES and RULES
- Sports Nutrition & Performance Coach and Personal Trainer Experts will be on hand to work with Senior athletes
- Sports Clinicians
- FREE TO ATTEND
- Event hours and locations to be announced
- Visit to Visit NMSO website at www.nmseniorolympics.org for event program details
- Call toll free 888-623-NMSO (6676)
- RSVP strongly encouraged
- Refreshments will be offered

- Power Walk/Race Walk
- Track & Field
- Cycling
- Shuffleboard
- Pickleball
- Swimming
- Horseshoes
- Basketball 3 on 3
- Volleyball

Contact:
New Mexico Senior Olympics, Inc.
Terry Delgado, Events Co-Coordinator
PO Box 2690 • Roswell, NM 88202-2690
Toll Free: 888-623-6676 • Fax: (575) 622-9244
Email: terry@nmseniorolympics.org • www.nmseniorolympics.org
Albuquerque 50+ Games Registration Form (1)

PLEASE PRINT

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

Deadline for entry is one week prior to event.

Name: ____________________________
Last First Middle
Address: ____________________________
Street City
State Zip
Home Phone: ____________________________
Cell Phone: ____________________________ E-mail: ____________________________
☐ I am interested in volunteering with the 50+ Sports and Fitness Program

Emergency Contact:
Name: ____________________________ Relationship: ____________________________ Phone: ____________________________

Age ____________
as of December 31, 2019  ☐ Male ☐ Female

Date of Birth: __/__/__

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

☐ By checking the box, I agree to the following:

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

Signature ____________________________ Date ____________

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

REGISTRATION FEES:

Event Registration Fee ..........................$12
Includes t-shirt and awards
DSA Membership (required) ...............$20

ADDITIONAL FEES:

Bowling Fee:  No. of events x $7.50
($7.50 per event)  Pay at Skidmore's
Holiday Bowl
Singles, Doubles, Team or Mixed Doubles
Golf Fee
Men's & Women's Golf Fees
All ages 50+: Mandatory cart is included
Without Season Pass  .................$35.80  ....$____
With Season Pass  ....................$17.80  ....$____

TOTAL AMOUNT ENCLOSED ....$____

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

See next page for list of events. >
Albuquerque 50+ Games Registration Form (2)

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

Badminton
- Singles □ Doubles
- Partner: ___________________________ Must register separately
- Mixed Doubles Must register separately
- Partner: ___________________________ Must register separately

Bowling (Bowling Fees)
- Singles □ Doubles
- Partner: ___________________________ Must register separately
- Mixed Doubles Must register separately
- Partner: ___________________________ Must register separately
- Team Bowling Must register separately

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

Golf
- □ 18 Hole Scratch

Horseshoes
- Singles □

Pickleball
- Doubles □
- Partner: ___________________________ Must register separately
- Mixed Doubles Must register separately
- Partner: ___________________________ Must register separately

Racewalking
- □ 5K

Powerwalking
- □ 5K

Racquetball
- □ Singles □ Doubles
- Partner: ___________________________ Must register separately
- □ Mixed Doubles
- Partner: ___________________________ Must register separately

Road Race
- □ 5K - Run □ 10K - Run

Shuffleboard
- □ Singles □ Doubles
- Partner: ___________________________ Must register separately

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

Group Name: ___________________________ Must register separately

Table Tennis
- □ Singles □ Doubles
- Partner: ___________________________ Must register separately
- □ Mixed Doubles
- Partner: ___________________________ Must register separately

Tennis
- □ Singles □ Doubles
- Partner: ___________________________ Must register separately
- □ Mixed Doubles
- Partner: ___________________________ Must register separately

Golf
- □ 18 Hole Scratch

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

Deadline for entry is one week prior to event.

REGISTRATION BEGINS: Dec. 13, 2018
# National Senior Games Schedule

<table>
<thead>
<tr>
<th>SPORT</th>
<th>DATES</th>
<th>VENUE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Badminton</td>
<td>June 14-20</td>
<td>ABQ Convention Center</td>
</tr>
<tr>
<td>Shuffleboard</td>
<td>June 16-24</td>
<td></td>
</tr>
<tr>
<td>Table Tennis</td>
<td>June 18-24</td>
<td></td>
</tr>
<tr>
<td>Volleyball</td>
<td>June 14-20</td>
<td></td>
</tr>
<tr>
<td>Archery</td>
<td>June 14-22</td>
<td>Dreamstyle Arena “The Pit”, University of New Mexico (6 courts)</td>
</tr>
<tr>
<td>Basketball</td>
<td>June 14-24</td>
<td>Dreamstyle Arena “The Pit”, University of New Mexico (6 courts)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Dreamstyle Arena “The Pit”, University of New Mexico (6 courts)</td>
</tr>
<tr>
<td>Bowling</td>
<td>June 14-24</td>
<td>Starlight Bowling Center, Santa Ana Pueblo</td>
</tr>
<tr>
<td>Cycling Time Trial</td>
<td>June 15 (5K)</td>
<td>Atrisco Vista Boulevard, Albuquerque</td>
</tr>
<tr>
<td>Cycling Road Race</td>
<td>June 18 (20K)</td>
<td>Las Campanas, Santa Fe</td>
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<tr>
<td>Golf</td>
<td>June 16-20</td>
<td>Sandia Pueblo Golf Club</td>
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<tr>
<td></td>
<td></td>
<td>University of New Mexico Championship Golf Course South</td>
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<tr>
<td></td>
<td></td>
<td>Santa Ana Golf Club</td>
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<tr>
<td>Horseshoes</td>
<td>June 19-24</td>
<td>Los Altos Park</td>
</tr>
<tr>
<td>Pickleball</td>
<td>June 14-25</td>
<td>Manzano Mesa Multigenerational Center</td>
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<tr>
<td>Race Walk</td>
<td>June 15 (1500M)</td>
<td>Track &amp; Field (UNM)</td>
</tr>
<tr>
<td></td>
<td>June 17 (5K)</td>
<td>Track &amp; Field (UNM)</td>
</tr>
<tr>
<td>Power Walk</td>
<td>June 15 (1500M)</td>
<td>Track &amp; Field (UNM)</td>
</tr>
<tr>
<td></td>
<td>June 17 (5K)</td>
<td>Track &amp; Field (UNM)</td>
</tr>
<tr>
<td>Racquetball</td>
<td>June 14-19</td>
<td>Sports &amp; Wellness: Midtown (6 Courts), Downtown (3 course)</td>
</tr>
<tr>
<td>Road Race</td>
<td>June 21 (5K)</td>
<td>Balloon Fiesta Park</td>
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<tr>
<td></td>
<td>June 23 (10K)</td>
<td>NHCC Bosque Trail</td>
</tr>
<tr>
<td>Softball</td>
<td>June 14-25</td>
<td>Albuquerque Regional Sports Complex (5 fields)</td>
</tr>
<tr>
<td>Swimming</td>
<td>June 15-19</td>
<td>West Mesa Aquatic Center</td>
</tr>
<tr>
<td>Tennis</td>
<td>June 14-25</td>
<td>Jerry Cline Tennis Complex (18 courts)</td>
</tr>
<tr>
<td>Track &amp; Field</td>
<td>June 15-20</td>
<td>Track &amp; Field (UNM)</td>
</tr>
<tr>
<td>Triathlon</td>
<td>June 22</td>
<td>Cochiti Lake</td>
</tr>
</tbody>
</table>
Albuquerque 50+ Games | Open Gyms

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

AIR GUN

Air Gun Practices

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

Eldorado High School, Rifle Range

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

ARCHERY

Archery Competition

Saturday, April 6, 2019, 9:00 am

Sandia Crest Bowhunters Association Archery Range, Tijeras, NM

The competition is sponsored by the Sandia Crest Bowhunters Association.

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

BADMINTON

Badminton Competition

Friday, February 15, 2019, 10:00 am

Manzano Mesa, Gym: 501 Elizabeth SE

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

Badminton Practice and Play

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

Manzano Mesa, Gym

Monday, Friday, 1:30 - 4:00 pm

Tuesday, 6:00 - 9:00 pm

Thursday, 7:00 - 9:00 pm

Wells Park Community Center, Gym

Tuesday & Thursday, 1:30 - 3:30 pm

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

For National Senior Games Events, look for this logo:

Qualifying for Nation Senior Games took place in 2018.
**BASKETBALL**

**Open/Drop-In Basketball**

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

**Manzano Mesa, Gym (E/W courts)**

- Monday & Wednesday, 11:45 am - 1:00 pm, West court
- Monday & Friday, 7:00 - 8:50 pm, Both courts
- Tuesday, Thursday & 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, Gym (East Court)**

- Tuesday, Thursday & Friday, 11:00 am - 1:00 pm
- Monday & Wednesday, 11:45 am - 1:00 pm

**Albuquerque 50+ Women’s Basketball Program**

**Senior Women’s Basketball | Canyon Nets Basketball Program**

Open to all women 50+. No prior experience required. Practices held year round at Sandia Prepatory School, 532 Osuna NE on Saturday mornings 10:00 am - 12:45 pm. Additional practices are held during the week at various locations.

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

**BOWLING**

**Bowling Competition**

**Skidmore's Holiday Bowl**

**Tuesday, Wednesday & Friday, March 5, 6, & 8, 2019, 9:00 am**

**Team, March 8, 2019, 12:30 pm**

Additional fees apply to the Bowling Competition. $7.50/event paid at Skidmore’s Holiday Bowl at the time of event.

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

**New Mexico Senior Olympics Basketball Tournament**

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

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

© Alfonso D’agostino | Dreamstime.com
GOLF

Golf Competition
Hosting both the men's and women's golf competitions. Participants will be called with their tee times.
Green fees including carts will be $35.80 for 18 holes without season pass; $17.80 with season pass.
The tournament is a scratch event, no handicap.

Wednesday, April 3, 2019
Arroyo del Oso Golf Course, 7001 Osuna Rd NE
Coordinator: Palo Duro Sports & Fitness: (505) 880-2800

HORSESHOE

Horseshoe Competition
Horseshoes provides a means for people of all ages to enjoy good exercise while having fun.
Friday March 29, 2019, 10:00 am
Los Altos Park, 10130 Eubank NE
Coordinator: Palo Duro Sports & Fitness: (505) 880-2800

PICKLEBALL

Pickleball Tournament
Saturday, April 6, 8:00 am
Doubles
Sunday, April 7, 8:00 am
Mix Doubles
Manzano Mesa Outdoor Pickleball Courts
Coordinator: Gary Rutherford, (505) 507-3663

Compete & Meet Pickleball Tournaments
See Compete and Meet Games on page 10

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, Gym
Thursday, 2:00 - 4:00 pm
Saturday, 9:00 - 11:00 am
Gary Rutherford (505) 507-3663

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

RACEWALKING

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

New Mexico Racewalkers weekly training at Tingley Beach, Saturdays, 8:00 am
If you are interested in learning how to racewalk, participate in racewalking, or would like to join the practices, call Lenny Krosinsky, at (505) 250-2283, or e-mail: lennykro@aol.com or visit www.newmexicoracewalkers.org.

Racewalking & Competition
5K Racewalk
Saturday, March 23, 2019, 8:00 am
Balloon Fiesta Park
Lenny Krosinsky, (505) 250-2283

Powerwalking Competition
5K Powerwalk
Saturday, March 16, 2019, 8:00 am
Balloon Fiesta Park
Lenny Krosinsky, (505) 250-2283

Visit abqpickleball.com for more information
RACQUETBALL

Racquetball Competition
Thursday, February 7, 2019, 10:00 am
Midtown Sports & Wellness, 4100 Prospect Ave. NE.
Coordinator: Paula Sperling, (505) 888-4811

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

Midtown Sports & Wellness Clubs
Thursdays, 10:00 am - 12:00 pm
$20 Sports & Wellness Members
$40 Non-Members
Individual classes are $10. Players can join at anytime. Cost is prorated based on the number of sessions attended.
Information: Paula Sperling at Midtown (505) 888-4811.

ROADRACE

Roadrace 5K and 10K Competition
This is an invitation to all the weekend runners to get recognition for your hard work.
Saturday, March 30, 2019, 7:00 am
Both races start together.
Coordinator: Magi Ezzard

SHUFFLEBOARD

Shuffleboard Competition
Friday, February 1, 2019, 10:00 am
Manzano Mesa, 501 Elizabeth SE
Coordinator: Palo Duro Sports & Fitness (505) 880-2800

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

Manzano Mesa, 501 Elizabeth SE
Tuesday, 1:00 - 4:00 pm
Information: New Mexico Sports Foundation (505) 299-7768
Website: www.senior-sports.org

SWIMMING

Swimming Competition
Saturday, Feb. 23, 2019
Warm-up begins at 7:30 am,
Meet begins at 8:30 am
West Mesa Aquatic Center, 6705 Fortuna Road NW
Coordinator: Palo Duro Sports & Fitness (505) 880-2800

Recreational Swimming
The City of Albuquerque, Parks and Recreation Department offers recreation swimming, water exercise, swimming lessons and lap lane times open to the public.
For most up to date fees and info. call the Parks and Recreation Department at (505) 768-5342, or visit www.cabq.gov/aquatics.

Sports Clinic Opportunities For 2019
The NM Senior Sports Foundation is planning on hosting, co-hosting, or promoting various sports clinics during 2019. It is hoped that this will encourage athletes to try new sports, especially in anticipation of the National Senior Games being held in Albuquerque.

For information on the following clinics planned for 2019, please contact the NM Senior Sports Foundation at (505) 299-7768, or go to their website at www.senior-sports.org. Find your sport, plan to attend, learn the basics, and enjoy how to stay healthy by staying active! Get up and go!
SOFTBALL

Men’s Master 65+ League
League play is held on Tuesday and Thursday mornings from April to September. Practices start as early as February.
If you are interested in playing or adding a team to the league
Contact: Bill Dubuque
(505) 293-9530.

League Play (SWSL)
50+ Senior Women’s league rules are modified to use National Senior Games Rules. Play is held on Mondays. Spring, Summer and Fall Leagues offered.
Contact: Pat Stanalonis
(505) 298-7903
or New Mexico Sports Foundation
(505) 299-7768.
www.senior-sports.org

Silver Gloves
Women 50+ are welcome to join and no experience necessary. Practices are held year round and opportunity to participate at out-of-state tournaments. Organization meeting is held in January to enroll players for leagues.
Contact: New Mexico Sports Foundation (505) 299-7768.
www.senior-sports.org

New Mexico Senior Olympics Softball Tournament
State competition only. Dates, times and location will be announced at a later date.
For information contact New Mexico Senior Olympics, 1-575-623-5777 or 1-888-623-6676.
www.nmseniorolympics.org

TABLE TENNIS

Table Tennis Competition
Saturday, January 12, 2019, 9:00 am
Bear Canyon Senior Center,
4645 Pitt NE, 87111
Coordinator: Marv Sommers,
Palo Duro Sports & Fitness Center
(505) 880-2800.

TENNIS

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

SINGLES
Tuesday, March 19, 2019, 5:00 pm

DOUBLES
March 26, 2019, 5:00 pm

MIXED DOUBLES
Tuesday, April 2, 2019, 5:00 pm
Coordinator: Palo Duro Sports & Fitness (505) 880-2800.

TRACK

Open Indoor Track Nights
Tuesday-Thursday, January 22-24, 2019, 6:00-9:00 pm
Tuesday-Thursday, January 29-31, 2019, 6:00-9:00 pm
Tuesday-Wednesday, February 5-6, 2019, 6:00-9:00 pm
Albuquerque Convention Center
www.cabq.gov/parksandrecreation

VOLLEYBALL

New Mexico Senior Olympics Volleyball Competition
Dates, times and locations will be announced at a later date.
For information contact the New Mexico Senior Olympics, 1-575-623-5777 or 1-888-623-6676
www.nmseniorolympics.org

Volleyball Pick-up Games
Join the 50+ volleyball players for drop-in volleyball matches.
Wells Park Community Center, Gym
Monday, 6:00 - 7:45 pm
Manzano Mesa, Gym
Monday (open gym for any age group)
Friday (one court reserved for senior play), 5:00 - 7:00 pm
Alamosa Community Center
Saturday, 9:00-11:00 am
Exercise Classes

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.*

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.
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, Social Hall
Monday, Wednesday, Friday, 9:00 - 10:00 am
Joe O. Armijo Los Volcanes 50+ Sports & Fitness Center, Aerobic Room
Monday, Wednesday, Friday, 8:00 - 9:00 am
Manzano Mesa, Gym
Monday, Wednesday, Friday, 8:15 - 9:15 am
Palo Duro, Mesquite Room
Monday, Wednesday, Friday, 8:15 - 9:15 am
N. Domingo Baca, Aerobic Room
Monday, Wednesday, Friday, 8:15 - 9:15 am

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, Social Hall
Tuesday, Friday, 10:00 - 11:00 am
Highland, Social Hall
Monday, Wednesday, Friday, 10:15 - 11:15 am
Joe O. Armijo Los Volcanes, 50+ Sports & Fitness Center, Aerobic Room
Monday, Wednesday, Friday, 9:15 - 10:15 am
Manzano Mesa, Gym
Monday, Wednesday, Friday, 9:30 - 10:30 am
Palo Duro, Mesquite Room
Monday, Wednesday, Friday, 9:30 - 10:30 am
North Domingo Baca, Aerobic Room
Monday, Wednesday, Friday, 9:30 - 10:30 am

Flex & Tone
This class will work to elongate and strengthen your muscles to achieve increased flexibility, improve posture and develop a strong core.
Cost: $.50 donation at each location.
Highland, Room 8
Tuesday, Thursday, 8:15 - 9:15 am
Joe O. Armijo Los Volcanes, 50+ Sports & Fitness Center, Aerobic Room
Tuesday, Thursday, 8:00 - 9:00 am
Manzano Mesa, Gym
Tuesday, Thursday, 8:15 - 9:15 am
North Domingo Baca, Social Hall
Tuesday, Thursday, 10:15 - 11:15 am
Palo Duro, Mesquite Room
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, Aerobic Room
Monday, Wednesday, Friday, 10:30 - 11:30 am

“Exercise is the fountain of youth!”
— Helena Kirkwood
Exercise Classes | Dance | Eastern Traditions

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

*Joe O. Armijo Los Volcanes, 50+ Sports & Fitness Center, Aerobic Room*
*Tuesday, 1:15 - 2:45 pm*
*Instructor: Frances Lujan*

**Qigong**
This is a low-impact, easy entry exercise program for healing and prevention. Enjoy learning beautiful fluid motions that loosen and strengthen every part of your body.

*North Domingo Baca, Aerobic Room*
*Wednesday, 10:45 - 11:45 am*
*Cost: $5/class*
*Instructor: Lilly Umprene*

**Zumba Gold Toning**
Designed for the active older adult. It fuses Latin rhythms and easy to follow moves.

*Joe O. Armijo Los Volcanes, 50+ Sports & Fitness Center, Aerobic Room*
*Tuesday, Thursday, 9:30 - 10:30 am*
*Cost: $2.00*
*Instructor: Dee Williams*

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

*Joe O. Armijo Los Volcanes, 50+ Sports & Fitness Center, Aerobic Room*
*Monday, Wednesday, 5:30 - 6:30 pm*
*Cost: $.50 donation*
*Instructor: Debra Roane*

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

*North Domingo Baca, Aerobic Room*
*Thursday, 10:30 - 11:30 am*
*Cost: $6*
*Instructor: Mindy*

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

*Joe O. Armijo Los Volcanes 50+ Sports & Fitness Center, Aerobic Room*
*Tuesday, Thursday, 10:45 - 11:45 am*
*Cost: $5*
*Instructor: Thea Muehlenweg*

**Yoga For Well Being**
Improve balance, posture, and confidence with yoga.

*Joe O. Armijo Los Volcanes, 50+ Sports and Fitness Center, Aerobic Room*
*Thursday 2:00 - 3:00 pm*
*Saturday 9:00 - 10:00 am*
*Cost: $4*
*Instructor: Dena Kinney*

**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, Aerobics Room*
*Tuesday, Thursday, 7:15 - 8:30 pm*
*Cost: $4/class*
*Instructor: Charles Watkins*

**Tai Chi**
It is great for those with joint problems and arthritis as well as improving balance and peace of mind.

*North Domingo Baca, Aerobic Room*
*Tuesday, 10:15-11:15 am*
*Cost: $5*
*Instructor: Theresa*

**Yoga Fitness**

*North Domingo Baca, Aerobic Room*
*Thursday, 6:00 - 7:00 pm*
*Cost: $5/class*
*Instructor: Fedia*

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

*North Domingo Baca, Aerobic Room*
*Monday, 5:45 - 7:00 pm*
*Cost: $5*
*Instructor: Misa*

**Kundalini Yoga and Meditation**

*North Domingo Baca Aerobic Room*
*Friday, 11:00 am - 12:00 pm*
*Cost: $10 / class*
*Instructor: Jenna*
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, Fitness Room
Call (505) 275-8731 for appointment

North Domingo Baca, Fitness Room
Call (505) 767-5990 for appointment

North Domingo Baca, Sports & Fitness Center
Call (505) 767-5990 for schedule

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

Joe O. Armijo Los Volcanes 50+ Sports & Fitness Center
Call (505) 767-5990 for schedule

North Domingo Baca, Sports & Fitness Center
Call (505) 767-5990 for schedule

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

Joe O. Armijo Los Volcanes, 50+ Sports & Fitness Center
3rd Tuesday, 8:00 am - 6:00 pm

North Domingo Baca, Fitness Center
4th Wednesday, 8:30 am - 1:30 pm, 2:00 - 7:00 pm

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

EVIDENCE BASED PROGRAMS

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

Joe O. Armijo Los Volcanes, 50+ Sports & Fitness Center, Aerobic Room
Monday, Wednesday, Friday, 1:00 - 2:00 pm
Instructor: Dee Williams

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.

Check Out The Benchpress Competition
SEE PAGE 10

“We are not surviving, we are thriving”
— Jane Ong Baker, Exercise Instructor at Barelas Senior Center, age 79
HEALTHY LIVING

Chronic Disease Self-Management Education Program

2019 Workshop Schedule | Albuquerque Metro Area

UNM Comprehensive Cancer Center, 1201 Camino de Salud, 1st floor Administration Wing, Room 1048, Albuquerque, NM 87131
January 9, 2019 through February 13, 2019 | Wednesdays from 1:30 p.m. - 4:00 p.m.
This will be a Cancer: Thriving and Surviving (CTS) program

Oasis Albuquerque, 3301 Menaul Blvd. NE, Suite #18, Albuquerque, NM 87107
March 20 through April 24, 2019 | Wednesdays from 12:30 p.m. - 3:00 p.m. on:
This will be a Diabetes Self-Management Program (DSMP)

Palo Duro Senior Center, 5221 Palo Duro NE
January 31 through March 7, 2019 | Thursdays from 1:00 p.m. - 3:30 p.m.
This will be a Diabetes Self-Management Program (DSMP)

March 28 through May 2, 2019 | Thursdays from 1:00 p.m. - 3:30 p.m. on:
This will be a general Chronic Disease Self-Management Program (CDSMP)

May 23 through June 27, 2019
This will be a Chronic Pain Self-Management Program (CPSMP)

July 11 through August 15, 2019
This will be a Diabetes Self-Management Program (DSMP)

September 5 through October 10, 2019
This will be a general Chronic Disease Self-Management Program (CDSMP)

October 17 through November 21, 2019
This will be a Chronic Pain Self-Management Program (CPSMP)

To enroll, please call (505) 880-2800 or toll-free (505) 850-0176.

For more workshop offerings, please visit www.pathstohealthnm.net

City of Albuquerque Department of Senior Affairs | (505) 880-2800
Senior Center Programs

DANCE

Dance Beginning
Learn the steps to Ballroom Waltz, Cumbia-Salsa, Tango, Cha Cha, Fox Trot, Swing and Rumba.
Bear Canyon, Social Hall
Thursday, 4:45-5:45 pm
Cost: $6 per lesson

Beginning Ballroom Dancing
N. Domingo Baca, Social Hall
Saturday, 10:30 am - 12:45 pm
Manzano Mesa, East Social Hall
Wednesday, 6:00 - 7:00 pm

Clogging / Cloggersize
Manzano Mesa, East Social Hall
BEGINNER:
Saturday 12:00 - 12:30 pm
EASY:
Saturdays 12:30 - 1:30 pm
INTERMEDIATE:
Saturdays 1:30 - 2:30 pm

Argentina Tango
North Domingo Baca, Aerobic Room
Monday, 7:15-8:45 pm
Cost: $15/class
Instructor: John

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, Social Hall
Thursday, 8:15 - 9:15 am
Instructor: Nancy Arenas

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

BEGINNER:
Barelas, Social Hall | Wednesday, 9:30 - 11:30 am | Instructor: Simone
Bear Canyon, Social Hall | Thursday, 1:30 - 3:00 pm | Instructor: Patty Fox
Los Volcanes, Social Hall | Thursday, 9:00 - 10:00 am
Manzano Mesa, Social Hall | Wednesday, 12:15 - 1:15 pm, 1:30 - 3:00 pm | Instructor: Georgette Smith
North Domingo Baca, Social Hall | Thursday, 1:30 - 2:30 pm | Instructor: Mary Garcia
North Domingo Baca, Aerobic Room | Wednesday, 7:00-8:30 pm | $2/class
North Valley, Social Hall | Monday, 1:00 - 2:00 pm | Instructor: Clarada Hull
Palo Duro, Mesquite | Monday, 3:15 - 4:30 pm | Saturday, 9:00 - 10:30 am | Instructor: K. Tidy

INTERMEDIATE:
Bear Canyon, Social Hall | Tuesday, 3:15 - 4:30 pm | Instructor: Patty Fox
Los Volcanes, Social Hall | Thursday, 10:10 - 11:10 am | Instructor: Jeanne Hendrix
Manzano Mesa, Social Hall | Wednesday, 3:00 - 4:30 pm | Instructor: Georgette Smith
North Domingo Baca, Social Hall | Tuesday, 5:45 - 7:30 pm | Instructor: Georgette Smith

INTERMEDIATE II:
Bear Canyon, Social Hall | Tuesday, 1:30 - 3:00 pm | Instructor: Patty Fox
Manzano Mesa, Social Hall | Friday, 1:30 - 3:00 pm | Instructor: Wylene Santistevan
Manzano Mesa, Social Hall | Friday, 2:00 - 4:00 pm | Instructor: Ricci

ADVANCED:
Bear Canyon, Social Hall | Thursday, 1:30 - 3:00 pm | Instructor: Doug Madison
Highland, Social Hall | Tuesday, 1:30 - 3:00 pm
Palo Duro, Mesquite | Monday, 1:30 - 3:00 pm | Instructor: Doug Madison
Palo Duro, Mesquite | Saturday (2nd, 3rd, 4th), 10:30 am - 12:00 pm | Instructor: J. Hendrix
**New Mexico Folk & Latin Dance**
Receive instruction on New Mexican, Mexican and contemporary Latin dances. Athletic shoes must be worn to participate.

*Manzano Mesa, East Social Hall*
**Wednesday, 9:45 - 11:15 am**
Cost: Free
*Instructor: Frances Lujan*

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

*Manzano Mesa, Social Hall*
**Thursday, 6:00 - 8:00 pm**
*Instructor: Amaya*

**Dance and Movement for Parkinson’s**
Join in the musicality, rhythm, expression, and sheer physical pleasure of dance. Movements customized for all abilities, FREE to members with Parkinson’s.

*North Valley, South Social Hall*
**1st and 3rd Thursday, 2:00 - 3:00 pm**
*Instructor: Joanie Carlisle*

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

*Los Volcanes, Social Hall*
**Thursday, 5:30 - 6:30 pm**
**Saturday, 9:30 - 10:30 am**
Cost: $3 per class
*Instructor: Elena Valencia*

**Social Latin Dance**
*Los Volcanes, Social Hall*
**Saturday, 11:00 am - 12:00 pm**

**Wellness Programs**

**Acupressure**
Acupressure is a form of Chinese medicine, which restoring harmony in the body, mind and spirit.

*North Valley, Room 3*
**Friday, 10:00 am - 2:00 pm**
Suggested donation of $0-$15 for 30 minutes or $25 for an hour
*Instructor: Linda Leatherman*

**Massage**
*North Domingo Baca, Downstairs Lobby*
**Thursday, 9:00 am - 3:00 pm**
*Instructor: Andy Trujillo, LMT # 7758*

**Reflexology Massage Therapy**
Reflexology is a hands on modality that relaxes and restores the body by working the hands and/or feet or hands.

*North Valley, Fitness Center*
**2nd and 3rd Wednesday and Friday of each month, 10:15 am - 1:00 pm**
*Instructor: Marta*

**Exercise**

**Balance & Movement for Parkinson’s**
This class is designed for mostly all levels and focuses on balance and movement while either seated or standing. Caregivers are encouraged to attend and participate also.

*Highland, Room 7*
**Monday, 2:45 - 3:30 pm**
**Wednesday, 2:45 - 3:30 pm**
Cost: $6
*Instructor: Mindy*

**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, Fitness Center*
**2nd and 4th Thursday, 2:00 - 3:00 pm**
Cost: $5
*Instructor: Linda Ozier*

**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, Rooms I & 2*
**Monday, Tuesday, Friday 8:15 - 9:15 am**
*Instructor: Nancy and Diane*

**North Domingo Baca, Social Hall**
**Monday, 8:05 - 9:05 am & 10:15 - 11:15 am**
**Wednesday, 8:05 - 9:05 am & 10:15 - 11:15 am**
**Friday, 8:05 - 9:05 am & 10:15 - 11:15 am**
*Instructor: Marta*

**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, Social Hall*
**Monday, Wednesday, Friday, 9:30 - 10:30 am**
Cost: $1.50
*Instructor: Andriana Wethington*
Zumba®
North Domingo Baca, Social Hall
Monday, 9:10 - 10:10 am & 5:45 - 7:00 pm
Friday, 9:10 - 10:10 am
Saturday, 1:00 - 2:00 pm

Zumba® Gold Classes
Check out this fun new dance/aerobic class. No dance experience required.

Bear Canyon, Social Hall
Mondays, Wednesdays, Fridays, 8:15 - 9:15 am
Cost: $2
Instructor: Julie M. Salazar

Manzano Mesa, Gym
Monday, Wednesday 10:45 - 11:45 am
Instructor: Dee Williams

North Domingo Baca, Social Hall
Tuesday, 5:30 - 6:30 pm
Cost: $3
Instructor: Mary Martinez

North Valley
Tuesday, 5:30 - 6:30 pm
Cost: $3
Instructor: Mary Martinez

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

Manzano Mesa, Social Hall
Monday, 5:00 - 6:00 pm
Cost: $20/month or $2.50/class
Instructor: Ann Owens

Easy Peasy Bicycling
The name says it all. Join us as we get together for some sun and easy bicycling.

Palo Duro, Lobby
Thursday, 10:00 - 11:00 am

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

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

Highland
Every other Tuesday, 8:00 am
Instructor: Pat Newman

Los Volcanes
Every other Friday, 8:00 am
Instructor: Pamela Bliss

North Domingo Baca
Every other Friday, 8:00 am
Instructor: Pamela Bliss

North Valley, Fitness Center
Thursday 9:00 - 10:00 am
Friday 9:30 - 10:30 am
Cost: free
Instructor: Mary Martinez

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!

Barelas - Upon Request

Bear Canyon, Social Hall (subject to change)
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

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

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

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

Highland, Room 8
Thursday, 11:15 am - 12:15 pm
Cost: $6
Instructor: Michelle Diel

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

— Connie Robb,

speaking about the Hiking classes
Pilates
Learn the importance of core stabilization, muscle balance and proper alignment while integrating the concept of mindfulness, fluidity and grace.

**Barelas, Room Lead and Coal**
**Tuesday, 8:30 - 9:30 am**
*Instructor: Richard Sertich*

**North Valley, Fitness Center**
**Thursdays, 8:30 - 9:30 am**
Suggested $2 donation
*Instructor: Richard Sertich*

Gentle Yoga
Whether you are a beginner or have been doing yoga for a while, this slow-paced class will leave you feeling both relaxed and rejuvenated. Don’t fret if you’ve never tried it before. If you can breathe, you can practice yoga!

**Highland, Room 8**
**Mondays, 1:30 - 2:30 pm**
Cost: $6
*Instructor: Mindy*

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

**Bear Canyon, Room 1**
**Monday 2:30 - 3:30 pm**
*Instructor: Tiana Kaula*

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

**Barelas, Room Lead and Coal**
**Monday, Thursday, 9:15 - 10:30 am**

**Bear Canyon, Multi-Purpose**
**Friday, 10:30 - 11:30 am**
*Instructor: Tiana Kaula*

**Highland, Room 8**
**Wednesday, 1:30 - 2:30 pm**
Cost: $6
*Instructor: Mindy*

**Manzano Mesa, East Social Hall**
**Wednesday, 5:00 - 6:00 pm**
Cost: $7 per class
*Instructor: Ann Owens*

**Palo Duro, Ponderosa**
**Monday, 9:00 - 10:00 am**
Cost: $3
*Instructor: L. Leyba*

**Palo Duro, Mesquite**
**Wednesday, 5:15 - 6:15 pm**
Cost: $3
*Instructor: L. Leyba*

**Gentle Hatha Yoga**
Utilize various breath techniques as we flow through different yoga asanas/poses to help promote stress reduction, increase flexibility and decrease chronic pain.

**North Valley, Fitness Center**
**Tuesday, 4:00 - 5:00 pm**
**Friday, 3:30 - 4:30 pm**
Cost: $3
*Instructor: Cindy Chavez*

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

**North Valley, Room 1 and 2**
**Tuesday, Thursday, 3:15 - 4:15 pm**
Cost: $3
*Instructor: David Plummer*

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

**Manzano Mesa, Room 4**
**Wednesday, 10:10 - 11:10 am**
*Instructor: Rose Woss*

**Yoga, Hatha-Plus**
This class combines Hatha yoga and core body work.

**Manzano Mesa, Room 5**
**Friday, 9:00 - 10:00 am**
*Instructor: Janet Porter*

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

**Manzano Mesa, Room 5**
**Monday, 6:15 - 7:15 pm**
*Instructor: Ann Owens*
**Wednesday, 9:00 - 10:00 am**
*Instructor: Dee Cappelle*
**T’ai Chi**
Beautiful, gentle, flowing movements improve balance, lower high blood pressure, increase bone density and cultivate Chi or internal energy.

**Barelas, Lead and Coal**
*Wednesday, 9:30 - 10:30 am*
Suggested donation: $5
*Instructor: Ilene Dunn*

**Manzano Mesa, East Social Hall**
*Tuesday, 9:30 - 10:30 am*
Suggested donation $5
*Instructor: Ilene Dunn*

**Bear Canyon, Multi-Purpose**
*Saturday, 11:30 am - 1:00 pm*
No sign up required
*Instructor: Yolanda Day and Richard Coursey*

**T’ai Chi For Seniors**
Slow, gentle movement to build health and balance, reduce stress and heal from injuries. Presented in a brief way to balance the whole self: physical, emotional and spiritual

**Los Volcanes, Room 2**
*1st, 2nd, 3rd, Wednesday, 12:00 - 1:00 pm, Thursday, 5:30 - 6:30 pm*
Suggest donation: $3
*Instructor: Kay*

**Yang Style T’ai Chi**
*North Domingo Baca*
*Friday, 11:30 am - 12:30 pm*
Suggested donation: $5
*Instructor: Sifu Ty Beh*

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

**Palo Duro, Ponderosa Room**

**BEGINNING:**
*Wednesday, 3:15 - 4:15 pm*

**CONTINUING:**
*Wednesday, 4:30 - 5:30 pm*

*Session I: January 9 - February 15*
*Session II: February 20 - March 27*
*Session III: April 3 - May 8*
*Session IV: May 15 - June 19*
*Call to Register: Ellen Tatge*

**T’ai Chi Ch’uan**
A form of martial arts, that provides a cardiovascular workout and improves balance.

**Barelas Senior Center**
*Wednesday, 9:30 - 10:30 am*
Cost: Donation $5
*Instructor: Sihing Jean Crawford*

**Highland, Social Hall/Room 8**
*Thursday, 9:30 - 10:30 am*
Cost: $5
*Instructor: Ilene Dunn*

**INTERMEDIATE/ADVANCED:**
*Highland, Social Hall/Room 8*
*Thursdays, 1:30 - 2:30 pm*
Cost: $5
*Instructor: Sifu Ty Beh*

**Traditional T’ai Chi Ch’uan**
Improves balance, lower high blood pressure, reduce stress and arthritis pain.

**North Valley**
*Monday, Tuesday, and 1st Friday of the month, 9:30 - 10:30am*

**Palo Duro, Ponderosa**
*Friday (no class 1st Friday of the month), 9:30 - 10:30 am*
Cost: $5
*Instructor: Sifu Ty Beh*

**Wisdom Healing Qigong Form**
Learn how Qigong can help promote immune system functioning, lower blood pressure and more.

**Bear Canyon, Multi Purpose Room**
*Thursday, 10:00 - 11:00 am*
Cost: $2
*Instructor: Lilly Umpierre*
**SELF DEFENSE**

**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**
- **Saturday, 9:00 - 11:45 am**
- **Tuesday, 7:15 - 8:30 pm**
- **Wednesday, 6:30 - 7:45 pm**
- **Thursday, 7:15 - 8:30 pm**
- **Friday, 6:00 - 7:30 pm**

See instructor for prices

*Instructor: Charles Watkins*

**Feldenkrais Method**
**Awareness Through Movement**
Often referred to simply as “Feldenkrais”, is a somatic educational system designed by Moshé Feldenkrais. Feldenkrais aims to reduce pain or limitations in movement, to improve physical function, and to promote general wellbeing by increasing students’ awareness of themselves and by expanding students’ movement repertoire.

**North Domingo Baca**
- **Thursday, 9:30 - 10:30 am and 6:00 - 7:00 pm**

*Instructor: Steve Mulvihill*

**TaeKwondo**

**North Domingo Baca**
- **Monday, Tuesday & Thursday, 7:15 - 8:15 pm**

Cost: $70/month, ages 7 and up

*Instructor: David Martin*

**Kendo Kai**
Meaning “Way of The Sword,” is a modern Japanese martial art, which descended from traditional swordsmanship (kenjutsu) and uses bamboo swords (Shinai), and protective armor. It is a physically and mentally challenging activity that combines martial arts practices and values with sport-like strenuous physical activity.

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

**North Domingo Baca**
- **Wednesday, 6:45 - 8:45 pm**

Cost: $20.00 for adults and $10.00 for youth.

*Instructor: Davis Begay*

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

**Manzano Mesa, Room 3**
- **Tuesday, 6:00 - 8:00 pm**
- **Instructor: Chris Nowak**

**Personal Defense Club, Close Quarter Combat**
Provides a place to learn, teach and practice personal fighting skills. It is not associated with any traditional Asian art or sport.

**Manzano Mesa, Room 4**
- **Monday, 7:00 - 9:00 pm**

Cost: $10 per month,

*Instructor: Dr. Sean Ross*

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Call (505) 880-2800 or visit www.cabq.gov/seniors.
CITY OF ALBUQUERQUE SENIOR CENTERS

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

Bear Canyon
4645 Pitt NE, Albuquerque, NM 87111
Phone: (505) 767-5959
Fax: (505) 767-5964
Monday - Friday: 8:00 am - 5:00 pm
Thursday: 8:00 am - 9:00 pm
Saturday: 9:00 am - 3:00 pm

Highland
131 Monroe NE, Albuquerque, NM 87108
Phone: (505) 767-5210
Fax: (505) 767-5224
Monday - Friday: 8:00 am - 5:00 pm
Wednesday 8:00 am - 7:00 pm
Saturday 10:00 am - 4:00 pm

Los Volcanes
6500 Los Volcanes NW, Albuquerque, NM 87121
Phone: (505) 767-5999
Fax: (505) 767-5992
Monday - Friday: 8:00 am - 5:00 pm
Thursday: 8:00 am - 7:00 pm
Saturday: 9:00 am - 1:00 pm

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

North Domingo Baca
Multigenerational Center
7521 Carmel NE, Albuquerque, NM 87113
Phone: (505) 764-6475
Fax: (505) 764-6489
Monday - Friday 8:00 am - 9:00 pm
Saturday 9:00 am - 3:00 pm

North Valley
3825 4th St. NW, Albuquerque, NM 87107
Phone: (505) 761-4025
Fax: (505) 761-4031
Monday - Friday 8:00 am - 5:00 pm
Tuesday 8:00 am - 7:00 pm
Sunday 12:30 pm - 5:00 pm

Palo Duro
5221 Palo Duro NE, Albuquerque, NM 87110
Phone: (505) 888-8102
Fax: (505) 888-8107
Monday - Friday: 8:00 am - 5:00 pm
Wednesday: 8:00 am - 7:00 pm
Saturday: 9:00 am - 1:00 pm

Call (505) 880-2800 or visit www.cabq.gov/seniors. Registration begins Dec. 13, 2018