

**ONE
ALBUQUE
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senior affairs

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



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

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 I. Huddleson	Allison Weber
Onastine N. Jaramillo	

City Councilors

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

Our Vision

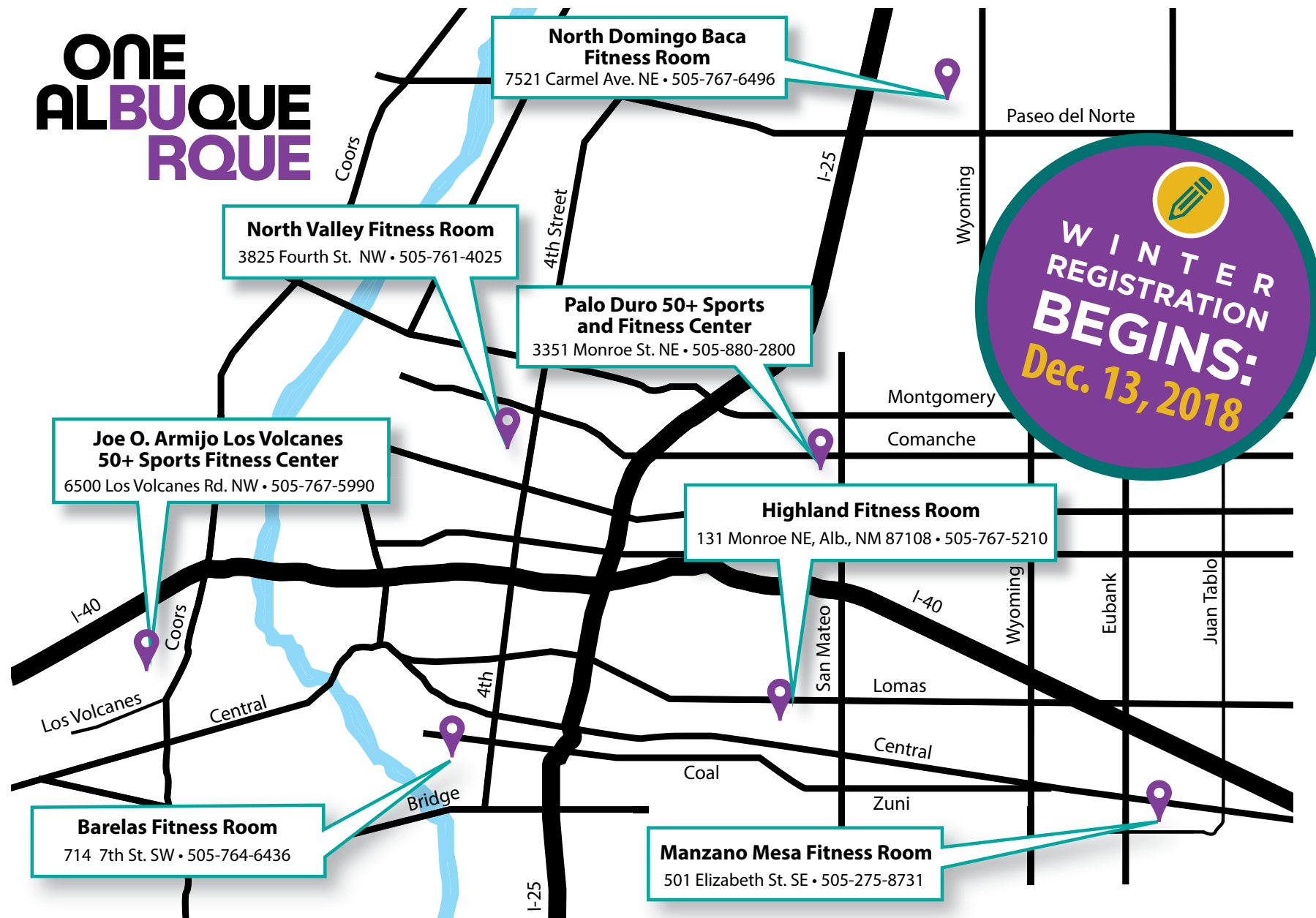
To be the community leader, who, in partnership with others, involves seniors in creating and sustaining a community where there is a growing spirit of interdependence that enhances everyone's quality of life.

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.



FITNESS FACILITIES

Barelas Fitness Room

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

Highland Fitness Room

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

Joe O. Armijo Los Volcanes

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

Manzano Mesa Multigenerational Center Fitness Room

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

North Domingo Baca Multigenerational Center Fitness Room

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

North Valley Fitness Room

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

Palo Duro 50+ Sports & Fitness Center

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





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Center Memberships

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



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

Center Closings

Christmas	Tuesday, Dec. 25, 2018
New Year's Day	Tuesday, Jan. 1, 2019
MLK Jr. Birthday	Monday, Jan. 21, 2019
President's Day.....	Monday, Feb.18, 2019
Memorial Day	Monday, May 27, 2019
Independence Day	Thursday, July 4, 2019
Labor Day.....	Monday, Sept. 2, 2019
Veteran's Day	Monday, Nov. 11, 2019
Thanksgiving Day	Thursday & Friday, Nov. 28 & 29, 2019



Accredited by 
National Institute of
Senior Centers

Volunteer Opportunities

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

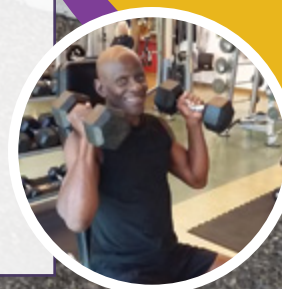
Volunteer Orientation Coaches are trained by our staff to teach participants safe and effective equipment use.

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**

FEBRUARY

- 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

VISIT US ONLINE AT
[www.cabq.gov/seniors.](http://www.cabq.gov/seniors)

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.

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.



For more information, call (505) 880-2800



Outdoor Winter Recreation, continued...

WINTER SPORTS DAY TRIPS

Tuesday Cross Country Ski Trips

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

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.

Important Information



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

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



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.

Outdoor Summer Recreation

Hiking • Walking

SUMMER SPORTS DAY TRIPS

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!

NEW

Hiking for Beginners

Would you like to hike with us, but are not sure if you are able to complete a full day hike? This four week class will go over hiking techniques, conditioning, safety, mapping, and much more. Wear sturdy shoes or hiking boots, bring water and dress in layers.

Palo Duro 50+ Sports & Fitness Center

Session I: Fridays, April 5 - April 26, 2019, 8:00 am

Instructor: Cindy McConnell

NEW

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

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

Session II: September 3 - October 29, 2019 (No Class October 8)

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

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

NEW

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

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



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

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

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

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.

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

DEADLINE FOR ENTRIES: One week prior to event

Get Fit for the Competitions!

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

Registration

One registration form covers all events for the 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.

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.

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

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+
75+	80+			

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.

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

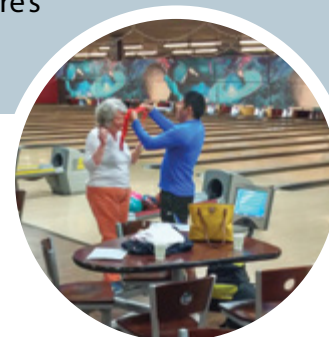
DSA Membership	\$20
Registration	\$12

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



Albuquerque 50+ Games Competition & Workshop Schedule

Sports	Events	Date	Time	Location	Coordinator-Phone
Archery	Competition: Recurve w/Sights, Barebow Recurve No Sights, Compound Fingers w/Sights, Barebow Compound No Sights, Compound Release	Sat., Apr. 6, 2019	9:00 am	Archery Range, Tijeras, NM	PDSFC (505) 880-2800
Badminton	Competition: Singles, Doubles & Mixed Doubles	Fri., Feb. 15, 2019	10:00 am	Manzano Mesa Multigenerational Center	Terry & Nan Lauritsen (505) 266-8237
Bowling	Competition: Singles	Tues., Mar. 5, 2019	9:00 am	Skidsmore's Holiday Bowl	PDSFC (505) 880-2800
	Competition: Doubles	Wed., Mar. 6, 2019	9:00 am		
	Competition: Mixed Doubles	Fri., Mar. 8, 2019	9:00 am		
	Competition: Team Bowling	Fri., Mar. 8, 2019	12:30 pm		
Golf	Competition: Men's 18 Hole Scratch	Wed., Apr. 3, 2019	Tee Times TBA	Arroyo del Oso Golf Course	PDSFC (505) 880-2800
	Competition: Women's 18 Hole Scratch				
Horseshoes	Competition: Singles	Fri., Mar. 29, 2019	9:00 am	Los Altos Park	PDSFC (505) 880-2800
Pickleball	Competition: Doubles	Sat., April 6, 2019	8:00 am	Manzano Mesa Outdoor Pickleball Courts	Gary Rutherford(505) 507-3663
	Competition: Mixed Doubles	Sun., April 7, 2019			
Powerwalk	Competition: 5K Powerwalk	Sat., Mar. 16, 2019	8:00 am	Balloon Fiesta Park	Lenny Krosinsky (505) 250-2283
Racewalk	Competition: 5K Racewalk	Sat., Mar. 23, 2019	8:00 am	Balloon Fiesta Park	Lenny Krosinsky (505) 250-2283
Racquetball	Clinics: Offered Thursdays	All Year	Call for Info	Midtown Sports & Wellness Club	Paula Sperling (505) 888-4411
	Competition: Singles, Doubles & Mixed Doubles	Thurs., Feb. 7, 2019	10:00 am		
Presentation & Workshop	Training for sport and injury prevention	Thurs., Jan. 24, 2019	6:00 pm	Albuquerque Convention Center Indoor Track	PDSFC (505) 880-2800
		Thurs., Feb. 28, 2019 Thurs., Mar. 21, 2019	6:00 pm	North Domingo Baca	
Roadrace	Competition: 10K and 5K Run	Sat., Mar. 30, 2019	7:00 am	Embudo Channel Trail	PDSFC (505) 880-2800
Shuffleboard	Competition: Singles/Doubles	Fri., Feb. 1, 2019	10:00 am	Manzano Mesa Multigenerational Center	PDSFC (505) 880-2800
Swimming	Warmup/Check In - Competition: Breaststroke: 50, 100, 200; Freestyle: 50, 100, 200, 500; Backstroke: 50, 100, 200; Butterfly: 50, 100, 200; Indiv. 100, 200 & 400 (4 Stroke, 1 Swimmer); Relay Medley: 200 (Open Strokes, 4 Swimmers)	Sat., Feb. 23, 2019	7:30 am 8:30 am	West Mesa Aquatics Center	PDSFC (505) 880-2800
Table Tennis	Competition: Singles, Doubles & Mixed Doubles	Sat., Jan. 12, 2019	9:00 am	Bear Canyon Senior Center	PDSFC, Mav Sommers (505) 880-2800
Tennis	Competition: Singles Doubles Mixed Doubles	Tues., Mar. 19, 2019	5:00 pm	Jerry Cline Tennis Courts	PDSFC (505) 880-2800
		Tues., Mar. 26, 2019	5:00 pm		
		Tues., Apr. 2, 2019	5:00 pm		



Deadline for entry is one week prior to event.



This insert section contains all forms for you to register for, or enter our varied programs and/or activities. This is your first step to long-term fun, long-term friendships and more importantly, long-term health!

Compete and Meet Games Registration Form

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.

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.

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:

Must register separately

☐

Mixed Doubles

Partner:

Must register separately

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 unrecognizable 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.



Winter Outdoor Registration Form

Name: _____ Date of Birth _____
Last First Middle

Address: _____
Street City State Zip

Phone: _____ E-mail: _____

Emergency Contact: _____
Name Relationship Phone

Important Information: Schedule and Trip Policies

- 1. Registrations for Winter Sports are on a first come, first serve, sign-up basis.
- 2. Participants must leave and stay with the group on all trips. No exceptions!
- 3. Cancellations for day trips will require a minimum 24 hr. notice.
- 4. 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

WEDNESDAY TRIPS

Snowshoeing

- ☐ Trip 1 Jan. 2
- ☐ Trip 2 Jan. 9
- ☐ Trip 3 Jan. 16
- ☐ Trip 4 Jan. 30
- ☐ Trip 5 Feb. 6
- ☐ Trip 6 Feb. 13
- ☐ Trip 7 Feb. 20
- ☐ Trip 8 Feb. 27
- ☐ Trip 9 Mar. 6

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



NEW CLASS

Beginner Snowshoe
☐ January 4 - January 25



LIABILITY WAIVER

I, the undersigned participant, hereby agrees 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.



SPORTS CLINICS



FREE TO ATTEND

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 _____ ☐ Male ☐ Female
as of December 31, 2019

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 unrecognizable 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.

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



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.

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
- Partner: _____ Must register separately

Bowling (Bowling Fees)

- ☐ Singles ☐ Doubles
- Partner: _____ Must register separately
- ☐ Mixed Doubles
- Partner: _____ Must register separately
- ☐ Team Bowling
- Partner: _____ Must register separately

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

Golf

- ☐ 18 Hole Scratch

Horseshoes

- ☐ Singles

Pickleball

- ☐ Doubles
- Partner: _____ Must register separately
- ☐ Mixed Doubles
- 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

- | | |
|---|---|
| <input type="checkbox"/> 200 Medley Relay | <input type="checkbox"/> 100 Breaststroke |
| <input type="checkbox"/> 50 Free | <input type="checkbox"/> 200 Breaststroke |
| <input type="checkbox"/> 100 Free | <input type="checkbox"/> 100 IM |
| <input type="checkbox"/> 200 Free | <input type="checkbox"/> 200 IM |
| <input type="checkbox"/> 500 Free | <input type="checkbox"/> 400 IM |
| <input type="checkbox"/> 50 Backstroke | <input type="checkbox"/> 50 Butterfly |
| <input type="checkbox"/> 100 Backstroke | <input type="checkbox"/> 100 Butterfly |
| <input type="checkbox"/> 200 Backstroke | <input type="checkbox"/> 200 Butterfly |
| <input type="checkbox"/> 50 Breaststroke | |

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



Deadline for entry is one week prior to event.



National Senior Games Schedule

SPORT	DATES	VENUE
Badminton	June 14-20	ABQ Convention Center
Shuffleboard	June 16-24	
Table Tennis	June 18-24	
Volleyball	June 14-20	
Archery	June 14-22	Balloon Fiesta Park
Basketball	June 14-24	Dreamstyle Arena "The Pit", University of New Mexico (6 courts)
		Volcano Vista High School (8 courts)
Bowling	June 14-24	Starlight Bowling Center, Santa Ana Pueblo
Cycling Time Trial	June 15 (5K) June 16 (10K)	Atrisco Vista Boulevard, Albuquerque
Cycling Road Race	June 18 (20K) June 19 (40K)	Las Campanas, Santa Fe
Golf	June 16-20	Sandia Pueblo Golf Club
		University of New Mexico Championship Golf Course South
		Santa Ana Golf Club
Horseshoes	June 19-24	Los Altos Park
Pickleball	June 14-25	Manzano Mesa Multigenerational Center
Race Walk	June 15 (1500M)	Track & Field (UNM)
	June 17 (5K)	Balloon Fiesta Park
Power Walk	June 15 (1500M)	Track & Field (UNM)
	June 17 (5K)	Balloon Fiesta Park
Racquetball	June 14-19	Sports & Wellness: Midtown (6 Courts), Downtown (3 course)
Road Race	June 21 (5K)	Balloon Fiesta Park
	June 23 (10K)	NHCC Bosque Trail
Softball	June 14-25	Albuquerque Regional Sports Complex (5 fields)
Swimming	June 15-19	West Mesa Aquatic Center
Tennis	June 14-25	Jerry Cline Tennis Complex (18 courts)
Track & Field	June 15-20	Track & Field (UNM)
Triathlon	June 22	Cochiti Lake

Congratulations

to the City of Albuquerque for being
named the host city for the

**2019 NATIONAL
Senior Games**

June 14 through 25, 2019

www.nsga.com



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

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 Preparatory 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*

New Mexico Senior Olympics Basketball Tournament

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

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



BOWLING

Bowling Competition

Skidmore's Holiday Bowl

**Tuesday, 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*



© 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

Visit
abqpickleball.com
for more information

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



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

**Take a look at our
Winter Sports**

SEE PAGE 7



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

Cost: \$.50 donation

**“Exercise is
the fountain
of youth!”**

— Helena Kirkwood

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

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

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

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

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

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

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



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) 764-6496 for appointment.

North Valley, Fitness Room

Call (505) 880-2800 for appointment

Palo Duro, 50+ Sports & Fitness Center

Call (505) 880-2800 for appointment

Basics With Free Weights

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

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

Call (505) 767-5990 for schedule

North Domingo Baca, Sports & Fitness Center

Call (505) 767-5990 for schedule.

Check Out The
Benchpress
Competition

SEE PAGE 10



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.

“We are not
surviving, we
are thriving”



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

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



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

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

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, 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 9:10 - 10:10 am

Wednesday 9:10 - 10:10 am

Thursday 9:10 - 10:10 am

North Valley, Fitness Center

Thursday 9:00 - 10:00 am

Friday 9:30 - 10:30 am

Cost: free

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

Every other Thursday, 8:00 am

Instructor: Bill Gloyd

Palo Duro

Every other Tuesday, 8:00 am

Instructor: Marilyn Warrant

Palo Duro

Saturday, 9:00 am

Instructor: Sue Pelletier

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

“Its 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

PRACTICE:

Bear Canyon, Room 1

Wednesday, 11:30 am - 1:00 pm

Instructor: Mary Moriarty

Bear Canyon, Room 1

Wednesday, 3:30 - 4:30 pm

Instructor: Helen



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

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



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



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



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



Manzano Mesa Multigenerational Center

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

Phone: (505) 275-8731

Fax: (505) 275-8734

Monday - Friday: 8:00 am -
9:00 pm

Saturday: 9:00 am - 3:00 pm



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



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



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

**ONE
ALBUQUE
RQUE** senior affairs

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