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senior affairs

Albuquerque 50+ Sports and Fitness Catalog

(505) 764-6400

www.cabq.gov/seniors

Citizen Contact Center: 311



Timothy M. Keller, Mayor

| Anna M. Sanchez, Director

December 2019 through December 2020

Dear Community Members,

The City of Albuquerque’s Department of Senior Affairs is proud to share the 2020 ABQ 50+ Sports and Fitness Catalog. This guide includes activities designed to help those over 50 in our community remain healthy, active, and independent.

As a member of the Department of Senior Affairs, you can take advantage of our sports and fitness facilities, classes and trips throughout the year. Physical fitness is a lifelong journey that contributes to improved bone density, balance, strength, and cardiovascular health. Additionally, regular physical activity decreases the risk of depression in adults and reduces stress.

Whether you are an old pro at exercise or just starting your fitness journey, there is something that suits your interest or fitness level—from competitive sports, such as pickleball, to beautiful Bosque walks. Take a moment to look through this guide and choose an activity or program and come see how the Department of Senior Affairs can help you take charge of your health.

Learn more about the Department of Senior Affairs or download a digital copy of this guide at cabq.gov/seniors.

Sincerely,



Timothy M. Keller, Mayor
The City of Albuquerque



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

Department of Senior Affairs



The City of Albuquerque Department of Senior Affairs, has been serving Albuquerque and Bernalillo County residents for more than thirty years. Through innovative programs and quality services, we have evolved into an exemplary model, dedicated to enriching the lives of seniors. The services and opportunities listed in this catalog are especially designed for individuals 50 and better. The Albuquerque 50+ Games are open to those who are age 50

and up. Other programs, including Home-Delivered Meals, Transportation, and Care Coordination, have a minimum age of 60. Some services may request a contribution; however, no one will be denied services for not contributing.

City of Albuquerque

Timothy M. Keller, Mayor

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

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

Anna M. Sanchez,
Director, Department of Senior Affairs

Nikki Peone,
Recreation Division Manager

Department of Senior Affairs Advisory Council

Steve Borbas	Onastine N. Jaramillo
Barbara Carmona-Young	Debby Knotts
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Richard Garcia	Lucy Lopez
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District 4 Brad Winter	District 9 Don Harris
District 5 Cynthia Borrego	

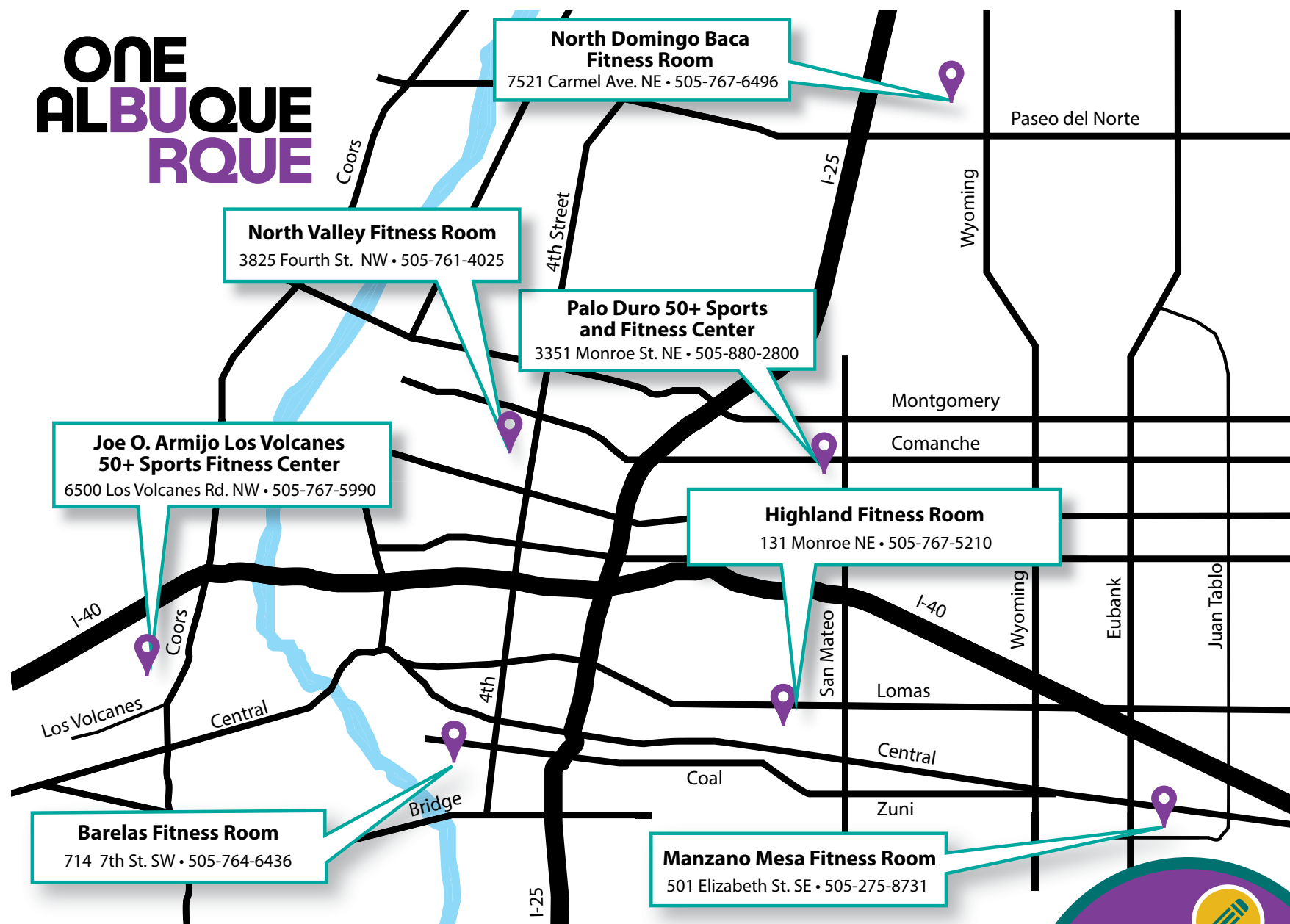


Our Vision

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.



FITNESS FACILITIES

Barelas Fitness Room

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

Highland Fitness Room

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

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

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

Manzano Mesa Multigenerational Center Fitness Room

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

North Domingo Baca Multigenerational Center Fitness Room

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

North Valley Fitness Room

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

Palo Duro 50+ Sports & Fitness Center

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





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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	Wednesday, Dec. 25, 2019
New Year's Day	Wednesday, Jan. 1, 2020
MLK Jr. Birthday	Monday, Jan. 20, 2020
President's Day.....	Monday, Feb. 17, 2020
Memorial Day	Monday, May 25, 2020
Independence Day	Monday, July 6, 2020
Labor Day.....	Monday, Sept. 7, 2020
Veteran's Day	Wednesday, Nov. 11, 2020
Thanksgiving Day	Thursday & Friday, Nov. 26 & 27, 2020



Accredited by 
National Institute of
Senior Centers

Volunteer Opportunities

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

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.

Drivers

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

Exercise Classes

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

Winter Sports

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

Walking & Hiking

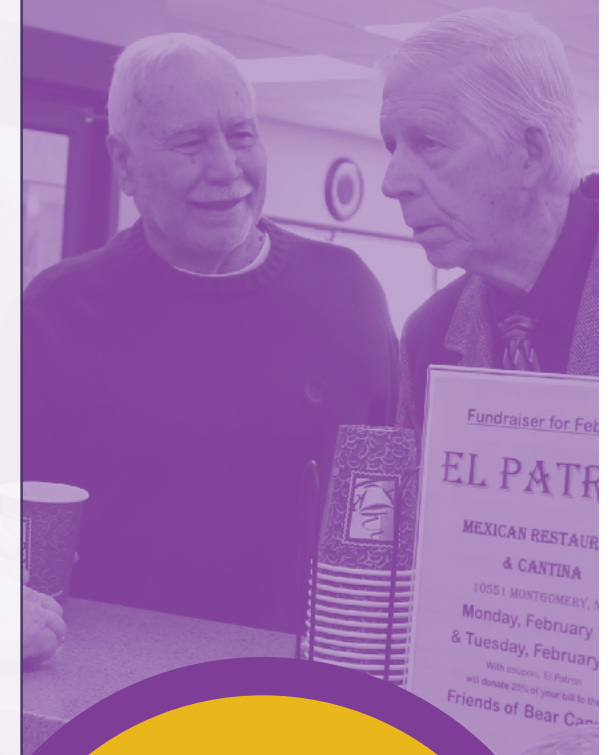
We are also looking for volunteers to help lead walking and hiking trips. Volunteers may drive the van, and/or help the program coordinator with equipment and trip logistics.

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.**

2020 Calendar At-A-Glance

JANUARY

- X/C ski, Snowshoe and Downhill Ski Trips begin
- 50+ Games Air Gun Workshop **JANUARY 11**
- 50+ Games Table Tennis competition **JANUARY 18**
- 50+ Games Air Gun Competition **JANUARY 25**

FEBRUARY

- X/C ski, Snowshoe and Downhill Ski Trips continued
- 50+ Games Eight Ball Pool **FEBRUARY 5**
- 50+ Games Shuffleboard competition **FEBRUARY 7**
- 50+ Games Huachas Competition **FEBRUARY 8**
- 50+ Games Basketball Free Throw & 3pt Contest **FEBRUARY 8**
- 50+ Games Swimming competition **FEBRUARY 29**

MARCH

- X/C ski, Snowshoe and Downhill Ski Trips continued
- 50+ Games Bowling competition **MARCH 3, 4, 6**
- 50+ Games Racquetball **MARCH 5**
- 50+ Games Badminton **MARCH 13**
- 5K & 10K Road Race Competitions **MARCH 28**

APRIL

- Bosque Walks Thursdays begin **APRIL 2**
- 50+ Games 5K Racewalk Competition **APRIL 4**
- Hiking for Beginners begins **APRIL 3**
- Touring the 505 Session 1 begin **APRIL 7**
- 50+ Games 5K Powerwalk Competition **APRIL 11**
- 50+ Games Tennis Singles **APRIL 14**
- 50+ Games Pickleball outdoor competition **APRIL 18-19**
- 50+ Games Tennis Doubles **APRIL 21**
- 50+ Games Disc Golf Tournament **APRIL 23**
- 50+ Games Golf Tournament **APRIL 22**
- 50+ Games Archery Competition **APRIL 25**
- 50+ Games Horseshoes Competition **APRIL 25**
- 50+ Games Tennis Mix Doubles **APRIL 28**

MAY

- 50+ Games Track & Field Competition **MAY 1-2**
- 50+ Games 1500m Powerwalk Competition **MAY 2**
- 50+ Games 1500m Racewalk Competition **MAY 2**
- 50+ Games Cycling Competition **MAY 9**
- Fitness Hiking trips continued
- Touring the 505 Tuesdays continued
- Fitness Walking Thursdays continued
- Half Day Friday Hikes Begin **MAY 1**



JUNE

- Fitness Hiking trips continued

JULY

- Fitness Hiking trips continued

AUGUST

- Fitness Hiking trips continued

SEPTEMBER

- Fitness Hiking trips continued
- Touring the 505 Tuesdays Session 2 begins **SEPTEMBER 1**
- Bosque Walks Session 2 begins **SEPTEMBER 17**

OCTOBER

- Compete & Meet Outdoor Pickleball Tournament **OCTOBER 16-18**
- Touring the 505, Session 2 continued
- Bosque Walks Thursday, Session 2 continued

VISIT US ONLINE AT
www.cabq.gov/seniors

Outdoor Winter Recreation

Downhill & Cross Country Skiing • Snowshoeing • Snowboarding

Outdoor Winter Recreation



Important Information



Trips leave from Palo Duro 50+
Sports & Fitness Center

3351 Monroe NE

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

Current membership is required.



Important Registration Information

Schedule & Trip Policies

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

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 January 7 - March 3, 2020 *No trips on February 18*

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.

8 trips from January 8 - March 4, 2020 *No trips on February 19*

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 2 - March 12, 2020

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

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

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

REGISTRATION
BEGINS:
Dec. 12, 2019

NEW

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. Register for one class.

Class I: January 3

Class II: January 10

Class III: January 17

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!

7 trips from January 24 - March 6, 2020

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!

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

Monday "Fitness" Hikes

Palo Duro 50+ Sports & Fitness Center

April - October, 2020, Monday, 7:00 am - 5:00 pm

Hike coordinator: Cindy McConnell

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. Register for one class.

Palo Duro 50+ Sports & Fitness Center

Class I: April 10, 8:00 am

Class II: April 17 - 24, 8:00 am

Class III: April 24, 8:00 am

Instructor: 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 1 - 29, 2020, 8:00 am - Return by 1:00 pm

Session II: September 4 - October 30, 2020
(No trip October 9, 2020)

Instructor: Cindy McConnell

Important Information

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

WALKING PROGRAM

Participants will learn the benefits of walking, safety tips, different types of walking techniques and 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 7 - May 26, 2020

Trip One - Petroglyph National Monument

Trip Two - South Valley

Trip Three - Albuquerque Zoo

Trip Four - Plaza to Plaza

Trip Five - Bernalillo

Trip Six - UNM Main Campus

Trip Seven - Veterans Memorial

Trip Eight - Nature Center

Session II: September 1 - October 27, 2020 *(No Class October 6)*

Trip Nine - Botanical Gardens

Trip Ten - Corrales

Trip Eleven - Tijeras Ranger Station

Trip Twelve - Huning's Highland

Trip Thirteen - Open Space

Visitor Center

Trip Fourteen - Down Art Walk

Trip Fifteen - Country Club

Trip Sixteen - Nob Hill



Bosque Walks

Bosque Walks are designed to offer you a brisk walk through our beautiful open space.

Session I: April 2 - May 28, 2020

Trip One - April 2

Trip Two - April 16

Trip Three - April 30

Trip Four - May 14

Trip Five - May 28

Session II: September 17 - November 5, 2020

Trip Six - September 3

Trip Seven - September 17

Trip Eight - October 1

Trip Nine - October 22

Trip Ten - November 5



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 2020 "Compete & Meet" Games

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

The 2020 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

Friday - Sunday, October 16-18, 2020

(Registration deadline is Friday October 9, 2020)



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 2020 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. Registration deadline for swimming is Wednesday, February 12, 2020.

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, 2020, 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, 2020.

Awards

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

Age Divisions

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

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

Age division for doubles, mixed doubles and team competition will be determined by the age of the younger partner as of December 31, 2020.

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

Rules

The 2020 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

Pay at Arroyo Del Oso Golf Course

Bowling, per event\$7.50

Pay at Skidmore's Holiday Bowl



Deadline for entry is one week prior to event. Deadline for Swimming is Wed. Feb. 12, 2020.

Albuquerque 50+ Games Competition & Workshop Schedule

Sports	Events	Date	Time	Location	Coordinator-Phone
Air Gun/ Workshop		Sat., Jan. 11, 2020	8:00 am	Eldorado High School	Jim Koerber (505) 296-4871 Ext. 35145
Air Gun	Competition: Pistol Standing, Pistol Supported, Rifle Standing, Rifle Supported	Sat., Jan. 25, 2020	8:00 am	Eldorado High School	Jim Koerber (505) 296-4871 Ext. 35145
Archery	Competition: Recurve w/Sights, Barebow Recurve No Sights, Compound Fingers w/Sights, Barebow Compound No Sights, Compound Release	Sat., Apr. 25, 2020	9:00 am	Archery Range, Tijeras, NM	PDSFC (505) 880-2800
Badminton	Competition: Singles, Doubles & Mixed Doubles	Fri., Mar. 13, 2020	10:00 am	Manzano Mesa Multigenerational Center	Tim Schoeny PDSFC (505) 880-2800
Basketball	Competition: Free Throw & 3 Point	Sat., Feb. 8, 2020	9:00 am	Manzano Mesa Multigenerational Center	PDSFC (505) 880-2800
Bowling	Competition: Singles	Tues., Mar. 3, 2020	9:00 am	Skidsmore's Holiday Bowl	PDSFC (505) 880-2800
	Competition: Doubles	Wed., Mar. 4, 2020	9:00 am		
	Competition: Mixed Doubles	Fri., Mar. 6, 2020	9:00 am		
	Competition: Team Bowling	Fri., Mar. 6, 2020	12:30 pm		
Cycling	Competition: 5K, 10K, 20K, 40K	Sat., May 9, 2020	7:00 am	Atrisco Vista Blvd.	PDSFC (505) 880-2800
Disc Golf		Thur., Apr. 23, 2020	9:00 am	Roosevelt Park	PDSFC (505) 880-2800
Eightball Pool		Wed., Feb. 5, 2020	5:00 pm	Palo Duro Senior Center	PDSFC (505) 880-2800
Field Events	Competition: High Jump, Discus, Javelin & Shot Put	Fri. May 1, 2020	5:00 pm	Albuquerque Academy	PDSFC (505) 880-2800
Field Events	Competition: Long Jump & Standing Long Jump	Sat. May 2, 2020	8:00 am	Albuquerque Academy Track	PDSFC (505) 880-2800
Golf	Competition: Men's 18 Hole Scratch	Wed., April 22, 2020	Tee Times TBA	Arroyo del Oso Golf Course	PDSFC (505) 880-2800
	Competition: Women's 18 Hole Scratch				
Huachas	Competition: Singles	Sat., Feb. 8, 2020	9:00 am	Manzano Mesa Multigenerational Center	PDSFC (505) 880-2800
Horseshoes	Competition: Singles	Sat., Apr. 25, 2020	9:00 am	Los Altos Park	PDSFC (505) 880-2800
Pickleball	Competition: Doubles	Sat., April 18, 2020	8:00 am	Manzano Mesa Outdoor Pickleball Courts	Gary Rutherford (505) 507-3663
	Competition: Mixed Doubles	Sun., April 19, 2020			
Powerwalk	Competition: 5K Powerwalk	Sat., April 11, 2020	8:00 am	Balloon Fiesta Park	PDSFC (505) 880-2800
Powerwalk	Competition: 1500m	Sat. May 2, 2020	8:00 am	Albuquerque Academy Track	Lenny Krosinsky (505) 250-2283
Racewalk	Competition: 5K Racewalk	Sat., April 4, 2020	8:00 am	Balloon Fiesta Park	Lenny Krosinsky (505) 250-2283
Racewalk	Competition: 1500m	Sat. May 2, 2020	8:00 am	Albuquerque Academy Track	PDSFC (505) 880-2800
Racquetball	Clinics: Offered Thursdays Competition: Singles, Doubles & Mixed Doubles	All Year Thurs., Mar. 5, 2020	Call for Info 10:00 am	Midtown Sports & Wellness Club	Paula Sperling (505) 888-4411
Roadrace	Competition: 10K and 5K Run	Sat., Mar. 28, 2020	7:00 am	Embudo Channel Trail	PDSFC (505) 880-2800
Shuffleboard	Competition: Singles/Doubles	Fri., Feb. 7, 2020	10:00 am	Manzano Mesa Multigenerational Center	PDSFC (505) 880-2800
Swimming	Warmup/Check In - Competition:	Sat., Feb. 29, 2020 Note: Deadline to register is Wednesday Feb. 12, 2020.	7:30 am	West Mesa Aquatics Center	PDSFC (505) 880-2800
	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)		8:30 am		
Table Tennis	Competition: Singles, Doubles & Mixed Doubles	Sat., Jan. 18, 2020	9:00 am	Bear Canyon Senior Center	PDSFC, Mav Sommers (505) 880-2800
Tennis	Competition: Singles Doubles Mixed Doubles	Tues., Apr. 14, 2020 Tues., Apr. 21, 2020 Tues., Apr. 28, 2020	5:00 pm	Jerry Cline Tennis Courts	PDSFC (505) 880-2800
Track	Competition: 50m, 100m, 200m, 400m, 800m, 1500m & 4 by 100m relay	Sat. May 2, 2020	8:00 am	Albuquerque Academy Track	PDSFC (505) 880-280

Winter Outdoor Registration Form

Name: _____ Date of Birth _____
Last First Middle

Address: _____
Street City State Zip

Phone: _____ E-mail: _____

Emergency Contact: _____
Name Relationship Phone

Important Information: Schedule and Trip Policies

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

TUESDAY TRIPS

Cross-Country

- ☐ Trip 1 Jan. 7
- ☐ Trip 2 Jan. 14
- ☐ Trip 3 Jan. 21
- ☐ Trip 4 Jan. 28
- ☐ Trip 5 Feb. 4
- ☐ Trip 6 Feb. 11
- ☐ Trip 7 Feb. 25
- ☐ Trip 8 Mar. 3

WEDNESDAY TRIPS

Snowshoeing

- ☐ Trip 1 Jan. 8
- ☐ Trip 2 Jan. 15
- ☐ Trip 3 Jan. 22
- ☐ Trip 4 Jan. 29
- ☐ Trip 5 Feb. 5
- ☐ Trip 6 Feb. 12
- ☐ Trip 7 Feb. 26
- ☐ Trip 8 Mar. 4

Have own snowshoes?

Yes ☐ No ☐

THURSDAY TRIPS

Downhill Skiing

- ☐ Trip 1 Jan. 2 Santa Fe
- ☐ Trip 2 Jan. 9 Santa Fe
- ☐ Trip 3 Jan. 16 Santa Fe
- ☐ Trip 4 Jan. 23 Santa Fe
- ☐ Trip 5 Jan. 30 Santa Fe
- ☐ Trip 6 Feb. 6 Santa Fe
- ☐ Trip 7 Feb. 13 Santa Fe
- ☐ Trip 8 Feb. 20 Santa Fe
- ☐ Trip 9 Feb. 27 Santa Fe
- ☐ Trip 10 Mar. 5 Santa Fe
- ☐ Trip 11 Mar. 12 Santa Fe

FRIDAY TRIPS

Friday Snowshoe half day trips

- ☐ Trip 1 Jan. 24
- ☐ Trip 2 Jan. 31
- ☐ Trip 3 Feb. 7
- ☐ Trip 4 Feb. 14
- ☐ Trip 5 Feb. 21
- ☐ Trip 6 Feb. 28
- ☐ Trip 7 Mar. 6

Have own snowshoes?

Yes ☐ No ☐

NEW

NEW CLASS

Beginner Snowshoe

- ☐ Class I: January 3
- ☐ Class II: January 10
- ☐ Class III: January 17

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



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.



Congratulations to Albuquerque Athlete Medalists for Competing in the 2019 National Senior Games

Paul Allen	Thomas Boyden	Linda Chavez	Michael Elman
Scott Amo	Danny Branch	Paul Chavez	Don Ethell
George Anastas	Hank Brantley	Robert Chavez	Joseph Felice
Ron Angst	Antonio Brito	Marian Chen	Geno Fernandez
Ross Aragon	Carol Brown	Kris Chongsiriwatana	Charlie Fixico
Bobby Armstrong	Philip Brubaker	Max Cisneros	Edna Flores
Roger Assink	Debra Bryan	Peggy Clews	Erin Ford
Edward Avila	Robert Buckner	Lois Coash	Elliott Foucar
Ramona Ayala	Tom Burke	Milan Cobble	Kathy Foucar
Tom Baca	Phyllis Bustos	Celeste Cole	David Freeman
Taryn Bachis	Joseph Candelaria	Dan Collins	Geoff Freeze
Matthew Barker	Dan Cannady	Mike Cones	Mark Friedman
Darly Barkley	Rose Cardenas	Jean Conley	Dennis Gallant
Francoise Barnes	Joe Carmona	Stephen Conrad	Paul Gallardo
Stacie Barron	Rodger Carrillo	Randy Cordova	Felix Garcia
John Battaglia	Edwin Case	Doris Corrales	Leonard Garcia
Gretchen Bedeaux	Edna Casman	Mike Cortez	Robert Garcia
W Charles Bennett	Sara Cericola	Richard Cortez	Donald Geeze
Walter Blea	Gilbert Chavez	Jane Cotner	Thomas Gill
Teresa Boling-Carson	Joe Chavez	Peter Cubra	Richard Gohl
Greg Bouloy	Lawrence Chavez	James Culpepper	Josie Gonzales
		Vern Curtis	Mike Gonzales
		Susan Daniels	Phillip Gonzales
		Charles Davis	Tommie Gonzales
		Nicholas Decker	Lois Gray
		Teresa Deherrera	Albert Griego
		Katherine Dolce	Joan Griffin
		Troian Donnachaidh	Bryan Guernsey
		Janet Dooley	Hua Guo
		Laura Draelos	David Halliday
		Diana Eichert	Cliff Hamilton



David Harnick
Kenneth Harper
Sharon Harrington
Anna Harrison
Richard Harrison
Linda Harvel
Kathy Hazelbaker
Diane Hernandez
Joaquin Herrera
Scott Herron
Julian Hippeli
Clifford Ho
Darlene Holliday
Mary Homan
Bradley Howard
Andrew Hsi
David Hsi
Jerry Hurt
Ken Ikelman
Anne Isham
Jerry Jaramillo
Katherine Jaramillo
Paul Jayson
Angelica Jepsen
Curt Johnson
Larry Johnson
James Jordan
Joe Kassa
Frossene King
Louise Kiss
James Knipe
Glen Kraft
Austin Kramer
Robert Kuning
Kristen Lamar
Paula Larez
Marjorie Larragoite
Nancy Lauritsen
Terry Lauritsen
Sue Leach

Cj Lind
Kempton Lindquist
Don Lipscomb
Librado Lleyva
Ronald Loehman
Joe Lopez
Louis Lopez
Brian Lucht
Steve Maldonado
Raul Mancha
James Manning
Gilbert Martinez
Joey Martinez
Victor Martinez
Nathan Masek
John Mathes
Ray Maxey
James McCormack
Neal Mcdermeit
Terry Mcdowell
Steve Mckee
Scot Mclelland
Diane Mcnally
Ronne Mercer
Natalie Miller
Gilbert Miranda
Althea Montoya
Danny Montoya
Danny M Montoya
Paul Montoya
Ruth Montoya
Hazel Morgan
Janet Morris
Jody Mostyn
Annette Moya
Karen Moyer
Diane Mueller
Anthony Munn
Kent Near
Mike Nied



Laura Niel
Carla Norcross
Nancy North
Bryan Olson
Sheila O'Neill
Martin Otero
Dorothy Otto
Katherine Palombo
Diana Pappan
Charlie Parra
Joyce Paulsen
Kelly Peil
Eric Phillips
Ronald Pickett
Emmitt Pierce
Leslie A. Poland
Ona Porter
Josef Powdrell
Paula Prichard
David Pulliam

Martin Purcella
Deborah Reynolds
Mark Reynolds
Susan Rice
Donald Richer
Elaine Rising
Mary Beth Roberts
Mary Rodriguez
Enrique Rodriguez Jr
Karl Roepke
Catherine Roland
Alfred Romero
Joe Romero
Paul Romero
Joe Roybal
Fred Ruiz
Tommy Ryanczak
Louis Saint-Lot
David Salazar
Ernie Salazar

Louis Salazar	Robert Shreve	Patricia Thieman	Frank Welker
Ron Samples	Annette Sieben	Adele Thompson	Fred Weller
Benny Sanchez	Linda Simpson	Barbara Titus	Ed White
Bobby Sanchez	Michael Sinnott	Jacqueline Tommelein	Robin White
Macario Sanchez	Paul Smith	Dolores Torchio	Warren Wild
Miguel Sanchez	Thia Smith	Garilyn Ulibarri	Earl Williams
Anthony Santianes	Tom Spindle	Marlene Uribe	Larry Williams
Ed Sauer	Richard Stam	Santiago Valenzuela	Thomas Windes
Cindy Sauerman	Patricia Stanalonis	Lisa Valle	John Witham
Lewis Schiffman	Frank Stephens	Nicolasa Valverde-Maxey	Charles Wollmann
Timothy Schoeny	Ed Sullivan	Vince Vandermey	Ellyn Wong
Mary Beth Schubauer	Patrick Sullivan	Demetria Vasquez	Mark Wong
Andrea Scott	Scott Swisher	Frank Vito	Edna Worf
Roger Senn	Ernestino Tafoya	Vernon Wallace	Lora Zachek
Philip Shew	Steve Tafoya	Mark Wallenbrock	Qian-Yun Zhang
Gary Shirley	Mary Tarango	Gary Weadock	Yue Zhou





Senior Olympics ANNUAL SUMMER GAMES

June 10-13, 2020 • Las Cruces, NM



• COMPETE IN 21 SPORTS • QUALIFYING YEAR FOR 2021 NATIONAL SENIOR GAMES

Senior Sports & Wellness Day

- Health and wellness through education, fitness and sports for adults 50+
- How to add physical activity to your day to increase strength and balance
- Sport Clinics to enhance your game!
- Health Education Workshops
- Prepare for the 2020 Summer Games, qualifier for 2021 National Senior Games

FREE TO 50+ SENIORS DATES AND LOCATIONS

LAS VEGAS

Abe Montoya Rec Center
DECEMBER 10 & 11, 2019

LAS CRUCES

JANUARY 16, 2020

HOBBS

The CORE

FEBRUARY 6, 2020

RIO RANCHO

FEBRUARY 20, 2020

FARMINGTON

MARCH 11, 2020

INDIAN GAME DAY

Santa Fe Indian School

APRIL 15, 2020

SUBJECT TO CHANGE

TEAM TOURNAMENTS

Volleyball

August 7-9, 2020
Albuquerque



Softball

September 18-20, 2020
Las Cruces



Basketball

November 6-8, 2020
Santa Fe



SPECTATORS WELCOME

- Open State
- Great Officiating
- Athletic Trainer
- Concessioner
- National Senior Games happens every two years. NMSO is a qualifying state.
- Economic impact in NM \$2,642,265.00



JOIN US TODAY!

Ready to start your fitness routine? EnhanceFitness can help!

EnhanceFitness is a FREE evidence based fitness group program that has been designed for Seniors 50+ who want to see results. The class meets 3 times per week for one hour.

Classes are taught by certified trained fitness instructors.

ALBUQUERQUE WEST:

Los Volcanes Fitness Center
M/W/F 1:00pm
Instructor Dee Williams
6500 Los Volcanes Rd. NW
Albuquerque, NM 87121
(505) 836-8745

ALBUQUERQUE NORTHEAST:

North Domingo Baca Multi-Generational Center; M/W/F 8:00am & 10:15am
Instructor Diana Rael
7521 Carmel Avenue NE
Albuquerque, NM 87113
(505) 764-6476

ALBUQUERQUE NORTHWEST:

North Valley Senior Center
M/T/F 8:15am
Instructor Nancy Vigil-Cottrell
3825 4th St NW
Albuquerque, NM 87107
(505) 761-4025

Looking for certified Instructors in the Albuquerque area.

NEW MEXICO SENIOR OLYMPICS, INC. • PO BOX 2690 • ROSWELL, NM 88202 • 1.888.623.6676 • NMSO@NMSSENIOROLYMPICS.ORG • WEBSITE: NMSSENIOROLYMPICS.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. Swimming deadline is Wednesday, February 12, 2020

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.



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\$

Pay at Arroyo Del Oso Golf Course

TOTAL AMOUNT ENCLOSED\$

For more information:

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



See next page for list of events. >

Albuquerque 50+ Games Registration Form (2)

Air Gun

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

Archery

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

Basketball

- ☐ Free Throw
- ☐ Three Points

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.

Cycling

- ☐ 5K
- ☐ 10K
- ☐ 20K
- ☐ 40K

Disk Golf

- ☐ 18 Hole

Eightball Pool

Huachas

- ☐ Singles

Horseshoes

- ☐ Singles

Golf

- ☐ 18 Hole Scratch

Pickleball

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

Racewalking

- ☐ 5K
- ☐ 1500m

Powerwalking

- ☐ 5K
- ☐ 1500m

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
- ☐ 50 Free
- ☐ 100 Free
- ☐ 200 Free
- ☐ 500 Free
- ☐ 50 Backstroke
- ☐ 100 Backstroke
- ☐ 200 Backstroke
- ☐ 50 Breaststroke
- ☐ 100 Breaststroke
- ☐ 200 Breaststroke
- ☐ 100 IM
- ☐ 200 IM
- ☐ 400 IM
- ☐ 50 Butterfly
- ☐ 100 Butterfly
- ☐ 200 Butterfly

Group Name _____ Must register separately

Swimming deadline Wed., Feb. 12, 2020

Table Tennis

- ☐ Singles ☐ Doubles
- Partner _____ Must register separately

Mixed Doubles

- Partner _____ Must register separately

Tennis

- ☐ Singles ☐ Doubles
- Partner _____ Must register separately

Mixed Doubles

- Partner _____ Must register separately

Track & Field:

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



Albuquerque 50+ Games | Open Gyms

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

AIR GUN

Air Gun Practices

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

Eldorado High School, Rifle Range

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

Air Gun Workshop

Saturday, January 11, 2020, 8:00 am

Air Gun Competition

Saturday, January 25, 2020, 8:00 am

ARCHERY

Archery Competition

Saturday, April 25, 2020, 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, March 13, 2020, 10:00 am

Manzano Mesa, Gym: 501 Elizabeth SE

Coordinator: Tim Schoeny, schoenyto@msn.com

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, 1:30 - 4:00 pm

Tuesday, 6:00 - 8:45 pm

Thursday, 5:30 - 8:45 pm

Friday, 1:00 - 4:00 pm

Wells Park Community Center, Gym

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

Coordinator: Tim Schoeny, schoenyto@msn.com



BASKETBALL

Open/Drop-In Basketball

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

Manzano Mesa, Gym (E/W courts)

Monday & Friday, 11:00 am-1:00 pm, 7:00 - 8:45 pm

Tuesday & Thursday, 11:30 am - 1:00 pm

Wednesday, 11:00 am - 12:30 pm

Basketball Free Throw & Three Point Competition

Saturday, February 8, 2020, 10:00 am

Manzano Mesa Gym

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

Senior Men's Basketball 55+

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

Manzano Mesa, Gym (East Court)

Wednesday, 5:30 - 8:45 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. Please check website for most up to date schedule.

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 3, 4, & 6, 2020, 9:00 am

Team, March 6, 2020, 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

CYCLING

Cycling Competition

Saturday, May 9, 2020, 7:00 am

Atrisco Vista Blvd.

Coordinator: Palo Duro Sports & Fitness:

(505) 880-2800

DISC GOLF

Disc Golf Competition

Thursday, April 23, 2020, 9:00 am

Roosevelt Park

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



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Dreamstime.com

EIGHTBALL POOL

Eightball Competition

Wednesday, February 5, 2020, 5:00 pm

Palo Duro Senior Center

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

GOLF

Golf Competition

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

Green fees, including carts, will be \$35.80 for 18 holes without season pass; \$17.80 with season pass.

Fees to be paid at Arroyo Del Oso Golf Course

The tournament is a scratch event, no handicap.

Wednesday, April 22, 2020

Arroyo del Oso Golf Course, 7001 Osuna Rd NE

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

HORSESHOE

Horseshoe Competition

Horseshoes provide a means for people of all ages to enjoy good exercise while having fun.

Saturday, April 25, 2020, 10:00 am

Los Altos Park, 10130 Eubank NE

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

HUACHAS

Huachas Competition

Saturday, February 8, 2020, 9:00 am

Manzano Mesa Gym

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

PICKLEBALL

Pickleball Tournament

Saturday, April 18, 8:00 am

Doubles

Sunday, April 19, 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 9.

Open Pickleball

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

Pickleball Training

Manzano Mesa, Gym

**Tuesday, Thursday,
9:30 - 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, April 4, 2020,
8:00 am**

Balloon Fiesta Park

Lenny Krosinsky, (505) 250-2283

1500m Racewalking

Saturday, May 2, 2020, 8:00 am

Albuquerque Academy Track

Powerwalking Competition

5K Powerwalk

**Saturday, April 11, 2020
8:00 am**

Balloon Fiesta Park

Lenny Krosinsky, (505) 250-2283

1500m Powerwalking

Saturday, May 2, 2020, 8:00 am

Albuquerque Academy Track

RACQUETBALL

Racquetball Competition

Thursday, March 5, 2020, 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 28, 2020, 7:00 am

Location: TBA

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

Both races start together.

Coordinator: Magi Ezzard

SHUFFLEBOARD

Shuffleboard Competition

Friday, February 7, 2020, 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, February 29, 2020

Warm-up begins at 7:30 am,

Meet begins at 8:30 am

West Mesa Aquatic Center, 6705 Fortuna Road NW

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

Recreational Swimming

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

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

Sports Clinic Opportunities For 2020

The NM Senior Sports Foundation is planning on hosting, co-hosting, or promoting various sports clinics during 2020. It is hoped that this will encourage athletes to try new sports.

For information on the following clinics planned for 2020, 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: New Mexico Sports Foundation (505) 299-7768.

www.senior-sports.org

Men's 50+ Softball League (ASSL)

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

If you are interested in playing on an existing team, or forming your own team, please leave a message for Steve Holliday at (505) 271-9271.

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 18, 2020, 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, April 14, 2020, 5:00 pm

DOUBLES

April 21, 2020, 5:00 pm

MIXED DOUBLES

Tuesday, April 28, 2020, 5:00 pm

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

TRACK

Track & Field Competition

Friday, May 1, 2020, 5:00 pm

Saturday, May 2, 2020, 8:00 am

Albuquerque Academy

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

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



Albuquerque Parks and Recreation

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

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

Aerobics

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

Highland, Social Hall

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

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

Monday, Wednesday, Friday, 8:00 - 9:00 am

Manzano Mesa, Gym

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

Palo Duro, 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 6



Gentle Exercise

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

Barelas, Social Hall

Monday, Tuesday, Friday, 10:00 - 11:00 am

Highland, Social Hall

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

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

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

Manzano Mesa, Gym

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

Palo Duro, 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

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

Latin Dance Lessons

Learn the basics of Social Latin Dance in a friendly & fun environment catering to the novice learner! Learn instruction in Merengue, Cumbia, Bachata, Salsa, Cha-Cha-Cha and the Romantic Rhumba. ATHLETIC SHOES REQUIRED

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

Saturday, 11:00 am - 12:00 pm

Cost: \$5/class

Instructor: Maria

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

Senior Spirit Team Exercise, Friendship, Community and Spirit

Looking for men and women to join the Senior Spirit Team to support local athletes and entertain. Build camaraderie, entertain/perform, promote vitality, become part of a spirit community, build friendships and have fun! No experience necessary.

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

Tuesday, 3:00 - 4:00 pm
Starting in January 2020

Instructor: Onastine

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

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

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

Yoga

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

North Domingo Baca, Aerobic Room

Monday, Thursday, 10:30 - 11:30 am

Cost: \$6

Instructor: Mindy

Vinyasa Flow Yoga

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

North Domingo Baca, Aerobic Room

Wednesday, 10:45 - 11:45 am

Monday, 5:45 pm - 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: Denise

Aikido

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

North Domingo Baca, Aerobic Room

Tuesday, Thursday, 7:15 - 8:15 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, 10:30 - 11:30 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 it 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.

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

“We are not
surviving, we
are thriving”

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

Chronic Disease Self-Management Education Program

2020 Workshop Schedule | Albuquerque Metro Area

Palo Duro Senior Center, located at 5221 Palo Duro NE

January 30, 2020 through November 19, 2020 | Thursdays from 1:00 - 3:30 pm

Palo Duro Senior Center, 5221 Palo Duro NE

January 30 through March 5, 2020

This will be a **Diabetes Self-Management Program (DSMP)**

March 26 through April 30, 2020

This will be a general **Chronic Disease Self-Management Program (CDSMP)**

May 21 through June 25, 2020

This will be a **Chronic Pain Self-Management Program (CPSMP)**

July 9 through August 13, 2020

This will be a **Diabetes Self-Management Program (DSMP)**

September 3 through October 8, 2020

This will be a general **Chronic Disease Self-Management Program (CDSMP)**

October 15 through November 19, 2020

This will be a **Chronic Pain Self-Management Program (CPSMP)**

To enroll, please call (505) 850-0176.

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



Senior Center Programs

DANCE

Ballroom Dance

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

Highland, Social Hall

Tuesday, 10:00 - 11:00 am

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, 9:00 - 10:00 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: Gayle Mecca

INTERMEDIATE:

Barelas, Social Hall | Wednesday, 10:10 - 11:10 am | Instructor: Simone

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

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

North Valley

Monday, 10:00 - 11:30 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 the 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 restores harmony in the body, mind and spirit.

North Valley, Room 3

Friday, 10:00 am - 2:00 pm

Instructor: Linda Leatherman

Reflexology Massage Therapy

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

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 and Others

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.

Highland, Room 7

Monday, 2:45 - 3:30 pm

Wednesday, 2:45 - 3:30 pm

Cost: \$6

Instructor: Mindy

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 toward 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, 9:15 - 10:15 am

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

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

Cost: free

Instructor: Mary Martinez

Get Moving Cardio/Aerobics/Dance Class

Sponsored by Silver Sneakers

Highland, Social Hall

Tuesday, 2:00 - 3:00 pm

Instructor: Gigi

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: Nan Burke & Jackie Bryant

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, 8:45 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!

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

Thursday, 8:30 - 9:30 am

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

Monday, 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, Multi-Purpose

Monday 2:30 - 3:30 pm

Instructor: Tiana Kaula

North Valley

Monday, 3:30 - 4:30 pm

Cost: \$5

Instructor: Lisa Wyer

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, 9:15 - 10:30 am

Thursday, 8:30 - 9:30 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, South Social Hall

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.

Manzano Mesa, East Social Hall

Tuesday, 9:30 - 10:30 am

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

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

ADVANCED:

Wednesday, 4:30 - 5:30 pm

Session I: January 8 - February 12

Session II: February 19 - March 25

Session III: April 1 - May 6

Session IV: May 13 - June 17

Instructor: 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

Instructor: Sihing Jean Crawford

INTERMEDIATE/TRADITIONAL SHORT FORM:

Highland, Social Hall/Room 8

Thursday, 1:30 - 2:30 pm

Instructor: Sifu Ty Beh

Traditional T'ai Chi Ch'uan

Beautiful flowing movements improve balance, lower high blood pressure, increase bone density and cultivate internal energy.

Highland, Social Hall/Room 8

Thursday, 9:30 - 10:30 am

Instructor: Ilene Dunn

North Valley

Monday, Tuesday, and 1st Friday, 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



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”, this 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

North Domingo Baca

Wednesday, 6:45 - 8:45 pm

See instructor for prices.

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

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

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senior affairs

Call (505) 880-2800 or visit www.cabq.gov/seniors. Registration begins Dec. 12, 2019