

2025 through 2026

# ABQ Sports and Fitness Catalog

Fitness Knows No Age



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

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

505-764-6400

ONE  
ALBUQUE  
ROQUE senior affairs



Dear Albuquerque,

As we head into a new year, our December 2025-December 2026 Activity Catalog aims to engage older adults—as well as their loved ones and caregivers—in the array of activities and programs offered by the Department of Senior Affairs.

We remain a community built on connectedness, and our senior and multigenerational centers provide enriching educational, wellness and social opportunities designed for our older adult population to continue to thrive.

Through this catalog, we hope you find a way to connect with others, which can be a challenge as people age. According to the National Institutes of Health, isolation and loneliness are linked to serious negative outcomes for older adults, and our centers provide an opportunity to stay social.

We encourage you to take advantage of the many free or low-cost offerings citywide — and maybe even invite others. Whether it’s tai chi or strength training, joining a craft club or dancing on a Friday night, there are numerous ways to explore interests, stay active, and build lasting friendships.

Creating opportunities tailored to seniors matters to us, and we’d love for you to join in the fun. May this new year inspire you to try something unexpected, gather with (or make!) friends, or simply enjoy the vibrant community around you.

To learn more, visit cabq.gov/seniors or call our Senior Information Line at 505-764-6400 Monday through Friday, 8:30a.m. to 4:30p.m.

Here’s to a sensational 2026!

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 30 years. Through innovative programs and quality services, we have evolved into an exemplary model, dedicated to enriching the lives of older adults. 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 Department of Senior Affairs, Recreation Division operates the Sports & Fitness Program with partial funding from the Area Agency on Aging. Sports & Fitness Program headquarters are located at the Palo Duro Sports & Fitness Center at 3351 Monroe NE. The program designs and implements activities to keep all ages active and healthy.

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

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

**Vacant**  
*Recreation Division Manager*

Department of Senior Affairs Advisory Council

- |                  |                |
|------------------|----------------|
| Mary Nance       | Evan Thompson  |
| Louis Carlentine | Maria Martinez |
| Lorey Esquibel   | Mark Reynolds  |
| Havens Levitt    | Teresa Haering |
| Erika Lohr       | Raymond Taylor |
| Henry Shoner     | Shelia Hundley |

City Councilors

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

*\*As of November 2025*

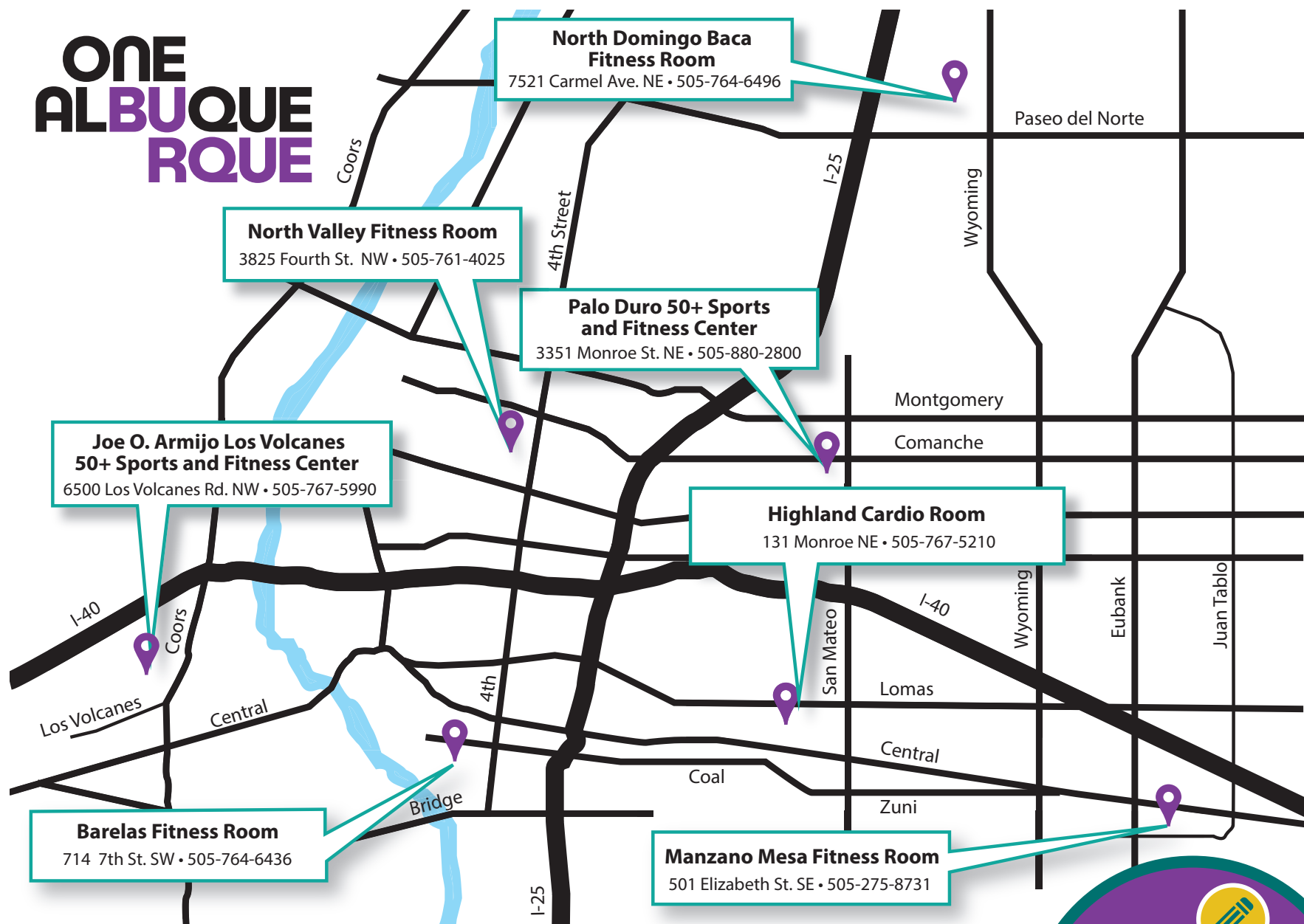
Our Vision

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

Our Mission

We are committed to providing resources with care and compassion that help our community thrive while embracing aging.





## FITNESS FACILITIES

### Barelas Fitness Room

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

### Highland Cardio Room

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

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

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

### Manzano Mesa Multigenerational Center Fitness Room

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

### North Domingo Baca Multigenerational Center Fitness Room

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

### North Valley Fitness Room

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

### Palo Duro 50+ Sports & Fitness Center

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





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Accredited by  
National Institute of  
Senior Centers



## Center Memberships

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



If at any time you would like additional information on how to access services, please call **Senior Information and Assistance Program** at 505-764-6400.

## Center Closings

Christmas .....	Thursday, Dec. 25, 2025
New Year's Day .....	Thursday, Jan. 1, 2026
MLK Jr. Birthday .....	Monday, Jan. 19, 2026
President's Day .....	Monday, Feb. 16, 2026
Memorial Day .....	Monday, May 25, 2026
Juneteenth .....	Friday, June 19, 2026
Independence Day ( <i>Observed</i> ) .....	Friday, July 3, 2026
Labor Day .....	Monday, Sept. 7, 2026
Indigenous Peoples Day .....	Monday, Oct. 12, 2026
Veteran's Day .....	Wednesday, Nov. 11, 2026
Thanksgiving Day .....	Thurs., Nov. 26 & Fri., Nov. 27, 2026





# Volunteer Opportunities

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

## Water Exercise

Volunteers are needed to serve as substitute instructors.

## Albuquerque 50+ Games and the Compete & Meet Games

Our competitive games need volunteers to coordinate or assist the sporting events.

## Drivers

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

## Exercise Classes

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

## Winter Sports

Volunteers are needed to help lead downhill skiing. Volunteers drive vans and help with loading equipment.

## Hiking

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

## Fitness Room Orientations

Volunteer Orientation Coaches, will receive training by our staff to teach participants safe and effective equipment use.

### Orientation Coaches are needed at these sites:

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



Interested in  
volunteering for any  
of these activities?  
Please call us at  
505-880-2800.

## Winter Recreation

### WINTER SPORTS DAY TRIPS

#### Thursday Downhill Skiing & Snowboarding Trips

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

**10 trips from January 8 — March 12, 2026**

**Volunteer Drivers needed for this program to operate.**

Check-In: 7:00am      Depart: 7:30am  
Return: 5:00pm

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

### Important Information

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

3351 Monroe NE

**For more info or to register call  
505-880-2800**

Current membership is required.

### Important Information

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

## Outdoor Hiking

Sports & Fitness hiking program will begin on January 30, 2026.

Hikes will take place on Mondays and Fridays.

Please pick up the hike schedule or find it on-line at:

[cabq.gov/seniors/50-sports-fitness](http://cabq.gov/seniors/50-sports-fitness)

## Registration Information

### Schedule & Trip Policies

- 1. Registration begins on Dec. 11, 2025 starting at 9:00am.**
2. Must have a current DSA membership to participate and register for trips.
3. North Domingo Baca Fitness Center and Los Volcanes Sports and Fitness Center will accept winter registration on this day ONLY until 12:00pm.
4. Limited to two registration forms per person.
5. All trips are subject to change or cancellation due to inclement weather.
6. Registrations for Outdoor Recreation are on a first come, first served basis.
7. Participants must stay with the group on all trips. No exceptions!
8. Cancellations for day trips will require a minimum 24 hr. notice.

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

1. To register on-line go to [play.cabq.gov](http://play.cabq.gov)
2. Once logged in you can update your household information and username and password.
3. To register for programs, you will open Sports & Fitness and then find Senior Affairs Sports & Fitness. Then open up Winter /Summer recreation trips and pick the ones you want to register for.

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







## The 2026 "Compete & Meet" Games

### GET UP AND MOVE CHALLENGE

Senior Affairs Sports & Fitness challenges you to walk, run or swim to begin a healthier you in 2026. All you need is a way to measure your distance: Fitbit, smart watch, pedometer, or track your miles while using fitness equipment monitors such as treadmills, or elliptical!

Top 3 participants in each category with the most total miles will win a prize.

Report your total distance every Monday to the front desk of one of the centers below and see your progress each week.

**Challenge will last 8 weeks (February 9 to April 6, 2026)**

**Sign up starts Tuesday, January 20, 2026**

**Los Volcanes 50+ Sports & Fitness Center – 505-767-5990**

**Palo Duro 50+ Sports & Fitness Center – 505-880-2800**

**North Domingo Baca Sports & Fitness Center – 505-764-6496**

### PICKLEBALL TOURNAMENT

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

**Manzano Mesa Outdoor Courts**

**October 16, 17, 18, 2026**

**Registration Deadline is Friday, October 9, 2026**







## Albuquerque 50+ Games

**DEADLINE FOR ENTRIES: One week prior to event**

### Get Fit for the Competitions!

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

### Registration

One registration form covers all events for the 2026 Albuquerque 50+ Games. Completed Registration forms can be submitted to the following Fitness Centers: North Domingo Baca, Los Volcanes or Palo Duro Sports and Fitness Centers.

Registration requires a current Department of Senior Affairs membership.

### Online Registration is Now Available.

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



## Final Deadline

One week prior to event. Registration deadline for swimming is Wednesday, February 4, 2026.

## Eligibility

The Albuquerque 50+ Games is an event open to all people who are at least 50 years of age by December 31, 2026, and have a current membership to the Department of Senior Affairs.

## Attendance

It is the responsibility of the participant to note the time and place of each event and to arrive before the event time. Times and locations are subject to change and participants will be notified in these cases.

## Partners/Teams

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

## Refunds

NO REFUNDS AFTER June 20, 2026.

## Awards

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

## Age Divisions

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

50–59	70–79	90–99
60–69	80–89	100+

Age division for doubles, mixed doubles and team competition will be determined by the age of the younger partner as of December 31, 2026.

50+ 60+ 70+ 80+

## Volunteers Needed

Volunteers play a vital role in the Albuquerque 50+ Games. Assistance is needed. Please call the Albuquerque 50+ Games Center at 505-764-6495 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 .....	\$20.00
Registration .....	\$12.00

### Golf Fees: (Men & Women)

\$34 (subject to change)  
Mandatory cart included

### Pay at Arroyo Del Oso Golf Course

**Bowling**, per event .....\$9.00  
(subject to change)

### Pay at Silva Lanes



Deadline for entry is one week prior to event. Deadline for Swimming is Wed. Feb. 4, 2026.

Sports	Events	Date	Time	Location	Coordinator — Phone
Air Gun	Competition: Pistol Standing, Pistol Supported, Rifle Standing, Rifle Supported	Sat., Jan. 10, 2026	9:00am	Eldorado High School	Jim Koerber 505-296-4871 Ext. 35145
Badminton	Competition: Singles, Doubles & Mixed Doubles	Tue., Feb. 3, 2026	6:00pm	North Domingo Baca	PDSFC 505- 880-2800
Bowling	Competition: Singles Competition: Doubles Competition: Mixed Doubles Competition: Team Bowling	Wed., July 8, 2026 Wed., July 15, 2026 Wed., July 22, 2026 Wed., July 29, 2026	10:00am	Silva Lanes	PDSFC 505- 880-2800
Field Events	Competition: High Jump, Discus, Javelin & Shot Put	Wed. Apr. 28, 2026	5:00pm	La Cueva High School	PDSFC 505-880-2800
Golf	Competition: Men's 18 Hole Scratch Competition: Women's 18 Hole Scratch	Wed., Apr. 22, 2026	TBA	Arroyo del Oso Golf Course	PDSFC 505-880-2800
Pickleball	Competition: Singles Competition: Doubles Competition: Mixed Doubles	Fri., June 5, 2026 Sat., June 6, 2026 Sun., June 7, 2026	10:00am 8:00am 8:00am	Manzano Mesa Outdoor Pickleball Courts	Gary Rutherford 505-507-3663
Powerwalk	Competition: 5K Powerwalk	Sun., April 12, 2026	9:00am	Balloon Fiesta Park	PDSFC 505-880-2800
Powerwalk	Competition: 1500m	Apr. 29, 2026	5:00pm	La Cueva High School	PDSFC 505-880-2800
Racewalking	Competition: 5k	Sun., April 19, 2026	9:00am	Balloon Fiesta Park	PDSFC 505-880-2800
Racewalking	Competition: 1500m	Apr. 29, 2026	5:00pm	La Cueva High School	PDSFC 505-880-2800
Roadrace	5K / 10K	Sun., April 19, 2026	9:00am	Balloon Fiesta Park	Magi Ezzard 505-880-2800
Shuffleboard	Competition: Singles Competition: Doubles	Tue, Feb. 10, 2026 Tues, Feb 17, 2026	10:00am 10:00am	Manzano Mesa Multigenerational Center	PDSFC 505-880-2800
Swimming	Warmup/Check In - Competition: Breaststroke: 50, 100; Freestyle: 50, 100, 200, 500; Backstroke: 50, 100, 200; Butterfly: 50, 100; Indiv. 100, 200 (4 Stroke, 1 Swimmer); Relay Medley: 200 (Open Strokes, 4 Swimmers)	Sat., Feb. 21, 2026 Note: Deadline to register is Wednesday Feb. 4, 2026	Check in/Warm up 7:30am Meet 8:30am	West Mesa Aquatics Center	PDSFC 505-880-2800
Table Tennis	Competition: Singles Doubles Mixed Doubles	Sat., Jan. 31, 2026	9:00am	Bear Canyon Senior Center	PDSFC, Marv Summers 505-880-2800
Tennis	Competition: Singles Doubles Mixed Doubles	Tue., May 12, 2026 Tue., May 19, 2026 Tue., May 26, 2026	9:00am	Jerry Cline Tennis Courts	PDSFC 505- 880-2800
Track	Competition: 50m, 100m, 200m, 400m, 800m, 1500m & 4 x100m Relay	Wed., Apr. 29, 2026	5:00pm	La Cueva High School	PDSFC 505-880-2800
Cornhole	Cornhole Competition: Singles/Doubles	Fri., February 27, 2026	11:00am	North Domingo Baca Multigenerational Center	PDSFC 505-880-2800



# Albuquerque 50+ Games Registration Form (1)

## WAYS TO REGISTER

Register in person at any Sports and Fitness Center.

**Mail-in forms are accepted.** Please send to the following address:  
Palo Duro 50+ Sports and Fitness Center, 3351 Monroe St. NE. Albuquerque, NM 87110.  
(Make Checks payable to 'City of Albuquerque')

**Deadline for entry is one week prior to event.**  
**Swimming deadline is Wednesday, February 4, 2026**

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

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

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

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

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

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

Phone \_\_\_\_\_

Age (as of Dec. 31, 2026) \_\_\_\_\_ ☐ Male ☐ Female

Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_

Signature \_\_\_\_\_

By completing this registration, I agree to abide by all the rules and regulations.  
of and by the City of Albuquerque, Albuquerque 50+ Games.

## REGISTRATION FEES:

Event Registration Fee.....\$12.00  
Includes t-shirt and awards

DSA Membership (required) .....\$20.00

### ADDITIONAL FEES:

Bowling Fee: No. of events x \$9.00  
(\$9.00 per event) Pay at Silva Lanes  
(fees subject to change)  
Singles, Doubles, Team or Mixed Doubles

**Golf Fee**  
Men's & Women's Golf Fees  
\$34 (Fees Subject to Change)  
All ages 50+: Mandatory cart is included  
**Pay at Arroyo Del Oso Golf Course**

TOTAL AMOUNT ENCLOSED...\$ \_\_\_\_\_

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



# Albuquerque 50+ Games Registration Form (2)

## AIR GUN

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

## BADMINTON

- ☐ Singles ☐ Doubles  
Partner: \_\_\_\_\_  
Must register separately
- ☐ Mixed Doubles  
Partner: \_\_\_\_\_  
Must register separately

## BOWLING (BOWLING FEES)

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

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



## GOLF

- ☐ 18 Hole Scratch

## PICKLEBALL

- ☐ Singles
- ☐ Doubles  
Partner: \_\_\_\_\_  
Must register separately
- ☐ Mixed Doubles  
Partner: \_\_\_\_\_  
Must register separately

## RACEWALKING

- ☐ 5K
- ☐ 1,500m

## POWERWALKING

- ☐ 5K
- ☐ 1,500m

## ROAD RACE

- ☐ 5K Run
- ☐ 10K Run

## SHUFFLEBOARD

- ☐ Singles ☐ Doubles  
Partner: \_\_\_\_\_  
Must register separately

## CORNHOLE

- ☐ Singles ☐ Doubles  
Partner: \_\_\_\_\_  
Must register separately

## SWIMMING

- ☐ 200 Medley Relay
- ☐ 50 Free Breaststroke
- ☐ 100 Free Breaststroke
- ☐ 200 Free Breaststroke
- ☐ 500 Free Breaststroke
- ☐ 50 Backstroke
- ☐ 100 Backstroke
- ☐ 200 Backstroke
- ☐ 50 Breaststroke
- ☐ 100 Breaststroke
- ☐ 100 IM
- ☐ 200 IM
- ☐ 50 Butterfly
- ☐ 100 Butterfly

Group Name \_\_\_\_\_  
Must register separately  
*Swimming deadline Wed., Feb. 4, 2026*

## TABLE TENNIS

- ☐ Singles ☐ Doubles  
Partner: \_\_\_\_\_  
Must register separately
- ☐ Mixed Doubles  
Partner: \_\_\_\_\_  
Must register separately

## TENNIS

- ☐ Singles ☐ Doubles  
Partner: \_\_\_\_\_  
Must register separately
- ☐ Mixed Doubles  
Partner: \_\_\_\_\_  
Must register separately

## TRACK & FIELD:

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





# Albuquerque 50+ Games | Open Gyms

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

## AIR GUN

### Air Gun Practices

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

### Eldorado High School, Rifle Range

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

### Air Gun Competition

Saturday: January 10, 2026, 9:00am

## BADMINTON

### Badminton Competition

Tuesday: February 3, 2026, 6:00pm

North Domingo Baca, Gym: 7521 Carmel Ave NE

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

### Badminton Practice and Play

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

### Manzano Mesa, Gym

Please call Manzano Mesa for most up to date times and schedule for open play.

### North Domingo Baca, Gym

Please call North Domingo Baca for the most up to date times and schedule for open play.



## BASKETBALL

### Open/Drop-In Basketball

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

**Manzano Mesa, Gym**

**Please call Manzano Mesa for most up to date times and schedule for open play.**

**North Domingo Baca, Gym**

**Please call North Domingo Baca for the most up to date times and schedule for open play.**

### Senior Men's Basketball 55+

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

**Manzano Mesa, Gym**

**Please call Manzano Mesa for most up to date times and schedule for open play.**

**North Domingo Baca, Gym**

**Please call North Domingo Baca for the most up to date times and schedule for open play.**

### Albuquerque 50+ Women's Basketball Program

#### Senior Women's Basketball | Canyon Nets Basketball Program

Open to all women 50+. No prior experience required. Please check website for most up to date schedule.

*Information: NM Senior Sports Foundation,  
505-269-5952 or website  
[www.senior-sports.org](http://www.senior-sports.org)*

### New Mexico Senior Olympics Basketball Tournament

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

For information contact New Mexico Senior Olympics,  
1-575-623-5777.

**[www.nmseniorolympics.org](http://www.nmseniorolympics.org)**



## BOWLING

### Bowling Competition

**Silva Lanes**

**Wed., July 8 — Singles 10:00am**

**Wed., July 15 — Doubles 10:00am**

**Wed., July 22 — Mix Doubles 10:00am**

**Wed., July 29 — Team 10:00am**

Additional fees apply to the Bowling Competition. \$9.00/event paid at Skidmore's Holiday Bowl at the time of event. (Fees subject to change.)

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



## GOLF

### Golf Competition

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

Green fees, including carts, will be \$34.00 for 18 holes. (Fees subject to change.)

**Fees to be paid at  
Arroyo Del Oso Golf Course**

The tournament is a scratch event, no handicap.

**Wednesday: April 22, 2026**

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

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



## PICKLEBALL

### Pickleball Tournament

**Friday: June 5, 10:00am**

Singles

**Saturday: June 6, 8:00am**

Doubles

**Sunday: June 7, 8:00am**

Mix Doubles

### Manzano Mesa Outdoor Pickleball Courts

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

### Compete & Meet Pickleball Tournaments

See Compete and Meet Games on page 5.

### Open Pickleball

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

### Pickleball Training

**Manzano Mesa, Gym**

**Please call Manano Mesa for most up to date times and schedule.**

**North Domingo Baca, Gym**

**Please call North Domingo Baca for most up to date times and schedule.**



## RACEWALKING

### Racewalking & Competition

5K Racewalk

**Sunday: April 19, 2026, 9:00am**

**Balloon Fiesta Park**

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

### 1500m Racewalking

**April 29, 2026, 5:00pm**

**La Cueva High School**

## POWERWALKING

### Powerwalking Competition

5K Powerwalk

**Sunday: April 12, 2026, 9:00am**

**Balloon Fiesta Park**

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

### 1500m Powerwalking

**April 29, 2026, 5:00pm**

**La Cueva High School**

### New Mexico Walkers Club

Race walking combines physical endurance with mental attention to technique. Improving your personal walking style increases fitness, benefits and elevates your competitive skills. New Mexico Walkers club offers three weekly group walks all year long.

*For further information contact: Arthur at 505-414-3934 or [nmracewalkers@gmail.com](mailto:nmracewalkers@gmail.com)  
[newmexicowalkers.org](http://newmexicowalkers.org)  
[FB@newmexicowalkers](https://www.facebook.com/newmexicowalkers)*

## ROADRACE

### Roadrace 5K and 10K Competition

This is an invitation to all the weekend runners to get recognition for your hard work.

**Sunday: April 19, 2026, 9:00am**

**Location: Balloon Fiesta Park**

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

Both races start together.

## SHUFFLEBOARD

### Shuffleboard Competition

**Tuesday: February 10, 2026, 10:00am**

Singles

**Tuesday, February 17, 2026, 10:00am**

Doubles

**Manzano Mesa, Gym**

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

### Silver Shufflers Shuffleboard

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

**Manzano Mesa, Gym**

**Please call Manzano Mesa for the most up to date times and schedule for open play.**

*Information: New Mexico Sports Foundation 505-269-5952.*

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

## SWIMMING

### Swimming Competition

**Saturday: February 21, 2026**  
**Deadline to enter is Wednesday:**  
**February 4, 2026**

**Warm-up begins at 7:30am**  
**Meet begins at 8:30am**

**West Mesa Aquatics Center,**  
**6705 Fortuna Road NW**

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

### Recreational Swimming

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

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

## SOFTBALL

### Men's Master 65+ League

League play is held on Tuesday and Thursday mornings from April to September. Practices start as early as February.

*If you are interested in playing or adding a team to the league*

*Contact: Bill Dubuque 505-977-2609.*

## League Play (SWSL)

50+ Senior Women's league rules are modified to use National Senior Games Rules. Play is held on Mondays. Spring, Summer and Fall Leagues offered.

*Contact: New Mexico Sports Foundation*  
 505-269-5952. [www.senior-sports.org](http://www.senior-sports.org)

### Men's 50+ Softball League (ASSL)

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

*If you are interested in playing on an existing team, or forming your own team, please leave a message for Steve Holliday at 505-228-8126.*

### Silver Gloves

Women 50+ are welcome to join and no experience necessary. Practices are held year round and opportunity to participate at out-of-state tournaments. Organization meeting is held in January to enroll players for leagues.

*Contact: New Mexico Sports Foundation*  
 505-269-5952. [www.senior-sports.org](http://www.senior-sports.org)

### New Mexico Senior Olympics Softball Tournament

State competition only. Dates, times and location will be announced at a later date.

*For information contact New Mexico Senior Olympics, 1-575-623-5777 or [www.nmseniorolympics.org](http://www.nmseniorolympics.org)*



## TABLE TENNIS

### Table Tennis Competition

**Saturday: January 31, 2026,**  
**9:00am**

**Bear Canyon Senior Center,**  
**4645 Pitt NE, 87111**

*Coordinator: Marv Sommers,*  
*Palo Duro Sports & Fitness Center*  
 505-880-2800.

## TENNIS

### Tennis Tournament

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

### SINGLES

**Tuesday: May 12, 2026, 9:00am**

### DOUBLES

**Tuesday: May 19, 2026, 9:00am**

### MIXED DOUBLES

**Tuesday: May 26, 2026, 9:00am**

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



## New Mexico Senior Sports Foundation

Please contact the NM Senior Sports Foundation at 505-269-5952, or go to their website at [www.senior-sports.org](http://www.senior-sports.org). Find your sport, plan to attend, learn the basics, and enjoy how to stay healthy by staying active! Get up and go!



TRACK

Track & Field Competition

Field Events:  
Tuesday, April 28, 2026, 5:00pm

Track Events:  
Wednesday, April 29, 2026, 5:00pm  
La Cueva High School

VOLLEYBALL

New Mexico Senior Olympics  
Volleyball Competition

Dates, times and locations will be announced at a later date.

For information contact the New Mexico Senior Olympics,  
1-575-623-5777.  
[www.nmseniorolympics.org](http://www.nmseniorolympics.org)



Volleyball Pick-up Games

Join the volleyball players for drop-in volleyball matches.

Manzano Mesa, Gym

Please call Manzano Mesa for most up to date times and schedule for open play.



Exercise Classes

AQUATICS

Water Exercise – New classes will be announced when UNM Pool construction is complete.

Taught at the University of New Mexico Therapeutic Pool (92° water), participants are led through a series of range of motion exercises that will increase joint mobility and develop muscular strength.

Registration is done by lottery. Lottery forms are available at all the Senior Centers, Multigenerational Centers, and Sports and Fitness Centers. Lottery forms can be picked up starting on the 10th of every month and have to be returned by the 15th of every month to be eligible for the lottery.

Class sessions are as follows:

SESSION 1:

Monday, Wednesday & Friday:  
9:00am–10:00am

Number of classes: 3 classes/week

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

SESSION 2:

Monday & Friday: 1:15pm–2:15pm

Number of classes: 2 classes/week

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

SESSION 3:

Tuesday & Thursday: 9:00am–10:00am

Number of classes: 2 classes/week

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

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

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

MOVEMENT

Aerobics

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

Highland, Room 8

Monday, Wednesday & Friday:  
9:00am–10:00am

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

Monday, Wednesday & Friday:  
8:00am–9:00am

Manzano Mesa, Gym

Monday, Wednesday & Friday:  
8:15am–9:15am

N. Domingo Baca, Gym

Monday, Wednesday & Friday:  
8:15am–9:15am

## La Blast

Fitness Classes Powered by Dance

**N. Domingo Baca, Aerobic Room**

**Thursday: 11:00am-12:00pm**

Cost: \$6 per class

## Hula

Hawaiian Culture and Hula Dance

**N. Domingo Baca, Aerobic Room**

**Wednesday: 5:30pm-6:45pm**

Cost: \$35/ 4 classes

## Hula: Intro to Hula

Hawaiian Culture and Hula Dance

**N. Domingo Baca, Aerobic Room**

**Monday: 3:00pm - 4:30pm**

Cost: \$35/ 4 classes

## Gentle Exercise

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

## Highland, Room 8

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

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

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

## Manzano Mesa, Gym

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

## North Domingo Baca, Gym

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



## Flex & Tone

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

## Highland, Room 8

**Tuesday & Thursday: 8:15am-9:15am**

## North Domingo Baca, Gym

**Tuesday & Thursday: 8:15am-9:15am**

## Fitball

Strengthen and tone your whole body using exercises that combine stability balls and free weights. Good for improving posture, balance, and flexibility all while challenging your core. This class is for the intermediate fitness level. Must be able to get up and down from the floor and be able to sit on a stability ball.

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

**Monday & Friday: 10:30am-11:30am**

*Instructor: Leslie Herman*

## New Mexico Folk & Latin Dance

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

## North Domingo Baca, Aerobic Room

**Wednesday: 9:30am-11:00am**

*Instructor: Frances Lujan*

## Zumba Gold Toning

Designed for the active older adult. It fuses Latin rhythms and easy-to-follow moves.

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

**Tuesday & Thursday: 9:30am-10:30am**

Cost: \$3

*Instructor: Theresa Galvan*

## Body Balance

Body Balance uses functional fitness and movement to strengthen the entire body for lifelong fitness.

## North Domingo Baca, Aerobic Room

**Tuesday & Thursday: 8:15am-9:15am**

Fee: \$5 per class

*Instructor: Holly Garcia*

## PiYo

PiYO, a combination of pilates and Yoga. The class will focus on core strengthening, general muscle strengthening and yoga stretches.

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

**Monday: 11:00am-12:00pm**

Fee: \$10 per class

*Instructor: Mindy Caplan*

## Yoga For Well Being

Improve balance, posture, and confidence with yoga.

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

**Thursday: 2:15pm-3:15pm**

**Saturday: 9:00am-10:00am**

Cost: \$5/class

*Instructor: Denise*

## Chair Yoga

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

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

**Monday: 2:30pm-3:30pm**

*(Starting in Jan. 2026)*

*Instructor: Toby Palley*



## Gentle Yoga

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

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

**Tuesday & Thursday: 10:15am–11:15am**  
**Wednesday: 2:30pm–3:30pm**

(Starting Jan. 2026)

*Instructor: Toby Palley*

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

**Tuesday: 12:30pm–1:30pm**

*Instructor: Toby Palley*

## Restorative Yoga

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

**North Domingo Baca, Aerobic Room**

**Tuesday: 4:30pm–5:30pm**

Cost: \$10/class

*Instructor: Barbara*

## Vinyasa Flow Yoga

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

**North Domingo Baca, Aerobic Room**

**Saturday: 9:15am–10:15am**

Cost: \$10/class

*Instructor: Misa*

## Aikido

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

**North Domingo Baca, Aerobic Room**

**Tuesday & Thursday: 6:00pm–7:30pm**

Cost: \$5/class

## Feldenkrais

Gentle, mindful movement, and hands-on guidance to improve body awareness, flexibility, balance, and posture while reducing pain and fatigue.

**North Domingo Baca, Aerobics Room**

**Thursday: 10:00am–11:00am & 3:00pm–4:00pm**

Free

*Instructor: Steve Mulvihill*

## Chair Fit Gold

Incorporates dance, balance, flexibility, and memory enhancement.

**North Domingo Baca, Aerobics Room**

**Monday: 1:00pm–2:00pm**

Cost: \$6 per class

## American Kenpo Karate

**North Domingo Baca, Aerobic Room**

**Monday: 9:30am–11:30am**

**Wednesday: 11:30am–1:00pm**

**Friday: 9:00am–11:00am**

Free

## Kung Fu

Chinese Martial Art from concentration and self discipline

**North Domingo Baca, Aerobic Room**

**Saturday: 10:30am–12:30pm**

Free

## Tai Chi

Enjoy this series of gentle physical exercises and stretches.

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

**Tuesday: 1:00pm–2:00pm**

*Instructor: Lucy Salazar*

## Tai Chi for Arthritis

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

**Joe O. Armijo Los Volcanes Sport & Fitness Center, Aerobics Room**

**Jan. 7 — Feb 25, 2026**

**Wednesday: 10:30am–11:30am**

**Bear Canyon Senior Center**

**March 11—April 29, 2026**

**Wednesday: 10:00am–11:00am**

*Instructor: Lucy Salazar*



# “Exercise is the fountain of youth!”

— Helena Kirkwood



## FITNESS

### Fitness Room Orientation

Fitness orientation is an information session, providing the basics of how to use the weight machines and cardio equipment.

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

*Call 505-767-5990 for appointment*

**Manzano Mesa, Fitness Room**

*Call 505-880-2800 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*

### Physical Therapy Talks

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

**North Domingo Baca, Aerobics Room**

**February 2026 through October 2026**

**1st Wednesday of the Month.**

**2:00pm-3:30pm**

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

## BODY COMPOSITION TESTING:

### Body Fat Vs. Muscle

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

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

**3rd Tuesday: 8:00am–6:00pm**

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

**1st Wednesday: 8:00am–6:00pm**

## EVIDENCE BASED PROGRAMS

### Enhance Fitness

This is an evidence based senior fitness class in which a three-part assessment will be conducted for each participant.

Class components include cardio, weight training and flexibility.

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

**Monday, Wednesday & Friday:**

**1:00pm–2:00pm**

*Instructor: Dawn Holsten*

## PATHS TO HEALTH NM: TOOLS FOR HEALTHIER LIVING

Paths to Health NM is an initiative that includes several prevention and self-management programs. These programs are designed to help adults gain the confidence and skills they need to better manage or prevent chronic health conditions or injuries. These programs have been proven to work and improve quality of life. Such programs available consist of preventing falls, diabetes and managing chronic diseases.

Visit **[pathstohealthnm.org](https://pathstohealthnm.org)** for a list of available programs.



If you want to take a self assessment of your fall risks visit: **[ncoa.org/FallsFreeCheckUp](https://ncoa.org/FallsFreeCheckUp)**

and you can complete a short, 12-question survey that screens you or loved one for the most common falls risk factors.

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

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



## SPECIAL EVENTS

### National Senior Health & Fitness Day

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

Join us for an interactive day focused on health and wellness for older adults. There will be exercise demonstrations, health screenings, mini health fair and door prizes.

May 27, 2026 from 9:00am-12:00pm

For more information call 505-880-2800

### National Fall Prevention Awareness

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

For more information call 505-880-2800

### Functional Fitness Assessment 60+

The Senior Affairs Sports and Fitness Staff will be holding Functional Fitness Assessments for people over the age of 60. At the end of the assessment you will receive a score on your functional fitness level. Check with your fitness center for an upcoming schedule.

For more information call 505-880-2800





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# CITY OF ALBUQUERQUE SENIOR CENTERS

## Barelas

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

Phone: 505-764-6436

Fax: 505-764-6472

Monday–Friday: 8:00am–5:00pm

## Bear Canyon

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

Phone: 505-767-5959

Monday–Friday: 8:00am–5:00pm

Thursday: 8:00am–9:00pm

Saturday: 9:00am–3:00pm

## Highland

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

Phone: 505-767-5210

Fax: 505-767-5224

Monday–Friday: 8:00am–5:00pm

Wednesday: 8:00am–7:00pm

Saturday: 10:00am–4:00pm

## Los Volcanes

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

Phone: 505-767-5999

Fax: 505-767-5992

Monday–Friday: 8:00am–5:00pm

Thursday: 8:00am–7:00pm

Saturday: 9:00am–1:00pm

## Manzano Mesa Multigenerational Center

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

Phone: 505-275-8731

Fax: 505-275-8734

Monday–Friday: 8:00am–9:00pm

Saturday: 9:00am–3:00pm

## North Domingo Baca Multigenerational Center

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

Phone: 505-764-6475

Fax: 505-764-6489

Monday–Friday: 8:00am–9:00pm

Saturday: 9:00am–3:00pm

## North Valley

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

Phone: 505-761-4025

Fax: 505-761-4031

Monday–Friday: 8:00am–5:00pm

Tuesday: 8:00am–7:00pm

Sunday: 12:30pm–5:00pm

## Palo Duro

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

Phone: 505-888-8102

Fax: 505-888-8107

Monday–Friday: 8:00am–5:00pm

Wednesday: 8:00am–7:00pm

Saturday: 9:00am–1:00pm

## Santa Barbara Martineztown Multigenerational Center

**1825 Edith NE,  
Albuquerque NM 87102**

Phone: 505-767-5671

Monday–Friday: 8:00am–5:00pm

**ONE  
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senior affairs

**Call 505-880-2800 or visit [www.cabq.gov/seniors](http://www.cabq.gov/seniors). Registration begins Dec. 11, 2025**