

**ONE
ALBUQUE
RQUE**

senior affairs

July through December 2025

Activity Catalog

FOR **SENIORS** 50+

505-764-6400

cabq.gov/seniors

Citizen Contact Center: 311

Facebook: @CABQSeniors

Instagram: @CABQSeniors

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



Dear Albuquerque,

This fall, the Department of Senior Affairs is launching a new Activity Catalog alongside our *Engage* campaign highlighting how staying connected strengthens our community and supports healthy aging. *Engage* underscores the importance of being active and involved at every stage of life, and this catalog reflects our city's continued commitment to that vision.

Inside, you'll find a wide variety of opportunities that promote lifelong learning, healthy living, and social connection. From weekly dances and flea markets to classes in art, music, and language, there's something for everyone. Fitness programs like tai chi, yoga, strength training, and pickleball help support physical health and vitality. Whether you're trying a new hobby, joining a club, or simply enjoying a meal with friends, our senior and multigenerational centers are welcoming spaces for all.

We also have a full season of events ahead for older adults and multigenerational families:

- **September 5** — The *Barelas Senior Center Fiestas* bring neighbors together with live music, cultural performances, and community spirit.
- **September 19** — *Falls Prevention Awareness Week* at North Domingo Baca Multigenerational Center offers workshops, screenings, and fitness education to support safety and independence.
- **November 15** — *The Ageless Artisan Craft Fair* at Manzano Mesa Multigenerational Center celebrates the talent of senior artisans and gives you a chance to support local makers.

As Albuquerque grows, so does our commitment to making sure every stage of life is vibrant, connected, and full of opportunity. We invite you to explore everything this season has to offer and to stay engaged in the community that values and celebrates you.

For more information, visit cabq.gov/seniors or call our Senior Information Line at 505-764-6400, Monday through Friday, 8:30am to 4:30pm.

Sincerely,



Mayor Tim Keller



Anna M. Sanchez, *Director of Senior Affairs*

ONE ALBUQUE ROQUE

senior affairs

OUR MISSION

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

LEADERSHIP

Timothy M. Keller, *Mayor, City of Albuquerque*

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

Marina Salazar, *Deputy Director*

Shay Armijo, *Deputy Director*

Alan Armijo, *Associate Director*

Nikki Peone, *Associate Director*

Angel C. Montoya, *Recreation Division Manager*



Department of Senior Affairs Advisory Council

Louis Carlentine
Lorey Esquibel
Sheila Hundley
Raymond Taylor, Jr.
Mary Nance
Erika Lohr

Mark Reynolds
Havens Levitt
Evan Thompson
Henry Shonerd
Maria Martinez

City Councilors

District 1: Louie Sanchez
District 2: Joaquin Baca
District 3: Klarissa Peña
District 4: Brook Bassan
District 5: Dan Lewis

District 6: Nichole Rogers
District 7: Tammy Fiebelkorn
District 8: Dan Champine
District 9: Renee Grout

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.

Department of Senior Affairs Advisory Council Schedule of Meetings

2025 Meeting Schedule

JULY 21, 2025

North Valley Senior Center
3825 4th St NW, 87107

AUGUST 2025

No Meeting

SEPTEMBER 15, 2025

Manzano Mesa
Multigenerational Center
501 Elizabeth SE, 87123

OCTOBER 20, 2025

Highland Senior Center
131 Monroe NE, 87108

NOVEMBER 17, 2025

Barelas Senior Center
714 7th St SW, 87102

DECEMBER 2025

No Meeting

Join Our Community Online

Facebook.com/cabqseniors

Instagram.com/cabqseniors

cabq.gov/seniors

Senior Information Line: 505-764-6400

TTY: 1-800-659-8331

Citizen Contact Center: 311

Email: seniorinformation@cabq.gov

Senior Affairs Membership

All City of Albuquerque Senior, Multigenerational, and 50+ Sports and Fitness Centers operate on a membership basis. Memberships keep an accurate count of participants, as well as help make sure we obtain appropriate resources and funding to continue providing free and low-cost services to our active adult community.

Annual membership cost is \$20.00.

Our members have access to fitness programs, classes, travel, meals, computer labs, volunteer opportunities, competitive sports events and more.

If you have an active membership at one location and are over 50, you are entitled to participate in programs and activities at any of our senior and multigenerational centers. If a trip or class is filled at your home center, a similar trip or class may be available to you at another. Our Multigenerational Centers are for anyone age 6 and older, including seniors. If unable to afford membership, please contact the manager at your center about the possibility of membership fee waived.

Americans with Disabilities Act

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

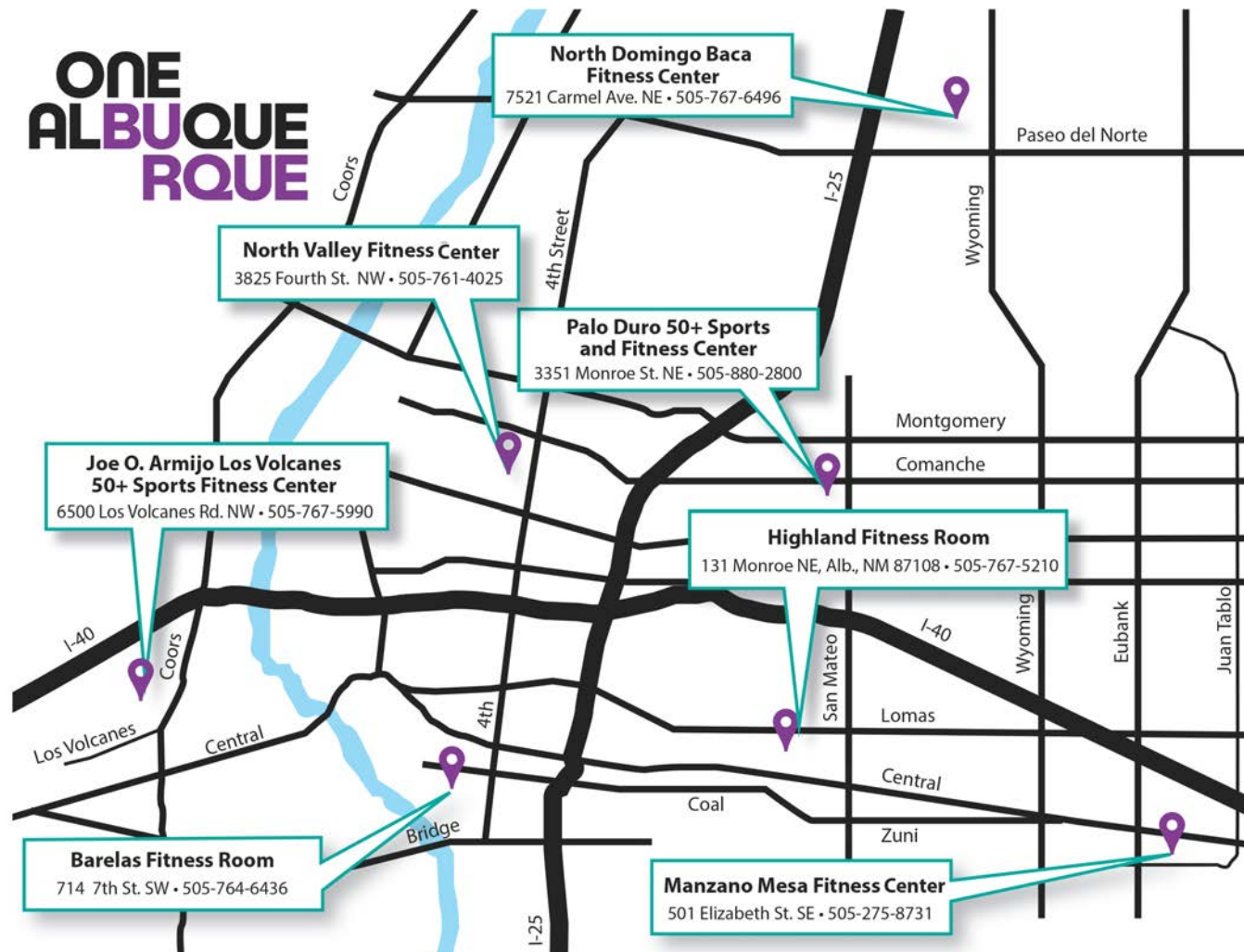
The City of Albuquerque's Department of Senior Affairs provides an array of services for seniors in the community, including social services, recreation, transportation, nutrition services and volunteer programs. For more information on Senior Affairs services, call 505-764-6400, Monday–Friday, between 8:30 am and 4:30 pm, or visit cabq.gov/seniors.

Center Memberships

\$20

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





SPORTS AND FITNESS CENTERS

Nationally Accredited Senior and Multigenerational Centers

50+ Sports and Fitness Centers

Joe O. Armijo Los Volcanes Sports and Fitness Center
6500 Los Volcanes NW, 87121
505-767-5990
Mon–Fri: 7:00am–7:00pm
Sat: 8:00am–2:00pm

North Valley Fitness Center
3825 4th St. NW, 87107
505-761-4025
M, W, Th, F: 8:00am–5:00pm
Tues: 8:00am–7:00pm
Sun: 12:30pm–4:30pm

Palo Duro Sports and Fitness Center
3351 Monroe NE, 87110
505-880-2800
Mon–Fri: 7:00am–7:00pm
Sat: 8:00am–2:00pm

Multigenerational Sports & Fitness Centers

North Domingo Baca Sports and Fitness Center
7521 Carmel NE, 87113
505-764-6496
Mon–Fri: 8:00am–9:00pm
Sat: 9:00am–3:00pm

Manzano Mesa Sports and Fitness Center
501 Elizabeth SE, 87123
505-275-8731
Mon–Fri: 8:00am–9:00pm
Sat: 9:00am–3:00pm

Fitness Rooms

Barelas Senior Center Fitness Room
714 7th St. SW, 87102
505-764-6436
Mon–Fri: 8:00am–5:00pm

Highland Senior Center Fitness Room
131 Monroe NE, 87108
505-767-5210
Mon–Fri 8:00am –5:00pm
Wed: 8:00am–7:00pm
Sat: 10:00am–4:00pm

Department of Senior Affairs Social Services

The Department of Senior Affairs offers a continuum of services designed to support our community as they age:

- **Home Chore, Repair and Retrofit**
- **Home-Delivered Meals for Homebound Seniors**
- **Transportation Assistance**
- **Case Management**

Please call **505-764-6400** for more information about age requirements for any of our programs and services. Lines are open M-F: 8:30am to 4:30pm.



Transportation Services

Curb-to-curb van transportation within Bernalillo County is provided to individuals age 60 and older. Priority is given to those who have medical appointments. Reservations are required for this service. ADA-Accessible vehicles are available. To find out more about getting around Albuquerque and most of Bernalillo County, contact our Transportation Program at **505-764-6464**.

More than 50,000 one-way transportation trips are provided to seniors in Albuquerque and Bernalillo County annually. The trips vary from group rides to meal sites for lunch and activities to grocery stores, to individual rides to medical appointments. Transportation is also provided to volunteer stations for Foster Grandparents.

WHAT WE OFFER:

- **Ride Services for Medical Appointments and Non-Medical Errands (such as grocery store trips)**
- **Senior Meal Site Transportation Service (within a five-mile radius)**
- **ADA-Accessible Transport Vehicles**



Medical Appointment Transportation

Medical appointment rides are always considered priority and are scheduled 7 days in advance of the appointment date.

Transport is available to Presbyterian Rust Medical Center in Rio Rancho for Bernalillo County residents. "Call when ready" return rides must be called in by 5:00pm in the greater Albuquerque area and by 4:00pm in the East Mountain/Cedar Crest area. To request medical appointment transport, please call **505-764-6464**.

Meal Site Transportation

Seniors can request daily pick-up from their homes within a five-mile radius to all of the City of Albuquerque's senior and multigenerational centers and Bernalillo County meal sites. We also offer transport within a six-mile radius to Whispering Pines and Tijeras Senior Center.

To utilize meal-site transport services, individuals can register directly with their center site.

On-Demand Transportation

On-demand rides can be requested for non-medical errands scheduled 3 days in advance. Return rides must be scheduled within 2 hours from initial pick-up time.

To request on-demand errand transport, please call **505-764-6464**.



**ONE
ALBUQUE
RQUE**

senior affairs



SENIOR MEAL PROGRAM AND SENIOR MEAL SITES



Our senior meal program promotes good health, encourages socialization, prevents malnutrition, and provides nutrition education. Lunch menus reflect nutrition guidance for overall health and well-being, and include New Mexico local fruits, vegetables, beans, chile, and meat. Senior Affairs offers low-cost breakfast and free/donation-based senior lunch service to adults age 60+ or low-cost lunch to adults 50+ at senior and multigenerational centers Monday–Friday between 11:30am–1:00pm. Call your center for more information or to reserve your lunch 24-hours in advance.

Senior Affairs also offers a home-delivered meal service to homebound seniors who have physical, emotional or other limitations that do not allow them to leave their homes on their own. If you or someone you know fits this description, call the Senior Information & Assistance Hotline at **505-764- 6400**.

All City of Albuquerque Senior and Multigenerational centers offer free/donation-based lunch to adults age 60+ (*\$2-dollar donation appreciated*). Older adults ages 50-59, lunch is offered at a reduced rate of \$3.25. Highland, Los Volcanes, Palo Duro, and Bear Canyon senior centers also offer low-cost, made-to-order menu options in addition to the regular senior lunch program.

Adults under the age of 50 are invited to visit our three multigenerational centers and can purchase lunch for \$7.67. Our multigenerational centers are North Domingo Baca, Manzano Mesa and Santa Barbara Martineztown.

Senior and Multigenerational Center Meal Sites

Barelas Senior Center

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

Bear Canyon Senior Center

4645 Pitt NE, 87111
505-767-5959
Mon–Wed: 8:00am–5:00pm
Thurs: 8:00am–9:00pm
Sat: 9:00am–3:00pm

Highland Senior Center

131 Monroe NE, 87108
505-767-5210
M, T, TH, F: 8:00am–5:00pm
Wed: 8:00am–7:00pm
Sat: 10:00am–4:00pm

Los Volcanes Senior Center

6500 Los Volcanes NW, 87121
505-767-5999
M, T, W, F: 8:00am–5:00pm
Thurs: 8:00am–7:00pm
Sat: 9:00am–1:00pm

North Valley Senior Center

3825 4th St NW, 87107
505-761-4025
M, W, Th, F: 8:00am–5:00pm
Tues: 8:00am–7:00pm
Sun: 12:30pm–4:30pm

Palo Duro Senior Center

5221 Palo Duro NE, 87110
505-888-8102
M, T, TH, F: 8:00am–5:00pm
Wed: 8:00am–7:00pm
Sat: 9:00am–1:00pm

Manzano Mesa Multigenerational Center

501 Elizabeth SE, 87123
505-275-8731
Mon–Fri: 8:00am–9:00pm
Sat: 9:00am–3:00pm

North Domingo Baca Multigenerational Center

7521 Carmel NE, 87113
505-764-6475
Mon–Fir: 8:00am–9:00pm
Sat: 9:00am–3:00pm

Santa Barbara Martineztown Multigenerational Center

1825 Edith Blvd NE, 87102
505-767-5671
Mon–Fri: 8:00am–5:00pm

Additional City of Albuquerque and Bernalillo County senior meal sites that serve free/donation-based lunch to those 60 and older include:

Additional senior meal sites are generally open Monday–Friday, 8:30am–2:30pm, and provide activities as well as a senior lunch program. Menus and calendars of activities are available at each meal site. Reservations are required one day prior by 12 noon.

| | | | |
|--|--|---|---|
| Cesar Chavez Community Center 7505 Kathryn Ave SE, 87108 505-256-2680 | Paradise Hills 5901 Paradise Blvd NW, 87114 505-314-0246 | South Valley Multi-Purpose Senior Center 2008 Larrazolo SW, 87105 505-468-7604 | Westgate Community Center 10001 De Vargas Rd SW, 87121 505-768-4750 |
| La Amistad 415 Fruit Ave NE, 87102 505-848-1395 | Raymond G. Sanchez Senior Center 9800 4 th St NW, 87114 505-314-0082 | Taylor Ranch Community Center 4900 Kachina St NW, 87120 505-768-6006 | Whispering Pines Senior Center #6 Lark Rd, Tijeras, NM 87059 505-281-8003 |
| Los Duranes Community Center 2920 Leopoldo NW, 87104 505-767-5900 | Rio Bravo Senior Center 3910 Isleta Blvd SW, 87105 505-314-0049 | Tijeras Senior Center #10 Tijeras Ave, Tijeras, NM 87059 505-286-4220 | |

Lunch is offered for residents at the following locations:

| | | | |
|--|---|---|--|
| Ed Romero Terrace 8100 Central Ave SE, 87108 505-232-8880 | Encino Terrace 609 Encino Place NE, 87102 505-247-4185 | Shalom House 5500 Wyoming NE, 87109 505-823-1434 | |
| Encino Garden 412 Alvarado SE, 87108 505-266-7736 | Embudo Towers 8010 Constitution NE, 87110 505-764-6474 | Meals are offered free to adults 60 and older; however, donations for meals are accepted and appreciated. Call each site for more information regarding hours of operation. | |

HOLIDAY LUNCHEON EVENTS:


Visit cabq.gov/seniors/events for updates, details and events. Reservations and pre-payment are required. For more information, please contact the hosting senior or multigenerational center directly.

THANKSGIVING DAY LUNCHEON

| | | |
|------------------------------|--|----------------|
| Barelas Senior Center | Thursday, November 27 th , 2025 | 11:00am–1:00pm |
|------------------------------|--|----------------|

CHRISTMAS DAY SENIOR LUNCHEON

| | | |
|--|--|----------------|
| North Domingo Baca Multigenerational Center | Thursday, December 25 th , 2025 | 11:00am–1:00pm |
|--|--|----------------|



LOVE OUR SERVICES? DONATE!

Donations made to the City of Albuquerque Department of Senior Affairs help us enrich the services that we offer the community. Help us ensure that there is truly something for everyone in Albuquerque.

Visit us online at cabq.gov/seniors or call 505-764-6400.

SENIOR AND MULTIGENERATIONAL ACTIVITIES AND EVENT SCHEDULE

DANCE TO LIVE MUSIC WEEKLY

BARELAS SENIOR CENTER

Every Friday:
1:30pm–4:00pm
\$3 Admission

BEAR CANYON SENIOR CENTER

Every Thursday Evening:
6:00pm–8:30pm
\$3 Admission

LOS VOLCANES SENIOR CENTER

Every Thursday:
1:30pm–4:00pm
\$3 Admission

MANZANO MESA MULTIGENERATIONAL CENTER

Live music every 1st Thursday of the
month: 11:30am–1:00pm

NORTH VALLEY SENIOR CENTER

Every Sunday:
1:30pm–4:00pm
\$3 Admission



FRIENDSHIP COFFEE

BARELAS SENIOR CENTER

Check with center for dates and times:
505-764-6436

BEAR CANYON SENIOR CENTER

Every Tuesday: 9:30am–10:30am

LOS VOLCANES SENIOR CENTER

Check with center for dates and
times: 505-767-5999

MANZANO MESA MULTIGENERATIONAL CENTER

Every Tuesday & Thursday:
9:00am–1:00pm

PALO DURO SENIOR CENTER

Every Wednesday: 9:15am–10:15am

SANTA BARBARA MARTINEZTOWN MULTIGENERATIONAL CENTER

Monday–Friday: 8:00 AM–2:00 PM

SENIOR CENTER FLEA MARKETS

BARELAS SENIOR CENTER

Every Thursday: 8:30am–11:00am

BEAR CANYON SENIOR CENTER

2nd & 4th Tuesday of each month
May–Sept.: 10:00am–1:00pm

HIGHLAND SENIOR CENTER

Every Monday: 8:00am–12:00pm

LOS VOLCANES SENIOR CENTER

Every Friday: 8:00am–11:00am

NORTH VALLEY SENIOR CENTER

Every Tuesday: 8:00am–11:30am

PALO DURO SENIOR CENTER

2nd Wednesday of Each Month:
8:30am–12:30pm

SANTA BARBARA MARTINEZTOWN MULTIGENERATIONAL CENTER

1st Wednesday of Each Month:
8:30am–12:30pm

GEHM Clinic

Registered nurses from UNM College of Nursing provide blood pressure screening, diabetes glucose screening, health-related counseling, medication review and education.

For non-emergency concerns or health assessments, you can call **505-288-0040** or **505-288-0216**. You can also call one of our lunch meal sites for dates and times for in-person screenings.



CLASSES

Arts & Crafts Ceramics & Pottery

CERAMICS

Barelas Senior Center

Learn about ceramics, starting with care and use of molds, pouring, preparation for firing, glazing, over-glazing, and/or staining, decorating, decals, etc. *Material not included.*
Mon & Wed: 9:00am–12:00pm

Los Volcanes Senior Center

Learn about ceramics, starting with care and use of molds, pouring, preparation for firing, glazing, over-glazing, and/or staining, decorating, decals, etc. *Material not included.*
Class is full, waitlist is available.
Mon & Fri: 9:00am–12:00pm

Palo Duro Senior Center

Learn about ceramics, starting with care and use of molds, pouring, preparation for firing, glazing, over-glazing, staining, decorating, decals, etc. *Material not included.*
Mon & Thurs: 9:00am–12:30pm

POTTERY

Manzano Mesa

Multigenerational Center *Self-directed class.*

Intermediate Level. From pinch pots, slabs, and coiling to wheel throwing.
Tues & Thurs: 9:00am–1:00pm

North Valley Senior Center

All levels welcome. From pinch pots, slabs, coiling to wheel throwing.
Monday: 8:00am–12:00pm

POTTERY: CLAY CLASSES

Classes will be Sept. thru April
Call for more information to sign up.

North Domingo Baca

Multigenerational Center

Learn the origins of pottery sculpting.
Tuesday: Beginning Pottery
Wednesday: Intermediate
Thursday: Open Studio

POTTERY: INTERMEDIATE

Los Volcanes Senior Center

Explore the fundamentals of creating art with clay! Students are encouraged to explore their own ideas with each lesson and watch your creations or ideas become reality!

Class is full, waitlist available.

Wednesday: 9:00am–12:00pm

POTTERY: OPEN STUDIO

Los Volcanes Senior Center

This class is a self-led to give students a chance to work freely on their clay projects or explore more ideas they have to create clay art.
Thursday: 1:30pm–4:30pm

Palo Duro Senior Center

(prior experience required)

This class is designed for independent learning, allowing students the opportunity to work on their clay projects at their own pace and explore additional creative ideas for crafting clay art.

Wed & Fri: 9:00am–12:00pm

Crocheting, Knitting, Quilting, Sewing & Weaving

BUSY BEES CROCHET & KNITTING

Palo Duro Senior Center

Join our crochet group where we create cozy blankets, scarves, and hats to donate to different non-profit organizations! We focus on spreading warmth and kindness—it's a fun and caring community making a difference together.
Wednesday: 12:00pm–3:00pm

CROCHETING

Barelas Senior Center

Beginners and experienced are welcome to join for crotchet and good company. *Material not included.*
Tuesday: 10:00am–11:00am
w/Roland
Thursday: 10:30am–12:30pm
w/Rafaelita

Los Volcanes Senior Center

Bring your latest project, exchange ideas & learn new stitches from your fellow knitters.
Wednesday: 9:00am–12:00pm
Friday: 1:30pm–3:30pm

CROCHETING–HAPPY HOOKERS

Manzano Mesa

Multigenerational Center

Join us for delightful time crocheting and creating beautiful designs.
Monday: 1:00pm–3:00pm

KNITTING/CROCHETING

North Domingo Baca

Multigenerational Center

Tuesday: 1:00pm–3:00pm

KNITTING & CROCHETING: PROJECT LINUS

Bear Canyon Senior Center

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

Monday: 9:30am–11:30am

MADD-HATTERS

Highland Senior Center

Let's get crafty! We're itching to teach you the ropes of knitting and crocheting. Are you struggling with reading patterns or itching to master new stitches? Maybe you want to show off your latest project or need a little push to finish up a WIP. No worries if you're missing the gear to get started, we've got you covered. Whether you're a total newbie or a seasoned pro, join our crew of yarn connoisseurs for a fulfilling and fun experience. We offer one-on-one teaching support so you'll never feel lost, plus there's always room to learn new techniques and make new friends. Get ready to unleash your creativity and chuckle along the way!
Wednesday: 1:00pm–3:00pm

MACHINE QUILTING

Manzano Mesa

Multigenerational Center

Intermediate quilting using a sewing machine. Designed to make quilts for donation, to the VA, Animal Humane, and the Pediatrics unit at NMH.
Every 2nd Tuesday: 10:15am–1:00pm

QUILTING

Palo Duro Senior Center

Work on your own quilts or on group projects. Some items are donated to community groups and hospitals.
Tuesday: 9:00am–12:00pm
Saturday: 9:15am–11:15am

QUILTING: EXPERIENCED

Bear Canyon Senior Center

This group of experienced hand quilters work on each other's quilts to completion.
Tuesday: 8:30am–11:45am

QUILTING: HAND

North Valley Senior Center

A group of people interested in quilting and quilting art assemble. Most of the individuals quilt by hand but sewing machines are welcomed. No formal instruction is given however, encouragement is shared.
Monday: 8:00am–4:00pm
Sunday: 12:30pm–3:45pm

SEWING & ALTERATIONS

Palo Duro Senior Center

The sewing and alterations club meets regularly to share sewing techniques, work on creative projects, and help members develop their skills in clothing modifications.
Tuesday: 10:00am–12:00pm

SWEDISH WEAVING

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

Los Volcanes Senior Center

Tuesday: 12:00pm–2:00pm
Wednesday: 1:00pm–3:00pm
Both classes are full, waitlist is available.

Palo Duro Senior Center

Friday: 2:15pm–4:15pm

TUESDAY'S ANGELS

Palo Duro Senior Center

A national organization who knits, crotchets or quilts with a wide variety of items from donated materials. *All items are donated to local organizations.*
Tuesday: 9:00am–11:00am

Drawing, Painting, Folk Art, Photography & Watercolor

BEGINNING ACRYLIC PAINTING WITH GILLOTTI

Barelas Senior Center

This class is for the beginner painter. Please ask the front desk for a list of supplies needed.
Tuesday: 9:00am–12:00pm

DRAWING

Los Volcanes Senior Center

Learn the techniques of free hand drawing.
Thursday: 9:00am–11:00am

CLASSES

LEARN TO DRAW WITH KELLY

North Domingo Baca Multigenerational Center

Come have fun with us! Supplies can be purchased at Michaels or Hobby Lobby. 1-12x18 of newsprint, 1-kneaded eraser, 1-charcoal pencil.
Friday: 9:00am–11:00am

INDEPENDENT ART WORKSHOP

Bear Canyon Senior Center

Open to artists of all skill levels who paint, sketch, draw or any other medium. Share company, conservation and tips. No registration required, bring your own materials.
Wednesday: 8:30am–11:30am

PAINT & SIP

Santa Barbara Martineztown Multigenerational Center
Wednesday: 10:00am–12:00pm

PAINTING

Los Volcanes Senior Center

Learn to paint and create your own masterpiece with Janet Dominguez!
Tuesday: 9:00am–11:00am

PAINTING FROM THE HEART

Barelas Senior Center

Come learn how to paint beautiful skies and landscapes with highly awarded fine art artists. Sign up and list of supplies needed.
Wednesday: 9:00am–11:30am

PHOTOGRAPHY CLASSES

North Domingo Baca Multigenerational Center

Learn basic concepts and practice of digital photography, including understanding and use of the camera. Camera not provided. Sign up at the front desk.
Wednesday: 9:00am–11:00am & 6:00pm–7:30pm

RETABLOS/HISPANIC FOLK ART

Barelas Senior Center

A retablo is a devotional folk-art painting using iconography derived from traditional Catholic Church art. *Self-taught class.*
Tuesday: 9:00am–11:30am

ROSEMALERS

Highland Senior Center

Rosemaling is Norwegian Folk Art painted mostly on wood. Visit us and we can get you started!
Fri: 9:30am–11:30am

VISUAL JOURNALS

Bear Canyon Senior Center

This group shares tips, techniques, and ideas for working in an art journal. Each month, a member volunteers to do a demonstration for a technique that can be used in our journals. We use a wide range of supplies, including watercolors, acrylic paints, gesso, rubber stamps and pencils. After the demo in a class, we work in our journals, and then the next month we have a "show and tell" for the journal spread we worked on the previous month.
3rd Saturday: 12:00pm–2:30pm

WATERCOLOR CLASS

North Valley Senior Center

The class welcomes both beginners and advanced watercolor artists. The course's main goal is to teach students the art of capturing beauty through watercolor painting. A significant part of the training involves learning how to subtly layer transparent paint to create an image. Students have the flexibility to either trace and transfer their drawings from a picture image or use hand drawing techniques, depending on their skill and comfort level. Students are expected to bring their own visual reference materials for the class.
Thursday: 9:00am–12:00pm

WATERCOLOR/OPEN STUDIO

Highland Senior Center

Bring your own material. You may use the open studio time to further explore projects in watercolor. This class is for self-led, intermediate-level students. You must bring your own supplies and the supply list suggested is watercolor paper, watercolor paints, brushes, mixing pallet, watercolor cups, pencils, a big eraser, and a drying towel.
Tuesday: 9:30am–12:00pm

WATERCOLOR & MORE ART TIME

Bear Canyon Senior Center

This on-going activity allows participants to share ideas, techniques and inspiration. No registration required.
Tuesday: 1:00pm–4:00pm

Other Arts & Crafts

ARTIST'S CORNER

Manzano Mesa

Multigenerational Center
Open arts and crafts.
Thursday: 1:00pm–4:00pm

ART MEDITATION

Barelas Senior Center

All artists from brand new to professional are welcome in this class where art from the heart is a key ingredient. The meditations may include paying attention to how our art brings joy.
Monday: 10:30am–11:30am

ARTS & CRAFT– SHARING

North Valley Senior Center

Open group setting for all level of crafters. Share embroidery, crochet, counted cross-stitch, knitting, needlecraft and more.
Wednesday: 10:00am–12:00pm

BEAD & STRING GROUP

Palo Duro Senior Center

Starts in September
2nd & 4th Thurs: 1:00pm–4:00pm

CREATIVE ART GROUP

Palo Duro Senior Center

All are welcome! Come join us and participate in your artistic journey! Make new friends! Have fun! We welcome all media. Guest speaker on occasion.
Tuesday: 1:00pm–3:00pm

GATHERING OF ARTISTS

Highland Senior Center

Known as "Artist Series" started by Ralph Lewis this group of artists will present and gently critique art pieces in any medium. Artists of all levels are welcome.
Monday: 10:00am–11:30am

LAPIDARY: BEGINNERS

Palo Duro Senior Center

Learn the craft of working, forming and finishing stone, minerals and gemstones. Open to everyone, with a new class every 7 weeks.
Monday: 8:30am–11:30am

LAPIDARY: INTERMEDIATE

Palo Duro Senior Center

Open to those who finished Beginning Lapidary. Continue to learn new skills in the craft.
Tuesday: 8:30am–11:30am

LAPIDARY: OPEN STUDIO

Palo Duro Senior Center

Must have completed Beginning and Intermediate Lapidary to join. *Self-directed.*
Thursday: 8:30am–11:30am

OFF BEAT ARTISTS

Barelas Senior Center

A group of self-directed artists working primarily in drawing and painting mediums. The objective of the group is to work and share creative experiences in an atmosphere of camaraderie. There are no instructions provided, but there are gentle critiques with one another if requested. Participants provide their own materials and work at their own pace. Please join us, just come ready to work and see if we are a good fit for you!
1st & 3rd Friday: 1:00pm–3:00pm

ORIGAMI

Los Volcanes Senior Center

Learn the Japanese art of folding paper into decorative shapes and figures with our instructor Janet!
Thursday: 1:30pm–3:30pm

PORCELAIN DOLLS

Los Volcanes Senior Center

Our group is looking for members to learn the art of making a porcelain doll! You will have access to supplies, materials, and firing equipment. Please feel free to join our group!
Thursday: 9:00am–11:00am

RAINBOW ARTISTS GROUP

Highland Senior Center

In New Mexico, a vibrant mix of talents and ages come together to champion women in unleashing their creativity! The Rainbow Artists group showcases, sells, and celebrates art, while also cooking up projects to sprinkle some love on our group and the community.
3rd Tuesday of the Month: 2:00pm–4:00pm

CLASSES

Woodwork, Leather, Stained Glass, Metal & Tin Work

LEATHER-WORK

Palo Duro Senior Center
Hand-Tooled leather crafting. All levels welcome. Some tools provided.
Tuesday: 12:00pm–2:00pm

METAL & SILVER SMITHING

Palo Duro Senior Center
Join us for a self-directed open shop for silver-smithing, enameling and other techniques of this beautiful art.
Wednesday: 12:00pm–3:00pm

STAINED GLASS

North Valley Senior Center
Learn how to cut, grind and copper foil glass, assemble, solder and complete projects. *Material not included.*
Tues, Wed & Thurs: 9:00am–12:00pm

STAINED GLASS OPEN WORKSHOP

Bear Canyon Senior Center
Enjoy learning the art of stained glass in this hands-on open workshop. Learn how to make a pattern, cut glass, use a grinder, and piece projects together using copper foil. Enhance and master soldering skills.
Session I Wed: 8:00am–10:15am
Session II Wed: 1:00pm–4:00pm

TIN CLASS

Los Volcanes Senior Center
Tinsmith is an art form using materials of tin to create art such as cardholders, frames, or any idea you may have. Everyone is welcome to come and learn the fundamentals of tin working.
Wednesday: 1:30pm–4:00pm

TIN PUNCHING

Barelas Senior Center
Tin punching is a colonial art form to make functional and decorative items from tin. *Self-taught class. Materials not included.*
Tuesday: 1:00pm–4:00pm

WOODCARVING

Los Volcanes Senior Center
Open to everyone who would like to carve, cut, and shape art into wood! Please join us!
Monday: 8:30am–10:30am

WOODCARVING

Manzano Mesa Multigenerational Center
Learn carving techniques, use of hand tools, and start on your way to making fantastic works of art out of wood.
Wednesday: 8:00am–11:30am

WOODCARVING

North Domingo Baca Multigenerational Center
Must be 9 years old and older.
Tuesday: 5:00pm–7:00pm

WOODCARVING (Power Tools)

Los Volcanes Senior Center
Open to everyone who would like to learn how to create wood art using power tools such as a small texture stone and many more!
Monday: 11:00am–2:30pm

WOODCARVER WORKSHOP: BEAR CANYON CARVERS

Bear Canyon Senior Center
Women and men of all skill levels enjoy woodcarving in this on-going class.
Friday: 8:00am–12:00pm

Composition & Literature Reading & Writing

CLASSIC & GREAT BOOKS DISCUSSION GROUP

Bear Canyon Senior Center
Read and discuss the classics with this group.
2nd & 4th Fri: 1:00pm–3:00pm

INQUIRING MINDS

Bear Canyon Senior Center
All members take turns researching topics and presenting them to the class for discussion and further study.
Monday: 10:00am–11:00am

MEMOIRS & AUTOBIOGRAPHY

Bear Canyon Senior Center
Recall and record your favorite memories.
Tuesday: 9:00am–11:15am

MYSTERY BOOK CLUB

Palo Duro Senior Center
Enjoy reading mysteries? Join us for a monthly discussion. All the books read are available at the public library. Everyone is welcome.
2nd Tuesday: 1:30pm–2:30pm

SHARING MEMORIES THROUGH WRITING

North Domingo Baca Multigenerational Center
Wednesday: 12:30pm–2:00pm

WRITE HERE – WRITE NOW

North Domingo Baca Multigenerational Center
Are you struggling to find dedicated time to write? Looking for like-minded folks and accountability? SCBWI-NM is launching a new monthly writing group. This is just one evening a month where we come together and spend two hours writing. No prompts, required sharing, or critiquing - just writing. Bring your laptop or pad of paper and work on your current project. Hope to see you there!
Last Wednesday of the month: 6:30pm–8:30pm

Computer Labs

Barelas Senior Center
Mon–Fri: 8:00am–2:00pm

Apple Mac Workshop
Bear Canyon Senior Center
4th Saturday: 9:30am–12:30pm

PC Computer Workshop
Bear Canyon Senior Center
3rd Wednesday: 1:30pm–3:30pm

Bear Canyon Senior Center
Mon, Wed, Fri: 9:00am–11:00am

Los Volcanes Senior Center
Mon–Fri: 8:00am–4:30pm
Saturday: 9:00am–12:45pm

Manzano Mesa Multigenerational Center
Mon–Fri: 9:00am–6pm

North Valley Senior Center
Tues–Fri: 1:00pm–3:00pm

Palo Duro Senior Center
M, Tu, Th, F: 8:00am–4:30pm
Wed: 8:00am–6:30pm
Sat: 9:00am–12:30pm

Santa Barbara Martineztown
Mon–Fri: 8:00am–3:00pm

TECH TUESDAY

Santa Barbara Martineztown Multigenerational Center
Tuesday: 8:30am–4:45pm

Dance

BALLROOM DANCE CLASS

Bear Canyon Senior Center
Learn to ballroom dance with Cristel.
\$6.00 per session.
Thursday: 4:45pm–5:45pm

BALLROOM DANCING

North Domingo Baca Multigenerational Center
Practice major rhythm and ballroom style dances including Foxtrot, Waltz, Tango, Rumba, Cha-Cha and Swing, with other dances sometimes included such as Salsa or Viennese Waltz, are taught. Fitness, stretching and conditioning may be included.
Fee based class.
Saturday: 1:30pm–2:45pm

LINE DANCING

Barelas Senior Center
Beginners

Wednesday: 9:00am–10:00am

Improver

Wednesday: 10:15am–11:15am

Bear Canyon Senior Center

Beginners

Tuesday: 1:30pm–3:00pm

Improver/Intermediate

Thursday: 3:15pm–4:30pm

Intermediate I

Tuesday: 3:15pm–4:30pm

Advanced

Thursday: 1:30pm–3:00pm

Highland Senior Center

Beginners

Wednesday: 2:00pm–3:30pm

Improve/Intermediate

Saturday: 10:30am–12:00pm

Intermediate I

Tuesday: 2:00pm–3:30pm

CLASSES

Los Volcanes Senior Center

Beginners

Thursday: 9:30am–11:00am

Manzano Mesa

Multigenerational Center

Beginners

Monday: 9:30am–11:30am

Intermediate

Monday: 6:00pm–8:00pm

Beginning/Improver

Wednesday: 9:30am–10:30am

Intermediate

Tuesday: 9:15am–11:15am

Tuesday: 1:30pm–3:30pm

Starter

Wednesday: 1:30pm–3:30pm

North Domingo Baca

Multigenerational Center

Improver

Mon–Tues: 1:30pm–3:00pm

Beginners

Thursday: 1:30pm–3:00pm

Intermediate

Wed & Fri: 1:30pm–3:00pm

Palo Duro Senior Center

Beginners

Monday: 2:30pm–4:00pm

Advanced Beginners

Saturday: 9:00am–10:15am

Intermediate

Saturday: 10:35am–12:00pm

Santa Barbara Martineztown

Ultra Beginners

Tuesday: 1:00pm–2:00pm

PARTNER DANCE CLASS

Highland Senior Center

Come learn and practice all styles of dance in a cheerful and welcoming environment. Dance patterns include those from ballroom, rhythm, and country. No partner required. This class is free. Tuesday: 10:00am–11:00am

WISE WOMEN BELLY DANCE

Manzano Mesa

Multigenerational Center

Saturday: 11:00am–12:00pm

Games

BILLIARDS

Bear Canyon Senior Center

Monday–Friday: 8:00am–4:45pm

Saturday: 9:00am–2:45pm

\$.25/day

Highland Senior Center

M, Tu, Th, F: 8:00am–4:30pm

Wednesday: 8:00am–6:30pm

Saturday: 10:00am–3:30pm

Palo Duro Senior Center

M, Tu, Th, F: 8:00am–4:30pm

Wednesday: 8:00am–6:30pm

Saturday: 9:00am–12:30pm

BUNCO

Manzano Mesa

Multigenerational Center

Bunco is a social dice game

2nd Friday of each month:

11:00am–2:30pm

BRIDGE – WALK IN

Bear Canyon Senior Center

Wednesday: 12:00pm–3:00pm

CANASTA HAND & FOOT

Canasta in which each player is dealt two sets of cards.

Bear Canyon Senior Center

Mon & Thur: 12:00pm–4:30pm

North Valley Senior Center

Tues & Thur: 1:15pm–4:00pm

CHESS CLUB

North Domingo Baca

Multigenerational Center

Thursday: 1:00pm–3:00pm

CHESS FOR FUN

Bear Canyon Senior Center

Wednesday: 11:30am–4:30pm

Friday: 12:15pm–4:30pm

Saturday: 9:00am–2:45pm

North Domingo Baca

Multigenerational Center

Thursday: 1:00pm–3:00pm

CORNHOLE

Seasonal outdoor activity.

Bear Canyon Senior Center

Friday: 10:00am–12:00pm

Santa Barbara Martineztown

Wednesday: 1:30pm–2:30pm

CRIBBAGE

Bear Canyon Senior Center

Monday: 9:00am–11:30am

Thursday: 9:30am–11:30am

Palo Duro Senior Center

Friday: 1:00pm–3:30pm

EUCHRE

Los Volcanes Senior Center

Euchre is an exciting trick-taking game played by four players.

Tuesday: 12:30pm–4:30pm

GAME TIME

Bear Canyon Senior Center

Open time to come and play chess, any type of card, board or tile game.

Wednesday: 9:30am–11:00am

Palo Duro Senior Center

Game on! Join us for an afternoon of fun, laughter, and friendly competition. Play a new game or an old favorite such as Mexican Train, Scrabble, Uno, Apples to Apples, Rummy or Parcheesi.

Wednesday: 12:00pm–3:00pm

Santa Barbara Martineztown Multigenerational Center

Open time to come and play chess, any type of card, board or tile game.

Friday: 1:30pm–3:00pm

HEARTS

Bear Canyon Senior Center

Hearts is a trick-taking game typically for four players.

Friday: 9:00am–12:00pm

MAHJONG

Los Volcanes Senior Center

Tue & Thur: 12:30pm–4:30pm

MAHJONG

Highland Senior Center

A weekly dose of Mahjongg madness awaits you! Swing by room 3 every Tuesday to join the fun. All skill levels are welcome—even rookies! Time to shuffle those tiles and let the games begin!

Tuesday: 10:00am–12:00pm

MAHJONG (AMERICAN)

Bear Canyon Senior Center

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

Monday: 12:00pm–3:00pm

MAHJONG (FILIPINO)

Bear Canyon Senior Center

Tile based game commonly played by four players.

Saturday: 12:00pm–2:30pm

MEXICAN TRAIN

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

Bear Canyon Senior Center

Saturday: 10:00am–12:30pm

ORCA GAME TIME

Highland Senior Center

(Older Rainbow Community of Albuquerque changed name from SAGE)

Everyone is invited to join and play board games, card games, & dice games, fun games, etc.

1st & 3rd Thurs: 2:30pm–4:30pm

PINOCHLE

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

Bear Canyon Senior Center

Fridays:

Single Deck 8:00am–12:00pm

Double Deck 12:30pm–4:45pm

Manzano Mesa

Multigenerational Center

Wednesday: 12:30pm–4:00pm

Los Volcanes Senior Center

Wednesday: 12:30pm–4:30pm

RUMMIKUB

Los Volcanes Senior Center

Based on gin rummy played by 3 to 8 players.

Mon & Tues: 12:00pm–3:00pm

SAMBA

Bear Canyon Senior Center

Card game is a variant of canasta, in which six 52-card decks plus 12 jokers are used.

Friday: 12:30pm–4:30pm

SCRABBLE

Palo Duro Senior Center

Join us for a fun-filled Scrabble showdown! Whether you're a word wizard or just looking for a brain-boosting challenge, all are welcome to play. Let's rack up some points and have a great time!

Tuesday: 12:00pm–4:45pm

SHANGHAI RUMMY

Bear Canyon Senior Center

Based on gin rummy played by 3 to 8 players.

Tuesday: 1:00pm–4:00pm

SHANGHAI RUMMY

Manzano Mesa

Multigenerational Center

Card game that will challenge the mind and fellowship that will lighten the spirit. 1st, 3rd & 4th Fridays:

11:00am–3:00pm

CLASSES

Language

AMERICAN SIGN LANGUAGE FOR BEGINNERS (ASL)

North Domingo Baca Multigenerational Center
Learn ASL alphabet, greetings/ farewells, numbers and more! Our goal is to have some fun, make friendships, and learn something new.
Aug–May: Mon & Wed: 9:30am–11:30am
June & July: Mon. & Wed: 3:00pm–5:00pm

DUTCH: SPEAKING CLUB

Bear Canyon Senior Center
Practice your Dutch with this fun, easygoing group.
Friday: 10:00am–11:30am

ESL

Barelas Senior Center
Vamos a ofrecer una clase de inglés como segundo idioma a partir del 9 de enero de 2025.

FRENCH: BEGINNING I

Bear Canyon Senior Center
Wednesday: 12:00pm–1:00pm

FRENCH: BEGINNING II

Bear Canyon Senior Center
Wednesday: 1:30pm–2:30pm

FRENCH: INTERMEDIATE

North Domingo Baca Multigenerational Center
An active, enthusiastic group who enjoy French and cultural activities related to the language.
Saturday: 9:30am–11:00am

FRENCH: INTERMEDIATE

Palo Duro Senior Center
A welcoming environment for students to immerse themselves in the French language and culture through engaging activities and events.
Monday: 1:00pm–3:00pm

GERMAN I FROM SCRATCH

Bear Canyon Senior Center
Thursdays Beginner: 1:00pm–2:00pm
Thursdays Intermediate II: 2:00pm–3:00pm

GERMAN: INTERMEDIATE

Bear Canyon Senior Center
Class offered May–December
Tuesday: 10:30am–12:00pm

GERMAN: INTERMEDIATE

Bear Canyon Senior Center
Class offered May–December
Tuesday: 10:30am–12:00pm

GERMAN III

Bear Canyon Senior Center
Thursday: 2:30pm–3:30pm

GERMAN: INTERMEDIATE/ADVANCED

Palo Duro Senior Center
Class members use speaking, listening, reading and writing about a wide variety of topics to improve vocabulary and grammar skills, with a major goal of having fun with the language.
Thursday: 9:00am–11:30am

ITALIAN: INTERMEDIATE

Bear Canyon Senior Center
Emphasis is on reading, grammar, conversation and verb conjugation. Acquire the basic tools to get around in Italy, as well as an appreciation of the culture.
Tuesday: 11:00am–12:30pm

Barelas Senior Center

Learn the language of love! Whether you are a beginner starting with the basics or looking to practice your skills, this class is for you. This course will introduce you to engage in simple communication.
Thursday: 1:30pm–2:30pm

SPANISH: BEGINNERS

This class is tailored for beginners and for those trying to sharpen their skills.

Barelas Senior Center
Tuesdays 2:15pm–3:15pm

Los Volcanes Senior Center
Monday: 1:00pm–2:30pm
\$20/class

SPANISH: BEGINNER II

Barelas Senior Center
Thursday: 1:00pm–2:00pm

SPANISH: BEGINNER III

Barelas Senior Center
Thursday: 1:00pm–2:00pm

SPANISH: CONVERSATION

Highland Senior Center
Carry on conversations with others in Spanish. This class is tailored for those proficient in Spanish.
Tuesday: 1:00pm–3:00pm

SPANISH: ADVANCED

Bear Canyon Senior Center
Carry on conversations with others in Spanish. Improve fluency through use.
Tuesday: 1:00pm–3:00pm

SPANISH INTERMEDIATE

Barelas Senior Center
This class is tailored for beginners and for those trying to sharpen their skills.
Wednesday: 2:15pm–3:15pm

SPANISH: INTERMEDIATE II

Barelas Senior Center
Wednesday: 1:00pm–2:00pm

SPANISH WORKSHOP: INTERMEDIATE & ADVANCED

Bear Canyon Senior Center
First hour has an emphasis on the study of grammar. Second hour consists of topics selected by the facilitator with an emphasis on conversation and cultural themes.
Tuesday: 9:00am–10:50am

Music

ABQ ACCORDION CLUB

Bear Canyon Senior Center
Group open to accordion players of any level.
2nd & 4th Thur: 7:00pm–8:45pm

BEARTONES

Bear Canyon Senior Center
This is a four part (*soprano, alto, tenor and bass*) singing group. The ability to read music is a plus.
Thursday: 10:00am–12:00pm

CELTIC MUSIC SESSION

Manzano Mesa Multigenerational Center
Tuesday: 6:00pm–8:00pm

GUITAR BEGINNER

Let's learn together! This will be a group effort to follow a learning plan to help each other learn the guitar.

Barelas Senior Center
Monday: 9:00am–10:00am and 11:00am–12:00pm

Los Volcanes Senior Center
Monday: 9:00am–10:00am and 11:00am–12:00pm

GUITAR BEGINNER

Palo Duro Senior Center
Thursday: 1:30pm–2:30pm

GUITAR: CLASSICAL BEGINNERS

Los Volcanes Senior Center
Class is full, waitlist
Classical guitars can also be great instruments for beginners. Learn to play classical guitar with these beginner lessons.
Friday: 11:00am–1:00pm

GUITAR: INTERMEDIATE/ADVANCED

Bear Canyon Senior Center
Thursday: 1:00pm–3:00pm
Except 3rd Thursday

GUITAR: JAM SESSION–EXPERIENCED

Bear Canyon Senior Center
A jam session for experienced guitar players.
Monday: 1:00pm–4:00pm

GUITAR: WORKSHOP INTERMEDIATE

Bear Canyon Senior Center
Monday: 9:00am–11:00am

GUITAR GROUP

Manzano Mesa
Intermediate and Beginners
Wednesday: 10:00pm–12:00pm

HIGHLAND HARMONIZERS

Highland Senior Center
Join a group of singers who enjoy singing 4-part harmony. Can participate in a few performances during the year.
Wednesday: 10:00am–12:00pm

HIGHLAND JAM SESSION

Highland Senior Center
Open jam session to anyone who wants to sit-down and share the gift of music with others. Bring an instrument or two if you have one. Come share your musical experience with old friends or meet new people!
2nd Saturday: 1:30pm–3:30pm

HIGHTONERS

Palo Duro Senior Center
A fun and dynamic singing group accompanied by piano, are known for their harmonious melodies and memorable performances that never fail to leave the audience in awe.
Friday: 10:30am–12:00pm

CLASSES

MUSIC CIRCLE-SING & STRUM

North Domingo Baca Multigenerational Center
Wednesday: 10:00am–12:00pm

PIANO: BEGINNERS

Bear Canyon Senior Center
Friday: 8:30am–10:30am

PIANO: INTERMEDIATE OPEN WORKSHOP

Bear Canyon Senior Center
Students late elementary to advanced. Bring your own piano music books. Music will be provided.
Friday: 10:45am–12:00pm

PALO DURO SINGERS

Palo Duro Senior Center
The Palo Duro Singers, a vibrant club, are known for their captivating vocal performances, enchanting audiences with their harmonious melodies and passionate singing.
Monday: 9:00am–11:00am

SPANISH ACOUSTIC JAM

Barelas Senior Center
A jam session for playing stringed instruments and singing. Come join us!
Friday: 10:00am–11:30am

SING-A-LONG

Manzano Mesa Multigenerational Center
The Palo Duro Singers, a vibrant club, are known for their captivating vocal performances, enchanting audiences with their harmonious melodies and passionate singing.
1st Tuesday of the Month: 1:30pm–2:30pm

UKULELE: BEAR CANYON UKULELE CLUB

Bear Canyon Senior Center
1st & 3rd Mon: 12:15pm–4:15pm

UKULELE BEGINNERS:

Highland Senior Center
Learn the basics of ukulele; holding, strumming, chords and playing songs! With Anne Withrow, who says: "If you can't have fun, it isn't worth it."
Wednesday: 4:30pm–6:30pm

Sports & Fitness

AEROBICS

Highland Senior Center
Our classes are fun routines designed with low impact aerobic exercises to strengthen the cardiovascular system.
Mon, Wed & Fri: 9:00am–10:00am

Manzano Mesa Multigenerational Center

This energetic class challenges you with a variety of low impact aerobic techniques.
Mon, Wed & Fri: 8:15am–9:15am

AEROBICS: SALSA

Los Volcanes Senior Center
Learn the fundamentals of Latin Dance such as Salsa, Merengue, Bachata, Brazilian Samba and always sexy Cha-Cha! Fitness shoes or dance shoes required.
Tuesday: 2:30pm–3:30pm
Saturday: 9:30am–10:30am

BADMINTON

Manzano Mesa Multigenerational Center
Mon & Wed: 1:00pm–3:00pm
Tues & Thurs: 6:00pm–8:45pm
Friday: 2:30pm–4:30pm

North Domingo Baca Multigenerational Center
Tuesday: 6:00pm–8:00pm

BASKETBALL 50+

North Domingo Baca Multigenerational Center
Monday: 11:00am–12:30pm
Wednesday: 6:00pm–8:00pm
Saturday: 9:00am–11:00am

BASKETBALL 50+ WOMEN'S

North Domingo Baca Multigenerational Center
Monday: 6:00pm–8:00pm

BASKETBALL – OPEN

Manzano Mesa Multigenerational Center
Wednesday: 6:00pm–8:45pm
Friday: 7:45pm–8:45pm
Saturday: 1:00pm–2:45pm

BASKETBALL: OPEN GYM ALL AGES

North Domingo Baca Multigenerational Center
Tuesday: 11:00am–12:15pm
Thursday: 10:45am–11:45am
Friday: 6:00pm–8:00pm
Saturday: 11:00am–2:30pm
Youth & Family (Half court)
All Ages Open Gym (Half court)

DANCE & MOVEMENT FOR PARKINSON'S

North Valley Senior Center
Join in the musicality, rhythm, expression, inventiveness and sheer physical pleasure of dance. Customized for all abilities.
Thursday: 2:00pm–3:00pm

DANCING WITH THE BARS

Bear Canyon Senior Center
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.
Thursday: 8:30am–9:15am

ENHANCE FITNESS

North Domingo Baca Multigenerational Center
Each class session includes cardiovascular, strength training, balance and flexibility exercises.
Mon, Wed & Fri: 8:05am–9:05am & 10:15am–11:15am

ENHANCE FITNESS

North Valley Senior Center
Improve balance, flexibility, bone density, coordination, endurance, alertness, strength and help with fall prevention, in this evidence-based senior fitness class. A base-line assessment will be conducted at the start and you will be pleased with the gains you have made at the 16-week assessment.
Mon, Wed & Fri: 8:15am–9:15am

FELDENKRIAS

North Domingo Baca Multigenerational Center
Feldenkrais exercises are unlike any other form of exercise. Instead of stretching or using muscular effort, Feldenkrais exercises stimulate the brain with an ingenious blend of gentle movement and guided attention to bring about improvements in the body.
Thursday: 10:00am–11:00am & 3:00pm–4:00pm

FIT FOR SENIORS

North Domingo Baca Multigenerational Center
Fitness focused on heart and respiratory, muscle strengthening, flexibility, and balance. *Fee based class.*
Tues & Thurs: 9:30am–10:45am

FLEX & TONE

Highland Senior Center
Elongates and strengthens your muscles, increases flexibility, improves posture and helps develop a strong core.
Tues & Thurs: 8:15am–9:15am

FLEX & TONE: WITH JEN

North Domingo Baca Multigenerational Center
Tuesday: 9:15am–10:15am
Fee-based class

FUNCTIONAL FITNESS

Manzano Mesa Multigenerational Center
Functional fitness includes movements such as walking, pushing, pulling, bending, squatting, lunging, and core. These exercises improve functional strength.
Tuesday: 6:30pm–7:30pm

GENTLE EXERCISE

Highland Senior Center
Participants in this class are mostly seated in a chair as they utilize weights, balls, and bands to focus on strength building with resistance.
Mon, Wed & Fri: 10:15am–11:15am

Manzano Mesa Multigenerational Center

Primarily in a chair. The focus is resistance training to build strength using small balls, bands, and hand weights.
Mon, Wed & Fri: 9:30am–10:30am
Beginning week of August 5th

HULA HOOP CLASS

Manzano Mesa Multigenerational Center
Select Fridays (check with front desk)
Friday: 9:00am–10:00am

JAZZERCISE

North Domingo Baca Multigenerational Center
Jazzercise is a dance-based group fitness program. Jazzercise class features a fusion of dance, resistance training, Pilates, yoga, kickboxing, and Latin-style movements set to

CLASSES

popular music. *Fee based class.*

**Monday: 9:15am–10:00am
& 4:30pm–5:30pm**
Tues & Thurs: 8:05am–9:05am
Wednesday: 4:30pm–5:30 pm
Friday: 9:10am–10:10am
Saturday: 10:20am–11:20am

KARATE: ABQ

**North Domingo Baca
Multigenerational Center**
We're not doing Karate, Kung Fu or Mixed Martial Arts. Kenpo 5.0 is a system within itself. It's based on a series of combat models.
Tues & Thurs: 5:00pm–8:00pm
Saturday: 11:45am–1:15pm
Fee-based class. All ages

KENDO

**North Domingo Baca
Multigenerational Center**
Mon & Wed: 6:00pm–8:00pm

MEDITATION

Practice mindfulness in a beginner friendly environment.

Highland Senior Center
Monday: 1:30pm–2:30pm
**Manzano Mesa
Multigenerational Center**
Friday: 10:00am–11:00am

PICKLEBALL

Pickleball is a paddle sport that combines elements of tennis, badminton, and table tennis. For beginners or anyone looking to enjoy the fun sport of Pickleball!

Los Volcanes Senior Center
**Monday: 9:30am–11:00am
& 1:30pm–4:00pm**
5th Wed: 9:30am–11:00am
Thursday: 4:30pm–6:30pm
**Santa Barbara Martineztown
Multigenerational Center**
Thursday: 1:30pm–3:30pm

PICKLEBALL: LEARN TO PLAY

**North Domingo Baca
Multigenerational Center**
Pickleball is a paddle sport that combines elements of tennis, badminton, and table tennis. For beginners, novice or anyone looking to enjoy the fun sport of Pickleball.
Wednesday: 12:00pm–2:00pm
(June & July - 10:45am–12:15pm)

PICKLEBALL: OPEN PLAY

Pickleball is a paddle sport that combines elements of tennis, badminton, and table tennis. For beginners or anyone looking to enjoy the fun sport of Pickleball.

**Manzano Mesa
Multigenerational Center**
Thursday: 1:00pm–4:00pm
Saturday: 9:00am–1:00pm
Beginning the week of August 5th

**North Domingo Baca
Multigenerational Center**
Thursday: 6:00pm–8:00pm
Friday: 11:00am–2:30pm
(June & July - Friday: 10:45am–12:15pm)

PICKLEBALL: TRAINING

Learn the paddle sport that combines elements of tennis, badminton, and table tennis. For beginners or anyone looking to enjoy the fun sport of Pickleball.

Barelas Senior Center
Monday: 1:30pm–3:30pm
**Manzano Mesa
Multigenerational Center**
Tues & Thurs: 9:30am–11:30am
Beginning the week of August 5th

PILATES

Increase core strength, balance and flexibility while having fun. Students of all levels can safely participate in these invigorating 50-minute classes. Emphasis is placed on improving balance skills, strengthening abdominals and back for improved posture, and ease of movement for doing everyday tasks. All of the fundamental movements and Pilates exercise principles are incorporated into the mat classes.

Barelas Senior Center
Monday: 9:30am–10:30am
North Valley Senior Center
Wednesday: 8:30am–9:30am

QIGONG

**Manzano Mesa
Multigenerational Center**
Qigong is a ancient mindful movement parctice that turns stress into vitality.
Wednesday: 4:00pm–5:00pm

SENIOR CARDIO & CURLS

Barelas Senior Center
Come get a full body workout in this combination class. The first half will focus on an aerobic workout and the second half will focus on weights and stretching. Come join us for half or all of it!
Tuesday: 9:30am–10:30am

SHUFFLEBOARD

**Manzano Mesa
Multigenerational Center**
This sport where weighted discs are pushed with cues down a narrow court into a scoring area.
(Open to new participants: Jan & Aug)
Tuesday: 1:00pm–4:00pm
Friday: 11:00am–2:00pm

SLOW STRETCH FOR FLEXIBILITY

North Valley Senior Center
Thurs & Fri: 10:00am–11:00am

STRENGTHENING CORE

Palo Duro Senior Center
Strengthening Core or "Stick them Abs." Get your body moving with strengthening activities using a broomstick.
Mon & Thur: 9:30am–10:30am

TABLE TENNIS

Bear Canyon Senior Center
Monday: 1:30pm–4:30pm
Thursday: 9:30am–11:00am
Friday: 2:30pm–4:45pm
**Saturday: 9:00am–11:00am
& 1:00pm–2:45pm**
(Intergenerational)

North Valley Senior Center
Friday: 12:00pm– 4:00pm
Sunday: 12:00pm–3:45pm

TAI CHI

Barelas Senior Center
Friday: 9:00am–10:00am
Highland Senior Center
Improved strength, flexibility, peace of mind and relaxation.
Thursday: 10:30am–11:30am

**Manzano Mesa
Multigenerational Center**
A moving meditation in the form of a series of gentle exercises that create harmony between the mind & body.
Tues & Thurs: 9:00am–10:00am
Beginning the week of August 5th

TAI CHI CHIH

North Valley Senior Center
Tai Chi Chih is a mindfulness moving meditation. It is composed of only 19 moves and one pose. Some benefits of Tai Chi Chih are peace of mind, helps improves health, and brings joy. Donations welcomed!
Monday: 2:00pm–3:00pm

T'AI CHI CH'UAN

Bear Canyon Senior Center
A form of martial arts that provides a cardiovascular workout and improves balance.
Saturday: 11:15am–12:45pm
(Open to new participants: Jan & Aug)

T'AI CHI CHIH PRACTICE

Bear Canyon Senior Center
Wednesday: 3:30pm–4:00pm

TAPPING GROUP

**Manzano Mesa
Multigenerational Center**
Use your own fingertips to tap on acupressure points to calm your nervous system so you can live your strongest life.
Twice a month check with front desk
Wednesday: 9:00am–10:00am

T.N.T DYNAMITE

Bear Canyon Senior Center
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.
\$2.00 per session.
Mon, Wed & Fri: 9:30am–10:30am

WEIGHTS, AEROBICS, BALANCE, STRETCH

**North Domingo Baca
Multigenerational Center**
Join us for chair based light aerobics, weights, bands, stretch and balance.
Tuesday: 10:15am–11:15am
Thursday: 9:30am–10:30am

CLASSES

YOGA

Combine physical postures, breathing techniques, meditation and relaxation to promote mental and physical well-being. *Fee based class.*

North Domingo Baca Multigenerational Center
Monday: 9:00am–10:00am
Friday: 1:00pm–2:00pm

Santa Barbara Martineztown Multigenerational Center
Monday: 9:00am–10:00am
Tues & Thurs: 8:30am–9:30am
Friday: 9:45am–10:45am

YOGA: BEGINNERS

Manzano Mesa Multigenerational Center
Class is slower paced than an all-levels class, and focused on developing clear and safe alignment in foundational poses. Come to learn, play, and maybe even break a sweat in a supportive environment. All bodies are welcome.
Wednesday: 5:30pm–6:30pm

YOGA: BELTS & BLOCKS

North Valley Senior Center
Belts and Blocks Yoga focuses on improving stability, support and balance, and posture. The use of blocks and belts helps the body stretch deeper and achieve new depths, while teaching your muscles to move in a completely new way. *Donations welcome.*
Thursday: 9:00am–10:00am

YOGA: CHAIR

A gentle practice in which postures are performed while seated and/or with the aid of a chair. When standing, the chair is used to help with and improve balance. Chair yoga helps increase flexibility, strength and body awareness.

Barelas Senior Center
Monday: 10:30am–11:30am
No fee, free class.

Bear Canyon Senior Center
Monday: 2:00pm–3:00pm
\$5.00 per class.

North Valley Senior Center
Friday: 10:00am–11:00am
\$5.00 per class.

YOGA: DEEP STRETCH

Bear Canyon Senior Center
Work on stretching out muscle groups, range of motion, balance and release the tension in your body. *\$5.00 per class.*
Thursday: 11:30am–12:30pm

YOGA: ENERGY

An eclectic style of yoga combining traditional yoga with Korean style yoga. Incorporates gentle stretching, movements, breathing and meditation to enhance energy circulation and accumulation. All body conditions will benefit. Chairs can be used to facilitate your participation. This class is to create flexibility, free flowing energy, centeredness, relaxation and peace of mind.

Barelas Senior Center
Thursday: 9:00am–10:00am

Highland Senior Center
Tuesday: 10:30am–11:30am

Palo Duro Senior Center
Friday: 9:30am–10:30am

YOGA: ENERGY

North Valley Senior Center
Dahn Yoga is the yoga of stress relief. Increase flexibility, improve breathing patterns and concentration. Through committed practice class members can also manage problems with weight. *\$3.00 per class.*
Tuesday: 2:30pm–3:30pm
Thursday: 3:15pm–4:15pm

YOGA: HATHA BLEND

Manzano Mesa Multigenerational Center
A yoga class described as 'Hatha' will typically involve a set of physical postures and breathing techniques, practiced more slowly and with more static posture holds than perhaps a Vinyasa flow or Ashtanga class. Hatha yoga is about finding balance.
Monday: 6:00pm–7:15pm

YOGA: LAUGHTER

Manzano Mesa Multigenerational Center
Laughter yoga (*Hasyayoga*) is a modern exercise involving prolonged voluntary laughter. This type of yoga is based on the belief that voluntary laughter provides similar physiological and psychological benefits as spontaneous laughter.
Saturday: 9:00am–10:00am

YOGA & FITNESS FOR SENIORS

Bear Canyon Senior Center
Friday: 10:00am–11:00am

ZHINENG QIGONG FOR HEALTH

Palo Duro Senior Center
Considered the most effective form of Qigong for improving health. Simple, low-impact, safe to practice for all fitness levels and ages.
Wednesday 9:30am–11:30am
First two classes free. \$10 thereafter.

ZUMBA

North Domingo Baca Multigenerational Center
Zumba is a dance-based group fitness program. Zumba class features a fusion of dance, resistance training, Pilates, yoga, kickboxing, and Latin-style movements set to popular music. *Fee based classes*
Mon, Wed & Sat: 9:15am–10:15am

North Valley Senior Center
Zumba fuses Latin rhythms and easy-to-follow moves to create a fitness program that will blow your mind. Ditch the workout! Join the party! *Donations welcome.*
Mon & Tues: 3:45pm–4:45pm

Santa Barbara Martineztown Multigenerational Center
Fun and easy class to follow for all!
Tues & Fri: 3:45pm–4:45pm

ZUMBA GOLD

Bear Canyon Senior Center
Check out this fun dance/aerobics class. No dance experience required. *\$3.00 per class.*
Mon, Wed & Fri: 8:15am–9:15am

Manzano Mesa Multigenerational Center
Is for active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower intensity.
Mon & Wed: 10:45am–11:45am

North Domingo Baca Multigenerational Center
A moderate exercise and fitness program that combines upbeat Latin and international music and easy-to-follow dance moves.
Tuesday: 9:15am–10:15am

GROUPS, CLUBS & COMMUNITY GROUPS

ABQ ASTRONOMICAL SOCIETY (TAAS)

Manzano Mesa Multigenerational Center
TAAS is one of the largest and most active astronomy clubs anywhere. Our motto "Observe-Educate-Have Fun".
1st & 3rd Wednesday of the Month: 7:00pm–8:45pm

ABQ FIBROMYALGIA SUPPORT GROUP

North Domingo Baca Multigenerational Center
1st Tuesday of the Month:
11:30am–1:00pm

BIBLE STUDY

Join us every week. Bring your bible if you have one, not required.

Barelas Senior Center
Monday: 9:30am–10:30am

Bear Canyon Senior Center
Thursday: 9:00am–11:00am

Los Volcanes Senior Center
Tuesday: 9:30am–11:00am

Manzano Mesa Multigenerational Center
Thursday: 10:00am–11:00am

North Domingo Baca Multigenerational Center
Mon & Wed: 9:00am–10:00am
Friday: 10:00am–11:00am

BIBLE STUDY (*Interactive*)

Palo Duro Senior Center
Friday: 9:00am–11:00am
2nd, 3rd, & 4th Friday of the month.

CHEROKEES OF NM

Manzano Mesa Multigenerational Center
Members of the Cherokee Nation gather to discuss traditions & culture.
1st Saturday: 12:00pm–2:45pm

CHEROKEE SW TOWNSHIP

Bear Canyon Senior Center
Members of the Cherokee Nation gather to discuss traditions & culture.
1st Saturday in July/Sept/Dec:
10:30am–2:30pm

CORVAIRS OF NEW MEXICO

Palo Duro Senior Center
Car Club founded in 1974 promoting interest in the Chevrolet Corvair. Membership is open to anyone interested in Corvairs. No requirement to own a Corvair. See you at the next
1st Saturday: 10:00am–12:00pm

DEAF SENIORS OF GREATER ABQ GROUP

Palo Duro Senior Center
Thursday: 8:30am–11:30am

GROUPS, CLUBS & COMMUNITY GROUPS

EARLY FORD V8 CLUB

**North Domingo Baca
Multigenerational Center**
1st Tues: 7:00pm- 8:30pm

EFT TAPPING GROUP

Natural way to calm anxiety, stress, fears, phobias & traumas. EFT most commonly called tapping, is like emotional acupuncture without needles. We use our own fingertips to tap on acupressure points to calm your nervous system.

Bear Canyon Senior Center
Tuesday: 1:00pm-2:00pm

**Manzano Mesa
Multigenerational Center**
Monday: 9:00am-10:00am

EL CAMINO REAL GARDEN CLUB

Barelas Senior Center
Learn garden basics for local gardening. Call 505-764-6436 for more information.

FISHERMAN'S CLUB

North Valley Senior Center
Meet every week to decide where the group will go fishing.
Monday: 10:00am-11:00am

FISHING CLUB

Bear Canyon Senior Center
Anglers of all levels meet weekly to decide where the group will go fishing in New Mexico.
Monday: 1:00pm-2:00pm

Los Volcanes Senior Center
Join our fishing club and go on fishing excursions to various lakes!
Wednesday: 9:00am-10:00am
Trips every Thursday: *Time is TBD*

GRIEF SUPPORT

Bear Canyon Senior Center
A support group for those who are grieving the loss of people, places, things, who are lonely or facing life challenges. This group provides a friendly, caring, and often cheerful and enjoyable environment to heal the heart and give you peace of mind.
2nd & 4th Mon: 3:00pm-4:00pm

HAPPY LOSERS-WEIGHT LOSS GROUP

Bear Canyon Senior Center
Want to lose or maintain weight, or work on enjoying a healthier lifestyle? The Happy Losers group will be there for you offering encouragement and support.
Thursday: 8:00am-9:15am

"I NEED A FRIEND WITH DR. TED COFFMAN"

Bear Canyon Senior Center
Dealing with issues of the heart of being a real human being.
Thursday: 11:30am-12:30pm

INVESTMENT CLUB

Palo Duro Senior Center
Provide sound investment info and education resources that will help create successful stock market investors. Members learn fundamental stock analysis using Stock Selection Guide. Software and from other resources.
3rd Tuesday: 10:00am-12:00pm

LIP READING

Bear Canyon Senior Center
Learn to hear with your eyes and never miss a word again! *\$5 fee for book.*
Monday: 12:30pm-1:30pm

LIVING WITH MS SUPPORT GROUP

**North Domingo Baca
Multigenerational Center**
1st & 3rd Thurs: 6:00pm-7:30pm

NM COUNCIL OF CAR CLUBS MEETING

**Manzano Mesa
Multigenerational Center**
4th Wednesday: 6:00pm-8:00pm

ORCA LOSS GROUP

Highland Senior Center
A support group for those who are grieving the loss of people, places, things, who are lonely or facing life challenges. This group provides a friendly, caring, and often cheerful and enjoyable environment to heal the heart and give you peace of mind.
Wednesday: 5:30pm-6:30pm

OSTOMATE SUPPORT GROUP

**North Domingo Baca
Multigenerational Center**
2nd Saturday 12:45pm-2:15pm

PARKINSON'S SUPPORT/ADVISORY GROUP

North Valley Senior Center
Thursday: 3:00pm-4:00pm

PHILATELIC SOCIETY

Palo Duro Senior Center
Come and Join us every week for stamp collecting.
Monday: 12:00pm-2:00pm

PRECANCEL STAMP CLUB

Bear Canyon Senior Center
1st Thur: 7:00pm-8:30pm

PROSTATE CANCER SUPPORT

Bear Canyon Senior Center
Support group for men going through prostate issues.
1st & 3rd Sat: 12:30pm-2:45pm

RED HAT SISTERS

**Manzano Mesa
Multigenerational Center**
The red hat society is a unique international playgroup for women that promotes our passion of fun, friendship, fitness, the freedom to express ourselves in positive way, and a dedication to the fulfillment of lifelong dreams, gained all through the power of fun.
3rd Thursday: 10:00am-11:00am

RETIRED PROFESSIONALS DISCUSSION GROUP

Palo Duro Senior Center
Join a group of professionals to discuss random subjects of personal interest that we have chosen. We rotate speakers for a brief tenure in a lively and friendly fashion. Political and religious subjects excluded.
Monday: 2:45pm-4:30pm

ROCKHOUNDS GROUP(ABQ)

Palo Duro Senior Center
(Albuquerque Senior) We are a group of explorers that head to the hills and valleys around our beautiful state. We love to collect rocks, flora, and other unique items from public lands. If you like to get out and enjoy nature, join this group!
1st & 3rd Thur: 12:00pm-1:00pm
Trips: *Time is TBD 2nd & 4th Thur.*

ROTARY CLUB

**North Domingo Baca
Multigenerational Center**
Tuesday: 11:30am-1:30pm

THE SHARING CIRCLE (Social Group)

Palo Duro Senior Center
Join the fun! This insightful group will discuss different topics. Share your thoughts freely, and be open to hearing different viewpoints. No political topics will be covered.
Thursday: 12:30pm-1:30pm

SENIOR LGBT MONTHLY MEETING

Highland Senior Center
Sharing session about what's happening in our lives and our community. Discussion on how we can become more inclusive for LGBT older adults and all members of our community.
2nd Thur: 2:00pm-4:00pm

SIGLO DE ORO RV GROUP

Bear Canyon Senior Center
Let's go RVing. Have fun meeting new people. We go out once a month. We plan trips to different places at our monthly meeting. *\$25 membership dues.*
3rd Tuesday: 10:00am-11:00am
(except November and December)

SPEAK WITH DISTINCTION TOASTMASTERS

**Manzano Mesa
Multigenerational Center**
Practice and sharpen public speaking skills.
Thursday: 5:30pm-6:30pm

STROKE SURVIVOR & FAMILY SUPPORT GROUP

**North Domingo Baca
Multigenerational Center**
Tue:s 6:00pm-7:30pm

T.O.P.S

Helping people take off pounds sensibly.
Palo Duro Senior Center
Monday: 11:45am-1:00pm
**Manzano Mesa
Multigenerational Center**
Friday: 10:00am-11:30am

VFW POST 10763

Bear Canyon Senior Center
1st Thursday: 9:30am-11:00am

ZIA SUNDIALS CHAPTER #106

Bear Canyon Senior Center
Members of the National Association of Watch and Clock Collectors.
2nd Saturday: 12:00pm-2:30pm

Our Volunteering Opportunities

Become a volunteer with the City of Albuquerque Department of Senior Affairs!

Volunteers play a critical role in achieving the Department of Senior Affairs' mission. Whether you're a younger resident interested in lending a hand, a group that wants to give back, or a senior hoping to get more involved in the community, the Department of Senior Affairs (DSA) has a volunteer opportunity for you!

Visit oneabqvolunteers.com to join our our Volunteers In Action (VIA) program!

VIA enables people of all ages to assist with existing programming, enhance special events, or support ongoing activities here at DSA. Sign up to start serving with seniors today!

Volunteers of any age can help, sign up today:

- Visit cabq.gov/seniors/senior-volunteer for volunteer opportunities.
- Email servewithseniors@cabq.gov or call 505-764-1009 for more information.
- Volunteers age 55 and over may choose an AmeriCorps Seniors program.



AmeriCorps Seniors Volunteer Programs



AmeriCorps Seniors is a suite of national volunteer programs for Americans 55 years and older, and is federally funded by AmeriCorps. In New Mexico, AmeriCorps Seniors is jointly administered by the Aging & Long-Term Services Department. The City of Albuquerque Department of Senior Affairs has sponsored AmeriCorps Seniors for over 40 years! It is made up of three programs that each take a different approach to improving lives and fostering civic engagement. All three programs offer orientation, reimbursements for travel, supplemental insurance while serving, and annual recognition events.

When you volunteer, you're not just helping others; you're helping yourself. Volunteering leads to new discoveries and new friends. Plus, studies show that volunteering helps you live longer and promotes a positive outlook on life! You are needed! Join over 800 other Albuquerque Seniors that make up the AmeriCorps Seniors family!

RSVP Volunteers Make a Difference in Albuquerque!

RSVP recruits and places volunteers in government and non-profit organizations to meet community needs. With RSVP, you choose how much time you want to give and whether you want to share your skills or develop new skills. RSVP is one of the largest volunteer networks in the nation for people 55 and over. Please note that all volunteers must pass a Background Check that includes a National Sex Offender Check.

Thank you to our Volunteer Sponsors:

 **PRESBYTERIAN**



BlueCross BlueShield
of New Mexico

Foster Grandparents Help Children Succeed!

Foster Grandparents serve as tutors and mentors assisting children in need of extra attention for educational, social and emotional development. Foster Grandparents serve under the supervision of teachers and specialists in Albuquerque Public Schools, Charter Schools, YDI Headstart Programs, City of Albuquerque Child Development Centers, and in other community programs. Foster Grandparents serve an average of 20 hours per week, receive meals while on duty, and may qualify for a tax-free, hourly stipend of \$4 per hour. All you need to join is the ability to give the kind of comfort and love that sets a child on the path toward a successful future. Please note that all volunteers must pass a fingerprint-based background check.

Senior Companions are Seniors Helping Seniors!

Senior Companions are older adults who help other adults live independently and can provide support to family caregivers. They assist with grocery shopping and other daily tasks necessary to maintaining independent living. Senior Companions serve an average of 20 hours per week, receive meals while on duty, and may qualify for a tax-free, hourly stipend of \$4 per hour. You don't need medical or technical skills to be a Senior Companion. All you need to know is how to be a friend. Please note that all volunteers must pass a fingerprint-based background check.

To get involved, call: 505-764-1009 or visit cabq.gov/seniors/senior-volunteer.

29th Annual

PRIME TIME
MONTHLY MAGAZINE

50+

EXPO

- Free Event -

**Free Health Information and Screenings • Free Flu Shots
Live Entertainment • Giveaways and Much More!**

This is a fun and informative event connecting mature adults with health and wellness providers, lifestyle option providers, free health information and free health screenings.

The Prime Time 50+ Expo is great for seniors and anyone caregiving for elderly family members and friends.

Call 505-242-2428 or Visit PrimeTimeNM.com

Don't miss...

The Largest Health Fair in New Mexico!

**Wednesday,
October 8th 2025!
8:30AM - 1PM
At Embassy Suites (Lomas & I-25)**




BROUGHT TO YOU BY PRESENTING SPONSOR



AND





**ONE
ALBUQUE
ROQUE**

Volunteer Today

We offer a wide variety of volunteer opportunities. Do you have time, talents, skills, or hobbies you would like to share? If you do, please call **505-764-1009**.

MULTIGENERATIONAL CENTER YOUTH RECREATIONAL PROGRAMS

The Department of Senior Affairs provides services to Bernalillo County's youth ages 5 through 13 years old at North Domingo Baca, Manzano Mesa, and Santa Barbara Martineztown Multigenerational Centers. In addition to the traditional adult programming and services offered at the six Senior Centers, the three Multigenerational Centers provide an array of intergenerational programming including various recreation programs. Along with Summer Break Youth Programs, there are additional Fall and Winter Break programs available throughout the school year.

During the school year, North Domingo Baca Multigenerational Center offers an after-school program, Monday–Friday: 2:30pm–5:30pm which includes transportation from Edmund G. Ross Elementary School to the center site. Manzano Mesa Multigenerational Center offers an afterschool program, Monday–Friday: 2:30pm–5:30pm. Manzano Mesa's after-school also offers transportation from Manzano Mesa Elementary School. Santa Barbara Martineztown Multigenerational Center offers an after-school program, Monday-Friday: 3:33pm-5:00pm. Transportation is available to the center from Lew Wallace Elementary School.



MULTIGENERATIONAL PROGRAMMING

> Senior Services

> Locations & Centers

> 50+ Sports & Fitness

> Volunteer With Us!

> Youth Programs

> North Domingo Baca Youth Programs

> Manzano Mesa Youth Programs

> A Senior I Know Essay Contest

> Membership

A Senior I Know Essay Contest

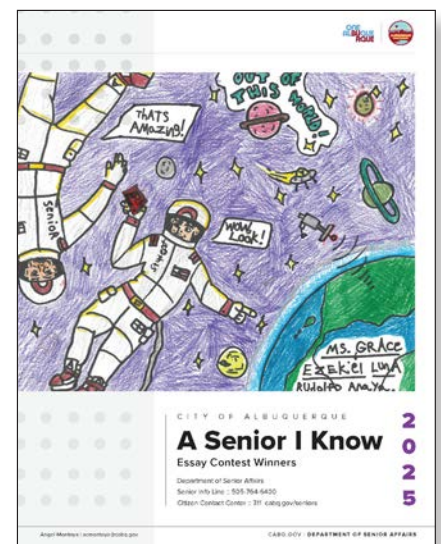
An opportunity for children to share how senior relationships have positively influenced their lives.

Older and younger generations have a lot to learn from one another, and one way to keep younger generations connected to significant older adults in their lives is to give opportunities to share how these relationships have positively influenced their values and beliefs.

Every year, The Department of Senior Affairs sponsors the annual A Senior I Know essay contest for students in grades 1–5.

To read this year's winning essays, please visit:

cabq.gov/seniors/youth-programs/a-senior-i-know-essay-contest



For as long as we can remember,
nothing beats a true partner.



Through It All.®

For over 80 years, Blue Cross and Blue Shield of New Mexico

has been a local health insurance company giving more families
peace of mind knowing no one's closer to their well-being.

Visit [bcbsnm.com](https://www.bcbsnm.com) today.

Blue Cross and Blue Shield of New Mexico,
a Division of Health Care Service Corporation, a Mutual Legal Reserve Company,
an Independent Licensee of the Blue Cross and Blue Shield Association

P2223

483066.0923



**DEPARTMENT OF
SENIOR AFFAIRS
2025 ACTIVITIES
CATALOG**

P: 505-764-6400

W: cabq.gov/seniors

E: seniorinformation@cabq.gov

Citizen Contact Center: 311

July through December 2025



Timothy M. Keller,
*Mayor,
City of Albuquerque*



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