The Department of Senior Affairs is committed to providing resources with care and compassion that help our community thrive while embracing aging.
MESSAGE FROM DIRECTOR ANNA SANCHEZ

Hello,

As we continue to transition to normal operations, Department of Senior Affairs continues to maintain safety as a priority and our 50+ Sports and Fitness program continually strives to keep our sports and fitness facilities operational while staying healthy. With your cooperation and some adjustments, we are excited to still offer our fitness classes, recreation activities, trips and other sports and fitness programming. We are especially enthusiastic for the return of our winter trips, aquatics program and Albuquerque’s 50+ Games. Although there are still many unknowns due to the impact of the pandemic, one thing is for certain, staying active is imperative for healthy living at any age.

Here are some things we are implementing to help keep our facilities safe to support you:
- Mask requirements in all facilities and transportation vans regardless of vaccination status.
- Frequent cleaning and sanitizing.
- More frequent communications regarding new policies, requirements and safety measures we are taking to support our community.

Here are some things we expect from you to help keep our community safe:
- Stay home if you feel sick.
- Wash your hands often, and for the recommended 20 seconds.
- Practice social distancing.
- Be considerate of your community members and sports and fitness staff. Remember, we’re all in this together.

As always, we remain dedicated and committed to promoting active and healthy aging and we will continue to work hard to develop new and innovative ways to keep you safe, while still enjoying the programs and services offered by our Department.

For more information and to stay updated on current schedule information or on any restriction changes, please visit cabq.gov/seniors and click on our 50+ Sports & Fitness tab.

Please remember, if you have any questions or concerns, please do not hesitate to reach out to me.

Best,

Anna Sanchez, Director
Department of Senior Affairs
ABOUT 50+ SPORTS & FITNESS

Regular physical activity and exercise for older adults help improve mental and physical health, both of which will help you maintain your independence as you age. As a Department of Senior Affairs member, you can take advantage of our sports and fitness facilities, classes, and trips. The Department of Senior Affairs 50+ Sports & Fitness Program includes individual and group weight training classes; aerobic, gentle, and flex tone exercise classes; water exercise; an outdoor recreation program; evidenced-based programs; and the Albuquerque 50+ Games. New classes and opportunities are added regularly.
50+ WINTER SPORTS & FITNESS TRIPS

• PLEASE NOTE: All winter trips departure and return location is the Palo Duro Sports & Fitness Center.

Tuesday Cross Country Ski Trips:
Starting January 4, - March 1, 2022
Trips are open to intermediate or advanced skiers. Depending on snow conditions, destinations include the Jemez, Manzano, and Sandia Mountains. Equipment not provided.
Check-in: 8:00am
Depart: 8:15am
Return: 5:00pm may vary depending on ski location

Wednesday Snowshoe Trips:
Starting January 5, - March 2, 2022
We provide snowshoes and poles or bring your own. Depending on snow conditions, destinations include the Jemez, Manzano, and Sandia Mountains.
Check-in: 8:00am
Depart: 8:15am
Return: 5:00pm may vary depending on snowshoe location

Thursday Downhill Skiing & Snowboarding Trips:
Starting January 6– March 17, 2022
We do the driving and you hit the slopes at Santa Fe Ski area. Ski lift tickets are not provided.
Check-in: 7:00am
Depart: 7:30am
Return: 4:30pm

Important Registration Information:

• Registration begins on December 16, 2021 starting at 7:00am
• Must have a current membership to participate and register for trips
• Winter registration forms accepted at Palo Duro Sports and Fitness Center all day, North Domingo Baca Fitness Center and Los Volcanes Sports and Fitness Center will accept forms on 12/16/2021 until 12:00pm.
• Two registration forms limit per person
• All trips are subject to change or may be cancelled due to inclement weather
• Registration for Winter Trips are on a first come, first serve basis
• Participants must leave and stay with the group on all trips. No Exceptions.
• Cancellations for day trips will require a minimum 24 hr. notice
• Three or more trip no shows without prior 24-hour cancellation will result in a removal from all trips

Masks must be worn in centers and transport vehicles at all times regardless of vaccination status.
Exercise Class Schedule

Aerobics:
Every Mon., Wed., Fri.
This low – impact class combines energizing music with a fun routine to strengthen the cardiovascular system. For beginners to the advanced; work at your own level. Burn calories & get a great work out!

Joe O. Armijo Los Volcanes Sports & Fitness Center
8am-9am

Palo Duro Sports & Fitness Center
8am-9am

North Domingo Baca Gymnasium
8:15am-9:15am

Manzano Mesa Gymnasium
8:15am-9:15am

Highland Senior Center
9am-10am

Flex & Tone:
Every Tues. & Thurs.
Stretch and strengthen your entire body. Exercises are designed to improve flexibility, agility, range of motion, posture and muscle tone.

Joe O. Armijo Los Volcanes Sports & Fitness Center
8am-9am

Palo Duro Sports & Fitness Center
8am-9am

North Domingo Baca Gymnasium
8:15am-9:15am

Manzano Mesa Gymnasium
8:15am-9:15am

Highland Senior Center
8:15am-9:15am

PLEASE NOTE: It is strongly suggested that all members consult with their physician before starting a new exercise plan.

Gentle Exercise:
Every Mon., Wed., Fri.
Easy aerobics routine that is done in or out of a chair. This class is designed to help you gain strength, endurance, flexibility, balance and bone density.

Joe O. Armijo Los Volcanes Sports & Fitness Center
9:15am-10:15am

Palo Duro Sports & Fitness Center
9:15am-10:15am

North Domingo Baca Gymnasium
9:30am-10:30am

Manzano Mesa Gymnasium
9:30am-10:30am

Highland Senior Center
9am-10am

LaBlast:
Every Mon. & Thurs.
Fitness classes Powered by Dance

North Domingo Baca Aerobic Room
Mon.: 9am-10am
Thurs.: 10am-11am

Chinese Folk Dance:
Every Tues. & Sat.
Chinese Festive Dance

North Domingo Baca Aerobic Room
Tues.: 10am-12pm
Sat.: 12:30pm-2:30pm

Fitness Equipment Orientation:
Unsure on how to use the fitness equipment or need help getting started? Call to sign up for an orientation appointment and our Sports & Fitness staff will show you how to use the equipment properly and safely.

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

Manzano Mesa Sports & Fitness Center
Call (505) 275-8731 for appointment

North Domingo Baca Sports & Fitness Center
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
## Exercise Class Schedule

<table>
<thead>
<tr>
<th>Class</th>
<th>Days</th>
<th>Time</th>
<th>Location</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Zumba Gold</strong></td>
<td>Every Tues. &amp; Thurs.</td>
<td>9:30am-10:30am</td>
<td>Joe O. Armijo Los Volcanes</td>
<td>An exhilarating, Latin-inspired, easy-to-follow, calorie burning dance fitness party. It achieves the perfect balance of a progressive core workout, full body cardio and strength training, and a stress-relieving, energy producing fitness experience. Zumba Gold is specially designed to suit the needs of active older participants as well as those who haven’t exercised for some time.</td>
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<tr>
<td><strong>Joe O. Armijo Los Volcanes</strong></td>
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<tr>
<td><strong>Dance 2 Enhance</strong></td>
<td>Every Mon., Tues., Wed., &amp; Fri.</td>
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<td></td>
<td></td>
<td>Cardio Exercises through Dance Class</td>
<td>North Domingo Baca Aerobic Room</td>
<td>Mon.: 5:30pm-6:30pm Tues.: 5pm-6pm Wed.: 8:15am-9:15am Fri.: 10am-11am</td>
</tr>
<tr>
<td><strong>Indian Cultural Dance</strong></td>
<td>Every Mon., Wed., Thurs., &amp; Fri.</td>
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<tr>
<td></td>
<td></td>
<td>Performance Arts of Indian classical dance</td>
<td>North Domingo Baca Aerobic Room</td>
<td>Mon.: 4:30pm-5:30pm Wed.: 4:30pm-5:30pm Thurs.: 4:30pm-5:30pm Fri.: 4pm-6:30pm</td>
</tr>
<tr>
<td><strong>Hula</strong></td>
<td>Every Wed.</td>
<td>5:30pm-7:30pm</td>
<td>North Domingo Baca Aerobic Room</td>
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<tr>
<td><strong>Latin Dance Lessons</strong></td>
<td>Every Tuesday</td>
<td>5:30pm-6:30pm</td>
<td>Joe O. Armijo Los Volcanes</td>
<td>Learn the basics of Social Latin Dance in the friendly &amp; fun environment catering to the novice learner! Participants will receive easy to learn instruction in Merengue, Cumbia, Bachata, Salsa, Cha-Cha-Cha, and the Romantic Rhumba! As well as “fun facts” about each dance style. ATHLETIC SHOES REQUIRED.</td>
</tr>
<tr>
<td><strong>Happy Dance</strong></td>
<td>Every Fri.</td>
<td>6:30pm-8:30pm</td>
<td>North Domingo Baca Aerobic Room</td>
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<tr>
<td><strong>American Kenpo Karate</strong></td>
<td>Every Mon., Wed., &amp; Fri.</td>
<td>10:30am-12:30pm</td>
<td>North Domingo Baca Aerobic Room</td>
<td>Martial arts based on modern-day street fighting that applies logic and practicality</td>
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<tr>
<td><strong>NM Folk Dance</strong></td>
<td>Every Wed.</td>
<td>9:30am-11am</td>
<td>North Domingo Baca Aerobic Room</td>
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<tr>
<td><strong>Kung Fu</strong></td>
<td>Every Sat.</td>
<td>10:30am-12:30pm</td>
<td>North Domingo Baca Aerobic Room</td>
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<tr>
<td><strong>Aikido</strong></td>
<td>Every Tues. &amp; Thurs.</td>
<td>10:30am-12:30pm</td>
<td>North Domingo Baca Aerobic Room</td>
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<td><strong>Aikido</strong></td>
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<td>10:30am-12:30pm</td>
<td>North Domingo Baca Aerobic Room</td>
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</table>
Exercise Class Schedule

**Fit Ball:**
*Every Mon., Wed., & Fri.*
Strengthen and tone your body using exercises that combine stability balls and free weights. Good for improving posture, balance, and flexibility all while challenging your core.

*Joe O. Armijo Los Volcanes Sports and Fitness Center*
10:30am-11:30am

**Pilates:**
*Every Tues., & Thurs.*
This contemporary Pilates class is designed to emphasize core stability, postural alignment, full body breathing and total body toning. Pilates helps to increase flexibility, stamina, and builds strength while reducing stress and fatigue.

*Joe O. Armijo Los Volcanes Sports and Fitness Center*
10:45am-11:45am

**Yoga for Well-Being:**
*Every Thurs. & Sat.*
Improve balance, posture, and confidence with yoga. Increase strength, flexibility and focus. Let your breath guide you to relax or energize. All are welcome!

*Joe O. Armijo Los Volcanes Sports and Fitness Center*
Thurs.: 2:15pm-3:15pm
Sat.: 9am-10am

**Tai Chi:**
*Every Wed.*
Internal Chinese martial art practiced for defense training, health benefits and meditation

*North Domingo Baca Aerobic Room*
7:30pm-8:30pm

**Qigong:**
*Every Tues., Thurs. & Fri.*
Healing practice that combines meditation, controlled breathing and gentle movement

*North Domingo Baca Aerobic Room*
Tues.: 9am-10am
Thurs.: 9am-10am
Fri.: 1pm-2pm

**Yoga:**
*Every Sat.*
Mixed Level

*North Domingo Baca Aerobic Room*
9am-10:15am
Aquatics

Session One:
**Mon., Wed., & Friday, 9am-10am**
Number of classes: 3 classes/week
Transportation: provided from all six Albuquerque senior centers.
Self-drivers are also welcome, but must be registered for the session.

Session Two:
**Mon. & Fri., 1:15pm-2:15pm**
Number of classes: 2 classes/week
Transportation: provided from all six Albuquerque senior centers.
Self-drivers are also welcome, but must be registered for the session.

Session Three:
**Tues. & Thurs., 9am-10am**
Number of classes: 2 classes/week
Transportation: provided from Palo Duro Sports & Fitness Center.
Self-drivers are also welcome, but must be registered for the session.

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Water Exercise:
UNM Therapy Pool water exercise class will lead participants through a series of exercises that will increase joint mobility and develop muscular strength.

Registration:
Due to high program demand, aquatics registration is done by a lottery system. Lottery forms are available at all senior, multigenerational and fitness centers. Lottery forms can be picked up on the 10th of every month and must be returned by 15th of every month. Visit with front desk center staff for details.
Evidence Based Prevention classes

Tai Chi for Arthritis:
Every Tues.
Pre-Registration Required
Registration Begins Dec. 16, 2021
This 8-week 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 pain in arthritis patients, prevent falls in older adults and improve overall health.
Palo Duro 50+ Sports & Fitness Center
Jan. 11, 2022 - Mar. 1, 2022
1pm-2pm

Enhance Fitness:
Every Mon., Wed., & Fri.
Pre-Registration Required.
A low-impact aerobics class geared to strengthen and condition your whole body. An award–winning, evidence based physical activity for adults 50+ run by the New Mexico Senior Olympics.
Joe O. Armijo Los Volcanes Sports & Fitness Center
1pm-2pm
ABQ 50+ Games Information

- **Eligibility:**
The Albuquerque 50+ Games is an event open to all people who are at least 50 years of age by December 31, 2022 and have a current membership to the Department of Senior Affairs.

- **Partners/teams:**
Your doubles partner and or each team member must register separately.

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

- **Age Categories:**
50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99, 100+
  - Age divisions for doubles, mixed doubles, and team competitions will be determined by the age of the younger partner as of December 31, 2022.

- **Rules:**
Rules for the local Albuquerque 50+ Games are subject to change. New Mexico Senior Olympics Rule book is available online at www.nmseniorolympics.org

**Registration:**
- One registration form covers all events for the 2022 Albuquerque 50+ Games.
- Registration forms can be picked-up and completed forms can be returned to any sports & fitness center.
- Incomplete registrations cannot be accepted.
- All participants must have a valid Department of Senior Affairs membership to participate in the Albuquerque 50+ Games.

**ABQ 50+ Game Fees:**
- Department of Senior Affairs: Annual Membership-$20
- ABQ 50+ Games Registration-$12
- Golf Fees: $34 with cart (subject to change) Fee paid at golf course
- Bowling Fees: $8.00 per event. Fees paid at Skidmore’s Holiday Bowl

**Registration Deadlines:**
- One Week prior to events.
- Registration deadline for swimming is Wednesday February 9, 2022.
<table>
<thead>
<tr>
<th>Sport</th>
<th>Events</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Airgun</td>
<td>Competition: Pistol Standing, Pistol Supported, Rifle Standing &amp; Rifle Supported</td>
<td>Sat. Jan. 15, 2022</td>
<td>8:00am</td>
<td>Eldorado High School</td>
</tr>
<tr>
<td>Archery</td>
<td>Competition: Recurve w/Sights, Barebow Recurve No Sights, Compound Fingers w/Sights, Barebow Compound No Sights, Compound Release</td>
<td>Sat. April 23, 2022</td>
<td>9:00am</td>
<td>Archery Range, Tijeras, NM</td>
</tr>
<tr>
<td>Badminton</td>
<td>Competition: Singles, Doubles &amp; Mixed Doubles</td>
<td>Fri., April 1, 2022</td>
<td>10:00am</td>
<td>Manzano Mesa Multigenerational Center</td>
</tr>
<tr>
<td>Bowling</td>
<td>Competition: Singles, Doubles, Mixed Doubles, Teams</td>
<td>Tue. Mar. 1, 2022</td>
<td>9:00am</td>
<td>Skidmore's Holiday Bowl</td>
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<td>Wed. Mar. 2, 2022</td>
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<td>Thur. Mar. 3, 2022</td>
<td>12:30pm</td>
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<tr>
<td>Field Events</td>
<td>Competition: High Jump, Discus, Javelin &amp; Shot Put</td>
<td>TBD</td>
<td>5:00pm</td>
<td>TBD</td>
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<tr>
<td>Field Events</td>
<td>Competition: Long Jump &amp; Standing Long Jump</td>
<td>TBD</td>
<td>8:00am</td>
<td>TBD</td>
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<tr>
<td>Golf</td>
<td>Competition: Men's &amp; Women's 18 Hole Scratch</td>
<td>Wed., April 20, 2022</td>
<td>8:00am</td>
<td>Arroyo Del Oso Golf Course</td>
</tr>
<tr>
<td>Pickleball</td>
<td>Competition: Singles, Doubles, Mixed Doubles</td>
<td>Fri., May 13, 2022</td>
<td>12:00pm</td>
<td>Manzano Mesa Outdoor Courts</td>
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<td>Sat., May 14, 2022</td>
<td>8:00am</td>
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<td>Sun., May 15, 2022</td>
<td>8:00am</td>
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<tr>
<td>Powerwalk</td>
<td>Competition: 5K Powerwalk</td>
<td>Sat., April 16, 2022</td>
<td>8:00am</td>
<td>Balloon Fiesta Park</td>
</tr>
<tr>
<td>Powerwalk</td>
<td>Competition: 1500M</td>
<td>TBD</td>
<td>8:00am</td>
<td>TBD</td>
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<tr>
<td>Racewalk</td>
<td>Competition: 5K</td>
<td>Sat., April 2, 2022</td>
<td>8:00am</td>
<td>Balloon Fiesta Park</td>
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<tr>
<td>Racewalk</td>
<td>Competition: 1500M</td>
<td>TBD</td>
<td>8:00am</td>
<td>TBD</td>
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<tr>
<td>Roadrace</td>
<td>Competition: 5K &amp; 10K Run</td>
<td>Sat., April 9, 2022</td>
<td>7:00am</td>
<td>Balloon Fiesta Park</td>
</tr>
<tr>
<td>Shuffleboard</td>
<td>Competition: Singles &amp; Doubles</td>
<td>Fri., April 15, 2022</td>
<td>10:00am</td>
<td>Manzano Mesa Multigenerational Center</td>
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<tr>
<td>Swimming</td>
<td>Competition: Breaststroke : 50, 100, 200 &amp; 500; Freestyle : 50, 100, 200, &amp; 500; Backstroke : 50, 100, 200, &amp; 500; Butterfly : 50, 100, 200, &amp; 500; Individual Medley : 100, 200 &amp; 400 (4 Stroke, 1 Swimmer); Relay Medley : 200 (Open Stroke, 4 Swimmers)</td>
<td>Sat., Feb. 26, 2022</td>
<td>WARMUP/ CHECK IN: 7:30am</td>
<td>West Mesa Aquatic Center</td>
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<td>Note: Deadline to Register is Wednesday February 9, 2022</td>
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<td>8:30am</td>
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<tr>
<td>Table Tennis</td>
<td>Competition: Singles, Doubles &amp; Mixed Doubles</td>
<td>Sat., Mar. 26, 2022</td>
<td>9:00am</td>
<td>Bear Canyon Senior Center</td>
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<tr>
<td>Tennis</td>
<td>Competition: Singles, Doubles, Mixed Doubles</td>
<td>Tues., April 12, 2022</td>
<td>5:00pm</td>
<td>Jerry Cline Tennis Courts</td>
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<td>Tues., April 19, 2022</td>
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<td>Tues., April 26, 2022</td>
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<tr>
<td>Track</td>
<td>Competition: 50m, 100m, 200m, 400m, 800m, 1500m &amp; 4 by 100m relay</td>
<td>TBD</td>
<td>8:00am</td>
<td>TBD</td>
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