

BCSC ONGOING ACTIVITIES

Activity	Weekdays	Start Time	End Time	Location
Breakfast	M, Tu, W, Th, F	8:00 AM	- 9:00 AM	Multipurpose
Lunch	M, Tu, W, Th, F	11:30 AM	- 1:00 PM	Social Hall
ARTS AND CRAFTS				
Greeting Card/Paper Craft Group (Full)	Thursday - 2nd	9:30 AM	- 11:30 AM	Room 1
Independent Art Workshop	Wednesday	8:30 AM	- 11:30 AM	Room 4
Knitting & Crocheting (Project Linus)	Monday	9:30 AM	- 11:30 AM	Room 5
Quilting: Experienced	Tuesday	8:30 AM	- 11:45 AM	Room 3
Stained Glass Session I	Wednesday	8:00 AM	- 10:15 AM	Room 5
Stained Glass Session II	Wednesday	1:00 PM	- 4:00 PM	Room 5
Visual Journals	Saturday - 3rd	12:00 PM	- 2:30 PM	Rooms 3 & 4
Watercolor: Open Workshop	Tuesday	1:00 PM	- 4:00 PM	Room 3
Woodcarver Workshop: BC Carvers	Friday	8:00 AM	- 12:00 PM	Room 5
COMPUTERS				
Apple Mac and PC Open Computer lab	Monday, Wednesday, Friday	9:00 AM	- 11:00 AM	Computer
Apple User Group Meeting	Saturday - 4th	9:30 AM	- 12:30 PM	Computer
PC Computer Workshop	Wednesday - 3rd	1:30 PM	- 3:30 PM	Computer
DANCE				
Ballroom Dance Class (\$6/class)	Thursday	4:45 PM	- 5:45 PM	Social Hall
Line Dancing: Advanced	Thursday	1:30 PM	- 3:00 PM	Social Hall
Line Dancing: Beginning	Tuesday	1:30 PM	- 3:00 PM	Social Hall
Line Dancing: Improver Intermediate	Thursday	3:15 PM	- 4:30 PM	Social Hall
Line Dancing: Intermediate I	Tuesday	3:15 PM	- 4:30 PM	Social Hall
Thursday Night Dance (\$3)	Thursday	6:00 PM	- 8:30 PM	Social Hall
EXERCISE				
Chair Yoga (\$6.00)	Monday	2:00 PM	- 3:00 PM	Multipurpose
Dancing with the Bars	Thursday	8:30 AM	- 9:15 AM	Social Hall
Deep Stretch Yoga (\$5.00)	Thursday	11:30 AM	- 12:30 PM	Multipurpose
Hiking Group *Van* Offsite	Thursday - Every 2 Weeks		-	Offsite
Tai Chi Chih Practice	Wednesday	3:30 PM	- 4:00 PM	Room 1
Tai Chi Chuan *Class Full*(Enrollment	Saturday	11:15 AM	- 12:45 PM	Social Hall
TNT Dynamite Exercise (\$2.00)	Monday, Wednesday, Friday	9:30 AM	- 10:30 AM	Social Hall
Yoga & Fitness for Seniors	Friday	10:00 AM	- 11:00 AM	Multipurpose
Zumba Gold (\$3/class)	Monday, Wednesday, Friday	8:15 AM	- 9:15 AM	Social Hall
GAMES				
Cornhole	Friday	10:00 AM	- 12:00 PM	Park
Game Day	Wednesday	9:30 AM	- 11:00 AM	Multipurpose
Happy Gamers	Friday - 1st	9:30 AM	- 12:00 PM	Room 1
Mexican Train	Saturday	10:00 AM	- 12:30 PM	Room 1

Activity	Weekdays	Start Time	End Time	Location
GAMES- BOARD				
Chess for Fun	Friday	12:15 PM	- 4:30 PM	Room 1
Chess for Fun	Wednesday	11:30 AM	- 4:30 PM	Room 2
Chess for Fun	Saturday	9:00 AM	- 2:45 PM	Multipurpose
GAMES- TABLE				
Billiards (\$.25/day)	Saturday	9:00 AM	- 2:45 PM	Pool Room
Billiards (\$.25/day)	M, Tu , W, Th, F	8:00 AM	- 4:45 PM	Pool Room
Table Tennis	Monday	1:30 PM	- 4:30 PM	Social Hall
Table Tennis	Friday	2:30 PM	- 4:45 PM	Social Hall
Table Tennis	Thursday	9:30 AM	- 11:00 AM	West Social
Table Tennis	Saturday	9:00 AM	- 11:00 AM	Social Hall
Table Tennis - Intergenerational	Saturday	1:00 PM	- 2:45 PM	Social Hall
GAMES-CARD				
Bridge Walk In	Wednesday	12:00 PM	- 3:00 PM	Room 3
Canasta Hand & Foot	Monday	12:00 PM	- 4:30 PM	Room 4
Canasta: Hand & Foot	Thursday	12:00 PM	- 4:30 PM	Room 4
Cribbage	Thursday	9:30 AM	- 11:30 AM	Room 4
Hearts	Friday	9:00 AM	- 12:00 PM	Room 3
Mahjong (American version)	Monday	12:00 PM	- 3:00 PM	Room 3
Mahjong (Filipino version)	Saturday	12:00 PM	- 2:30 PM	Multipurpose
Monday Cribbage	Monday	9:00 AM	- 11:30 AM	Room 3
Pinochle	Friday	8:00 AM	- 12:00 PM	Lobby
Pinochle Group (Double Deck)	Friday	12:30 PM	- 4:45 PM	Room 4
Samba	Friday	12:30 PM	- 4:30 PM	Room 3
Shanghai Rummy	Tuesday	1:00 PM	- 4:00 PM	Lobby/MP
GROUPS AND CLUBS				
ABQ Coin Club Meeting	Saturday - 2nd	10:00 AM	- 12:30 PM	Room 2
ABQ Precancel Stamp Club	Thursday - 1st	7:00 PM	- 8:30 PM	Room 1
Calvary Connect Group	Thursday	7:00 PM	- 8:30 PM	Room 2
Cherokee SW Township	Saturday - 1st - Every 3 Months	10:30 AM	- 2:30 PM	Room 4
EFT Tapping Group (Emotional Freedom	Tuesday	1:00 PM	- 2:00 PM	Room 1
Fishing Club Meeting	Monday	1:00 PM	- 2:00 PM	Room 2
Lip Reading (\$5/book)	Monday	12:30 PM	- 1:30 PM	Room 1
Open Bible Study	Thursday	9:00 AM	- 11:00 AM	Room 2
Siglo de Oro RV Club (\$25/dues)	Tuesday - 3rd	10:00 AM	- 11:00 AM	Multipurpose
VFW Post 10763	Thursday - 1st	9:30 AM	- 11:00 AM	Room 3
Zia Rifle & Pistol Club	Thursday - 3rd	7:00 PM	- 8:45 PM	Room 5
Zia Sundials	Saturday - 2nd	12:30 PM	- 2:30 PM	Room 5
HEALTH				
Blood Pressure Screening	Wednesday	9:00 AM	- 11:00 AM	Room 2
Clean Slate (Kinesiology & Muscle	Friday	12:15 PM	- 1:15 PM	Room 5

Activity	Weekdays	Start Time	End Time	Location
GEHM RN Clinic	Tuesday - 2nd	8:30 AM	- 12:00 PM	Lobby
Happy Losers (Weight Loss Group)	Thursday	8:00 AM	- 9:15 AM	Room 4
Sounds for Wellness - Sound Healing	Thursday - 4th	9:00 AM	- 11:30 AM	Room 3

LANGUAGE

Beginning Spanish - The Basics (4/2 thru	Wednesday	10:15 AM	- 11:15 AM	Room 3
Dutch Speaking Group	Friday	10:00 AM	- 11:30 AM	Lobby
French Beginning I	Wednesday	12:00 PM	- 1:00 PM	Room 1
French Beginning II	Wednesday	1:30 PM	- 2:30 PM	Room 1
German I - German from Scratch	Thursday	1:00 PM	- 1:30 PM	Room 2
German II - Intermediate	Thursday	1:30 PM	- 2:30 PM	Room 2
German III	Thursday	2:30 PM	- 3:30 PM	Room 2
Intermediate German	Tuesday	10:00 AM	- 11:30 AM	Room 4
Italian Workshop: Intermediate	Tuesday	11:00 AM	- 12:30 PM	Room 2
Spanish - Adv (Conversation)	Tuesday	1:00 PM	- 3:00 PM	Room 2
Spanish - Intermediate/Advanced	Tuesday	9:00 AM	- 10:50 AM	Room 2

MUSIC

ABQ Accordion Club	Thursday - 2nd, 4th	7:00 PM	- 8:45 PM	Rooms 3 & 4
Bear Canyon Ukulele Club	Monday - 1st, 3rd	2:15 PM	- 4:15 PM	Room 1
Bear Tones	Thursday	10:00 AM	- 12:00 PM	Room 5
Beginning Piano	Friday	8:30 AM	- 10:30 AM	Room 2
Guitar - Advanced Performance	Wednesday	10:30 AM	- 12:30 PM	Room 5
Guitar - Bear Canyon Players (Full)	Friday - 1st,3rd	1:30 PM	- 4:00 PM	Room 5
Guitar - Beg / Inter II (Full)	Wednesday	12:00 PM	- 2:00 PM	Room 4
Guitar - Beginning (Full)	Wednesday	8:00 AM	- 9:30 AM	Room 1
Guitar - Classical (Full)	Thursday	12:00 PM	- 3:00 PM	Room 1
Guitar - Int. Acou Rock/Amer (Full)	Wednesday	10:00 AM	- 11:30 AM	Room 1
Guitar - Intermediate/Advanced	Thursday - 1st, 2nd, 4th, 5th	1:00 PM	- 3:00 PM	Room 5
Guitar - Jam Session Experienced	Monday	1:00 PM	- 4:00 PM	Room 5
Guitar - Workshop Intermediate	Monday	9:00 AM	- 11:00 AM	Room 1
Piano Workshop: Intermediate	Friday	10:45 AM	- 12:00 PM	Room 2

SOCIAL

Dessert Social	Friday - 3rd	1:30 PM	- 2:30 PM	Social Hall
Flea Market (May - Sept)	Tuesday - 2nd, 4th	10:00 AM	- 1:00 PM	Multipurpose
Friendship Coffee	Tuesday	9:30 AM	- 10:30 AM	Social Hall
I Need A Friend with Dr. Ted Coffman	Thursday	11:30 AM	- 12:30 PM	Room 2
Monthly Birthday Party	Wednesday - 2nd	1:30 PM	- 2:30 PM	Social Hall
Movie Matinee	Friday - 2nd	1:30 PM	- 3:30 PM	Room 5
New Member Orientation	Friday - 2nd	10:30 AM	- 11:30 AM	Room 1
Out to Dinner Bunch	Monday - 1st		-	Offsite
Out to Lunch Bunch *Van*	Thursday - 3rd		-	Offsite

Activity	Weekdays	Start Time	End Time	Location
SUPPORT GROUPS				
Grief Support Group	Monday - 2nd, 4th	3:00 PM	- 4:00 PM	Room 2
Prostate Cancer Support Group	Saturday - 1st, 3rd	12:30 PM	- 2:45 PM	Room
TRAINING				
AARP Defensive Driving	Thursday - 3rd	12:00 PM	- 4:00 PM	Room 5
AARP Defensive Driving	Saturday - 1st	9:30 AM	- 1:30 PM	Room 5
WRITING/LITERATURE/DISCUSSION				
Classic & Great Books Discussion	Friday - 2nd, 4th	1:00 PM	- 3:00 PM	Room 2
Free Write Workshop (Full)	Thursday - 3rd	1:00 PM	- 3:00 PM	Room 3
Inquiring Minds Discussion Group	Monday	10:00 AM	- 11:00 AM	Room 2
Literature and Medicine	Friday - 2nd, 4th	10:00 AM	- 11:00 AM	Room 4
Memoirs- Autobiography	Tuesday	9:00 AM	- 11:15 AM	Room 1
The Land of Enchantment Romance	Saturday - 4th	11:00 AM	- 2:30 PM	Room 2