

**ONE**  
**ALBUQUE** senior affairs  
**ROQUE**

# Activity Catalog

FOR SENIORS 50+

**(505) 764-6400**

[www.cabq.gov/seniors](http://www.cabq.gov/seniors)

Citizen Contact Center: 311

Facebook: @CABQSeniors

Instagram: @CABQSeniors

August through December 2022

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



# Message From Mayor Keller & Director Anna Sanchez

Dear Albuquerque,

It is hard to believe it's already been a year since we fully resumed programing at all our senior, multigenerational, and 50+ sports and fitness centers after the pandemic upended life for so many of us. Releasing a full-length catalog this year is a reminder of how critical these programs are. Our centers were some of the first in central New Mexico to reopen their doors and resume service for seniors as soon as it was safe to do so. The classes, events, and teams that our centers host are a great way to try new things and socialize with family and friends.

Continuing to find innovative opportunities that fulfill the evolving needs of Albuquerque's seniors is a priority for my administration and our department of Senior Affairs. We created opportunities to learn new computer skills and re-connect with long-distance family and friends. We also provide ways to learn more about the arts and music, and encouraged getting active with a new yoga class, senior aquatics program, and social dancing. Gaining new skills can be a way of adding joy and fun to our lives and we hope that as you read this catalog, you'll find events and programs that match your goals and interests.

As always, the department of Senior Affairs is here for you. We will continue to be responsive to your needs and interests, and push ourselves to pave the path for happy and healthier aging in our community. If you have questions, please reach out to our Senior Information Line, which serves as a front door to all we do. You can reach us at (505) 764-6400 or by email at [seniorinformation@cabq.gov](mailto:seniorinformation@cabq.gov). Our knowledgeable information specialists are available Monday through Friday, between 8:15 a.m. and 4:30 p.m. to help provide information and resources to actively and joyfully engage in the great city around you. We welcome you to join any of our upcoming activities!

Sincerely,



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



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

## Leadership

**Timothy M. Keller**

*Mayor, City of Albuquerque*

**Anna M. Sanchez**

*Director, The City of Albuquerque  
Department of Senior Affairs*

**Chris L. Sanchez**

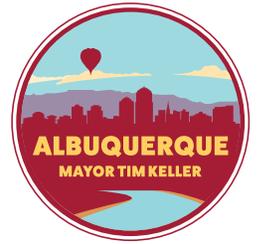
*Deputy Director, The City of Albuquerque  
Department of Senior Affairs*

**Alan Armijo**

*Associate Director*

**Nikki Peone**

*Associate Director*



## Department of Senior Affairs Advisory Council

Steve Borbas

Louis Carlentine

Havens Levitt

Lucy Lopez

Dubra Karnes-Padilla

Henry Shoner

Evan Thompson

Martha Medina

Teresa Haering

Raymond Taylor

Sheila Hundley

## City Councilors

District 1: Louie Sanchez

District 2: Isaac Benton  
*(President)*

District 3: Klarissa Peña

District 4: Brook Bassan

District 5: Dan Lewis

District 6: Pat Davis

District 7: Tammy Fiebelkorn

District 8: Trudy Jones

District 9: Renee Grout

**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.

## 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.

## Senior Affairs Membership

All Department of Senior Affairs Senior, Multigenerational and Fitness Centers operate on a membership basis. Memberships help us keep 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; however, a fee waiver can be requested. 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 age 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 aged 6 and older, including seniors.

## 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.



## Department of Senior Affairs Advisory Council Schedule of Meetings

**August**  
No Meeting

**September 26, 2022**  
12:00pm  
Highland Senior Center  
131 Monroe NE, 87108

**October 24, 2022**  
12:00pm  
Palo Duro Senior Center  
5221 Palo Duro NE, 87110

**November 21, 2022**  
12:00pm  
Manzano Mesa Multigenerational Center  
501 Elizabeth SE, 87123

**December**  
No Meeting

## CONTACT AND SERVICES

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 8:00am and 4:30pm, or visit: [CABQ.GOV/SENIORS](http://CABQ.GOV/SENIORS)

### Join Our Community Online

[Facebook.com/cabqseniors](https://Facebook.com/cabqseniors)

[Instagram.com/cabqseniors](https://Instagram.com/cabqseniors)

[cabq.gov/seniors](http://cabq.gov/seniors)

**YouTube** (search *cabqseniors*)

**Senior Information Line: 505-764-6400**

**TTY: 1-800-659-8331**

**Citizen Contact Center: 311**

**Email: [seniorinformation@cabq.gov](mailto:seniorinformation@cabq.gov)**

## Love our services? DONATE!

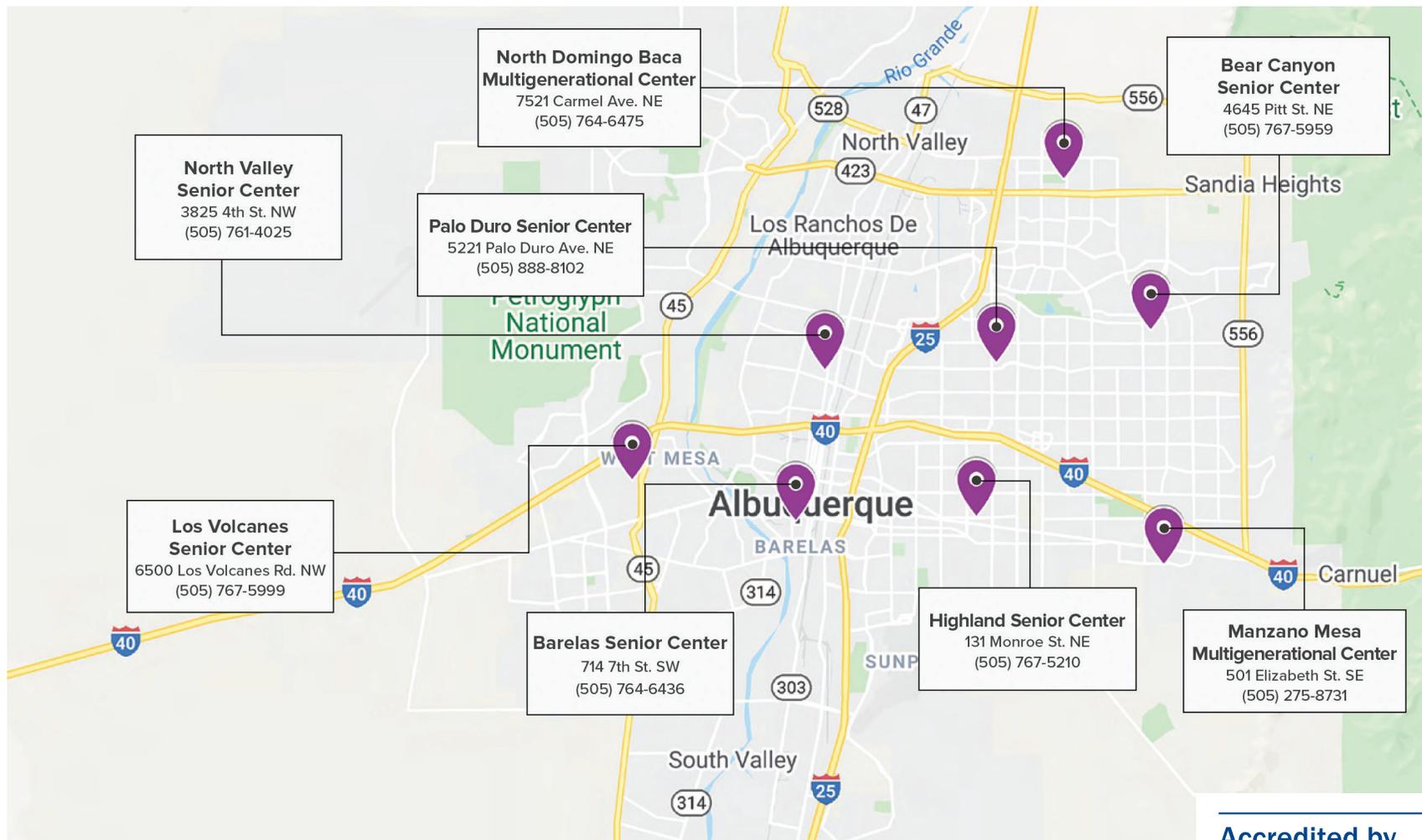
Donations made to the City of Albuquerque Department of Senior Affairs help us enrich the services that we offer the community. Help us ensure that there is truly something for everyone in Albuquerque.

**Visit us online at [cabq.gov/seniors](http://cabq.gov/seniors) or call (505) 764-6400.**

Center  
Memberships

**\$20**  
PER YEAR

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



Accredited by   
National Institute of  
Senior Centers

## CENTER DIRECTORY

Nationally Accredited Senior and Multigenerational Centers

### Center Closings

#### September 5

Labor Day

#### October 10

Indigenous People's Day

#### November 11

Veteran's Day

#### November 24 and 25

Thanksgiving Holidays

#### December 26

In observance of Christmas Day

### Senior Centers

#### Barelas Senior Center

714 7<sup>th</sup> SW, Alb, NM 87102  
Phone: 505-764-6436  
Monday–Friday: 8:00am–5:00pm

#### Bear Canyon Senior Center

4645 Pitt NE, Alb, NM 87111  
Phone: 505-767-5959  
M, T, W, F: 8:00am–5:00pm  
Thursday: 8:00am–9:00pm  
Saturday: 10:00am–4:00pm

#### Highland Senior Center

131 Monroe NE, Alb, NM 87108  
Phone: 505-767-5210  
M, T, Th, F: 8:00am–5:00pm  
Wednesday: 8:00am–7:00pm  
Saturday: 10:00am–4:00pm

#### Los Volcanes Senior Center

6500 Los Volcanes NW, Alb, NM 87121  
Phone: 505-767-5999  
M, T, W, F: 8:00am–5:00pm  
Thursday: 8:00am–7:00pm  
Saturday: 9:00am–1:00pm

#### North Valley Senior Center

3825 4<sup>th</sup> NW, Alb, NM 87107  
Phone: 505-761-4025  
M, T, W, F: 8:00am–5:00pm  
Thursday: 8:00am–7:00pm  
Sunday: 12:30am–5:00pm

#### Palo Duro Senior Center

5221 Palo Duro NE, Alb, NM 87110  
Phone: 505-888-8102  
M, T, Th, F: 8:00am–5:00pm  
Wednesday: 8:00am–7:00pm  
Saturday: 9:00am–1:00pm

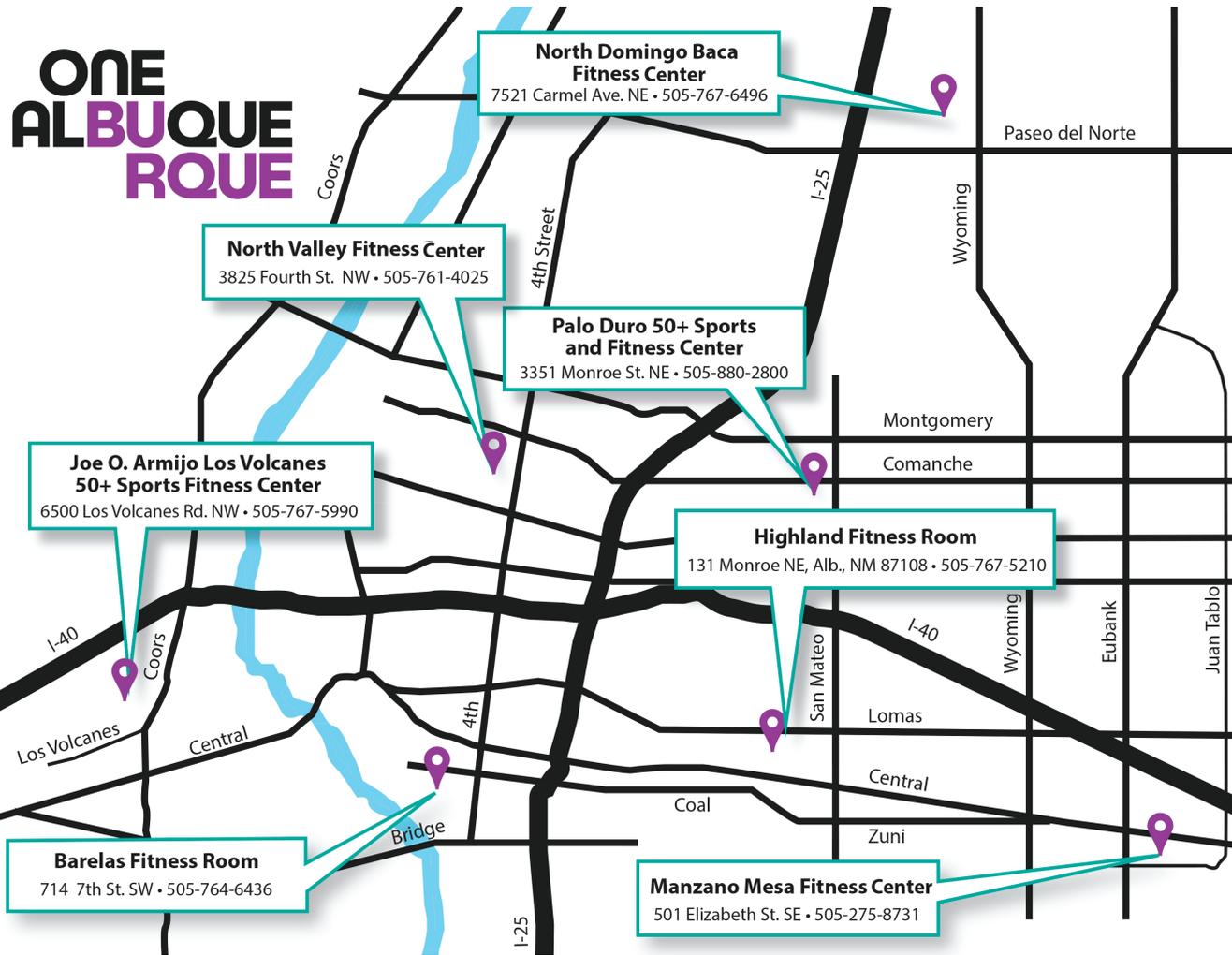
### Multigenerational Centers

#### Manzano Mesa Multigenerational Center

501 Elizabeth SE, Alb, NM 87123  
Phone: 505-275-8731  
Monday–Friday: 8:00am–5:00pm  
Saturday: 9:00am–3:00pm

#### North Domingo Baca Multigenerational Center

7521 Carmel NE, Alb, NM 87113  
Phone: 505-764-6475  
Monday–Friday: 8:00am–9:00pm  
Saturday: 8:00am–3:00pm



## 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  
505-767-5999  
Monday–Friday: 7:00am–7:00pm  
Saturday: 8:00am–2:00pm

#### North Valley Fitness Center

3825 4<sup>th</sup> St. NW, 87107  
505-761-4025  
Monday–Friday: 8:00am–5:00pm  
Tuesday: 8:00am–7:00pm  
Sunday: 12:30pm–4:30pm

#### Palo Duro Sports and Fitness Center

3351 Monroe NE, 87110  
505-880-2800  
Monday–Friday: 7:00am–7:00pm  
Saturday: 8:00am–2:00pm

### Multigenerational Sports and Fitness Centers

#### North Domingo Baca Sports and Fitness Center

7521 Carmel NE, 87113  
505-764-6475  
Monday–Friday: 8:00am–9:00pm  
Saturday: 9:00am–3:00pm

#### Manzano Mesa Sports and Fitness Center

501 Elizabeth SE, 87123  
505-275-8731  
Monday–Friday: 8:00am–9:00pm  
Saturday: 9:00am–3:00pm

### Fitness Rooms

#### Barelas Senior Center Fitness Room

714 7<sup>th</sup> St. SW, 87102  
505-764-6436  
Monday–Friday: 8:00am–5:00pm

#### Highland Senior Center Fitness Room

131 Monroe NE, 87108  
505-767-5210  
Monday–Friday: 8:00am–5:00pm  
Wednesday: 8:00am–7:00pm  
Saturday: 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**
- **Care Coordination**

Please call 505-764-6400 for more information about age requirements for any of our programs and services. Lines are open M-F, 8:15am to 4:30pm.



### The Home Repair Renovation and Maintenance Services Team

This team provides a variety of home chore and home repair services. These services are intended to address the safety needs of adults age 60 and older and may include yard cleaning, fall prevention safety equipment installation such as walker steps and wheelchair ramp modification.

### Home Delivered Meal Service

Home Delivered Meal Service is available for homebound adults age 60 and older 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. Qualifying individuals may receive a daily, fresh lunch delivered to their home Monday-Friday.

### Care Coordinators

Care Coordinators visit adults age 60 and older in their home to assess needs and assist in connecting with other community services and resources which support aging in place with dignity. Care Coordinators also help determine eligibility for Senior Affairs services including Home Delivered Meal Service, Homemaker Respite Care, Adult Day Service, Senior Companion Program and Medication Management programs.

### Senior Information and Assistance Representatives

Senior Information and Assistance representatives can connect older adults or family and professional caregivers to community-based resources and services for greater Albuquerque and surrounding Bernalillo County area.

Department of Senior Affairs Social Services are a donation-based service offered to Bernalillo County residents 60 years and older. For more information about Social Services or to donate towards the enhancement of services, please visit the website [cabq.gov/seniors](http://cabq.gov/seniors) or call (505) 764-6400, Monday – Friday during the hours of 8:15am – 4:30pm.



### Teeniors®

Teeniors® are tech-savvy teens and young adults who help seniors learn technology through one-on-one, personalized coaching. Now in collaboration with the City of Albuquerque, they are offering tutoring via phone and video calls to help you with your electronic devices at **no cost!** Whether you have questions about your cell phone, computers; or want to learn how to text, video call, share pictures, download Netflix; order groceries online, navigate the internet, or anything else—you can contact Teeniors directly to set up your free session: [teeniors@gmail.com](mailto:teeniors@gmail.com) or call 505-600-1297. Learn more: [www.teeniors.com](http://www.teeniors.com)

## 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 to 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 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.



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senior affairs



# SENIOR MEAL PROGRAM AND SENIOR MEAL SITES



Our senior meal program provides an opportunity to promote good health, encourage socialization and enhance nutritional education. Senior Affairs offers low-cost breakfast options and donation based or low-cost lunch options to older 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 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.

Barelas, Los Volcanes, North Valley, Manzano Mesa, & North Domingo Baca centers offer lunch at no cost to adults 60+ (*\$2-dollar donation suggested*). Ages 50-59, lunch is offered at a reduced rate of \$3.25.

Highland, Palo Duro, & Bear Canyon centers offer lunch for 50+ at a reduced fee of \$3.25 and also have low-cost made-to-order menu options.

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

## Senior Meal Site Locations

*DB=Donation-based lunch available  
LC=Low-cost lunch available*

### Barelas Senior Center

714 7<sup>th</sup> St. SW, 87102  
505-464-6436  
M–F: 8:00am–5:00pm  
*DB*

### Bear Canyon Senior Center

4645 Pitt NE 87111  
505-767-5959  
M–W: 8:00am–5:00pm  
TH: 8:00am–9:00pm  
SAT: 10:00am–4:00pm  
*LC*

### Highland Senior Center

131 Monroe NE, 87108  
505-767-5210  
M–T, TH–F: 8:00am–5:00pm  
W: 8:00am–7:00pm  
SAT: 10:00am–4:00pm  
*LC*

### Los Volcanes Senior Center

6500 Los Volcanes NW, 87121  
505-767-5999  
M–W, F: 8:00am–5:00pm  
TH: 8:00am–7:00pm  
SAT: 9:00am–1:00pm  
*DB*

### North Valley Senior Center

3825 4<sup>th</sup> St NW, 87107  
505-761-4025  
M,W–F: 8:00am–5:00pm  
TH: 8:00am–7:00pm  
SUN: 12:30pm–5:00pm  
*DB*

### Palo Duro Senior Center

5221 Palo Duro NE, 87110  
505-888-8102  
M–T, TH–F: 8:00am–5:00pm  
SAT: 9:00am–1:00pm  
*LC*

### Manzano Mesa Multigenerational Center

501 Elizabeth SE, 87123  
505-275-8731  
M–F: 8:00am–5:00pm  
SAT: 9:00am–3:00pm  
*DB*

### North Domingo Baca Multigenerational Center

7521 Carmel NE, 87109  
505-764-6475  
M–F: 8:00am–9:00pm  
SAT: 8:00am–3:00pm  
*DB*

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

### Current extended meal sites that are serving lunch under normal operations include:

- Raymond G. Sanchez Senior Center
- Rio Bravo Senior Center
- South Valley Multi-Purpose Senior Center
- Paradise Hills Community Center Annex
- Whispering Pines
- Cesar Chavez Community Center
- Los Duranes Community Center
- Taylor Ranch Community Center
- Westgate Community Center (*NEW LOCATION!*)
- Tijeras Senior Center  
(*Grab and Go lunch meals only during site renovation*)
- Reservations are required one day prior by 12 noon.

### Take-out lunch is offered for residents at the following locations:

- Ed Romero Terrace Apts.
- Encino Garden
- Encino Terrace
- Embudo Towers
- Shalom House

For these residential senior meal sites, residents can pick up their to-go meals from the dining hall. Reservations are required one day prior by 12:00pm.

The 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. 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 and current re-opening status.

**Raymond G. Sanchez Senior Center**  
9800 4<sup>th</sup> Street NW, 87114  
505-314-0082  
*DB*

**Whispering Pines**  
#6 Lark Road,  
Tijeras, NM 87059  
505-281-8003  
*DB*

**Paradise Hills**  
5901 Paradise Blvd NW,  
87114  
505-314-0246  
*DB*

**Embudo Towers**  
8010 Constitution NE,  
87110  
505-764-6474  
*DB*

**Rio Bravo Senior Center**  
3910 Isleta Blvd SW, 87105  
505-314-0049  
*DB*

**Ed Romero Terrace**  
8100 Central Ave SE, 87108  
505-232-8880  
*DB*

**Encino Garden**  
412 Alvarado SE, 87108  
505-266-7736  
*DB*

**Shalom House**  
5500 Wyoming NE, 87109  
505-823-1434  
*DB*

**Encino Terrace**  
609 Encino Place NE, 87102  
505-247-4185  
*DB*

**South Valley Multi-Purpose Senior Center**  
2008 Larrazolo SW, 87105  
505-468-7604  
*DB*

**La Amistad**  
415 Fruit NE, 87102  
505-848-1395  
*DB*

**Taylor Ranch Community Center**  
4900 Kachina Street NW,  
87120  
505-768-6006  
*DB*

**Cesar Chavez Community Center**  
7505 Kathryn Avenue SE,  
87108  
505-256-2680  
*DB*

**Los Duranes Community Center**  
2920 Leopoldo NW, 87104  
505-848-1338  
*DB*

**Tijeras Senior Center**  
#10 Tijeras Ave,  
Tijeras, NM 87059  
505-286-4220  
*DB*

*\* Site under construction please call (505) 269-7518 for updated details*

**Westgate Community Center (*NEW LOCATION!*)**  
10001 De Vargas Rd. SW,  
87121  
505-768-4750

## Center Memberships

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



# 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 – 8:45pm  
\$3 Admission

### LOS VOLCANES SENIOR CENTER

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

### NORTH VALLEY SENIOR CENTER

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



## Senior Center Flea Markets

### BARELAS SENIOR CENTER

Every Thursday  
8:30am–11:00am

### BEAR CANYON SENIOR CENTER

Every Tuesday  
10:00am–2:00pm

### HIGHLAND SENIOR CENTER

Every Monday  
8:00am–12:00pm

### LOS VOLCANES SENIOR CENTER

Every Friday  
8:00am–11:00am

### NORTH VALLEY SENIOR CENTER

Every Wednesday  
8:30am–11:30am

### PALO DURO SENIOR CENTER

2<sup>nd</sup> Monday of Each Month  
8:30am–12:30pm

## Friendship Coffee

### BARELAS SENIOR CENTER

Every Wednesday  
9:30am–10:30am

### BEAR CANYON SENIOR CENTER

Every Tuesday  
9:30am–10:30am

### HIGHLAND SENIOR CENTER

Every Thursday  
11:00am–12:00pm

### NORTH VALLEY SENIOR CENTER

Every Wednesday  
8:30am–10:30am

### PALO DURO SENIOR CENTER

Every Tuesday & Thursday  
9:30am–10:30am



## 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-emergent 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.

Monday & Wednesday  
9:00am–12:00pm

#### CERAMICS

##### Palo Duro Senior Center

For anyone interested in working with molded, clay objects.

Monday & Thursday  
9:30am–12:00pm

#### CERAMICS

##### 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.

Monday & Friday  
9:00am–12:00pm

#### POTTERY

##### Manzano Mesa Multigenerational Center

Self-directed class. All levels welcome. From pinch pots, slabs, coiling to wheel throwing.

Tuesday & Thursday  
8:30am–11:30am

#### POTTERY

##### North Valley Senior Center

All levels welcome. From pinch pots, slabs, coiling to wheel throwing.

Monday 8:00am–12:00pm

#### POTTERY

##### Palo Duro Senior Center

All levels welcome. From pinch pots, slabs, coiling to wheel throwing.

Wednesday & Friday  
9:00am–12:00pm

#### POTTERY

##### Los Volcanes Senior Center

Learn and 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!

Wednesday 9:00am–12:00pm

#### POTTERY: CLAY CLASSES

##### North Domingo Baca Multigenerational Center

Learn the origins of pottery sculpting. *Class begins September 2022.*

Tuesday & Wednesday  
9:00am–1:00pm

#### 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

#### STAINED GLASS

**Instructor:** Terry

##### North Valley Senior Center

Must provide Own Materials. Learn how to cut, grind and copper foil glass, assemble, solder and complete projects.

Tuesday, Wednesday & Thursday  
9:00am–12:00pm

### Crocheting, Knitting, Quilting, Sewing & Weaving

#### BUSY BEES CROCHET & KNITTING

##### Palo Duro Senior Center

Projects made with the group, such as blankets, scarves and hats are donated to various non-profit organizations

Wednesday 12:00pm–3:00pm

#### CROCHETING

##### 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

#### KNITTING AND 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 9:00am–11:30am

#### QUILTING: CLUSTER

##### North Domingo Baca Multigenerational Center

Learn more about cluster quilting and how to create interesting texture and designs to your quilting work.

Friday 10:00am–4:00pm

#### QUILTING: EXPERIENCED

##### Bear Canyon Senior Center

This group of experienced hand quilters works 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 by all.

Monday 8:00am–5:00pm  
Sunday 12:30pm–5:00pm

#### SWEDISH WEAVING

##### Los Volcanes Senior Center

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

Tuesday 12:00pm–2:00pm

#### SWEDISH WEAVING

##### Palo Duro Senior Center

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

Tuesday 2:15pm–4:15pm

# CLASSES

## Drawing, Painting, Folk Art, Photography & Watercolor

### BEGINNING ACRYLIC PAINTING WITH GILLOTTI

#### Barelas Senior Center

Bring a canvas or canvas board and brushes if you have them (1 brush 1" wide min, 2" preferred). This class is for the beginner painter. *Beginning September 6<sup>th</sup>*  
Tuesday 9:00am–12:00pm

### DRAWING

#### Los Volcanes Senior Center

Learn the techniques of free hand drawing with our instructor Janet Dominguez!  
Thursday 9:00am–11:00am

### 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–11:00 am

### OIL PAINTING: OPEN WORKSHOP

#### Bear Canyon Senior Center

No registration required, bring your own materials.  
Wednesday 8:30am–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–10:30 am  
Thursday 6:00 –8:00pm

### RETABLOS/HISPANIC FOLK ART

#### Barelas Senior Center

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

### ROSEMALERS

#### Highland Senior Center

Rosemaling from Norway, dalmalning from Sweden, hindeloopen from Holland and bauernmalerei from Germany and others. Bring a wood piece to get started.  
Friday 9:30am–11:30am  
2<sup>nd</sup> Saturday 10:00am–12:00pm

### 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 to include 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.  
3<sup>rd</sup> Saturday 12:00pm–2:30pm

### WATERCOLOR: OPEN STUDIO

#### Highland Senior Center

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: OPEN WORKSHOP

#### 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

### A GATHERING OF ARTISTS

#### Highland Senior Center

Also 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

### ARTIST'S CORNER

#### Manzano Mesa Multigenerational Center

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

### ARTS AND 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

### 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.  
Tuesday 1:00pm–3:00pm

### LAPIDARY: BEGINNERS

#### Palo Duro Senior Center

Learn the craft of working, forming and finishing stone, minerals and gemstones. Open to everyone! Please join us!  
Monday 8:30am–11:30am  
Tuesday 8:30am–11:30am

### LAPIDARY: INTERMEDIATE

#### Palo Duro Senior Center

Open to everyone! Learn the craft while using power tools. Please join us!  
Friday 8:30am–11:30am

### LAPIDARY: OPEN STUDIO

#### Palo Duro Senior Center

Go at your own pace. Self-taught.  
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. If interested, please join us, just come ready to work and see if we are a good fit for you!  
1<sup>st</sup> and 3<sup>rd</sup> Friday 1:00pm–3:00pm

### ORIGAMI

#### Los Volcanes Senior Center

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

# CLASSES

## PLASTIC CANVAS

**Los Volcanes Senior Center**  
Plastic canvas is a foundation for needlepoint or other canvas work embroidery. Artwork like tissue box covers, small jewelry boxes, handbags, and other decorative objects can be created in this class!  
Friday 1:00pm–3:00pm

## 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

## Woodwork, Stained Glass, Leather, Metal and Tin Work

### METAL AND SILVERSMITHING

**Palo Duro Senior Center**  
Begin with basic skills such as forging, soldering, setting, etc.  
Wednesday 12:00pm–3:00pm

### 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.  
Tuesday 8:30am–11:30am

## 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. This class is self-taught. 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

### 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 AND GREAT BOOKS DISCUSSION GROUP

**Bear Canyon Senior Center**  
Read and discuss the classics with this group.  
2<sup>nd</sup> & 4<sup>th</sup> Friday 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, if desired.  
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**  
Recommendations and discussions of best mystery and suspense titles.  
2<sup>nd</sup> Tuesday 1:30pm–2:30pm

#### WORD WRIGHT'S WRITING

**North Domingo Baca Multigenerational Center**  
Open creative writing group.  
Monday 1:30pm–3:30pm

## Computer (Open Computer Lab)

**BEAR CANYON SENIOR CENTER**  
Mon.–Fri. 9:00am–11:00am

**LOS VOLCANES SENIOR CENTER**  
Mon.–Fri. 9:00am–1:00pm

**MANZANO MESA MULTIGENERATIONAL CENTER**  
Mon.–Fri. 9:00am–11:15am

**NORTH VALLEY SENIOR CENTER**  
Tues.–Fri. 1:00pm–3:00pm

**PALO DURO SENIOR CENTER**  
Mon.–Fri. 9:30am–11:30am

## Dance

### BALLROOM DANCE CLASS

**Bear Canyon Senior Center**  
*\$6.00 per session*  
Learn to ballroom dance with Cristel.  
Thursday 5:00pm–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. Other dances such as Salsa or Viennese Waltz, are sometimes taught. Some fitness, stretching and conditioning may be included. FEE BASED CLASS.  
Saturday 1:00pm–2:00 pm

# CLASSES

## BALLROOM DANCING: BEGINNERS

**Instructor:** Beth  
**Highland Senior Center**  
 Come and learn basic moves for ballroom dancing. No dancing partner required.  
 Tuesday 10:00am–12:00pm

## JAPANESE FOLK DANCE

**Bear Canyon Senior Center**  
 Community based dance group focused on Japanese classic and folk dances.  
 Monday 10:00am–12:00pm

## LINE DANCING

### **Barelas Senior Center**

**BEGINNERS:**  
 Wednesday 9:00am–10:00am  
**HIGH BEGINNERS:**  
 Wednesday 10:15am–11:15am  
**INTERMEDIATE:**  
 Friday 9:30am–11:00am

### **Bear Canyon Senior Center** *(\$1 donation appreciated)*

**BEGINNERS:**  
 Tuesday 1:30pm–3:00pm  
**IMPROVE/INTERMEDIATE:**  
 Thursday 3:15pm–4:30pm  
**INTERMEDIATE:**  
 Tuesday 3:15pm–4:30pm  
**ADVANCED:**  
 Thursday 1:30pm–3:00pm

### **Manzano Mesa Multigenerational Center**

**BEGINNERS:**  
 Monday 9:15–11:15am  
**INTERMEDIATE:**  
 Tuesday 9:15am–11:15am  
**INTERMEDIATE:**  
 Tuesday 1:30pm–3:30pm  
**STARTER:**  
 Wednesday 12:15pm–1:15pm  
**BEGINNERS/IMPROVER:**  
 Wednesday 1:30pm–3:30pm

**INTERMEDIATE:**  
 Friday 1:30pm–4:00pm

### **North Domingo Baca Multigenerational Center**

**BEGINNERS:**  
 Thursday 1:30pm–3:00pm  
**INTERMEDIATE:**  
 Wednesday 1:30–3:00pm

## MANZANO MESA CLOGGERS

**Manzano Mesa Multigenerational Center**  
*(Beginning August 12)*  
 FUN CLOGGING group, dancing to all kinds of music!  
 Friday 5:00pm–6:30pm

## WISE WOMEN BELLY DANCE

**Manzano Mesa Multigenerational Center**  
 Learn the technique and basics to this beautiful centuries-old dance form. *\$5 1<sup>st</sup> introductory class, \$35 for 4 classes*  
 Last Thursday 6:00pm–8:00pm

## Language

### DUTCH: SPEAKING CLUB

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

### FRENCH: INTERMEDIATE

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

## GERMAN: CONVERSATIONAL

**Bear Canyon Senior Center**  
 This class is designed for people with some knowledge of German grammar and pronunciation who want to improve their long-lost memory from travels and previous classes. Teacher is a native-born German and brings a comprehensive knowledge of customs, culture and language to make this class informative and fun.  
 Tuesday 1:15pm–3:15pm

## GERMAN: INTERMEDIATE

**Palo Duro Senior Center**  
 This is not a conversation class. Members will need to have pronunciation and grammar under control and can write sentences with dependent clauses.  
 Thursday 9:00am–10:30am

## ITALIAN: BEGINNERS

**Barelas Senior Center**  
 Learn the language of love! Whether you are a beginner starting with 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

## 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 11:30am–12:30pm

## SPANISH: BEGINNERS

**Barelas Senior Center**  
 This class is tailored for beginners and for those trying to sharpen their skills.  
 Wednesday 1:00pm–2:00pm

## SPANISH: CONVERSATION

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

## SPANISH: CONVERSATION ADVANCED

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

## SPANISH WORKSHOP: INTERMEDIATE AND 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.  
 2<sup>nd</sup> & 4<sup>th</sup> Thursday 7:00pm–8:45pm

### BEARTONES

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

# CLASSES

## GUITAR: BEGINNERS

### Bear Canyon Senior Center

You will need your own instrument and music stand.  
Wednesday 8:00am–9:30am

## GUITAR: CLASSICAL BEGINNERS

### Los Volcanes Senior Center

Classical guitars can also be great instruments for beginners. Learn to play classical guitar with these beginner lessons.

Friday 10:00am–12:00pm

## GUITAR JAM SESSION—EXPERIENCED

### Bear Canyon Senior Center

A jam session for experienced guitar players.

Monday 1:00pm–4:00pm

## 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

The jam session is open to anyone who wants to sit down and share the gift of music with others. Bring an instrument or two if you have one, so we can share. Come share your musical experience with old friends or meet new people while jamming!

2<sup>nd</sup> Saturday 1:30pm–3:30pm

## KARAOKE

### Los Volcanes Senior Center

Everyone is welcome to join us and show off your singing skills to your favorite songs!

1<sup>st</sup> Wednesday 1:30pm–4:00pm

## LIVE MUSIC KARAOKE SINGING CLASS

### Bear Canyon Senior Center

Singing with Norio Hayakawa.

Wednesday 3:00pm–4:00pm

## PIANO: BEGINNERS

### Bear Canyon Senior Center

Come learn to play the piano or improve your skills with us.

Friday 9:00am–10:30am

## PIANO: INTERMEDIATE

### Bear Canyon Senior Center

Students late elementary to advanced. Bring your own piano music books. Some music will also be provided.

Friday 10:45am–12:00pm

## Sports & Fitness

## ACUPRESSURE

### North Valley Senior Center

Acupuncture is a form of Chinese medicine, which restores harmony in the body, mind and spirit. Focus primarily on physical pain, my particular style is very gentle. Headaches, sinus congestion, nerve issues, muscle restriction and arthritic pain can all be improved using the acupoints and the meridian system. *Suggested donation of \$0-\$15 for 30 minutes or \$25 for an hour.*

Friday 9:00am–12:00 pm

## AEROBICS

### Manzano Mesa Multigenerational Center

This energetic class challenges you with a variety of low impact aerobic techniques.

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

## AEROBICS

### Barelas Senior Center

Come experience a fun exercise class set to some great oldies music! Exercise at your own level with a combination of cardio exercises along with weights & resistance bands.

Tuesday 10:00am–11:00am

## AEROBICS/EXERCISE TO MUSIC

### Highland Senior Center

Our classes are fun routines designed with low impact aerobic exercises to strengthen the cardiovascular system in combination with energizing music. *.50¢ donation per class.*

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

## AEROBICS & PILATES STRETCHING

### Barelas Senior Center

Come join us for aerobic exercise along with Pilates stretching on mats and use of weights. Work at your own level and improve your coordination and balance.

Thursday 1:30pm–2:30pm

## DANCE AND 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.

1<sup>st</sup> & 3<sup>rd</sup> Thursdays 2:00pm–3:00 pm

## 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. *\$2.00 per session.*

Thursday 8:30am–9:15am

## 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.

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

## ENHANCE FITNESS

### North Domingo Baca Multigenerational Center

Each class session includes cardiovascular, strength training, balance and flexibility exercises.

Monday, Wednesday & Friday  
8:05am–9:05am  
10:15am–11:15am

## FELDENKRAIS

### 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.

Tuesday 10:00am–11:00am  
6:00pm–7:00 pm

# CLASSES

## FIT FOR SENIORS

### North Domingo Baca Multigenerational Center

Fitness focused on heart and respiratory, muscle strengthening, flexibility, and balance. FEE BASED CLASS.

Tuesday & Thursday  
9:30am–10:30am

## FLEX & TONE

### Highland Senior Center

Elongate and strengthen your muscles, increases flexibility, improves posture and helps develop a strong core.

*.50¢ donation per class.*

Tuesday & Thursday  
8:15am–9:15am

## FLEX & TONE

### Manzano Mesa Multigenerational Center

Low impact, low intensity workout that will tone your muscles, increase your range of motion and improve flexibility.

Tuesday & Thursday  
8:15am–9:15am

## 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. *.50¢ donation per class.*

Monday, Wednesday & Friday  
10:15am–11:15am

## GENTLE EXERCISE

### Manzano Mesa Multigenerational Center

Gentle exercise consists of using gentle cardio workout techniques.

Monday, Wednesday & Friday  
9:30am–10:30am

## JAZZERCISE

### North Domingo 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 popular music. FEE BASED CLASS.

Monday 9:15am–10:15am  
& 4:30pm–5:30pm

Tuesday 8:05am–9:05am

Wednesday 4:30pm–5:30 pm

Thursday 8:05am–9:05am

Friday 9:10am–10:10am

Saturday 10:30am–11:30 am

## PERSONAL DEFENSE CLUB

### Manzano Mesa Multigenerational Center

Are you ready to defend yourself and loved ones if the need arises? The personal defense club teaches modern unarmed, stick, knife and gun (no live weapons at the Mesa). Our method is to begin with solo command and mastery, then working two person drills and sets and finishing with 'combat scenarios' where the student gets to explore the application in a safe, but realistic manner. No previous martial arts experience required, though martial artists and sport fighters of all types and levels are welcome and appreciated.

Tuesday 7:30 – 8:45pm

## PICKLEBALL

### Los Volcanes Senior Center

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

Monday 9:30am–11:00am  
& 1:30pm–4:00pm

5th Wednesday 9:30am–11:00am

Thursday 4:30pm–6:30 pm

## PICKLEBALL: LEARN TO PLAY

### North Domingo Baca Multigenerational Center

Pickleball is 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

## PICKLEBALL: OPEN PLAY

### Manzano Mesa Multigenerational Center

*(Returning second week in August)*

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

Thursday 2:00pm–4:00pm

## PICKLEBALL: OPEN PLAY

### North Domingo Baca Multigenerational Center

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

Friday 12:00–2:00pm

## PICKLEBALL: TRAINING

### Manzano Mesa Multigenerational Center

*(Returning second week in August)*

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

Tuesday & Thursday  
9:30am–11:30am

## PILATES

### Barelas Senior Center

Increase your core strength, balance and flexibility while having fun. Students of all levels can safely participate in these invigorating 50 minute classes. Special 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.

Monday 8:3am–9:30am

## PILATES

### North Valley Senior Center

Learn the value of core stabilization, muscle balance and proper alignment while integrating the concept of mindfulness, fluidity and grace.

Wednesday 8:30am–9:30am

## REFLEXOLOGY

### North Valley Senior Center

Reflexology is a type of massage that involves applying different amounts of pressure onto the feet to help you relax and feel better. Reflexology helps to improve blood circulation and energy in the body. *Suggested donation of \$0-\$15 for 30 minutes or \$25 for an hour.*

Tuesday 1:00pm–3:00pm

Friday 11:00am–1:00 pm

# CLASSES

## TAI CHI

### Manzano Mesa Multigenerational Center

Tai Chi is a moving meditation in the form of a series of gentle exercises that create harmony between the mind and body.

Tuesday & Thursday  
9:00am–10:00am

## TAI CHI

### North Valley Senior Center

Tai chi is an ancient Chinese exercise that focuses on the benefits of flexibility, muscle strengthening, and endurance training. This exercise class can help older adults improve their balance and lower their fall risk.

**Cost: Donations welcome.**

Monday & Friday 9:30am–10:30am

## TAI CHI

### Highland Senior Center

Improved strength, flexibility, peace of mind and relaxation.

Thursday 10:30am–11:30am

## TAI CHI FOR HEALTH

### Barelas Senior Center

*Eight-week course starting Aug. 5<sup>th</sup>*

Tai Chi for Arthritis and falls prevention has been shown to prevent falls, reduce pain, improve physical and cognitive function, enhance self-efficiency, relieve depression and increase health-related quality of life.

Thursday 1:15pm–2:15 pm

## T'AI CHI CH'UAN

### Bear Canyon Senior Center

A form of martial arts that provides a cardiovascular workout and improves balance.

**Open to new participants every January and July each year.**

**T'ai Chi Chih Practice: Wednesday 3:30pm–4:30pm.**

Saturday 11:30am–1:00pm

## 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.**

Monday, Wednesday & Friday  
9:30am–10:30am

## YOGA

### Highland Senior Center

Helps improve posture and core strength, as well as reduce lower back pain and increase muscle flexibility. **\$6 per class.**

Monday 1:00pm–2:00pm

## YOGA

### North Domingo Baca Multigenerational Center

Combine physical postures, breathing techniques, meditation and relaxation to promote mental and physical well-being. **FEE BASED CLASS.**

Monday 9:00am–10:00 am  
Friday 1:00am–2:00pm

## 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 help the body stretch deeper and achieve new depths, while teaching your muscles to move in a completely new way.

**Cost: Donations welcome.**

Thursday 9:00am–10:00am

## YOGA: CHAIR

### North Valley Senior Center

Chair yoga is 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. **Cost: \$10**

Monday, Wednesday & Friday  
2:00pm–3:00pm

## YOGA: DAHN

### 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. **Cost: \$3.**

Tuesday & Thursday  
3:15pm–4:15pm

## YOGA: ENERGY

### Highland Senior Center

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.

Tuesday 10:30am–11:30am

## YOGA: GENTLE HATHA

### North Valley Senior Center

Develop a deeper connection to self through a slow paced, gentle hatha yoga practice. We will utilize various breath techniques as we flow through different yoga asanas/poses to help promote stress reduction, increase flexibility and decrease chronic pain. Essential oils, affirmations and various props will be used throughout the class. **Cost: \$5**

Monday 3:45pm–4:45pm

## YOGA: HATHA BLEND

### Manzano Mesa Multigenerational Center

A yoga class described as 'Hatha' will typically involve a set of physical postures (*yoga poses*) 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

## ZHINENG QIGONG

### Los Volcanes Senior Center

Zhineng Qigong is the world's most practiced medicine-less Qigong. Utilizing both the mind & body to bring in positive energy & release negative energy. Don't forget to dress comfortably!

Monday 2:00pm–3:30pm

## CLASSES

### 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.

Monday, Wednesday & Saturday 9:15 am–10:15am

### ZUMBA

#### 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!

*Cost: Donations welcome.*

Tuesday 5:30pm–6:30pm

### ZUMBA GOLD

#### Bear Canyon Senior Center

Check out this fun dance/aerobics class. No dance experience required. *\$2 per session.*

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

### ZUMBA GOLD

#### 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

## LUNCHEON EVENTS

### Annual Holiday Senior Luncheon Events

Reservations and pre-payment are required.

For more information, please contact the hosting senior or multigenerational center directly.



### THANKSGIVING SENIOR LUNCHEON

#### Palo Duro Senior Center

Thursday, November 24<sup>th</sup>, 2022 11:30am–1:00pm

### WINTER HOLIDAY SENIOR LUNCHEON

#### Los Volcanes Senior Center

Sunday, December 25<sup>th</sup>, 2022 11:30am–1:00pm

## GROUPS, CLUBS & COMMUNITY GROUPS

### CHEROKEES OF NM

#### Manzano Mesa Multigenerational Center

Members of the Cherokee Nation gather to discuss traditions and culture.

3<sup>rd</sup> Saturday 12:00pm–2:45pm

### CHEROKEE SW TOWNSHIP

#### Bear Canyon Senior Center

Members of the Cherokee Nation gather to discuss traditions and culture.

2<sup>nd</sup> Saturday 10:30am–2:30pm

### DEAF SENIORS OF GREATER ALBUQUERQUE GROUP

#### Palo Duro Senior Center

Social group for Deaf Seniors. Thursday 8:30am–10:30am

### FISHERMAN'S CLUB

#### North Valley Senior Center

Fisherman and Fisherwomen meet every week to decide where the group will go fishing.

Monday 10:00am–11:00am

### FISHING CLUB

#### Bear Canyon Senior Center

Male and female anglers at all levels meet bi-weekly to decide where the group will go fishing in New Mexico.

Monday 1:00pm–2:00pm

### FISHING CLUB

#### Los Volcanes Senior Center

Interested in learning about fishing? Join our fishing club and go on fishing excursions to various lakes!

Wednesday 9:00am–10:00am

Trips every Thursday  
*Time is TBD*

### GARDEN CLUB

#### Los Volcanes Senior Center

Join our garden club and learn about planting veggies, plants, flowers and more!

Wednesday 9:00am–10:15am

### 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.

Monday 3:00–4:30pm

# GROUPS, CLUBS & COMMUNITY GROUPS

## HAPPY LOSERS

### Bear Canyon Senior Center

Weight Loss Group.  
Be supported in your weight loss journey.

Thursday 8:00am–9:15am

## HIGH ENERGY ACTIVE TRAVELER - H.E.A.T

### Bear Canyon Senior Center

Come join other adventurers who want to explore and travel together.

1<sup>st</sup> & 3<sup>rd</sup> Friday 1:00pm–3:00pm

## INVESTMENT CLUB

### Palo Duro Senior Center

Provide sound investment information 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. All club members are seniors and are members of the Palo Duro Senior Center.

3<sup>rd</sup> Tuesday 10:00am–12:00 pm

## LIONS CLUB

### Manzano Mesa Multigenerational Center

Serve and take an active interest in the civic, cultural, social and moral welfare of the community.

1<sup>st</sup> & 3<sup>rd</sup> Monday  
6:00pm–7:00pm

## 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

## OLOC (OLDER LESBIAN'S ORGANIZING FOR CHANGE)

### Highland Senior Center

This group is a cooperative community of Old Lesbian feminist activists from many backgrounds working for justice, and the well-being of all Old Lesbians. OLOC's Mission Statement is "To eliminate the oppression of ageism, and to stand in solidarity against all oppressions."

3<sup>rd</sup> Saturday 12:30pm–3:30pm

## PHILATELIC CLUB

### Palo Duro Senior Center

Come and Join us every week for stamp collecting.

Monday 12:00pm–2:00pm

## PROSTATE CANCER SUPPORT

### Bear Canyon Senior Center

Support group for men going through prostate issues.

1<sup>st</sup> & 3<sup>rd</sup> Saturday  
12:30pm–2:45pm

## ROCK HOUNDS

### Palo Duro Senior Center

Travel with us and look for treasures.

Meetings: 1<sup>st</sup> & 3<sup>rd</sup> Thursday  
12:00pm–1:00pm

Trips 2<sup>nd</sup> & 4<sup>th</sup> Thursday  
*Time is TBD*

## SAGE MEN'S COFFEE GROUP

### Highland Senior Center

Men's 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 the members of our community. *(Please check with center for June & July times)*

Every Other Wednesday  
10:00am–12:00pm

## 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.

2<sup>nd</sup> Thursday 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.  
**\$25.00 membership dues.**

3<sup>rd</sup> Thursday 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

## T.O.P.S

### Palo Duro Senior Center

Helping people take off pounds sensibly.

Monday 11:45am–1:00pm

## T.O.P.S

### Manzano Mesa Multigenerational Center

Helping people take off pounds sensibly.

Friday 10:00am – 11:30am

## VFW POST 10763

### Bear Canyon Senior Center

Veterans of foreign wars get together to share experiences.

1<sup>st</sup> Thursday 10:00am–12:00pm

## ZIA SUNDIALS CHAPTER #106

### Bear Canyon Senior Center

Members of the National Association of Watch and Clock Collectors.

2<sup>nd</sup> Saturday 12:30pm–2:30pm

# Volunteer and make a difference!

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

Volunteers play a critical role in achieving the City of Albuquerque’s 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, Senior Affairs has a volunteer opportunity for you!

Senior Affairs offers an array of volunteer opportunities across our senior, multigenerational and fitness centers. There are also opportunities within our Home Services, Transportation and Nutrition programs. Volunteers can support Senior Affairs Home Service staff members with painting, minor repairs, or yard work to help make seniors’ homes more accessible allowing them maintain their independence. Other opportunities include meal preparation within our central kitchen, meal site distribution, and help with our home delivered meal program. Get involved and make a difference by providing care and compassion that help our community thrive while embracing aging.



## Volunteers of any age can help, sign up today:

- Visit [cabq.gov/seniors/senior-volunteer](http://cabq.gov/seniors/senior-volunteer) for volunteer opportunities.
- Email [servewithseniors@cabq.gov](mailto:servewithseniors@cabq.gov) or call (505) 767-5241 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:



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



## 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, City of Albuquerque Child Development Centers, YDI Head Start Programs, 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 \$3 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 \$3 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: 505-764-6400 or visit [www.cabq.gov/seniors/senior-volunteer](http://www.cabq.gov/seniors/senior-volunteer).

26TH ANNUAL

# PRIME TIME

# 50+

# EXPO

FREE EVENT

## OCTOBER 11<sup>TH</sup> 2022

8<sup>AM</sup> TO 1:30<sup>PM</sup>

### EMBASSY SUITES

1000 WOODWARD PL NE,  
ABQ, NM 87102 (LOMAS & I-25)

Free Health Screenings,  
Entertainment and Much More!

Call 505-242-2428 For More Information





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ONE  
ALBUQUE  
RQUE senior offices



Humana.

## 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) 764-6400.

# SENIOR AND MULTIGENERATIONAL RECREATION ACTIVITIES AND EVENTS

Albuquerque's 50+ population can enjoy sports and recreation activities, the arts, unlimited learning opportunities, trips and outings, meals, special events and support groups at any of the Metro area's eight centers.

Educational and social activities include: computing, health management, musical concerts, lectures, theater, pottery, breakfast, lunch, and support groups. Recreational and sports activities include hiking, down-hill skiing, aerobics, and a range of other indoor and outdoor sports and fitness opportunities. Classes,

events and activities are subject to change. A majority of the activities offered are free to current members. Some classes and activities require registration and may have additional fees. Please be sure to read your center's monthly newsletter to stay informed of any changes and updates to our current programming.

For specific Senior and Multigenerational center current and ongoing schedule of events and classes, you can visit with center staff or view each center's monthly newsletter online by visiting the center location page located at: [cabq.gov/seniors](http://cabq.gov/seniors).

CITY OF ALBUQUERQUE HOW CAN WE HELP?

## DEPARTMENT OF AFFAIRS

Home / Department Of Senior Affairs / Locations & Centers

- > About Senior Affairs
- > Senior Services
- > Locations & Centers
  - > Barelas Senior Center
  - > Bear Canyon Senior Center
  - > Highland Senior Center

**Senior**  
Find the location they offer.

**About C**

- Masks are required for all activities.
- Facilities will be sanitized between practices.

- > About Senior Affairs
- > Senior Services
- > Locations & Centers
  - > Barelas Senior Center
  - > Bear Canyon Senior Center
  - > Highland Senior Center
  - > Los Volcanes Senior Center
  - > North Valley Senior Center
  - > Palo Duro Senior Center
  - > Manzano Mesa Multigenerational Center
  - > North Domingo Baca Multigenerational Center
- > 50+ Sports & Fitness
- > Volunteering for 55+
- > Youth Programs
- > Membership
- > Contact Us
- > One Albuquerque Age-Friendly
- > Department of Senior Affairs

## Bear Canyon Senior Center

**Information about Bear Canyon Senior Center.**

All senior, multigenerational and 50+ Fitness Centers are open for full operation required in all public spaces regardless of vaccination status.

Some virtual programming and all Senior Social Services will continue to be available.

Stay active and connected at home with our virtual resources available at [Face here](#).

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

**Hours**  
Effective July 6, 2021:  
M-W: 8A-5P, TH: 8A-9P, SAT: 10A-4P

**Phone**  
(505) 767-5959

**Map**  
4645 Pitt NE  
View large map

**Newsletter**  
DECEMBER 2021

**Senior Center Activities**  
WINTER 2021-SPRING 2022

**Contacts**  
Center Manager, Tyler Dunn, [tylerdunn@cabq.gov](mailto:tylerdunn@cabq.gov)  
Program Coordinator, Ya Vette Bailey, [ybailey@cabq.gov](mailto:ybailey@cabq.gov)

# DEPARTMENT OF SENIOR AFFAIRS ANNUAL EVENTS

For updated event dates, location, schedule and information, visit: [cabq.gov/seniors/events](http://cabq.gov/seniors/events)

**Department of Senior Affairs**

General information about the Department of Senior Affairs

### Important Notices

- **Department of Senior Affairs will be closed on Friday, Saturday, Dec. 25.** Highland Senior Center will be open from 10 a.m. to 2 p.m. on Dec. 25 for our annual Holiday Senior lunch. To attend the holiday lunch, purchase a ticket in advance for \$4 per person at the Senior Center. Space is limited.
- **Updated Mask Requirement:** Masks are required at all Albuquerque facilities and public spaces regardless of vaccination status. We thank you in advance for your cooperation.
- **We are Open!** All 50+ Sports and Fitness, Senior and Adult Centers are open for full operations. For more information on our class schedules, hours of operations, or activities, visit our website, contact our center directly or call our Senior Information Line at 505-764-6400.
- **Senior Affairs Transportation Program Expanded!** Albuquerque Department of Senior Affairs Transportation Program is expanding to include...

## JANUARY

2023 Tax Assistance  
Senior Day at The Legislature

## FEBRUARY

Valentine's Day Dance and Luncheons  
Health Resource Fair  
50+ Games Swimming Event

## APRIL

Health Resource Fair  
Technology Fair  
"Senior" Prom

## MAY (OLDER AMERICANS MONTH)

Youth Summer Program Registration  
50+ Games Track & Field  
"A Senior I Know" Essay Contest Award Ceremony

## AUGUST

NM Conference on Aging  
"Cruzin' into the School Year"

## SEPTEMBER

Falls Prevention Fiesta  
Senior Day at the State Fair

## OCTOBER

Primetime Expo Event  
HEATS ON  
50+ Sports and Fitness Pickleball Tournament  
Halloween Dance and Multigenerational Carnivals

## NOVEMBER

Annual Pool Tournament hosted by Los Volcanes  
Annual El Camino Real Garden Veterans Ceremony  
Senior Thanksgiving Luncheon on Thanksgiving Day

## DECEMBER

Senior Holiday Luncheon on Christmas Day

Senior and Multigenerational Recreation Activities and Events

PBHP-132819186  
MPC042104



# Health plans for health heroes.

## Presbyterian Health Plan gives you access to:

- A comprehensive network of providers and facilities.
- Free gym memberships for most members.
- More updated facilities in New Mexico – including PRENow 24/7 Urgent and Emergency Care, with multiple locations in Albuquerque.
- Tools like 24/7 Video and Online Visits, Nurse Advice Line and MyChart for easier access to healthcare.
- Worldwide coverage for emergencies.

(505) Ask-PRES  
[phs.org/healthplans](https://phs.org/healthplans)

 **PRESBYTERIAN**  
Health Plan, Inc.

# ONE ALBUQUE RQUE

## DEPARTMENT OF SENIOR AFFAIRS 2022 ACTIVITIES CATALOG

**P:** (505) 764-6400

**W:** [cabq.gov/seniors](https://cabq.gov/seniors)

**E:** [seniorinformation@cabq.gov](mailto:seniorinformation@cabq.gov)

**Citizen Contact Center:** 311

*August through December 2022*



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



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