Activity Catalog

For Seniors 50+

(505) 764-6400
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 programming 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 reconnect 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. 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 Shonerd

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

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.

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.
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 7th 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 4th St. NW, Alb, NM 87102  
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 St. 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 Ave. NE, Alb, NM 87113  
Phone: 505-764-6475  
Monday–Friday: 8:00am–9:00pm  
Saturday: 8:00am–3:00pm
**SPORTS AND FITNESS 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 4th 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

**Manzana Mesa Sports and Fitness Center**
501 Elizabeth SE, 87123
505-275-8731
Monday–Friday: 8:00am–9:00pm
Saturday: 9:00am–3:00pm

**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

**Barelas Senior Center Fitness Room**
714 7th St. SW, 87102
505-764-6436
Monday–Friday: 8:00am–5:00pm
Saturday: 10:00am–4:00pm

**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

**Nationally Accredited Senior and Multigenerational Centers**
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 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 or call 505-600-1297. Learn more: 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.
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.
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.
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**
2nd 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

<table>
<thead>
<tr>
<th>CERAMICS</th>
<th>Barelas Senior Center</th>
<th>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 &amp; Wednesday 9:00am–12:00pm</th>
</tr>
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<tbody>
<tr>
<td>CERAMICS</td>
<td>Palo Duro Senior Center</td>
<td>For anyone interested in working with molded, clay objects. Monday &amp; Thursday 9:30am–12:00pm</td>
</tr>
<tr>
<td>CERAMICS</td>
<td>Los Volcanes Senior Center</td>
<td>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. Wednesday 9:00am–12:00pm</td>
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#### POTTERY

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<th>North Valley Senior Center</th>
<th>All levels welcome. From pinch pots, slabs, coiling to wheel throwing. Monday 8:00am–12:00pm</th>
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<tr>
<td>Palo Duro Senior Center</td>
<td>All levels welcome. From pinch pots, slabs, coiling to wheel throwing. Wednesday &amp; Friday 9:00am–12:00pm</td>
</tr>
<tr>
<td>Los Volcanes Senior Center</td>
<td>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</td>
</tr>
</tbody>
</table>

#### 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 |

#### BUSY BEES CROCHET & KNITTING

| Palisado 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

<table>
<thead>
<tr>
<th>Los Volcanes Senior Center</th>
<th>Swedish Weaving is an art of weaving yarns through a counted cloth called Monk’s Cloth. Tuesday 12:00pm–2:00pm</th>
</tr>
</thead>
<tbody>
<tr>
<td>Palo Duro Senior Center</td>
<td>Swedish Weaving is an art of weaving yarns through a counted cloth called Monk’s Cloth. Tuesday 2:15pm–4:15pm</td>
</tr>
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City of Albuquerque Department of Senior Affairs | (505) 764-6400  
www.cabq.gov/seniors
### Activity Catalog

**Senior and Multigenerational Activities and Event Schedule**

#### 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 6th*

**Tuesday 9:00am–11:00am**

**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**

Learn the techniques of free hand drawing with our instructor Janet Dominguez!

**Thursday 9:00am–11:00am**

**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**

Rosesmaling 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**

**2nd 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.

**3rd 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!

**1st and 3rd Friday 1:00pm–3:00pm**

**ORIGAMI**

**Los Volcanes Senior Center**

Learn the Japanese art of folding paper into decorative shapes and figures with our instructors Jean and Janet!

**Thursday 1:30pm–3:30pm**
**PLASTIC CANVAS**
Los Volcanes Senior Center
Plastic canvas is a foundation for needlepoint or other canvas 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

**Composition & Literature**

**Reading & Writing**

**CLASSIC AND GREAT BOOKS DISCUSSION GROUP**
Bear Canyon Senior Center
Read and discuss the classics with this group.
2nd & 4th 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

**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
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 1st introductory class, $35 for 4 classes
Last Thursday 6:00pm–8:00pm

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 9:00am–10:30am

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

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: INTERMEDIATE
Paloma 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.
Tuesday 9:00am–10:30am

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

Music

ABQ ACCORDION CLUB
Bear Canyon Senior Center
Group open to accordion players of any level.
2nd & 4th 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 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!
2nd 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!
1st 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
Acupressure 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
Bear Canyon 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.
Monday, Wednesday & Friday 9:00am–10:00 am

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.
1st & 3rd 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–9:05 am
10:15am–11:15 am

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

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 6:30pm–7:30pm

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: OPEN PLAY

Manzano Mesa 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: 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

PALETHES

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 8:30am–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
**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**

*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**

**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**

*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: LAUGHTER**

*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**

*Los Volcanes Senior 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 GOLD
North Domingo Baca Multigenerational Center
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

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

GROUPS, CLUBS & COMMUNITY GROUPS

CHEROKEES OF NM
Manzano Mesa Multigenerational Center
Members of the Cherokee Nation gather to discuss traditions and culture.
3rd Saturday 12:00pm–2:45pm

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

CHEROKEE SW TOWNSHIP
Bear Canyon Senior Center
Members of the Cherokee Nation gather to discuss traditions and culture.
2nd Saturday 10:30am–2:30pm

DEAF SENIORS OF GREATER ALBUQUERQUE GROUP
Palo Duro 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

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 24th, 2022  11:30am–1:00pm

WINTER HOLIDAY SENIOR LUNCHEON
Los Volcanes Senior Center
Sunday, December 25th, 2022  11:30am–1:00pm
### Groups, Clubs & Community Groups

<table>
<thead>
<tr>
<th>Group Name</th>
<th>Center Location</th>
<th>Description/Activities</th>
<th>Schedule</th>
</tr>
</thead>
<tbody>
<tr>
<td>Happy Losers</td>
<td>Bear Canyon Senior Center</td>
<td>Weight Loss Group. Be supported in your weight loss journey.</td>
<td>Thursday 8:00am–9:15am</td>
</tr>
<tr>
<td>High Energy Active Traveler - H.E.A.T</td>
<td>Bear Canyon Senior Center</td>
<td>Come join other adventurers who want to explore and travel together.</td>
<td>1st &amp; 3rd Friday 1:00pm–3:00pm</td>
</tr>
<tr>
<td>Investment Club</td>
<td>Palo Duro Senior Center</td>
<td>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.</td>
<td>3rd Tuesday 10:00am–12:00 pm</td>
</tr>
<tr>
<td>Lip Reading</td>
<td>Bear Canyon Senior Center</td>
<td>Learn to hear with your eyes and never miss a word again! $5 fee for book.</td>
<td>Monday 12:30pm–1:30pm</td>
</tr>
<tr>
<td>OLOC (Older Lesbian’s Organizing for Change)</td>
<td>Highland Senior Center</td>
<td>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.”</td>
<td>3rd Saturday 12:30pm–3:30pm</td>
</tr>
<tr>
<td>Philatelic Club</td>
<td>Palo Duro Senior Center</td>
<td>Come and Join us every week for stamp collecting.</td>
<td>Monday 12:00pm–2:00pm</td>
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<tr>
<td>Prostate Cancer Support</td>
<td>Bear Canyon Senior Center</td>
<td>Support group for men going through prostate issues.</td>
<td>1st &amp; 3rd Saturday</td>
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<td>12:30pm–2:45pm</td>
<td>12:30pm–2:45pm</td>
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<tr>
<td>Rock Hounds</td>
<td>Palo Duro Senior Center</td>
<td>Travel with us and look for treasures.</td>
<td>Meetings: 1st &amp; 3rd Thursday 12:00pm–1:00pm</td>
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<td></td>
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<td>Trips 2nd &amp; 4th Thursday Time is TBD</td>
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</tr>
<tr>
<td>Speak with Distinction Toastmasters</td>
<td>Manzano Mesa Multigenerational Center</td>
<td>Practice and sharpen public speaking skills.</td>
<td>Thursday 5:30pm–6:30pm</td>
</tr>
<tr>
<td>T.O.P.S</td>
<td>Palo Duro Senior Center</td>
<td>Helping people take off pounds sensibly.</td>
<td>Monday 11:45am–1:00pm</td>
</tr>
<tr>
<td>T.O.P.S</td>
<td>Manzano Mesa Multigenerational Center</td>
<td>Helping people take off pounds sensibly.</td>
<td>Friday 10:00am – 11:30am</td>
</tr>
<tr>
<td>VFW Post 10763</td>
<td>Bear Canyon Senior Center</td>
<td>Veterans of foreign wars get together to share experiences.</td>
<td>1st Thursday 10:00am–12:00pm</td>
</tr>
<tr>
<td>Zia Sundials Chapter #106</td>
<td>Bear Canyon Senior Center</td>
<td>Members of the National Association of Watch and Clock Collectors.</td>
<td>2nd Saturday 12:30pm–2:30pm</td>
</tr>
</tbody>
</table>

*City of Albuquerque Department of Senior Affairs | (505) 764-6400*  
*www.cabq.gov/seniors*
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 for volunteer opportunities.
- Email 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:

BlueCross BlueShield of New Mexico

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

PRESBYTERIAN
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.

26TH ANNUAL
PRIME TIME
50+ EXPO
FREE EVENT
OCTOBER 11TH 2022
8AM TO 1:30PM
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

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.
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.
DEPARTMENT OF SENIOR AFFAIRS ANNUAL EVENTS

For updated event dates, location, schedule and information, visit: cabq.gov/seniors/events

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
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 PRESNow 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.

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phs.org/healthplans

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MPC042104

ONE ALBUQUERQUE

DEPARTMENT OF SENIOR AFFAIRS
2022 ACTIVITIES CATALOG

P: (505) 764-6400
W: cabq.gov/seniors
E: 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