Department of Senior Affairs

Conway Wood Northwest Multigenerational Center

10751 Cibola Loop NW, Albuquerque, NM 87114
505-767-6580

NOVEMBER 2026 NEWSLETTER



A special welcome message from Department of Senior Affairs Director

We are excited to officially welcome you to Albuquerque's 10th senior and multigenerational center!

This opening is an important milestone for our city and represents years of community advocacy, collaboration and dedication to bringing more opportunities to Albuquerque's Northwest Side.

Named in honor of Conway Wood, a longtime advocate for older adults, this center celebrates his legacy and the belief that everyone deserves welcoming spaces to stay active, build friendships and connect with their community.

As we open our doors, we also look forward to getting to know you! Our initial classes and activities are just a starting point. We want to learn what interests you, what programs you'd like to see and how we can make this center a place you look forward to visiting. Your participation and feedback will help us develop programming that reflects the needs and interests of our community.

This opening also marks the first phase of a larger vision. Potential future improvements include a kitchen, social hall, expanded fitness areas and additional amenities, all dependent on securing funding. We encourage you to explore the displays in our social hall to learn more about these possibilities and the community support needed to move them forward.

Whether you're joining a class, exploring a new hobby or simply stopping by to meet your neighbors, we hope you'll find something that makes you feel at home.

Thank you for being part of this exciting new chapter. We look forward to getting to know you and making Conway Wood a place where generations connect and everyone belongs.

Anna Sanchez
Director, Department of Senior Affairs

Center Information

Center Hours:
Monday-Friday
8:00am-6:00pm
Sat: 9:00AM - 3:00PM
Sun: Closed

Department of Senior Affairs Director:
Anna M. Sanchez
amsanchez@cabq.gov

Recreation Division Manager:
Kent Vigil
kvigil@cabq.gov

Center Manager:
Hugo Vega
hvega@cabq.gov

Center closures

All Department of Senior Affairs facilities will be closed November 11 for Veterans Day and November 26–27 for Thanksgiving

ONGOING ACTIVITIES

at Conway Wood

Activities begin the week of November 16, unless otherwise noted.

Coffee at Conway

Social time to chat, laugh, and enjoy coffee with good company.

Mon 8:00AM - 11:00AM
Wed 8:00AM - 11:00AM
Sat 9:00AM - 11:00AM

Line Dancing

Fun, guided dance steps set to great music. All levels welcome!

Wed 10:00AM - 11:30AM-Improver/Intermediate
Sat 1:00PM - 3:00PM-All levels welcome



Bingo

A friendly group game of chance with fun, excitement, and prizes!

Mon 2:00PM - 4:00PM
Starting November 30

Open Sketching

Relaxed, independent drawing time. Bring your own supplies and create at your own pace.

Tue 8:30AM - 11:00AM
Thu 8:30AM - 11:00AM

Open Computer Lab

Self-guided computer time to browse the internet, work on personal projects and explore at your own pace. Help is available at the front desk if needed.

Mon 8:00AM - 11:00AM
Wed 8:00AM - 11:00AM
Fri 9:00AM - 11:00AM

Conway Cinema

Enjoy a great movie together with popcorn and good company.

Tue 1:00PM - 3:00PM
Thu 3:00PM - 6:00PM (Teen Edition)



ONGOING ACTIVITIES

at Conway Wood

More activities and coming soon

Creative Writing

Explore your imagination with writing prompts, storytelling, and creative expression.

Wed 2:00PM - 4:00PM

Hula Dance (Fee-Based Class)

The traditional storytelling dance of the Hawaiian Islands, combining graceful movement, hand gestures, and footwork with Hawaiian chants (oli) or songs (mele).

Wed 4:00PM - 5:00PM
Sat 10:00AM - 12:00PM

Woodworking

Hands-on woodworking projects for all skill levels. Learn, build, and create something great.

COMING SOON.



Yoga (Fee-Based Class)

Guided yoga to stretch, strengthen, and relax. Payment required.

COMING SOON.

Move & Connect: Parkinson's Fitness.

Build strength, support mobility and connect with others in a welcoming group exercise class.

Fri 1:00PM - 3:30PM

Inclusive Workshop of International Art and Culture

Explore art and culture through hands-on activities. Create papel picado, paper flowers and piñatas in this welcoming workshop led by Señora Frida. All abilities are welcome, with accommodations available for participants with special needs.

Tue and Thur 4:00PM - 6:00PM
Sat 11:00AM - 12:00PM



SPECIAL EVENTS

at Conway Wood

Coffee with Constituents

Thurs., November 12
8:30–9:30 a.m.
Enjoy a cup of coffee and get to know Department of Senior Affairs leadership. Connect, share ideas and enjoy friendly conversation as we get to know our new Conway Wood community.



Senior Affairs Advisory Council Meeting

Mon., November 16
12:00–1:30 p.m.

Conway Wood Northwest Multigenerational Center

Help shape programs and services for older adults throughout Albuquerque. Attend in person or virtually via Zoom.
Zoom: cabq.zoom.us/j/89110160434

Prescription Drug Take-Back Day

Wed., November 18
9 a.m.–1 p.m.

Safely dispose of unused or expired medications, receive a free blood pressure check, explore the new center and connect with community organizations. Enjoy giveaways and activities throughout the event. Pills only. No liquids, syringes or inhalers.

Intergenerational Puzzle Palooza Competition

Sat., December 12
Start time 11:00 A.M. to 2:00 P.M.
$20 per team | 4 players per team
Visit the front desk for details and registration.





Prescription Drug Take-Back Day

Join us at the new Conway Wood Northwest Multigenerational Center to safely dispose of unused or expired medications, explore the center, connect with community organizations, and discover the services and activities taking shape.

WEDNESDAY
NOV. 18, 2026
9 AM – 1 PM

CONWAY WOOD NORTHWEST MULTIGENERATIONAL CENTER
10751 Cibola Loop NW, 87114

EXPLORE THE CENTER

Learn about the center's services and developing programs.

CONNECT WITH OTHERS

Meet local vendors and community organizations and discover resources.

ENJOY THE DAY

Giveaways and interactive activities.

WHAT CAN YOU BRING?

PILLS ONLY

Prescription and over-the-counter medications, vitamins, herbal supplements, and pet medications.

NOT ACCEPTED

- Liquids
- Injectables or syringes
- Chemotherapy medications
- Medical waste
- Inhalers or other personal care items

Questions? Call 505-764-6469

Presented by the City of Albuquerque Department of Senior Affairs in partnership with participating public safety and community organizations.

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DEPARTMENT OF SENIOR AFFAIRS

INTERGENERATIONAL PUZZLE PALOOZA COMPETITION

Think your team can piece it together?

Gather your family or friends for a fun, fast-paced puzzle competition! Race against other teams to complete a 1,000-piece puzzle and compete for prizes!

$20 per team | 4 players per team

Conway Wood Northwest Multigenerational Center
Saturday, December 12, 2026
11 a.m. – 2 p.m.

- Teams must include two different age groups, with at least one participant under 18.
- Limited to 15 teams.
- Prizes for 1st, 2nd and 3rd place!
- Visit the front desk for details and registration.

SNACKS & DRINKS INCLUDED

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Department of Senior Affairs

HONORING ALL WHO SERVED

Be Part of Our VETERANS WALL OF HONOR

Veterans are invited to receive a complimentary professional portrait for inclusion on our Veterans Wall of Honor, proudly displayed at participating Department of Senior Affairs centers.

COMPLIMENTARY VETERANS PORTRAIT SESSIONS
CONWAY WOOD NORTHWEST MULTIGENERATIONAL CENTER
NOVEMBER 19 | 9-11 A.M.
Please sign up at the front desk

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Thank you for your service, sacrifice and dedication to our country.

MORE THAN COUNTRY

LATIN • JIVE • BOOGIE • BLUES • SWING • BIG BAND • GOSPEL • POP • R&B • ROCK • SOUL CLASSICS JAZZ

LINE DANCE CLASS

IMPROVER/INTERMEDIATE

WEDNESDAYS *Starting*

NOVEMBER 18 10:00-11:30

CONWAY WOOD MULTI GENERATIONAL CENTER

10751 CIBOLA LOOP NW

KATHRYN BERG, INSTRUCTOR NO CHARGE

Ageless Artisan Craft Fair



SATURDAY, NOVEMBER 14

9:00 AM - 1:00 PM

MANZANO MESA MULTIGENERATIONAL CENTER

501 ELIZABETH SE
(505) 275-8731

- Tin Art
- Jewelery
- Ceramics
- Wood Work
- Mixed-Media
- Photography & More!

Support Our Senior Artisans!

United Healthcare | cabq.gov/seniors | ONE ALBUQUERQUE senior affairs

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HIGHLAND SENIOR CENTER

Thanksgiving Lunch

Join us for food, fun, and fellowship!

DATE	Thursday, Nov. 26, 2026
EVENT TIME	11:00 AM – 1:00 PM
DOORS OPEN FOR SEATING	11:00 AM
LUNCH SERVED	11:30 AM – 12:00 PM
COST	$4.00 per person
AGES	60 and older
TICKET SALES BEGIN	Monday, Oct. 26, 2026
LOCATION	Highland Senior Center

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For more information and to purchase tickets, please contact 505-767-5210.

Must have a current Department of Senior Affairs membership.

MANZANO MESA MULTIGENERATIONAL CENTER
501 ELIZABETH ST. SE, 87123
505-275-8731



FREE

MOBILE food pantry

Mobile food pantry for the community supplied by Roadrunner Food Bank.

September 18	2 pm – 4:30 pm
October 16	2 pm – 4:30 pm
November 20	2 pm – 4:30 pm
December 18	2 pm – 4:30 pm

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ROADRUNNER FOOD BANK OF NEW MEXICO

MEDICARE FAIR

EVENT SERIES | *take care of your health*

Join us to learn about Medicare eligibility, enrollment and other affordable options. Speak with experts about benefits and features to help you find the plan that's right for you.

Return for one-on-one SHIP counseling for personalized assistance. SHIP counseling is limited and subject to availability.

Enter to win door prizes!

No enrollment is necessary to win. Personal information will not be disclosed for solicitation purposes.

LOCATIONS AND TIMES

Bear Canyon Senior Center
- Medicare Event: Oct. 14, 9 – 11 am
- SHIP Counseling: Oct. 21, 9 – 11 am

Highland Senior Center
- Medicare Event: Oct. 15, 9 – 11 am
- SHIP Counseling: Oct. 22, 9 – 11 am

Manzano Mesa Multigenerational Center
- Medicare Event: Nov. 6, 11 am – 1 pm
- SHIP Counseling: Nov. 18, 11 am – 1 pm

Barelas Senior Center
- Medicare Event: Nov. 12, 11 am – 1 pm
- SHIP Counseling: Nov. 19, 11 am – 1 pm

Call **505-764-6400** for more information

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DSA ADVISORY COUNCIL MEETING INFORMATION

Department of Senior Affairs Advisory Council
Your Voice Matters!

The Senior Affairs Advisory Council helps strengthen programs, services, and opportunities for older adults throughout Albuquerque by:

- Advocating for the needs of seniors
- Supporting quality programs and services
- Building strong community partnerships
- Providing valuable guidance to the Department of Senior Affairs

Upcoming Advisory Council Meeting
Monday, November 16, 2026
Time: 12:00–1:30 p.m.
Location: Conway Wood Multigenerational Center

December: No meeting scheduled.

Join Virtually via Zoom:
https://cabq.zoom.us/j/89110160434

Learn More:
Senior Affairs Advisory Council

Stay Connected, Stay Active, Stay Involved!
For a full list of programs, activities, and events happening across DSA centers, please visit the DSA website
Visit www.cabq.gov/seniors for more information.

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Participant Code of Conduct

Participant Code of Conduct

Participants are expected to respect the rights of others and to adhere to the following code of conduct so that all may have a pleasant and safe experience. This includes all City programs and activities and their locations.

1. Maintain personal hygiene that is not offensive or unhealthy.
2. Does not harass or bully other participants and/or staff, with racial slurs, verbal abuse, or sexual harassment. Participants must show consideration for the diversity of staff and other participants.
3. Does not use voice and behavior that will disturb other center participants.
4. Does not use language and behavior that other participants and staff will find obscene, abusive or sexually offensive. This includes, but is not limited to in person, by telephone or electronic device.
5. Show courtesy to other participants and staff; respect decisions made by staff and bring issues involving the operations of a facility to the management's attention for resolution.
6. No unlawful weapons are allowed in City facilities. (See Administrative Instruction AI 5-19, NMSA 1978 Section 30-7-2.1)
7. Fighting between participants or with a staff person is prohibited.
8. Bringing bicycles into the facility is prohibited.
9. Smoking is prohibited in facilities or on premises.
10. Alcohol consumption or possession of alcoholic beverages is prohibited.
11. Any type of gambling is strictly prohibited in all facilities.
12. Selling, soliciting or panhandling is prohibited.
13. Eating is prohibited in billiards rooms and computer labs.
14. Vandalizing or damaging facilities, grounds, equipment or materials or from any City sponsored program is prohibited.
15. Treat City materials, equipment, furniture, grounds, and facility with respect.
16. Use City equipment in a safe and appropriate manner.
17. Keep the building and grounds neat, clean, and litter free.

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