

**ONE  
ALBUQUE  
ROQUE**

senior affairs

July through December 2019

# Activities Catalog

**OVER 400 ACTIVITIES  
DESIGNED FOR OUR 50+ RESIDENTS**

**(505) 764-6400**

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

**Citizen Contact Center: 311**

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





Welcome to the Fall/Winter Activities Catalog for the City of Albuquerque Department of Senior Affairs. We hope you enjoy the multitude of activities, classes, and trips that you can participate in at our Senior Centers and throughout Albuquerque's many social and cultural venues. Burque is a vibrant place to enjoy a variety of activities, everything from outdoor adventures in our city parks and open space to the talented artists performing in any number of theaters, breweries, and coffee shops around town. Whatever it is that you enjoy, there's a good chance that you'll find it here.

You can connect with your peers at any one of our senior centers, or bring along your family and friends for some of the fun whether it's at one of our multi-generational centers or out and about around town. Our goal is to keep you active and engaged in our community where you can meet up with old friends and meet some new ones along the way. Recently our city hosted the 2019 Senior Games presented by Humana. During this time our city received over 13,000 athletes ready to compete and enjoy all Albuquerque had to offer. Thanks to the help of countless volunteers we were able to pull off a successful Senior Games. As always we encourage you to get involved through our volunteer program—One ABQ Volunteers. We are turning government inside out so every person has a role to play in moving our city forward. There's something for everyone—if you're interested in public safety we have crime data entry; if you care about animals you can foster a pet—we want everyone to be able to find something they're passionate about and pitch in. You can learn more at [cabq.gov/abq-volunteers](http://cabq.gov/abq-volunteers). We hope this catalog will serve as a resource for you to engage with your community, whether you're a regular at one of our centers or you're looking to join us for the first time.

*Your Mayor,*  
**Timothy Keller**



We've had a wonderful summer so far as the City of Albuquerque came together to host the National Senior Games presented by Humana in June, with over 13,000 athletes from across the country. Albuquerque also shattered the record for athlete participation this year, a record originally set 20 years ago in Orlando, Florida. We are grateful to all those who supported this undertaking including our sponsors, local and state partners, City Departments and countless volunteers!

While I was out watching all of the amazing athletes compete in the Games I was struck by one very simple concept. Wellness is about finding a place to start, identifying a goal and working toward it. Regardless of your age. This understanding of wellness brought up the same feeling I experience as I walk through our City Senior and Multigenerational Centers—watching folks dance in our social halls, taking computer classes, or learning a new skill.

That's why I am honored to serve as Director of the Department of Senior Affairs, because we are able to walk alongside you in your wellness. Our eight centers offer diverse programming, in addition to five fitness and sports facilities. Perhaps you want to take up pickleball this year, or learn artisan skills, we have something for everyone. Our community is much richer with you, our Seniors, sharing your time, stories, talents and skills with others. We hope you will consider sharing your time and talent with your community through our Foster Grandparent program, or becoming a Senior Companion.

The many opportunities included in this guide would not be possible without our partners, volunteers and our dedicated staff. They're the ones serving meals, cleaning bathrooms, setting up a class or transporting folks to one of our locations. We would be honored to walk alongside you as you determine your wellness journey. Keep this guide handy so you can identify your next step.

As Larry Johnson (the oldest NM athlete who competed in the National Senior Games at the age of 99) says, "just keep moving."

*In Service,*  
**Anna M. Sanchez, Director**



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

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

**Angel C. Montoya,**  
*Acting Recreation Division Manager*

### **Department of Senior Affairs Advisory Council**

Bobbi Carmona-Young	Debby Knotts
Steve Borbas	Greg Lopez
C. Hugh Formhals	Lucy Lopez
Richard Garcia	Evan Thompson
Joie Glenn	Allison Weber
Diann I. Huddleson	
Onastine N. Jaramillo	

### **City Councilors**

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District 2 Isaac Benton  
District 3 Klarissa J. Pena, President  
District 4 Brad Winter  
District 5 Cynthia Borrego, Vice-President  
District 6 Pat Davis  
District 7 Diane G. Gibson  
District 8 Trudy Jones  
District 9 Don Harris



### **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.

### **Our Mission**

The Department of Senior Affairs is a community leader, who in partnership with others, involves seniors and people of all ages in creating a community that enhances everyone's quality of life by providing opportunities that involve and assist seniors to achieve their potential, share their wisdom, maintain their independence, and live in dignity.

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# CENTER DIRECTORY

Nationally Accredited Senior and Multigenerational Centers

## Senior Centers

### Barelas

714 7th St. SW, Alb, NM 87102  
Phone: (505) 764-6436 • Fax: (505) 764-6472  
Monday - Friday, 8:00 am - 5:00 pm

### Bear Canyon

4645 Pitt NE, Alb, NM 87111  
Phone: (505) 767-5959 • Fax: (505) 767-5964  
M, T, W, F, 8:00 am - 5:00 pm  
Thursday, 8:00 am - 9:00 pm  
Saturday, 9:00 am - 3:00 pm

### Highland

131 Monroe NE, Alb, NM 87108  
Phone: (505) 767-5210 • Fax: (505) 767-5224  
M, T, Th, F, 8:00 am - 5:00 pm  
Wednesday, 8:00 am - 7:00 pm  
Saturday, 10:00 am - 4:00 pm

### Los Volcanes

6500 Los Volcanes NW, Alb, NM 87121  
Phone: (505) 767-5999 • Fax: (505) 767-5992  
M, T, W, F, 8:00 am - 5:00 pm  
Thursday, 8:00 am - 7:00 pm  
Saturday, 9:00 am - 1:00 pm

### Hotspot Gift Shop

Monday - Friday, 9:00 am - 1:00 pm

### North Valley

3825 4th St. NW, Alb, NM 87107  
Phone: (505) 761-4025  
M,W,T,F, 8:00 am - 5:00 pm  
Tuesday, 8:00 am - 7:00 pm  
Sunday, 12:30 am - 5:00 pm

### Palo Duro

5221 Palo Duro NE, Alb, NM 87110  
Phone: (505) 888-8102 • Fax: (505) 888-8107  
M, T, Th, F, 8:00 am - 5:00 pm  
Wednesday, 8:00 am - 7:00 pm  
Saturday, 9:00 am - 1:00 pm

## Multigenerational Centers

### Manzano Mesa

501 Elizabeth SE, Alb, NM 87123  
Phone: (505) 275-8731 • Fax: (505) 275-8734  
Monday - Friday, 8:00 am - 9:00 pm  
Saturday, 9:00 am - 3:00 pm

### North Domingo Baca

7521 Carmel Ave. NE, Alb, NM 87113  
Phone: (505) 764-6475 • Fax: (505) 764-6489  
Monday - Friday, 8:00 am - 9:00 pm  
Saturday, 9:00 am - 3:00 pm

## Breakfast at the Centers

Enjoy a full menu breakfast  
Monday - Friday, 8:00 - 9:00 am  
at all of our centers.

## Lunch at the Centers

### Area Agency on Aging Funded Meal Sites:

#### Barelas, Los Volcanes, North Domingo Baca, North Valley, Manzano Mesa

Reserve by 1:00 pm one work day prior.  
Monday - Friday, 11:30 am - 1:00 pm  
\$3.25 for 50 - 59, \$7.67 for guests under 50 (including children). If you are 60 or older, donations are accepted to help cover the expense of preparing the meal, however no one will be denied services for choosing not to donate.

### City of Albuquerque General Fund Meal Sites:

#### Bear Canyon, Highland, Palo Duro

Monday - Friday, 11:30 am - 1:00 pm  
You may purchase soup, salad, sandwich, or you may purchase the nutritionist meal that is served at our other centers for a nominal fee.

Accredited by



National Institute of Senior Centers

# CENTER DIRECTORY (CONTINUED)

## Meal Sites

Sites are generally open Monday - Friday, 9 am - 3 pm, and offer activities as well as a hot meal for lunch. Lunch reservations are required. Menus and activities calendars are available. Suggested contributions: 60 and older: Donation; 50-59: \$3.25/meal; under age 50: \$7.67/meal. Limited transportation for neighborhood residents is available to some sites. Call below for information.

### Bernalillo County Facilities

#### Alameda Satellite

Raymond G. Sanchez Community Center  
9800 4th Street NW, Alb, NM 87114  
(505) 897-8896

#### Paradise Hills

6001 Paradise Blvd NW, Alb, NM 87114  
(505) 314-0246

#### Rio Bravo Satellite

3910 Isleta Blvd SW, Alb, NM 87105  
(505) 873-6647

#### South Valley Multipurpose Senior Center

2008 Larrazolo SW, Alb, NM 87105  
(505) 468-7341

#### Whispering Pines

#6 Lark Road, Tijeras, NM 87059  
(505) 281-8003

### Albuquerque Housing Authority Facilities

#### Embudo Towers Meal Site

8010 Constitution NE, Alb, NM 87110  
(505) 764-3921

#### La Amistad Satellite

415 Fruit NE, Alb, NM 87102  
(505) 848-1395

### Village of Tijeras Facility

#### Tijeras Senior Center

#10 Tijeras Ave, Tijeras, NM 87059  
(505) 286-4220

### Department of Family and Community Services Facilities

#### Cesar Chavez Community Center

7505 Kathryn Ave SE, Alb, NM 87108  
(505) 256-2680

#### Los Duranes Community Center

2920 Leopoldo NW, Alb, NM 87107  
(505) 767-5900

#### Don Newton-Taylor Ranch Community Center

4900 Kachina St NW, Alb, NM 87120  
(505) 768-6006

#### Thomas Bell Community Center

3001 University SE, Alb, NM 87106  
(505) 848-1333

### Privately Run Housing Facilities

#### Ed Romero Terrace

8100 Central Ave SE, Alb, NM 87108  
(505) 232-8880

#### Encino Garden Meal Site

412 Alvarado SE, Alb, NM 87108  
(505) 266-7736

#### Encino Terrace Meal Site

609 Encino Place NE, Alb, NM 87102  
(505) 247-4185

#### Shalom House Meal Site

5500 Wyoming NE, Alb, NM 87109  
(505) 823-1434

## SENIOR SERVICES

The Department of Senior Affairs provides many services to our honored seniors. These include:

- **Social Services**
- **Hot Meals and Satellite Centers**
- **Sports and Fitness Activities**
- **Transportation Assistance**

Please call the Senior Information Line at **(505) 764-6400** for more information about any of our programs and services.



## Center Closings

North Valley Senior Center ..... July 8 - July 12

Palo Duro Fitness Center ..... July 22 - July 26

Bear Canyon Senior Center ..... July 29 - August 2

North Domingo Baca  
Multigenerational Center ..... August 5 - August 9

Los Volcanes Senior Center and  
Fitness Center ..... August 19 - August 23

Department of Senior Affairs Retreat  
All Centers Closed ..... August 29

Labor Day ..... September 2

Veteran's Day ..... November 11

Thanksgiving Day ..... November 28

Day after Thanksgiving ..... November 29

Christmas Day ..... December 25

## 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, seven Fitness Centers and two Multigenerational Centers.



# Senior Affairs and Cultural Services at a Glance



## Satellite Senior Centers/Meal Sites

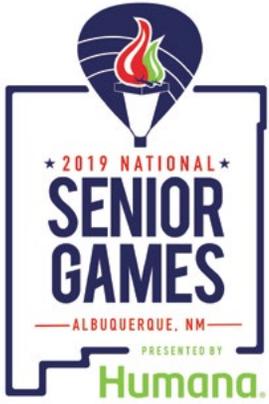
- |  |   |  |
|--|---|--|
| 1. <b>Raymond G. Sanchez Comm. Ctr.</b><br>9800 4th Street NW • 897-8896   | 7. <b>Cesar Chavez Comm. Center</b><br>7505 Kathryn Ave SE<br>256-2680  | 12. <b>Don Newton-Taylor Ranch Community Center</b><br>4900 Kachina St NW • 768-6006 |
| 2. <b>Embudo Towers</b><br>8010 Constitution NE • 764-3921                 | 8. <b>Tijeras Senior Center</b><br>#10 Tijeras Ave, Tijeras<br>286-4220 | 13. <b>Thomas Bell Community Center</b><br>3001 University SE • 848-1333             |
| 3. <b>Encino Garden</b><br>412 Alvarado SE • 266-7736                      | 9. <b>Paradise Hills</b><br>5901 Paradise Blvd NW<br>314-0246           | 14. <b>Ed Romero</b><br>8100 Central Ave SE • 232-8880                               |
| 4. <b>Encino Terrace</b><br>609 Encino Place NE • 247-4185                 | 10. <b>Rio Bravo</b><br>3910 Isleta Blvd SW • 873-6647                  | 15. <b>Whispering Pines</b><br>#6 Lark Road, Tijeras • 281-8003                      |
| 5. <b>South Valley Multipurpose Center</b><br>2008 Larrazolo SW • 468-7341 | 11. <b>Shalom House</b><br>5500 Wyoming NE • 823-1434                   | 16. <b>Los Duranes</b><br>2920 Leopoldo NW • 767-5900                                |
| 6. <b>La Amistad</b><br>415 Fruit NE • 848-1395                            |   |  |

## Libraries

1. **Alamosa Library**  
6900 Gonzales SW • 836-0684
2. **Central and Unser Library**  
8081 Central NW • 768-4320
3. **Cherry Hills Library**  
6901 Barstow NE • 857-8321
4. **Erna Fergusson Library**  
3700 San Mateo NE • 888-8100
5. **Ernie Pyle Library**  
900 Girard SE • 256-2065
6. **Juan Tabo Library**  
3407 Juan Tabo NE • 291-6295
7. **Los Griegos Library**  
1000 Griegos NW • 761-4020
8. **Main and Genealogy Library**  
501 Copper NW • 768-5141
9. **North Valley Library**  
7704-B 2nd St. NW • 897-8823
10. **San Pedro Library**  
5600 Trumbull SE • 256-2067
11. **South Broadway Library**  
1025 Broadway SE • 764-1742
12. **South Valley Library**  
3904 Isleta SW • 877-5170
13. **Special Collections Library**  
423 Central NE • 848-1376
14. **Taylor Ranch Library**  
5700 Bogart NW • 897-8816
15. **Tony Hillerman Library**  
8205 Apache NE • 291-6264
16. **Westgate Library**  
1300 Delgado SW • 833-6984

## Cultural Venues

1. **The KiMo Theater**  
423 Central Ave. NW • 768-3544
2. **Old Town**  
Just NE of Rio Grande and Central
3. **South Broadway Cultural Center**  
1025 Broadway Blvd. SE  
848-1320
4. **The Albuquerque Museum of Art & History**  
2000 Mountain Road NW •  
243-7255
5. **Anderson-Abruzzo Albuquerque International Balloon Museum**  
9201 Balloon Museum NE •  
880-0500



# A record breaking 2019 National Senior Games!

Thank you to all of our supporters:



# A special thanks to our Headquarter Hotel, Hyatt Regency Albuquerque

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## Senior Centers



**Barelas**  
714 7th St. SW  
(505) 764-6436



**Bear Canyon**  
4645 Pitt NE  
(505) 767-5959



**Highland**  
131 Monroe NE  
(505) 767-5210



**Los Volcanes**  
6500 Los Volcanes NW  
(505) 767-5999



**North Valley**  
3825 4th St. NW  
(505) 761-4025



**Palo Duro**  
5221 Palo Duro NE  
(505) 888-8102

## Multigenerational Centers and 18+ Sports and Fitness Centers



**Manzano Mesa**  
501 Elizabeth SE  
(505) 275-8731



**North Domingo Baca**  
7521 Carmel NE  
(505) 764-6475

## 50+ Sports and Fitness Centers



**Palo Duro**  
3351 Monroe NE  
(505) 880-2800



**Los Volcanes**  
6500 Los Volcanes NW  
(505) 767-5999



**North Valley Fitness Center**  
3825 4th St. NW  
(505) 761-4025

# One Albuquerque

## Albuquerque's Rich Cultural Tapestry

What a perfect complement to one another — Senior Affairs and Cultural Services! In this Activities Catalog, the Department of Senior Affairs and the Cultural Services Department join together to show our city's rich variety of activities and services available to seniors and their families.



## City of Albuquerque Department of Senior Affairs

The City of Albuquerque, Department of Senior Affairs, has been serving City of Albuquerque and Bernalillo County residents for more than forty years. Through innovative programs and quality services, the department has evolved into an exemplary model, dedicated to enriching and improving the lives of our community's senior population.

Senior Affairs offers people age 50 and older a wide-array of services and opportunities. From services for active and healthy seniors to services for frail, homebound elderly, we provide activities and opportunities to involve you in our community and to promote active, healthy aging, as well as a continuum of care specially designed to meet individual needs throughout the aging spectrum.

**Membership:** Any person wishing to participate at a senior center is required to obtain a membership card. Membership is \$20 a year and is valid at all six senior centers in Albuquerque, and the Manzano Mesa and North Domingo Baca Multigenerational Centers and all 50+ Sports & Fitness Centers. People who are 50 years and older may become center members; spouses of members, even if they are younger than 50 may also become members. Individuals can be as young as six years old to become a member of a multigenerational center.



## City of Albuquerque Cultural Services Department

City of Albuquerque, Cultural Services Department, oversees management of Albuquerque's Public Libraries, BioPark, Museums, the KiMo Theatre, and more. Cultural Services also hosts special events throughout the city.

### CULTURAL SERVICES AT A GLANCE:

- Albuquerque/Bernalillo County Library System
- ABQ BioPark: Albuquerque Aquarium, Rio Grande Botanic Garden, Rio Grande Zoo, Tingley Beach
- Albuquerque Museum of Art and History
- Anderson-Abruzzo Albuquerque International Balloon Museum
- Harry E. Kinney Civic Plaza
- KiMo Theatre
- Old Town - New Fun
- South Broadway Cultural Center
- Special Events
- GOV TV Channel 16
- Public Art Urban Enhancement Program

**Mission:** The mission of the Cultural Services Department is to enhance the quality of life in the City by celebrating Albuquerque's unique history and culture, and providing services, entertainment, programs, and collections that improve literacy, economic vitality, and learning in state of the art facilities that enrich city life and increase tourism to Albuquerque.

## Using This Catalog

If you have a membership (only \$20 a year) at one location and are over age 50, you are entitled to participate in all of our 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 seniors, youth and the entire community age 6 and older. For only \$20 you can join our Multigenerational Centers. Currently we have two, Manzano Mesa and North Domingo Baca Multigenerational Centers. Both centers have fitness rooms, classrooms and meeting rooms. Manzano Mesa has a gymnasium and a water spraypark, a fully automated aquatic play environment where all ages can get wet during the hot summer months.

The activities in this catalog are especially designed for those age 50 and older. Programs funded by the Older Americans Act and the Area Agency on Aging (Home Delivered Meals, Transportation, and Care Coordination) have a minimum age of 60.

Some classes and trips require a fee. Other services, including lunch at our Satellite Centers, may request a donation or nominal fee; however, no one is denied meal services for not contributing. For information on accessing other services, call Senior Information at (505) 764-6400.

### Unless otherwise noted:

- Activities are free with membership.
  - Trip and class sizes are limited.
  - Meals are at your expense.
  - Activities are first-come, first-served.
  - Unless there is alternative contact information in the listing, most activities require advanced reservations; call the host center for more information (a center directory is on page 2).
  - Activities leave from or take place at the host center.
  - Return times are approximate.
- Class fees are usually payable to the instructor at the first class.

## General Information

### CENTER SHOPS AND MARKETS

#### Arts and Crafts Fair

This event offers a fine selection of handcrafted items to satisfy everyone's shopping needs.

#### Palo Duro

**4th Thursday • 10:00 am - 1:00 pm**

#### Market Place at the Centers

Find special bargains, treasures. Reserve your table at the front desk.

#### Barelas

**Thursday • 8:00 - 11:00 am, \$2 table**

#### Bear Canyon

**Tuesday, June - September • 10:00 am - 2:00 pm, \$2.50 table**

#### Highland

**Monday • 8:00 am - 1:00 pm, \$2 table**

#### Los Volcanes

**Friday • 8:00 - 11:15 am, \$2 table**

#### North Valley

**Wednesday • 8:00 am - 12:00 pm**

**\$1, \$1.50, \$2 table**

#### Gift Shop

Visit our gift shop to find handcrafted items made by our members.

#### Los Volcanes, Hot Spot Gift Shop

**Monday - Friday • 9:00 am - 1:00 pm**

### LEGAL CLINIC

#### Senior Citizen Law Office

Provides general legal information. Divorces, wills and criminal issues are not included. Appointment required, please contact Senior Law Office: (505) 265-2300.

#### Barelas

**2nd Thursday • 10:30 am - 12:30 pm**

#### Highland

**3rd Tuesday • 1:00 - 3:00 pm**

**1st Wednesday • 9:00 am - 12:00 pm**

#### Los Volcanes

**4th Thursday • 10:00 am - 12:00 pm**

#### North Valley

**3rd Thursday • 9:00 - 11:00 am**

## SHOPPING TRIPS

### Shopping Trips from Barelás to Wal-Mart Superstore

Sign up at front desk.

#### Barelás

**Monday • 9:30 - 11:30 am**

*Minimum 3 people*

## NEW MEMBER ORIENTATION

Staff will welcome new members and talk about the programs and services our centers have to offer.

#### Bear Canyon

**2nd Friday • 10:30 - 11:30 am**

#### Palo Duro

**1st Monday • 3:00 - 4:00 pm**

## HEALTH

### Blood Pressure Screening

Maintain your health by having your blood pressure checked regularly.

#### Bear Canyon

**Wednesday • 9:00 - 11:00 am**

#### Highland

**Friday • 10:00 - 11:00 am**

#### Palo Duro

**Monday • 9:15 - 11:15 am**

### GEHM Clinic *Call for dates*

Registered nurses from UNM College of Nursing provide blood pressure screening, diabetes glucose screening, health-related counseling, medication review and education.

**Barelás: (505) 764-6436**

**Bear Canyon: (505) 767-5959**

**Highland: (505) 767-5210**

**Los Volcanes: (505) 767-5999**

**Manzano Mesa: (505) 275-8731**

**North Domingo Baca: (505) 764-6475**

**North Valley: (505) 761-4025**

**Palo Duro: (505) 888-8102**

## AARP SMART DRIVER

This one day, four-hour class provides techniques for coping with changes in vision, hearing and reaction time, along with a "rules of the road" review. No tests are involved. \$15 for AARP members, \$20 for non-members. Make check payable to AARP and bring it to class (cash not accepted). Call for dates and to register.

#### Barelás

**3rd Wednesday • 12:30 - 4:30 pm**

#### Bear Canyon

**3rd Thursday • 12:00 - 4:00 pm**

**1st Saturday • 9:30 am - 1:30 pm**

#### Highland

**1st Thursday • 12:15 - 4:15 pm**

#### Los Volcanes

**1st Monday • 9:00 am - 1:15 pm**

#### Manzano Mesa

**1st and 3rd Saturday • 9:15 am - 1:00 pm**

#### North Domingo Baca

**1st Saturday • 10:30 am - 2:30 pm**

#### North Valley

**1st Monday • 12:15 - 4:30 pm**

#### Palo Duro

**1st Friday • 8:30 am - 12:30 pm**

## Public Art in Albuquerque

A free brochure is available by contacting us at [publicart@cabq.gov](mailto:publicart@cabq.gov). Please visit our interactive public art map at [www.cabq.gov/publicart/public-art-in-albuquerque](http://www.cabq.gov/publicart/public-art-in-albuquerque).

Sign up for our bi-monthly e-newsletter at [www.cabq.gov/publicart/e-newsletter-archive](http://www.cabq.gov/publicart/e-newsletter-archive).



## Fitness Centers

The Department of Senior Affairs has six fitness facilities located through the City to meet all of your fitness needs. See page 50 of the catalog for a location nearest you or call (505) 880-2800 for more information.



## 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.

# Classes

## ARTS AND CRAFTS

### ABQ Astronomical Society

Making your own telescope.

#### Manzano Mesa

1st and 3rd Wednesday • 7:00 - 9:00 pm

### Arts and Crafts Sharing

Embroidery, crochet, counted cross-stich, knitting, needlecraft, and more. Please bring your own materials. Self-directed.

#### North Valley

Wednesday • 9:00 am - 12:30 pm

### Artist's Corner

Open arts and crafts.

#### Manzano Mesa

Thursday • 1:00 - 4:00 pm

### Beading

This class is designed to encourage and learn beading techniques. Please bring your own materials.

#### Manzano Mesa

Monday • 8:30 - 11:00 am



### Ceramics

Learn about ceramics, starting with care and use of molds, pouring, preparation for firing, glazing, over glazing and/or staining, decorating, decals, etc. Materials not included.

#### Barelas

Monday and Wednesday • 9:00 am - 12:00 pm

#### Los Volcanes

Friday • 8:00 am - 12:00 pm

#### North Valley

Tuesday and Wednesday • 12:00 - 4:00 pm

#### Palo Duro

Monday • 9:00 am - 1:00 pm

Thursday • 9:00 am - 1:00 pm

### Craft Group Open Studio

Come join this Open Studio Craft Group with a fun loving group for socializing, and learning new techniques for crafts such as knitting, crochet, etc. It's also a great way to share creative and new craft ideas. This is an informal group working on different individual and group projects. You must bring your own supplies.

#### Highland

Tuesday • 9:00 am - 12:00 pm

### Open Crafts

No instructors; each individual is able to work on a craft project of their choice. Please bring your materials and or projects.

#### Manzano Mesa

Monday • 8:30 - 11:30 am

### Plastic Canvas

Plastic canvas is a foundation for needlepoint or other canvas work embroidery. Its rigidity makes it useful for creating 3-dimensional objects such as tissue box covers, small jewelry boxes, handbags, and other decorative objects.

#### Los Volcanes

Thursday • 1:00 - 3:00 pm

### Porcelain Doll Making

Learn this art while making a doll. Materials not included.

#### Los Volcanes

Thursday • 9:00 - 11:00 am

*Call center for details.*

### Rosemalers

We do rosemaling from Norway, dalmalning from Sweden, hindeloopen from Holland and bauernmalerei from Germany and others. Bring a wood piece and we will get you started. No registration required.

#### Highland

Friday • 9:30 - 11:30 am

2nd Saturday (No meetings for July and August) • 10:00 am - 12:00 pm

### Stained Glass/Beginning

Enjoy learning the art of Stained Glass for beginners. This is a 6 week hands-on course where you will learn how to make a pattern, cutting glass, using a grinder, piecing your project together using copper foil and working on your soldering skills. Upon completion of this 6 week course, and if there is enough interest the course will continue with advance skills and topics being taught.

#### Bear Canyon

Thursday, August 8 - September 12  
8:30 - 11:30 am

*Fee: \$10 plus addition materials*

## Stained Glass

Learn how to cut, grind and copper foil glass, assemble, solder and complete projects. Materials not included.

### North Valley

**Tuesday and Thursday • 9:00 am - 12:00 pm**

### Palo Duro

**Friday • 9:30 - 11:30 am**

## Visiting Artists Series

Guest artist guides participants in an activity that often involves a demo and a hands-on experience. Open to all. A different artist volunteers each week from Labor Day to Memorial Day. During the summer, the program is more informal.

### Palo Duro

**Tuesday • 1:00 - 3:00 pm**

## COMPOSITION (WRITING)

### Memories - Autobiography

Recall and record your favorite memories.

### Bear Canyon

**Tuesday • 9:00 - 11:15 am**

### Word Wright's Writing

Open creative writing group that meets weekly to help each other put their thoughts down.

### North Domingo Baca

**Monday • 1:30 - 3:30 pm**

### Writing about our Lives

In this memoir class we will help each other write our stories by writing, reading aloud and revising. We can write for our children and grandchildren, ourselves and our community. We will experience a sense of accomplishment, enhance our mental alertness and make friends. It is never too late for personal growth.

### Highland

**Friday • 1:30 - 3:00 pm**

## COMPUTER

### Open Computer Lab

Open to members who wish to practice their skills or access the web. The lab will be available only if a computer monitor is present.

### Bear Canyon

**Monday, Wednesday and Friday  
9:00 - 11:00 am**

### Highland

**Wednesday • 1:00 - 3:00 pm**

### Los Volcanes

**Monday and Wednesday • 9:00 am - 3:00 pm**

### Manzano Mesa

**Monday, Tuesday, Thursday and Friday  
9:00 - 11:30 am**

**Wednesday • 1:00 - 2:45 pm**

### North Valley

**Monday, Wednesday and Thursday  
1:00 - 3:00 pm**

**Tuesday • 9:00 am - 5:00 pm**

### Palo Duro

**Monday, Tuesday, Wednesday and Friday  
1:00 - 3:00 pm**

**Thursday • 9:30 - 11:30 am**

### Tijeras Meal Site

**Monday, Tuesday, Thursday and Friday  
8:30 am - 4:00 pm**

## BEAR CANYON

### Apple iPad and iPhone Workshop

iPad and iPhone users, bring your iPad or iPhone and join the fun! This is a FREE workshop format where your iPad, iPhone, and iOS questions may be answered. Note: Kindle, Nook, Windows tablets, or Android devices are not covered. Seating is limited to the first 25 who arrive.

### Bear Canyon

**2nd Thursday of every month  
10:00 am - 12:00 pm**

### Apple Macintosh Day

Open to Mac users of any experience level — FREE. An open, interactive-Apple Macintosh Users meeting and workshop. Activities include a question and answer session, demonstrations of various Mac tips and tricks, and useful presentations of other “how to” Mac related topics.

### Bear Canyon

**3rd Saturday of every month  
9:45 am to 12:00 pm**

### Computer: Windows PC Classes at Bear Canyon

For a calendar of Bear Canyon computer room activities, visit:  
[www.brownbearsw.com/freecal/bcsc](http://www.brownbearsw.com/freecal/bcsc).

*We conduct classes periodically on a variety of Windows PC topics. To join our email list, and receive course notifications, email, [garylday@msn.com](mailto:garylday@msn.com).*

### Computer: Windows Workshop

A FREE monthly workshop forum where you have the opportunity to get your Windows PC related questions answered. No reservations needed. Seating is limited to the first 25 who arrive.

### Bear Canyon

**3rd Wednesday of every month  
1:30 - 3:30 pm**

### Computer: Chromebook Users Group

A FREE monthly workshop forum where you have the opportunity to get your Chromebook related questions answered. No reservations needed. Seating is limited to the first 25 who arrive.

### Bear Canyon

**2nd Wednesday of every month  
1:30 - 3:30 pm**

**NORTH DOMINGO BACA****Word 2010 and Up, Level 1**

Create and modify documents; use spell and grammar check; enhancing text with fonts, bullets, and numbering; cut and paste, Undo, margins; saving and printing. Detailed handout included.

**North Domingo Baca**  
**July 10,11,16,17 • 9:45 am - 12:00 pm**

**Publisher 2010 and Up, Level 1**

Create eye-catching, colorful flyers, signs, letterheads, greeting cards, business cards, labels and include clipart and photos. Many tips and tricks will be included to help you create and modify your publications. Detailed handout included.

**North Domingo Baca**  
**September 18,19,24,25**  
**9:45 am - 12:00 pm**

**Word 2010 and Up, Working with Photos**

Learn how to place, modify, and enhance photos, clipart, and text boxes in your documents. This is an advanced Word class. Detailed handout included.

**North Domingo Baca**  
**November 6, 7, 12, 13**  
**9:45 am - 12:00 pm**

**Excel 2010 and Up, Level 2**

Learn to create advanced formulas, work with functions and dates, sort and filter, worksheet protection, and charts (graphs). More tips and tricks! Detailed handout included.

**North Domingo Baca**  
**August 21, 22, 27, 28**  
**9:45 am - 12:00 pm**

**NORTH VALLEY****Tech 101**

Technology can be overwhelming, but also very beneficial. Find out more about basics of computers and the Internet and how smart phones and tablets work.

**Thursday, September 5**  
**10:00 am - 11:00 am**

**CROCHETING AND KNITTING****The "Busy Bees"**

All projects made are donated to various organizations (hats, blankets, and scarves).

**Palo Duro**  
**Wednesday • 12:00 - 3:00 pm**

**Open Studio Crochet and Knitting**

Come join us for Open Studio Crochet and Knitting with a fun loving group for socializing and learning new techniques. This is in an informal group working on different individual and group projects. You must bring your own supplies.

**North Valley**  
**Wednesday • 9:00 am - 12:30 pm**

**Project Linus**

All levels welcome. Learn techniques for creating sweaters, afghans, burping bibs, baby blankets, etc. Many of the blankets are donated to Project Linus.

**Bear Canyon**  
**Monday • 9:00 am - 12:00 pm**



**DANCE****Ballroom: Beginning**

Come learn the basics moves for ballroom. No partner required.

**Bear Canyon**

**Thursday • 4:45 - 5:45 pm**

**Manzano Mesa**

**Wednesday • 6:00 - 7:00 pm**

**Highland**

**Tuesday • 10:00 - 11:00 am**

**Ballroom/Swing/Country/Dance**

Come learn the basics moves for ballroom, Latin and swing. Intermediate is a continuation from the beginning class, with intermediate step patterns. Includes patterns and disc.

**North Domingo Baca**

**Thursday • 7:00 - 8:00 pm**

**Saturday • 10:30 am - 12:45 pm**

**Dancing with the Bars**

It's not what you may think...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.

**Bear Canyon**

**Thursday • 8:30 - 9:15 am**

**Hula and Hawaiian Culture**

Learn Hula dance and experience the rich and beautiful Hawaiian culture.

**North Domingo Baca**

**Tuesday • 4:45 - 5:45 pm**

**Line Dancing**

A line dance is a choreographed dance with a repeated sequence of steps in which a group of people dance in one or more lines or rows without regard for the gender of the individuals, all facing either each other or in the same direction, and executing the steps at the same time.

**Line Dance: Starter**

First time dancers or beginners.

**Manzano Mesa**

**Wednesday • 12:15 - 1:15 pm**

**Barelas**

**Wednesday • 9:00 - 10:00 am**

**Line Dancing: Beginning****Barelas**

**Wednesday • 10:10 - 11:10 am**

**Bear Canyon**

**Tuesday • 1:30 - 3:00 pm**

**Thursday • 3:15 - 4:30 pm**

**Los Volcanes**

**Thursday • 9:00 - 10:00 am**

**Manzano Mesa**

**Wednesday • 1:30 - 3:00 pm**

**North Domingo Baca**

**Thursday • 1:30 - 2:45 pm**

**Palo Duro**

**Monday • 3:15 - 4:30 pm**

**Saturday • 9:00 - 10:30 am**

**Line Dancing I: Intermediate****Bear Canyon**

**Tuesday • 3:15 - 4:30 pm**

**Manzano Mesa**

**Wednesday • 3:00 - 4:30 pm**

**Line Dancing II: Intermediate****Manzano Mesa**

**Friday • 2:00 - 3:30 pm**

**Line Dancing III: Intermediate****Manzano Mesa**

**Tuesday • 2:00 - 4:00 pm**

**Line Dance: Intermediate****Los Volcanes**

**Thursday • 10:10 - 11:10 am**

**North Domingo Baca**

**Tuesday • 5:45 - 7:30 pm**

**Line Dance: Advanced****Bear Canyon**

**Thursday • 1:30 - 3:00 pm**

**Palo Duro**

**Monday • 1:30 - 3:00 pm**

**2nd, 3rd and 4th Saturday**

**10:30 am - 12:00 pm**

**Tribal Belly Dance/ Belly Dance Foundations**

Get in touch with your inner beauty while getting a good workout. This gentle approach to this ancient art form can be enjoyed by women of all ages, abilities, sizes and shapes.

**North Domingo Baca**

**Friday • 5:00 - 6:30 pm**

**Wise Women Belly Dancing**

This gentle approach to this ancient art form can be enjoyed by women of all ages, abilities, sizes and shapes.

**Manzano Mesa**

**Thursday • 6:15 - 7:15 pm**

*Fee: \$5 for first session, \$10 drop in or \$35/4 sessions*

## FOLK ART

### Retablos/Hispanic Folk Art

Learn the art of making retablos.

#### North Valley

**Wednesday • 1:00 - 4:00 pm**

#### Barelas

**Tuesday • 9:00 - 11:00 am**

## LANGUAGE

### French: I

This class is for beginners and a good refresher for those who would like. Come have some fun while picking up conversations in French. Students will learn at a beginning level.

#### North Domingo Baca

**Wednesday • 11:00 am - 12:30 pm**

### French: II

This class is an intermediate level. Interested students may visit to determine if class level and content are appropriate for them.

#### North Domingo Baca

**Thursday • 1:00 - 2:30 pm**

### French: Advanced

Conversation, reading and writing. Students should be able to read, write and speak at advanced level.

#### Palo Duro

**Monday • 1:00 - 3:00 pm**

*Fee: \$5 materials*

### German: Intermediate

Members need to have pronunciation and grammar under control and can write sentences with dependent clauses. This is not a conversation class.

#### Palo Duro

**Thursday • 9:30 - 11:30 am**

### German: Conversational

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. At present we use as Textbooks German made Simple, German Vocabulary, Zurück in Zürich. Teacher is a native born German and brings a comprehensive knowledge of customs, culture and language to make this class informative and fun. No tests, no grades, some homework and mostly fun to learn new things to keep our brain functioning.

#### Bear Canyon

**Tuesday • 1:15 - 3:15 pm**

### Italian: Beginners

For people with no prior knowledge of the Italian language. This course will introduce you to engage in simple communication in Italian so that you are able to greet people, introduce yourself and others, talk about where you live and where you come from, what you do, to express age, to describe people and the clothes they wear. Learn the language of love! Whether you are a beginner starting with basics or looking to practice your skills, this class is for you.

#### Barelas

**Friday • 11:00 am - 12:00 pm**

#### North Valley

**Tuesday, August 6 - September 10**

**Tuesday, September 17 - October 22**

**Tuesday, October 29 - December 3**

**10:00 - 11:00 am**

*Fee: \$40*

### Italian: Beginners II

For those who already have basic knowledge of Italian. You'll learn to talk about your family, ask about the time and describe the weather, ask for directions and places, expressing likes and dislikes, talk about your routine and leisure activities.

#### North Valley

**Tuesday, August 6 - September 10**

**Tuesday, September 17 - October 22**

**Tuesday, October 29 - December 3**

**11:15 am - 12:15 pm**

*Fee: \$40*

### Italian Workshop: Intermediate

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.

#### Bear Canyon

**Tuesday • 11:10 am - 1:00 pm**

### Lip Reading

Learn to hear with your eyes and never miss a word again!

#### Bear Canyon

**Monday • 12:30 - 1:30 pm**

*Fee: \$5 for book*

### Sign-Language: Beginners

Learn sign language basics, including the manual alphabet, counting, plus familiar words and phrases.

#### North Valley

**Tuesday, July 23 - August 27**

**5:30 - 7:00 pm**

**Tuesday, September 3 - October 8**

**1:00 - 2:30 pm**

### Sign-Language: Intermediate

This is a secondary course for those who have taken the beginning course.

#### North Valley

**Tuesday, October 15 - November 19 •**

**1:00 - 2:30 pm**

**Spanish: Beginners**

This is a beginner's course that will help you learn Spanish and carry on conversations with others in Spanish.

**North Valley**

**Thursday, July 11 - August 22**

**Thursday, September 5 - October 10**

**Thursday, October 17 - November 21**

**10:00 - 11:00 am**

*Fee: \$45 materials provided*

**Spanish Workshop: Contemporary**

Carry on conversations with others in Spanish. Improve fluency through use.

**Bear Canyon**

**Tuesday • 1:10 - 3:00 pm**

**Spanish: Beginning**

This on-going class is a beginning level course. Emphasis is on grammar, verb conjugation, reading, and conversation. Interested students may visit to determine if the class/content are appropriate for them.

**Highland**

**Thursday • 10:30 - 11:45 am**

**Spanish: Beginning Discussion**

Student will learn at a beginning level and will practice through music, writing and speaking.

**Palo Duro**

**Session I: July 16 - August 20**

**Session II: August 27 - October 1**

**Session III: October 15 - November 19**

**Tuesday • 3:00 - 4:00pm**

**Spanish: Intermediate**

Have you always wanted to learn Spanish but were unsure where to start? Join our Beginning/Intermediate Spanish class and spend 6 weeks getting a feel for the language and the grammar.

**Bear Canyon**

**Monday, July 15 - Aug. 26**

**Monday, September 9 - October 14**

**Monday, October 21 - December 2**

**8:30 - 9:30 am**

*Fee: \$45 materials provided*

**Spanish (Intermediate Level)**

This on-going class is an intermediate-advanced level. Listening, speaking, reading and writing skills are included. Interested students may visit to determine if class level and content are appropriate for them.

**Highland**

**Tuesday • 12:30 - 3:00 pm**

*Please call HSC for availability.*

**Spanish Workshop: Intermediate and Advanced**

No official instructor is provided. Class is led by rotating volunteer participants. First hour has an emphasis on the study of grammar. Second hour consists of topics selected by the facilitator of the week with an emphasis on conversation and cultural themes.

**Bear Canyon**

**Tuesday • 9:00 - 10:50 am**

**Spanish: Open Studio/Conversation**

This on-going Open Studio Spanish Conversation Group is for beginners thru intermediate-advanced level Spanish speakers. This is a casual group, with no emphasis like the Spanish Beginners and Advanced classes. Interested participants may visit to determine if the group is appropriate for them.

**Highland**

**Tuesday • 1:00 - 2:00 pm**

*Please call HSC for availability.*

**METALS (sign-up is required)****Metal Casting**

Learn basic skills and methods. Using the lost wax casting process you can cast objects in silver and bronze.

**Palo Duro**

**Thursday • 1:00 - 4:30 pm**

*Fee: \$4 per casting for consumables*

**Metalsmithing/Jewelry Lab**

Join us for a self-directed open shop for silver-smithing, enameling and other techniques of this beautiful art!

**Palo Duro**

**Wednesday • 11:30 am - 4:00 pm**

*Fee: \$1 per week for consumables*

**Tin Class**

Tinsmithing is a traditional Spanish colonial art form. Come to learn basic techniques. Self-taught.

**Los Volcanes**

**Tuesday • 12:30 - 4:30 pm**

**Tin Punching**

Tin-punching is a colonial art form to make functional and decorative items from tin. This is a great class to learn about cutting, punching, and finishing off tin. This class is self-taught.

**Barelas**

**Tuesday • 12:30 - 4:00 pm**

**Tin Works Class**

Join Jason Younis y Delgado, a 5th generation tin smith and member of the Spanish Colonial Arts Society in an open class for Tin Works. All levels invited.

**North Valley**

**Thursday, August 8 - 29 • 9:30 - 11:30 am**

**Thursday, October 3 - 24 • 9:30 - 11:30 am**

*Fee: \$55, Materials provided*

**Tinworks Holiday Workshop**

We will be creating ornaments, farolitos and other fun holiday items. Class covers a sheet of tin, necessary tools and instruction. Custom punches and additional tin are available for purchase if you want to continue at home.

**North Valley**

**Tuesday, December 10**

**9:30 am - 12:30 pm**

*Fee: \$55 materials provided*

## MUSIC

### Canto y Guitarra

Get together to sing in Spanish.

#### Barelas

**Monday • 12:30 - 1:30 pm**

### Guitar: Consortium

A structural guitar learning class open to beginners and intermediate guitar learners. Must have own guitar.

#### Highland

**Wednesday • 1:00 - 2:30 pm**

### Guitar: Classical Beginners

This free course aims at learning the fundamentals of the Classical Guitar, i.e., reading music, tuning and maintenance, basic theory, performance techniques, etc. A book is required, "Solo Guitar Playing, Book One, 3rd edition" by Fredrick Noad, and your own instrument. Learning to play duets and "Greensleeves" add to the knowledge base in this easy going, but PRACTICE-based class setting.

#### Bear Canyon

**Monday • 9:00 - 11:00 am**

### Guitar: Classical Intermediate

This free course continues the fundamentals learned in Beginning Classical Guitar, but with emphasis on finishing the 'Solo Guitar Playing, Book One, 3rd edition,' along with learning simple studies by Carcassi, Sor, and Giuliani. Music and guitar theory will be explored to further enhance the presentation of a chosen performance piece, which each student will work on as a final requirement.

#### Bear Canyon

**Thursday • 12:30 - 3:00 pm**

### Ukulele: Beginners

Learn the basics of ukulele; holding, strumming, chords and playing songs.

#### Highland

**Wednesday • 4:30 - 6:30 pm**

## OTHER

### Introduction to Vedic Astrology Class

Learn how the sister sciences of astrology, Ayurveda and Yoga connect and how to apply them to your astrological chart and life path. Class size limited to 10.

#### Palo Duro

**Tuesday • 10:30 - 11:30 am**

*Fee: \$5*

## PAINTING AND DRAWING

### Acrylics: Abstract Painting

Join us for weekly acrylic sessions. You can work from photos or observational drawings and painting with still life in a relaxed and comfortable atmosphere.

#### North Valley

**Tuesday, September 3 - 24  
4:30 - 6:30 pm**

*Fee: \$75*

### Acrylic: Workshop

Instruction is given on perspective, composition, form, color mixing, and blending. All levels. No registration required. Students supply their own materials.

#### Bear Canyon

**Monday • 9:00 - 11:30 am**

### Drawing, Painting, and Art Critique

Open Studio. All levels welcome.

#### North Domingo Baca

**Saturday • 9:00 - 11:30 am**

### Drawing: Perspective

You will learn one point, two-point, three-point, and atmospheric perspective. You'll make drawings from photographs and the imagination.

#### North Valley

**Tuesday, July 16 - 30 • 4:30 - 6:30 pm**

*Fee: \$50 materials provided*

### Drawing: Tonal

If you have taken a drawing class before and want to continue to hone your skills come to Tonal Drawing 2.

#### North Valley

**Thursday, November 7 - 21  
1:00 - 3:00 pm**

*Fee: \$50 materials provided*

### Learn to Draw with Kelly

Come have fun with us! Supplies can be purchased at Michaels or Hobby Lobby. 1-12x18 of newsprint, 1-kneaded eraser, 1-charcoal pencil.

#### North Domingo Baca

**Friday • 9:00 - 11:00 am**

### Painting: Abstract Landscape

You can work from photos or observational drawing and painting with still life in a relaxed and a comfortable atmosphere. Work at your own pace with Instructor/artist Elaine Cimino.

#### North Valley

**Thursday, September 5 - 26  
1:00 - 3:00 pm**

*Fee: \$75 materials list will be provided*

### Pastels: Landscapes with Soft Pastels

Introduction to pastels offers a variety of techniques from chalk pastels, stick and pastel pencil. Students will have a chance to work with numerous papers, pastels and equipment. The class will include studies of landscape, as well as subjects of the student's choice.

#### North Valley

**Thursday, October 3 - 24 • 1:00 - 3:00 pm**

*Fee: \$50*

### Painting: Oil

Instruction is given on perspective, composition, form, color mixing, and blending. All levels. Bring materials.

#### North Valley

**Friday • 9:00 am - 12:00 pm**

**Painting: Oil Workshop**

Instruction is given on perspective, composition, form, color mixing, and blending. All levels. No registration required. Bring materials.

**Bear Canyon**

**Wednesday • 8:30 - 11:30 am**

**Painting: Tile**

This class is designed for members with special needs and their caretakers.

**Manzano Mesa**

**Friday • 8:30 - 11:30 am**

**Painting: Watercolor**

Study the work of great artists as you receive individual instruction in watercolor techniques, composition, color theory, and drawing while developing your artistic vision. Bring any supplies you may already have but please wait to purchase new supplies until after the first class.

**Palo Duro****Session I, Level III Watercolor:**

**Monday, September 9 - October 14  
2:00 - 4:30 pm**

**Session I, Level II Watercolor:**

**Tuesday, September 10 - October 15  
Tuesday, 2:00 - 4:30 pm**

**Session II, Level III Watercolor:**

**Monday, October 21 - November 25  
2:00 - 4:30 pm**

**Session II, Level II Watercolor:**

**Tuesday, October 22 - November 26  
2:00 - 4:30 pm**

*Fee: \$145*

**Portrait Drawing Class**

We need your face! Highland Portrait Drawing class draws live models with a focus on the proportions of the head. Models are needed weekly; in return models will get copies of all the artworks of your portrait. New artists are welcome and models are always needed. Call the front desk for more information.

**Highland**

**Tuesday • 10:00 am - 12:00 pm**

**Palo Duro Palettes**

Work in all mediums and share our knowledge and enthusiasm. Come sample a variety of methods, ideas as well as new techniques. Materials are available.

**Palo Duro**

**Wednesday • 1:00 - 3:00 pm**

**Pastel: Flowers**

Introduction to pastels offers a variety of techniques, from chalk pastels stick and pastel pencil. You will have a chance to work with numerous papers, pastels, and equipment. The class will include studies in flowers as well as subjects of the student's choice. Please bring a couple of photos to the first class.

**North Valley**

**Thursday, July 18 - August 1  
1:00 - 3:00 pm**

*Fee: \$60 materials provided*

**Sketching**

Learn the technique of free hand drawing.

**Los Volcanes**

**Thursday • 9:00 - 11:00 am**

**Watercolor: Adult Class**

This class is for anyone interested in learning basic watercolor painting techniques and general practice.

**Los Volcanes**

**Tuesday • 9:00 - 11:00 am**

**North Domingo Baca**

**Tuesday • 9:00 am - 12:00 pm**

**Watercolor: Flowers**

This transparent water-based painting medium has been enjoyed and used for centuries. Regardless of your experience level, you will learn how to use materials and all the techniques associated with watercolor. You will see demonstrations, and we will discuss composition, design, subject matter, and textures that lend themselves to this medium.

**North Valley**

**Thursday, August 1 - 22 • 1:00 - 3:00 pm**

*Fee: \$75 materials provided*

**Watercolor: Intermediate**

This on-going activity allows participants to share ideas, techniques and inspiration. No registration required.

**Bear Canyon**

**Tuesday • 1:00 - 3:30 pm**

**Watercolor: Landscape of New Mexico**

Learn how to paint landscape watercolor, lay-in techniques, color theory, and practice washes and textures. This class is for those already familiar with basic concepts in watercolor.

**North Valley**

**Tuesday, August 6 - 27 • 4:30 - 6:30 pm**

*Fee: \$75*



## Watercolor: Open Studio

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. The supply list suggested is watercolor paper, watercolor paints, brushes, mixing pallet, watercolor cups, pencils, a big eraser, and a drying towel.

### Highland

**Thursday • 9:30 am - 12:00 pm**

## PHOTOGRAPHY

### Photography Classes

Come and join our class! From beginners to advanced, take it to the next level. Join other enthusiasts in discovering & sharing new techniques, smart tips, great fun and true passion.

### North Domingo Baca

**Wednesday • 8:30 - 11:30 am**

**Thursday • 6:00 - 8:00 pm**

## POTTERY

### Pottery

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

Self-directed. There is a material fee.

### Manzano Mesa

**Tuesday and Thursday • 9:00 am - 1:00 pm**

### North Valley

**Monday • 9:00 - 11:30 am**

### Palo Duro

**Friday • 9:00 - 11:30 am**

## Pottery: Clay Classes

Learning and exploring the fundamentals of creating art with clay. Students are encouraged to explore their own ideas within each lesson. Watch your creations come to life.

### Los Volcanes

**Wednesday • 9:00 - 11:00 am**

### North Domingo Baca

**Tuesday • 9:00 am - 1:00 pm**

### Pottery: Open Studio – On going class

Once completing the six month introduction to pottery, students may use the open studio time to further explore projects in clay. This class is for self-led, intermediate-level students. Materials and firing fees apply.

### Highland

**Monday • 1:00 - 4:00 pm**

**Thursday • 1:00 - 4:00 pm**

### Los Volcanes

**Wednesday • 9:00 - 11:00 am**

### Palo Duro

**Wednesday • 8:00 - 11:30 am**



## QUILTING, SEWING AND WEAVING

### Quilting

Quilting is the process of sewing two or more layers of fabric together to make a thicker padded material, usually to create a quilt or quilted garment. Typically, quilting is done with three layers: the top fabric or quilt top, batting or insulating material and backing material. Novice and experienced quilters are welcome. Donations of fabric and yarn are always appreciated.

### Highland

**Tuesday • 8:00 am - 12:00 pm**

### Palo Duro

**Tuesday • 8:00 am - 12:30 pm**

**Saturday • 9:00 am - 1:00 pm**

### Quilting: Cluster

A group of hand quilters sharing techniques, conversation and laughs. Novice and experienced quilters are welcome.

### North Domingo Baca

**Friday • 10:00 am - 4:00 pm**

### Quilting: Experienced

This group of experienced hand quilters work on each other's quilts to completion.

### Bear Canyon

**Tuesday • 8:30 - 11:45 am**

### Quilting: Hand

A group of people interested in quilting and quilting art assemble. Most of the individuals quilt by hand but sewing machines are also used. No formal instruction is given however, encouragement is shared by all.

### North Valley

**Monday • 8:00 am - 4:00 pm**

**Quilting: Machine**

Intermediate quilting using a sewing machine. Designed to make quilts for donation, to the VA, Animal Humane and the pediatrics unit at UNMH. Space available to work on personal projects as well.

**Manzano Mesa**

**Tuesday • 9:00 am - 12:00 pm**

**Sewing and Alterations**

Bring your latest sewing project and get help with any alterations or questions you may have!

**Palo Duro**

**Tuesday • 10:00 am - 12:30 pm**

**Saturday • 11:30 am - 12:30 pm**

**Swedish Weaving**

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

**Los Volcanes**

**Tuesday • 11:30 am - 2:30 pm**

**Palo Duro**

**Friday • 2:15 - 4:30 pm**

*Fee: \$10 materials*

**Tuesday Angels**

A wide variety of items from donated materials. Everything produced is given to community groups and hospitals. Donations of fabric and yarn are always appreciated.

**Palo Duro**

**Tuesday • 8:30 - 11:30 am**

**WOODWORKING****Open Woodshop and Wood Carving**

If you are interested in carving, cutting or working on other wood projects please join us.

**Manzano Mesa**

**Wednesday • 8:00 - 11:30 am**

**Woodcarving/Bear Canyon Carvers**

Women and men of all skill levels enjoy woodcarving in this ongoing class.

**Bear Canyon**

**Friday • 8:00 am - 12:00 pm**

**Woodshop and Wood Carving**

If you are interested in carving, cutting or working on other wood projects please join us.

**Los Volcanes**

**Tuesday • 8:30 - 10:30 am**

**Monday • 12:00 - 4:00 pm (power tools)**



# Events

## Ongoing Events

### Dance to Live Music at the Centers

Dance to top 40s, Spanish, country western, swing and oldies. Check the bulletin boards for our monthly listings of bands. \$3 per person.

**Barelas**  
Friday • 1:30 - 4:15 pm

**Bear Canyon**  
Thursday • 6:00 - 8:45 pm

**Highland**  
4th Saturday • 12:00 - 3:00 pm

**Los Volcanes**  
Thursday • 1:30 - 4:15 pm

**North Valley**  
Sunday • 1:30 - 4:15 pm

### Friendship Coffee

Come chat with old friends and make new ones over coffee and a special treat.

**Barelas**  
Wednesday • 9:30 - 10:30 am

**Bear Canyon**  
Tuesday • 9:30 - 10:30 am

**Highland**  
Monday • 12:30 - 2:30 pm

**Los Volcanes**  
Tuesday and Thursday • 10:00 - 11:00 am

**Manzano Mesa**  
Thursday • 10:00 - 11:00 am

**North Valley**  
Wednesday • 8:30 - 10:30 am

**Palo Duro**  
Wednesday • 9:15 - 10:15 am

### Ice Cream Socials

Banana splits and sundaes are favorites. 75¢/serving.

**Barelas**  
2nd Thursdays • 10:00 - 11:00 am

**Los Volcanes**  
1st Wednesday • 10:15 - 11:15 am

**Palo Duro**  
3rd Thursdays • 11:30 am - 12:30 pm

### Pie Socials

Enjoy your favorite pies at these socials. 75¢/serving.

**Los Volcanes**  
3rd Friday • 10:15 - 11:15 am

**North Domingo Baca**  
1st Friday • 11:45 am - 1:00 pm

### Dessert Socials

Join us for a special treat once a month, with a variety of desserts.

**Barelas**  
4th Thursday • 10:00 - 11:00 am

**Bear Canyon**  
3rd Friday • 1:30 - 2:30 pm

### Movie Matinee

Join us for a movie and some goodies. Have a movie suggestion? Let us know! Free popcorn will be provided for attendees.

**Bear Canyon**  
3rd Tuesday 1:30 - 4:00 pm

**Highland**  
Every Friday • 2:00 pm

**Palo Duro**  
1st and 3rd Thursday • 1:30 - 4:00 pm

### Karaoke

Sing along to your favorite tune.

**Barelas**  
3rd Tuesday • 11:00 am - 1:00 pm

**North Valley**  
3rd Tuesday • 11:00 am - 1:00 pm

## July

### Happy Birthday America!

Join us for a 4th of July party to celebrate our independence with good friends and good food!

Event sponsored by Aetna Insurance.

**Bear Canyon,**  
Wednesday, July 3 • 11:30 am - 1:00 pm  
*Meal Reservation Required*

### Let's celebrate the 4th of July

Please join us for a 4th of July Celebration!

**Barelas**  
Wednesday, July 3 • 11:30 am - 1:00 pm  
*Reservation Required*

### Summer's End BBQ Bash

Join us as we celebrate the end of summer with great food and entertainment.

**Palo Duro**  
Wednesday, July 3 • 11:30 am - 12:30 pm

### 4th of July BBQ

Join us as we celebrate Independence Day with hamburgers, hotdogs and all the fixings, potato salad and baked beans, for dessert apple pie. Thirst quenching beverages will consist of fruit punch and Agua Frescas!

**Los Volcanes**  
Wednesday, July 3 • 1:30 - 3:30 pm

### 4th Celebration

Come join us for a nice afternoon and celebrate our independence. Talk with veterans from all branches of our military that continue to provide us with our freedom.

**North Domingo Baca**  
Friday, July 5 • 11:30 am - 1:00 pm

### 4th of July Bash

Join us as we celebrate our Nations' Birthday with music and goodies.

#### Palo Duro

**Wednesday, July 3 • 11:30 am - 12:30 pm**

### Themed Bingo with the State of NM Regulation and Licensing Department

Have fun and learn how to avoid identity theft.

#### Manzano Mesa

**Monday, July 1 • 10:00 - 11:00 am**

### Rise & Shine... It's Breakfast Time

Our chef is busy cooking up one special breakfast surprise for you! Enjoy some nice background music while visiting with friends. It's a great way to start the day!

#### Barelas

**Friday, July 19 • 8:00 - 9:00 am**

*Fee: \$1.50*

### Crazy Hat Day

Come join the fun, enjoy a piece of your favorite pie, some ice cream and don't forget to wear your silliest, funniest craziest hat!

#### North Domingo Baca

**Friday, July 19 • 1:30 - 2:30pm**

### I Scream, You Scream, We All Scream For Ice Cream

Vanilla and chocolate ice cream vies for the taste buds of ice cream lovers. Chocolate may win the popularity contest. But Vanilla is a close second. Enjoy it in a cone, a dish and/or a float. If you get to come in today, ask for an extra scoop and worry about the calories later. Just make sure to eat it quickly, before it melts.

#### North Domingo Baca

**Monday, July 22 • 11:30 am - 1:00 pm**

## BARELAS HUB

What is happening in the Barelas Hub, one of the city's oldest neighborhoods? New and exciting activities are happening between the Barelas Senior Center and the Barelas Community Center. It's an opportunity for children and seniors to come together. Please join us for the following events and activities:

### Tortilla Making

Do you remember growing up watching grandma or grandpa making tortillas and sharing stories of "the good old days?" Join us for this fun class. We'll find out who can roll the roundest tortilla and then eat our nice warm tortillas with some melting butter!

#### Barelas Community Center

**Wednesday, July 24 • 10:00 - 11:30 am**

### It's Tiki Time Luau

Break out your Hawaiian shirt and dust off your grass skirt. It's time for a Luau at Los Volcanes Senior Center! LVSC is hosting a Luau tropical theme party and will be serving delicious appetizers. Everyone loves a luau so come join us for this tropical extravaganza! You'll be sure to have all kinds of fun!

#### Los Volcanes

**Wednesday, July 31 • 1:30 - 3:30 pm**

## August

### Back to School Supplies Drive

Help provide area students with materials needed for the upcoming year.

#### Manzano Mesa

**August 1 - 15 • Operating Hours**

### Ice Burger Party

It is that time of the year to come and enjoy a cold sandwich...an ice cream sandwich. Ice cream sandwiches are so popular and taste so good!

#### North Domingo Baca

**Monday, August 5 • 11:30 am - 12:30 pm**

## Watermelon Summer Bash

Come join us for a juicy piece of watermelon on the patio.

#### North Domingo Baca, Social Hall

**Tuesday, August 6 • 11:00 am - 2:30 pm**

### NFL Cook Out

Are you ready for some football? It's Los Volcanes' inaugural preseason celebration.

#### Los Volcanes

**Wednesday, August 7 • 1:30 - 3:30 pm**

### Woodstock 50th Anniversary Luncheon

A luncheon to celebrate the 50th Anniversary of Woodstock. Woodstock was a music festival held on a dairy farm in the Catskill Mountains of Bethel, Northwest of New York City. Come and join us for a festival of music and fun! Come dressed as they did in 1969 and "please pace yourself!"

#### Highland,

**Thursday, August 15 • 11:30 am - 1:00 pm**

*Fee: \$4, Reservation Required*

### Rise & Shine... It's Breakfast Time

Our chef is busy cooking up one special breakfast surprise for you! Enjoy some nice background music while visiting with friends. It's a great way to start the day!

#### Barelas

**Friday, August 16 • 8:00 - 9:00 am**

*Fee: \$1.50*

### The Great Gatsby Dinner Dance

Join us for a fun evening of dining and dancing. Ticket is required.

#### North Valley

**Tuesday, August 20 • 4:00 - 7:00 pm**

*Fee: \$7.50*

## Golden Ager Shindig

We are recognizing and showing appreciation for the value and contribution of the senior population. In his Presidential Proclamation (August 19, 1988), President Ronald Reagan said "For all they have achieved throughout life and for all they continue to accomplish, we owe older citizens our thanks and a heartfelt salute. We can best demonstrate our gratitude and esteem by making sure that our communities are good places in which to mature and grow older."

### North Domingo Baca

**Friday, August 23 • 10:00 am - 12:30 pm**

## The Last Days of Summer Party

Join us as we celebrate the last days of summer with local entertainment and light snacks and refreshments.

### North Valley

**Tuesday, August 27 • 10:00 - 11:30 am**

## Chile Cook Off Contest

Come join us for Los Volcanes' inaugural Make It Hot, Make it Mild Authentic New Mexico Chile Cook-Off! Who makes the best authentic New Mexican Chile? We'll have 1st, 2nd & 3rd prize winners! Chile competition limited to 15 participants. One contestant per household.

### Los Volcanes

**Wednesday, August 28 • 1:30 - 3:30 pm**

## Celebrate the Banana Split

It's all about the Banana Split with vanilla ice cream, yummy chocolate and caramel, and of course a cherry on top, perfect way to end the summer! Entertainment to be announced.

### North Domingo Baca

**Thursday, August 29 • 1:30 pm - 2:30 pm**

# September

## Movie Matinee

Celebrate Labor Day with the classic movie: 9 to 5.

### Manzano Mesa

**Tuesday, September 3 • 1:00 - 3:00 pm**

## Eat an Extra Dessert Day

Do you love pie, cake, doughnuts and cookies!? North Valley Senior Center is the place to be! Let's celebrate National Eat an Extra Dessert Day with your favorite treats.

### North Valley

**Wednesday, September 4  
10:00 - 11:30 am**

## End of Summer BBQ

Join us for a fun BBQ! The summer might be ending but the party is just getting started!

### North Domingo Baca

**Wednesday, September 4 • 11:00 am - 1:00 pm**

## National Grandparent Day

Honor all grandparents. We will have intergenerational art activities, specials poems for grandparents, music and food.

### North Domingo Baca

**Friday, September 6 • 10:30 am-12:30 pm**

## Tortilla & Chile Roast

Holy Guacamole it is Chile Roasting Time! Let the aroma lead your nose to where we'll be roasting green chile & come join us in the Los Volcanes Patio for this iconic New Mexican snack!

### Los Volcanes

**Wednesday, September 11 • 1:30 - 3:30 pm**

## Chile Harvest Fiesta

Celebrate New México's Chile Harvest at a roasting and recipe sharing event, a New Mexican Tradition. Green Chile with homemade tortilla samples and lemonade will be available.

### North Domingo Baca

**Friday, September 13 • 9:00 - 11:30 am**

## Homecoming Noon Dance - Putting on the Glitz

Homecoming is an event that people come together to welcome back Alumni. You are invited to this Black Tie Event at Highland Senior Center. Dance to the hits of the 60's, 70's and 80's. Space is limited please sign up at the front desk. Refreshment will be served.

### Highland, Social Hall

**Saturday, September 14 • 12:00 - 3:00 pm**



### Barelas 6th Annual Fall Fiestas

iBienvenidos! Enjoy the history and traditions of Barelas with live entertainment, children's activities, food, music and dancing in the Hub of Barelas. Fun for the whole family. Music by Micky Cruz!

El Camino Real Garden Club Refreshments at the Annual Barelas Fiesta: Always a great treat! Once again we will feature our now famous New Mexico fresh roasted green chile dogs and bags of freshly roasted New Mexico green chile. There will also be cold drinks at our refreshment stand.

#### Barelas

**Friday, September 6 • 10:00 am - 3:00 pm**

*Call center for details*

### Rise & Shine... It's Breakfast Time

Our chef is busy cooking up one special breakfast surprise for you! Enjoy some nice background music while visiting with friends. It's a great way to start the day!

#### Barelas

**Friday, September 20 • 8:00 - 9:00 am**

*Fee: \$1.50*

### Up, Up and Away Luncheon

Sail away with us as we celebrate the upcoming Albuquerque International Balloon Fiesta with an enchanting, colorful special luncheon!

#### Bear Canyon, Social Hall

**Friday, September 27 • 11:30 am - 1:00 pm**

*Fee: \$4, Reservation Required*

### El Camino Senior Garden Fall Festival

Join us in the El Camino Senior Gardens for our Annual Garden Fall Festival. There will be light refreshments, music and prize drawings. Contact Garden Keeper Patrick Turrieta for more information.

#### Barelas

**Thursday, September 26 • 1:30 - 3:00 pm**

## October

### Oktoberfest Dance

Hey, it's time to jump into your dirndl and lederhosen and yodel your way to our haus. Bear Canyon's celebrating Oktoberfest. Entertainment by Swing Shift.

#### Bear Canyon

**Thursday, October 3 • 6:00 - 8:45 pm**

*Fee: \$3*

### Los Volcanes Day

Los Volcanes Senior Center is celebrating 29 years of service to our seniors. Come join us for this day full of fun, with a market place, live entertainment and a dance. Everyone is invited. Food vendors and children activities will be available.

#### Los Volcanes

**Friday, October 4 • 8:00 am - 4:00 pm**

### Mark of Zorro Luncheon

Join the masked hero for this special luncheon as Zorro is sure to leave his mark.

#### Palo Duro

**Thursday, October 10 • 11:30 am - 1:00 pm**

*Fee: \$4, Reservation Required*

### Special Shapes Rodeo Breakfast

The coveted views on our west end Balcony will be available to you at our annual Special Shapes Rodeo Breakfast. We will have hot coffee and breakfast burritos provided by our neighbor Whataburger.

#### North Domingo Baca

**Friday, October 11 • 7:00 - 9:00 am**

### Rise & Shine... It's Breakfast Time

Our chef is busy cooking up one special breakfast surprise for you! Enjoy some nice background music while visiting with friends. It's a great way to start the day!

#### Barelas

**Friday, October 18 • 8:00 - 9:00 am**

*Fee: \$1.50*

### Fall Festival

Please join us for our annual autumn event featuring games, food and fun!

#### Manzano Mesa

**Saturday, October 19 • 10:00 am - 2:00 pm**

### A Hunka Hunka Halloween

Come get All Shook Up with the ghost of Elvis. Costumes not required but encouraged!

#### Bear Canyon, Social Hall

**Friday, October 25 • 11:30 am - 1:00 pm**

*Fee: \$4, Reservation Required.*



### Dia De Los Muertos Dinner Dance

Come celebrate and enjoy a delicious meal, with live music and fun! Join us & make sure to be festive & wear your favorite Dia de los Muertos attire. Space is limited. Tickets go on sale on October 1.

#### Los Volcanes

**Tuesday, October 29 • 4:00 - 7:00 pm**

### Spooktacular Bash

Join us if you dare for fun! We will have food, music, dancing and a costume contest. You'll have a haunting good time!

#### North Domingo Baca

**Wednesday, October 30 • 3:15 - 4:30 pm**

### Dia de los Muertos

Día de los Muertos is a Mexican holiday. The celebration occurs annually on October 31, November 1 and November 2, and is intended to honor those who have died. Join us as we celebrate those who have passed on with entertainment, snacks and refreshments.

#### North Valley

**Thursday, October 31 • 10:00 - 11:30 am**

### Howl-O-Ween Pet Parade

Our furry four-legged friends have always been there for us, so why not include them in an event of their own? Bring your dog (leashed please) as we parade to show off their Halloween costumes. Winners will be given prizes! Join us for our third annual event. Friendly pets only, please.

#### Palo Duro

**Thursday, October 31 • 9:30 - 11:00 am**

### Monster Mash Luncheon/Pool Tournament

Come in your Halloween costume to enjoy a monstrous luncheon and stay for the after party as we gather for the Pool Tournament. Tournament will begin at 1:30pm, no charge for entering the tournament.

#### Highland

**Thursday, October 31**

**11:30 am - 1:00 pm**

*Fee: \$4, Reservation Required*

### Spooktacular Luncheon

Join us for our annual Halloween Luncheon that is sure to scare, the food will delight you. Be there if you dare.

#### Barelas

**Thursday, October 31 • 11:30 am - 1:00 pm**

*Reservation Required*

## November

### Oso Canyon Art Fest

Annual Oso Canyon Art Fest is the place to be. This arts and crafts event features one-of-a-kind creations by talented local artists and crafters and it is the ideal place to find the perfect holiday gift. Refreshments will also be available for purchase. Tables rent for \$40 and go on sale August 5, 2019.

#### Bear Canyon

**Saturday, November 2 • 9:00 am - 3:00 pm**

### Holiday Arts & Crafts Fair

Our annual Holiday Arts & Crafts Fair offers a fine selection of handcrafted items to satisfy all of your shopping needs. Only handcrafted and artisan goods will be available to sell, so be sure and make your table reservation today. This special event will only take place on Tuesdays in November and December.

#### Palo Duro

**Tuesday • 8:30 am - 12:00 pm**

### Black Tie Gala Evening Dance

Wear your finest sequins and bowties. Entertainment by Swing Shift.

#### Bear Canyon

**Thursday, November 7 • 6:00 - 9:00 pm**

*Fee: \$3*

### "Salute" Afternoon 40's Big Band Dance in Honor of our Veterans

Salute Veterans that have served our county with Honors! Join us for an afternoon of dancing to music from the 40's. Feel free to come dressed in your Uniform Attire. Refreshments will be served.

#### Highland

**Thursday, November 7 • 1:00 - 3:00 pm**

### Salute to our Veterans Lunch

Meet our local veterans that have served our great nation. Retired and active duty military will share our lunch table and converse about their military time served.

Lunch entertainment in honor of our Veterans who gave so much.

#### North Domingo Baca

**Thursday, November 7 • 10:30 - 11:30 am**

### 6th Annual Veterans Memorial Garden Celebration

Join us for our traditional Veterans recognition celebration. This formal event takes place in our El Camino Garden and is a wonderful way to honor all our American Veterans past and present who have made our freedom a special and cherished tradition in the United States of America. Visit the beautiful 16 foot Star Floral Veterans Memorial garden of red, white and blue constructed and funded by seniors at Barelas. Please contact Garden Keeper Patrick Turrieta for more information.

#### Barelas

**Friday, November 8 • 10:00 - 11:00 am**

*Veterans Day Appreciation*

## We Salute You!

Come and join us as we honor the men and women that served our country.

### North Valley

**Friday, November 8 • 10:00 - 11:30 am**

## The Roaring Twenties Luncheon

Guys and Dolls don your Sunday best for a roaring good time. Guaranteed to be the Bees Knees!

### Palo Duro

**Thursday, November 14 • 11:30 am - 1:00 pm**

*Fee: \$4, Reservation Required*

## Rise & Shine... It's Breakfast Time

Our chef is busy cooking up one special breakfast surprise for you! Enjoy some nice background music while visiting with friends. It's a great way to start the day!

### Barelas

**Friday, November 15 • 8:00 - 9:00 am**

*Fee: \$1.50*

## Billiards Pool Tournament

Come test out your pool playing skill by entering the 1st annual pool tournament.

### Los Volcanes

**Wednesday, November 20 • 8:30 am - 4:30 pm**

## Thanksgiving Luncheon

Join us for a traditional Thanksgiving meal.

### North Valley

**Wednesday, November 27 • 11:30 am - 1:00 pm**

*Reservation Required*

## Harvest Luncheon

Let us be thankful together. Join us for Bear Canyon's annual Harvest Luncheon.

### Bear Canyon

**Friday, November 22 • 11:30 am - 1:00 pm**

*Fee: \$4, Reservation Required*

## Elegant Thanksgiving Luncheon Feast

Come celebrate a day of Thanksgiving as we partake of the goodness of the land. A time to reflect on keepsake memories and enjoy a feast fit for a King and Queen!

### Highland

**Wednesday, November 27 • 11:30 am - 1:00 pm**

*Fee: \$4, Reservation Required*

## Eat, Drink & Be Thankful

Gobble, Gobble! After lunch our bellies will Wobble, Wobble!

### Barelas

**Wednesday, November 27 • 11:30 am - 1:00 pm**

*Reservation Required*

## Thanksgiving

Today's lunch will feature many of your Thanksgiving favorites.

### Manzano Mesa

**Wednesday, November 27 • 11:30 am - 1:00 pm**

*Reservation Required*

## DSA Annual Thanksgiving Meal

Join us for the annual Thanksgiving meal complete with all the traditional trimmings. Gobble, Gobble.

### Los Volcanes

**Thursday, November 28 • 11:30 am - 1:00 pm**

*Fee: \$ 4, Reservation Required*

# December

## Let's Trim the Tree

Join us for refreshments & tree decorating!

### Barelas

**Tuesday, December 3 • 9:30 - 11:00 am**

### Bear Canyon

**Friday, December 6 • 10:30 - 11:30 am**

### Highland

**Thursday, December 5 • 9:00 - 11:00 am**

### Los Volcanes

**Wednesday, December 11 • 10:00 - 11:30 am**

### Manzano Mesa

**Wednesday, December 4 • 10:00 - 11:30 am**

### North Domingo Baca

**Wednesday, December 4 • 10:00 am - 12:00 pm**

### North Valley

**Monday, December 2 • 10:00 - 11:30 am**

### Palo Duro

**Tuesday, December 3 • 10:30 am - 12:00 pm**

## Holiday Arts & Crafts Fair

Come and shop for that special gift for the holidays. Enjoy all types of arts and crafts including custom sports accessories, cross-stitching, knitting and crocheting, tin work, quilting and sewing, woodworking, jewelry making, beadwork, paintings and much more.

### North Valley

**Friday, December 6 • 9:00 am - 1:00 pm**

## Candy Land Luncheon

Grab your gum drops and your peppermint sticks and join us as we travel through the peppermint forest for the sweetest luncheon of all!

### Palo Duro

**Thursday, December 12 • 11:30 am - 1:00 pm**

*Fee: \$4, Reservation Required*

### Holiday Party

Entertainment and games will be part of the fun! Food, desserts and drinks will be served. Bring a dish if you would like. Sign up at front desk.

**North Domingo Baca**  
**Wednesday, December 11**  
**10:00 - 11:30 am**

### Holiday Luncheon

Celebrate the season with your friends at Bear Canyon for our annual Holiday Luncheon.

**Bear Canyon**  
**Friday, December 13 • 11:30 am - 1:00 pm**  
*Fee: \$4, Reservation Required*

### Holiday Gift Wrapping

Bring your gifts to Highland's Work Shop and let Santa's Helpers wrap 3 of your gifts for free.

**Highland**  
**Monday, December 16 • 1:00 - 3:00 pm**

### Holiday Ornament Exchange

Come and take part in the ornament exchange. We will spend the morning enjoying the company of friends, listening to music and tasting delicious posole. Bring an ornament if you want to participate in an ornament exchange.

**North Valley**  
**Tuesday, December 17**  
**10:00 - 11:30 am**

### Intergenerational Holiday Party

The Holiday season comes once a year, so why not enjoy it with family, friends, food, and of course what would the holiday season be without Santa Claus? Everyone is welcome, so please feel free to bring the whole family for this holiday social!

**Los Volcanes**  
**Friday, December 20 • 10:00 - 11:30 am**

### New Mexico Christmas Luncheon

Enjoy the bright farolitos as you are taken back to a traditional New Mexico luncheon full of music and great food. Lunch will be served from 11:30 am to 12:00 pm.

**Highland**  
**Thursday, December 19 • 11:30 am - 1:00 pm**

### Rise & Shine... It's Breakfast Time

Our chef is busy cooking up one special breakfast surprise for you! Enjoy some nice background music while visiting with friends. It's a great way to start the day!

**Barelas**  
**Friday, December 20 • 8:00 - 9:00 am**  
*Fee: \$1.50*

### DSA Annual Christmas Lunch

We hope you can come, you can bet your antlers it will be second to none!

**Barelas**  
**Wednesday, December 25 • 11:30 am - 1:00 pm**  
*Fee: \$4, Reservation Required*



## Games and Cards

### Billiards

Visit and meet with friends. A variety of games are played at each center. Donation requested.

#### Barelas

Monday - Friday • 8:00 am - 4:45 pm

#### Bear Canyon

Monday - Friday • 8:00 am - 4:45 pm  
Saturday • 9:00 am - 2:45 pm

#### Highland

Monday - Friday • 8:00 am - 4:45 pm  
Wednesday • 8:00 am - 6:45 pm  
Saturday • 10:00 am - 3:45 pm

#### Los Volcanes

Monday - Friday • 8:00 am - 4:30 pm  
Thursday • 8:00 am - 6:30 pm  
Saturday • 9:00 am - 12:30 pm

#### Manzano Mesa

Monday - Friday • 8:00 am - 8:45 pm  
Saturday • 9:00 am - 2:45 pm

#### North Valley

Monday - Friday • 8:00 am - 4:50 pm  
Sunday • 12:30 - 4:50 pm

#### Palo Duro

Monday - Friday • 8:00 am - 4:50 pm  
Saturday • 9:00 am - 12:45 pm

### Grocery Bingo

Come and play free bingo for a chance to win a bag of groceries. This event is sponsored by United Healthcare.

#### North Valley

3rd Friday of the month July thru  
September • 10:00 - 11:30 am

### Bingo

Bingo with cash and prize giveaways, raffle drawings and refreshments.

#### Barelas

Tuesday • 1:15 - 3:45 pm

#### Bear Canyon

Wednesday • 1:30 - 4:00 pm

#### Highland

Monday • 1:30 - 3:45 pm

#### Los Volcanes

Friday • 1:30 - 4:00 pm

#### Manzano Mesa

Thursday • 1:30 - 4:00 pm

#### North Valley

Wednesday • 1:30 - 4:00 pm

#### Palo Duro

Tuesday • 1:15 - 4:00 pm

### Cribbage

A card game of numbers. Come join the fun.

#### Bear Canyon

Monday • 9:00 am - 12:00 pm  
Thursday • 9:30 - 11:30 am

#### Palo Duro

Friday • 1:00 - 3:30 pm



### Board Games and Puzzles

Play board games, cards, checkers, chess or Loteria (Spanish Bingo), or put together a jigsaw puzzle. Games available to be checked out at front desk.

#### Barelas

Monday - Friday • 8:00 am - 4:50 pm

#### Highland

Monday, Tuesday, Thursday and Friday  
8:00 am - 4:45 pm

Wednesday • 8:00 am - 6:45 pm

Saturday • 10:00 am - 3:45 pm

#### Los Volcanes

Monday - Friday • 8:00 am - 4:30 pm

Thursday • 8:00 am - 6:30 pm

Saturday • 9:00 am - 12:30 pm

#### North Valley

Monday - Friday • 8:00 am - 4:50 pm  
Sunday • 12:30 - 4:50 pm

#### Palo Duro

Monday - Friday • 8:00 am - 4:45 pm  
Saturday • 9:00am - 12:45 pm

### Bridge

Offered throughout the week, most games require you to have your own foursome.

#### Bear Canyon

Wednesday • 12:30 - 3:30 pm (Walk in)  
Wednesday • 12:00 - 3:30 pm (WPB Club)  
Friday • 12:15 - 3:30 pm (Bridge Party)  
Friday • 12:30 - 4:00 pm (Old Timers)

#### Highland

Tuesday • 12:00 - 4:00 pm

#### Los Volcanes

Friday • 12:30 - 3:30 pm

#### Palo Duro

Wednesday • 12:30 - 2:45 pm  
1st Thursday • 1:00 - 4:30 pm (Men's group)

**Bridge: Duplicate**

Players are invited to participate in this non-sanctioned game. Pre-arrange your partners before the game.

**Bear Canyon**

**Thursday • 12:30 - 4:00 pm**

**Palo Duro**

**Monday and Friday • 12:15 - 4:00 pm**

**Canasta Hand and Foot**

A version of Canasta in which each player is dealt two sets of cards.

**Bear Canyon**

**Monday • 12:00 - 4:30 pm**

**Thursday • 12:00 - 4:30 pm**

**Canasta**

A card game of the Rummy family of games believed to be a variant of 500 Rum. Players attempt to make melds of seven cards of the same rank.

**Highland**

**Monday • 1:00 - 4:00 pm**

**North Domingo Baca**

**Monday • 6:30 - 8:30 pm (60+ Singles Meet Up)**

**Saturday • 11:30 am - 2:45 pm**

**Chess: For Fun**

Is a two-player board game played on a chessboard; a checkered game board with 64 squares arranged in an eight-by-eight grid. Each player begins the game with 16 pieces. Learn the basics, or the moves of the masters. All levels welcome.

**Bear Canyon**

**Monday • 11:30 am - 2:30 pm**

**Wednesday • 11:30 am - 4:30 pm**

**Friday • 12:15 - 4:30 pm**

**Saturday 9:00 am - 2:45 pm**

**Highland**

**Wednesday • 1:00 - 3:00 pm**

**Manzano Mesa**

**Friday, 6:00 - 8:00 pm**

**Euchre**

A trick-taking card game most commonly played with four people in two partnerships with a deck of 24 standard playing cards.

**Los Volcanes**

**Tuesday • 12:30 - 4:30 pm**

**Game Time!**

Come play a new game or an old favorite such as Scrabble, Uno, Apples to Apples, Rummy-O, Parcheesi, Backgammon or bring one of your own!

**Palo Duro**

**Wednesday • 12:00 - 4:45 pm**

**Hearts/Spades**

A trick-taking card game for all levels.

**North Domingo Baca**

**Tuesday • 9:00 am - 12:00 pm**

**Huachas**

Huachas is a game, similar to horseshoes, that involves teams of players that take turns tossing washers towards a box or hole. The game may also be called washer pitching, washer toss, washers or washoes.

**Bear Canyon, outside in park**

**1st, 3rd and 4th Friday • 10:00 - 11:00 am**

**Spite or Malice**

Also known as cat and mouse a traditional card game for 2 or more players.

**Los Volcanes**

**Thursday • 12:00 - 4:15 pm**

**Mah Jongg (American)**

This game is played with 144 tiles that are drawn and discarded until a player gets a winning hand.

**Bear Canyon**

**Monday • 12:00 - 4:30 pm**

**Palo Duro**

**2nd and 4th Thursday • 12:00 - 3:30 pm**

**Mah Jongg**

A Chinese tile based game. Commonly played by four players.

**Bear Canyon**

**Saturday • 1:00 - 2:30 pm**

**Highland**

**Friday • 1:00 - 3:00 pm**

**Los Volcanes**

**Thursday • 12:00 - 4:30 pm**

**North Domingo Baca**

**Friday • 12:00 - 4:00 pm**

**Mexican Train**

A game played with Dominoes. The object of the game is for a player to play all the dominoes from his or her hand onto one or more chains, or "trains", emanating from a central hub or "station".

**Bear Canyon**

**Saturday • 10:00 am - 12:00 pm**

**Highland**

**Monday and Wednesday • 12:30 - 4:00 pm**

**Los Volcanes**

**Tuesday • 12:45 - 4:00 pm**

**Pinochle**

Pinochle is derived from the card game bezique; players score points by trick-taking and also by forming combinations of cards into melds.

**Bear Canyon**

**Tuesday • 9:30 - 11:30 am**

**Tuesday • 12:30 - 4:45 pm**

**Highland**

**Tuesday • 12:00 - 4:00 pm**

**Los Volcanes**

**Wednesday • 12:30 - 4:30 pm**

**Thursday • 12:30 - 6:00 pm**

**Manzano Mesa**

**Wednesday • 1:00 - 4:30 pm**

## Poker

A family of card games that combines strategy and skill.

### Bear Canyon

Monday • 1:00 - 4:00 pm

### Los Volcanes

Tuesday • 12:00 - 4:30

Wednesday and Friday • 12:30 - 4:00 pm

### North Valley

Monday - Friday • 12:00 - 4:00 pm

## Shanghai Rummy

A rummy game, based on gin rummy played by 3 to 8 players.

### Bear Canyon

Tuesday and Thursday • 12:00 - 4:00 pm

## Rummikub

A tile based game for two to four players which combines Mahjong and rummy.

### Los Volcanes

Monday • 12:00 - 3:30 pm

## Volunteer Today

We offer a wide variety of volunteer opportunities.

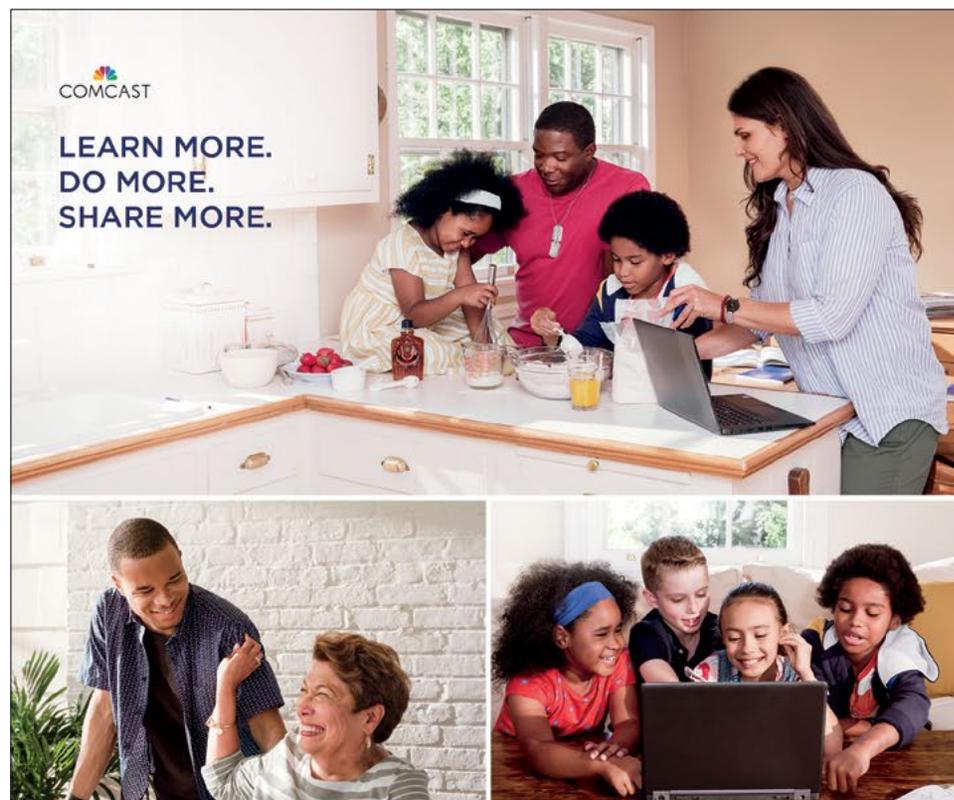
Do you have time, talents, skills, or hobbies you would like to share? If you do, please call the RSVP office at **(505) 767-5225**.

Interested in volunteering?  
Please call us at  
**(505) 767-5225**.

## Center Memberships are only

**\$20**

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



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# Groups and Clubs

## ACTING

### Rio Grande Players

This group welcomes seniors with an interest in theatre, no experience needed. Participate on and offstage.

#### Palo Duro

**Tuesday • 2:15 - 4:30 pm**

### Highland Players

This group welcomes seniors with an interest in theater, and does community performances.

#### Highland

**Tuesday • 3:15 - 5:00 pm**

## ARTS AND CRAFTS

### Gathering of Artists

Also known as "Artist Series" started by Ralph Lewis this group of artist will present and gently critique art pieces in any medium. Artists of all levels are welcome.

#### Highland

**Monday • 10:00 - 11:30 am**

### Happy Hookers Crochet Club

Enjoy crocheting? All ages and skill levels are welcome to join our fun and informal group. We help each other learn new stitches, read patterns and share ideas. Work on an individual creation or contribute to our group efforts.

#### Manzano Mesa

**Monday • 1:00 - 3:00 pm**

### Knitting Guild

We support serious knitters in their efforts of traditional techniques.

#### North Domingo Baca

**1st Saturday • 12:00 - 2:00 pm**

### New Mexico Polymer Clay

Come learn the techniques of using polymer clay.

#### North Domingo Baca

**2nd Saturday • 12:00 - 3:00 pm**

### Off Beat Artists

We are a group of self-directed artists who work in all mediums. The objective of our group is to work and share our creative experiences in an atmosphere of camaraderie. There are no instructions provided, but we give gentle critiques to another if requested. Come meet us, or just drop in ready to work and see if we are a good fit for you!

#### Barelas

**Monday • 11:00 am - 3:30 pm**

### Watercolor Group

Share your love of watercolor painting.

#### North Domingo Baca

**Tuesday • 9:00 am - 12:30 pm**

### Quilting Cluster

Come join us, make friends while quilting.

#### North Domingo Baca

**Friday • 10:00 am - 4:00 pm**

## AUTOMOBILE/TRAINS/RV

### Corvairs of New Mexico

Dedicated to the preservation of the Corvair automobile.

#### Highland

**3rd Wednesday • 5:00 - 6:00 pm**

**1st Saturday • 10:00 am - 12:00 pm**

#### North Domingo Baca

**1st Wednesday • 7:00 - 8:30 pm**

### Modular Railroad

Railroad enthusiasts discuss model standards and recommended practices.

#### Manzano Mesa

**3rd Saturday • 10:00 am - 3:00 pm**

## BIBLE STUDY

### Bible Study

Come and join us every week for Bible Study. Bring your bible if you have one.

#### Los Volcanes

**Tuesday • 9:30 - 11:15 am**

#### North Domingo Baca

**Wednesday • 9:00 - 10:00 am**

**Wednesday • 6:30 - 8:30 pm**

#### Manzano Mesa

**Tuesday • 10:30 am - 12:30 pm (Women's group)**

**Thursday • 10:00 - 11:00 am**

### Lady's Bible Discussion Group

Lady's Bible Discussion.... From Fear to Faith. Do you have any stress causing worries and fears...living alone, health, caretaking, autonomy, death, relationships, family, etc.? If so, this group is for you.

#### Bear Canyon

**Monday • 2:00 - 3:30 pm**

## BOOK AND DISCUSSION

### Classic and Great Books Discussion Group

Read and discuss the classics with this group.

#### Bear Canyon

**2nd and 4th Friday • 1:00 - 3:00 pm**

### French Language Book Club

Improve your French language skills through reading.

#### Palo Duro

**Monday • 3:00 - 4:00 pm**

### **Inquiring Minds**

All members take turns researching topics and present them to the class for discussion and further study, if desired.

#### **Bear Canyon**

**Monday • 10:00 - 11:00 am**

### **Libros**

Learn book making techniques.

#### **Manzano Mesa**

**1st Saturday • 9:00 am - 12:00 pm**

### **Mystery Book Club**

All the books that we read are available at the public library. Everyone is welcome!

#### **Palo Duro**

**2nd Tuesday • 1:30 - 2:30 pm**

### **New Mexico State Poetry Society, (Albuquerque Chapter)**

Recognizes the importance of poetry.

#### **North Domingo Baca**

**2nd Saturday • 12:30 - 2:30 pm**

### **Novel Book Club**

This group meets to discuss a book that is chosen by the group monthly.

This group welcomes new members.

#### **Highland**

**2nd Saturday • 2:30 - 4:00 pm**

### **Open Topic Discussion Group**

Discuss ideas, values and problems of the times. Occasionally, guest speakers are invited.

#### **Palo Duro**

**Thursday • 1:00 - 3:00 pm**

### **Poetry Critique Group**

Submit original poetry for critiquing.

#### **North Domingo Baca**

**Wednesday • 10:00 am - 12:00 pm**

## **COMMUNITY GROUPS**

### **Bead Society of New Mexico**

Extremely fun group of individuals with a diverse set of talents including beadweaving, stringing, wirework, metalwork, lampwork, and more.

#### **North Domingo Baca**

**4th Monday • 6:30 - 8:30 pm**

### **Chinese American Speaker Series**

Meetings, presentations, interviews and work by a guest speaker.

#### **North Domingo Baca**

**4th Saturday • 10:00 am - 12:00 pm**

### **District 4 Coalition**

A community council event working to make local neighborhoods safer.

#### **North Domingo Baca**

**3rd Wednesday • 7:00 - 8:45 pm**

### **Gray Panthers of Greater Albuquerque**

Gray Panthers brings together young, old, women, men persons of all ethnic, racial and economic backgrounds for the promotion of social and economic justice. The meetings have guest speakers covering current local and national issues.

#### **Highland**

**4th Saturday • 1:00 - 3:00 pm**

### **Italian Club**

Celebrate Italian culture through film.

#### **North Domingo Baca**

**1st Thursday • 6:30 - 8:30 pm**

### **Kiwanis Club of Coronado**

Focuses on changing the world by serving children one child, one community at a time.

#### **North Domingo Baca**

**3rd Tuesday • 5:15 - 7:30 pm**

### **Notre Dame Club of New Mexico**

Alumni of Notre Dame meet to discuss their Alma Mater.

#### **Manzano Mesa**

**1st Monday • 5:30 - 6:45 pm**

### **Red Hat Society**

Join your senior sisters across the nation and the world, and greet middle-age with verve, humor and frivolity. The only criteria for joining are willingness to share a red hat.

#### **Palo Duro**

**1st Saturday • 11:00 am - 12:30 pm**

#### **Manzano Mesa**

**3rd Thursday • 10:00 - 11:00 am**

### **Sociable Singles**

Join this fun group of single seniors for trips and games.

#### **Bear Canyon**

**1st Tuesday • 11:30 am - 1:30 pm**

**3rd Friday • 3:00 - 4:45 pm**

**4th Thursday • 3:00 - 5:00 pm**

### **Senior SAGE Group**

This is a time to get together and share about what's happening in our lives and our community. Plus we will discuss ideas on how we can make things better for LGBT older adults and all the members of our community.

#### **Highland**

**3rd Wednesday (Men's Group)**

**10:00 am - 12:00 pm**

### **Senior LGBTQ Monthly Meeting**

This is a time to get together and share about what's happening in our lives and our community. Plus we will discuss ideas on how we can make things better for LGBT older adults and all the members of our community.

#### **Highland**

**2nd Thursday • 2:00 - 4:00 pm**

## VFW Post 10763

Veterans of foreign wars get together to share experiences.

### Bear Canyon

1st Thursday • 10:00 - 11:15 am

## Vietnamese Seniors

Local Vietnamese community meets to exchange stories and experiences.

### Manzano Mesa

Saturday • 9:00 am - 12:00 pm

## FAMILY

### Genealogy

Learn to research your family history using internet sources, including tools and references on how to get started. No registration required.

### Bear Canyon

3rd Friday • 12:30 - 2:30 pm

## LANGUAGE

### Dutch-Speaking Group

Practice your Dutch with this fun, easy going group.

### Bear Canyon

Friday • 10:00 - 11:30 am

## MUSIC

### Albuquerque Accordion Group

Group open to accordion players of any level.

### Bear Canyon

2nd and 4th Thursday • 7:00 - 9:00 pm

### Albuquerque Recorder Orchestra

This group practices and performs together.

### Palo Duro

Saturday • 10:00 - 11:30 am

## Band Practice: Los Amigos

Practicing Rancheras and New Mexican music.

### North Valley

Tuesday • 1:00 - 2:30 pm

## Beartones

This is a four part (soprano, alto, tenor and bass) singing group. Ability to read music is a plus.

### Bear Canyon

Thursday • 10:00 am - 12:00 pm

## Choralaires

No musical training is required. Group also performs at community venues.

### Palo Duro

Monday • 9:00 - 11:00 am

## Guitar (Beginning)

You need your own instrument and music stand.

### Bear Canyon

Wednesday • 8:30 - 9:45 am

## Guitar Group

For those who can play guitar. Also, other instruments are welcome. You need your own instrument and music stand. We welcome musicians, amateurs and professionals.

### North Valley

Tuesday • 10:15 - 11:30 am

## Guitar Workshop

A jam session for all levels.

### Bear Canyon

Monday • 1:00 - 4:00 pm

## Hi-Toners

If you enjoy singing and learning different melodies this group is for you. It's open to those who read music or want to learn. Hi-Toners perform at many different community events.

### Highland

1st, 2nd and 3rd Friday • 10:30 am - 12:00 pm

## Harmonizers

We have the most wonderful choral group you can imagine. The Harmonizers perform at nursery home and church events. New singers welcome to join.

### Highland

Wednesday • 10:00 am - 12:00 pm

## Jug Band Practice

Folk music practice group.

### Palo Duro

Monday • 11:30 am - 1:00 pm

## Piano Open Workshop

Beginning/Intermediate: Come learn to play the piano or improve your skills with us.

### Bear Canyon

Friday • 9:00 - 10:30 am

## Piano Workshop, Intermediate

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

### Bear Canyon

Friday • 10:45 am - 12:00 pm

## Roadrunner Strummers

Peace, fun and harmony with the ukulele. New members welcomed.

### Highland

Saturday • 10:00 am - 12:30 pm

No meeting on 1st Saturday of month

### Violin Workshop

Learn the basics of playing the violin. Students must have their own instrument. Beginners welcome.

**Bear Canyon**  
Friday • 8:00 - 10:00 am

### NEIGHBORHOOD ASSOCIATION

A group of residents or property owners who advocate and organize activities within the neighborhood.

#### Noreste Neighborhood Association

**North Domingo Baca**  
1st Tuesday • 7:00 - 8:45 pm

#### Northeast Area Community Policing Council

**North Domingo Baca**  
2nd Tuesday • 6:00 - 8:30 pm

#### New Mexico Solar Energy Board Meeting

**North Domingo Baca**  
3rd Tuesday • 5:30 - 8:00 pm

#### Vineyard Estates Neighborhood Association

**North Domingo Baca**  
4th Thursday • 7:00 - 8:15 pm

### OTHER GROUPS OF INTEREST

#### Albuquerque Congress of Real Estate (ACRE)

If you are a real estate investor this is the meet up for you.

**North Domingo Baca**  
1st Thursday • 6:00 - 8:45 pm

#### Albuquerque Tea Party

Get together and discuss political issues.

**North Domingo Baca**  
Every Tuesday except 3rd Tuesday  
6:30 - 8:30 pm

### Cherokee SW Township

Members of the Cherokees nation gather to discuss traditions and culture.

**Bear Canyon**  
2nd Saturday • 10:30 am - 2:30 pm

**Manzano Mesa**  
3rd Saturday • 12:00 - 3:00 pm

### Duke City Flyers

Development of aeromodeling through education, promotion and community-based programming. Inspiring the young and young-at-heart to pursue a hobby that will inspire creativity and advance learning through the use of hands-on applications.

**North Domingo Baca**  
2nd Thursday • 6:00 - 8:00 pm

#### New Mexico Solar Energy Board Meeting

All members welcome, monthly board meeting.

**North Domingo Baca**  
3rd Tuesday • 5:30 - 8:00 pm

### OFA Nob Hill

This group of citizens support and get involved in local charities and organizations.

**Highland**  
1st Saturday • 10:00 am - 12:00 pm

### Rock Mountain Flying Machine

Founded 30+ years ago. The club is recognized as an AMA Gold Leader Club. An organization that celebrates aviation of all shapes and sizes. You too can take to the skies with the RMFM Club.

**North Domingo Baca**  
1st Tuesday • 7:00 - 8:45 pm

### T.O.P.S. Take Off Pounds Sensibly

Helping people take off pounds sensibly.

**Bear Canyon**  
Thursday • 8:00 - 9:15 am

**Manzano Mesa**  
Friday • 9:30 - 11:30 am

**Palo Duro**  
Monday • 11:45 am - 1:00 pm

### Zia Sundials, Chapter #106

Members of the National Association of Watch and Clock Collectors.

**Bear Canyon**  
2nd Saturday • 1:00 - 2:30 pm

### OUTDOOR SPORTS

#### 50+ Senior Softball League Meeting

This league is a semi-competitive softball league for men 50+.

**Highland**  
2nd Friday • 9:30 - 11:00 am

### Fishermen's Club

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

**Bear Canyon**  
Meeting every other Monday  
1:00 - 2:00 pm

**Los Volcanes**  
Meeting on Wednesday • 9:00 - 10:00 am  
Trips: Every Thursday • 5:10 am - 4:00 pm

**North Valley**  
Meeting every Monday • 10:00 - 11:00 am  
Trips: Every Tuesday • 5:00 am - 5:00 pm



## Rock Hound Club

Travel with us as we search for treasure.

### Palo Duro

**Meetings: Thursday, 1st and 3rd**

**12:00 - 1:00pm**

**Trips: Thursday, 2nd and 4th**

**8:00 am - 4:30 pm**

## USA Track Field of NM

If you like to run join us.

### North Domingo Baca

**1st Thursday • 6:45 - 8:45 pm**

## PHOTOGRAPHY

### Photography Club

Photography club will meet every other Monday of the month to decide where the club is going to go for our monthly club trips. We will also have basic photo and camera instruction, suitable for all levels.

### North Valley

**Every other Monday • 10:00 - 11:30 am**

## SENIOR ISSUES

### NARFE Chapter 80

The National Active and Retired Federal Employees Association members meet to help preserve federal retirement and health benefits. Open to civilian employees, retirees, survivors and spouses.

### Palo Duro

**1st Saturday • 11:00 am - 12:45 pm**

### Retired Physicians Group

This group discusses current medical issues and advancements.

### Palo Duro

**Monday • 2:45 - 4:30 pm**

## SOCIAL NETWORKING

### Game Night for Widows Group

Share, listen and support one another.

### North Domingo Baca

**3rd Tuesday • 4:40 - 8:30 pm**

### Kiwanis

### North Domingo Baca

**Monday (Bi-Weekly) • 6:00 - 8:00 pm**

## SPECIAL INTERESTS

### Deaf Seniors Citizens of Greater Albuquerque

Social group for deaf seniors.

### Palo Duro

**Thursday • 8:30 am - 12:00 pm**

### Investment Club

Club follows the NAIC program.

### Palo Duro

**3rd Wednesday • 10:00 am - 12:00 pm**

### OLOC (Old Lesbian's Organizing for Change)

This group is a cooperative community of Old Lesbian feminist activists from many backgrounds.

### Highland

**3rd Saturday • 12:30 - 3:30 pm**

### Philatelic Society

Join us for mixtures and the trading circuit of stamps.

### Palo Duro

**Monday • 11:15 am - 2:30 pm**

### Speak with Distinction Toastmasters

Practice your public speaking skills.

### Manzano Mesa

**Thursday • 5:30 - 6:30 pm**

## SUPPORT GROUPS

### Albuquerque Fibromyalgia Support Group

Come join us, discuss symptoms and treatments.

### North Domingo Baca

**1st Tuesday • 1:00 - 3:00 pm**

### Alzheimer's Association Caregiver Support Group

Meet with other caregivers to learn about local resources.

### Palo Duro

**1st and 3rd Friday • 10:30 am - 12:00 pm**

### North Valley

**3rd Thursday 2:00 - 3:30 pm**

### Compassion and Choices

Works to help establish the end of life decisions and support one another.

### Highland

**1st Friday • 10:00 am - 12:00 pm**

### Food Addicts in Recovery Anonymous

National group gathers for support and discuss current issues.

### Palo Duro

**Saturday • 9:00 - 10:30 am**

### Grief Support Group

Gather with others going through similar experiences.

### Bear Canyon

**Monday • 3:00 - 4:30 pm**

### Multiple Sclerosis

Self-help group brings people together who share life experiences for support, education and mutual aid.

### North Domingo Baca

**3rd Thursday • 12:30 - 2:30 pm**

### Prostate Cancer Support Group

Support group for men going through prostate issues.

#### Bear Canyon

1st and 3rd Saturday • 12:00 - 2:45 pm

### TRAVEL

#### Albuquerque Travel Partners

This group brings together lively seniors to discuss potential travel destinations.

#### Palo Duro

2nd and 4th Tuesday • 1:00 - 3:00 pm

#### Siglo de Oro RV Club

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.

#### Bear Canyon

3rd Tuesday • 10:00 - 11:00 am (except November and December)

### WRITING

#### Albuquerque Cyberscribes Writing Group

We help writers bring their voices to the page.

#### North Domingo Baca

Monday • 6:30 - 8:45 pm

#### Escribiente Calligraphy Society

For more information about escribiente calligraphy: [escribiente.org](http://escribiente.org).

#### Manzano Mesa

1st Wednesday • 6:30 - 8:30 pm

### Memories - Autobiography

Participants are led through themes and priming questions that evoke memories of events once known but filed away and seemingly forgotten.

#### Bear Canyon

Tuesday • 9:00 - 11:15 am

### Writing Group

Get together write stories, memoirs and share.

#### North Domingo Baca

Wednesday (Bi - Weekly) • 2:30 - 4:45 pm

### Voices of the Valley Poetry Group

"Voices of the Valley" poetry group is about poets getting together to read, write and discuss poetry of all genres. (Limit 8 in a group).

#### North Valley

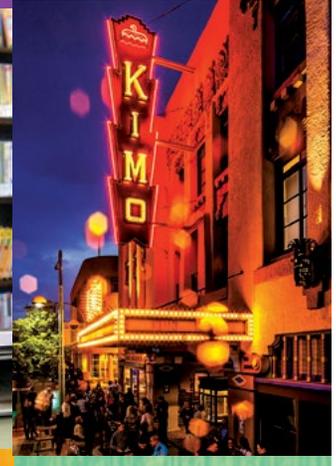
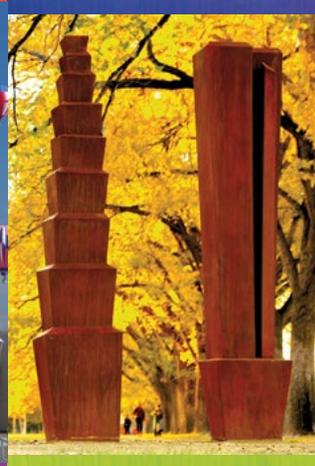
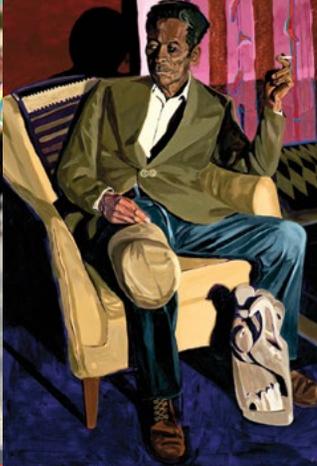
2nd and 4th Friday • 1:00 - 3:30 pm



# Albuquerque

# Find your essence

Edward Gonzales  
Portrait of Patrocinio Barela, ca. 1981, acrylic on canvas



## Cultural and Community Events

Discover what makes Albuquerque such a fun city for visitors and residents alike. Parades, dance, films, concerts, theatre, fairs, street festivals and more.

## Albuquerque Museum

The Albuquerque Museum celebrates the rich culture of art, history and people through local, regional, national and international exhibitions. Bringing the world to Albuquerque, and Albuquerque to the world.

## Anderson-Abruzzo Albuquerque International Balloon Museum

The Balloon Museum houses the complete history of lighter-than-air flight and is Albuquerque's premier air and space museum.

## Albuquerque Public Art Program

With 1,000 works of art in the city's collection, there's something for everybody to enjoy throughout the city! Discover them all.

## the Public Library ABQ-Berco

The Public Library offers free and open spaces that serve as gateways to connect, develop opportunities, gain knowledge and grow. With 18 locations providing innovative library services, collections, cultural programs and technologies, we are at the heart of our neighborhoods and community.

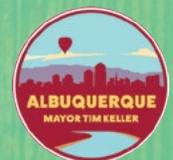
## KiMo Theatre

Built in 1927 by Oreste Bachechi as a place to showcase movies and vaudeville acts. Today the KiMo contributes to the vibrant nightlife of Downtown Albuquerque by offering classic and contemporary films, live music, ballet, opera and much more. The KiMo Theatre is known worldwide for its unique pueblo-deco architecture.

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# Presentations

Prior Sign-up is required to attend presentations. Call appropriate center to register.

## COOKING

### Cooking For One

We'll show you how to not only cook single serve recipes, but how to shop as well.

#### Palo Duro

**Friday, July 12 • 9:00 – 11:30 am**

*Fee: \$7.50 includes demo and tasting*

*Presenter: Food with Friendz*

### Gluten Free

Unsure how to start this diet, we'll give you the steps you need.

#### Palo Duro

**Friday, November 8 • 9:00 – 11:30 am**

*Fee: \$7.50 includes demo and tasting*

*Presenter: Food with Friendz*

### Mediterranean Diet

We'll introduce you to the small plates and tapas in this healthy diet.

#### Palo Duro

**Friday, September 13 • 9:00 – 11:30 am**

*Fee: \$7.50 includes demo and tasting*

*Presenter: Food with Friendz*

## GARDENING

### Bokashi Bucket Composting

Bokashi composting is a closed container offers anyone, especially city and apartment dwellers, an uncomplicated way to recycle kitchen scraps and other organics.

#### Bear Canyon

**Wednesday, November 20 • 10:00 am - 12:00 pm**

*Presenter: Bernalillo County Extension Office*

### Composting in Tumbling Bins

Class will cover basic composting science in the high desert with a specific focus and unique recommendations / tips for success using tumbling composting bins.

#### Highland

**Saturday, December 14 • 10:30 am - 12:00 pm**

#### North Domingo Baca

**Saturday, September 14 • 10:00 am - 12:00 pm**

#### Palo Duro

**Thursday, December 19  
10:00 am - 12:00 pm**

*Presenter: Bernalillo County Extension Office*

### Composting with Worms

This class will cover the science, materials, methods and benefits of home composting with worms.

#### Bear Canyon

**Wednesday, September 25 • 10:00 am - 12:00 pm**

#### Highland

**Saturday, November 9 • 10:30 am - 12:00 pm**

*Presenter: Bernalillo County Extension Office*

### Home Composting Basics

Home composting is recycling that produces a useful soil conditioner. Basic composting science will be presented with a special focus on useful practices for a high desert climate. A variety of home composting options will be covered. Useful take-home information will help a participant get started and/or improve an already chosen composting method.

#### Bear Canyon

**Wednesday, July 10 • 10:00 am - 12:00 pm**

#### Highland

**Saturday, October 12 • 10:30 am - 12:00 pm**

#### North Domingo Baca

**Saturday, July 27 • 10:00 am - 12:00 pm**

*Presenter: Bernalillo County Extension Office*

## HEALTH AWARENESS

### Balance and Fall Prevention

Helpful information on balance and fall prevention.

#### Palo Duro

**Thursday, July 11 • 10:00 - 11:00 am**

*Presenter: PTcares Physiotherapy*

### Good Food for Your Gut

Your stomach probably won't react well with everything you eat, but some foods are worse than others. Find out about foods that can help keep your digestion system running smoothly and those you should avoid.

#### Palo Duro

**Thursday, July 25 • 10:00 - 11:00 am**

*Presenter: Humana*

### Healthy Sleeping

Getting the right amount of good, high-quality sleep is important for your physical and mental health. Learn about some common sleep challenges and steps you can take to get better sleep.

#### North Valley

**Thursday, August 1 • 10:00 - 11:00 am**

*Presenter: Humana*

### Hearing Loss

I have new hearing aids, what now?

#### Palo Duro,

**Thursday October, 17 • 9:00 - 10:00 am**

*Presenter: Hearing Design*

## How To Stay Out Of The Doctor's Office

Doctor King's Health Improvement Program End PAIN and ADD years to your life at ANY age.

The Standard American Diet (SAD) has guaranteed that every human who was raised in the USA is literally loaded with toxins - in our blood, bones and organs. These toxins are the culprits that give us premature cardiac disease, strokes, cancer, diabetes, arthritis - you name it. Come and learn how to eliminate pain and add years to your life.

### Los Volcanes

**2nd Wednesday • 10:15 - 11:15 am**

### North Valley

**4th Wednesday • 10:00 - 11:00 am**

*Presenter: Dr. King*

## Hypertension, Heart Failure, Diabetes and other Health Topics

Heart Failure is a disease of aging and becoming more common each day. The heart as a pump becomes weaker over time and cannot handle the fluids in our body the way it used to. It is a disease that is not curable but is manageable at home. I would like to discuss ways to keep the heart healthy at home given the limitations that occur with aging.

### North Valley

**Thursday, July 25 • 10:00 - 11:00 am**

### North Valley

**Thursday, September 26 • 10:00 - 11:00 am**

*Presenter: UNM*

## Medical Cannabis, Get the Facts

Registered Nurse and Chief Executive Officer of the Verdes Foundation, Rachel Speegle will lead a discussion on the medical uses of cannabis. Get the facts on the medical cannabis industry, its therapeutic uses and legal regulations. There will also be time for questions from the audience.

### Palo Duro

**Thursday, September 12 • 9:00 - 11:00 am**

*Presenter: Verdes Foundation*

## Medicare 101

Have questions about Medicare? A Humana licensed sales representative will be giving a Medicare 101 presentation.

### Palo Duro

**Thursday, August 8 • 10:00 - 11:00 am**

*Presenter: Humana*

## Medicare 101 Informational Workshop

Did you know that you're still eligible for Medicare even if you plan to continue working after turning 65? Did you know you may be able to get financial assistance to help pay your Medicare premiums and qualify for lower prescriptions drug copays? Are you turning 65 and confused about your Medicare Health Plan options? We'll share tools and resources to help you understand the types of coverage that may be right for you. Whether you are just getting started with Medicare or simply looking to learn more, we are here to help.

### Barelas

**Wednesday, August 14, September 11, October 9, November 13 • 10:00 - 11:30 am**

### North Domingo Baca

**1st Tuesday (September-November) 10:00 - 11:30 am**

### Highland

**Wednesday, October 23 • 9:00 - 11:00 am**

### North Valley

**Wednesday, September 11, October 9, October 23, December 11 • 10:00 - 11:30 am**

### Palo Duro

**Wednesday, September 4, October 2, November 6 • 10:00 - 11:00 am**

*Presenter: MedCare*

## Medicare 101

Are you new to Medicare? Or know someone who is? Or maybe you need a refresher course? Monte Perez will conduct an informative presentation discussing what the government covers and pays, and what we pay. You have choices, come learn and ask questions. Monte has been an independent agent helping Medicare enrollees for several years.

### Bear Canyon

**Wednesday, August 28 • 10:00 - 11:00 am**

*Presenter: Monte Perez*

## Medicare

Understanding Medicare and how each part covers a different aspect of your healthcare cost.

### Highland, Room 8

**Wednesday, November 20 • 9:00 - 11:00 am**

*Presenter: Anthem Financial Services*

## Medicare Q and A

We will address your Medicare questions.

### Palo Duro

**Wednesday, December 11 • 9:00 - 10:00 am**

*Presenter: Tim Meuret, Loreen and Lane*

## New to Medicare?

Turning 65? If so, that means you are probably new to Medicare! Did you know that you're still eligible for Medicare even if you plan to continue working after turning 65? We want to help you better understand your Medicare benefits, and the types of plans that you may want to consider as you become Medicare eligible.

### Bear Canyon

**Wednesday, October 23 • 10:00 - 11:30 am**

*Presenter: MedCare*

### Positive Thinking, When Life Gives You Lemons....

Positive thinking is powerful! It can help turn a difficult situation into one that's manageable — and sometimes even enjoyable. Learn how to look on the bright side and bring more happiness, connection, and gratitude to your life.

**Palo Duro**

**Thursday, September 19 • 10:00 - 11:00 am**

*Presenter: Humana*

### Releasing Pain

After breaking her back in a car accident, Nancy Griggs, physical therapist, developed a gentle but effective exercise program for pain release. Join her to learn how your eyes, jaw and neck may be hindering you from overcoming your pain issues... wherever it is.

**Bear Canyon**

**Wednesday, October 2 • 10:00 - 11:00 am**

*Presenter: Nancy Griggs, Physical Therapist*

**North Valley,**

**Wednesday, July 31 • 10:00 - 11:00 am**

### Super Foods

Certain foods may prevent disease or help you manage specific medical conditions. Learn more about these “superfoods” and decide which makes sense for you and your health.

**North Valley**

**Thursday, July 25 • 10:00 - 11:00 am**

*Presenter: Humana*

### The Origin of Disease

This thought-provoking book has the potential to change how medicine views chronic disease. It gives hope to people with chronic disease, ways to improve health and to extend longevity. “The Origin of Disease” offers new solutions to patients suffering with chronic disease.

**Bear Canyon**

**Wednesday, August 14 • 10:00 - 11:00 am**

*Presenter: Carolyn Merchant*

### Understanding Alzheimer’s and Dementia

Alzheimer’s is not normal aging. It’s a disease of the brain that causes problems with memory, thinking and behavior. Join us to learn about the impact of Alzheimer’s and dementia, stages and risk factors, current research and treatments available and Alzheimer’s Association resources.

**Palo Duro**

**Friday, July 19 • 10:30 am - 12:00 pm**

*Presenter: NM Alzheimer’s Association*

### Understanding Medical Cannabinoids (CBD/THC)

Tetrahydrocannabinol (THC) and cannabidiol (CBD) are the two primary cannabinoids that occur naturally in the Cannabis sativa plant, most commonly known as cannabis. Both of these substances interact with the cannabinoid receptors found in the human body and brain, but they differed dramatically in their effects.

**Barelas**

**Thursday, July 25 • 10:00 - 11:00 am**

*Presenter: Linda King, Natural Path Doctor*

## HISTORY

### Howard Hughes

Howard Hughes was a wealthy businessman, a famous film director, a record breaking pilot and owner of RKO studio and TWA. His love affairs with Hollywood’s actresses were legendary. But eventually Hughes became equally famous for hiding out in upscale hotels and for his eccentric manner and habits. Come and listen as we delve into the bizarre life of this mystifying millionaire. Clips will be shown.

**Bear Canyon**

**Wednesday, December 4 • 10:00 - 11:30 am**

*Presenter: Carol Venturini*

### Mysterious Explorer: Solving the Puzzle of an African Explorer in America - 180 Years before Columbus

Circa 1312, Abu Baker II, the ruler of the Mali Empire in Africa sailed across the Atlantic Ocean in an attempt to circumnavigate the world. Some of his ships landed at the mouth of the Rio Grande between today’s Texas and Mexico where he began an overland trip to the Pacific Ocean. He brought his caravan of elephants and camels up the valley, through New Mexico to the Chama River valley, impacting the many Indian villages along the way. His caravan crossed the Continental Divide and continued westward to the Pacific Ocean. Come and discover more about this mysterious explorer during this intriguing presentation.

**Bear Canyon**

**Wednesday, September 11 • 10:00 - 11:00 am**

*Presenter: Ronald Stewart*

### The Amazing Life of Calamity Jane

Discover the real life story of Martha Jane Canary, better known as Calamity Jane, frontierswoman, scout and colorful character of the old West. What was the relationship between Calamity Jane and Wild Bill Hickok? How factual was Doris Day’s 1953 movie, Calamity Jane? Come and learn what fact is and what fiction is. Movie clips will be shown.

**Palo Duro**

**Wednesday, July 24 • 10:00 - 11:30 am**

*Presenter: Carol Venturini*

## Shirley Temple

Shirley Temple, Hollywood's biggest little star, began her career at the age of three. Temple was Hollywood's number one box office draw as a child actress from 1935 to 1938. Her uplifting movies, such as Bright Eyes, Curly Top, Heidi, Capt. January and Just around the Corner helped Americans through the Great Depression. Come and learn about her surprising life in Hollywood and after her movie fame. Clips will be shown.

### Bear Canyon

**Wednesday, August 21 • 10:00 - 11:00 am**

*Presenter: Carol Venturini*

## LIFE PLANNING/RETIREMENT

### Final Expense

Final Expense programs assist seniors to prepare for end of life matters. Mainly, to lessen the burden on children and loved ones. The best part of Final Expense is the feeling of peace of mind a senior receives, especially to not have to worry about what if.

### North Valley

**Wednesday, August 14, October 16, December 4 • 10:00 - 11:30 am**

### Palo Duro

**Wednesday, July 31 • 10:00 - 11:00 am**

*Presenter: Equis Financial*

### Health Care and Your Retirement

The potential impact of rising health care costs on retirement savings. Includes an introduction of Medicare coverage and costs, long-term care costs, available options for supplemental health care and long-term care insurance.

### North Valley

**Thursday, September 19 • 10:00 - 11:00 am**

### Palo Duro

**Thursday, August 1 • 10:00 - 11:00 am**

*Presenter: Edward Jones Office*

## Senior Law Office Presents: Life Planning

The Senior Citizens' Law Office will provide information on preparing for incapacity and end of life. Topics include Power of Attorney, Wills, and Will substitutes. SCLO cannot give personal legal advice, and can only answer general questions.

### Barelas

**Thursday, September 19 • 10:30 - 11:30 am**

### North Valley

**Wednesday, July 31 • 10:00 - 11:30 am**

## Senior Law Office Presents: Power of Attorney Clinic

SCLO will assist seniors in executing power of attorney forms for healthcare and finances, as well as cremation authorization forms. Please bring identification, as well as the names and contact information of people you wish to appoint as your agents.

### Barelas

**Thursday, October 3 • 10:30 - 11:30 am**

### Bear Canyon

**Wednesday, November 13 • 10:00 - 11:30 am**

## Standing Guard: Protect What You've Worked For

You've worked hard to provide for your family. Whether you're approaching retirement or recently retired, your focus may begin to shift from building your financial foundation to protecting the financial resources you've created for you and your family. This presentation shares ways you can address key risks you may encounter and strategies to help prepare for the unexpected.

### Bear Canyon

**Wednesday, November 6 • 10:00 - 11:00 am**

*Presenter: Edward Jones Office*

## Standing Guard, Protect What What's and Why's of Funeral Planning

Come to a FREE seminar on the "What's and Why's" of funeral planning. This will not be a FRENCH Funerals-Cremations sales presentation. We know you have choices and what we want to do is provide you the answers you need so you can make the best choice for you and your family.

### Bear Canyon

**Wednesday, July 17 • 10:00 - 11:00 am**

*Presenter: French Funeral Homes*

## Tax Free Investing

It's not what you make, it's what you keep! Join us for this seminar that will discuss an overview of tax-advantaged investments such as muni bonds (muni/UIT/mutual funds), IRAs (traditional/Roth/401k/403b) and/or life insurance.

### Bear Canyon

**Wednesday, October 9 • 10:00 - 11:00 am**

### Highland

**Wednesday, October 16 • 9:00 - 11:00 am**

### North Valley

**Wednesday, July 31 • 10:00 - 11:30 am**

**Thursday, December 19 • 10:00 - 11:00 am**

### Palo Duro

**Thursday, July 18 • 9:00 - 10:00 am**

**Thursday, October 3 • 10:00 - 11:00 am**

*Presenter: Edward Jones Office*

### Time Matters: A Woman's Retirement Outlook

This presentation is specifically tailored for women who are getting ready for or have recently transitioned to retirement. During this special program, we will discuss retirement income strategies, including perspectives around Social Security and making your retirement savings last. Addressing how to prepare for the unexpected, including market risks and the impact of rising costs.

#### Bear Canyon

**Thursday, August 15 • 7:00 - 8:00 pm**

#### North Valley

**Thursday, October 17 • 10:00 - 11:30 am**

#### Palo Duro

**Thursday, November 7 • 10:00 - 11:00 am**

*Presenter: Edward Jones Office*

### You've Worked For (Retirees)

Shares strategies designed to help guard valuable assets and protect pre- and post-retirement income. Discusses impact of longevity, withdrawal strategies, anticipating rising costs, reviewing insurance/LTC protection and healthcare cost concerns. Optional copy for addressing small business owners.

#### North Valley

**Thursday, August 15 • 10:00 - 11:00 am**

#### Palo Duro

**Thursday, September 5 • 10:00 - 11:00 am**

*Presenter: Edward Jones Office*

## SECURITY

### ABQ be SMART

Join us for a presentation on gun safety in your home and community, how to model responsible behavior, recognize the risk of suicide and encourage dialogue.

#### Palo Duro

**Wednesday, September 11 • 9:00 - 10:00 am**

*Presenter: Be SMART*

### APD presents: Crime prevention for seniors

Senior citizens currently represent the most rapidly growing segment of the population in the United States. Currently, one in every eight Americans is over 65. Personal Safety Recommendations, in the home, safety in their car, when shopping or out in public, when using public transportation.

#### Barelas

**Wednesday, July 24 • 1:00 - 2:00 pm**

*Presenter: APD*

### APD presents: Fraud Prevention for Seniors

Financial exploitation of elders and disabled persons is a rapidly growing form of abuse. There are several different types of fraud and scams that affect this susceptible group of people. Learn how to detect and avoid elder fraud.

#### Barelas

**Wednesday, October 23 • 1:00 - 2:00 pm**

*Presenter: APD*

### Consumer Tips

Join the Senior Citizens' Law Office to learn about how to shop smart and protect your money. Topics include what to look for in contracts, red flags for scams, disputing billing errors, communicating with debt collectors and more.

#### Bear Canyon

**Wednesday, October 16 • 10:00 - 11:00 am**

*Presenter: Senior Citizens' Law Office*

### Fraud Prevention

Come learn how to protect yourself from fraud and tips to prevent being a victim.

#### Palo Duro

**Wednesday, October 23 • 10:00 - 11:00 am**

*Presenter: Aga Medicare Options*

### Identity Theft

Your identity is personal. Keep it that way! In this presentation, find out why identity theft affects millions of Americans each year causing financial damage and emotional harm that can take years to recover from. With New Mexico ranking #13 in identity theft, come learn five important steps to help mitigate the damage it can cause. With the many forms it takes, it's no wonder having one's identity stolen has become a top concern by many.

#### Bear Canyon

**Wednesday, October 30 • 10:00 - 11:00 am**

*Presenter: Legal Shield, Inc.*

### Outsmart the Scammers

Incidents of fraud are on the rise, and scammers' tactics are becoming more complex. That's why it's important to educate yourself about fraud. And while no one is immune, there are steps you can take to outsmart the scammers. Includes red flags that may indicate fraud, resources to turn to, and steps to protect yourself and your loved ones.

#### North Valley

**Thursday, November 21 • 10:00 - 11:00 am**

#### Palo Duro

**Thursday, December 5 • 10:00-11:00 am**

*Presenter: Edward Jones Office*

### Preventing Scams on Seniors

Don't be a victim. Learn what scams are out there and how not to fall prey to the scammers.

#### Palo Duro

**Thursday, August 15 • 10:00 - 11:30 am**

*Presenter: Tim Meuret, Loreen and Lane*

### Senior Law Office presents: Consumer Protection Tips

The Senior Citizens' Law Office will inform you how to protect yourself from individuals looking out for their interests and not yours.

#### Barelas

**Thursday, July 18 • 10:30 - 11:30 am**

## Stay a Step Ahead of the Scammers Fraud Protection & Safety

We've probably all taken at least one call from a fake IRS agent or a bogus Microsoft technician wanting to fix our computer -- even if we don't have one. Learn about the most common scams circulating through New Mexico and how to protect yourself from becoming a victim.

**North Domingo Baca**  
**Wednesday, August 7 • 9:00 - 11:00 am**

*Presenter: Bank of Albuquerque*

## The Power of Storytelling

Everyone has a story! Storytelling has great power to bring insight to the teller, delight your family and friends and help others understand your life experience. You have the knowledge already, together we will explore how to get those stories into a form that you can share with others and take stock of all you have achieved!

**Palo Duro**  
**Wednesday, August 21 • 9:00 - 11:30 am**

*Presenter: NICOA*

## SPECIAL INTEREST

### Art with Recycled Materials

Learn how to turn recycled materials such as old tires into beautiful artwork.

**Palo Duro**  
**Wednesday, July 10 • 9:30 - 11:30 am**

*Presenter: Rocky Carbajal*

### Behind on Bills? Start with One Step

Small steps can lead to big changes! With simple action steps, you can start the money conversation and make your first, best step towards financial security.

**Highland**  
**Wednesday, August 28 • 9:00 - 11:00 am**

**Palo Duro**  
**Wednesday, November 13 • 10:00 - 11:00 am**

*Presenter: National Indian Council on Aging Inc.*

## Beneficial Insects

Although most insects have a bad reputation, there are others that help us by controlling those that cause some damage. In this talk we will review a list of beneficial insects, their life cycles, why they are beneficial and how we can create a good environment in our gardens to have them around.

**Palo Duro**  
**Wednesday, October 16 • 10:00 - 11:00 am**

*Presenter: BCCES*

## Chicano Artist Daniel DeSiga

Daniel DeSiga was born in the eastern Washington city of Walla Walla in 1948. He has a Bachelor degree of Fine Art from the University of Washington, and has two paintings in The Smithsonian American Art Museum. Daniel DeSiga will be showing and lecturing about the use of colors in his murals and paintings. Space is limited, advance sign-up is required at the HSC Front Desk.

**Highland**  
**Wednesday, December 18 • 9:00 - 11:00 am**

*Presenter: Artist Daniel DeSiga*

## Chinese American Speaker Series

The C.A.C.A./ABQ Speaker Series is a monthly event held on the third Saturday of the month. A 30 minute talk followed by questions and answers.

**North Domingo Baca**  
**3rd Saturday • 10:00 am - 12:00 pm**

## Community Policing Council, What is it?

The goal of each Community Policing Council is to engage in candid, detailed and meaningful dialogue between Albuquerque Police and the citizens they serve. Councils are independent from the City and Department. They are encouraged to formally recommend changes to Albuquerque Police Department policies and procedures.

**Palo Duro**  
**Wednesday, August 28 • 10:00 - 11:00 am**

*Presenter: NE Community Policing Council Chair*

## Mad Hatter's Tea and Paint Party

Have tea and refreshments while painting an Alice in Wonderland theme. All materials will be provided; you take home your painting. Wear your favorite hat!

**Palo Duro**  
**Wednesday, September 18 • 8:00 - 11:30 am**

*Fee: \$35, Minimum of 10 participants required.*

*Presenter: Stephen Chavez*

## Novels & Memoirs Can Be Travel Guides

Factual travel guides are helpful when preparing for a trip to a new location. However, a novel is sometimes an even better and more fun way to get oriented to the cultural and historical aspects of country before a long trip. This class with an experienced traveler to exotic locations will be a chance to get ideas for your next vacation and/or book to read.

**Bear Canyon**  
**Wednesday, August 7 • 10:00 - 11:00 am**

*Presenter: Janet Greger*

## Native Plants

The area where we live provides a unique environment for different plant species to flourish. Our climate, soil and precipitation gave us invaluable information to select plant species that will thrive in our region. Native plants are species that are adapted to our environmental conditions and are the habitats for birds and other wildlife animals. Therefore, they contribute to enriching our ecosystems. Identifying and planting native vegetation allow us to preserve our environment, and contribute to water saving while saving us time and money.

### Palo Duro

**Wednesday, August 14 • 10:00 - 11:00 am**

*Presenter: NMSU Bernalillo Extension Office*

## Pollinators

Pollinators play one of the most important roles in our environments. Pollinators are in charge of fertilizing flowers that give us fruit and vegetables, which are an important source of vitamins and minerals to humans. In recent years, pollinators populations are dramatically decreasing. If this pattern continues it will have severe impacts on our daily lives and economies.

### Palo Duro

**Wednesday, July 17 • 10:00 - 11:00 am**

*Presenter: NMSU Bernalillo Extension Office*

## Saving Seeds

Almost every community had saved seeds across their history and provide their own communities with a source of food security that can last for generations. In this talk, we will explore basic concepts to consider before saving our own seeds, as well as techniques for harvesting, processing and storing seeds.

### Palo Duro

**Wednesday, September 25 • 10:00 - 11:00 am**

*Presenter: BCCES*

## Social Security

New to Social Security? Been on SS and have questions? Come get the answers.

### Palo Duro

**Thursday, August 29 • 10:00 - 11:00 am**

*Presenter: Tim Meuret, Loreen and Lane*

## Thanksgiving Celebration Tea and Paint Party

Have tea and refreshments while painting a Harvest Festival Theme. All materials will be provided; you take home the painting.

### Palo Duro

**Wednesday, November 20 • 8:00 - 11:30 am**

*Fee: \$35, Minimum of 10 participants required*

*Presenter: Stephen Chavez*

## What Is a Poison: Facts and Fiction?

Can a substance be benign or even beneficial for some individuals and poisonous to others? Is it true that the dose makes the poison? In this session we'll explore the basics of toxicology and talk about how poisons have been used and misused in fiction, like Agatha Christie's novels. Participants will learn a little science and get a chance to talk about their favorite mystery novels.

### Bear Canyon

**Wednesday, September 18 • 10:00 - 11:00 am**

*Presenter: Janet Greger*

## SPECIAL SERVICES

### Essential Oils

Essential oils are found naturally in the seeds, bark, stems, roots, flowers and other parts of plants. They can be used for a wide range of emotional and physical wellness applications. Come and learn how these oils can help you or a family member.

### Bear Canyon

**Wednesday, July 24 • 10:00 - 11:00 am**

*Presenter: Sam School*

## Essential Oils BINGO

That's right, BINGO! Come win your own free oils to support healthy digestion, breathing, circulation, energy, stress, rest and so much more!!! FREE to play and we will be doing multiple games so bring your markers! Space is limited, sign-up is required at the LVSC front desk.

### Los Volcanes

**Monday, December 16 • 2:00 - 4:00 pm**

*Presenter: doTERRA*

## Essential Oils for Discomfort & Inflammation

Would you like to learn how to use essential oils and other all-natural products to support increased energy levels and ease discomfort and inflammation in your body? You are invited to come and learn how to take control of your health with nature's medicine and win door prizes! Space is limited, sign-up is required at the LVSC front desk.

### Los Volcanes

**Monday, August 26 • 2:00 - 4:00 pm**

*Presenter: doTERRA*

## Essential Oils for Life Transitions, Sleep, and Mood Management

As we age, we have certain life challenges that come up we have never dealt with before. Join us to learn how to navigate these easily and to get the best out of life by supporting a restful night's sleep and managing your mood naturally with essential oils. There will be door prizes! Space is limited, sign-up is required at the LVSC front desk.

### Los Volcanes

**Monday, September 30 • 2:00 - 4:00 pm**

*Presenter: doTERRA*

## Essential Oils for Blood Sugar, and Weight Management

Are you tired of the yo-yo ride with your weight or the highs and lows of blood sugar levels? Join us and learn how you can support your body to balance these naturally and win door prizes to start your journey! Space is limited, sign-up is required at the LVSC front desk.

### Los Volcanes

**Monday, October 14 • 2:00 - 4:00 pm**

*Presenter: doTERRA*

## Essential Oils to Enhance Energy, and Memory

Have you ever wished you had more energy or you could remember where you left your keys or what you came into a room to get? Come learn and experience how essential oils can help support your body in functioning better and retaining information more easily and win door prizes! Space is limited, sign-up is required at the LVSC front desk.

### Los Volcanes

**Monday, October 28th • 2:00 - 4:00 pm**

*Presenter: doTERRA*

## Essential Oils “Make and Take” Blend(s) for Cooking Workshop

Want to spice up your meals and have them taste fresh and delicious no matter what season it is? Come learn how you can use essential oils in your recipes and support a healthy lifestyle at the same time! We will be making blends to use in your Holiday cooking for you to take home and use for your loved ones. \$5 per product - make as many Blend(s) as you want, and all the supplies are included in the fee(s). Space is limited, sign-up is required at the LVSC front desk.

### Los Volcanes

**Monday, November 18 • 2:00 - 4:00 pm**

*Presenter: doTERRA*

## Essential Oils “Make and Take” Aromatherapy Holiday Workshop

Come create a personalized scented candle(s) to support mood, hormones, respiratory system and mind without all the chemicals you find in the ones you buy at the store. Also create a personalized terra cotta aromatherapy necklace so you can take these benefits & share them. \$5 per product - make as many as you want and all the supplies are included in the fee(s). Space is limited, sign-up is required at the LVSC front desk.

### Los Volcanes

**Monday, December 2 • 2:00 - 4:00 pm**

*Presenter: doTERRA*

## Introduction to Essential Oils for Seniors

Learn how essential oils can provide seniors with safe, effective and affordable solutions for their health care needs. Experience samples of essential oils most commonly used to help with health concerns shared by many seniors, including problems with digestion, memory, joints, and much more. Space is limited, sign-up is required at the LVSC front desk.

### Los Volcanes

**Monday, July 29 • 2:00 - 4:00 pm**

*Presenter: doTERRA*

## Learn all about Essential Oils

Join our monthly presentations to learn all about the wonders of essential oils.

### Palo Duro

**Tuesday • 3:00 pm - 4:30 pm**

**July 9 – Active Lifestyle**

**August 13 – Focus and Concentration**

**September 10 – Managing Aches and Discomfort**

**October 8– Seasonal Threats and Your Immune System**

**November 12 – Managing Your Moods**

**December 10 – Essential Oils of the Bible**

*Presenter: doTERRA*

## The Energetics of Early Fall - The Earth Element

We will be exploring the Energetics of Early Fall from a Chinese Medicine perspective. This awareness can improve how we relate to our health, our bodies and our environment. This is a medicine of connection. We will be looking at our diet, herbs, qi gong and acupressure points that can enhance the vitality of our digestive systems. We will discuss digestive disharmonies and how we can best respond to these signals of our body for additional support. There will be handouts, including recipes, so that the learning and exploration can continue. There will be hands on experience with locating acupressure points so come wearing comfortable clothing.

### North Valley

**Thursday, August 29 • 10:00 - 11:30 am**

*Presenter: Deborah Wozniak of Crooked Crane Healing*

## The Energetics of Autumn - The Metal Element

We will be exploring the Energetics of Autumn from a Chinese Medicine perspective. This awareness can improve how we relate to our health, our bodies and our environment. This is a medicine of connection. We will be looking at our diet, qi gong, herbs and acupressure points that can enhance the vitality of our respiratory systems. We will discuss respiratory disharmonies and how we can best respond to these signals of our body for additional support. There will be handouts, including recipes, so that the learning and exploration can continue. There will be hands on experience with locating acupressure points so come wearing comfortable clothing.

### North Valley

**Thursday, October 17 • 10:00 - 11:30 am**

*Presenter: Deborah Wozniak of Crooked Crane Healing*

## The Energetics of Winter - The Water Element

We will be exploring the Energetics of Winter from a Chinese Medicine perspective. This awareness can improve how we relate to our health, our bodies and our environment. This is a medicine of connection. We will be looking at our diet, qi gong, herbs and acupressure points that can enhance the vitality of our bones and help reduce pain. We will discuss bone disharmonies, primarily joint pain and how we can best respond to these signals of our body for additional support. There will be handouts, including recipes, so that the learning and exploration can continue. There will be hands on experience with locating acupressure points so come wearing comfortable clothing.

### North Valley

**Thursday, December 5 • 10:00 - 11:30 am**

*Presenter: Deborah Wozniak of Crooked Crane Healing*

## Office of the Second Judicial District Attorney's

New volunteer program is recruiting volunteers to be part of a support system for victims.

Space is limited, advance sign-up is required at the HSC Front Desk.

### Highland

**Wednesday, July 24 • 9:00 - 11:00 am**

*Presenter: Office of the Second Judicial District Attorney's*

## Senior Citizens' Law Office Presents: License/Real ID

This is an informational presentation on this topic, discussing what the new requirements are and what steps seniors can take to get the appropriate paperwork in order. We are happy to meet with you afterward to briefly discuss what your next steps should be.

### Barelas

**Tuesday, August 20 • 10:30 - 11:30 am**

### North Domingo Baca

**Wednesday, November 6 • 9:00 - 11:00 am**

*Presenter: Senior Law Office*

## TECHNOLOGY

### AARP Smart Driver TEK, 9 Safety Technologies in Vehicles

Cars are becoming more technologically advanced every day and show no sign of slowing down. This means there is more safety technology in today's cars than ever before. However, many drivers aren't familiar with how to use the technology to keep them safe. Smart DriverTEK is here to help!

### Palo Duro

**Wednesday, October 9 • 10:00 - 11:30 am**

*Presenter: AARP Volunteer*

### New Technology for Mobile and Home Phone for People with Hearing Loss

ClearCaptions is an FCC-certified phone captioning service for individuals with any form of hearing loss, offering call captioning technology for specialized home phones as well as for personal computers and mobile devices.

### Highland

**Wednesday, September 25 • 9:00 - 11:00 am**

### Palo Duro

**Thursday, November 21 • 9:00 - 10:00 am**

*Presenter: Title IV ADA Specialist*

## Teeniors

Teeniors™ are tech-savvy teens and young adults who help seniors learn technology through personal tutoring. Whether you have questions about your smartphone, computer, or anything online, our goal is to empower you to connect with your loved ones and engage with the world through technology safely, while also providing meaningful jobs for young adults in New Mexico.

### Barelas

**Friday, July 5 and August 2 • 9:30 - 10:45 am**

**Friday, September 6, October 4, November 1 and December 6 • 3:00 - 4:45 pm**

### Palo Duro

**Wednesday, July 3 and August 7 • 10:00 am - 12:00 pm**

**Wednesday, September 4, October 2, November 6, December 4 • 3:30 - 4:45 pm**

## WRITING

### Writing Poetry

Raymond C. Mock, author of *A Tried Heart*, is a member of the Bear Canyon Senior Center. He will give a talk on writing poetry based on his independent experience and what he's learned from critique groups. He has written poetry for three decades and has participated in critique groups for seven years.

### Bear Canyon

**Wednesday, September 4 • 10:00 - 11:30 am**

*Presenter: Raymond C. Mock*



# Volunteer and make a difference!



Senior Corps Volunteers contribute over 234,000 hours to our community annually; this translates to a contribution valued at approximately \$4.7 million dollars!\*

\* Value of Volunteer Time according to the Independent Sector in NM in 2015 is \$19.91 per hour. For information call (505) 767-5225.

## Department of Senior Affairs Transportation Nutrition Division

Volunteer Drivers are needed to provide transportation for seniors to and from various meal sites, medical appointments, and grocery shopping for daily, four-hour shifts; Monday – Friday.

## Meals on Wheels of Albuquerque

Kitchen volunteers are needed any day Monday through Friday from 9 am-11 am. Volunteer Drivers are needed to deliver meals (Use of personal vehicle required).

## Catholic Charities

Volunteer Drivers are needed to provide door to door transportation services to seniors for medical appointments and grocery shopping. Use of personal vehicle is required; agency gives mileage reimbursements.

## Adelante Development Center Benefits Counseling Center

Volunteers are needed to assist seniors and persons with disabilities in determining eligibility and enrollment for subsidized benefit programs. Training will be provided.

## Alzheimer's Association

Must have the ability to perform various clerical duties and other assignments. Flexible work days are available.

## Ronald McDonald House

Family Room Volunteers are needed to greet and sign in families, maintain laundry room, stock food and drinks, and help families with their needs.

## Ombudsman Program

Volunteer Advocates are needed for residents in nursing homes and assisted living facilities.

## The Foster Grandparent Program Advisory Council

Council members are needed to advocate on behalf of volunteers, evaluate Program effectiveness, and assist in the recognition of volunteers by raising funds and resources.

## Silver Horizons

Silver Horizons wants to see low-income seniors living safe and secure, in their own homes, with enough food to eat. Help us provide groceries to over 3,500 seniors and 1,200 grandchildren every month. Call (505) 800-1400 or email ron@silverhorizons.org

Are you 55 years of age or older? Would you like an opportunity to help your community?

Senior Corps Volunteers receive supplemental insurance and transportation reimbursements!

## Senior Companions: Make Independence A Reality

Senior Companions are healthy 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, may qualify for a tax free stipend, and receive assistance for meals and transportation costs.

You don't need medical or technical skills to be a Senior Companion. All you need to know is how to be a friend.

**For information, call (505) 764-1612.**

## Foster Grandparents

Foster Grandparents serve as tutors and mentors assisting children with special and exceptional needs.

Foster Grandparents serve an average of 20 hours per week, receive meals while on duty, and may qualify for a tax free stipend.

Over 80 Foster Grandparents contribute 80,000 hours of service each year. Foster Grandparents serve in more than 40 sites in Albuquerque, including Elementary Schools, City of Albuquerque Child Development Centers, Head Start Programs, and Community Programs.

The Foster Grandparent Program goals are to enable Foster Grandparents to remain active through participation in meaningful placements and needed community service. Children receive the necessary attention for educational, social, and emotional development.

**For information, call (505) 764-6412.**

## RSVP: Lead with Experience

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.

**For information, call (505) 764-5225.**

# Satellite Senior Center Activities

## ARTS AND CRAFTS

### Arts and Crafts

For those interested in decorative design and handicrafts.

#### La Amistad

Wednesday • 10:00 – 11:15 am

#### Paradise Hills

Friday call for details

#### Tijeras

Wednesday • 10:00 - 11:30 am

Thursday • 10:00 am - 3:00 pm

#### Whispering Pines

Monday – Friday • 9:00 am - 3:00 pm

### Art and Crafts Sharing

Join us as we take the opportunity to share our great projects.

#### Tijeras

Thursday • 10:00 am - 3:00 pm

#### Whispering Pines

Friday • 9:00 am - 3:00 pm

### Artist's Corner

Everyone has an artist inside of them, join us as we put that talent to work.

#### Tijeras

Friday 10:00 - 11:30 am

### Beading

Learn the art of beading.

#### Tijeras

Thursday • 10:00 am – 3:00 pm

### Embroidery, Computerized

Come learn the art of using a specialized machine to create beautiful designs.

#### Whispering Pines

Monday – Friday • 9:00 am - 3:00 pm

### Quilting, Long Arm

Ever wonder what long arm quilting is? Come see a quilt put together using this machine.

#### Whispering Pines

Monday - Friday • 9:00 am - 3:00 pm

### Sewing

Come learn how to sew.

#### Paradise Hills West Annex

Friday, call for detail

#### Whispering Pines

Monday - Friday • 9:00 am - 3:00 pm

## CARDS AND GAMES

### Bingo

Join us as we have fun playing a variety of games.

#### Alameda/Raymond G. Sanchez

Tuesday and Thursday • 10:00 - 11:30 am

#### La Amistad

Monday and Thursday • 1:00 - 2:00 pm

#### Paradise Hills

Tuesday and Thursday, call for details

#### Rio Bravo

Tuesday and Thursday • 9:30 - 11:30 am

#### Tijeras

Friday • 12:00 – 2:00 pm

### Billiards

Come have fun and socialize while you shoot pool.

#### Paradise Hills

Tuesday and Thursday, call for details

#### Rio Bravo

Monday, Wednesday and Friday • 8:00 am - 1:00 pm

#### Tijeras

Monday-Friday • 9:00 am - 3:00 pm

### Board Games/Cards

Come join us as we play a variety of board and card games.

#### La Amistad

Monday - Friday • 9:00 am - 3:00 pm

#### Paradise Hills

Friday, call for details

#### Rio Bravo

Monday - Friday • 8:00 am - 1:00 pm

#### Tijeras

Tuesday • 10:00 - 11:15 am

### Dominos

Come join us for this tile based game.

#### Paradise Hills

Tuesday and Thursday, call for details

### Mah Jongg

This game is played with 144 tiles that are drawn and discarded until a player gets a winning hand.

#### Tijeras

Friday • 11:30 am – 3:30 pm

### Trivia Tuesday

For those who love trivia, come join us for a lively game.

#### Paradise Hills

Tuesday, once a month

### Wii

Play and get active with the different games offered.

#### La Amistad

Monday – Friday • 9:00 am – 3:00 pm

#### Tijeras

Wednesday • 9:30 – 10:30 am

## COMPUTERS

### Computer Lab

Come check your email, surf the web or check your social media during open hours.

#### Tijeras

Monday - Friday • 8:30 am - 4:30 pm

## FRIENDSHIP COFFEE

### Coffee Socials

Meet and greet with a nice cup of coffee.

#### Alameda/Raymond G. Sanchez

Monday - Friday • 9:00 - 10:00 am

#### La Amistad

Monday • 9:30 - 10:30 am

#### Paradise Hills

Monday - Friday • 8:00 - 11:00 am

#### Rio Bravo

Monday - Friday • 8:00 am - 1:00 pm

#### Tijeras

Monday - Friday • 8:30 am - 3:00 pm

#### Whispering Pines

Monday - Friday • 9:00 am - 12:30 pm

## GROUPS AND CLUBS

### Bible Study

Bring your bible as we go over scripture.

**Tijeras**  
Wednesday • 12:00 – 3:00pm

### Library Club

Join us for a trip to the library.

**Paradise Hills**  
Twice a Month Trip to Taylor Ranch Library, call for details

### Card Group

Join us as we play various card games.

**Paradise Hills**  
Monday and Wednesday, call for details

### Coloring Group

Come relax and socialize as we color.

**Paradise Hills**  
Monday and Wednesday, call for details

### TOPS Weight Loss Group

Take off pounds sensibly with this support group.

**Tijeras**  
Tuesday • 10:00 – 11:45 am

## LANGUAGE

### Beginning Spanish

Learn basic Spanish speaking skills.

**Tijeras**  
Wednesday • 10:30 – 11:30 am

### ESL

Come learn English.

**Paradise Hills**  
Tuesday and Thursday, call for details

## MISCELLANEOUS

### Movies

Join us for a movie and some goodies. Have a movie suggestion? Let us know!

**Paradise Hills**  
2nd Monday, Trip to Movies West Monday mornings, call for details

### Genealogy Class

Learn to research your family history.

**Tijeras**  
Wednesday • 10:00 – 11:15 am

### Flea Market

Find treasures at our monthly flea market.

**Rio Bravo**  
1st Friday • 9:00 am - 2:00 pm

### Food Pantry

Join us for free monthly grocery shopping.

**Alameda/Raymond G. Sanchez**  
2nd Tuesday

## MUSIC

### Intermediate to Advanced Ukulele

Come practice your ukulele skills.

**Tijeras**  
Monday • 12:00 – 1:30 pm

### Intermediate to Advanced Classical Guitar

Come practice your skills on classical guitar.

**Tijeras**  
Monday • 10:30 – 11:30 am

### Live Band

Dance to live band music.

**Alameda/Raymond G. Sanchez**  
1st Friday • 9:00 - 11:00 am

**Rio Bravo**  
3rd Friday • 9:00 - 11:00 am

**Paradise Hill West Annex**  
2nd Friday • 9:00 - 11:00 am

**Whispering Pines**  
4th Friday • 9:00 - 11:00 am

### Jam Session

All instruments are welcome, jam with us.

**Whispering Pines**  
Friday • 1:00 - 3:00 pm

### Acoustic Jam

All acoustic instruments welcome, come jam with us.

**Tijeras**  
Tuesday • 12:00 – 2:30 pm

## SPORTS AND FITNESS

### Chair Yoga

Learn Yoga poses while sitting. For those who are less mobile.

**Paradise Hills West Annex**  
Monday and Wednesday, call for details  
**Alameda/Raymond G. Sanchez**  
Monday and Wednesday • 10:00 – 11:00 am

### Chair Exercise

A gentle exercise class.

**Paradise Hills West Annex**  
Monday, Wednesday and Friday, call for details

### Chair Volleyball

Join us for our weekly chair volleyball.

**Paradise Hills West Annex**  
Wednesday, call for details

## EVENTS

### Birthday Celebration

Join us for a special treat as we celebrate the monthly birthdays.

**Paradise Hills**  
Last Thursday • 12:15 pm

**Rio Bravo**  
Last Friday • 12:15 pm

**Tijeras**  
3rd Friday • 12:00 pm

## DAY TRIPS

Join us for fun outings and shopping trips.

### Railrunner Trip to Santa Fe

**Paradise Hills**  
August 21, October 16, December 18  
call for details

### Weekly Grocery Shopping

**Paradise Hills**  
Every Monday, call for details

# PROUD TO SUPPORT THE 2019 NATIONAL SENIOR GAMES

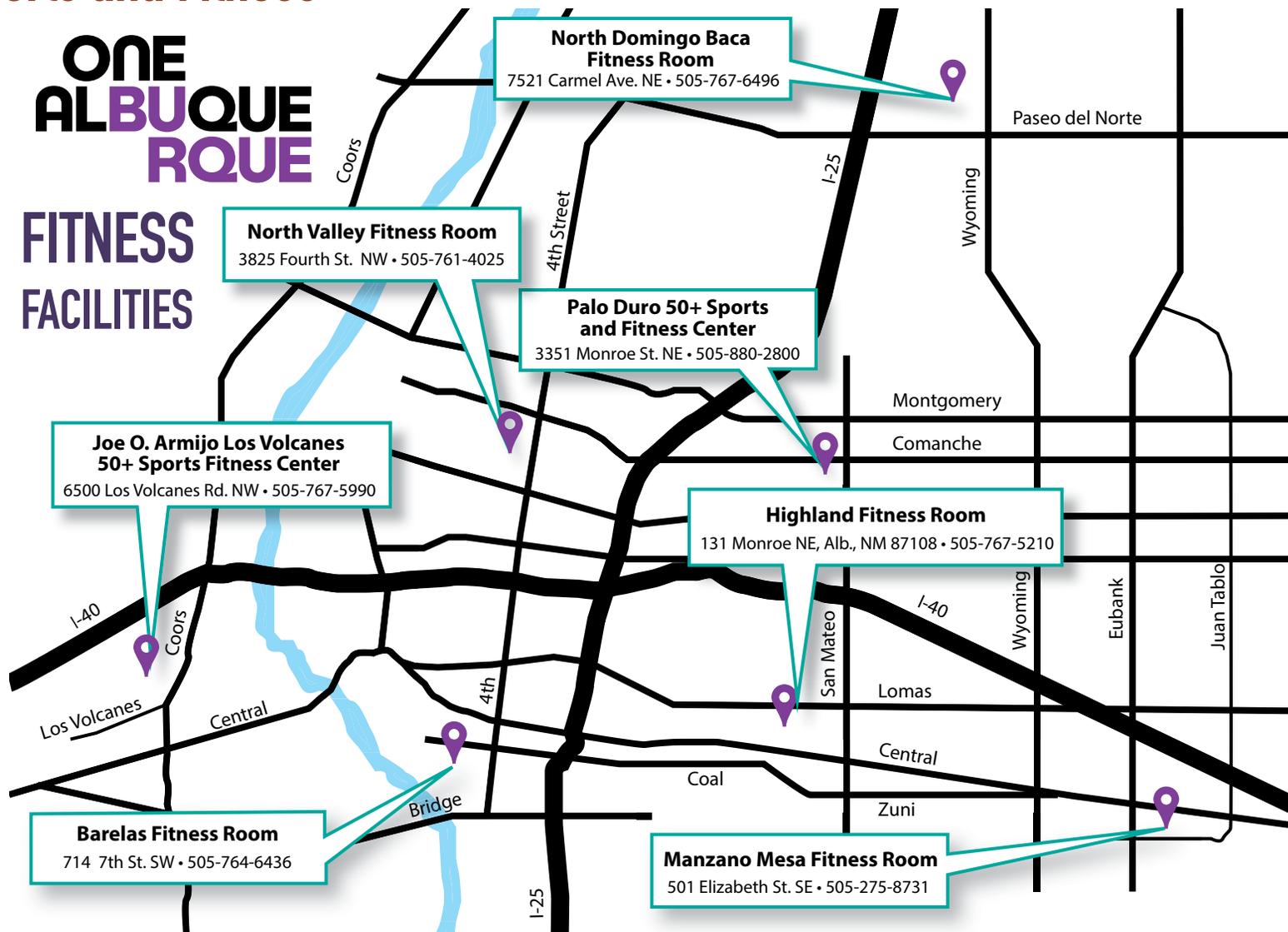


UNM promotes **healthy aging** initiatives and **wellness** programs

# Sports and Fitness

**ONE  
ALBUQUE  
ROQUE**

**FITNESS  
FACILITIES**



## AQUATICS

### Adapted Aquatics

Taught at the University of New Mexico Therapeutic Pool (92° water), participants are led through a series of range of motion exercises that will increase joint mobility and develop muscular strength. Registration is done by lottery. Lottery forms are available at all the Senior Centers, Multigenerational Centers, and Sports and Fitness Centers. Lottery forms can be picked-up starting on the 10th of every month and have to be returned by the 15th of every month to be eligible for the lottery.

Class sessions are as follows:

#### SESSION 1:

**Monday, Wednesday and Friday  
9:00 - 10:00 am**

3 sessions per week

*Transportation: provided from all 6 Albuquerque senior centers. Self-Drivers are also welcome, but must pre-register.*

#### SESSION 2:

**Monday and Friday • 1:15 - 2:15 pm**

2 sessions per week

*Transportation: provided from all 6 Albuquerque senior centers and Vista Grande Community Center. Self-Drivers are also welcome, but must pre-register.*

#### SESSION 3:

**Tuesday and Thursday • 9:00 - 10:00 am**

2 sessions per week

*Transportation will be provided from the Palo Duro 50+ Sports & Fitness Center. Self Drivers are also welcome, but must pre-register.*

## Many Aquatic Programs are offered around The City of Albuquerque.

Albuquerque Parks and Recreation Department offers a wide variety of water exercise classes and lap swim at their indoor aquatic facilities.

For more information call the Parks and Recreation Department at (505) 768-5353, or visit [www.cabq.gov/aquatics](http://www.cabq.gov/aquatics).



## BADMINTON

### Badminton Practice and Play

This fun sport provides an opportunity to participate in a program which is beneficial to both your physical and mental well-being. It also provides cardiovascular benefits, as well as weight-bearing exercise needed for musculoskeletal health. This is competitive badminton - a demanding sport.

#### Manzano Mesa

**Monday, Friday • 1:30 - 4:00 pm**

**Tuesday • 6:00 - 9:00 pm**

**Thursday • 7:00 - 9:00 pm**

#### Johnny Tapia Community Center at Wells Park

**Tuesday and Thursday • 1:30 - 3:30 pm**

## BASKETBALL

### Open/Drop-In Basketball

Offered every day of the week (Monday - Saturday) at the times listed below. Teams are formed as participants show up and sign in.

#### Manzano Mesa

**Monday and Wednesday • 11:45 am - 1:00 pm, West court**

**Monday and Friday • 7:00 - 8:50 pm, Both courts**

**Tuesday, Thursday and Friday • 11:00 am - 1:00 pm**

### Senior Men's Basketball

This group gathers to play some friendly, but competitive basketball, where teams are picked prior to the games. This is a good workout, with a lot of action and exercise.

#### Manzano Mesa

**Tuesday, Thursday and Friday • 11:00 am - 1:00 pm**

**Monday and Wednesday • 11:45 am - 1:00 pm**

## EASTERN TRADITIONS

### Aikido

A non-aggressive style of martial arts working on the principle: "do not fight force with force". Redirect the attacker's energy and use it to your favor.

#### North Domingo Baca

**Tuesday and Thursday • 7:15 - 8:30 pm**

*Fee: \$4/session*

### Iron Olympian Karate

Develop physical strength, discipline, balance, coordination and self-esteem. Class includes breakaway techniques and safety awareness.

#### Manzano Mesa

**Tuesday • 6:00 - 8:00 pm**

### Kendo Kai

Meaning "Way of The Sword," is a modern Japanese martial art, which descended from traditional swordsmanship (kenjutsu) and uses bamboo swords (Shinai), and protective armor. It is a physically and mentally challenging activity that combines martial arts practices and values with sport-like strenuous physical activity.

#### Manzano Mesa

**Friday • 6:00 - 8:00 pm**

#### North Domingo Baca

**Wednesday • 6:45 - 8:45 pm**

*Fee: \$20 for adults and \$10 for youth*

### Beginning T'ai Chi Chih

T'ai Chi Chih is a series of easy, gentle movements that balance the internal energy (Chi). It is often called a moving meditation and the benefits of this practice can include improved balance, flexibility, stamina, and regulation of stress blood pressure and weight.

#### Palo Duro

**Wednesday • 3:00 - 4:15 pm**

### Continuing T'ai Chi Chih

T'ai Chi Chih is a series of easy, gentle movements that balance the internal energy (Chi). It is often called a moving meditation and the benefits of this practice can include improved balance, flexibility, stamina, and regulation of stress blood pressure and weight.

#### Palo Duro

**Wednesday • 4:30 - 5:30 pm**

**Session I: July 31 - August 7**

**Session II: August 14 - September 25**

**Session III: October 2 - November 6**

**Session IV: November 13 - December 18**

*Fee: \$65/6 sessions, payable at first class*

## T'ai Chi Ch'uan

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

### Bear Canyon

**Saturday • 11:30 am - 1:00 pm**

### PRACTICE

### Bear Canyon

**Wednesday • 11:30 am - 1:00 pm and  
3:30 - 4:30 pm**

## Traditional T'ai Chi Ch'uan

Beautiful flowing movements improve balance, lower high blood pressure, increase bone density and cultivate chi, or internal energy. Traditional T'ai Chi reduces stress and arthritis pain, significantly improves brain size, improves motor control in Parkinson's, and may delay the onset of Alzheimer's disease. Recent studies show T'ai Chi is anti-aging! Cultivate your chi for a long and happy life.

### Highland

**Thursday • 9:30 - 10:30 am**

### INTERMEDIATE TRADITIONAL SHORT FORM

### Highland

**Thursday • 1:30 - 2:30 pm**

### Manzano Mesa

**Tuesday and Thursday • 9:30 - 10:30 am**

*Fee: \$5/session*

### North Domingo Baca

**Friday • 11:30 am - 12:30 pm**

### North Valley

**Monday, Tuesday and 1st Friday  
9:30 - 10:30 am**

### Palo Duro

**Friday • 9:30 - 10:30 am (not meeting 1st  
Friday)**

## Personal Defense Club, Close Quarter Combat

Provides a place to learn, teach and practice personal fighting skills. It is not associated with any traditional Asian art or sport.

### Manzano Mesa

**Monday • 7:00 - 9:00 pm**

*Fee: Material \$10/Month*

City of Albuquerque **Department of Senior Affairs** | (505) 764-6400

## EXERCISE

### Advanced Boot Camp

Interval training to boost metabolic activity and burn calories.

### Manzano Mesa

**Tuesday and Thursday • 4:30 - 5:30 pm**

### Aerobics

These fun, low impact aerobics classes combine energizing music with a routine designed to strengthen the cardiovascular system. For beginners to advanced exercisers, everyone works at their own pace. Burn calories and get a great workout.

### Highland

**Monday, Wednesday and Friday  
9:00 - 10:00 am**

### Joe O. Armijo Los Volcanes 50+ Sports & Fitness Center, Aerobic Room

**Monday, Wednesday and Friday  
8:00 - 9:00 am**

### Manzano Mesa

**Monday, Wednesday and Friday  
8:15 - 9:15 am**

### North Domingo Baca

**Monday, Wednesday and Friday  
8:15 - 9:15 am**

### Palo Duro

**Monday, Wednesday and Friday  
8:15 - 9:15 am**

## Body Fat Vs. Muscle

The goal for optimal health is reducing body fat while increasing muscle. Visit one of our fitness facilities below for a free personal assessment.

### Joe O. Armijo Los Volcanes, 50+ Sports & Fitness Center

**3rd Tuesday • 8:00 am - 6:00 pm**

### North Domingo Baca

**4th Wednesday • 8:30 am - 1:30 pm and  
2:00 - 7:00 pm**

### Palo Duro 50+ Sports & Fitness

**1st Wednesday • 8:00 am - 6:00 pm**

## Dance Aerobics

Quick paced, high energy, core strengthening routines set to great music! No experience is necessary.

### Joe O. Armijo Los Volcanes, 50+ Sports & Fitness Center

**Monday and Wednesday • 5:30 - 6:30 pm**

### Enhance Fitness

This is an evidence based senior fitness class in which a three part assessment will be conducted for each participant. Class components include cardio, weight training and flexibility.

### Joe O. Armijo Los Volcanes 50+ Sports & Fitness Center

**Monday, Wednesday and Friday • 1:00 -  
2:00 pm**

### North Domingo Baca

**Monday • 8:05 - 9:05 am and  
10:15 - 11:15 am**

**Wednesday • 8:05 - 9:05 am and  
10:15 - 11:15 am**

**Friday • 8:05 - 9:05 am and 10:15 -  
11:15 am**

### North Valley

**Monday, Tuesday and Friday 8:15 -  
9:15 am**

## Flex and Tone

This class will work to elongate and strengthen your muscles to achieve increased flexibility, improve posture and develop a strong core.

### Highland

**Tuesday and Thursday • 8:15 - 9:15 am**

### Joe O. Armijo Los Volcanes, 50+ Sports & Fitness Center

**Tuesday and Thursday • 8:00 - 9:00 am**

### Manzano Mesa

**Tuesday and Thursday • 8:15 - 9:15 am**

### North Domingo Baca

**Tuesday and Thursday • 10:15 - 11:15 am**

### Palo Duro

**Tuesday and Thursday • 8:00 - 9:00 am**

## Fitball

Using a stability ball and weights, target and challenge core muscles with stabilizing and balance exercises.

**Joe O. Armijo Los Volcanes, 50+ Sports & Fitness Center**

**Monday, Wednesday and Friday • 10:30 - 11:30 am**

## Gentle Exercise

Performed primarily in a chair. The focus is on resistance training to build strength. Equipment such as small balls and bands are used to make the exercises interesting and challenging.

## Barelas

**Monday, Tuesday and Friday  
10:00 - 11:00 am**

## Highland

**Monday, Wednesday and Friday • 10:15 - 11:15 am**

**Joe O. Armijo Los Volcanes, 50+ Sports & Fitness Center**

**Monday, Wednesday and Friday • 9:15 - 10:15 am**

## Manzano Mesa

**Monday, Wednesday and Friday • 9:30 - 10:30 am**

## North Domingo Baca

**Monday, Wednesday and Friday • 9:30 - 10:30 am**

## Palo Duro

**Monday, Wednesday and Friday • 9:30 - 10:30 am**

## Get Moving Cardio

This group fitness cardio class incorporates high and low impact choices in an effective workout to burn more fat, use calories and meet your fitness goals.

## Manzano Mesa

**Monday • 5:00 - 6:00 pm**

*Fee: \$20/month or \$2.50/session*

## Hula and Hawaiian Culture

Hula is Hawaii's beautiful, joyous cultural dance. An introduction hula class for beginners will focus on the basic hand, foot, and body movements that gracefully entwine to tell stories of Hawaii's history, places, people and traditions...all infused with the spirit of Aloha.

## North Domingo Baca

**Tuesday • 5:00 - 6:00 pm**

*Fee: \$5/session*

## Matter Of Balance

This FREE Program emphasizes practical strategies to decrease fear of falls by making behavioral changes in a person's everyday activities. Minimal exercises. This program will be offered at various locations in 2019.

*For more information and schedule, contact Joe O. Armijo, Los Volcanes, 50+ Sports and Fitness Center at (505) 767-5990.*

## Nia Technique

The Nia Technique™ draws inspiration from the dance arts, martial arts and healing arts for a cardiovascular, aerobic, and super fun workout that is challenging and stimulating, yet easy to follow.

## Highland

**Thursday • 11:15 am - 12:15 pm**

## Pilates

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

## Barelas

**Tuesday • 8:30 - 9:30 am**

**Joe O. Armijo Los Volcanes 50+ Sports & Fitness Center**

**Tuesday and Thursday • 10:45 - 11:45 am**

## North Valley

**Thursday • 8:30 - 9:30 am**

*Fee: \$5/session*

## New Mexico Folk and Latin Dance

Receive instruction on New Mexican, Mexican and contemporary Latin dances. Athletic shoes must be worn to participate.

**Joe O. Armijo Los Volcanes 50+ Sports & Fitness Center, Aerobic Room**

**Tuesday • 1:15 - 2:45 pm**

## North Valley

**Monday • 9:45 - 11:45 am**

## Manzano Mesa

**Wednesday • 9:45 - 11:15 am**

*Starting August 7*

## Latin Dance Lessons

Learn the basics of Social Latin Dance in the friendly & fun environment catering to the novice learner! Participants will receive easy to learn instruction in Merengue, Cumbia, Bachata, Salsa, Cha-Cha-Cha and the Romantic Rhumba! ATHLETIC SHOES REQUIRED!

**Joe O. Armijo Los Volcanes 50+ Sports & Fitness Center, Aerobic Room**

**Saturday • 11:00 am - 12:00 pm**

*Fee: \$5/session*

## Salsarobics

Spice up your workout with this energetic, fun and sizzling workout; learn the fundamentals of Latin dance such as Salsa, Merengue, Bachata, Brazilian Samba and always sexy Cha Cha. Fitness shoes or Dance shoes required.

## Los Volcanes

**Thursday • 5:30 - 6:30 pm**

**Saturday • 9:30 - 10:30 am**

*Fee: \$3/session*

## T.N.T Dynamite

Trim and tone your body with this class designed to fit your own individual needs and abilities. Work at your own pace towards improving strength, stamina, and muscle tone.

## Bear Canyon

**Monday, Wednesday and Friday • 9:30 - 10:30 am**

*Fee: \$1.50/session*

## Zumba®

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!

### North Domingo Baca

**Monday • 9:10 - 10:10 am and**

**5:45 - 7:00 pm**

**Friday • 9:10 - 10:10 am**

**Saturday • 1:00 - 2:00 pm**

*Fee: \$6/session*

### North Valley

**Tuesday • 5:30 - 6:30 pm**

*Fee: \$3/session*

## Zumba® Gold Classes

Check out this fun new dance/aerobic class. No dance experience required.

### Bear Canyon

**Monday, Wednesday and Friday**

**8:15 - 9:15 am**

*Fee: \$2/session*

### Joe O. Armijo Los Volcanes 50 + Sports & Fitness Center

**Tuesday and Thursday • 9:30 - 10:30 am**

*Fee: \$2/session*

### Manzano Mesa

**Monday and Wednesday • 10:45 -**

**11:45 am**

### North Domingo Baca

**Tuesday • 9:10 - 10:10 am**

**Wednesday • 9:10 - 10:10 am**

**Thursday • 9:10 - 10:10 am**

### North Valley

**Thursday • 9:40 - 10:40 am**

**Friday • 9:00 - 10:00 am**



## HIKING

### 50+ Sports and Fitness Program Hiking

These hikes are designed for the beginner to intermediate hiker, varying from easy/moderate (A/B) hikes to the more challenging C/D level hikes. See our descriptions for the best hike for you. Hike the Sandia, Manzano, Jemez and Pecos wilderness areas! Our focus is fitness. Bring your own lunch, snacks and drinks. Preregistration is required!

#### Session II: July - October 2019

##### Monday "C/D Level" Hikes

**Palo Duro 50+ Sports & Fitness Center**  
**7:00 am – 5:00 pm**

##### Wednesday "B Level" Hikes

**Joe O. Armijo Los Volcanes 50+ Sports & Fitness Center**

**N. Domingo Baca Fitness Center**

**Alternating Wednesdays • 8:00 am – 5:00 pm**

##### Friday Half Day "A/B Level" Hikes

**Palo Duro 50+ Sports & Fitness Center**  
**8:00 am – 1:00 pm**

### Senior Center Hiking

#### Bear Canyon

**Every other Thursday • 8:00 am**

#### Highland

**Every other Tuesday • 8:00 am**

#### Los Volcanes

**Every other Friday • 9:00 am**

#### North Domingo Baca

**Every other Friday • 8:00 am**

#### North Valley

**Every other Thursday • 8:00 am**

#### Palo Duro

**Every other Tuesday • 8:00 am**

**Every other Saturday • 9:00 am**

## HEALTH AND FITNESS

### Manage Your Chronic Disease (MyCD) Program Workshop

If you have (or care for someone with) a chronic health condition such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, anxiety, or other long-term health condition, this is the workshop for you. Learn from specially trained group leaders with chronic health conditions themselves. Set goals and make a step-by-step plan to improve your health and your life. Put Life Back Into Your Life.

Free 6-week workshop 2 1/2 hour meetings. To enroll, please call (505) 880 - 2800.

### Diabetes Self-Management Program (DSMP);

#### Palo Duro

**Thursday, July 11 - August 15 • 1:00 - 3:30 pm**

### Chronic Disease Self-Management Program (CDSMP) Workshop;

#### Palo Duro

**Thursday, September 5 - October 10 • 1:00 - 3:30 pm**

### Chronic Pain Self-Management Program (CPSMP);

#### Palo Duro

**Thursday, October 17 - November 21 • 1:00 - 3:30 pm**

## OTHER CLASSES

### Acupressure

Acupressure is a form of Chinese medicine, which restoring 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.

#### North Valley

**Friday • 10:00 am - 2:00 pm**

### Balance and Movement for Parkinson's

This class is designed for mostly all levels and focuses on balance and movement while either seated or standing. Slow movements, strength, hand-eye coordination and memory are also incorporated in a fun atmosphere. Caregivers are encouraged to attend and participate also!

#### Highland

**Monday • 2:45 - 3:30 pm**

**Wednesday • 2:45 - 3:30 pm**

*Fee: \$6/session*

### Chair Massage Therapy

Choice of seated massage in a regular chair, wheelchair, or a massage chair. Natural non-invasive pain relief. Benefits include improved posture and range of motion, reduced anxiety and stress, increased sense of well-being. Massage done for a nominal fee.

#### Bear Canyon

**Monday • 12:00 - 3:00 pm**

*Fee: \$5/10 min*

**“We are not surviving,  
we are thriving”**

— Jane Ong Baker, *Exercise Instructor at Barelvas Senior Center, age 79*

### Cloggersize

Clogging is an exciting non-partnered line dance which can be enjoyed by children as well as senior adults! We dance to all kinds of music and since beginning clogging steps are easy to learn, you can practice anywhere...no special shoes needed!

#### Manzano Mesa

##### **BEGINNER/STARTER**

**Saturday • 12:00 - 12:30 pm**

##### **EASY CLOGGING/CLOGGERCIZE:**

**Saturday • 12:30 - 1:30 pm**

##### **INTERMEDIATE:**

**Saturday • 1:30 - 2:30 pm**

### Dance and Movement for Parkinson's

Join in the musicality, rhythm, expression, inventiveness and sheer physical pleasure of dance. Customized for all abilities.

#### North Valley

**1st and 3rd Thursday • 2:00 - 3:00 pm**

### Exercise for Parkinson's

Parkinson's Wellness and Recovery is an effective and fun way to gain flexibility, coordination, strength and improve balance. These exercises also improve attention and mental focus.

#### North Valley

**2nd and 4th Thursday • 2:00 - 3:00 pm**

*Fee: \$5/session*

### Jazzercise

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.

#### North Domingo Baca

**Monday • 4:30 - 5:30 pm**

**Tuesday • 4:30 - 5:30 pm**

**Wednesday and Thursday • 5:40 - 6:40 pm**

### Reflexology Massage Therapy

Reflexology helps to relieve tension, increase blood supply to nerves and more. Christine Riboni says, "It's the Cadillac of foot massage."

#### North Valley

**4th Wednesday and every Friday • 10:15 am**

### Reversing Brain Drain

#### North Domingo Baca

**Wednesday • 6:30 - 7:30 pm**



## PICKLEBALL

### Open Pickleball

Pickleball is a paddle sport that combines elements of badminton, tennis, and table tennis.

Times and locations are subject to change. Please check the website listed.

Times are subject to change from summer to winter.

#### Barelas

**Monday • 1:30 - 3:30 pm**

#### Los Volcanes

**Monday • 9:30 - 11:00 am and  
1:30 - 3:00 pm**

**Tuesday • 9:30 - 11:00 am and  
1:30 - 3:00 pm**

#### Manzano Mesa

**Thursday • 2:00 - 4:00 pm**

**Saturday • 9:00 - 11:00 am**

*Gary Rutherford (505) 507-3663  
abqpickleball.com*

### Pickleball Training

Train for the game of Pickleball which is a paddle sport that combines elements of badminton, tennis, and table tennis.

#### Manzano Mesa

**Tuesday and Thursday • 9:15 - 11:00 am**

**Saturday • 12:30 - 2:50 pm**

## SHUFFLEBOARD

### Silver Shufflers Shuffleboard

Come learn a new sport or hone your skills and play a friendly match.

Shuffleboard is one of the most popular non-cardiovascular sports around! It is learned quickly and uses the techniques of 8 ball pool on a larger floor court. All equipment and instruction is provided.

#### Manzano Mesa

**Tuesday • 1:00 - 4:00 pm**

## TABLE TENNIS

### Practice and Play

Since its inception in 1880s England, this sport has grown into an international favorite. Originally, a line of books served as the net, a champagne cork or knot of string as the ball and a cigar box lid as the racket. Come see how it has evolved!

#### Bear Canyon

**Monday • 1:30 - 4:30 pm**

**Thursday • 9:30 - 11:00 am**

**Friday • 2:30-4:45 pm**

#### Highland

**Wednesday • 3:45-6:30 pm**

#### Manzano Mesa

**Monday - Friday • 8:00 - 9:00 pm**

**Saturday • 9:00 am - 3:00 pm**

#### North Valley

**Upon request call for availability**

## VOLLEYBALL

### Volleyball Pick-up Games

Join the 50+ volleyball players for drop-in volleyball matches.

#### Alamosa Community Center

**Saturday • 9:00 - 11:00 am**

#### Johnny Tapia Community Center at Wells Park

**Monday • 6:00 - 7:45 pm**

#### Manzano Mesa, Gym

**Monday and Friday • 5:00 - 7:00 pm**



## WALKING PROGRAM

Participants will learn the benefits of walking, safety tips and different types of walking techniques, how to use walking poles. The program will explore the City of Albuquerque and the Metro Area on foot. Register for individual trips.

### Touring the 505 Tuesdays

These walks will be at a touring pace with frequent stops and water breaks.

#### Session II: September 3 - October 29

Trip One - Botanical Gardens

Trip Two - Corrales

Trip Three - Tijeras Ranger Station

Trip Four - Huning's Highland

Trip Five - Open Space Visitor Center

Trip Six - Down Art Walk

Trip Seven - Country Club

Trip Eight - Nob Hill

### "NEW" Bosque Walks Thursdays

Leisure 3 mile walks in the Bosque at different trail heads.

#### Session II: September 19 - October 31

Trip One – Sept.9, Rio Grande Nature Center Trailhead

Trip Three – Oct.17, Open Space Visitor Center Trailhead

Trip Two – Oct.3, Tingley Trailhead

Trip Four – Oct. 31, Rio Bravo Trailhead



### Trips leave from Palo Duro 50+ Sports & Fitness Center

3351 Monroe NE • (505) 880-2800

**Tuesday and Thursday;** Trip departure times vary from 7:00 - 8:45 am, depending on destination.

## WEIGHT TRAINING

### Weight Training Orientations

Weight training will keep you feeling and looking great. Not only will weight training give you more energy, but also increases muscle tone and bone density. Join one of our free orientations where we instruct on the fundamentals of weight training.

#### Joe O. Armijo Los Volcanes, 50+ Sports & Fitness Center

Call (505) 767-5990 for appointment

#### Manzano Mesa

Call (505) 275-8731 for appointment

#### North Domingo Baca

Call (505) 764-6496 for appointment.

#### North Valley

Call (505) 880-2800 for appointment

#### Palo Duro, 50+ Sports & Fitness Center

Call (505) 880-2800 for appointment

### Basics With Free Weights

For novice lifters to learn safe and proper free weight lifting techniques to be used as an alternative, or in conjunction with workout machines.

#### Joe O. Armijo Los Volcanes 50+ Sports & Fitness Center

Call (505) 767-5990 for schedule

#### North Domingo Baca, Sports & Fitness Center

Call (505) 764-6496 for schedule.

**“Its a lot of fun! Lets face it, that’s what we need at our age.”**

— Connie Robb

## YOGA

### Chair Yoga

Seated and standing poses designed to improve flexibility and balance. Practice breathing techniques for peace of mind. Please bring a water bottle.

#### Barelas

**Friday • 10:00 - 11:00 am**

Starting July 12

#### North Valley

**Monday • 3:30 - 4:30 pm**

Fee: \$5/session

### Yoga, Beginning

Improve posture and core strength, as well as reduce lower back pain and increase muscle flexibility.

#### Barelas

**Monday • 9:15 - 10:30 am**

**Thursday • 8:30 - 9:30 am**

#### Bear Canyon

**Friday • 10:00 - 11:00 am**

Fee: \$5/session

#### Highland

**Monday • 1:30 - 2:30 pm**

**Wednesday (Gentle Yoga) • 1:30 - 2:30 pm**

Fee: \$6/session

#### Joe O. Armijo, Los Volcanes 50+ Sports & Fitness Center

**Thursday • 2:00 - 3:00 pm**

**Saturday • 9:00 - 10:00 am**

Fee: \$4/session

#### Manzano Mesa

**Wednesday • 4:45 - 6:00 pm**

Fee: \$7/session or \$25/session

### Yoga, Belts and Blocks

Helps improve posture and core strength, as well as reduce lower back pain as well as helps to increase muscle flexibility.

#### Palo Duro

**Monday • 9:00 - 10:00 am**

**Wednesday • 5:15 - 6:15 pm**

Fee: \$3/session

### Yoga: Chair

Focus on alignment, breath, relaxation and core awareness by increasing strength, flexibility, mobility and building bone density.

#### Bear Canyon

**Monday • 2:30 - 3:30 pm**

Fee: \$5/session

### Yoga: Dahn

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.

#### North Valley

**Tuesday and Thursday • 3:15 - 4:15 pm**

Fee: \$3/session

### Yoga: Flow, Vinyasa Flow

Class focus is on precise alignment while building a pose, finding the ease in your pose as you build strength and flexibility.

#### North Domingo Baca Fitness Center

**Monday • 5:45 - 7:00 pm**

Fee: \$5/session

### Yoga Fitness

Fitness yoga combines traditional flowing yoga movement with light weights. Deep, slow breathing is also heavily emphasized throughout the class to increase oxygen intake. Please join the fun and experience this new and improved way of balanced fitness.

#### North Domingo Baca

**Thursday • 6:00 - 7:00 pm**

Fee: \$5/session

## Yoga: Flow Yoga with Guided Meditation

If you can breathe, you can do yoga. Increases upper body strength, flexibility and cardiovascular endurance through a combination of movements and poses. Beginners are welcome.

**North Domingo Baca**  
**Wednesday • 5:00 - 6:00 pm**  
**Friday • 7:00 - 8:00 pm**  
**Saturday • 11:30 am - 12:30 pm**

*Fee: \$6/session*

## Yoga: Gentle Hatha

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.

**North Valley**  
**Tuesday • 4:00 - 5:00 pm**  
**Friday • 3:30 - 4:30 pm**

*Fee: \$3/session*

## Yoga (Hatha/Blend) Intermediate

**Manzano Mesa**  
**Monday • 6:15 - 7:15pm**

*Fee: \$7/session*

## Yoga: Hatha

**Manzano Mesa**  
**Wednesday • 9:00 - 10:00 am**

## Yoga: Hatha Plus (plus core body-work)

**Manzano Mesa**  
**Friday • 9:00 - 10:00 am**

## Yoga: Kundalini

A blend of Bhakti Yoga and Raja Yoga, meditation and mental physical control.

**Manzano Mesa**  
**Wednesday • 10:10 - 11:10 am**

**North Domingo Baca Fitness Center**  
**Friday • 11:00 am - 12:30 pm**

*Fee: \$10/session*

## Yoga: Laughter

In laughter yoga sessions we will teach you to laugh without a reason, without relying on humor, jokes, or comedy. It is called Laughter Yoga because it combines laughter exercises with yogic breathing. This brings more oxygen into your body and brain making you feel more energetic and healthy. Laughter is great exercise and a great stress reliever. Laughter is contagious!

**Bear Canyon**  
**Friday • 12:30 - 1:15 pm**

**Manzano Mesa**  
**Saturday • 9:00 - 10:00 am**

## Join Us!

- Fitness
- Events
- Dances
- Classes
- Meals
- Clubs
- Games
- Trips

There Is Something For Everyone!



# Center Memberships are only

**\$20**



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

Call (505) 764-6400.

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If you are interested in advertising space in this catalog please call  
(505) 764-6468 or email [kmaez@cabq.gov](mailto:kmaez@cabq.gov).

# Day Trips

## Trip Policies

- Membership is required.
- Trip Release Waiver is required.
- Cancellation for trips requires a minimum of 24-hour notice.
- DSA maintains a wait list for trips that are full.
- Members on a wait list are invited to show up for the scheduled trip to see if a seat becomes available due to a No Show-No Call.
- It is required upon arrival, to check in and receive a number (deli style).
- If a seat(s) becomes available, staff will begin calling number(s) in consecutive order.
- If your number is called, you will immediately sign in and take your seat on the van.

The City of Albuquerque Department of Senior Affairs, Center Policies and Procedures, Section 3.4-N, stipulates that anyone who goes on a Center-sponsored outing must "sign the Trip Release Form before leaving the Center". If an individual chooses not to sign the form, he or she will forfeit the opportunity to go on the outing and a refund will not be given.

### Dates to sign up for trips:

**Tuesday, July 2, 2019 at 9:00 am for July through September trips.**

**Wednesday, September 4, 2019 at 9:00 am for October through December trips.**

## Ongoing/Varied Dates

### A "FARE" TO REMEMBER

#### Pizza Barn, Edgewood

Join us for a slice of paradise in a big red barn. Inside you'll find a comfortable atmosphere and delicious food. Most of all you'll find the friendly attitude in the people that is only found in small town U.S.A. Serving pizza, calzones, salads, wings and more. Also, we will visit Schewbach Farm after lunch.

#### Palo Duro

**Wednesday, July 24**

**Check In: 9:15 am • Return: 4:00 pm**

#### Pasta Paradiso, Los Alamos

Journey to Los Alamos for authentic Italian food made from scratch. Lunch-time buffet includes pasta, soups, and salads. Owner and pastry chef, Renee Lee, originally from California has owned several restaurants throughout her life, but she fell in love with Los Alamos and the people here, and decided this was where her final location would be. We will visit the Las Alamos Market before lunch.

#### Palo Duro

**Thursday, August 8**

**Check In: 8:15 am • Return: 4:00 pm**

#### Jackson Ranch Steakhouse, Socorro

Let's take a drive down south for a delicious meal of salads, soups, sandwiches, burgers, seafood, or maybe a delicious steak. See the coach wagon and saddle-up if it's your birthday!

#### Palo Duro

**Tuesday, September 17**

**Check In: 10:15 am • Return: 4:00 pm**

#### Blue Heron; Sunrise Springs, Santa Fe

Dining at Sunrise Springs is a unique experience that may change the way you think and feel about food.

Food is a potent elixir for the body and mind. They work closely with local farmers to source seasonally available herbs, fruits, and vegetables to create a selection of vibrant and flavorful dishes. Upscale, seasonal menu.

#### Palo Duro

**Tuesday, October 22**

**Check In: 10:15 am • Return: 4:00 pm**

#### Harry's Roadhouse, Santa Fe

Opened in the summer of 1992 with a modest building, it is now whimsical, colorful cafe serving regional eats. Come see this delightful restaurant on Old Las Vegas Hwy. with good food, an innovative menu and a gathering place for the whole neighborhood.

#### Palo Duro

**Thursday, November 14**

**Check In: 10:00 am • Return: 4:00 pm**

#### La Plazuela – La Fonda, Santa Fe

Fresh and flavorful takes an innovative approach to New Mexican cuisine, cooking up traditional recipes with an enticing new twist. Nestled in the heart of La Fonda on the Plaza, is the most intimate among restaurants in Santa Fe. We will visit the Governor's mansion after lunch.

#### Palo Duro

**Tuesday, December 10**

**Check In: 10:15 am • Return: 4:00 pm**

## Ongoing/Varied Dates

### Ron's Ride & Glide

Enjoy fun-filled trips to mystery destinations. Ron will see to it that you have a wonderful time exploring the natural beauty of our state. Lunch on your own at a local restaurant.

#### Bear Canyon

**Tuesday, July 23**

**Thursday, August 15**

**Wednesday, September 18**

**Wednesday, October 9**

**Thursday, November 7**

**Monday, December 16**

**Check In: 8:00 am • Return: 4:00 pm approximately**

*Please note: lunch is at your own expense*

### Ride and Roam with Mr. Ron

The destination is a mystery but be assured you are in for an adventure. Please note lunch is at your own expense.

#### Palo Duro

**Thursday, July 18**

**Tuesday, August 20**

**Thursday, September 5**

**Wednesday, October 2**

**Tuesday, November 26**

**Wednesday, December 4**

**Check In: 8:00 am • Return: 4:00 pm approximately**

**SIGN-UP FOR  
JULY THROUGH  
SEPTEMBER  
TRIPS BEGINS:  
July 2, 2019**

## July

### Las Vegas, NM. Fourth of July Fiestas

Join us for a fun time in Las Vegas, New Mexico for the Annual Fourth of July Fiestas. Enjoy music, food, arts, crafts, and much more. Lunch and entry fee at your own expense. Some of the featured entertainment include Al Hurricane, Jr. Jerry Dean, Gonzalo.

#### Barelas

**Saturday, July 6**

**Check In: 7:00 am • Return: 6:00 pm**

#### Los Volcanes

**Saturday, July 6**

**Check In: 7:00 am • Return: 5:00 pm**

#### North Domingo Baca

**Saturday, July 6**

**Check In: 7:00 am • Return: 7:00 pm**

### Turquoise Museum at Gertrude Zachary Castle

Come and experience some of the world's rarest and most collectible pieces of turquoise and turquoise jewelry. Learn fascinating information about mining, science, grading turquoise, lapidary techniques, turquoise imitations and mystical qualities. Tour the iconic mansion that once belonged to Gertrude Zachary. The custom castle designed around European antiquities. Grand halls, spiral staircase, and 127 chandeliers; the castle is something you can't miss!

#### Highland

**Tuesday, July 23**

**Check In: 10:00 am • Return: 2:00 pm**

#### Manzano Mesa

**Monday, July 15**

**Check In: 9:30 am • Return: 2:00 pm**

#### North Valley

**Tuesday, July 30**

**Check In: 10:00 am • Return: 3:00 pm**

*Fee: \$20 Admission*

## Wheels Museum

The Wheels Museum is an organization in the Albuquerque Rail Yards dedicated to collecting, preserving and creating educational exhibits about the history of transportation in Albuquerque and New Mexico with emphasis on the impact on the development of the area. Our collections embrace the history of the railroads, the impact of the rail yards on Albuquerque, as well as automobiles, horse and wagon, and other modes of transportation.

#### Bear Canyon

**Tuesday, July 9**

**Check: 9:00 am • Return: 2:00 pm**

### Tour the Albuquerque International Sunport

Did you know Sunport has a meditation room? Probably not, because most people rush through the airport. The history and special perks offered by the Sunport might entice you to join this trip. Lunch at your own expense. Please bring ID.

#### Palo Duro

**Tuesday, July 16**

**Check In: 9:00 am • Return: 2:00 pm**

### Blue Hole Recreation Spot

A recreation area that has picnic areas a loop trail and a wildlife viewing platform. Please bring your own lunch.

#### Barelas

**Tuesday, July 23**

**Check In: 8:30 am • Return: 5:00 p.m.**

## Que Chola Exhibit - National Hispanic Cultural Center

The Chola is a significant figure in the Latina imagination for the ways that she represents a feminine strength, power, and resilience in the face of racial, gender, and economic adversity. She is a figure that many young Latinas in the U.S. admire and emulate. The last few years have seen a surge in interest in the Chola as a figure and this exhibition will explore this dynamic from a feminist perspective through art and popular culture.

### Bear Canyon Wednesday, July 24

**Check In: 9:00 am • Return: 2:00 pm**

## New Mexico Museum of Natural History & Science

The Museum preserves and interprets the distinctive natural and scientific heritage of New Mexico through extraordinary collections, research, exhibits, and programs designed to ignite a passion for lifelong learning. We'll be going out to eat lunch first at a local restaurant. After lunch we will head over to the Museum by 1:30 pm for a fact filled, fun guided tour (1 to 1.5 hour-long) of the Museum highlighting the "Greatest Hits" of the permanent exhibits led by a Museum "Certified Tour Guide".

### Los Volcanes Wednesday, July 24

**Check In: 10:30 am • Return: 4:30 pm**

# August

## Tomasita's - Santa Fe

We will visit the plaza before lunch.

### North Domingo Baca Thursday, August 1

**Check In: 9:00 am • Return: 3:00 pm**

## Santo Domingo Feast Day

Come and join us as we visit Santa Ana Pueblo on their feast day. Enjoy corn dancers, arts & crafts, food booths and more.

### Barelas Sunday, August 4

**Check In: 8:00 am • Return: 3:00 pm**

## Ojo Caliente

Ojo Caliente is the only natural hot springs in the world with the remarkable combination of five bubbling waters. Each is pleasantly pleasing to your senses. The fee includes access to all the pools and steam baths all day. The entrance to the mineral baths is at your own expense. Bring your own lunch, or purchase lunch at the Artesian Restaurant.

### North Domingo Baca Tuesday, August 6

**Check In: 7:00 am • Return: 6:00 pm**

### Bear Canyon Tuesday, August 20

**Check In: 7:00 am • Return: 5:00 pm**

## FAA's Air Traffic Control Center

Tour the Federal Aviation Administration's Albuquerque Air Route Traffic Control Center. The ARTCC is one 21 domestic enroute air traffic control centers responsible for approx. 210,000 sq. miles of airspace covering most of AZ, NM and parts of CO, OK, and TX. They also monitor air traffic into and out of the Albuquerque Sunport. Learn everything you ever wanted to know about our air traffic control system.

### Bear Canyon Wednesday, August 7

**Check In: 9:00 am • Return: 2:00 pm**

## Gypsy Fest

Come celebrate the 17th Annual GYPSY FEST one of the most colorful events of Madrid. This event has a menagerie of belly dancers, musicians, circus acts, drummers, dancers, vendors, food and drink.

### Barelas Saturday, August 10

**Check In: 10:30 am • Return: 6:30 pm**

## Conference on Aging

Sandia Resort & Casino hosts the 41st Annual Conference on Aging brought to you by NM Aging and Long Term Services. The NM Conference on Aging offers older adults, caregivers and professionals a chance to learn and have fun in an environment that supports independence and dignity. Free transportation, registration fee and lunch at your own expense. Applications will be available at the front desk or online.

### Bear Canyon Tuesday, August 13

**Check In: 8:00 am • Return: 5:00 pm**

### Highland Tuesday, August 13

**Check In: 8:00 am • Return: 5:00 pm**

### Los Volcanes Tuesday, August 13

**Check In: 8:00 am • Return: 5:00 pm**

**Check In: 8:00 am • Return: 5:00 pm**

### Manzano Mesa Tuesday, August 13

**Check In: 8:00 am • Return: 5:00 pm**

### North Domingo Tuesday, August 13

**Check In: 7:30 am • Return: 5:00 pm**

### North Valley Tuesday, August 13

**Check In: 8:00 am • Return: 5:00 pm**

### Palo Duro Tuesday, August 13

**Check In: 8:00 am • Return: 5:00 pm**

### Barelas Wednesday, August 14

**Check In: 8:00 am • Return: 5:00 pm**

### Hwy 63 Pecos Canyon Tour

Join us for a scenic drive through the Pecos Canyon on New Mexico Hwy 63. We will stop at the Pecos Ruins Monument, Pecos Monastery, and to a local campground to eat a sack lunch. The center will provide sack lunches.

#### Los Volcanes

**Tuesday, August 13**

**Check In: 9:00 am • Return: 5:00 pm**

### Rio Grande Nature Center

Located on the Rio Grande flyway, the park offers excellent birdwatching opportunities throughout the year. There are indoor and outdoor wildlife viewing areas overlooking ponds, and trail access to the Rio Grande.

#### Manzano Mesa

**Wednesday, August 14**

**Check In: 9:30 am • Return: 2:00 pm**

*Fee: \$3 Admission*

### Drugs, Costs and Consequences, NM Natural History Museum

A non-partisan look at the many costs and consequences of drugs to our society and provides a very powerful message of the destructive health, environmental, safety, and family impacts of drug use on our society.

#### Palo Duro

**Wednesday, August 14**

**Check In: 8:45 am • Return: 3:00 pm**

### Algodones Stone Sculpture Gallery

The Algodones Gallery currently promotes and sponsors artists and continues to grow. The artists are masters in several media including stone, oil painting, metal art and garden features. The Gallery continues to develop by adding garden sculptures, fountains, gazebos, petroglyph art and much more. The gallery is a working studio. The Algodones Gallery sponsors professional artists who are regionally, nationally and internationally recognized.

#### North Valley

**Thursday, August 15**

**Check In: 9:30 am • Return: 3:30 pm**

### ABQ BioPark Zoo

Enjoy your day strolling through the zoo to capture the amazing animals and reptiles that live in our very own city.

#### Highland

**Tuesday, August 20**

**Check In: 9:00 am • Return: 3:00 pm**

*Fee: \$10 Admission, senior \$5.50*

### Betty's Day Spa

Betty's Bath & Day Spa was founded in 2000, in Albuquerque's tree-lined and peaceful North Valley neighborhood. Known for their outdoor salt water hot tubs, massage and facials - housed in a minimalist and inviting setting. Hydrotherapy is a cornerstone of the Betty's experience they host two communal tub areas that include hot tubs with salt water filtration (good for your skin, plus mermaids prefer it!), a sauna and cold shower to promote healthy circulation.

#### Barelas

**Friday, August 23**

**Check In: 9:30 am • Return: 4:00 pm**

### Sunflower Festival

Listen to live music, food, arts and crafts and sunflowers in Mountainair, NM.

#### North Valley

**Saturday, August 24**

**Check In: 9:00 am • Return: 5:00 pm**

### Tinkertown Museum

It took Ross Ward over 40 years to carve, collect, and lovingly construct what is now Tinkertown Museum. Today over 50,000 glass bottles form rambling walls that surround a 22-room museum. Wagon wheels, old fashioned store fronts, and wacky western memorabilia make-up Tinkertown's exhibits.

#### Palo Duro

**Tuesday, August 27**

**Check In: 8:45 am • Return: 3:00 pm**

### Chimayo, NM

Chimayo is known for its spirituality and healing! Grab yourself some Holy Dirt! Great shopping for that spiritual gift....The chapels are gorgeous and humbling. Most people that visit are inspired. Kindness and compassion pour out of there! Come join the Trip to Chimayo for an uplifting experience! First stop is the Chimayo Museum, Dan will give us a guided tour where he will share with us the History of Chimayo. We're also going to visit the Ortega's Weaving Shop and the Santuario de Chimayo. We will have lunch at a local restaurant in town.

#### Los Volcanes

**Friday, August 30**

**Check In: 9:00 am • Return: 5:00 pm**

## September

### San Esteban Feast – Harvest Dance - Acoma Pueblo

Native American Feast Days allow tribal members to come together in a renewal of their language, culture, and religion. On these days, the communities celebrating a feast day are open to the public, and members of the tribe will prepare a variety of bountiful meals to share with their visiting guests. Cameras and cell phones are not permitted during feast days.

#### Barelas

**Monday, September 2**

**Check In: 8:30 am • Return: 4:30 pm**

*Fee: \$5 shuttle service at Acoma*

### Harvest Dance at Isleta Pueblo - Saint Augustine Feast Day

Native American feast days allow tribal members to come together in a renewal of their language, culture and religion.

#### Barelas

**Wednesday, September 4**

**Check In: 8:15 am • Return: 3:00 pm**

## New Mexico State Fair

Come and join us for a day of fun at the New Mexico State Fair. The State Fair reflects the unique heritage of New Mexico through attractions such as the Indian Village, Villa Hispana, art galleries, agricultural and livestock competitions all embedded in the state's rural roots.

### Barelas

**Monday, September 9**

**Check In: 9:00 am • Return: 3:00 pm**

### Bear Canyon

**Monday, September 9**

**Check In: 8:00 am • Return: 3:00 pm**

### Highland

**Monday, September 9**

**Check In: 8:00 am • Return: 3:00 pm**

### Los Volcanes

**Monday, September 9**

**Check In: 8:45 am • Return: 4:00 pm**

### Manzano Mesa

**Monday, September 9**

**Check In: 9:00 am • Return: 3:00 pm**

### North Domingo Baca

**Monday, September 9**

**Check In: 10:00 am • Return: 2:00 pm**

### North Valley

**Monday, September 9**

**Check In: 8:45 am • Return: 3:00 pm**

### Palo Duro

**Monday, September 9**

**Check In: 8:45 am • Return: 3:00 pm**



## Pie Town

In America's great southwest, astride the Continental Divide, sits Pie Town, peacefully resting in west Central New Mexico. Pie Town is found at Mile Marker 56, U.S. Hwy. 60. In this southwestern New Mexico town, there is not one traffic light, gas station, grocery store or motel! One thing is certain, there is PIE! Pies of every kind, some with the unique addition of green chili or pine nuts! Come join us for a fun filled day, includes going to lunch, after your pie, of course! We will have lunch at a local restaurant in town.

### North Domingo Baca

**Friday, September 6**

**Check In: 8:00 am • Return: 6:00 pm**

### Los Volcanes

**Saturday, September 7**

**Check In: 9:00 am • Return: 4:30 pm**

## Valle de Oro National Wildlife Refuge

An Oasis in Albuquerque, land along the Rio Grande River has been protected for the State's newest wildlife refuge, including significant water rights to address restoration of the Middle Rio Grande. With all its 570 acres acquired, this urban jewel provides a place for people to get outside and truly enjoy nature within their own community.

### Bear Canyon

**Wednesday, September 11**

**Check In: 9:00 am • Return: 3:00 pm**

### Palo Duro

**Thursday, September 19**

**Check In: 8:15 am • Return: 3:00 pm**

## AT&SF 2926 Steam Locomotive

Santa Fe 2926 is a former Atchison, Topeka and Santa Fe Railway 4-8-4 steam locomotive originally built in 1944 by Baldwin Locomotive Works. This locomotive was part of the last group of steam passenger locomotives built for the Santa Fe railway. Come take a guided tour of the Albuquerque gem.

### Palo Duro

**Wednesday, September 11**

**Check In: 9:15 am • Return: 3:00 pm**

## Jemez Fenton Lake

Join us as we take a scenic drive through the Jemez Mountains & the Gillman tunnels. Our last destination will be at Fenton Lake where we will stop, and have a sack lunch. Take a short hike, fish, or take a relaxing walk along the lake. Fishing is permitted on this trip with a valid NM Fishing License. The center will provide sack lunches.

### Los Volcanes

**Thursday, September 12**

**Check In: 7:00 am • Return: 7:15 pm**

## Isotopes Park Tour

Opened in 2003, Isotopes Park is considered one of the finest facilities in baseball, incorporating state-of-the-art amenities with traditional charm and intimacy.

### Bear Canyon

**Tuesday, September 17**

**Check In: 9:45 am • Return: 2:00 pm**

## City of Albuquerque Solar Power Facilities

Visit two sites with solar power and see a presentation about the benefits of using solar power.

### Palo Duro

**Tuesday, September 24**

**Check In: 9:00 am • Return: 3:00 pm**



## October

### Grecian Festival

Immerse yourself in the sounds of the bouzouki, the tastes of authentic Greek cuisine, and the eye-catching sights of dancers streaming by in colorful costumes. Enjoy shopping for imported jewelry, gifts, foods and pastries. Learn about the changeless Orthodox Christian faith with a tour of our own St. George Church. Most importantly, be happy and have fun!

#### North Valley

**Friday, October 4**

**Check In: 4:30 pm • Return: 9:30 pm**

*Fee: \$2 Admission seniors, 62 + \$5 Admission*

### Harvest Festival El Rancho de Los Golondrinas

Autumn is a vibrant time to visit the Rancho! Taste syrup from our burro driven sorghum mill, help make cider by cranking a traditional apple press, and pick a pumpkin from our scarecrow-guarded patch. Children can stomp grapes by foot, make harvest wreaths or roll their own delicious tortilla by hand. There's a lot to do at this long-running and acclaimed event! Bring a sack lunch.

#### Barelas

**Saturday, October 5**

**Check In: 8:00 am • Return: 3:00 pm**

*Fee: \$6 Admission*

### NM Bureau of Geology Mineral Museum

Upon the campus of the New Mexico Institute of Mining and Technology lies one of the great treasure troves of the southwest. Gold, silver, and precious gems, the objects of the Conquistador's travels and travails, glitter on glass shelves next to other spectacular mineral forms.

#### Palo Duro

**Tuesday, October 8**

**Check In: 8:00 am • Return: 5:00 pm**

### Ojo Caliente

Ojo Caliente is the only natural hot springs in the world with the remarkable combination of five bubbling waters. Each is pleasantly pleasing to your senses. The fee includes access to all the pools and steam baths all day. The entrance to the mineral baths is at your own expense. Bring your own lunch, or purchase lunch at the Artesian Restaurant.

#### Barelas

**Wednesday, October 9**

**Check In: 8:00 am • Return: 6:00 pm**

### El Rancho de las Golondrinas

Take a journey to the past at "The Ranch of the Swallows." This historic ranch, now a living history museum, dates from the early 1700s and was an important paraje or stopping place along the famous Camino Real, the Royal Road from Mexico City to Santa Fe. Experience the life of another time in a location unlike any other in America.

#### Palo Duro

**Thursday, October 10**

**Check In: 8:55 am • Return: 4:00 pm**

*Fee: \$6 Admission*

### Special Shape Rodeo

The Special Shape Rodeo started in 1989 and now has become the most popular event at the annual Albuquerque International Balloon Fiesta.

#### Bear Canyon

**Thursday, October 10**

**Check In: 4:00 • Return: 10:00 pm**

#### Manzano Mesa

**Thursday, October 10**

**Check In: 4:00 • Return: 10:00 pm**

#### North Valley

**Thursday, October 10**

**Check In: 4:00 • Return: 10:00 pm**

*\$10 Admission*

### De Vargas Street-Santa Fe

This will be an interesting and informative tour of the Barrio de Analco District on the Lower Santa Fe Trail. The highlight will be the 800 year old adobe house, reported to be the oldest house in the USA. There are numerous places of interest within walking distance that we will tour also, ending our tour with lunch at one of Santa Fe's great restaurants.

#### Los Volcanes

**Friday, October 11**

**Check In: 9:00 am • Return: 5:00 pm**

### Acoma Pueblo/haak'u Museum Tour

Acoma Pueblo is one of New Mexico's most scenic and historic places. Where you'll experience breathtaking views and amazing rock formations.

#### Bear Canyon

**Wednesday, October 16**

**Check In: 8:00 am • Return: 5:00 pm**

*Fee: \$23.76*

### Fermentation Festival-Hubble House

Join us at the fourth annual Fermentation Festival to explore cider, wine, pickles, kraut, salami, beer, cheese, spirits, kombucha, kefir, sourdough, mead, hot sauce, sake, kimchi, Koji, coffee, chocolate and more.

#### Bear Canyon

**Saturday, October 19**

**Check In: 9:00 am • Return: 3:00 pm**

*Fee: \$15 Admission*

## ABQ BioPark Zoo

The ABQ BioPark is a unique environmental museum comprising four facilities. Albuquerque Aquarium, Rio Grande Botanic Garden, Rio Grande Zoo and Tingley Beach (fishing lakes). We'll be hopping aboard two trains The Rio Line & The Thunderbird Express on a loop through the Rio Grande bosque to connect the Aquarium & Botanic Garden with the Zoo for a unique view of the BioPark. We will have lunch at a local restaurant in town.

### Los Volcanes

**Tuesday, October 22**

**Check In: 9:00 am • Return: 4:30 pm**

*Fee: \$8 Admission*

## Open Space Visitor Center

This trip encourages seniors to enjoy the beauty of nature and to draw it as they see it. Please bring a sack lunch.

### Highland

**Thursday, October 24**

**Check In: 9:00 am • Return: 3:00 pm**

# November

## Visit to Bear Canyon Senior Center

Come join us on a day trip to Bear Canyon Senior Center as we join them for their 26th Annual Oso Canyon Art Fest. It's the place to be on Saturday, November 2nd! This arts and crafts event features one-of-a-kind creations by talented local artists and crafters. It's an ideal place to find that perfect holiday gift. Refreshments will also be available for purchase.

### Los Volcanes

**Saturday, November 2**

**Check In: 9:00 am • Return: 2:30 pm**

## Dixon Studio Tour

The Dixon Studio Tour is one of the oldest continuously run studio tours in the state. Dixon, nestled in the Embudo Valley in Northern New Mexico where the Rio Embudo flows into the Rio Grande, has been long known for its rich Native American and Hispanic heritage, productive farm lands and pastoral beauty. During the last 30+ years many artists moved to the valley to pursue their artistic talent and a simpler way of life.

### North Valley

**Saturday, November 2**

**Check In: 8:00 am • Return: 4:00 pm**

## Ojo Caliente

Ojo Caliente is the only natural hot springs in the world with the remarkable combination of five bubbling waters. Each is pleasantly pleasing to your senses. The fee includes access to all the pools and steam baths all day. The entrance to the mineral baths is at your own expense. Bring your own lunch, or purchase lunch at the Artesian Restaurant.

### Los Volcanes

**Tuesday, November 5**

**Check In: 8:15 am • Return: 6:30 pm**

# Volunteer Today



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## Meow Wolf

Meow Wolf Art Complex stands as a beacon of creativity and community in Santa Fe's emerging Midtown Innovation District, welcoming locals and tourists alike to take part in fun, enriching art experiences, workshops, and community activities. Meow Wolf is an arts production company that creates immersive, multimedia experiences that transport audiences of all ages into fantastic realms of storytelling. This unique fusion of art and entertainment gives audiences fictional worlds to explore. We will have lunch at a local restaurant in town.

### North Domingo Baca

**Tuesday, November 5**

**Check In: 9:00 am • Return: 4:30 pm**

### Los Volcanes

**Friday, November 15**

**Check In: 9:00 am • Return: 4:30 pm**

### Manzano Mesa

**Tuesday, November 19**

**Check In: 9:00 am • Return: 4:30 pm**

*Fee: \$24 adults, \$22 senior Admission*

## Garden Gate Day Spa and Green House Bistro

Located just south of Albuquerque at the Center for Ageless Living. Upon entering the Garden Gate Day Spa, your five senses will be treated to experiences which will heal your body, quiet your mind and restore your spirit. Dip and Dine includes outdoor heated mineral pool, two hot tubs, steam rooms, sauna and a \$10 voucher to use towards cuisine from the Green House Bistro & Bakery.

### Palo Duro

**Thursday, November 7**

**Check In: 9:00 am • Return: 3:00 pm**

*Fee: \$35*

## Santa Fe National Cemetery

We will visit this historical Santa Fe property. This is an opportunity to visit the resting place of a loved one at the Santa Fe National Cemetery. Afterwards, we will have lunch at a local restaurant.

### Barelas

**Friday, November 8**

**Check In: 9:00 am • Return: 4:00 pm**

### Bear Canyon

**Friday, November 8**

**Check In: 9:00 am • Return: 4:00 pm**

## The Castaneda Hotel Tour

La Castaneda was built as a 25,000 square foot railroad hotel in 1898. This Harvey House was considered an absolute jewel in the Fred Harvey chain and was built as a prototype with only 37 guest rooms and 6 bathrooms. This hotel was reached by passengers from the Atchison Topeka & Santa Fe Railroad whose tracks ran directly in front. La Castaneda is one of the earliest Harvey Houses to be built in the Mission Revival style.

### Bear Canyon

**Wednesday, November 13**

**Check In: 8:00 am • Return: 4:00 pm**

## Carlito Springs Open Space

An easy 15 minute drive takes you to desert oasis, featuring an exposed spring that fills 3 pools and its lush vegetation. Lunch will follow at a local eatery.

### Barelas

**Wednesday, November 13**

**Check In: 9:00 am • Return: 4:00 pm**

## Gutierrez Hubbell House Museum

An adobe house that is structured in history, and dates back to the mid-1850s. Constructed in stages, it has vigas, nichos, canals and has that New Mexico Character.

### Highland

**Tuesday, November 19**

**Check In: 9:00 am • Return: 3:00 pm**

### Palo Duro

**Tuesday, November 12**

**Check in: 9:00 am • Return: 3:00 pm**

# December

## Old Town Albuquerque/Museum

The museum is located in Albuquerque Old Town. The Museum is dedicated to preserving the art of American Southwest and the Middle Rio Grande Valley. Take a stroll through Old Town and take time to go window shopping.

### Highland

**Wednesday, December 4**

**Check In: 9:00 am • Return: 3:00 pm**

## Old Town Holiday Shop & Stroll

Kick off the holiday season under the lights in Historic Old Town. Enjoy a New Mexican Christmas by eating tamales and biscochitos, and enjoy the view of Historic Old Town immersed in farolitos. Grab some hot chocolate and watch the time honored lighting of the giant Christmas tree, a spectacle made of over 150 different trees, at this magical Albuquerque event. Live entertainment will fill the streets on 15 stages and add to the festivities. The Albuquerque Museum, Natural History Museum of History and Science, and Explora will join in the evening with free admission and activities. Dinner will be at a local restaurant.

### Los Volcanes

**Friday, December 6**

**Check In: 3:45 • Return: 9:00 pm**

### Manzano Mesa

**Friday, December 6**

**Check In: 4:00 • Return: 9:00pm**

### North Domingo Baca

**Friday, December 6**

**Check In: 4:00 • Return: 8:30 pm**

### Palo Duro

**Friday, December 6**

**Check In: 4:00 • Return: 9:00 pm**

## Christmas in Madrid

We will start off with the annual Holiday parade down Main Street. Afterwards, you can enjoy shopping at the unique shops and galleries followed by dinner.

**Saturday, December 7**

### Barelas

**Check In: 1:00 • Return: 8:00 pm**

### Bear Canyon

**Check In: 2:00 • Return: 9:00 pm**

### Los Volcanes

**Check In: 2:00 • Return: 9:00 pm**

### North Domingo Baca

**Check In: 2:00 • Return: 9:00 pm**

### North Valley

**Check In: 1:00 • Return: 9:00 pm**

### Palo Duro

**Check In: 1:00 • Return: 9:00 pm**

## River of Lights

Enjoy the magic of millions of twinkling lights and dazzling holiday displays at New Mexico's largest walk-through light show!

### Bear Canyon

**Tuesday, December 10**

**Check In: 3:00 pm • Return: 10:00 pm**

### North Domingo Baca

**Tuesday, December 10**

**Check In: 4:45 pm • Return: 10:00 pm**

*Fee: Admission at your own expense*

## Shop & Stroll at the Mall

Albuquerque has the biggest and best shopping in the entire state. The Mall will surely be festively decorated for the Holiday Season with plenty of sight-seeing, and a plethora of different department and specialty stores to window shop, or purchase something that catches your eye! You're sure to find that perfect Holiday gift! Lunch will be at a local restaurant.

### Los Volcanes

**Friday, December 13**

**Check In: 9:00 am • Return: 4:30 pm**



  
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## THINK BEFORE YOU DIAL 9-1-1

Firefighters need to be available for **life threatening emergencies** such as:

- > CHEST PAIN/CARDIAC ARREST
- > UNCONSCIOUSNESS
- > STROKES
- > SEIZURES
- > HEART ATTACKS
- > SEVERE BLOOD LOSS
- > RESPIRATORY DISTRESS
- > COMPLEX BIRTHS
- > TRAPPED PATIENTS
- > CRITICAL INJURIES
- > SHOOTINGS AND STABBINGS
- > DRUG OVERDOSE



## IF THE MEDICAL ISSUE IS MINOR:

- > SEE YOUR FAMILY DOCTOR
- > SEE YOUR PHARMACIST
- > CHECK WITH PUBLIC HEALTH
- > GO TO A WALK-IN CLINIC OR URGENT CARE

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# City of Albuquerque, Department of Senior Affairs

## Senior Centers



**Barelas**  
714 7th St. SW  
(505) 764-6436



**Bear Canyon**  
4645 Pitt NE  
(505) 767-5959



**Highland**  
131 Monroe NE  
(505) 767-5210



**Los Volcanes**  
6500 Los Volcanes NW  
(505) 767-5999



**North Valley**  
3825 4th St. NW  
(505) 761-4025



**Palo Duro**  
5221 Palo Duro NE  
(505) 888-8102

## Multigenerational Centers and 18+ Sports and Fitness Centers



**Manzano Mesa 501**  
Elizabeth SE  
(505) 275-8731



**North Domingo Baca**  
7521 Carmel NE  
(505) 764-6475

## 50+ Sports and Fitness Centers



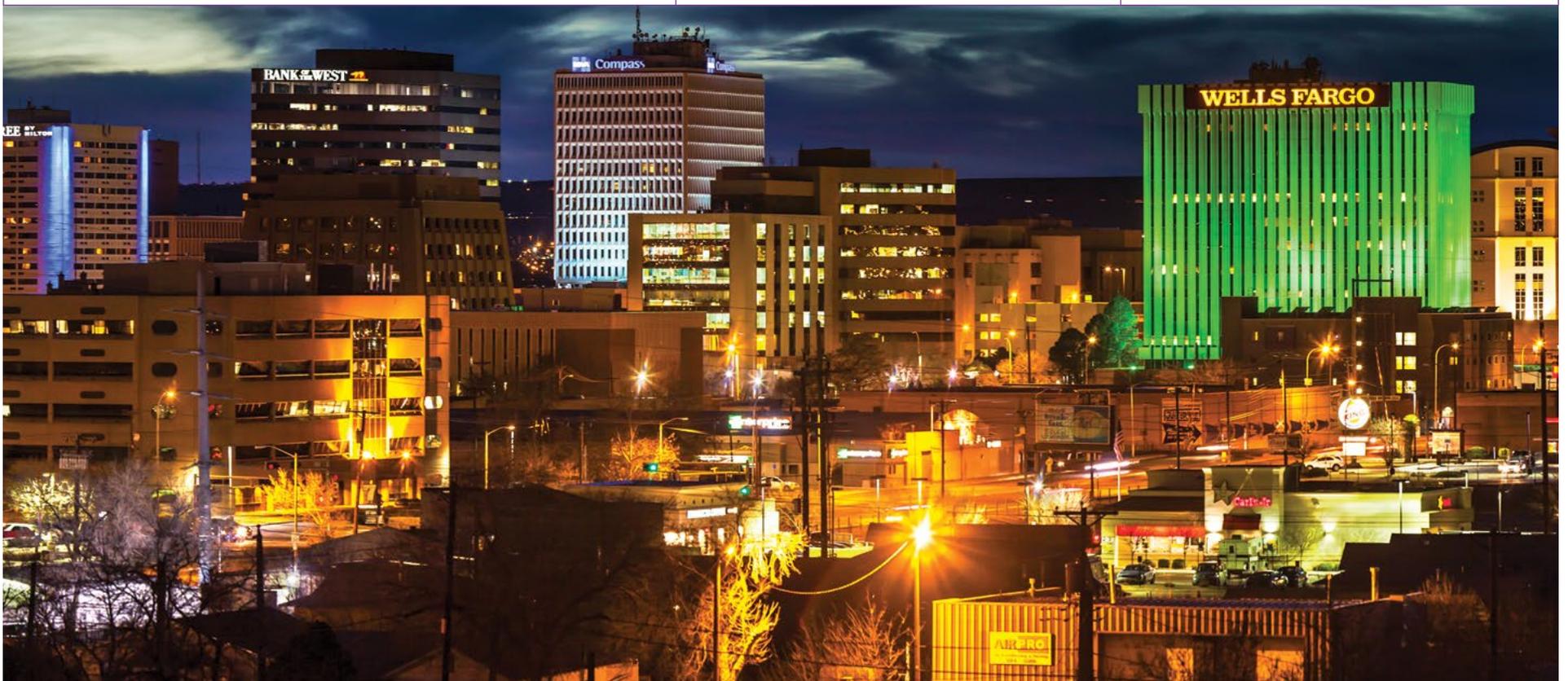
**Palo Duro**  
3351 Monroe NE  
(505) 880-2800



**Los Volcanes**  
6500 Los Volcanes NW  
(505) 767-5999



**North Valley Fitness Center**  
3825 4th St. NW  
(505) 761-4025



Call (505) 764-6400 or visit [www.cabq.gov/seniors](http://www.cabq.gov/seniors)