Activities Catalog for Seniors 50+

senior affairs

Contact
cabq.gov/seniors | 311 |
505-764-6400

Facebook: @CABQSeniors
Instagram: @CABQSeniors
TABLE OF CONTENTS

3 MESSAGE FROM THE MAYOR & DIRECTOR SANCHEZ
5 ABOUT OUR DEPARTMENT
6 CONTACT AND SERVICES
8 MEMBERSHIP
9 OUR CENTERS
11 MEALS AND MEAL SITES
15 VIRTUAL ACTIVITIES
17 IN-PERSON ACTIVITIES AND EVENTS SCHEDULE
30 GROUPS AND CLUBS
35 PRESENTATIONS AND SPECIAL EVENTS
37 VOLUNTEER OPPORTUNITIES
Greetings One Albuquerque,
As restrictions are lifted and many New Mexicans are vaccinated, most are anxious to get back to life as we once knew it. Although there are still many unknowns, one thing is for certain, this past year and a half was like no other before the pandemic.

The Department of Senior Affairs pivoted and expanded many of its services and programs over the past year, and now as we look toward a hopeful future, we have learned new ways in which to engage the ever-evolving needs of Albuquerque’s senior population.

We recognize that the pandemic disproportionately impacted the population our department serves and our response was to provide a critical safety-net of services such as preparing 720,639 hot, daily meals, expanding home delivered meal services to over 1,000 clients, and creating emergency meal delivery routes. Additionally, there were 363,532 grab-and-go meals served at distribution sites and 9,913 hours of outdoor chores or home repairs to seniors’ residences.

Now as things are looking a little brighter and as we are navigating the new normal, we are carefully reopening while staying healthy. We will continuously evaluate ways in which we can continue to bring you the services and connections you need, even if it may look a little different than it has in the past.

It really can’t be said enough—your health, and the health of our community members, are our priority. Every decision we make is through that lens.

We want to be sure the approach we have taken to
reopen is thoughtful, and that we're creating an environment that's safe for everyone. More than anything, we want you to feel comfortable when you're visiting any of our senior, multigenerational or sports and fitness centers.

Here are some things we are implementing to help keep our centers safe to support you:

- Continuing practice of frequent cleaning and sanitizing protocols.
- More frequent communications regarding new policies, requirements and safety measures.

As always, we remain dedicated to promoting active and healthy aging and we will continue to work hard to develop new and innovative ways from lessons learned during the pandemic.

In addition to our on-site programs and activities, we plan to continue some of our virtual content including “Daytime Dancing with Senior Affairs”, our popular dance show on GOV-TV (Comcast channel 16). You can visit our “Staying Connected at Home” section of our website (cabq.gov/seniors) where you can also connect to our Facebook and YouTube channel.

For more information on any of our services and activities, please call our Senior Information Line at 505-764-6400 or visit cabq.gov/seniors.

Thank you for your patience and cooperation, and we look forward to welcoming you back in the spirit of a stronger One Albuquerque.

Sincerely,

[Signatures]

TIMOTHY M. KELLER, MAYOR, The City of Albuquerque
ANNA M. SANCHEZ, DIRECTOR, The City Of Albuquerque Department of Senior Affairs
ABOUT OUR DEPARTMENT

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
We are committed to providing resources with care and compassion that help our community thrive while embracing aging.
CONTACT AND SERVICES

The Department of Senior Affairs provides an array of services for seniors in the community including social services, recreation, transportation, nutrition services, and volunteer programs.

For more information about our services, please call 505-764-6400, Monday–Friday, between 8 a.m. and 4:30 p.m., or visit cabq.gov/seniors.

Social Services
Senior Affairs offers a continuum of services designed to support our community as they age:

- Home Chore, Repair & Retrofit
- Home-Delivered Meals for Homebound Seniors
- Transportation Assistance
- Care Coordination

DEPARTMENT OF SENIOR AFFAIRS

Advisory Council
Schedule of Meetings

AUGUST
No Meeting

SEPTEMBER
Monday, September 27, 2021
12:00P
Highland Senior Center
131 Monroe NE, 87108

OCTOBER
Monday, October 25, 2021
12:00P
Palo Duro Senior Center
5221 Palo Duro NE, 87110

NOVEMBER
Monday, November 15, 2021
12:00P
Manzano Mesa Multigenerational Center
501 Elizabeth SE, 87123

DECEMBER
No Meeting
Transportation Services
Curb-to-curb van transportation within Bernalillo County is provided to individuals age 60 and older. Priority is given to those who have medical appointments with a seven-day advance notice.

Non-medical trips vary from group rides to meal and center sites for lunch and activities to grocery stores for necessities with three-days advance notice. Transportation is also provided to volunteer stations for AmeriCorps Seniors Foster Grandparents. ADA-Accessible vehicles are available and reservations are required for this service.

To find out more about getting around the City and some surrounding Bernalillo County areas, contact our Transportation Program at 505-764-6464.
MEMBERSHIP

All Senior Affairs Senior Multigenerational and Fitness Centers operate on a membership basis.

Memberships help us keep accurate count of participants, as well as help make sure we obtain appropriate resources and funding to continue providing free and low-cost services to our active adult community.

Annual membership cost is $20 however, a fee waiver can be requested.

Our members have access to fitness programs, classes, travel, meals, computer labs, volunteer opportunities, competitive sports events, and more.

If you have an active membership at one location, and are over age 50, you are entitled to participate in programs and activities at any our senior and multigenerational centers.

If a trip or class is filled at your home center, a similar trip or class may be available to you at another. Our Multigenerational Centers are for anyone age 6 and older, including seniors.

Existing members with a previous active membership as of March 17, 2020 will be renewed and extended until June 2022 at no cost due to the COVID-19 pandemic closures of our centers.

Center Closings

9/6: Labor Day
10/11: Indigenous People’s Day
11/11: Veteran’s Day
11/25 & 11/26: Thanksgiving Holidays
12/24: Christmas Eve

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

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

<table>
<thead>
<tr>
<th>CENTER</th>
<th>ADDRESS</th>
<th>CONTACT</th>
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</thead>
<tbody>
<tr>
<td>Barelas</td>
<td>714 7th St. SW, 87102</td>
<td>505-764-6436</td>
</tr>
<tr>
<td>Bear Canyon</td>
<td>4645 Pitt St. NE, 87111</td>
<td>505-767-5959</td>
</tr>
<tr>
<td>Highland</td>
<td>131 Monroe St. NE, 87108</td>
<td>505-767-5210</td>
</tr>
<tr>
<td>Los Volcanes</td>
<td>6500 Los Volcanes Rd. NW, 87121</td>
<td>505-767-5999</td>
</tr>
<tr>
<td>North Valley</td>
<td>3825 4th St. NW, 87107</td>
<td>505-761-4025</td>
</tr>
<tr>
<td>Palo Duro</td>
<td>5221 Palo Duro Ave. NE, 87110</td>
<td>505-888-8102</td>
</tr>
<tr>
<td>Manzano Mesa Multigenerational</td>
<td>501 Elizabeth St. SE, 87123</td>
<td>505-275-8731</td>
</tr>
<tr>
<td>North Domingo Baca Multigenerational</td>
<td>7521 Carmel Ave. NE, 87109</td>
<td>505-764-6475</td>
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## FITNESS CENTERS

### 50+ SPORTS AND FITNESS CENTERS

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<tr>
<td>Palo Duro</td>
<td>5221 Palo Duro Ave. NE, 87110</td>
<td>505-888-8102</td>
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<tr>
<td>Los Volcanes</td>
<td>6500 Los Volcanes Rd. NW, 87121</td>
<td>505-767-5999</td>
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### 18+ SPORTS AND FITNESS CENTERS

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<td>505-275-8731</td>
</tr>
<tr>
<td>North Domingo Baca Multigenerational</td>
<td>7521 Carmel Ave. NE, 87109</td>
<td>505-764-6475</td>
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MEALS AND MEAL SITES

Our senior meal program provides an opportunity to promote good health, encourage socialization, and enhance nutritional education.

Senior Affairs offers low-cost breakfast options and donation based or low-cost lunch options to older adults 50+ at senior and multigenerational centers Monday–Friday between 11:30 a.m.–1 p.m.

Call your center for more information or to reserve your lunch 24-hours in advance.

Senior Affairs also offers home delivered meal service to homebound seniors who have physical, emotional or other limitations that do not allow them to leave their homes on their own. If you, or someone you know, fits this description, call the Senior Information & Assistance Hotline at 505-764-6400.

Barelas, Los Volcanes, North Valley, Manzano Mesa, and North Domingo Baca centers offer lunch at no cost to adults 60+ ($2-dollar donation suggested.) Ages 50-59, lunch is offered at a reduced rate of $3.25. Highland, Palo Duro, & Bear Canyon centers offer lunch for 50+ at a reduced fee of $3.25 and also have low-cost made to order menu options. Adults under the age of 50 are invited to visit our two multigenerational centers (North Domingo Baca and Manzano Mesa) and can purchase lunch for $7.67.

Additional city and county meal sites that serve lunch to those 60+, include Raymond G. Sanchez Senior Center, Cesar Chavez Community Center, Rio Bravo Senior Center, Los Duranes Community Center, South Valley Multi-Purpose Senior Center, Taylor Ranch Community Center, Paradise Hills Community Center Annex, Ed Romero Terrace Apartments, Encino Garden, Encino Terrace, Embudo Towers, Shalom House, Tijeras Senior Center, La Amistad, and Whispering Pines Senior Center.

These meal sites are open Monday–Friday, 9 a.m.–3 p.m., and provide activities as well as a hot lunch.

Reservations for lunch are required at least one day prior before 1 p.m.

Donations for meals are accepted and appreciated but not required.

Menus and calendars of activities are available at each meal site. Limited transportation for neighborhood residents is available to some sites.

Call each site for more information regarding hours of operation and current re-opening status.
### SENIOR & MULTIGENERATIONAL CENTERS

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<th>CENTER</th>
<th>ADDRESS</th>
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<tbody>
<tr>
<td>Barelas</td>
<td>714 7th St. SW, 87102</td>
<td>505-764-6436</td>
<td>DB</td>
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<tr>
<td>Bear Canyon</td>
<td>4645 Pitt St. NE, 87111</td>
<td>505-767-5959</td>
<td>LC</td>
</tr>
<tr>
<td>Highland</td>
<td>131 Monroe St. NE, 87108</td>
<td>505-767-5210</td>
<td>LC</td>
</tr>
<tr>
<td>Los Volcanes</td>
<td>6500 Los Volcanes Rd. NW, 87121</td>
<td>505-767-5999</td>
<td>DB</td>
</tr>
<tr>
<td>North Valley</td>
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<td>505-761-4025</td>
<td>DB</td>
</tr>
<tr>
<td>Palo Duro</td>
<td>5221 Palo Duro Ave. NE, 87110</td>
<td>505-888-8102</td>
<td>LC</td>
</tr>
<tr>
<td>Manzano Mesa Multigenerational</td>
<td>501 Elizabeth St. SE, 87123</td>
<td>505-275-8731</td>
<td>DB</td>
</tr>
<tr>
<td>North Domingo Baca Multigenerational</td>
<td>7521 Carmel Ave. NE, 87109</td>
<td>505-764-6475</td>
<td>DB</td>
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### KEY
- **DB** = Donation-Based Lunch Available
- **LC** = Low-Cost Lunch Available

### MEAL SITES

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<thead>
<tr>
<th>CENTER</th>
<th>ADDRESS</th>
<th>CONTACT</th>
<th>MEALS</th>
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<tbody>
<tr>
<td>Raymond G. Sanchez</td>
<td>9800 4th St. NW, 87114</td>
<td>505-897-8896</td>
<td>DB</td>
</tr>
<tr>
<td>Whispering Pines</td>
<td>#6 Lark Rd., Tijeras; 87059</td>
<td>505-281-8003</td>
<td>DB</td>
</tr>
<tr>
<td>Paradise Hills</td>
<td>5901 Paradise Blvd. NW, 87114</td>
<td>505-314-0246</td>
<td>DB</td>
</tr>
<tr>
<td>Embudo Towers</td>
<td>8010 Constitution Ave. NE, 87110</td>
<td>505-764-6474</td>
<td>DB</td>
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</table>
## MEAL SITES (continued)

<table>
<thead>
<tr>
<th>CENTER</th>
<th>ADDRESS</th>
<th>CONTACT</th>
<th>MEALS</th>
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<tbody>
<tr>
<td>Rio Bravo</td>
<td>3910 Isleta Blvd. SW, 87105</td>
<td>505-873-6647</td>
<td>DB</td>
</tr>
<tr>
<td>Ed Romero Terrace</td>
<td>8100 Central Ave. SE, 87108</td>
<td>505-232-8880</td>
<td>DB</td>
</tr>
<tr>
<td>Encino Garden</td>
<td>412 Alvarado Dr. SE, 87108</td>
<td>505-266-7736</td>
<td>DB</td>
</tr>
<tr>
<td>Shalom House</td>
<td>5500 Wyoming Blvd. NE, 87109</td>
<td>505-823-1434</td>
<td>DB</td>
</tr>
<tr>
<td>Encino Terrace</td>
<td>609 Encino Pl. NE, 87102</td>
<td>505-247-4185</td>
<td>DB</td>
</tr>
<tr>
<td>South Valley Multipurpose</td>
<td>2008 Larrazolo Rd. SW, 87105</td>
<td>505-468-7604</td>
<td>DB</td>
</tr>
<tr>
<td>La Amistad</td>
<td>415 Fruit Ave. NE, 87102</td>
<td>505-848-1395</td>
<td>DB</td>
</tr>
<tr>
<td>Taylor Ranch</td>
<td>4900 Kachina St. NW, 87120</td>
<td>505-768-6006</td>
<td>DB</td>
</tr>
<tr>
<td>Cesar Chavez</td>
<td>7505 Kathryn Ave. SE, 87108</td>
<td>505-256-2680</td>
<td>DB</td>
</tr>
<tr>
<td>Los Duranes</td>
<td>2920 Leopoldo Rd. NW, 87104</td>
<td>505-848-1338</td>
<td>DB</td>
</tr>
<tr>
<td>Tijeras Senior</td>
<td>#10 Tijeras Ave., Tijeras; 87059</td>
<td>505-286-4220</td>
<td>DB</td>
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</tbody>
</table>
Stay connected from home with virtual opportunities. Check out cabq.gov/seniors/virtual, like us on Facebook.com/senior, or follow us on Instagram.com/seniors or lots of fitness videos, how-to’s and useful information.

**Daytime Dancing with Senior Affairs**
Now you can experience Senior Affairs dances in your own living room once per month on GOV-TV (channel 16) with Daytime Dancing with Senior Affairs. Shows are aired monthly.

You can also watch past dance shows by visiting cabq.gov/seniors/virtual.

**Virtual Activities**
Even if you’re still choosing to avoid visiting the places you love in person, you can stay connected to art and education through online resources.

The ABQ BioPark brings the Aquarium, Zoo, Tingley Beach, and Botanic Garden right to your living room by sharing videos and photos of what’s going on at their facilities each day on their Facebook page, facebook.com/abqbiopark/.

In addition, the Albuquerque Museum provides podcasts, virtual tours, downloadable coloring pages, and more at cabq.gov/culturalservices/albuquerque-museum/trending.
The Albuquerque Sunport has an impressive art collection, which you can view online at abqsunport.com/at-sunport/sunport-arts-program/.

**Teeniors Goes Virtual**

Teeniors® are tech-savvy teens and young adults who help seniors learn technology through one-on-one, personalized coaching. Now in collaboration with the City of Albuquerque, they are offering tutoring via phone and video calls to help you with your electronic devices at no cost!

Whether you have questions about your cell phone, computers; want to learn how to text, video call; share pictures; download Netflix; order groceries online; navigate the Internet; or anything else—you can contact Teeniors directly to set up your free session at teeniors@gmail.com or call 505-600-1297. Learn more at teeniors.com.

**Adelante DiverseIT Tech Help Hotline**

The Department of Senior Affairs has teamed up with Adelante DiverseIT to provide free tech help! Adelante’s DiverseIT Team is standing by to answer your questions on the new tech help hotline. Call 505-503-INFO (503-4636) and let them help get you connected to WiFi, use Zoom, or simply help determine if an email is spam.

DiverseIT is a nonprofit program that offers connection and quality work in the technology field. They are helping people with disabilities, people of color, and women to start careers in IT with hands-on training. They also provide computers to people with disabilities and local nonprofits, too.

When you work with DiverseIT, you are supporting a larger mission to help others learn and grow. Visit goadelante.org/diverseit/ for more information.
IN-PERSON ACTIVITIES 
AND EVENT SCHEDULE

ARTS & CRAFTS

Arts & Crafts
Learn crafts, plastic canvas, pin & button necklaces, and embroidering.
• Barelas Senior Center
  Fridays I 8A–1P

Arts and Craft: Sharing
This is an open group setting for all levels of crafters.
Share embroidery, crochet, counted cross-stitch, knitting, needlecraft, tips, and more.
• North Valley Senior Center
  Wednesdays I 9A–12:30P

Ceramics
Learn about ceramics—starting with care and use of molds, pouring, preparation for firing, glazing, over-glazing, and staining, decorating, decals, etc. (Material not included.)
• Barelas Senior Center
  Mondays and

Wednesdays I 9A–12P

Pottery: Clay Classes
(Starting in October)
Learn and explore the fundamentals of creating art with clay.
• Los Volcanes Senior Center
  Tuesdays I 9A–12P

Pottery: Intermediate
Experienced ceramics class. See instructor for suggested supply list. (Call for more information and details on how to sign up.)
• North Domingo Baca Multigenerational Center
  Tuesdays and Wednesdays I 9A–12P

Photography
From beginners to advanced photography levels, join other enthusiast in discovering and sharing new techniques, tips, and passion. (Must provide own camera.)
• North Domingo Baca Multigenerational Center
  Tuesdays I 9A–12P

Pottery: Open Lab
After completing the six-month introduction class, members may use the open studio time to explore personal self-paced projects. Materials and Firing fees apply. (See front desk for more details.)
• Los Volcanes Senior Center
  Thursdays I 12:30–4:30P
<table>
<thead>
<tr>
<th>Retablos/Hispanic Folk Art</th>
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<tbody>
<tr>
<td>Learn more about the devotional folk art painting which uses iconography derived from traditional Catholic Church art.</td>
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<tr>
<td>This is a sharing class and is self taught.</td>
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<tr>
<td>Must provide own materials.</td>
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<tr>
<th>Barelas Senior Center</th>
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<td>Tuesdays</td>
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<table>
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<tr>
<th>Rosemalers</th>
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<tr>
<td>Practice rosemaling from Norway, dalmalning from Sweden, hindelopen from Holland, bauernmalerei from Germany, and others. (Bring a wood piece to get started.)</td>
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<tr>
<th>Highland Senior Center</th>
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<tr>
<td>Friday</td>
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<tr>
<th>Highland Senior Center</th>
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<tr>
<td>Saturday</td>
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<table>
<thead>
<tr>
<th>Stained Glass</th>
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<tr>
<td>Learn how to cut, grind and copper foil glass, assemble, solder and complete projects. Materials not included.</td>
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<tr>
<th>Barelas Senior Center</th>
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<td>Saturdays</td>
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### Crocheting and Knitting

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<th>Crocheting</th>
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<tbody>
<tr>
<td>Share crochet project ideas, tips and techniques with others in this self taught class.</td>
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<tr>
<td>This is an informal group working on individual and group projects. (Must provide own materials.)</td>
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<th>Los Volcanes Senior Center</th>
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<th>Los Volcanes Senior Center</th>
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<td>Fridays</td>
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### Drawing and Painting

<table>
<thead>
<tr>
<th>Beginning Acrylic Painting with Gillotti</th>
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<tbody>
<tr>
<td>This class is for the beginner painter. Bring your own supplies. (Please call to register.)</td>
</tr>
<tr>
<td>Supply List: Bring a canvas, a canvas board, and brushes (1 brush 1” wide min, 2” preferred).</td>
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<table>
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<tr>
<th>Project Linus: Isolette Covers</th>
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<tbody>
<tr>
<td>Join us in crafting isolettes for hospitals. Many of the isolettes are donated to Project Linus. (Please provide your own materials for the donations.)</td>
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<thead>
<tr>
<th>Manzano Mesa Multigenerational Center</th>
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<td>4th Fridays</td>
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### Drawing

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<td>Learn to draw in this instructor led free class.</td>
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<tr>
<th>Bear Canyon Senior Center</th>
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<tr>
<td>Mondays</td>
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<tr>
<th>Manzano Mesa Multigenerational Center</th>
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<tr>
<td>2nd Saturdays</td>
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• Los Volcanes Senior Center
  Thursdays I 9–11A

Gathering of Artists
Also known as “Artist Series” started by Ralph Lewis, this group of artists will present and gently critique art pieces in any medium.
(Artists of all levels are welcome.)

• Highland Senior Center
  Mondays I 10A–12P

Learn to Draw with Kelly
Join us for drawing with instructor Kelly! (Must provide own supplies. Supplies can be purchased at local craft store.)

Supply List: One 12x18 of Newsprint, one kneaded eraser, and one charcoal pencil.

• North Domingo Baca Multigenerational Center
  Fridays I 9–11A

Oil Painting
Class focuses on composition, form, color mixing and blending. Open group setting with no instruction.
(All levels. Attendees must provide own materials.)

• North Valley Senior Center
  Fridays I 9A–12P

Oil Painting: Open Workshop
Instruction is given on perspective, composition, form, color mixing and blending in this workshop.
(All levels welcome. Must provide your own materials.)

• Bear Canyon Senior Center
  Wednesdays I 8:30–11:30A

Painting
Learn new painting techniques with this free instructor led class.
(Must provide own materials. See instructor for suggested supply list.)

• Los Volcanes Senior Center
  Tuesdays I 9–11A

Plastic Canvas
Learn the crafting of plastic canvas which is a craft with regularly spaced holes in imitation of embroidery canvas. Also known as vinyl weave. (Must provide own materials. See instructor for suggested supply list.)

• Los Volcanes Senior Center
  Thursdays I 1–4P

Visiting Artists Series
Guest artist guides participants in an activity that often involves a live-demo with a hands-on experience.
(Open to all level of artists. Rotating featured volunteer artist presentations each week from Labor Day to Memorial Day. During summer months, program is less formal instruction.)

• Los Volcanes Senior Center
  Tuesdays I 1–3P

Visual Journals
This group shares tips, techniques and ideas for working in an art journal.

• Bear Canyon Senior Center
  3rd Saturdays I 12–3P

Watercolor
A class for anyone interested in learning basic watercolor painting techniques and general practice. (Must provide own materials.)

• Los Volcanes Senior Center
  Thursdays I 9–10:30A

Watercolor: Intro
A class for anyone interested in learning basic watercolor painting techniques and general practice. (Must provide own materials.)
techniques. The class covers materials, composition, values, perspective, and special techniques.

(No prior art experience or special talents are needed. Taught in 5-week sessions. There is a $10 fee plus materials. Please call for session dates.)

- **Bear Canyon Senior Center**
  - Mondays (for 5 weeks) I 9:30–11:30A

**Watercolor: Open Workshop**
This on-going activity allows participants to share ideas, techniques and inspiration.
(No registration required.)

- **Bear Canyon Senior Center**
  - Tuesdays I 1–4P

**Watercolor: Open Studio**
This class is for self-led, intermediate-level students.
Members may use the open studio time to further explore projects in watercolor.
(Must bring your supplies.)

**Supply List**: watercolor paper, watercolor paints, brushes, mixing pallet, watercolor cups, pencils, a big eraser and a drying towel.

- **Highland Senior Center**
  - Tuesdays I 9:30–11:30A

**QUILTING, SEWING AND WEAVING**

**Hand Quilting**
Members interested in quilting and quilting art assemble.
Most members quilt by hand, however, sewing machines are welcome.
(No formal instruction is given, encouragement is shared by all.)

- **North Valley Senior Center**
  - Mondays I 8A–2:30P

**Swedish Weaving**
Practice a special form of decorative embroidery, also known as huck weaving or huck embroidery. (Call for more information on registration and supplies.)

- **Los Volcanes**

**Senior Center**
Tuesdays I 9–11A

**Swedish Weaving**
Swedish Weaving is an art of weaving yarns through a counted cloth, called Monk’s Cloth. (There is a $10 material fee.)

- **Palo Duro Senior Center**
  - Fridays I 2:15–4:15P

**Sewing and Alterations**
Bring your latest sewing project and get help with any alterations or questions you might have.

- **Palo Duro Senior Center**
  - Tuesdays I 10A–12:30P

**Quilting: Cluster**
A group of hand quilters sharing techniques, conversation and laughs. (Novice and experienced quilters are welcome.)

- **North Domingo Baca Multigenerational Center**
  - Fridays I 10A–4P

**Quilting: Experienced**
This group of experienced hand quilters work on each other’s quilts to completion.

- **Bear Canyon Senior Center**
  - Tuesdays I 8:30–11:45A

**WOODCARVING**

**Woodcarving**
Learn woodworking by hand in this instructor led class.
(Must provide own materials. See instructor for suggested supply list.)

- **Los Volcanes Senior Center**
  - Mondays I 8:30–10:30A

- **Manzano Mesa Multigenerational Center**
  - Wednesdays I 8–11:30A

**Woodcarving: Bear Canyon Carvers**
Women and men of all skill levels enjoy woodcarving in this ongoing class.

- **Bear Canyon Senior Center**
  - Fridays I 8A–12P

**Woodcarving: Power**
Learn woodworking using power tools in this
instructor-led class. Some power tools are provided, must provide own materials. (See instructor for suggested supply list.)

- Los Volcanes Senior Center
  Mondays I 1:30–3:30P

**COMPOSITION (WRITING CLASSES)**

**Word Wright’s Writing**
Open creative writing group that meets weekly to help each other put their thoughts into words.

- North Domingo Baca Multigenerational Center
  Mondays I 1:30–3:30P

**Memories – Autobiography**
Recall and record your favorite memories.

- Bear Canyon Senior Center
  Tuesdays I 9–11:15A

**COMPUTER**

**Open Computer Lab**
Open to members who wish to sharpen their computer skills or need access to the Internet.

- Bear Canyon Senior Center
  Mondays, Wednesdays, and Fridays I 9A–12P
- Los Volcanes Senior Center
  Mondays, Wednesdays, and Fridays I 9A–3P
- North Valley Senior Center
  Wednesdays, Thursdays, and Fridays I 1–3P
- Palo Duro Senior Center
  Tuesdays and Thursdays I 9:30–11:30A

**PC Computer Workshop**

- Bear Canyon Senior Center
  3rd Wednesdays I 1:30–3:30P

**DANCE**

**DANCING**

**Ballroom: Beginning**
Come learn the basics moves for ballroom dancing. (No partner required.)

- Highland Senior Center
  Tuesdays I 10–11A

**Dancing with the Bars**
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 Senior Center
  Thursdays I 2:30–9:15A

**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 Senior Center
  Tuesdays I 6:15–7:15P

**LINE DANCING**

Line dancing is a choreographed dance with repeated sequences of steps, where people dance in one or more lines/rows. (All levels are led by various instructors.)

- Palo Duro Senior Center
  Tuesdays I 10A–12P
- North Domingo Baca Multigenerational Center
  Tuesdays I 4:45–5:45P

**Japanese Folk Dance**
*Beginning in September*

- Bear Canyon Senior Center
  Mondays I 10A–12P

**Wise Women Belly Dance**
This gentle approach to this ancient art form can be enjoyed by women of all abilities, shapes and sizes. (There is a $5 for the first introductory class fee or a $35 fee for 4 classes.)

- Manzano Mesa Multigenerational Center
  Thursdays I 6:15–7:15P
Senior Center
Wednesdays I 9–10A
Bear Canyon Senior Center
Tuesdays I 3:15–4:30P
Highland Senior Center
Wednesdays I 2:30–4P
Los Volcanes Senior Center
Thursdays I 10:10–11:10A
Manzano Mesa Multigenerational Center
Thursdays I 1:30–3:30P
Line Dancing: Beginning/ Starter
Manzano Mesa Multigenerational Center
Wednesdays I 12:15–1:15P
Line Dancing: Intermediate
Barelas Senior Center
Wednesdays I 10:10–11:10A
Bear Canyon Senior Center
Tuesdays I 3:15–4:30P
Highland Senior Center
Wednesdays I 2:30–4P
Los Volcanes Senior Center
Thursdays I 10:10–11:10A
Manzano Mesa Multigenerational Center
Thursdays I 1:30–3:30P
Line Dancing: Intermediate/ Improver
Manzano Mesa Multigenerational Center
Tuesdays I 9:15–11:15A
Manzano Mesa Multigenerational Center
Fridays I 1:30–3:30P
Line Dancing: Advanced
Bear Canyon Senior Center
Thursdays I 1:30P – 3P
GAMES
BOARD GAMES
BINGO
Join us for Live BINGO! Cash and prize giveaways, raffles, drawings and refreshments. ($3 for basic/special play, $.25 for other games.)
Bear Canyon Senior Center
Fridays I 2–4:15P
Barelas Senior Center
Saturdays I 9A–2:45P
Highland Senior Center
Wednesdays I 1–3P
Game Day
Open recreational play of a variety of old favorites such as Scrabble, UNO, Backgammon, or feel free to bring your own games!
Barelas Senior Center
Mondays–Fridays I 8A–5P
Bear Canyon Senior Center
Wednesdays I 9:30–11A
Mahjong: American
Recreational, open play of the 144-tile game where tiles are drawn and discarded until a player has a winning hand.
Bear Canyon Senior Center
Mondays I 12–4:30P
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<th>Location</th>
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**CARD GAMES**

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<td>Bridge: Walk-In</td>
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<td>Cribbage</td>
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**Mahjong: Asian**
Open, recreational play of the Chinese tile-based game, played by four-players.

**Mexican Train**
Recreational open play with other multi-players of the modern version of Dominoes.

**Puzzles**
Recreational open puzzle play with other members.

**Canasta Hand & Foot**
Recreational open play of a version of Canasta where each player is dealt two sets of cards.
the traditional two-player card game.

- **Bear Canyon Senior Center**
  Mondays | 9A–12P

- **Bear Canyon Senior Center**
  Thursdays | 9:30–11:30A

**Euchre**
Open, recreational play of the trick-taking card game played with a deck of 24, 28, or 32 standard playing cards in teams of two.

- **Los Volcanes Senior Center**
  Tuesdays I 12:30–4:30P

**Hearts**
Recreational open play with card game typically played in teams of four, but can accommodate between three to six players.

- **Bear Canyon Senior Center**
  Fridays I 9A–12P

**Huachas**
Recreational, open play game similar to horseshoes.

This game involves teams taking turns tossing washers towards a box or hole.

- **Bear Canyon Senior Center**
  Fridays I 10–11A

**Pinochle**
Recreational, open play card game derived from the bard game bezique. Players score points by trick-taking and by forming combinations of cards into melds. Typically played between two to four players.

- **Bear Canyon Senior Center**
  Tuesdays I 9:30–11:30A

- **Bear Canyon Senior Center**
  Fridays I 12:30–4:45P

- **Highland Senior Center**
  Tuesdays I 12P–4P

- **North Valley Senior Center**
  Mondays–Fridays I 12–4P

**Rummikub**
Recreational open play with other multi-players of the tile based game which combines elements of the card game Rummy and Mahjong.

- **Los Volcanes Senior Center**
  Wednesdays I 12:30–4P

- **Los Volcanes**
  Senior Center

- **Barelas Senior Center**
  Mondays–Fridays I 8A–5P

- **Bear Canyon Senior Center**

**Spite or Malice**
Recreational, open play, traditional card game of cat and mouse with two or more players.

- **Los Volcanes Senior Center**
  Thursdays I 1–4P

**OTHER GAMES**

**Billiards**
Recreational open play with multiple players. *(All expert levels are welcome.)*

- **Barelas Senior Center**
  Mondays–Fridays I 8A–5P

- **Bear Canyon Senior Center**
Mondays–Fridays I 8A–4:45P

• Bear Canyon Senior Center
  Saturdays I 9A–2:45P

• Highland Senior Center
  Tuesdays I 8A–4P

• Highland Senior Center
  Wednesdays I 8A–6P

• Highland Senior Center
  Saturdays I 10A–3P

• Los Volcanes Senior Center
  Mondays–Fridays I 8A–4:30P

• Los Volcanes Senior Center
  Thursdays I 8A–6P

• Los Volcanes Senior Center
  Saturdays I 10A–3P

• North Valley Senior Center
  Mondays–Fridays I 8A–4:45P

• North Valley Senior Center
  Sundays I 12:30–4:45P

**LANGUAGE**

**DUTCH**

Dutch Speaking Club
Practice Dutch with this fun, easy-going group.

• Bear Canyon Senior Center
  Fridays I 10–11:30A

**FRENCH**

French I
Learn and practice French.

• North Domingo Baca Multigenerational Center
  Thursdays I 11–12:30P

French II
Learn and practice French at an intermediate level. This class is taught at an intermediate level.

(Please see instructor to determine if the content and level is appropriate for skill level.)

• Bear Canyon Senior Center
  Tuesdays I 11:30A–1P

**GERMAN**

German: Intermediate
Members will need to have pronunciation and grammar under control and can write sentences with dependent clauses.

(This is not a conversational German class.)

• Palo Duro Senior Center
  Thursdays I 9–10:45A

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.

Teacher is a native-born German and brings a comprehensive knowledge of customs, culture and language to make this class informative and fun.

• Bear Canyon Senior Center
  Tuesdays I 1:15–3:15P

**ITALIAN**

Italian for Beginners
Whether you are a beginner starting with basics or looking to practice your skills, this class is for you.

This course will introduce engaging and communicating in Italian. Learn how to greet people; introduce yourself and others; talk about where you live, where you come from and what you do; and describe people and the clothes they wear.

• Barelas Senior Center
  Thursdays I 1:30–2:30P

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 Senior Center
  Tuesdays I 11:30A–1P
LIP READING

Lip Reading
Learn to hear with your eyes and never miss a word again!
(There is a $5 Book Fee for this class.)

• Bear Canyon
  Senior Center
  Mondays I 12:30–1P

SPANISH

Spanish Workshop: Intermediate
First hour has an emphasis on the study of grammar.
Second hour consists of topics selected by the facilitator with an emphasis on conversation and cultural themes.

• Bear Canyon
  Senior Center
  Tuesdays I 9–10:50A

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

• Bear Canyon
  Senior Center
  Tuesdays I 9–10:50A

MUSIC

GUITAR

Guitar: Beginning
You will need your own instrument and music stand.

• Bear Canyon
  Senior Center
  Wednesdays I 8:30–9:30A

Guitar: Advanced Beginning
You will need your own instrument and music stand.

• Bear Canyon
  Senior Center
  Wednesdays I 10A–12P

Guitar: Intermediate
You will need your own instrument and music stand.

• Bear Canyon
  Senior Center
  Wednesday I 11A–1P

Guitar: Classical 1 Beginning
You will need your own instrument and music stand.

• Bear Canyon
  Senior Center
  Thursdays I 12:15–2P

Guitar: Classical Beginners
This free course aims to teach the fundamentals of the classical guitar, i.e. reading music, tuning and maintenance, basic theory, performance techniques, etc.

Learn to play duets and “Greensleeves” and add to your knowledge base in this easy-going, but practice-based class.
The book “Solo Guitar Playing, Book One, 3rd Edition” by Fredrick Noad and your own instrument are required.

• Bear Canyon
  Senior Center
  Thursdays I 2–4P

Guitar Group (Jam Session)
You need your own instrument and music stand.
For those who can play guitar. Other instruments are welcome. (We welcome musicians, amateurs and professionals.)

• North Valley
  Senior Center
  Tuesdays I 9:45–11:15A

• Los Volcanes
  Senior Center
  Fridays I 10A–12P

Guitar Group
Structural guitar learning class beginning and intermediate guitar players.
(Must bring own guitar.)
• Los Volcanes
  Senior Center
  Fridays I 12–2P

SPORTS AND FITNESS

SPORTS

50+ Senior Softball League Meeting (Mens)
This is a league is for men 50+, who want to play semi-competitive softball.
  • Highland Senior Center
    2nd Fridays I 9:30–11:30A

ABQ Karate
Learn the Japanese martial art, karate.
Skills instruction that develop confidence, awareness, and social skills through martial arts.
  • North Domingo Baca
    Multigenerational Center
    Mondays and Wednesdays I 5–8P

Pickleball
What better way to start off the week than to have a Monday Fun-Day playing pickleball!
  • Barelas Senior Center
    Mondays I 1:30–3:30P
  • Los Volcanes
    Senior Center
    Mondays I 9:30–11A

FITNESS

Aerobics
Fun, low impact aerobics class with energizing music designed to strengthen the cardiovascular system.
This class is for all level exercisers. Everyone works at their own pace.
  • Manzano Mesa
    Multigenerational Center
    Mondays, Wednesdays, and Fridays I 8:15–9:15A

Enhance Fitness
Improve balance, flexibility, bone density, coordination, endurance, alertness, strength and help with fall prevention, in this evidence-based senior fitness class.
A base-line assessment will be conducted at the start and you will be pleased with the gains you have made at the 16-week assessment.
  • North Valley
    Senior Center
    Mondays, Wednesdays, and Fridays I 8:15–9:15A

Flex & Tone
This class will work to elongate and strengthen your muscles to achieve increased flexibility, improve posture and develop a strong core.
  • Highland Senior Center
    Tuesdays and Thursdays I 8:15–9:15A

Aikdo
Japanese martial arts class.
  • North Domingo Baca
    Multigenerational Center
    Saturdays I 9:30–11A

Kendo
Japanese martial art, descended from swordsmanship, that uses bamboo swords as well as protective armor.
  • North Domingo Baca
    Multigenerational Center
    Wednesdays I 6:30–8P

Kendo
Japanese martial art, descended from swordsmanship, that uses bamboo swords as well as protective armor.
  • North Domingo Baca
    Multigenerational Center
    Wednesdays I 6:30–8P

Aerobics/Exercise to Music
Our classes are fun routines designed with low impact aerobic exercises to strengthen the cardiovascular system in combination with energizing music.
  • Highland Senior Center
    Mondays, Wednesdays, and Fridays I 9–10A

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.)
  • North Domingo Baca
    Multigenerational Center
    Mondays, Wednesdays, and Fridays I 8:10–9:05A
  • North Domingo Baca
    Multigenerational Center
    Mondays, Wednesdays, and Fridays I 10:15–11:15A

Gentle Exercise
Perform primarily in a chair. The focus is resistance training to build strength.

(Equipment such as small balls and bands are used to make these exercises interesting and challenging.)

- Manzano Mesa Multigenerational Center
  Mondays, Wednesday, and Fridays I 9:30–10:30A
- Highland Senior Center
  Mondays, Wednesdays, and Fridays I 10:15–11:15A

Get Moving Cardio/Aerobics Dance Class (Sponsored by Silver Sneakers)

This class is designed to strengthen the cardiovascular system and burn calories as you have fun dancing.

- Highland Senior Center
  Tuesdays I 2–3P

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 Multigenerational Center
  Mondays I 4:30–6:45P
- North Domingo Baca Multigenerational Center
  Tuesdays I 4:30–5:30P
- North Domingo Baca Multigenerational Center
  Wednesdays and Thursdays I 5:30–6:30P

Pilates

Increase your core strength, balance and flexibility while having fun.

Members, of all levels, can safely participate in this 50-minute classes.

(Special emphasis is placed on improving balance, strengthening abdominals and back muscles for improved posture, and ease of movement.)

- Barelas Senior Center
  Mondays I 8:30–9:30A
- North Domingo Baca Multigenerational Center
  Mondays I 4:30–6:45P
- North Domingo Baca Multigenerational Center
  Tuesdays I 4:30–5:30P
- North Domingo Baca Multigenerational Center
  Wednesdays and Thursdays I 5:30–6:30P

Salsa Aerobics

Spice up your workout with the energetic and sizzling routine.

Learn the fundamentals of Latin dance such as Salsa, Merengue, Bachata, Brazilian Samba and the well known Cha Cha. (Fitness or Dance Shoes are required.)

- Los Volcanes Senior Center
  Saturdays I 9:30–10:30A
- Los Volcanes Senior Center
  Tuesdays I 2:30–3:30P

T.N.T Dynamite

Trim and tone your body with this class designed to fit your needs and abilities.

- North Domingo Baca Multigenerational Center
  Mondays, Wednesdays, and Saturdays I 9:30–10:30A
- Bear Canyon Senior Center
  Mondays, Wednesdays, and Fridays I 9:30–10:30A

Zumba

Zumba is a dance-based group fitness program. This class features a fusion of dance, resistance training, Pilates, yoga, kickboxing, and Latin-style movements set to popular music.

- North Domingo Baca Multigenerational Center
  Mondays, Wednesdays, and Saturdays I 9:30–10:30A
- Los Volcanes Senior Center
  Saturdays I 9:30–10:30A
- Los Volcanes Senior Center
  Tuesdays I 2:30–3:30P

Zumba

Zumba fuses Latin rhythms and easy-to-follow moves to create a fitness program that will blow your mind. Ditch the boring workout and join the party!
WELLNESS

Chair Yoga
Focus on alignment, breath, relaxation, and core awareness by increasing strength, flexibility, mobility, and building bone density. (There is a $5 fee per session.)

• North Valley Senior Center
  Tuesdays I 5:30–6:30P

• Bear Canyon Senior Center
  Mondays I 2:30–3:30P

Laughter Yoga
Laughter yoga is not comedy, but a combination of laughter exercises with yoga breathing exercises (Pranayama). This yoga is based on the belief that voluntary laughter provides similar benefits as spontaneous laughter.

• Manzano Mesa Multigenerational Center
  Saturdays I 9–10A

Yoga: Beginning
Improve posture and core strength, as well as reduce lower back pain and increase muscle flexibility. (There is a $5 fee/session at Bear Canyon and a $7 fee at Manzano Mesa.)

• Bear Canyon Senior Center
  Fridays I 10–11A

• Manzano Mesa Multigenerational Center
  Wednesdays I 5–6P

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. (There is a $3 fee.)

• North Valley Senior Center
  Tuesdays and Thursdays I 3:15–4:15P

Yoga: Gentle Hatha
Develop a deeper connection through a slow-paced, gentle Hatha yoga. We will utilize various breathing techniques as we flow through different yoga asanas (poses) to help reduce stress, increase flexibility, and decrease chronic pain. Essential oils, affirmations, and various props will also be used. (There is a $5 fee per session.)

• North Valley Senior Center
  Mondays I 3:45–4:45P

• Manzano Mesa Multigenerational Center
  Mondays I 6–7:15P

Tai Chi
A series of easy, gentle movements that balance the internal energy. The benefits include improved balance, flexibility, stamina, and regulation of stress, blood pressure, and weight.

• Los Volcanes Senior Center
  Mondays I 12:15–1:15P

T’ai Chi Ch’uan
A form of martial arts that provides a cardiovascular workout and improves balance.

• Bear Canyon Senior Center
  Saturdays I 11:30A–1P

Tai-Chi for Health
Tai Chi for Heath has shown to prevent falls, reduce pain, improve physical and cognitive function, enhance self-efficiency, relieve depression, and enhance health-related quality of life. (This is an eight week course starting August 5.)

• Barelas Senior Center
  Thursdays I 1:15–2:15P
GROUPS AND CLUBS

ARTS AND CRAFTS

Happy Hookers Crochet Club
Enjoy crocheting?
We help each other learn new stitches, read patterns, and share ideas. Work on an individual creations or contribute to our group effort to making baby blankets, hats, scarves, or lap blankets to donate to local charitable organizations. (All ages and skill levels are welcome to join our fun and informal group.)
- Manzano Mesa Multigenerational Center Mondays I 1–3P

Off Beat Artists
A group of self-directed artists working primarily in drawing and painting mediums, sharing creative experiences in an atmosphere of camaraderie. (Participants provide their own materials and work at their own pace. Gentle critiques with one another, if requested.)
- Barelas Senior Center 1st and 3rd Fridays I 1–3P

Portrait Drawing
Models are needed weekly for the Highland Portrait Drawing class, which sketches live models with a focus on the proportions of the head and face. 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.)
- Manzano Mesa Multigenerational Center Mondays I 1–3P
- Highland Senior Center

Classic and Great Books Discussion Group
Read and discuss the classics with this group.
- Bear Canyon Senior Center 2nd and 4th Fridays I 1–3P

Inquiring Minds
All members take turns researching topics and presenting them to the class for discussion.
- Bear Canyon Senior Center Mondays I 10–11A
- Los Volcanes Senior Center Tuesdays I 9:30–11A

Bible Study
- Los Volcanes Senior Center Tuesdays I 9:30–11A

Bible Discussion Group
- Manzano Mesa Multigenerational Center Thursdays I 10–11A

Libros
Learn several book-making techniques.
• Manzano Mesa Multigenerational Center
  1st Saturdays I 9A–12P

Men’s Bible Study
• North Domingo Baca Multigenerational Center
  Mondays I 8:30–10A

Mystery Book Club
All books read in the club are available at the public library.
• Palo Duro Senior Center
  2nd Tuesdays I 1:30–2:30P

COMMUNITY GROUPS

VFW Post 10763
Veterans of foreign wars gather to share experiences.
• Bear Canyon Senior Center
  1st Thursdays I 10A–12P

OLOC (Old Lesbian’s Organizing for Change)
The Old Lesbian’s Organizing for Change is a cooperative community of Old Lesbian feminist activists from many backgrounds.
• Highland Senior Center

Sage Albuquerque an LGBTQIA+ Senior Organization
Meetings will be a variety of events which include fun with bingo, and other types of games.
• Highland Senior Center
  Wednesdays I 3:30–6:30P

Sage Albuquerque an LGBTQIA+ Senior Organization
A conversation group where individuals gather without judgment and open their hearts and minds to others in a social setting filled with acceptance and laughter.
• Highland Senior Center
  2nd Thursdays I 2–4P

Red Hat Society
Join your 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 Senior Center
  1st Saturdays I 11A–12:30P

MUSIC

ABQ Accordion Club
Group open to accordion players of any level.
• Bear Canyon Senior Center
  Thursdays I 10A–12P

Guitar: Beginning Jazz
Jazz jam session for beginner guitar players.
(Must bring your own guitar.)
• Bear Canyon Senior Center
  Mondays I 8–10A

Guitar Workshop
Must bring your own guitar.
• Bear Canyon Senior Center
  Mondays I 1–4P

Harmonizers
We have the most wonderful choral group you can imagine.
The Harmonizers perform at nursing homes and church events. (New singers welcome to join.)
• Highland Senior Center
  Wednesdays I 10A–12P

Hi-Toners
Enjoy singing and learning different melodies?
Then, this group is for you. Open to those who read music or want to learn. *(The Hi-Toners perform at different community events.)*

- Highland Senior Center
  1st, 2nd, and 3rd
  Fridays I 10:30A–12P

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

- Bear Canyon Senior Center
  Fridays I 9–10:30A

**Piano Workshop: Intermediate**
*(Beginning in September 2021)*
Students late elementary to advanced.

*(Bring your own piano music books. Some music will also be provided,)*

- Bear Canyon Senior Center
  Fridays I 10:45A–12P

**Roadrunner Strummers**
Peace, fun and harmony with the ukulele.

**Ukulele Beginners**
Learn the basics of ukulele: holding, strumming, chords, and playing songs.

- Highland Senior Center
  Wednesdays I 4:30–6:30P

**OTHER INTEREST GROUPS**

**Cherokee SW Township**
Members of the Cherokee Nation gather and discuss traditions and culture.

- Bear Canyon Senior Center
  2nd Saturdays I 10A–12P

**Zia Sundials Chapter #106**
Members of the National Association of Watch and Clock Collectors.

- Bear Canyon Senior Center
  2nd Saturdays I 12:30–2:30P

**Corvairs of New Mexico**
Dedicated to the preservation of the Corvair automobile.
*(This group meets twice a week. See schedule below.)*

- Highland Senior Center
  Wednesdays I 5–6P

**TOPS #216: Take Off Pounds Sensibly**
Helping people take off pounds sensibly.

- Manzano Mesa Multigenerational Center
  1st Wednesdays I 5–6P
  AND
  1st Saturdays I 10A–12P

**ABQ Astronomical Society**
- Manzano Mesa Multigenerational Center
  1st and 3rd Wednesdays I 7–8:45P

**Cherokees of NM**
- Manzano Mesa Multigenerational Center
  3rd Saturdays I 12–3P

**Escribiente Calligraphy Society**
Learn more about the fine art of beautiful writing. *(For more information about the group or escribiente calligraphy: visit escribiente.org.)*

- Manzano Mesa Multigenerational Center
  1st Wednesdays I 6:30–8:30P

**TOPS #216: Take Off Pounds Sensibly**
- Manzano Mesa Multigenerational Center
  Fridays I 9:30–11:30A

**Speak with Distinction Toastmasters**
- Manzano Mesa Multigenerational Center
  Thursdays I 5:30–7P

**Deaf Senior Citizens of Greater Albuquerque**
Social group for deaf seniors.

- Palo Duro Senior Center
  Thursdays I 8:30A–12P

**Investment Club**
Club follows the NAIC program.

- Palo Duro Senior Center
3rd Wednesdays I 10A–12P

**OUTDOOR SPORTS**

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

- Bear Canyon Senior Center
  Mondays I 10–11A

**50+ Senior Softball League Meeting**
This league is a semi-competitive softball league for men 50+.

- Highland Senior Center
  2nd Fridays I 9:30–11:30A

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

- Bear Canyon Senior Center
  Mondays I 1–2P

**Fisher’s Club**
Fishermen and Fisherwomen meet to plan and attend fishing trips.

- North Valley Senior Center
  Mondays I 10–11A

**SUPPORT GROUPS**

**Alzheimer Caregiver Support Group**
Meet with other caregivers and learn about local Alzheimer resources.

- Bear Canyon Senior Center
  3rd Fridays I 10:15–11:45A

**Grief Support Group**
A support group for those who are grieving the loss of people, places, things, who are lonely or facing life challenges.

This group provides a friendly, caring, and often cheerful and enjoyable environment to heal the heart and give you peace of mind.

- Bear Canyon Senior Center
  3rd Thursdays I 10–11A

**Prostate Cancer Support Group**
Support group for men going through prostate issues.

- Bear Canyon Senior Center
  1st and 3rd Saturdays I 12:30–2:45P

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

- Highland Senior Center
  1st Fridays I 10A–12P

**Post-Polio Support Group**
The-Polio Support Group offers emotional support and education about “post-polio syndrome,” providing discussions and presentations on managing the physical changes and emotional stressors of the illness.

- Highland Senior Center
  1st Saturdays I 1–3P

**TRAVEL**

**Photography Club**
Photography club will meet every other Monday of month to decide where the club is going for monthly club trips.

We will also have basic photo and camera instruction, suitable for all levels.

- North Valley Senior Center
  Every other Monday I 10–1:30A

**Siglo de Oro RV Group**
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.

(This group meets every third Saturday, except in November and December.)

- Bear Canyon Senior Center
  3rd Thursdays I 10–11A

**High Energy Active Traveler**
Come join other adventurers who want to explore and travel together.

- Bear Canyon Senior Center
  1st and 3rd Fridays I 1–3P
PRESENTATIONS AND SPECIAL EVENTS

SEMINARS AND Presentations

New Member Orientation
- Bear Canyon Senior Center
  2nd Fridays I 10:30–11:30A
- Palo Duro Senior Center
  1st Mondays I 3–4P

AARP Smart Driver
(Beginning in September and October.)
This one-day, four-hour seminar provides techniques for coping with changes in vision, hearing, and reaction time, along with a “rules of the road” review. (No testing involved. There is a $20 fee for AARP Members and $25 fee for non-members. Cash not accepted. Check or money order made payable to AARP.)

- Bear Canyon Senior Center
  12:30–4:30P
- Palo Duro Senior Center
  3rd Wednesdays I 12P–4P

LEGAL HELP

Senior Citizen Law Office
Call 505-265-233 for an appointment.
- Barelas Senior Center
  2nd Thursdays I 10:30A–12:30P
- Highland Senior Center
  1st Wednesdays I 9–11A
- Los Volcanes Senior Center
  4th Thursdays I 10A–12P
- North Valley Senior Center
  3rd Thursdays I 9–11A
- Palo Duro Senior Center
  2nd Wednesdays I 9–11A

SPECIAL GUEST Presentations

AUGUST

Manage Your Chronic Disease (MyCD) Program Workshop
(Free 6-week Program)

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 quality of life.
(Pre-registration required, to enroll, call 505-880-2800.)

Chronic Pain Self-Management Program (CPSMP)
- Palo Duro Senior Center
  August 5–September 9 I 1–3:30P

Life Planning-Senior Citizens Law Office
- Barelas Senior Center
  August 11 I 10A–11:30A
A staff attorney from Senior Citizens Law Office will provide information on
preparing for incapacity and end of life. Topics will include power of attorney, will, and will substitutes. *(Note: the presenter cannot give personal legal advice and can only answer general questions.)*

**“We Survived 2020!”**
Join us for a light-hearted presentation about being a senior in 2020.

- **North Valley Senior Center**
  August 18 | 10–11A

**SEPTEMBER**

**How to Improve Your Memory**
Join us for a two-part presentation on some helpful tips to improve your memory. *(This is a two-part presentation.)*

- **North Valley Senior Center**
  September 8 and 15 | 10–11A

**Power of Attorney-Senior Citizens Law Office**
A staff attorney from Senior Citizens Law Office will provide information on power of attorney (POA) or letter of attorney, a written authorization to represent or act on another’s behalf in private affairs, business, or some other legal matter. *(Note: the presenter cannot give personal legal advice, and can only answer general questions.)*

- **Barelas Senior Center**
  September 17 | 10A–12P

**Manage Your Chronic Disease (MyCD) Program Workshop**
*(Free 6 Week Program)*
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.

**OCTOBER**

**Scams and Identity Theft-Senior Citizens Law Office**
A staff attorney from Senior Citizens Law Office will provide information about identity theft—avoiding it, reporting it, and recovering from it.
Common scams and how to avoid them. *(Note: the presenter cannot give personal legal advice, and can only answer general questions.)*

- **Barelas Senior Center**
  October 6 | 10–11:30A

**NOVEMBER**

**Thanksgiving Day Luncheon**
All members welcome, call center in advance for lunch reservation or more details.

- **North Domingo Baca Multigenerational Center**
  November 23 | 11:30A–1P

**DECEMBER**

**Christmas Day Luncheon**
All members welcome, call center in advance for lunch reservation or more details.

- **Highland Senior Center**
  December 25 | 11:30A–1P
OUR VOLUNTEERING OPPORTUNITIES

AmeriCorps Seniors
AmeriCorps Seniors is a suite of national volunteer programs for Americans 55 years and older and is federally funded by the Corporation for National & Community Service. In New Mexico, AmeriCorps Seniors is jointly administered by the Aging & Long-Term Services Department.

Senior Affairs has sponsored AmeriCorps Seniors for over 40 years! It is made up of three programs that each take a different approach to improving lives and fostering civic engagement. All three programs offer orientation, reimbursements for travel, supplemental insurance while serving, and annual recognition events.

When you volunteer, you’re not just helping others, you’re helping yourself. Volunteering leads to new discoveries and new friends. Plus, studies show that volunteering helps you live longer and promotes a positive outlook on life! You are needed! Join over 800 other Albuquerque Seniors that make up the AmeriCorps Seniors family!

RSVP Volunteers
RSVP recruits and places volunteers in government and non-profit organizations to meet community needs. With RSVP, you choose how much time you want to give and whether you want to share your skills or develop new skills. RSVP is one of the largest
Foster Grandparents serve as tutors and mentors assisting children in need of extra attention for educational, social and emotional development.

Foster Grandparents serve under the supervision of teachers and specialists in Albuquerque Public Schools, City of Albuquerque Child Development Centers, YDI Head Start Programs, and in other community programs.

Foster Grandparents serve an average of 20 hours per week, receive meals while on duty, and may qualify for a tax-free, hourly stipend of $3 per hour.

All you need to join is the ability to give the kind of comfort and love that sets a child on the path toward a successful future. (Please note that all volunteers must pass a fingerprint-based background check.)

Senior Companions
Senior Companions are older adults who help other adults live independently and can provide support to family caregivers.

They assist with grocery shopping and other daily tasks necessary to maintaining independent living.

Senior Companions serve an average of 20 hours per week, receive meals while on duty, and may qualify for a tax-free, hourly stipend of $3 per hour. You don’t need medical or technical skills to be a Senior Companion. All you need to know is how to be a friend. (Please note that all volunteers must pass a fingerprint-based background check.)

Call 505-764-6400 or visit cabq.gov/seniors/senior-volunteer to get involved or to get more information on this program.
Department of Senior Affairs
2021 Activities Catalog

August–December 2021

P: (505) 764-6400
W: cabq.gov/seniors
E: seniorinformation@cabq.gov
Citizen Contact Center: 311