



senior affairs

Contact

cabq.gov/seniors | 311 |

505-764-6400

Facebook: @CABQSeniors

Instagram: @CABQSeniors

AUGUST–DECEMBER 2021

CITY OF ALBUQUERQUE

Activities Catalog for Seniors 50+



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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



COURTESY OF CITY OF ALBUQUERQUE, COURTESY OF CITY OF ALBUQUERQUE

MESSAGE FROM MAYOR KELLER AND DIRECTOR SANCHEZ



TIMOTHY M. KELLER
MAYOR, CITY OF ALBUQUERQUE



ANNA M. SANCHEZ
DIRECTOR

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,

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.

Leadership

Timothy M. Keller,
Mayor, City of Albuquerque



Anna M. Sanchez,
Director, Department of Senior Affairs

Chris L. Sanchez,
Deputy Director, Department of Senior Affairs

Nikki Peone,
Recreation Division Manager

Department of Senior Affairs Advisory Council

Steve Borbas	Onastine Jaramillo
Louis Carlentine	Dubra Karnes-Padilla
Barbara Carmona-Young	Jennifer Roth
Richard Garcia	Henry Shonerd
Havens Levitt	Evan Thompson
Lucy Lopez	Allison Weber

City Councilors

DISTRICT 1 Lan Sena	DISTRICT 6 Pat Davis
DISTRICT 2 Isaac Benton	DISTRICT 7 Diane G. Gibson
DISTRICT 3 Klarissa Peña	DISTRICT 8 Trudy Jones
DISTRICT 4 Brook Bassan	DISTRICT 9 Don Harris
DISTRICT 5 Cynthia Borrego	

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



Please call for more information about any of our programs and services. Lines are open Monday–Friday, 8:15 a.m. to 4:30 p.m.

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.

Join Our Community Online



facebook.com/cabqseniors



instagram.com/cabqseniors



Search YouTube for
“cabqseniors”



cabq.gov/seniors

Numbers to Know

Senior Information Line
505-764-6400
TTY: 1-800-659-8331

Citizen Contact Center
311

Email

seniorinformation@cabq.gov

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.

OUR CENTERS



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

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

FITNESS CENTERS*50+ SPORTS AND FITNESS CENTERS*

CENTER	ADDRESS	CONTACT
Palo Duro	5221 Palo Duro Ave. NE, 87110	505-888-8102
Los Volcanes	6500 Los Volcanes Rd. NW, 87121	505-767-5999

18+ SPORTS AND FITNESS CENTERS

Manzano Mesa Multigenerational	501 Elizabeth St. SE, 87123	505-275-8731
North Domingo Baca Multigenerational	7521 Carmel Ave. NE, 87109	505-764-6475

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.



COURTESY OF CITY OF ALBUQUERQUE (2), UNSPLASH/CLAY BANKS, UNSPLASH/CDC

SENIOR & MULTIGENERATIONAL CENTERS

KEY

DB = Donation-Based
Lunch Available
LC = Low-Cost Lunch Available

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

MEAL SITES

CENTER	ADDRESS	CONTACT	MEALS
Raymond G. Sanchez	9800 4th St. NW, 87114	505-897-8896	DB
Whispering Pines	#6 Lark Rd., Tijeras; 87059	505-281-8003	DB
Paradise Hills	5901 Paradise Blvd. NW, 87114	505-314-0246	DB
Embudo Towers	8010 Constitution Ave. NE, 87110	505-764-6474	DB

MEAL SITES (continued)

CENTER	ADDRESS	CONTACT	MEALS
Rio Bravo	3910 Isleta Blvd. SW, 87105	505-873-6647	DB
Ed Romero Terrace	8100 Central Ave. SE, 87108	505-232-8880	DB
Encino Garden	412 Alvarado Dr. SE, 87108	505-266-7736	DB
Shalom House	5500 Wyoming Blvd. NE, 87109	505-823-1434	DB
Encino Terrace	609 Encino Pl. NE, 87102	505-247-4185	DB
South Valley Multipurpose	2008 Larrazolo Rd. SW, 87105	505-468-7604	DB
La Amistad	415 Fruit Ave. NE, 87102	505-848-1395	DB
Taylor Ranch	4900 Kachina St. NW, 87120	505-768-6006	DB
Cesar Chavez	7505 Kathryn Ave. SE, 87108	505-256-2680	DB
Los Duranes	2920 Leopoldo Rd. NW, 87104	505-848-1338	DB
Tijeras Senior	#10 Tijeras Ave., Tijeras; 87059	505-286-4220	DB

VIRTUAL ACTIVITIES



Stay connected from home with virtual opportunities. Check out cabq.gov/seniors/virtual, like us on [Facebook.com/senior](https://www.facebook.com/senior), or follow us on [Instagram.com/seniors](https://www.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/](https://www.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

Arts & Crafts

Learn crafts, plastic canvas, pin & button necklaces, and embroidering.

- **Barelas Senior Center**
Fridays | 8A–1P

Arts and Craft: Sharing

This is an pen group setting for all level of crafters.

Share embroidery, crochet, counted cross-stitch, knitting,

needlecraft, tips, and more.

- **North Valley Senior Center**
Wednesdays | 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 | 9A–12P

- **Los Volcanes Senior Center**
Tuesdays | 8A–12P
- **Los Volcanes Senior Center**
Tuesdays | 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**
Wednesdays | 9–10:30A
- **North Domingo Baca Multigenerational Center**
Thursdays | 6–8P

Pottery

Learn pottery, from pinch pots, slabs, coiling to wheel throwing in this self-directed class. *(All levels welcome.)*

- **North Valley Senior Center**
Mondays | 8A–12P

Pottery: Clay Classes

(Starting in October)

Learn and explore the fundamentals of creating art with clay.

- **North Domingo Baca Multigenerational Center**
Tuesdays and
Wednesdays | 9A–1P

Pottery: Intermediate

Experienced ceramics class. See instructor for suggested supply list. *(Call for more information and details on how to sign up.)*

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

Retablos/Hispanic Folk Art

Learn more about the devotional folk art painting which uses iconography derived from traditional Catholic Church art.

This is a sharing class and is self taught.

Must provide own materials.

- **Barelas Senior Center**
Tuesdays | 9–11:30A

Rosemalers

Practice rosemaling from Norway, dalmalning from Sweden, hindeloopen from Holland, bauernmalerei from Germany, and others. *(Bring a wood piece to get started.)*

- **Highland Senior Center**
Friday | 9:30–11:30A
- **Highland Senior Center**
Saturday | 10A–12P

Stained Glass

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

(Must provide own materials. Materials not included.)

- **North Valley Senior Center**
Tuesdays and
Thursdays |
9A–12P

**Stained Glass:
Open Workshop**

Enjoy learning the art of stained glass in this hands-on open workshop.

Learn how to make a pattern, cut glass, use a grinder, and piece projects together using copper foil.

Enhance and master soldering skills.

- **Barelas Senior Center**
Tuesdays | 8:30–11:30A

Tin

Tin punching is a colonial art form to make functional and decorative items from tin.

(This is a self-taught class and materials are not included.)

- **Barelas Senior Center**
Tuesdays | 1–4P
- **Los Volcanes Senior Center**
Wednesdays | 1:30–4P

**CROCHETING
AND KNITTING****Crocheting**

Share crochet project ideas, tips and techniques with others in this self taught class.

This is an informal group working on individual and group projects. *(Must provide own materials.)*

- **Los Volcanes Senior Center**
Wednesdays | 9–11A
- **Los Volcanes Senior Center**
Fridays | 1:30–3:30P

Project Linus

Learn techniques for creating sweaters, afghans, baby blankets, etc.

Many of the blankets are donated. *(All levels welcome.)*

- **Bear Canyon Senior Center**
Mondays | 9–11:30A
- **Manzano Mesa Multigenerational Center**
2nd Saturdays | 9A–12P

Project Linus: Isolette Covers

Join us in crafting isolettes for hospitals. Many of the isolettes are donated to Project Linus. *(Please provide your own materials for the donations.)*

- **Manzano Mesa Multigenerational Center**
4th Fridays | 1–4P

DRAWING AND PAINTING**Beginning Acrylic Painting with Gillotti**

This class is for the beginner painter. Bring your own supplies. *(Please call to register.)*

Supply List: Bring a canvas, a canvas board, and brushes (1 brush 1” wide min, 2” preferred).

- **Barelas Senior Center**
Tuesdays | 9A–12P

Drawing

Learn to draw in this instructor led free class.

(Must provide own materials. See instructor for suggested supply list.)

- **Los Volcanes Senior Center**
Thursdays | 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 | 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 | 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 | 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 | 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 | 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 | 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.)

- **Palo Duro Senior Center**
Tuesdays | 1–3P

Visual Journals

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

Each month, a member volunteers to demonstrate a technique that can be used in our journals.

We use a wide range of supplies to include watercolors, acrylic paints, gesso, rubber stamps and pencils.

After the demo in a class, we work in our journals and then the next month we have a “show and tell” for the journal spread we worked on the previous month.

- **Bear Canyon Senior Center**
3rd Saturdays | 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 | 9–10:30A

Watercolor: Intro

A class for anyone interested in learning basic watercolor

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) | 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 | 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 | 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 | 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 | 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 | 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 | 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 | 10A–4P

Quilting: Experienced

This group of experienced hand quilters work on each

other's quilts to completion.

- **Bear Canyon Senior Center**
Tuesdays | 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 | 8:30–10:30A
- **Manzano Mesa Multigenerational Center**
Wednesdays | 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 | 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 | 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 | 1:30–3:30P

Memories – Autobiography

Recall and record your favorite memories.

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

PC Computer Workshop

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

DANCE

DANCING

Ballroom: Beginning

Come learn the basics moves for ballroom dancing.

(No partner required.)

- **Highland Senior Center**
Tuesdays | 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 | 8:30–9:15A

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**
1st and 3rd
Thursdays | 2–3P

Hula and Hawaiian Culture

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

- **North Domingo Baca Multigenerational Center**
Tuesdays | 4:45–5:45P

Japanese Folk Dance

(Beginning in September)

- **Bear Canyon Senior Center**
Mondays | 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 | 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.)*

Line Dancing: Beginning

- **Bear Canyon**

Senior Center

Wednesdays | 9–10A

- **Bear Canyon Senior Center**
Tuesdays | 1:30–3P
- **Bear Canyon Senior Center**
Thursdays | 3:15–4:30P
- **Highland Senior Center**
Thursdays | 2:30–4P
- **Los Volcanes Senior Center**
Thursdays | 9–10A
- **North Domingo Baca Multigenerational Center**
Thursdays | 1:30–3P
- **Manzano Mesa Multigenerational Center**
Mondays | 9:15–11:15A

Line Dancing: Beginning/ Starter

- **Manzano Mesa Multigenerational Center**
Wednesdays | 12:15–1:15P

Line Dancing: Intermediate

- **Barelas Senior Center**
Wednesdays | 10:10–11:10A

- **Bear Canyon Senior Center**
Tuesdays | 3:15–4:30P
- **Highland Senior Center**
Wednesdays | 2:30–4P
- **Los Volcanes Senior Center**
Thursdays | 10:10–11:10A
- **Manzano Mesa Multigenerational Center**
Tuesdays | 9:15–11:15A
- **Manzano Mesa Multigenerational Center**
Fridays | 1:30–3:30P

Line Dancing: Intermediate/ Improver

- **Manzano Mesa Multigenerational Center**
Tuesdays | 1:30–3:30P

Line Dancing: Advanced

- **Bear Canyon Senior Center**
Thursdays | 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.*)

- **Barelas Senior Center**
Tuesdays | 2–4:15P
- **Bear Canyon Senior Center**
Wednesdays | 2–4P
- **Highland Senior Center**
Mondays | 2–4P
- **Manzano Mesa Multigenerational Center**
Thursdays | 2–4:30P

Chess for Fun

Open recreational play of the competitive 64-square board-game between two players.

Each player begins with 16 game pieces.

(All levels welcome.)

- **Bear Canyon Senior Center**
Mondays | 11:30A–2:30P
- **Bear Canyon Senior Center**
Wednesdays | 11:30A–4:30P

- **Bear Canyon Senior Center**
Fridays | 12:15–4:30P

- **Bear Canyon Senior Center**
Saturdays | 9A–2:45P

- **Highland Senior Center**
Wednesdays | 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 | 8A–5P
- **Bear Canyon Senior Center**
Wednesdays | 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 | 12–4:30P

- **Los Volcanes Senior Center**
Tuesdays | 12:30–4:30P
- **Los Volcanes Senior Center**
Wednesdays | 1–4:30P
- **North Domingo Baca Multigenerational Center**
Mondays–Fridays | 12–2P

Mahjong: Asian

Open, recreational play of the Chinese tile-based game, played by four-players.

- **Bear Canyon Senior Center**
Saturdays | 12–2:30P

Mexican Train

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

- **Bear Canyon Senior Center**
Saturdays | 10A–12:30P
- **Highland Senior Center**
Mondays and
Wednesdays | 12:30–4P

- **Los Volcanes Senior Center**
Tuesdays | 12:45–4P

Puzzles

Recreational open puzzle play with other members.

- **Barelas Senior Center**
Mondays–Fridays | 8A–5P
- **Los Volcanes Senior Center**
Mondays, Wednesdays,
and Fridays | 8–9A
- **Los Volcanes Senior Center**
Mondays, Wednesdays,
and Fridays | 3–4:30P
- **Los Volcanes Senior Center**
Tuesdays | 8A–4:30P
- **Los Volcanes Senior Center**
Thursdays | 8A–6P
- **Los Volcanes Senior Center**
Saturdays | 9A–12:30P
- **North Valley Senior Center**
Mondays–Fridays | 8A–5P

- **North Valley Senior Center**
Sundays | 12:30–5P
- **Highland Senior Center**
Mondays, Tuesdays,
Thursdays, and
Fridays | 8A–4P
- **Highland Senior Center**
Wednesdays | 8A–6P
- **Highland Senior Center**
Saturdays | 10A–3P

CARD GAMES

Bridge: Duplicate

Recreational open play, non sanctioned game. Typically played with the same partner throughout the game.

- **Bear Canyon Senior Center**
Thursdays | 12:45–4P

Bridge: Party

Recreational open play with other multiple players.

- **Los Volcanes Senior Center**
Fridays | 12:30–4P

Bridge: Walk-In

Recreational open play

with other multiple players.

- **Bear Canyon Senior Center**
Wednesdays |
12:30–3:30P

Bridge: WPB Club

Recreational open play with other multiple players.

- **Bear Canyon Senior Center**
Wednesdays | 12–3:30P

Canasta Hand & Foot

Recreational open play of a version of Canasta where each player is dealt two sets of cards.

- **Bear Canyon Senior Center**
Mondays and Thursdays |
12–4:30P
- **North Valley Senior Center**
Tuesdays | 1–5P
- **North Valley Senior Center**
Fridays | 1–4:30P

Cribbage

Recreational, open play of

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 | 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 | 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 | 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 | 9:30–11:30A
- **Bear Canyon Senior Center**
Tuesdays | 12:30–4:45P
- **Highland Senior Center**
Tuesdays | 12P–4P
- **Los Volcanes Senior Center**
Wednesdays | 12:30–4P
- **Los Volcanes Senior Center**

Thursdays | 12:30–6P

- **Manzano Mesa Multigenerational Center**
Wednesdays | 1–4:30P

Poker

Recreational, open play of traditional card games that involve skill and strategy.

- **Bear Canyon Senior Center**
Mondays | 1–4P
- **Los Volcanes Senior Center**
Wednesdays | 12:30–4P
- **Los Volcanes Senior Center**
Thursdays | 12:30–4P
- **North Valley Senior Center**
Mondays–Fridays | 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

Mondays | 12–3P

Shanghai Rummy

Recreational, open play of a Rummy game based on Gin Rummy typically played by three to eight players.

- **Bear Canyon Senior Center**
Thursdays | 12–4P

Spite or Malice

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

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

OTHER GAMES

Billiards

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

- **Barelas Senior Center**
Mondays–Fridays | 8A–5P
- **Bear Canyon Senior Center**

Mondays–Fridays |
8A–4:45P

- **Bear Canyon Senior Center**
Saturdays | 9A–2:45P
- **Highland Senior Center**
Mondays–Fridays |
8A–4P
- **Highland Senior Center**
Wednesdays | 8A–6P
- **Highland Senior Center**
Saturdays | 10A–3P
- **Los Volcanes Senior Center**
Mondays–Fridays |
8A–4:30P
- **Los Volcanes Senior Center**
Thursdays | 8A–6P
- **Los Volcanes Senior Center**
Saturday | 8A–12:30P
- **North Valley Senior Center**
Mondays–Fridays |
8A–4:45P
- **North Valley**

Senior Center
Sundays | 12:30–4:45P

LANGUAGE

DUTCH

Dutch Speaking Club

Practice Dutch with this fun, easy-going group.

- **Bear Canyon Senior Center**
Fridays | 10–11:30A

FRENCH

French I

Learn and practice French.

- **North Domingo Baca Multigenerational Center**
Thursdays | 11–12:30P

French II

Learn and practice French at an more in-depth level. This class is taught at an intermediate level.

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

- **North Domingo Baca Multigenerational Center**

Thursdays | 1–2:30P

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 | 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 | 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 | 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 | 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 | 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 | 9–10:50A

Spanish Workshop: Contemporary

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

- **Bear Canyon Senior Center**

Tuesdays | 1:15–3P

MUSIC**GUITAR****Guitar: Beginning**

You will need your own instrument and music stand.

- **Bear Canyon Senior Center**
Wednesdays |
8:30–9:30A

Guitar: Advanced Beginning

You will need your own instrument and music stand.

- **Bear Canyon Senior Center**
Wednesdays | 10A–12P

Guitar: Intermediate

You will need your own instrument and music stand.

- **Bear Canyon Senior Center**
Wednesday | 11A–1P

Guitar: Classical 1 Beginning

You will need your own instrument and music stand.

- **Bear Canyon Senior Center**

Thursdays | 10A–12P

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 | 12:15–2P

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 Senior Center**
Thursdays | 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 | 9:45–11:15A

Guitar Group

Structural guitar learning class beginning and intermediate guitar players.

(Must bring own guitar.)

- **Los Volcanes Senior Center**
Fridays | 10A–12P

- Los Volcanes Senior Center
Fridays | 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 | 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 | 5–8P

Aikido

Japanese martial arts class.

- North Domingo Baca Multigenerational Center

Saturdays | 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 | 6:30–8P

Pickleball

What better way to start off the week than to have a Monday Fun-Day playing pickleball!

- Barelmas Senior Center
Mondays | 1:30–3:30P
- Los Volcanes Senior Center
Mondays | 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 | 8:15–9:15A

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 | 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 | 8:10–9:05A
- North Domingo Baca

Multigenerational Center
Mondays, Wednesdays, and Fridays | 10:15–11:15A

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 | 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 | 8:15–9:15A

Gentle Exercise

Performed 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 | 9:30–10:30A
- **Highland Senior Center**
Mondays, Wednesdays, and Fridays | 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 | 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 | 4:30–6:45P
- **North Domingo Baca Multigenerational Center**
Tuesdays | 4:30–5:30P
- **North Domingo Baca Multigenerational Center**
Wednesdays and Thursdays | 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 | 8:30–9:30A

Pilates

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

- **North Valley Senior Center**
Wednesdays | 8:30–9:30A

Salsa Aerobics

Spice up your workout with energetic and sizzling routine.

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

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

T.N.T Dynamite

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

Work at your own pace toward improving strength, stamina, and muscle tone. *(There is a \$1.50 fee per session.)*

- **Bear Canyon Senior Center**
Mondays, Wednesdays, and Fridays | 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 | 9:15–10:15A

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!

(There is a \$4 fee per session.)

- **North Valley Senior Center**
Tuesdays | 5:30–6:30P

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.)

- **Bear Canyon Senior Center**
Mondays | 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 | 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 | 10–11A
- **Manzano Mesa Multigenerational Center**
Wednesdays | 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 | 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 | 3:45–4:45P

Yoga: Hatha Blend

With this yoga, move your body slowly and deliberately into different poses that challenge strength and flexibility while focusing on relaxation and mindfulness.

(There is a \$7 fee per session.)

- **Manzano Mesa Multigenerational Center**
Mondays | 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 | 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 | 11:30A–1P

Tai-Chi for Health

Tai Chi for Health 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 | 1:15–2:15P

GROUPS AND CLUBS



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 | 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 | 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.)*

- **Highland Senior Center**

Tuesdays | 10A–12P

BOOKS AND DISCUSSION

Classic and Great Books Discussion Group

Read and discuss the classics with this group.

- **Bear Canyon Senior Center**
2nd and 4th Fridays | 1–3P

Inquiring Minds

All members take turns researching topics and presenting them to the class for discussion.

- **Bear Canyon Senior Center**
Mondays | 10–11A

Bible Study

- **Los Volcanes Senior Center**
Tuesdays | 9:30–11A

Bible Discussion Group

- **Manzano Mesa Multigenerational Center**
Thursdays | 10–11A

Libros

Learn several book-making techniques.

- **Manzano Mesa Multigenerational Center**
1st Saturdays | 9A–12P

Men's Bible Study

- **North Domingo Baca Multigenerational Center**
Mondays | 8:30–10A

Mystery Book Club

All books read in the club are available at the public library.

- **Palo Duro Senior Center**
2nd Tuesdays |
1:30–2:30P

COMMUNITY GROUPS

VFW Post 10763

Veterans of foreign wars gather to share experiences.

- **Bear Canyon Senior Center**
1st Thursdays | 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**

3rd Saturdays |
12:30–3:30P

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 |
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 | 2–4P

Sage Albuquerque an LGBTQIA+ Senior Organization

Offering a variety of activities.

- **Highland Senior Center**
2nd Saturdays |

12–3:30P

Red Hat Sisters

- **Manzano Mesa Multigenerational Center**
3rd Thursdays | 10–11A

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 |
11A–12:30P

MUSIC

ABQ Accordion Club

Group open to accordion players of any level.

- **Bear Canyon Senior Center**
2nd and 4th
Thursdays | 7–9P

Beartones

This is a four part (soprano, alto, tenor and bass) singing group.

(Ability to read music is a plus.)

- **Bear Canyon Senior Center**
Thursdays | 10A–12P

Guitar: Beginning Jazz

Jazz jam session for beginner guitar players.

(Must bring your own guitar.)

- **Bear Canyon Senior Center**
Mondays | 8–10A

Guitar Workshop

Must bring your own guitar.

- **Bear Canyon Senior Center**
Mondays | 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 | 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 | 10:30A–12P

Piano: Beginning / Intermediate Workshop

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

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

Roadrunner Strummers

Peace, fun and harmony with the ukulele.

(New members welcomed. No meeting on the 1st Friday and Saturday of every month.)

- **Highland Senior Center**
2nd, 3rd, and 4th
Fridays | 10A–12P

2nd, 3rd, and 4th
Saturdays | 10A–12:30P

Ukulele Beginners

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

- **Highland Senior Center**
Wednesdays |
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
| 10:30A–2:30P

T.O.P.S. (Take Off Pounds Sensibly)

Helping people take off pounds sensibly.

- **Bear Canyon Senior Center**
Thursdays | 8–9:15A

Zia Sundials Chapter #106

Members of the National Association of Watch and Clock Collectors.

- **Bear Canyon Senior Center**
2nd Saturdays |
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**
3rd Wednesdays | 5–6P
AND
1st Saturdays | 10A–12P

ABQ Astronomical Society

- **Manzano Mesa Multigenerational Center**
1st and 3rd Wednesdays |
7–8:45P

Cherokees of NM

- **Manzano Mesa Multigenerational Center**
3rd Saturdays | 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 |
6:30–8:30P

TOPS #216: Take Off Pounds Sensibly

- **Manzano Mesa Multigenerational Center**
Fridays | 9:30–11:30A

Speak with Distinction Toastmasters

- **Manzano Mesa Multigenerational Center**
Thursdays | 5:30–7P

Deaf Senior Citizens of Greater Albuquerque

Social group for deaf seniors.

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

Investment Club

Club follows the NAIC program.

- **Palo Duro Senior Center**

3rd Wednesdays |
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 | 1–2P

50+ Senior Softball League Meeting

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

- **Highland Senior Center**
2nd Fridays | 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 | 1–2P

Fisher’s Club

Fishermen and Fisherwomen

meet to plan and attend fishing trips.

- **North Valley Senior Center**
Mondays | 10–11A

SUPPORT GROUPS

Alzheimer Caregiver Support Group

Meet with other caregivers and learn about local Alzheimer resources.

- **Bear Canyon Senior Center**
3rd Fridays |
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**
Mondays | 3–4:30P

Prostate Cancer Support Group

Support group for men going through prostate issues.

- **Bear Canyon Senior Center**
1st and 3rd Saturdays |
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 | 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 | 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 |
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 | 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 | 1–3P



UNSPASH/FRED KEARNEY, CITY OF ALBUQUERQUE (3)

PRESENTATIONS AND SPECIAL EVENTS



SEMINARS AND Presentations

New Member Orientation

- **Bear Canyon Senior Center**
2nd Fridays | 10:30–11:30A
- **Palo Duro Senior Center**
1st Mondays | 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.)*

- **Barelas Senior Center**
3rd Wednesdays | 12:30–4:30P
- **Bear Canyon Senior Center**
3rd Thursdays | 12P–4P
AND
1st Saturdays | 9:30A–1:30P
- **Palo Duro Senior Center**

1st Fridays | 8:30A–12:30P

LEGAL HELP

Senior Citizen Law Office

Call 505-265-233 for an appointment.

- **Barelas Senior Center**
2nd Thursdays | 10:30A–12:30P
- **Highland Senior Center**
1st Wednesdays | 9–11A
- **Los Volcanes Senior Center**
4th Thursdays | 10A–12P
- **North Valley Senior Center**
3rd Thursdays | 9–11A
- **Palo Duro Senior Center**
2nd Wednesdays | 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 | Thursdays | 1–3:30P

Life Planning-Senior Citizens Law Office

- **Barelas Senior Center**
August 11 | 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.

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.)

Diabetes Self-Management Program (DSMP)

Important information for Adults with Type 2 Diabetes.

- Palo Duro Senior Center
September 23–October 28 | Thursdays | 1–3:30P

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

volunteer networks in the nation for people 55 and over. *(Please note that a Social Security number is required for some placements. These volunteer placements must pass a National Sex Offender Check and Background Check.)*

*Thank you to our
Volunteer Sponsors:*



Foster Grandparents

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



TIMOTHY M. KELLER
Mayor, City of Albuquerque



ANNA M. SANCHEZ
Director