

# ONE ALBUQUE RQUE

senior affairs

July through December 2023

## Activity Catalog

FOR SENIORS 50+

505-764-6400

[cabq.gov/seniors](https://cabq.gov/seniors)

Citizen Contact Center: 311

Facebook: @CABQSeniors

Instagram: @CABQSeniors

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





# Message From Mayor Keller & Director Anna Sanchez

Dear Albuquerque,

Welcome to the newest edition of the Department of Senior Affairs' Activities Catalog! It's been wonderful getting to connect with so many of you through various events hosted at our Senior, Multigenerational, and Sports and Fitness Centers over these past six months, and we couldn't be more excited for you to see everything that we have in store for the second half of 2023.

Our primary goal is to provide access to services and resources that help Albuquerque's older adult population thrive. As you explore this catalog, our hope is that you will feel inspired to try something new or sharpen an existing skill, while at the same time fostering deeper connections with your Albuquerque family and friends. From pickleball, yoga, and line dancing, to book clubs, computer classes, and musical groups, there really is something for everyone.

We are pleased to announce that four of our centers – Manzano Mesa, North Valley, Palo Duro, and Los Volcanes – were accredited once again by the National Council on Aging's National Institute of Senior Centers (NISC). The process to achieve accreditation is not an easy one, and this accomplishment demonstrates a commitment toward excellence that is achieved by less than 2% of all senior centers nationwide. We're incredibly proud of our staff for their hard work and dedication to ensuring that Albuquerque's senior centers are among the best in the country.

If you're not already a member, we encourage you to stop by one of our Senior Affairs' facilities for yourself to experience everything they have to offer. We look forward to seeing you at our centers or next community event.

Sincerely,



**Mayor Tim Keller**  
City of Albuquerque



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

## ONE ALBUQUE ROQUE senior affairs

### 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

**Alan Armijo**  
Associate Director

**Nikki Peone**  
Associate Director

**Angel C. Montoya**  
Recreation Division Manager



### Department of Senior Affairs Advisory Council

Steve Borbas  
Louis Carlentine  
Havens Levitt  
Lucy Lopez  
Dubra Karnes-Padilla  
Henry Shoner

Evan Thompson  
Martha Medina  
Teresa Haering  
Raymond Taylor  
Sheila Hundley

### City Councilors

District 1: Louie Sanchez  
District 2: Isaac Benton  
District 3: Klarissa Peña  
District 4: Brook Bassan  
District 5: Dan Lewis

District 6: Pat Davis  
(President)  
District 7: Tammy Fiebelkorn  
District 8: Trudy Jones  
District 9: Renee Grout

### 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.

# Department of Senior Affairs Advisory Council Schedule of Meetings

## 2023 Advisory Council Schedule:

### JULY 17, 2023

12:00pm  
Highland Senior Center  
131 Monroe St NE, 87108

### SEPTEMBER 18, 2023

12:00pm  
Location TBD  
(check [cabq.gov/seniors](http://cabq.gov/seniors) for updates)

### OCTOBER 16, 2023

12:00pm  
Department of Senior Affairs  
Information & Assistance Line  
Office  
1620 1st St NW 87102

### NOVEMBER 20, 2023

12:00pm  
Manzano Mesa  
Multigenerational Center  
501 Elizabeth St SE 87123

## Join Our Community Online

[Facebook.com/cabqseniors](https://www.facebook.com/cabqseniors)

[Instagram.com/cabqseniors](https://www.instagram.com/cabqseniors)

[Twitter.com/cabqseniors](https://twitter.com/cabqseniors)

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

Senior Information Line: 505-764-6400

TTY: 1-800-659-8331

Citizen Contact Center: 311

Email: [seniorinformation@cabq.gov](mailto:seniorinformation@cabq.gov)

## Senior Affairs Membership

All City of Albuquerque Senior, Multigenerational, and 50+ Sports and Fitness Centers operate on a membership basis. Memberships keep an 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 \$20.00. Our members have access to fitness programs, classes, travel, meals, computer labs, volunteer opportunities, competitive sports events and more.

If you have an active membership at one location and are over age 50, you are entitled to participate in programs and activities at any of our senior and multigenerational centers. If a trip or class is filled at your home center, a similar trip or class may be available to you at another. Our Multigenerational Centers are for anyone age 6 and older, including seniors. If unable to afford membership please contact the manager at your center about the possibility of getting the membership fee waived.

## 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.

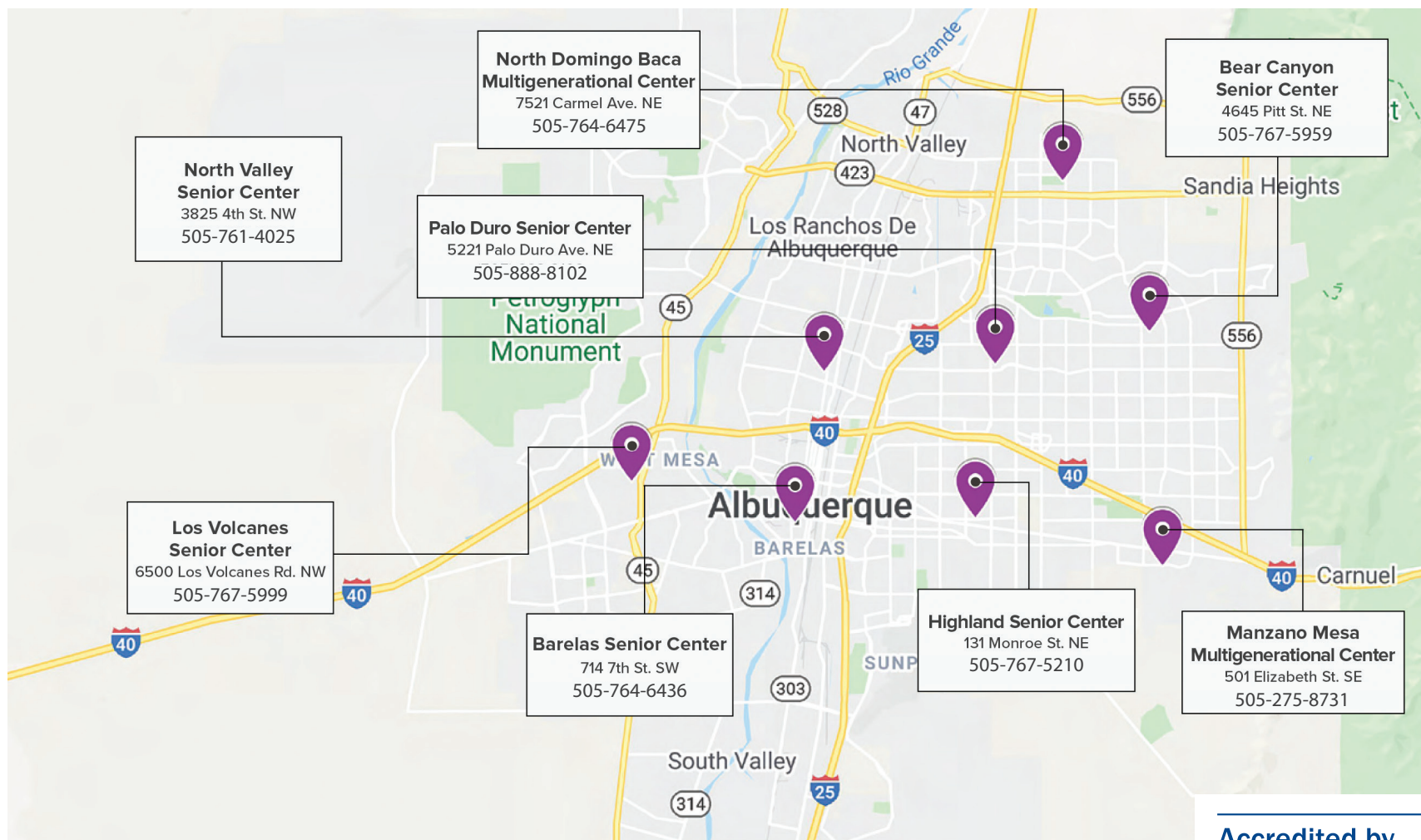
The City of Albuquerque's Department of Senior Affairs provides an array of services for seniors in the community, including social services, recreation, transportation, nutrition services and volunteer programs. For more information on Senior Affairs services, call 505-764-6400, Monday–Friday, between 8:30 am and 4:30 pm, or visit [cabq.gov/seniors](http://cabq.gov/seniors).

## Center Memberships

\$20

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





Accredited by   
National Institute of  
Senior Centers

## CENTER DIRECTORY

*Nationally Accredited Senior and Multigenerational Centers*

### Center Closings

**July 4<sup>th</sup>**

Independence Day

**September 4<sup>th</sup>**

Labor Day

**October 9<sup>th</sup>**

Indigenous Peoples' Day

**November 10<sup>th</sup>**

Veterans Day

**November 23<sup>rd</sup> & 24<sup>th</sup>**

Thanksgiving

**December 25<sup>th</sup>**

Christmas Day

### Senior Centers

#### **Barelas Senior Center**

714 7<sup>th</sup> St. SW, 87102

505-764-6436

Mon–Fri: 8:00am–5:00pm

#### **Bear Canyon Senior Center**

4645 Pitt NE, 87111

505-767-5959

M, T, W, F: 8:00am–5:00pm

Thurs: 8:00am–9:00pm

Sat: 9:00am–3:00pm

#### **Highland Senior Center**

131 Monroe NE, 87108

505-767-5210

M, T, Th, F: 8:00am–5:00pm

Wed: 8:00am–7:00pm

Sat: 10:00am–4:00pm

### Los Volcanes Senior Center

6500 Los Volcanes NW, 87121

505-767-5999

M, T, W, F: 8:00am–5:00pm

Thurs: 8:00am–7:00pm

Sat: 9:00am–1:00pm

### North Valley Senior Center

3825 4<sup>th</sup> St. NW, 87107

505-761-4025

M, W, Th, F: 8:00am–5:00pm

Tues: 8:00am–7:00pm

Sun: 12:30pm–4:30pm

### Palo Duro Senior Center

5221 Palo Duro NE, 87110

505-888-8102

M, T, Th, F: 8:00am–5:00pm

Wed: 8:00am–7:00pm

Sat: 9:00am–1:00pm

### Multigenerational Centers

#### **Manzano Mesa**

#### **Multigenerational Center**

501 Elizabeth SE, 87123

505-275-8731

Mon–Fri: 8:00am–9:00pm

Sat: 9:00am–3:00pm

#### **North Domingo Baca**

#### **Multigenerational Center**

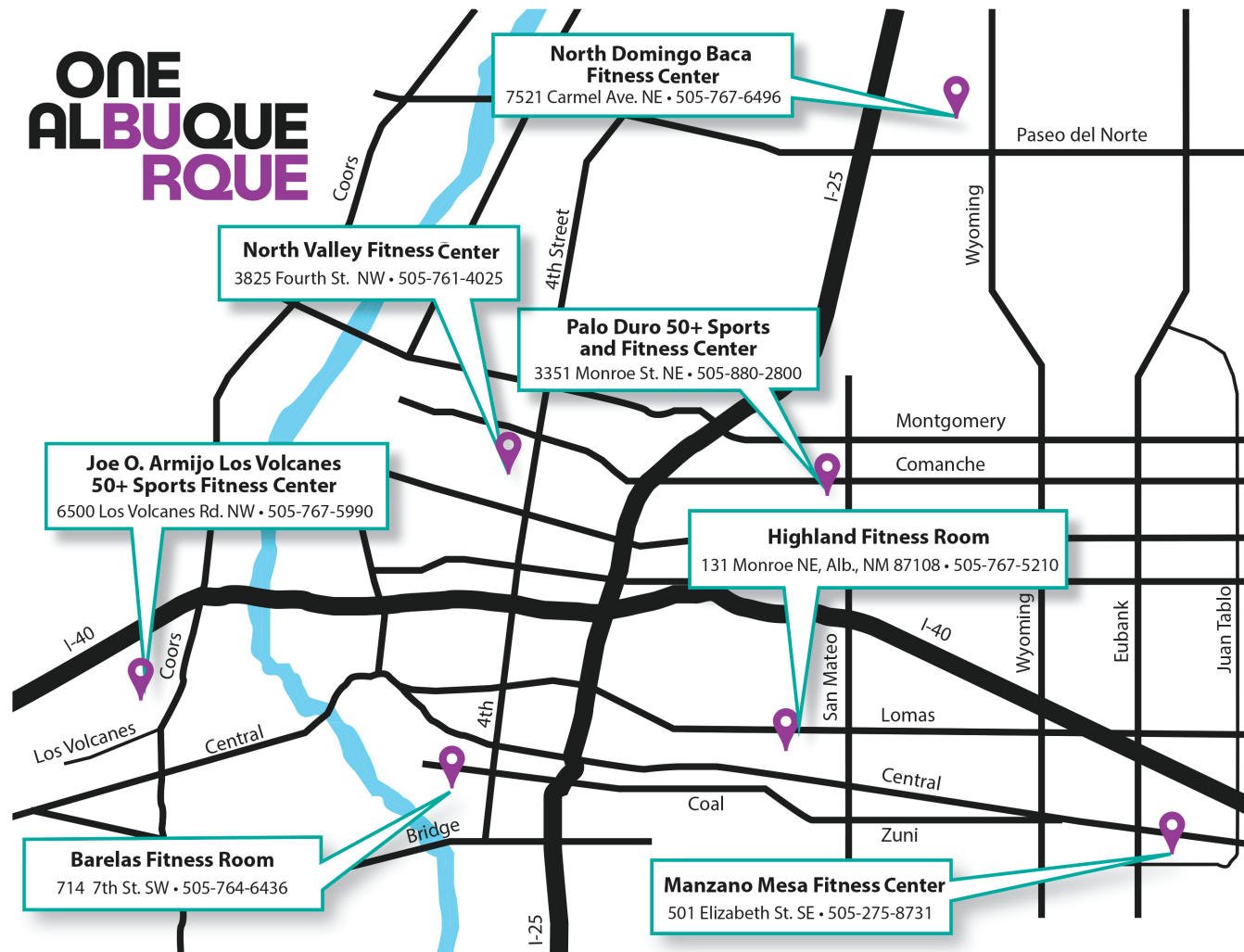
7521 Carmel NE, 87113

505-764-6475

Mon–Fri: 8:00am–9:00pm

Sat: 9:00am–3:00pm





## SPORTS AND FITNESS CENTERS

*Nationally Accredited Senior and Multigenerational Centers*

### 50+ Sports and Fitness Centers

**Joe O. Armijo Los Volcanes Sports and Fitness Center**  
6500 Los Volcanes NW, 87121  
505-767-5990  
Mon–Fri: 7:00am–7:00pm  
Sat: 8:00am–2:00pm

**North Valley Fitness Center**  
3825 4<sup>th</sup> St. NW, 87107  
505-761-4025  
M, W, Th, F: 8:00am–5:00pm  
Tues: 8:00am–7:00pm  
Sun: 12:30pm–4:30pm

**Palo Duro Sports and Fitness Center**  
3351 Monroe NE, 87110  
505-880-2800  
Mon–Fri: 7:00am–7:00pm  
Sat: 8:00am–2:00pm

### Multigenerational Sports & Fitness Centers

**North Domingo Baca Sports and Fitness Center**  
7521 Carmel NE, 87113  
505-764-6496  
Mon–Fri: 8:00am–9:00pm  
Sat: 9:00am–3:00pm

**Manzano Mesa Sports and Fitness Center**  
501 Elizabeth SE, 87123  
505-275-8731  
Mon–Fri: 8:00am–9:00pm  
Sat: 9:00am–3:00pm

### Fitness Rooms

**Barelas Senior Center Fitness Room**  
714 7<sup>th</sup> St. SW, 87102  
505-764-6436  
Mon–Fri: 8:00am–5:00pm

**Highland Senior Center Fitness Room**  
131 Monroe NE, 87108  
505-767-5210  
Mon–Fri 8:00am –5:00pm  
Wed: 8:00am–7:00pm  
Sat: 10:00am–4:00pm



## Department of Senior Affairs Social Services

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

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

Please call **505-764-6400** for more information about age requirements for any of our programs and services. Lines are open M-F: 8:15am to 4:30pm.





## Transportation Services

Curb-to-curb van transportation within Bernalillo County is provided to individuals age 60 and older. Priority is given to those who have medical appointments. Reservations are required for this service. ADA-Accessible vehicles are available. To find out more about getting around Albuquerque and most of Bernalillo County, contact our Transportation Program at **505-764-6464**.

More than 50,000 one-way transportation trips are provided to seniors in Albuquerque and Bernalillo County annually. The trips vary from group rides to meal sites for lunch and activities to grocery stores, to individual rides to medical appointments. Transportation is also provided to volunteer stations for Foster Grandparents.



### WHAT WE OFFER:

- **Ride Services for Medical Appointments and Non-Medical Errands** *(such as grocery store trips)*
- **Senior Meal Site Transportation Service** *(within a five-mile radius)*
- **ADA-Accessible Transport Vehicles**

### Medical Appointment Transportation

Medical appointment rides are always considered priority and are scheduled 7 days in advance of the appointment date.

Transport is available to Presbyterian Rust Medical Center in Rio Rancho for Bernalillo County residents. "Call when ready" return rides must be called in by 5:00pm in the greater Albuquerque area and by 4:00pm in the East Mountain/Cedar Crest area. To request medical appointment transport, please call **505-764-6464**.

### Meal Site Transportation

Seniors can request daily pick up from their homes within a five-mile radius to all City of Albuquerque's senior and multigenerational centers and Bernalillo County meal sites. We also offer transport within a six-mile radius to Whispering Pines and Tijeras Senior Center.

To utilize meal site transport services, individuals can register directly with their center site.

### On-Demand Transportation

On-demand rides can be requested for non-medical errands scheduled 3 days in advance. Return rides must be scheduled within 2-hours from initial pick-up time.

To request on-demand errand transport, please call **505-764-6464**.



senior affairs





# — SENIOR MEAL PROGRAM AND SENIOR MEAL SITES —



Our senior meal program promotes good health, encourages socialization, prevents malnutrition, and provides nutrition education. Lunch menus reflect nutrition guidance for overall health and well-being, and include New Mexico's local fruits, vegetables, beans, chile, and meat. Senior Affairs offers low-cost breakfast and free/donation based senior lunch service to adults age 60+ or low-cost lunch to adults 50+ at senior and multigenerational centers Monday–Friday between 11:30am–1:00pm. Call your center for more information or to reserve your lunch 24-hours in advance.

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

All City of Albuquerque Senior and Multigenerational centers offer free/donation-based lunch to adults age 60+ (\$2-dollar donation appreciated). Older adults ages 50-59, lunch is offered at a reduced rate of \$3.25. Highland, Los Volcanes, Palo Duro, and Bear Canyon senior centers also offer low-cost, made-to-order menu options in addition to the regular senior lunch program.

Adults under the age of 50 are invited to visit our two multigenerational centers and can purchase lunch for \$7.67. Our multigenerational centers are North Domingo Baca and Manzano Mesa.

## Senior and Multigenerational Center Meal Sites

### **Barelas Senior Center**

714 7<sup>th</sup> St. SW, 87102  
505-764-6436  
Mon–Fri: 8:00am–5:00pm

### **Bear Canyon Senior Center**

4645 Pitt NE, 87111  
505-767-5959  
Mon–Wed: 8:00am–5:00pm  
Thurs: 8:00am–9:00pm  
Sat: 9:00am–3:00pm

### **Highland Senior Center**

131 Monroe NE, 87108  
505-767-5210  
M, T, TH, F: 8:00am–5:00pm  
Wed: 8:00am–7:00pm  
Sat: 10:00am–4:00pm

### **Los Volcanes Senior Center**

6500 Los Volcanes NW, 87121  
505-767-5999  
M, T, W, F: 8:00am–5:00pm  
Thurs: 8:00am–7:00pm  
Sat: 9:00am–1:00pm

### **North Valley Senior Center**

3825 4<sup>th</sup> St NW, 87107  
505-761-4025  
M, W, Th, F: 8:00am–5:00pm  
Tues: 8:00am–7:00pm  
Sun: 12:30pm–4:30pm

### **Palo Duro Senior Center**

5221 Palo Duro NE, 87110  
505-888-8102  
M, T, TH, F: 8:00am–5:00pm  
Sat: 9:00am–1:00pm

### **Manzano Mesa Multigenerational Center**

501 Elizabeth SE, 87123  
505-275-8731  
Mon–Fri: 8:00am–9:00pm  
Sat: 9:00am–3:00pm

### **North Domingo Baca Multigenerational Center**

7521 Carmel NE, 87113  
505-764-6475  
Mon–Fir: 8:00am–9:00pm  
Sat: 9:00am–3:00pm



Additional City of Albuquerque and Bernalillo County senior meal sites that serve free/donation-based lunch to those 60 and older include:


<b>Cesar Chavez Community Center</b> 7505 Kathryn Ave SE, 87108 505-256-2680	<b>Rio Bravo Senior Center</b> 3910 Isleta Blvd SW, 87105 505-314-0049	<b>Westgate Community Center</b> 10001 De Vargas Rd SW, 87121 505-768-4750
<b>Los Duranes Community Center</b> 2920 Leopoldo NW, 87104 505-767-5900	<b>South Valley Multi-Purpose Senior Center</b> 2008 Larrazolo SW, 87105 505-468-7604	<b>Whispering Pines Senior Center</b> #6 Lark Rd, Tijeras, NM 87059 505-281-8003
<b>Paradise Hills</b> 5901 Paradise Blvd NW, 87114 505-314-0246	<b>Taylor Ranch Community Center</b> 4900 Kachina St NW, 87120 505-768-6006	
<b>Raymond G. Sanchez Senior Center</b> 9800 4 <sup>th</sup> St NW, 87114 505-314-0082	<b>Tijeras Senior Center</b> #10 Tijeras Ave, Tijeras, NM 87059 505-286-4220	

Additional senior meal sites are generally open Monday–Friday, 8:30am–2:30pm, and provide activities as well as a senior lunch program. Menus and calendars of activities are available at each meal site. Reservations are required one day prior by 12 noon.

Lunch is offered for residents at the following locations:

<b>Ed Romero Terrace</b> 8100 Central Ave SE, 87108 505-232-8880	<b>Encino Terrace</b> 609 Encino Place NE, 87102 505-247-4185	<b>Shalom House</b> 5500 Wyoming NE, 87109 505-823-1434
<b>Encino Garden</b> 412 Alvarado SE, 87108 505-266-7736	<b>Embudo Towers</b> 8010 Constitution NE, 87110 505-764-6474	

Meals are offered free to adults 60 and older; however, donations for meals are accepted and appreciated. Call each site for more information regarding hours of operation.



# LOVE OUR SERVICES? DONATE!

Donations made to the City of Albuquerque Department of Senior Affairs help us enrich the services that we offer the community. Help us ensure that there is truly something for everyone in Albuquerque.

Visit us online at [cabq.gov/seniors](http://cabq.gov/seniors) or call 505-764-6400.

# SENIOR AND MULTIGENERATIONAL ACTIVITIES AND EVENT SCHEDULE

## DANCE TO LIVE MUSIC WEEKLY

### BARELAS SENIOR CENTER

Every Friday:  
1:30pm–4:00pm  
\$3 Admission

### BEAR CANYON SENIOR CENTER

Every Thursday Evening:  
6:00pm–8:30pm  
\$3 Admission

### LOS VOLCANES SENIOR CENTER

Every Thursday:  
1:30pm–4:00pm  
\$3 Admission

### NORTH VALLEY SENIOR CENTER

Every Sunday:  
1:30pm–4:00pm  
\$3 Admission



## FRIENDSHIP COFFEE

### BARELAS SENIOR CENTER

Every Wednesday: 9:30am–10:30am

### BEAR CANYON SENIOR CENTER

Every Tuesday: 9:30am–10:30am

### HIGHLAND SENIOR CENTER

Every Thursday: 11:00am–12:00pm

### MANZANO MESA MULTIGENERATIONAL CENTER

2<sup>nd</sup> & 4<sup>th</sup> Tuesday of Each Month:  
10:30am–11:30am

### LOS VOLCANES SENIOR CENTER

Every Thursday: 12:00pm–1:45pm  
Every Friday: 8:30am–9:45am

### NORTH VALLEY SENIOR CENTER

Every Wednesday: 8:30am–10:30am

### PALO DURO SENIOR CENTER

Every Tuesday & Thursday:  
9:30am–10:30am

## SENIOR CENTER FLEA MARKETS

### BARELAS SENIOR CENTER

Every Thursday: 8:30am–11:00am

### HIGHLAND SENIOR CENTER

Every Monday: 8:00am–12:00pm

### LOS VOLCANES SENIOR CENTER

Every Friday: 8:00am–11:00am

### NORTH VALLEY SENIOR CENTER

Every Wednesday: 8:30am–11:30am

### PALO DURO SENIOR CENTER

2<sup>nd</sup> Monday of Each Month:  
8:30am–12:30pm



## GEHM Clinic

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

For non-emergent concerns or health assessments, you can call **505-288-0040** or **505-288-0216**. You can also call one of our lunch meal sites for dates and times for in-person screenings.



# CLASSES

## Arts & Crafts Ceramics & Pottery

### CERAMICS

#### Barelas Senior Center

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

Mon & Wed: 9:00am–12:00pm

#### Los Volcanes Senior Center

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

Mon & Fri: 9:00am–12:00pm

#### Palo Duro Senior Center

For anyone interested in working with molded clay objects.

Mon & Thurs: 9:30am–12:00pm

### POTTERY

#### Manzano Mesa

#### Multigenerational Center

**Self-directed class.**

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

Tues & Thurs: 8:30am–11:30am

#### North Valley Senior Center

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

Monday: 8:00am–12:00pm

#### Palo Duro Senior Center

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

Wed & Frid: 9:00am–12:00pm

### POTTERY: CLAY CLASSES

#### North Domingo Baca

#### Multigenerational Center

Learn the origins of pottery sculpting.

Tues & Wed: 9:00am–1:00pm

### POTTERY: INTERMEDIATE

#### Los Volcanes Senior Center

Explore the fundamentals of creating art with clay! Students are encouraged to explore their own ideas with each lesson and watch your creations or ideas become reality!

Wednesday: 9:00am–12:00pm

### POTTERY: OPEN STUDIO

#### Los Volcanes Senior Center

This class is self-led to give students a chance to work freely on their clay projects or explore more ideas they have to create clay art.

Thursday: 1:30pm–4:30pm

## Crocheting, Knitting, Quilting, Sewing & Weaving

### BUSY BEES CROCHET & KNITTING

#### Palo Duro Senior Center

Projects made with the group, such as blankets, scarves, and hats are donated to various non-profit organizations.

Wednesday: 12:00pm–3:00pm

### CROCHETING

#### Barelas Senior Center

Beginners and experienced are welcome to join for crotchet and good company. **Material not included.**

Thursday: 10:30am–1:00pm

#### Los Volcanes Senior Center

Bring your latest project, exchange ideas & learn new stitches from your fellow knitters.

Wednesday: 9:00am–12:00pm

Friday: 1:30pm–3:30pm

### CROCHETING–HAPPY HOOKERS

#### Manzano Mesa

#### Multigenerational Center

Join us for a delightful time crocheting and creating beautiful designs.

Monday: 1:00pm–3:00pm

### KNITTING/CROCHETING

#### North Domingo Baca

#### Multigenerational Center

Tuesday: 1:00pm–3:00pm

### KNITTING & CROCHETING: PROJECT LINUS

#### Bear Canyon Senior Center

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

Monday: 9:30am–11:30am

### MACHINE QUILTING

#### Manzano Mesa

#### Multigenerational Center

Intermediate quilting using a sewing machine. Designed to make quilts for donation to the VA, Animal Humane, and the Pediatrics unit at NMH.

2<sup>nd</sup> Tuesday: 10:15am–1:00pm

Last Thursday: 9:00am–1:00pm

### QUILTING CLUSTER

#### North Domingo Baca

#### Multigenerational Center

Learn more about cluster quilting and how to create interesting texture and designs to your quilting work.

Friday: 10:00am–4:00pm

### QUILTING: EXPERIENCED

#### Bear Canyon Senior Center

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

Tuesday: 8:30am–11:45am

### QUILTING: HAND

#### North Valley Senior Center

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

Monday: 8:00am–5:00pm

Sunday: 12:30pm–5:00pm

### SWEDISH WEAVING

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

#### Los Volcanes Senior Center

Tuesday: 12:00pm–2:00pm

#### Palo Duro Senior Center

Tuesday: 2:15pm–4:15pm

## Drawing, Painting, Folk Art, Photography & Watercolor

### BEGINNING ACRYLIC PAINTING WITH GILLOTTI

#### Barelas Senior Center

Bring a canvas, or canvas board, brushes if you have them: 1 brush 1" wide min, 2" preferred. This class is for the beginner painter.

Tuesday: 9:00am–12:00pm

### DRAWING

#### Los Volcanes Senior Center

Learn the techniques of free hand drawing.

Thursday: 9:00am–11:00am

### LEARN TO DRAW WITH KELLY

#### North Domingo Baca

#### Multigenerational Center

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

Friday: 9:00am–11:00 am

### NORTH VALLEY PHOTO CLUB

#### North Valley Senior Center

Interested in photography? Please feel free to join us, we welcome all photographers and people interested in learning more about photography. We bring our photos to our meetings and help members with any problems they are having.

1<sup>st</sup> & 3<sup>rd</sup> Monday: 10:00am–11:30am

## CLASSES

### OIL PAINTING: OPEN WORKSHOP

#### Bear Canyon Senior Center

No registration required, bring your own materials.

Wednesday: 8:30am–11:30am

### PAINTING

#### Los Volcanes Senior Center

Learn how to paint and create your own masterpiece with Janet Dominguez!

Tuesday: 9:00am–11:00am

### PHOTOGRAPHY CLASSES

#### North Domingo Baca Multigenerational Center

Learn basic concepts and practice of digital photography, including understanding and use of the camera. Camera not provided. Sign up at the front desk.

Wednesday: 9:00am–10:30am

Thursday: 6:00pm–8:00pm

### RETABLOS/HISPANIC FOLK ART

#### Barelas Senior Center

A retablo is a devotional folk-art painting using iconography derived from traditional Catholic Church art. *Self-taught class.*

Tuesday: 9:00am–11:30am

### ROSEMALERS

#### Highland Senior Center

Rosemaling is Norwegian Folk Art painted mostly on wood. Visit us and we can get you started!

Friday: 9:30am–11:30am

2<sup>nd</sup> Saturday: 10:00am–12:00pm

### VISUAL JOURNALS

#### Bear Canyon Senior Center

This group shares tips, techniques, and ideas for working in an art journal. Each month, a member volunteers to do a demonstration for a technique that can be used in our journals. We use a wide range of supplies to include watercolors, acrylic paints, gesso, rubber stamps and pencils. After the demo in a class, we work in our journals, and then the next month we have a “show and tell” for the journal spread we worked on the previous month.

3<sup>rd</sup> Saturday: 12:00pm–2:30pm

### WATERCOLOR/OPEN STUDIO

#### Highland Senior Center

You may use the open studio time to further explore projects in watercolor. This class is for self-led, intermediate-level students. You must bring your own supplies and the supply list suggested is watercolor paper, watercolor paints, brushes, mixing pallet, watercolor cups, pencils, a big eraser, and a drying towel.

Thursday: 9:30am–12:00pm

### WATERCOLOR: OPEN WORKSHOP

#### Bear Canyon Senior Center

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

Tuesday: 1:00pm–4:00pm

## Other Arts & Crafts

### ARTIST'S CORNER

#### Manzano Mesa

#### Multigenerational Center

Open arts and crafts.

Thursday: 1:00pm–4:00pm

### ART MEDITATION

#### Barelas Senior Center

This class combines the joy of free style art with paying inner attention.

Monday: 10:00am–11:00am

### ARTS & CRAFT– SHARING

#### North Valley Senior Center

Open group setting for all levels of crafters. Share embroidery, crochet, counted cross-stitch, knitting, needlecraft and more.

Wednesday: 10:00am–12:00pm

### BEGINNING JEWELRY CLASS WITH DIANA DAY

#### Bear Canyon Senior Center

Space is limited, please contact Bear Canyon to register.

*\$25–\$35 per person/per class*

3<sup>rd</sup> Friday: 1:00pm–2:00pm

### CREATIVE ART GROUP

#### Palo Duro Senior Center

All are Welcome! Come Join Us and participate in your artistic journey! Make new friends! Have fun! We welcome all media.

Tuesday: 1:00pm–3:00pm

### CARD MAKING

#### North Domingo

#### Multigenerational Center

Thursday: 10:30am–11:30am

### GATHERING OF ARTISTS

#### Highland Senior Center

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

Monday: 10:00am–11:30am

### LAPIDARY: BEGINNERS

#### Palo Duro Senior Center

Learn the craft of working, forming and finishing stone, minerals and gemstones. Open to everyone!

Monday & Tuesday:

8:30am–11:30am

### LAPIDARY: INTERMEDIATE

#### Palo Duro Senior Center

Open to everyone! Learn the craft while using power tools. Join us!

Friday: 8:30am–11:30am

### LAPIDARY: OPEN STUDIO

#### Palo Duro Senior Center

Go at your own pace. *Self-taught.*

Thursday: 8:30am–11:30am

### OFF BEAT ARTISTS

#### Barelas Senior Center

A group of self-directed artists working primarily in drawing and painting mediums. The objective of the group is to work and share creative experiences in an atmosphere of camaraderie. There are no instructions provided, but there are gentle critiques with one another if requested. Participants provide their own materials and work at their own pace. Please join us, just come ready to work and see if we are a good fit for you!

1<sup>st</sup> & 3<sup>rd</sup> Friday: 1:00pm–3:00pm

### ORIGAMI

#### Los Volcanes Senior Center

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

Thursday: 1:30pm–3:30pm

### PORCELAIN DOLLS

#### Los Volcanes Senior Center

Our group is looking for members to learn the art of making a porcelain doll! You will have access to supplies, materials, and firing equipment. Please feel free to join our group!

Thursday: 9:00am–11:00am

## Woodwork, Leather, Stained Glass, Metal & Tin Work

### METAL & SILVER SMITHING

#### Palo Duro Senior Center

Begin with basic skills such as forging, soldering, setting, etc.

Wednesday: 12:00pm–3:00pm

### STAINED GLASS

#### North Valley Senior Center

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

Tues & Thurs: 9:00am–12:00pm

### STAINED GLASS OPEN WORKSHOP

#### Bear Canyon Senior Center

Enjoy learning the art of stained glass in this hands-on open workshop. Learn how to make a pattern, cut glass, use a grinder, and piece projects together using copper foil. Enhance and master soldering skills.

Wednesday: 8:00am–10:15am

### TIN CLASS

#### Los Volcanes Senior Center

Tinsmith is an art form using materials of tin to create art such as cardholders, frames, or any idea you may have. Everyone is welcome to come and learn the fundamentals of tin working.

Wednesday: 1:30pm–4:00pm



# CLASSES

## TIN PUNCHING

### Barelas Senior Center

Tin punching is a colonial art form to make functional and decorative items from tin. *Self-taught class. Materials not included.*

Tuesday: 1:00pm–4:00pm

## WOODCARVING

### Los Volcanes Senior Center

Open to everyone who would like to carve, cut, and shape art into wood! Please join us!

Monday: 8:30am–10:30am

## WOODCARVING

### Manzano Mesa

#### Multigenerational Center

Learn carving techniques, use of hand tools, and start on your way to making fantastic works of art out of wood.

Wednesday: 8:00am–11:30am

## WOODCARVING (Power Tools)

### Los Volcanes Senior Center

Open to everyone, who would like to learn how to create wood art using power tools such as a small texture stone and many more!

Monday: 11:00am–2:30pm

## WOODCARVER WORKSHOP: BEAR CANYON CARVERS

### Bear Canyon Senior Center

Women and men of all skill levels enjoy woodcarving in this on-going class.

Friday: 8:00am–12:00pm



## Composition & Literature Reading & Writing

### CLASSIC & GREAT BOOKS DISCUSSION GROUP

#### Bear Canyon Senior Center

Read and discuss the classics with this group.

2<sup>nd</sup> & 4<sup>th</sup> Friday: 1:00pm–3:00pm

### FREE WRITE WORKSHOP

#### Bear Canyon Senior Center

Free Write is a creative writing workshop for those who want to express themselves through short fiction and real-life stories. Write with Abandon!

3<sup>rd</sup> Thursday: 1:00pm–3:00pm

### INQUIRING MINDS

#### Bear Canyon Senior Center

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

Monday: 10:00am–11:00am

### MEMOIRS – AUTOBIOGRAPHY

#### Bear Canyon Senior Center

Recall and record your favorite memories.

Tuesday: 9:00am–11:15am

### MYSTERY BOOK CLUB

#### Palo Duro Senior Center

Recommendations and discussions of the best mystery and suspense titles.

2<sup>nd</sup> Tuesday: 1:30pm–2:30pm

### SHARING MEMORIES THROUGH WRITING

#### North Domingo Baca Multigenerational Center

Wednesday: 12:30pm–2:00pm

### WORD WRIGHT'S WRITING

#### North Domingo Baca Multigenerational Center

Monday: 1:30am–3:30pm

## Computer

### COMPUTER LAB

#### Barelas Senior Center

Mon–Fri: 8:00am–2:00pm

#### Bear Canyon Senior Center

Mon, Wed, Fri: 9:00am–11:00am

#### Los Volcanes Senior Center

Mon–Fri: 9:00am–1:00pm

#### Manzano Mesa Multigenerational Center

Mon–Fri: 9:00am–11:15am

#### North Valley Senior Center

Tues–Fri: 1:00pm–3:00pm

#### Palo Duro Senior Center

Mon–Fri: 9:30am–11:30am

### INTRO COMPUTER HELP

#### Los Volcanes Senior Center

Questions about navigating emails, browsing the web or just computer basics? Drop in and receive this help from Robert! Sign up at the front desk.

Tuesday: 1:30pm–4:00pm

### SMARTPHONE ASSISTANCE

#### Los Volcanes Senior Center

Do you have questions about your smartphone or just need assistance with using it? Stop by and receive this help! Sign up at the front desk.

Thursday: 8:30am–10:30am

## Dance

### BALLROOM DANCE CLASS

#### Bear Canyon Senior Center

Learn to ballroom dance with Cristel. *\$6.00 per session.*

Thursday: 4:45pm–5:45pm

### BALLROOM DANCING

#### North Domingo Baca Multigenerational Center

Practice major rhythm and ballroom style dances including Foxtrot, Waltz, Tango, Rumba, Cha-Cha and Swing, with other dances sometimes included such as Salsa or Viennese Waltz, are taught. Some fitness, stretching and conditioning may be included.

*Fee based class.*

Saturday: 1:00pm–2:00pm

## BEGINNING BALLROOM DANCING

### Highland Senior Center

Instructor: Beth. Come and learn basic moves for ballroom dancing. No dancing partner required.

Tuesday: 10:00am–12:00pm

### LINE DANCING

#### Barelas Senior Center

##### Beginners

Wednesday: 9:00am–10:00am

##### High Beginners

Wednesday: 10:15am–11:15am

#### Bear Canyon Senior Center

##### Beginners

Tuesday: 1:30pm–3:00pm

##### Improve/Intermediate

Thursday: 3:15pm–4:30pm

##### Intermediate

Tuesday: 3:15pm–4:30pm

##### Advanced

Thursday: 1:30pm–3:00pm

#### Los Volcanes Senior Center

##### Beginners

Thursday: 9:30am–10:30am

#### Manzano Mesa Multigenerational Center

##### Beginners

Monday: 9:15am–11:15am

##### Beginning/Intermediate

Monday: 6:00pm–8:00pm

##### Beginning/Improver

Wednesday: 1:30pm–3:30pm

##### Intermediate

Tuesday: 9:15am–11:15am

Tuesday: 1:30pm–3:30pm

##### Starter

Wednesday: 12:15pm–1:15pm

#### North Domingo Baca Multigenerational Center

##### Beginners

Thursday: 1:30pm–3:00pm

##### Intermediate

Tuesday, Wednesday, Friday:  
1:30pm–3:00pm

## CLASSES

### MANZANO MESA CLOGGERS

**Manzano Mesa Multigenerational Center**  
FUN CLOGGING group, dancing to all kinds of music!  
Friday: 5:00pm–6:30pm

### WISE WOMEN BELLY DANCE

**Manzano Mesa Multigenerational Center**  
Learn the technique and basics to this beautiful centuries-old dance form. *\$5.00 - 1<sup>st</sup> intro class, \$35.00 - for 4 classes.*  
Last Thursday of each Month: 6:00pm–8:00pm

## Games

### BILLIARDS

**Bear Canyon Senior Center**  
Monday–Friday: 8:00am–4:45pm  
Saturday: 9:00am–2:45pm  
\$.25/day

**Palo Duro Senior Center**  
Tuesday: 2:00pm–4:00pm

### BRIDGE – WALK IN

**Bear Canyon Senior Center**  
Wednesday: 12:00pm–3:00pm

### CANASTA HAND & FOOT

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

**Bear Canyon Senior Center**  
Monday & Thursday: 12:00pm–4:30pm

**Palo Duro Senior Center**  
Tuesday: 1:00pm–4:00pm

### CHESS FOR FUN

**Bear Canyon Senior Center**  
Monday: 11:30am–2:30pm  
Wednesday: 11:30am–4:30pm  
Friday: 12:15pm–4:30pm  
Saturday: 9:00am–2:45pm

### CORNHOLE

**Bear Canyon Senior Center**  
Friday: 10:00am–11:00am

### CRIBBAGE

**Bear Canyon Senior Center**  
Monday: 9:00am–11:30am  
Thursday: 9:30am–11:30am

**Palo Duro Senior Center**  
Friday: 1:00pm–3:30pm

### GAME DAY

**Bear Canyon Senior Center**  
Open time to come and play chess, any type of card, board or tile game.  
Wednesday: 9:30am–11:00am

### HEARTS

**Bear Canyon Senior Center**  
Hearts is a trick-taking game typically for four players.  
Friday: 9:00am–12:00pm

### MAHJONG

**Manzano Mesa Multigenerational Center**  
Enjoy an afternoon playing this great tile-based game.  
Monday: 11:00am–2:30pm

### MAHJONG (AMERICAN)

**Bear Canyon Senior Center**  
Game is played with 144 tiles that are drawn and discarded until a player gets a winning hand.  
Monday: 12:00pm–3:00pm

### MAHJONG (FILIPINO)

**Bear Canyon Senior Center**  
Tile based game commonly played by four players.  
Saturday: 12:00pm–2:30pm

### MEXICAN TRAIN

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

**Bear Canyon Senior Center**  
Saturday: 10:00am–12:30pm

**Palo Duro Senior Center**  
Wednesday: 12:00pm–3:00pm

### PINOCHLE

**Bear Canyon Senior Center**  
Pinochle is derived from the card game bezique. Players score points by trick-taking and also by forming combinations of cards into melds.

**Single Deck**  
Friday: 8:00am–12:00pm

**Double Deck**  
Friday: 12:30pm–4:45pm

### SAMBA

**Bear Canyon Senior Center**  
Card game is a variant of canasta, in which six 52-card decks plus 12 jokers are used.  
Friday: 1:00pm–4:00pm

### SHANGHAI RUMMY

**Bear Canyon Senior Center**  
Based on gin rummy played by 3 to 8 players.  
Tues & Thurs: 1:00pm–4:00pm  
Saturday: 12:00pm–2:45pm

## Language

### DUTCH: SPEAKING CLUB

**Bear Canyon Senior Center**  
Practice your Dutch with this fun, easygoing group.  
Friday: 10:00am–11:30am

### FRENCH: BEGINNING I

**Bear Canyon Senior Center**  
Wednesday: 12:00pm–1:00pm

### FRENCH: BEGINNING II

**Bear Canyon Senior Center**  
Wednesday: 1:30pm–2:30pm

### FRENCH: INTERMEDIATE

**North Domingo Baca Multigenerational Center**  
An active, enthusiastic group who enjoy French and cultural activities related to the language.  
Saturday: 9:30am–11:30am

### GERMAN: CONVERSATIONAL

**Bear Canyon Senior Center**  
This class is designed for people with some knowledge of German

grammar and pronunciation who want to improve their long-lost memory from travels and previous classes. Teacher is a native-born German and brings a comprehensive knowledge of customs, culture and language to make this class informative and fun.  
Tuesday: 1:15pm–3:15pm

### GERMAN: INTERMEDIATE

**Bear Canyon Senior Center**  
Tuesday: 10:30am–12:00pm

### GERMAN: INTERMEDIATE

**Palo Duro Senior Center**  
This is not a conversation class. Members will need to have pronunciation and grammar under control and can write sentences with dependent clauses.  
Thursday 9:00am–10:30am

### ITALIAN: BEGINNERS

**Barelas Senior Center**  
Learn the language of love! Whether you are a beginner starting with the basics or looking to practice your skills, this class is for you. This course will introduce you to engage in simple communication.  
Thursday: 11:30pm–12:30pm

### ITALIAN: INTERMEDIATE

**Bear Canyon Senior Center**  
Emphasis is on reading, grammar, conversation and verb conjugation. Acquire the basic tools to get around in Italy, as well as an appreciation of the culture.  
Tuesday: 11:00am–12:30pm

### SPANISH: BEGINNERS

**Barelas Senior Center**  
This class is tailored for beginners and for those trying to sharpen their skills.  
Wednesday: 2:15pm–3:15pm

### SPANISH: CONVERSATION

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

**Barelas Senior Center**  
Wednesday: 1:00pm–2:00pm

**Highland Senior Center**  
Tuesday: 1:00pm–3:00pm



# CLASSES

## SPANISH: CONVERSATION ADVANCED

### Bear Canyon Senior Center

Carry on conversations with others in Spanish. Improve fluency through use. Tuesday: 1:00pm–3:00pm

## SPANISH WORKSHOP: INTERMEDIATE & ADVANCED

### Bear Canyon Senior Center

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

## Music

## ABQ ACCORDION CLUB

### Bear Canyon Senior Center

Group open to accordion players of any level.

2<sup>nd</sup> & 4<sup>th</sup> Thursday: 7:00pm–8:45pm

## BEARTONES

### Bear Canyon Senior Center

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

Thursday: 10:00am–12:00pm

## GUITAR: BEGINNERS

### Bear Canyon Senior Center

You will need your own instrument and music stand.

Wednesday: 8:00am–9:30am

## GUITAR: CLASSICAL BEGINNERS

### Los Volcanes Senior Center

Classical guitars can also be great instruments for beginners. Learn to play classical guitar with these beginner lessons.

Friday: 10:00am–12:00pm  
& 12:00pm–2:00pm

## GUITAR: INTERMEDIATE ACOUSTIC ROCK/AMERICANA

### Bear Canyon Senior Center

Wednesday: 10:00am–11:30am

## GUITAR: INTERMEDIATE/ ADVANCED

### Bear Canyon Senior Center

Thursday: 1:00pm–3:00pm

## GUITAR: JAM SESSION– EXPERIENCED

### Bear Canyon Senior Center

A jam session for experienced guitar players.

Monday: 1:00pm–4:00pm

## GUITAR: WORKSHOP INTERMEDIATE

### Bear Canyon Senior Center

Monday: 9:00am–11:00am

## HIGHLAND HARMONIZERS

### Highland Senior Center

Join a group of singers who enjoy singing 4-part harmony. Can participate in a few performances during the year.

Wednesday: 10:00am–12:00pm

## HIGHLAND JAM SESSION

### Highland Senior Center

Open jam session to anyone who wants to sit-down and share the gift of music with others. Bring an instrument or two if you have one. Come share your musical experience with old friends or meet new people! 2<sup>nd</sup> Saturday: 1:30pm–3:30pm

## LIVE MUSIC KARAOKE SINGING CLASS

### Bear Canyon Senior Center

Singing with Norio Hayakawa.

Wednesday: 3:00pm–4:00pm

## MUSIC CIRCLE-SING & STRUM

### North Domingo Baca Multigenerational Center

Wednesday: 10:00am–11:00am

## PIANO: OPEN WORKSHOP

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

### Bear Canyon Senior Center

Friday: 9:00am–10:30am

### Palo Duro Senior Center

Monday: 9:00am–11:00am

## PIANO: WORKSHOP

### Bear Canyon Senior Center

Students late elementary to advanced. Bring your own piano music books. Music will be provided. Friday: 10:45am–12:00pm

## SING-A-LONG

### Manzano Mesa

### Multigenerational Center

Bring your voices and join other members as you sing some of your favorite songs.

Tuesday: 1:30pm–2:30pm

## UKULELE CLUB

### Bear Canyon Senior Center

1<sup>st</sup> & 3<sup>rd</sup> Monday: 2:00pm–4:00pm

## Sports & Fitness

## ACUPRESSURE

### Los Volcanes Senior Center

Acupressure is a form of Chinese medicine, which restores harmony in the body, mind and spirit. Focus primarily on physical pain, my particular style is very gentle. Headaches, sinus congestion, nerve issues, muscle restriction and arthritic pain can all be improved using the acupoints and the meridian system. Please see Linda to schedule.

Monday: 9:00am–2:00pm

## AEROBICS

### Barelas Senior Center

Come experience a fun exercise class set to some great oldies' music! Exercise at your own level with a combination of cardio exercises along with weights and resistance bands. Tuesday: 10:00am–11:00am

### Highland Senior Center

Our classes are fun routines designed with low impact aerobic exercises to strengthen the cardiovascular system. Mon, Wed & Frid: 9:00am–10:00am

### Manzano Mesa

### Multigenerational Center

This energetic class challenges you with a variety of low impact aerobic techniques.

Mon, Wed & Frid: 8:15am–9:15am

## AEROBICS & PILATES STRETCHING

### Barelas Senior Center

Come join us for aerobic exercise along with Pilates stretching on mats and use of weights. Work at your own level and improve your coordination and balance.

Thursday: 1:30pm–2:30pm

## AEROBICS: SALSA

### Los Volcanes Senior Center

Learn the fundamentals of Latin Dance such as Salsa, Merengue, Bachata, Brazilian Samba and always sexy Cha-Cha! Fitness shoes or dance shoes required.

Tuesday: 2:30pm–3:30pm  
Saturday: 9:30am–10:30am

## BADMINTON

### North Domingo Baca Multigenerational Center

Tuesday: 6:00pm–8:00pm

## BASKETBALL 50+

### North Domingo Baca Multigenerational Center

Monday: 12:00pm–2:30pm  
Wednesday: 6:00pm–8:15pm  
Saturday: 9:00am–11:00am

## BASKETBALL: OPEN GYM ALL AGES

### North Domingo Baca Multigenerational Center

Mon & Fri: 5:00pm–8:15pm  
Tues & Thurs: 10:30am–2:30pm  
Mon–Fri: 5:00pm–6:00pm  
Saturday: 11:00am–2:00pm

## DANCE & MOVEMENT FOR PARKINSON'S

### North Valley Senior Center

Join in the musicality, rhythm, expression, inventiveness and sheer physical pleasure of dance. Customized for all abilities.

1<sup>st</sup> & 3<sup>rd</sup> Thursday: 2:00pm–3:00pm

## CLASSES

### DANCING WITH THE BARS

#### Bear Canyon Senior Center

Dancing with the Bars is a movement exercise form of dancing—to the bars of music. It's a fun way to achieve a fit, toned body, and serene mind. It is user friendly, playful, and easy.

Thursday: 8:30am–9:15am

### ENHANCE FITNESS

#### North Domingo Baca Multigenerational Center

Each class session includes cardiovascular, strength training, balance and flexibility exercises.

Mon, Wed & Fri: 8:05am–9:05am & 10:15am–11:15am

#### North Valley Senior Center

Improve balance, flexibility, bone density, coordination, endurance, alertness, strength and help with fall prevention, in this evidence-based senior fitness class. A base-line assessment will be conducted at the start and you will be pleased with the gains you have made at the 16-week assessment.

Mon, Tues & Frid: 8:15am–9:15am

### FELDENKRAIS

#### North Domingo Baca Multigenerational Center

Feldenkrais exercises are unlike any other form of exercise. Instead of stretching or using muscular effort, Feldenkrais exercises stimulate the brain with an ingenious blend of gentle movement and guided attention to bring about improvements in the body.

Tuesday: 10:00am–11:00am & 6:00pm–7:00pm

### FIT FOR SENIORS

#### North Domingo Baca Multigenerational Center

Fitness focused on heart and respiratory, muscle strengthening, flexibility, and balance. *Fee based class.*

Tues & Thurs: 9:30am–10:30am

### FLEX & TONE

#### Highland Senior Center

Elongate and strengthen your muscles, increases flexibility, improves posture and helps develop a strong core.

Tues & Thurs: 8:15am–9:15am

#### Manzano Mesa

##### Multigenerational Center

Elongate and strengthen your muscles to achieve increased flexibility, improve posture and develop a strong core.

Tues & Thurs: 8:15am–9:15am

### FUNCTIONAL FITNESS

#### Manzano Mesa

##### Multigenerational Center

Functional fitness includes movements such as walking, pushing, pulling, bending, squatting, lunging, and core. These exercises improve functional strength.

Tuesday: 6:30pm–7:30pm

### GENTLE EXERCISE

#### Highland Senior Center

Participants in this class are mostly seated in a chair as they utilize weights, balls, and bands to focus on strength building with resistance.

Mon, Wed & Fri: 10:15am–11:15am

#### Manzano Mesa

##### Multigenerational Center

Primarily in a chair. The focus is resistance training to build strength using small balls, bands, and hand weights.

Mon, Wed & Fri: 9:30am–10:30am



### JAZZERCISE

#### North Domingo

##### Multigenerational Center

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

Monday: 9:15am–10:15am

& 4:30pm–5:30pm

Tues & Thurs: 8:05am–9:05am

Wednesday: 4:30pm–5:30 pm

Friday: 9:10am–10:10am

Saturday: 10:20am–11:20am

### KARATE

#### North Domingo Baca

##### Multigenerational Center

Tues & Thurs: 5:00pm–8:00pm

### KENDO

#### North Domingo Baca

##### Multigenerational Center

Wed & Fri: 6:00pm–7:30pm

### PICKLEBALL

#### Los Volcanes Senior Center

Pickleball is a paddle sport that combines elements of tennis, badminton, and table tennis. For beginners or anyone looking to enjoy the fun sport of Pickleball!

Monday: 9:30am–11:00am & 1:30pm–4:00pm

5<sup>th</sup> Wednesday: 9:30am–11:00am

Thursday: 4:30pm–6:30pm

### PICKLEBALL: LEARN TO PLAY

#### North Domingo Baca

##### Multigenerational Center

Pickleball is a paddle sport that combines elements of tennis, badminton, and table tennis. For beginners, novice or anyone looking to enjoy the fun sport of Pickleball.

Wednesday: 12:00pm–2:00pm

(hours will change in the summer June–August 10:45am–12:45pm)

### PICKLEBALL: OPEN PLAY

Pickleball is a paddle sport that combines elements of tennis, badminton, and table tennis. For beginners or anyone looking to enjoy the fun sport of Pickleball.

#### Manzano Mesa

##### Multigenerational Center

Thursday: 2:00pm–4:00pm

(Returning second week in August)

Saturday: 9:00am–1:00pm

#### North Domingo Baca

##### Multigenerational Center

Thursday: 6:00pm–8:30pm

Friday: 12:00pm–2:00pm

(hours will change in the summer June–August 10:45am–12:45pm)

### PICKLEBALL: TRAINING

Learn the paddle sport that combines elements of tennis, badminton, and table tennis. For beginners or anyone looking to enjoy the fun sport of Pickleball.

#### Barelas Senior Center

Monday: 1:30pm–3:30pm

#### Manzano Mesa

##### Multigenerational Center

Tues & Thurs: 9:30am–11:30am

(Returning second week in August)

### PILATES

#### Barelas Senior Center

Increase core strength, balance and flexibility while having fun. Students of all levels can safely participate in these invigorating 50-minute classes. Emphasis is placed on improving balance skills, strengthening abdominals and back for improved posture, and ease of movement for doing everyday tasks. All of the fundamental movements and Pilates exercise principles are incorporated into the mat classes.

Monday: 8:30am–9:30am

#### North Valley Senior Center

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

Wednesday: 8:30am–9:30am



# CLASSES

## REFLEXOLOGY

### Los Volcanes Senior Center

Reflexology is a type of massage that involves applying different amounts of pressure onto the feet to help you relax and feel better. Reflexology helps to improve blood circulation and energy in the body.

Tuesday: 9:00am–12:00pm

## SHUFFLEBOARD

### Manzano Mesa

#### Multigenerational Center

This sport where weighted discs are pushed with cues down a narrow court into a scouring area.

Tuesday: 1:00pm–4:00pm

## TAI CHI

### Highland Senior Center

Improved strength, flexibility, peace of mind and relaxation.

Thursday: 10:30am–11:30am

### Manzano Mesa

#### Multigenerational Center

A moving meditation in the form of a series of gentle exercises that create harmony between the mind & body.

Tues & Thurs: 9:00am–10:00am

### North Valley Senior Center

Tai Chi is an ancient Chinese exercise that focuses on the benefits of flexibility, muscle strengthening, and endurance training. This exercise class can help older adults improve their balance and lower their fall risk.

Wednesday: 9:30am-10:30am

## TAI CHI CHIH

### North Valley Senior Center

Tai Chi Chih is a mindfulness moving meditation. It is composed of only 19 moves and one pose. Some benefits of Tai Chi Chih are peace of mind, helps improves health, and brings joy. Donations welcomed!

Monday: 2:00pm–3:00pm

## TAI-CHI FOR HEALTH

### Barelas Senior Center

Tai Chi for Arthritis and falls Prevention has been shown to prevent falls, reduce pain, improve physical and cognitive function, enhance self-efficiency, relieve depression and increase health-related quality of life.

Thursday: 1:15pm–2:15pm

## T'AI CHI CH'UAN

### Bear Canyon Senior Center

A form of martial arts that provides a cardiovascular workout and improves balance.

Saturday: 11:30am–1:00pm

*Open to new participants every January and July each year.*

## T'AI CHI CHIH PRACTICE

### Bear Canyon Senior Center

Wednesday: 3:30pm–4:00pm

## T.N.T DYNAMITE

### Bear Canyon Senior Center

Trim and tone your body with this class designed to fit your own individual needs and abilities. Work at your own pace toward improving strength, stamina, and muscle tone.

*\$2.00 per session.*

Mon, Wed & Fri: 9:30am–10:30am

## YOGA

### North Domingo Baca

#### Multigenerational Center

Combine physical postures, breathing techniques, meditation and relaxation to promote mental and physical well-being. *Fee based class.*

Monday: 9:00am–10:00am

Friday: 1:00pm–2:00pm

## YOGA: BEGINNERS

### Manzano Mesa

#### Multigenerational Center

Class is slower paced than an all-levels class, and focused on developing clear and safe alignment in foundational poses. Come to learn, play, and maybe even break a sweat in a supportive environment. All bodies are welcome.

Wednesday: 5:30pm–6:30pm

## YOGA: BELTS & BLOCKS

### North Valley Senior Center

Belts and Blocks Yoga focuses on improving stability, support and balance, and posture. The use of blocks and belts helps the body stretch deeper and achieve new depths, while teaching your muscles to move in a completely new way.

*Donations welcome.*

Thursday: 9:00am–10:00am

## YOGA: CHAIR

Chair yoga is a gentle practice in which postures are performed while seated and/or with the aid of a chair. When standing, the chair is used to help with and improve balance. Chair yoga helps increase flexibility, strength and body awareness.

### Bear Canyon Senior Center

Monday: 2:30pm–3:30pm

*\$5.00 per class.*

### North Valley Senior Center

Fridays:10:00am–11:00am

*\$5 per class.*

## YOGA: DEEP STRETCH

### Bear Canyon Senior Center

*\$5 per class*

Thursday: 11:30am–12:30pm

## YOGA: ENERGY

An eclectic style of yoga combining traditional yoga with Korean style yoga. Incorporates gentle stretching, movements, breathing and meditation to enhance energy circulation and accumulation All body conditions will benefit. Chairs can be used to facilitate your participation. The objective of the class is to create flexibility, free flowing energy, centeredness, relaxation and peace of mind.

### Barelas Senior Center

Thursday: 9:00am–10:00am

### Highland Senior Center

Tuesday: 10:30am–11:30am

## YOGA: ENERGY

Dahn Yoga is the yoga of stress relief. Increase flexibility, improve breathing patterns and concentration. Through committed practice class members can also manage problems with weight.

### North Valley Senior Center

Tues & Thurs: 3:15pm–4:15pm

*Cost: \$3*

## YOGA: HATHA BLEND

### Manzano Mesa

#### Multigenerational Center

A yoga class described as 'Hatha' will typically involve a set of physical postures and breathing techniques, practiced more slowly and with more static posture holds than perhaps a Vinyasa flow or Ashtanga class. Hatha yoga is about finding balance.

Monday: 6:00pm–7:15pm

## YOGA: LAUGHTER

### Manzano Mesa

#### Multigenerational Center

Laughter yoga (*Hasyayoga*) is a modern exercise involving prolonged voluntary laughter. This type of yoga is based on the belief that voluntary laughter provides similar physiological and psychological benefits as spontaneous laughter.

Saturday: 9:00am–10:00am

## YOGA & FITNESS CLASS

### Bear Canyon Senior Center

Friday: 10:00am–11:00am

## ZUMBA

### North Domingo Baca

#### Multigenerational Center

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

Mon, Wed & Sat: 9:15am–10:15am

## ZUMBA

### North Valley Senior Center

Zumba fuses Latin rhythms and easy-to-follow moves to create a fitness program that will blow your mind. Ditch the workout! Join the party! *Cost: Donations welcome.*

Tuesday: 5:30pm–6:30pm

## CLASSES

### ZUMBA GOLD

#### Bear Canyon Senior Center

Check out this fun dance/aerobics class. No dance experience required. \$2 *per session*.

Monday, Wednesday & Friday:  
8:15am–9:15am

#### Manzano Mesa

#### Multigenerational Center

Is for active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower intensity.

Monday & Wednesday:  
10:45am–11:45am

#### North Domingo Baca

#### Multigenerational Center

A moderate exercise and fitness program that combines upbeat Latin and international music and easy-to-follow dance moves.

Tuesday: 9:15am–10:15am

## LUNCHEON EVENTS



### Annual Holiday Senior Luncheon Events

Reservations and pre-payment are required. For more information, please contact the hosting senior or multigenerational center directly.

### THANKSGIVING DAY LUNCHEON

#### Bear Canyon Senior Center

Thursday, November 23<sup>rd</sup>, 2023 11:00am–1:00pm

### WINTER HOLIDAY SENIOR LUNCHEON

#### Barelas Senior Center

Monday, December 25<sup>th</sup>, 2023 11:00am–1:00pm

## SENIOR EVENTS

Visit [cabq.gov/seniors/events](http://cabq.gov/seniors/events) for updated details regarding Senior Affairs annual events.

### AGELESS ARTISAN CRAFT FAIR

Saturday, November 18<sup>th</sup> North Valley Senior Center

### FALL PREVENTION EVENT

Friday, September 22<sup>nd</sup> Location: TBD

### NATIONAL SENIOR CENTER MONTH CELEBRATION

Wednesday, September 20<sup>th</sup> Los Volcanes Senior Center

## GROUPS, CLUBS & COMMUNITY GROUPS

### ABQ ASTRONOMICAL SOCIETY (TAAS)

#### Manzano Mesa

#### Multigenerational Center

TAAS is one of the largest and most active astronomy clubs anywhere. Our motto “Observe-Educate-Have Fun”.

1<sup>st</sup> Wednesday of the Month:  
7:00pm–8:45pm

### ABQ FIBROMYALGIA SUPPORT GROUP

#### North Domingo

#### Multigenerational Center

1<sup>st</sup> Tuesday of the Month:  
1:00pm–2:30pm

### ALZHEIMER’S ASSOCIATION MEETING

#### Manzano Mesa

#### Multigenerational Center

3<sup>rd</sup> Monday of the Month:  
10:00am–12:00pm

### BIBLE STUDY

#### Los Volcanes Senior Center

Join us every week. Bring your bible if you have one, not required.

Tuesday: 9:30am–11:00am

#### Manzano Mesa

#### Multigenerational Center

Thursday: 10:00am–11:00am

#### North Domingo Baca

#### Multigenerational Center

Mon & Wed: 9:00am–10:00am  
Friday: 9:00am–10:30am

### BIBLE STUDY (Women’s)

#### North Domingo Baca

#### Multigenerational Center

Tuesday: 10:00am–11:30am

### CHEROKEES OF NM

#### Manzano Mesa

#### Multigenerational Center

Members of the Cherokee Nation gather to discuss traditions & culture.

1<sup>st</sup> Saturday: 12:00pm–2:45pm

### CHEROKEE SW TOWNSHIP

#### Bear Canyon Senior Center

Members of the Cherokee Nation gather to discuss traditions & culture.

2<sup>nd</sup> Saturday: 10:30am–2:30pm

### DEAF SENIORS OF GREATER ABQ GROUP

#### Palo Duro Senior Center

Social group for Deaf Seniors.

Thursday: 8:30am–10:30am

### FISHERMAN’S CLUB

#### North Valley Senior Center

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

Monday: 10:00am–11:00am



# GROUPS, CLUBS & COMMUNITY GROUPS

## FISHING CLUB

### Bear Canyon Senior Center

Male and female anglers at all levels meet weekly to decide where the group will go fishing in New Mexico.  
Monday: 1:00pm–2:00pm

### Los Volcanes Senior Center

Interested in learning about fishing? Join our fishing club and go on fishing excursions to various lakes!  
Wednesday: 9:00am–10:00am  
Trips every Thursday: *Time is TBD*

## GRIEF SUPPORT

### Bear Canyon Senior Center

A support group for those who are grieving the loss of people, places, things, who are lonely or facing life challenges. This group provides a friendly, caring, and often cheerful and enjoyable environment to heal the heart and give you peace of mind.  
Monday: 3:00pm–4:30pm

## HAPPY LOSERS

### Bear Canyon Senior Center

Be supported in your weight loss journey. Weight Loss Group.  
Thursday: 8:00am–9:15am

## HIGH ENERGY ACTIVE TRAVELER (H.E.A.T)

### Bear Canyon Senior Center

Come join other adventurers who want to explore and travel together.  
1<sup>st</sup> & 3<sup>rd</sup> Friday: 1:00pm–3:00pm

## ITALIAN CULTURE GROUP FILM

### North Domingo Multigenerational Center

1<sup>st</sup> Day of the Month:  
6:00pm–8:00pm

## INVESTMENT CLUB

### Palo Duro Senior Center

Provide sound investment information and education resources that will help create successful stock market investors. Members learn fundamental stock analysis using Stock Selection Guide Software and from other resources.

All club members are seniors and are members of the Palo Duro Senior Center.

3<sup>rd</sup> Tuesday: 10:00am–12:00pm

## LIONS CLUB

### Manzano Mesa

#### Multigenerational Center

Serve and take an active interest in the civic, cultural, social and moral welfare of the community.

1<sup>st</sup> & 3<sup>rd</sup> Monday: 6:00pm–7:00pm

## LIP READING

### Bear Canyon Senior Center

Learn to hear with your eyes and never miss a word again!  
*\$5 fee for book.*

Monday: 12:30pm–1:30pm

## MAH JONGG GROUP

### North Domingo Baca

#### Multigenerational Center

Monday, Wednesday, Thursday:  
12:00pm–1:00pm

## MULTIPLE SCLEROSIS SELF-HELP GROUP

### North Domingo Baca

#### Multigenerational Center

3<sup>rd</sup> Thursday of the month:  
1:00pm–2:30pm

## NM COUNCIL OF CAR CLUBS MEETING

### Manzano Mesa

#### Multigenerational Center

4<sup>th</sup> Wednesday: 6:00pm–8:00pm

## OLOC (OLDER LESBIAN'S ORGANIZING FOR CHANGE)

### Highland Senior Center

A cooperative community of Old Lesbian feminist activists from many backgrounds working for justice, and the well-being of all Old Lesbians. OLOC Mission Statement is *"To eliminate the oppression of ageism, and to stand in solidarity against all oppressions."*

3<sup>rd</sup> Saturday: 12:30pm–3:30pm

## PHILATELIC CLUB

### Palo Duro Senior Center

Come and Join us every week for stamp collecting.

Monday: 12:00pm–2:00pm

## PROSTATE CANCER SUPPORT

### Bear Canyon Senior Center

A support group for men going through prostate issues.

1<sup>st</sup> & 3<sup>rd</sup> Saturday: 12:30pm–2:45pm

## ROCKHOUNDS GROUP (Albuquerque Senior)

### Los Volcanes Senior Center

We are a group of explorers that head to hills and valleys around our beautiful state. We love to collect rocks, flora, and other unique items from public lands. If you like to get out and enjoy nature, join this group!

Meetings: 1<sup>st</sup> & 3<sup>rd</sup> Thursday: 12:00pm–1:00pm

Trips: 2<sup>nd</sup> & 4<sup>th</sup> Thursday: *Time is TBD*

## ROCK HOUNDS

### Palo Duro Senior Center

Travel with us and look for treasures.

Meetings: 1<sup>st</sup> & 3<sup>rd</sup> Thursday 12:00pm–1:00pm

Trips: 2<sup>nd</sup> & 4<sup>th</sup> Thursday: *Time is TBD*

## ROTARY CLUB

### North Domingo

#### Multigenerational center

Tuesday: 12:00pm–1:30pm

## SAGE MEN'S COFFEE GROUP

### Highland Senior Center

Men's sharing session about what's happening in our lives and our community. Discussion on how we can become more inclusive for LGBT older adults and all the members of our community.

Every Other Wednesday:  
10:00 am–12:00pm (*Please check with center for June & July times*)

## SENIOR LGBT MONTHLY MEETING

### Highland Senior Center

Sharing session about what's happening in our lives and our community. Discussion on how we can become more inclusive for LGBT older adults and all members of our community.

2<sup>nd</sup> Thursday of the month:  
2:00pm–4:00pm

## SIGLO DE ORO RV GROUP

### Bear Canyon Senior Center

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.  
*\$25 membership dues.*

3<sup>rd</sup> Tuesday: 10:00am–11:00am  
(*except November and December*)

## SPEAK WITH DISTINCTION TOASTMASTERS

### Manzano Mesa

#### Multigenerational Center

Practice and sharpen your public speaking skills.

Thursday: 5:30pm–6:30pm

## T.O.P.S

Helping people take off pounds sensibly.

### Palo Duro Senior Center

Monday: 11:45am–1:00pm

### Manzano Mesa

#### Multigenerational Center

Friday: 10:00am–11:30am

## VFW POST 10763

### Bear Canyon Senior Center

Veterans of foreign wars get together to share experiences.

1<sup>st</sup> Thursday: 9:30am–11:00am

## ZIA SUNDIALS CHAPTER #106

### Bear Canyon Senior Center

Members of the National Association of Watch and Clock Collectors.

2<sup>nd</sup> Saturday: 12:30pm–2:30pm

# Our Volunteering Opportunities

## Become a volunteer with the City of Albuquerque Department of Senior Affairs!

Volunteers play a critical role in achieving the Department of Senior Affairs' mission. Whether you're a younger resident interested in lending a hand, a group that wants to give back, or a senior hoping to get more involved in the community, the Department of Senior Affairs (DSA) has a volunteer opportunity for you!

Visit [oneabqvolunteers.com](http://oneabqvolunteers.com) to join our newest volunteer program, Volunteers In Action (VIA)!

VIA enables people of all ages to assist with existing programming, enhance special events, or support ongoing activities here at DSA. Sign-up to start serving with seniors today!

### Volunteers of any age can help, sign up today:

- Visit [cabq.gov/seniors/senior-volunteer](http://cabq.gov/seniors/senior-volunteer) for volunteer opportunities.
- Email [servewithseniors@cabq.gov](mailto:servewithseniors@cabq.gov) or call 505-764-1009 for more information.
- Volunteers age 55 and over may choose an AmeriCorps Seniors program.



## AmeriCorps Seniors Volunteer Programs



AmeriCorps Seniors is a suite of national volunteer programs for Americans 55 years and older and is federally funded by AmeriCorps. In New Mexico, AmeriCorps Seniors is jointly administered by the Aging & Long-Term Services Department. The City of Albuquerque Department of Senior Affairs has sponsored AmeriCorps Seniors for over 40 years! It is made up of three programs that each take a different approach to improving lives and fostering civic engagement. All three programs offer orientation, reimbursements for travel, supplemental insurance while serving, and annual recognition events.

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

## RSVP Volunteers Make a Difference in Albuquerque!

RSVP recruits and places volunteers in government and non-profit organizations to meet community needs. With RSVP, you choose how much time you want to give and whether you want to share your skills or develop new skills. RSVP is one of the largest volunteer networks in the nation for people 55 and over. Please note that all volunteers must pass a Background Check that includes a National Sex Offender Check.

## Thank you to our Volunteer Sponsors:



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



## Foster Grandparents Help Children Succeed!

Foster Grandparents serve as tutors and mentors assisting children in need of extra attention for educational, social and emotional development. Foster Grandparents serve under the supervision of teachers and specialists in Albuquerque Public Schools, Charter Schools, YDI Headstart Programs, City of Albuquerque Child Development Centers, 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 \$4 per hour. All you need to join is the ability to give the kind of comfort and love that sets a child on the path toward a successful future. Please note that all volunteers must pass a fingerprint-based background check.



## Senior Companions are Seniors Helping Seniors!

Senior Companions are older adults who help other adults live independently and can provide support to family caregivers. They assist with grocery shopping and other daily tasks necessary to maintain 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 \$4 per hour. You don't need medical or technical skills to be a Senior Companion. All you need to know is how to be a friend. Please note that all volunteers must pass a fingerprint-based background check.

**To get involved, call: 505-764-6400 or visit [cabq.gov/seniors/senior-volunteer](http://cabq.gov/seniors/senior-volunteer).**



**ONE  
ALBUQUE  
RQUE**

## Volunteer Today

**We offer a wide variety of volunteer opportunities.**

Do you have time, talents, skills, or hobbies you would like to share?  
If you do, please call **505-764-6400**.


# SENIOR AND MULTIGENERATIONAL RECREATION ACTIVITIES AND EVENTS

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.

For specific Senior and Multigenerational centers current, ongoing schedule of events and classes, you can visit with center staff or view each center's monthly newsletter online by visiting the center location page located at: [cabq.gov/seniors](http://cabq.gov/seniors)




CITY OF  
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HOW TO USE

DEPARTMENT OF SENIOR AFFAIRS

Home / Department Of Senior Affairs / Locations & Centers



> About Senior Affairs

> Senior Services

> Locations & Centers

> Barelas Senior Center

> Bear Canyon Senior Center

> Highland Senior Center

> Los Volcanes Senior Center

> North Valley Senior Center

Senior

Find the locations

About Our Centers

- All senior, multigenerational, and 50+ Fitness Centers are open for full operations.
- Some virtual resources are available at [Facebook.com/cabqseniors](https://facebook.com/cabqseniors) or our website here.
- Stay active and connected at home with our virtual resources available at [Facebook.com/cabqseniors](https://facebook.com/cabqseniors) or our website here.

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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.

Highland Senior Center

Information about Highland Senior Center.

All senior, multigenerational, and 50+ Fitness Centers are open for full operations.

You can also stay active and connected at home with our virtual resources available at [Facebook.com/cabqseniors](https://facebook.com/cabqseniors) or our website here.

Address

131 Monroe NE  
Albuquerque, NM 87108

Hours

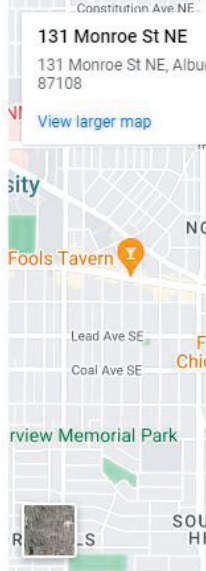
Effective July 6, 2021:

Monday, Tuesday, Thursday, Friday: 8 AM to 5 PM;  
Wednesday: 8 AM to 7 PM;  
Saturday: 10 AM to 4 PM

Phone

(505) 767-5210

Map



Newsletter

June 2023


Contacts

- Center Manager Julianna Brooks, [jbrooks@cabq.gov](mailto:jbrooks@cabq.gov)
- Program Coordinator, Chris Rogers, [crogers@cabq.gov](mailto:crogers@cabq.gov)




# DEPARTMENT OF SENIOR AFFAIRS ANNUAL EVENTS

For updated event dates, location, schedule and information, visit: [cabq.gov/seniors/events](http://cabq.gov/seniors/events)



CITY OF  
ALBUQUERQUE



HOW CAN WE HELP

DEPARTMENT OF SENI

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> About Senior Affairs

> Department of Senior Affairs Advisory Council

> Community Partners

> Senior Affairs Events

> Senior Affairs News

> Senior Information & Assistance

> Stay Connected From Home

> Director of Senior Affairs

Department of Senior Affairs

General information about the Department of Senior Affairs

**Our Mission:** We are committed to providing resources and services that embrace aging.

Department of Senior Affairs offers a variety of programs and services with a mission to provide resources with a focus on ways to help seniors contribute to the community. The Department focuses on ways to help seniors contribute to the community, including social volunteer programs.

Important Notice

## JANUARY

2023 Tax Assistance  
Senior Day at The Legislature

## FEBRUARY

Valentine's Day Dance and Luncheons  
Health Resource Fair  
50+ Games Swimming Event

## APRIL

Health Resource Fair  
Technology Fair  
"Senior" Prom

## MAY (OLDER AMERICANS MONTH)

National Senior Health and Fitness Day  
Youth Summer Program Registration  
50+ Games Track & Field  
"A Senior I Know" Essay Contest Award Ceremony

## AUGUST

"Cruzin' into the School Year"

## SEPTEMBER

NM Conference on Aging  
Falls Prevention Fiesta  
Senior Day at the State Fair

## OCTOBER

Primetime Expo Event  
HEATS ON  
50+ Sports and Fitness Pickleball Tournament  
Halloween Dance & Multigenerational Carnivals

## NOVEMBER

Ageless Artisan Craft Fair  
Annual Pool Tournament hosted by Los Volcanes  
Annual El Camino Real Garden Veterans Ceremony  
Senior Thanksgiving Luncheon on Thanksgiving Day

## DECEMBER

Senior Holiday Luncheon on Christmas Day

## MULTIGENERATIONAL CENTER YOUTH RECREATIONAL PROGRAMS

The Department of Senior Affairs provides services to Bernalillo County's youth ages 5 through 13 years old at North Domingo Baca and Manzano Mesa Multigenerational Centers. In addition to the traditional adult programming and services offered at the six Senior Centers, the two Multigenerational Centers provide an array of intergenerational programming including various recreation programs. Along with Summer Break Youth Programs, there are additional Fall and Winter Break programs available throughout the school year.

During the school year, North Domingo Baca Multigenerational Center offers an after-school program, Monday–Friday: 2:30pm–5:30pm which includes transportation from Edmund G. Ross Elementary School to the center site.

Manzano Mesa Multigenerational Center offers an afterschool program, Monday–Friday: 2:30pm–5:30pm. Manzano Mesa's after-school also offers transportation from Manzano Mesa Elementary School.



## MULTIGENERATIONAL PROGRAMMING

- > Senior Services
- > Locations & Centers
- > 50+ Sports & Fitness
- > Volunteer With Us!
- > Youth Programs
  - > North Domingo Baca Youth Programs
  - > Manzano Mesa Youth Programs
  - > A Senior I Know Essay Contest
- > Membership

### A Senior I Know Essay Contest

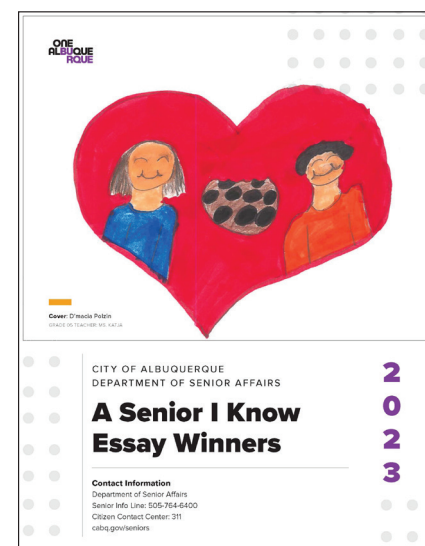
**An opportunity for children to share how senior relationships have positively influenced their lives.**

Older and younger generations have a lot to learn from one another and one way to keep younger generations connected to significant older adults in their lives is to give opportunities to share how these relationships have positively influenced their values and beliefs.

Every year, The Department of Senior Affairs sponsors the annual A Senior I Know essay contest for students in grades 1-5.

To read this year's winning essays, please visit:

[cabq.gov/seniors/youth-programs/a-senior-i-know-essay-contest](http://cabq.gov/seniors/youth-programs/a-senior-i-know-essay-contest)







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**DEPARTMENT OF  
SENIOR AFFAIRS  
2023 ACTIVITIES  
CATALOG**

**P:** 505-764-6400

**W:** [cabq.gov/seniors](https://cabq.gov/seniors)

**E:** [seniorinformation@cabq.gov](mailto:seniorinformation@cabq.gov)

**Citizen Contact Center:** 311

*July through December 2023*



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



**Anna M. Sanchez,**  
*Director,  
The City of Albuquerque  
Department of Senior Affairs*