Over 400 activities inside!

Sports & Fitness Catalog
NOVEMBER 2014 - NOVEMBER 2015

ABQ 50+

Sports & Fitness Knows No Age!

505-880-2800
www.cabq.gov/seniors
Citizen Contact Center: 311
Be Active, Stay Active!

Dear Friends,

I am happy that you have the City of Albuquerque Department of Senior Affairs 50+ Sports and Fitness Program for 2015. The theme of this year’s catalog is “Sports & Fitness Knows No Age!” and this catalog highlights what perseverance, training, exercise and physical activity can do for you, no matter what our age. Everyone has heard the saying, “You’re only as old as you feel.” An active lifestyle can produce long-term health benefits regardless of your age. It helps prevent chronic diseases, controls weight, promotes strong bone, muscle, and joint development, and builds overall strength and endurance. I challenge you to exceed the expectations and the societal limitations of aging by trying a new sport or finding a physical activity that interest you. The Department of Senior Affairs 50+ Sports and Fitness Program offers a wide variety of indoor and outdoor activities that help you stay active, meet new friends, and offer new experiences that you may have thought were impossible. Remember, you are only as old as you think you feel. Therefore, I encourage you to take a look through this 50+ Sports & Fitness catalog and find an activity or class that can help you improve your health and allow you to stay productive, strong and vibrant throughout your “Golden” years.

Age Well,

Mayor Richard J. Berry

Be Active, Stay Active!

Dear Friends,

As we grow older, an active lifestyle is more important than ever. We are living well into our 80s, 90s, and 100s and one of the best gifts we can give to ourselves and our families is to stay active and healthy. Regular exercise can help boost energy, maintain your independence and even reverse some of the symptoms of aging. Some people may not feel comfortable exercising or participating in a sport; some may feel too old or too frail, while others believe their medical condition prevents them from performing strenuous activity. Exercise and physical activity need not be strenuous, and can be done at any age.

It is fitting that the theme of this year’s City of Albuquerque Department of Senior Affairs 50+ Sports and Fitness Program catalog is “Sports & Fitness Knows No Age!” This catalog features a comprehensive program of fitness activities, classes, and sports programs for all ages and abilities. Whether you enjoy walking, running, golfing, weight lifting, water aerobics, pickleball, yoga, pilates, hiking, or playing a team sport, the 50+ Sports and Fitness Program has a number of different ways you can get active.

Whether you are generally healthy or are managing an illness, 50 years old or 100 years old, there are plenty of ways to get more active and boost your fitness. For more information regarding all of the exciting programs that the Department of Senior Affairs has to offer, please call the Department’s Information Line at (505) 764-6400.

Jorja Armijo-Brasher
Director

Our Vision

To be the community leader, who, in partnership with others, involves seniors in creating and sustaining a community where there is a growing spirit of interdependence that enhances everyone’s quality of life.

Our Mission

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

Department of Senior Affairs

The City of Albuquerque, Department of Senior Affairs, has been serving Albuquerque and Bernalillo County residents for more than thirty years. Through innovative programs and quality services, we have evolved into an exemplary model, dedicated to enriching the lives of seniors. The services and opportunities listed in this catalog are especially designed for individuals 50 and better. The Albuquerque 50+ Games are open to those who are age 50 and up. Other programs, including Home-Delivered Meals, Transportation, and Care Coordination, have a minimum age of 60. Some services may request a contribution; however, no one will be denied services for not contributing.
Fitness Facilities

North Domingo Baca Fitness Room
7521 Carmel NE • 505-764-6475

North Valley Fitness Room
3825 Fourth St. NW • 505-761-4025

Barelas Fitness Room
714 7th St. SW • 505-764-6436

Palo Duro 50+ Sports and Fitness Center
3351 Monroe NE • 505-880-2800

Highland Fitness Room
131 Monroe NE • 505-256-2000

Manzano Mesa Multigenerational Center Fitness Room
501 Elizabeth St. SE, Alb., NM 87123
Phone: 505-275-8731
Fax: 505-275-8734
Mon. - Fri. 8:00 am - 9:00 pm
Saturday 9:00 am - 3:00 pm

Manzano Mesa Fitness Room
501 Elizabeth St. SE • 505-275-8731

North Valley Fitness Room
3825 4th St. NW, Alb., NM 87107
Phone: 505-761-4025
Fax: 505-761-4031
Mon. - Fri. 8:00 am - 5:00 pm
Tuesday 8:00 am - 8:00 pm
Sunday 12:30 am - 4:30 pm

Palo Duro 50+ Sports & Fitness Center
3351 Monroe NE, Alb., NM 87110
Phone: 505-880-2800
Fax: 505-883-9362
Mon. - Fri. 7:00 am - 7:00 pm
Saturday 8:00 am - 2:00 pm

Joe O. Armijo Los Volcanes 50+ Sports & Fitness Center
6500 Los Volcanes NW • 505-839-3710

Highland Fitness Room
131 Monroe NE • 505-256-2000

Manzano Mesa Multigenerational Center Fitness Room
501 Elizabeth St. SE, Alb., NM 87123
Phone: 505-275-8731
Fax: 505-275-8734
Mon. - Fri. 8:00 am - 9:00 pm
Saturday 9:00 am - 3:00 pm

North Domingo Baca Multigenerational Center - Fitness Room
7521 Carmel NE, Alb., NM 87113
Phone: 505-764-6475
Fax: 505-764-6489
Mon. - Fri. 8:00 am - 9:00 pm
Saturday 9:00 am - 3:00 pm

Joe O. Armijo Los Volcanes 50+ Sports & Fitness Center
6500 Los Volcanes NW, Alb., NM 87121
Phone: 505-839-3710
Fax: 505-839-9466
Mon. - Fri. 7:00 am - 7:00 pm
Saturday 8:00 am - 2:00 pm

North Domingo Baca Multigenerational Center - Fitness Room
7521 Carmel NE, Alb., NM 87113
Phone: 505-764-6475
Fax: 505-764-6489
Mon. - Fri. 8:00 am - 9:00 pm
Saturday 9:00 am - 3:00 pm

Highland Fitness Room
131 Monroe NE • 505-256-2000
Phone: 505-256-2000
Fax: 505-256-2004
Mon. - Fri. 8:00 am - 5:00 pm
Wednesday 8:00 am - 7:00 pm
Saturday 10:00 am - 4:00 pm

North Domingo Baca Fitness Room
7521 Carmel NE • 505-764-6475

North Valley Fitness Room
3825 Fourth St. NW, Alb., NM 87107
Phone: 505-761-4025
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Sunday 12:30 am - 4:30 pm

Palo Duro 50+ Sports & Fitness Center
3351 Monroe NE, Alb., NM 87110
Phone: 505-880-2800
Fax: 505-883-9362
Mon. - Fri. 7:00 am - 7:00 pm
Saturday 8:00 am - 2:00 pm
Center Memberships
Membership offers fitness programs as well as classes, travel, meals, computer labs, volunteer opportunities, competitive sports events, and much more at six Centers, six Fitness Centers and two Multigenerational Centers.

If at any time you would like additional information on how to access services, please call Senior Information Assistance Program at (505) 764-6400 or the 50+ Sports & Fitness Program at (505) 880-2800.

Closing Dates
Thanksgiving Day, Thurs./Fri. ......................... Nov. 27-28, 2014
Christmas.................................................... Thursday, Dec. 25, 2014
New Year’s Day ............................................. Thursday, Jan. 1, 2015
President’s Day ............................................. Monday, Feb. 16, 2015
Memorial Day ............................................... Monday, May 25, 2015
Independence Day ....................................... Friday, July 3, 2015
Labor Day ................................................... Monday, Sept. 7, 2015

2015 Cleaning Dates
Palo Duro 50+ Sports & Fitness Center
March 30 - April 4 and September 7-12
Los Volcanes 50+ Sports & Fitness Center
February 2 - 7 and July 20 - 25
Manzano Mesa Multigenerational Center
February 9 - 14 and July 27 - August 1
North Domingo Baca Multigenerational Center
March 2 - 7 and August 10 - 15

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Volunteer Opportunities

You can gain the satisfaction of helping others improve their health and fitness level! The 50+ Sports & Fitness Program offers a variety of volunteer opportunities. Senior Volunteers are encouraged to join the Retired Senior Volunteer Program (RSVP).

Adapted Aquatics
Volunteers are needed to serve as substitute instructors.

Special Events
Volunteers are needed to assist with special events at all of our Fitness Centers.

Drivers
Volunteer drivers are needed to drive the participants to and from different program activities.

Albuquerque 50+ Games & Compete & Meet Games
Our competitive games need volunteers to coordinate or assist in coordinating sporting events.

Winter Sports
Volunteers are needed to help lead downhill, cross country and snowshoe trips. Volunteers drive vans, help with loading equipment, and coordinating events.

Walking & Hiking
We are also looking for volunteers to help lead walking and hiking trips. Volunteers may drive the van, and/or help the program coordinator with equipment and trip logistics.

Exercise Classes
We are always looking for volunteers who are interested in being trained to lead exercise classes. Volunteers may serve as substitute exercise instructors and help with attendance reports.

Weight Training Orientations
Volunteer Orientation coaches are trained by our staff to teach participants safe and effective equipment use.

Orientation Coaches are needed at these sites:
1. Palo Duro 50+ Sports & Fitness Center
   3351 Monroe NE, Alb., NM 87110 • 880-2800
2. Manzano Mesa, Fitness Room
   501 Elizabeth SE, Alb., NM 87123 • 275-8731
3. North Valley, Fitness Room
   3825 4th Street NW, Alb., NM 87107 • 761-4025
4. Joe O. Armijo Los Volcanes 50+ Sports & Fitness Center
   6500 Los Volcanes NW, Alb., NM 87121 • 839-3710
5. North Domingo Baca, Fitness Room
   7521 Carmel Ave. NE, Alb., NM 87113 • 764-6496

Interested in volunteering for any of these activities?

Please call us at 880-2800
OUTDOOR WINTER RECREATION
Downhill & Cross Country Skiing • Snowshoeing • Snowboarding

2015 WINTER FITNESS CHALLENGE

It's that time again! Time for a new year, a new start and a healthier you. The Department of Senior Affairs Sports and Fitness Program is challenging you to start 2015 with your health and wellness in mind. The 16-week weight loss challenge starts January 5 and runs until April 24. We will have bi-weekly weigh-ins, nutrition workshops and of course, winners in 3 different categories; total body weight lost, total percentage of body fat loss, and total fat free mass gained. No more excuses, it's time to accept our challenge and meet your goals because Sports and Fitness Knows No Age.

Starts January 5, 2015
16 week Challenge (ends April 24)
- Initial Weigh-ins/Body Comp
- Workout/Nutrition Logs
- Nutrition Workshops
- Workout Guides
- 2 Weigh-ins/Body Comps per Month (8 total including initial and final)

Winners for Most Body Weight Lost, Most Body Fat Lost and Most Lean Muscle Mass Gained

Before and After Pictures (optional)

Sign up at:
North Domingo Baca Fitness Room

SPECIAL WINTER TRIPS

Valles Calderas National Preserve Cross Country and Snowshoe Day Trip
Every winter we offer this special trip for cross country skiers and snowshoers to the Valles Calderas National Preserve in the Jemez Mountains. The beautiful preserve is comprised of almost 89,000 acres including the headwaters of both San Antonio Creek and the East Fork of the Jemez River.

Palo Duro 50+ Sports & Fitness Center
Moonlight Trip
Saturday, January 31, 2015
Check in: 3:30 pm Return by 11:00 pm
$9 transportation and $10.00 pd to Valles Caldera Ranger Station
Cindy McConnell

Palo Duro 50+ Sports & Fitness Center
Day Trip
Saturday, February 21, 2015
Check in: 8:00 am • Return: 5:00 pm
$9 transportation and $10 paid to Valles Caldera Ranger Station
Cindy McConnell

“50+ Winter Sports Bunch Club” 2015 Overnight Trips
These out-of-town, overnight ski and snowshoe trips are open to anyone interested. The ‘Winter Sports Bunch’ is a group of active seniors who enjoy taking trips together. This is a non-profit organization and the members are volunteers.

There are three winter trips in 2015. Final costs are based on the number of participants. For more information, email Cindy McConnell or Joyce O’Connell wintersportsbunch@gmail.com

Taos/Angel Fire
Jan. 13–15, 2015 $150
Durango Mountain- Durango, Co.
Feb 10-12, 2015 $140

Wolf Creek Ski & Nordic Areas
Pagosa Springs–Wolf Creek, CO,
Mar. 3–5, 2015 $140

For more info call: 880-2800
2015 WINTER SPORTS DAY TRIP

A current City of Albuquerque, Department of Senior Affairs, Center membership and $9 will cover the cost of transportation for each trip! Bring a sack lunch, snacks, water and dress warmly in layers.

**Tuesday Cross Country Ski Trips**

Enjoy the splendor of New Mexico’s back country. Trips are open to intermediate or advanced skiers. Depending on snow conditions, destinations include the Jemez, Manzano, and Sandia Mountains. Equipment is not provided.

9 trips from Jan. 6–Mar. 24, 2015
Check-In: 8:00 am
Depart: 8:30 am • Return: 4:30 pm
Cross country skiers must stay with the group.

12 weekly trips from January 9 - March 27, 2015
Check-In: 8:00 am
Depart: 8:30 am • Return: 12:00 noon
Snowshoers must stay with the group.

**Wednesday Snowshoeing Trips**

Snowshoeing is fun! We provide snowshoes and poles or bring your own! Destinations include the Jemez, Manzano and Sandia Mountains, depending on the best snow.

9 weekly trips from Jan. 7–Mar. 25, 2015
Check-In: 8:00 am
Depart: 8:30 am • Return: 4:30 pm
Snowshoers must stay with the group.

12 weekly trips from January 8 - March 26, 2015
Check-In: 7:00 am
Depart: 7:30 am • Return: 4:30 pm
Downhill skiers and Snowboarders must purchase own lift ticket. Seniors 72+ get FREE lift tickets.

**Friday Snowshoe 101 Trips**

For those who would like to get outside but are new to snowshoeing. Instruction includes snowshoe techniques, basic conditioning exercises, and discussion of proper attire.

12 weekly trips from January 9 - March 27, 2015
Check-In: 8:00 am
Depart: 8:30 am • Return: 12:00 noon
Snowshoers must stay with the group.

**Thursday Downhill Skiing & Snowboarding Trips**

Skiing & Snowboarding Trips:
We do the driving and you hit the slopes at Santa Fe ski area.

9 trips from Jan. 6–Mar. 24, 2015
Check-In: 8:00 am
Depart: 8:30 am • Return: 4:30 pm
Cross country skiers must stay with the group.

12 weekly trips from January 9 - March 27, 2015
Check-In: 7:00 am
Depart: 7:30 am • Return: 4:30 pm
Downhill skiers and Snowboarders must purchase own lift ticket. Seniors 72+ get FREE lift tickets.

**IMPORTANT INFO!**

Trips leave from Palo Duro 50+ Sports & Fitness Center

Space is limited. Pre-payment is required to reserve your space.

For more info or to register call 880-2800
• Current membership is required
• Pre-payment required/trip

Limited to 2 registration forms/person

REGISTRATION Begins Dec. 8, 2015
Hiking • Walking

Summer Sports Day Trips

1. **Hiking**

   **50+ Sports & Fitness Program Hiking**
   
   These hikes are designed for the beginner to intermediate hiker, varying from easy/moderate (A/B) hikes to the more challenging C/D level hikes. See our descriptions for the best hike for you. Hike the Sandia, Manzano, Jemez and Pecos wilderness areas! Our focus is fitness, but we take time to stop along the way and view birds, wildlife and wildflowers. Bring your own lunch, snacks and drinks. Trip costs vary based on 5¢ per mile for van transportation. Preregistration is required to reserve your place!

   **April–October, 2015**
   - **Palo Duro 50+ Sports & Fitness Center**
     - Monday, 7:15 am–5:00 pm
     - Hike coordinator: Cindy McConnell
   - **N. Domingo Baca Fitness Center**
     - Every other Wednesday, 8:00 am–5:00 pm
     - Hike Coordinators: Dick Brown & Cindy McConnell
   - **Los Volcanes 50+ Sports & Fitness Center**
     - Every other Wednesday 7:15 am–5:00 pm
     - Hike Coordinators: Dick Brown & Cindy McConnell

   LV-FIT & NDB-FIT dates are coordinated and offer True "B" Level hiking for hikers on both sides of Albuquerque

2. **Hiking 101**

   Would you like to hike with us, but are not sure if you are able to complete a full day hike? These half day hikes through the Albuquerque Foothills and East Mountains are for you. Learn hiking techniques, conditioning and safety. Soon you will be ready to join your friends on the ‘all-day’ trips with confidence! Wear sturdy shoes or hiking boots, bring water and dress in layers. Nordic walking poles are provided by the center.

   **Palo Duro 50+ Sports & Fitness Center**
   - **Session 1:** Fridays - April 17 - May 22, 2015
   - **Session 2:** Fridays – August 28 – October 2, 2015
   - Friday, 7:10 am – Return by 1:00 pm
   - Instructor: Cindy McConnell, 880-2800
   - $6.00/trip

3. **Walking**

   **Walk About Albuquerque**
   
   Participants will learn the benefits of walking, safety tips, and different types of walking techniques, how to use a pedometer and walking poles. The program will explore the City of Albuquerque on your feet. The $15 cost includes a pedometer, walking charts, handouts, an experienced guide and transportation!

   **Walk About Tuesday**
   - **Week 1:** A Blossoming Adventure
     - Walk the Botanical Park while learning how to walk for the health of it.
   - **Week 2:** Train to Bernalillo
     - An historical tour of old Bernalillo - ride on the Rail Runner.
   - **Week 3:** Nob Hill
     - Learn about the architecture of this historical area of Albuquerque.
   - **Week 4:** The Albuquerque Bosque
     - Discover the natural side of Albuquerque.
   - **Week 5:** Take a Walk on the Wild Side!
     - Walk among the animals and be Wild!
   - **Week 6:** Plaza to Plaza
     - Civic Plaza to Old Town Plaza.

   **Walk About Thursday**
   - **Week 1:** UNM Campus
     - In 1892, Hodgin Hall was built on open grasslands; Come explore the beautiful campus and gardens we know today!
   - **Week 2:** Coronado Monument and Tamaya Artwork
     - A walk through history at Coronado to the very contemporary Tamaya, along the familiar banks of the Rio Grande.
   - **Week 3:** Downtown Public Art Walk/Reynold Neighborhood
     - See where that “1% for the Arts” went. We’ll find the Beautiful and diverse Artwork in the cool shadows of downtown.
   - **Week 4:** Hubbel House/South Valley Neighborhoods
     - Explore the South Valley through its Open Spaces and the Historic Hubbel House.
   - **Week 5:** Ridgecrest Neighborhood/Veteran’s Memorial
     - Under the shade trees of the post WWII era neighborhood, to lunch and a tour of the Veteran’s Memorial.
   - **Week 6:** Huning Highland Neighborhood/Martinez Town
     - The railroad brought work, goods and people who built “New Town.” Learn of the architecture, industry and interesting history of this Albuquerque neighborhood.
2015 Calendar At-A-Glance

**JANUARY**
- Pickleball Compete and Meet Indoor Tournament
  January 9, 10, 11
- X/C ski, Snowshoe and Downhill ski trips begin
- 50+ Games Table Tennis competition
  January 31

**FEBRUARY**
- 50+ Games Eight ball competition
  February 11
- 50+ Games Basketball Free Throw and 3 point shot contest
  February 21
- 50+ Games Huachas Competition
  February 21
- 50+ Games Swimming Competition
  February 28

**MARCH**
- 50+ Games Shuffleboard competition
  March 6
- 50+ Games AirGun competition
  March 7
- 50+ Games Bowling competition
  March 10, 11, 13
- 50+ Games Racquetball competition
  March 19
- 50+ Games Badminton competition
  March 20
- 50+ Games 5K Racewalk competition
  March 21
- 50+ Games Talent and Dance Show Rehearsal
  March 23
- 50+ Games Talent and Dance Show
  March 24

**MARCH continued**
- 50+ Games Pickleball indoor competition
  March 27 – 28
- 50+ Games Registration Deadline
  March 27

**APRIL**
- New Mexico State Games registration starts
  April 1
- 50+ Games Archery Competition
  April 4
- 50+ Games Golf Tournament
  April 9
- Walk About Tuesday Session 1 begins
  April 7
- Walk About Thursday Session 1 begins
  April 9
- 50+ Games 5K and 10K Road race competitions
  April 11
- Hiking 101 trips begin
  April 17
- 50+ Games Cycling Competitions
  April 18, 19
- 50+ Games Fun Events
  April 21
- 50+ Games Tennis Competition
  April 24 - 25
- 50+ Games *Disc Golf* Competition (NEW)
  April 28
- 50+ Games Horseshoes Competition
  April 30
- Fitness Hiking Trips begin

**MAY**
- Fitness Hiking trips continued
- 50+ Games Track and Field competition
  May 1, 2
- Walk About Tuesday continues
- Walk About Thursday continues

**JUNE**
- Fitness Hiking trips continued
- New Mexico State Senior Olympics
  June 2 - 6 Roswell, NM

**JULY**
- Fitness Hiking trips continued

**AUGUST**
- Fitness Hiking trips continued
- Bench Press Workshop North Domingo Baca Multigenerational Center
  August 8
- Walk About Tuesday Session begins
  August 25
- Walk About Thursday Session begins
  August 27
- Hiking 101 trips begin

Call 880-2800
www.cabq.gov/seniors
Citizen Contact Center: 311

Citizen Contact Center: 311
The 2015 “Compete & Meet” Games
Sponsored by the City of Albuquerque, Department of Senior Affairs, 50+ Sports and Fitness Program

The 2015 Compete & Meet Games offers competitions open to all athletes, nationwide. Compete in Pickleball or our Bench Press competition. Each competition includes a great time and medals to the 1st, 2nd and 3rd place winners.

**Pickleball Tournament**
Join us for great competition. There is something for everyone no matter what skill level you are! Pickleball is the fastest growing sport in America! Try it and find out why!

**Indoor Pickleball Tournament**
Manzano Mesa Multigenerational Center & Roosevelt Middle School
Friday evening - Saturday - Sunday, January 9,10,11, 2015 • $10 per event with current center membership. Register by: Wednesday, December 31, 2015

**Bench Press Competition**
Competition is organized by age groups and gender. Individual medals will be given to the top 3 winners in each category. There will be a traveling trophy awarded to the gym with the strongest team of athletes entered. Awards will be determined on a ratio of body weight to weight lifted.

For information call Dominic @ North Domingo Baca 50+ Sports & Fitness Center at 764-6496.

**Bench Press Workshop**
Saturday, August 8, 2015 • 10:00 am
North Domingo Baca Multigenerational Center
Register by: Monday, August 3, 2015 • $10

**Bench Press Competition**
Saturday, October 17, 2015 • 10:00 am
North Domingo Baca Multigenerational Center
Register by: Monday, October 12, 2015 • $10

**ALBUQUERQUE 50+ GAMES**

**DEADLINE FOR ENTRIES:**
1 week prior to event, or March 27 by 7pm for final registrations

**Get Fit for the Competitions!**
The 50+ Sports & Fitness Program offers ongoing exercise classes and “state-of-the-art” weight rooms available for you to train for your events.

**REGISTRATION**
One registration form covers all events for the 2015 Albuquerque 50+ Games. Registration forms must be completed and submitted to the Albuquerque 50+ Games (Palo Duro 50+ Sports & Fitness Center) office. Incomplete registrations cannot be accepted. Registration is not valid without a current DSA membership.

The competitors of the local games are invited to participate in the New Mexico State Senior Olympics.
**FINAL DEADLINE:**
March 27 by 7pm

*NEW*
Late registrations (for the track & field competition) will only be accepted at Palo Duro 50+ Sports and Fitness office May 1st by 6:30 PM.

**LOCATION**
The Albuquerque 50+ Games are held at a number of Albuquerque locations. Find your event location in this catalog.

**ELIGIBILITY**
The Albuquerque 50+ Games is an event open to all people who are at least 50 years of age by December 31, 2015 and have a current membership to the Department of Senior Affairs.

**ATTENDANCE**
We do not mail out reminder notices. It is the responsibility of the participant to note the time and place of each event and to arrive before the event time. Times and Locations are subject to change and participants will be notified in these cases.

**EVENT**
An “event” is defined as a single contest in a particular sport. For example: The 50-meter run and the 100-meter run are two events. Participants may enter a total of 20 events at the Albuquerque 50+ Games. Eight of the 20 events may be track & field and eight may be swimming. At New Mexico State Senior Olympics, you may enter no more than 10 events.

**AGE DIVISIONS**
In singles events, participants may not play up or down in age, but play in their own age group. Age categories:

- 50-54
- 55-59
- 60-64
- 65-69
- 70-74
- 75-79
- 80-84
- 85-89
- 90-95
- 95-99

The only exception is the Talent Show and Dance Competition. The age categories are 50-69 and 70+.

Age division for doubles and mixed doubles competition will be determined by the age of the younger partner as of December 31, 2015.

Age division for team competition is determined by the youngest member of the team as of December 31, 2015. Team competition age divisions are: 50+ 55+ 60+ 65+ 70+ 75+ 80+ 85-89 90-95 95-99 100+

**FEES**
- DSA Membership: $13
- Registration: $12
- Golf Fees: (Men & Women)
  - Mandatory Cart included: $35.80
  - Without Season Pass: $35.80
  - With Season Pass: $17.80
- Bowling, per event: $6.00

**ENTRY FEE Assistance**
Entry fee assistance is available from the Albuquerque 50+ Games. Call the Palo Duro 50+ Sports & Fitness Center at 880-2800.

**REFUNDS**
NO REFUNDS AFTER May 30, 2015.
All fees must be paid at registration. Please make checks payable to the CITY OF ALBUQUERQUE.

**PARTNERS/TEAMS**
Your doubles partner and/or each team member must register separately.

**AWARDS**
First, second and third place winners are awarded medals at the conclusion of their events. All finishers will qualify to participate in the New Mexico State Senior Olympics in Roswell, New Mexico, 2015.

**RULES**
The 2015 New Mexico Senior Olympics Rule Book is available for viewing online at www.nmseniorolympics.org. Events are governed by the National Senior Games Association and the New Mexico Senior Olympics Board of Directors. Please note there may be rule changes for the local, state and National Senior Games.

**RESULTS**
Results for the Albuquerque 50+ games, New Mexico State Olympics, and National Senior Games, and the revised minimum performance standards for the National Senior Olympics, are located at the Palo Duro 50+ Sports & Fitness Center.

**VOLUNTEERS Needed**
Volunteers play a vital role in the Albuquerque 50+ Games. Assistance is needed. Please call the Albuquerque 50+ Games Center at 880-2800 if you would like to volunteer.

**MEDICAL**
It is strongly recommended that all participants receive a medical clearance prior to competition, it is also required that the liability waiver on the registration form be completed and signed.
### 2015 Albuquerque 50+ Games

**Competition & Workshop Schedule**

<table>
<thead>
<tr>
<th>Sports</th>
<th>Events</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Coordinator-Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Air Gun (Rifle &amp; Pistol)</td>
<td>Competition</td>
<td>Sat., Mar. 7, 2015</td>
<td>8:00 am</td>
<td>Eldorado High School</td>
<td>Maj Jim Kreeber   296-4871 x1408</td>
</tr>
<tr>
<td>Archery</td>
<td>Competition: Compound Release Aid, Compound Finger Shooter, Conventional Recurve</td>
<td>Sat., April 4, 2015</td>
<td>10:00 am</td>
<td>Archery Range, Tijeras, NM</td>
<td>PDSFC 880-2800</td>
</tr>
<tr>
<td>Badminton</td>
<td>Competition: Singles, Doubles &amp; Mixed Doubles</td>
<td>Fri., Mar. 20, 2015</td>
<td>9:00 am</td>
<td>Manzano Mesa Multigenerational Center</td>
<td>Terry &amp; Nan Lauritsen  266-8237</td>
</tr>
<tr>
<td>Basketball</td>
<td>Competition: Free Throw, Best of 15 Free Throws</td>
<td>Sat., Feb. 21, 2015</td>
<td>10:00 am</td>
<td>Manzano Mesa Multigenerational Center</td>
<td>PDSFC 880-2800</td>
</tr>
<tr>
<td>Cricket</td>
<td>Practice/Competition: Singles</td>
<td>Wed., Mar. 11, 2015</td>
<td>9:30 am</td>
<td>Palo Duro Senior Center</td>
<td>PDSFC 880-2800</td>
</tr>
<tr>
<td>Disc Golf</td>
<td>Competition: 3 Point Shoot, Best of 6 Shots</td>
<td>Fri., Mar. 13, 2015</td>
<td>11:30 am/12:00 pm</td>
<td>Skidz Bowl</td>
<td>Lenny Krosinsky   250-2283</td>
</tr>
<tr>
<td>Field Events (also see Track)</td>
<td>Competition: Discus, High Jump, Javelin, Shot Put, Standing Long Jump</td>
<td>Fri., May 1, 2015</td>
<td>5:00 pm</td>
<td>Albuquerque Academy</td>
<td>PDSFC 880-2800</td>
</tr>
<tr>
<td>Field Events (also see Track)</td>
<td>Competition: Women's 18 Hole Scratch</td>
<td>Sat., May 2, 2015</td>
<td>9:00 am</td>
<td>Arroyo del Oso Golf Course</td>
<td>PDSFC 880-2800</td>
</tr>
<tr>
<td>Golf</td>
<td>Competition: Men's 18 Hole Scratch, Standing Long Jump, Running Long Jump</td>
<td>Fri., May 1, 2015</td>
<td>5:00 pm</td>
<td>Arroyo del Oso Golf Course</td>
<td>PDSFC 880-2800</td>
</tr>
<tr>
<td>Horseshoes</td>
<td>Competition: Singles</td>
<td>Sat., Apr. 21, 2015</td>
<td>10:00 am</td>
<td>Manzano Mesa Multigenerational Center</td>
<td>PDSFC 880-2800</td>
</tr>
<tr>
<td>Huachas</td>
<td>Practice/Competition: Singles &amp; Doubles</td>
<td>Fri., May 1, 2015</td>
<td>11:30 am/12:00 pm</td>
<td>Atrisco Vista Blvd</td>
<td>PDSFC 880-2800</td>
</tr>
<tr>
<td>Eightball Pool</td>
<td>Competition: 8 Ball</td>
<td>Fri., May 1, 2015</td>
<td>1:00 pm</td>
<td>Tingley Beach</td>
<td>Lenny Krosinsky   250-2283</td>
</tr>
<tr>
<td>Pickleball</td>
<td>Competition: Singles, Doubles, Mixed Doubles</td>
<td>Fri., May 1, 2015</td>
<td>1:00 pm</td>
<td>Albuquerque Academy</td>
<td>PDSFC 880-2800</td>
</tr>
<tr>
<td>Racquetball</td>
<td>Competition: 1500 Meter Race Walk</td>
<td>Sat., May 2, 2015</td>
<td>9:00 am</td>
<td>Albuquerque Academy</td>
<td>PDSFC 880-2800</td>
</tr>
<tr>
<td>Racquetball</td>
<td>Competition: Indoor Doubles</td>
<td>All Year</td>
<td>Call for Info</td>
<td>Midtown Sports &amp; Wellness Club</td>
<td>Paula Sperling    888-4411</td>
</tr>
<tr>
<td>Recreation Events (also see Field &amp; Track)</td>
<td>Competition: Fins &amp; Doubles</td>
<td>Fri., May 1, 2015</td>
<td>9:00 am</td>
<td>West Mesa Aquatics Center</td>
<td>Tim Wilde  269-6045</td>
</tr>
<tr>
<td>Recreational Events</td>
<td>Competition: Frisbee Accuracy Throw, Frisbee</td>
<td>Sun., Apr. 20, 2015</td>
<td>1:00 pm</td>
<td>Manzano Mesa Multigenerational Center</td>
<td>PDSFC 880-2800</td>
</tr>
<tr>
<td>Roadrace</td>
<td>Competition: 10K and 5K Run</td>
<td>Sat., May 2, 2015</td>
<td>10:00 am</td>
<td>Manzano Mesa Multigenerational Center</td>
<td>PDSFC 880-2800</td>
</tr>
<tr>
<td>Shuffleboard</td>
<td>Competition: Singles/Doubles</td>
<td>Fri., May 1, 2015</td>
<td>10:00 am</td>
<td>Manzano Mesa Multigenerational Center</td>
<td>PDSFC 880-2800</td>
</tr>
<tr>
<td>Swimming</td>
<td>Warmup:</td>
<td>Sat., May 2, 2015</td>
<td>9:00 am</td>
<td>West Mesa Aquatics Center</td>
<td>Tim Wilde  269-6045</td>
</tr>
<tr>
<td>Table Tennis</td>
<td>Competition: Singles, Doubles &amp; Mixed Doubles</td>
<td>Sat., Jan. 31, 2015</td>
<td>8:00 am</td>
<td>Bear Canyon Senior Center</td>
<td>Mary Sommers 880-2880</td>
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<tr>
<td>Talent Show</td>
<td>Dress Rehearsal</td>
<td>Fri., Apr. 24, 2015</td>
<td>4:00 pm</td>
<td>Terry Cline Tennis Complex</td>
<td>PDSFC 880-2800</td>
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<tr>
<td>Tennis</td>
<td>Competition: Doubles, Mixed Doubles</td>
<td>Sat., May 2, 2015</td>
<td>9:00 am</td>
<td>Albuquerque Academy</td>
<td>PDSFC 880-2800</td>
</tr>
<tr>
<td>Track (also see Field)</td>
<td>Competition: 100, 200, 400, 800, 1500 run; 400 yard Dash</td>
<td>Sat., May 2, 2015</td>
<td>9:00 am</td>
<td>Albuquerque Academy</td>
<td>PDSFC 880-2800</td>
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</tbody>
</table>

*NEW EVENT*

| Disc Golf               | Competition: 18 hole disc golf                                        | Apr. 28, 2015        | 9:00 am       | TBA                                         | PDSFC 880-2800   |

**Note:** Deadline for entry is one week prior to event or by March 27.
**Attention Athletes**

**New Mexico Senior Olympics**
**Roswell, NM: June 2 - 6, 2015**

2015 is not a qualifying year to participate at the 2015 National Senior Games in Minneapolis, MN, July - Aug 2015

**PLEASE NOTE**
You MUST compete in the same events at the Albuquerque 50+ Games that you will compete in at New Mexico Senior Olympics. **Not all events are offered at all levels** so read your competition schedule carefully.

**NEW MEXICO Summer Olympics**

For more information call: New Mexico Senior Olympics 1-888-623-6676
Or e-mail: nmso@nmseniorolympics.org

Athletes have 2 ways to register for the New Mexico Senior Olympics.
• Register online at [www.nmseniorolympics.org](http://www.nmseniorolympics.org).
• Mail your registration directly to: New Mexico Senior Olympics, Inc., PO Box 2690, Roswell, NM 88202-2690, 575-623-5777

---

**Albuquerque 50+ Games**

**TEAM ROSTER**

- **Bowling**
- **Dance**
- **Talent Show**
- **400M Track Relay**

**Team Age:**
- [ ] 50+
- [ ] 60+
- [ ] 65+
- [ ] 70+
- [ ] 75+
- [ ] (80+ bowling)

**Team Name:**

**Team Captain**

<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
</table>

**Number of Team Members**

**Team Member 1:**

Name

T-Shirt Size | Age | Date of Birth
---|---|---|

**Team Member 2:**

Name

T-Shirt Size | Age | Date of Birth
---|---|---|

**Team Member 3:**

Name

T-Shirt Size | Age | Date of Birth
---|---|---|

**Team Member 4:**

Name

T-Shirt Size | Age | Date of Birth
---|---|---|

**Team Member 5:**

Name

T-Shirt Size | Age | Date of Birth
---|---|---|

**Team Member 6:**

Name

T-Shirt Size | Age | Date of Birth
---|---|---|

**Team Member 7:**

Name

T-Shirt Size | Age | Date of Birth
---|---|---|

**Team competitions which include basketball, softball, and volleyball are New Mexico Senior Olympics competitions only.**
This insert section contains all forms for you to register for, or enter our varied programs and/or activities. This is your first step to long-term fun, long-term friendships and more importantly, long-term health!
Albuquerque 50+ Games Entry Form

PLEAS PRINT
Make checks payable to the City of Albuquerque. Take completed registration form or mail form to:
Palo Duro 50+ Sports & Fitness Center, 3351 Monroe NE, Albuquerque, NM 87110
Deadline for entry is one week prior to event or by March 27, 2015 - 7 pm

Name: ___________________________________________    Middle: ____________________________
Street: ____________________________________________
City: ___________________ State: _____ Zip: ____________
Home Phone: ___________________  E-mail: ___________________
Cell Phone: ___________________

Are you a member of a center?  □ Yes    □ No

I am interested in volunteering with the 50+ Sports and Fitness Program

Emergency Contact:
Name: ____________________________________________
Relationship: ____________________________________
Phone: __________________________________________

REGISTRATION FEES:
Single Event Registration Fee ....................$12
DSA Membership (required) .........................$13

ADDITIONAL FEES:
Bowling Fee: No. of events x $6.00 ($6.00 per event)
At Pay Skidz
Singles, Doubles, Team or Mixed Doubles

Golf Fee
Men's & Women's Golf Fees
All ages 50+: Mandatory cart is included
Without Season Pass ...................................$35.00
With Season Pass .....................................$17.80

T-Shirt Size

TOTAL AMOUNT ENCLOSED .................$_____

For more information:
Palo Duro 50+ Sports & Fitness Center
3351 Monroe NE, Albuquerque, NM 87110
505-880-2285, e-mail: brsteimetz@csbq.gov

By checking the box, I agree to the following:
The undersigned does hereby consent to the photographing of the undersigned, and does hereby authorize the City of Albuquerque, Department of Senior Affairs to cause the same to be exhibited with advertising sponsorship as still photographs, transparencies, vehicle wraps, motion picture film and video tape for use on television, or in other printed and graphic materials.

The undersigned does hereby release the City of Albuquerque, Department of Senior Affairs and their associates and assigns from any and all claims for damages, libel, slander, invasion of the right of privacy or any claims based on the use of said material.

Signature: ___________________________ Date: ________________

By completing this registration, I agree to abide by all the rules and regulations of and by the City of Albuquerque, Albuquerque 50+ Games, to observe all rules of play, to exercise good sportsmanship and follow all written and oral instructions given to me by authorized personnel of the City of Albuquerque, Albuquerque 50+ Games.

Team captains must fill out team roster on page 13.
# 2015 Winter Outdoor Registration Form

**Name:**

**Address:**

**Emergency Contact:**

<table>
<thead>
<tr>
<th>Name</th>
<th>Relationship</th>
<th>Phone</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Street</th>
<th>City</th>
<th>State</th>
<th>Zip</th>
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</table>

<table>
<thead>
<tr>
<th>DSA Membership #</th>
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**TUESDAY TRIPS**

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<tr>
<th>Trip</th>
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<th>Open</th>
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<td>Trip 3</td>
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<tr>
<td>Trip 8</td>
<td>17</td>
<td></td>
<td>9</td>
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</table>

**CROSS-COUNTRY TOTAL** $______

**WEDNESDAY TRIPS**

<table>
<thead>
<tr>
<th>Trip</th>
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<th>Open</th>
<th>$</th>
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<tbody>
<tr>
<td>Trip 1</td>
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<td></td>
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<tr>
<td>Trip 2</td>
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<td>Trip 3</td>
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<td>Trip 4</td>
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<td>Trip 7</td>
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<td>Trip 8</td>
<td>18</td>
<td></td>
<td>9</td>
</tr>
</tbody>
</table>

**SNOWSHOEING TOTAL** $______

Yes ☐ No ☐

**THURSDAY TRIPS**

<table>
<thead>
<tr>
<th>Trip</th>
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<th>Santa Fe</th>
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<tbody>
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<td>Trip 11</td>
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</table>

**DOWNHILL TOTAL** $______

**FRIDAY TRIPS**

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<thead>
<tr>
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<tbody>
<tr>
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<tr>
<td>Trip 12</td>
<td>20</td>
<td></td>
<td>9</td>
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</tbody>
</table>

**SNOWSHOE 101 TOTAL** $______

**LIABILITY WAIVER**

I, the undersigned participant, hereby agree to indemnify and hold harmless, the City of Albuquerque, the Sandia Peak Ski Company, Santa Fe Ski Company, (hence and hereafter sometimes referred to as sponsors), their agents, employees, representatives and assigns, from any and all actions, or claims of whatsoever kind or nature which I or my representatives or assigns may have or at any time in the future have as a result of injury arising out of my participation in the 50+ Winter Sports Program. I warrant and represent that I have prepared myself for the events which I have entered by practicing the same prior to my participation. I warrant and represent that I am in good physical health and condition and I am physically able to participate in the events I have selected. I know of no physical restrictions which would prohibit my participation in the events I have selected. I have been advised by the sponsors that it would be in my best interest to consult my physician prior to my preparation in regard to my participation in the 50+ Winter Sports Program. I recognize and understand that the preparation and the competition may necessitate strenuous physical activity, and could possibly activate any unrecognized preexisting medical disorder which I may have, thereby resulting in serious or life-threatening harm to me. The City of Albuquerque has my permission to have a physician treat me, if needed, during my participation in the events of the 50+ Winter Sports Program.

**PAYMENT SCHEDULE & TRIP POLICIES**

1. Registrations for Winter Sports are on a first come, first serve, prepaid, sign-up basis.
2. Make checks payable to: City of Albuquerque
3. Participants must leave and stay with the group on all trips. No exceptions!
4. Cancellations for day trips will require a 24 hr. notice for a refund
5. All Winter Sports refund and trip transfer requests must be made by Friday, April 25, 2015 to the Palo Duro 50+ Sports and Fitness office. No requests for refunds or transfers will be taken after this date.
6. Activities will be cancelled due to weather conditions, or when minimum attendance is not met. A min. of 6 participants is required to use a single van; a min. of 12 people is required to use 2 vans.
7. If a Winter Sports event is cancelled, you may apply the credit to another Winter Sports trip or request a refund.

**TOTAL FEES**

| Trip fees from above | $______ |
| TRIP TOTAL | $______ |
| Transportation | $9 |
| Day at Preserve -- February 21 | $10 |
| TOTAL FEES | $______ |
The following pages contain a directory of classes, clinics, workshops, clubs, special events and practices available in the Albuquerque area through the Department of Senior Affairs, 50+ Sports & Fitness Program.

**AIR GUN**

**Air Gun Competition**
Albuquerque 50+ Games
Saturday, March 7, 2015 8:00 am
Eldorado High School
11300 Montgomery Blvd. NE.
For more information how you can learn to shoot an air gun, contact the 50+ Sports & Fitness Office 880-2800. This event will be a New Mexico Senior Olympics qualifying event.

**Air Gun Practices**
For beginners interested in learning the sport of Air Guns or those that would like to hone their skills for competition. Begins in January (by reservation)
Eldorado High School, Rifle Range
Contact: Major Jim Korber, Senior Instructor, Eldorado High School JR ROTC at 296-4871

**AQUATICS**

**Adapted Aquatics**
Taught at the University of New Mexico Therapeutic Pool (92º water), participants are led through a series of range of motion exercises that will increase joint mobility and develop muscular strength.

Class sessions are as follows:

**Session 1:** Day: Monday, Wednesday & Friday
Time: 9:00 am to 10:00 am
Cost: $12.00 each month - Donation
Transportation: provided from all 6 Albuquerque senior centers for 50¢.

**Session 2:** Day - Monday & Friday
Time: 1:15 pm to 2:15 pm
Cost: $8.00 each month - Donation
Transportation: provided from all 6 Albuquerque senior centers for 50¢.

**Session 3:** Day - Tuesday & Thursday
Time: 9:00 am to 10:00 am
Cost: $8.00 each month - Donation
Transportation: will be provided from the Palo Duro 50+ Sports & Fitness Center for 50¢.

Pre-Registration is required. The multigenerational centers will not be transporting clients. Self-Drivers are also welcome, but must pre-register.

**ARCHERY**

**Archery Competition**
Saturday, April 4, 2015, 10:00 am
Sandia Crest Bowhunters Association
Archery Range, Tijeras, NM
The competition is sponsored by the Sandia Crest Bowhunters Association. This event will be a New Mexico Senior Olympics qualifying event. Call 880-2800
**BADMINTON**

Albuquerque 50+ Games  
**Badminton Competition**

Friday, March 20, 2015, 9:00 am  
Manzano Mesa, Gym, 501 Elizabeth SE  
This event will be a New Mexico Senior Olympics qualifying event.  
Coordinators: Terry and Nan Lauritsen, 266-8237

Badminton Practice and Play

This fun sport provides an opportunity to participate in a program which is beneficial to both your physical and mental well-being. It also provides cardiovascular benefits, as well as weight-bearing exercise needed for musculoskeletal health. This is competitive badminton—a demanding sport.  
**Manzano Mesa, Gym**  
Monday, Friday, 1:00–4:00 pm  
Tuesday, 6:00–9:00 pm  
Thursday, 7:00–9:00 pm  
**Wells Park Community Center, Gym**  
Tuesday & Thursday, 1:30–3:30 pm  
Coordinators: Terry and Nan Lauritsen, 266-8237

**BASKETBALL**

**Free Throw Competition**

Saturday, February 21, 2015 - 10:00 am  
**Manzano Mesa, 501 Elizabeth SE**

Each contestant will shoot one shot from each of the five different premarked positions on the 3-point line. The additional shot may be taken from any one of the 5 marked positions at the shooter’s discretion. The contestant who makes the most baskets is the winner.

This event will be a New Mexico Senior Olympics qualifying event.  
Coordinator: Brett Steinmetz 880-2800

**Albuquerque 50+ Games**  
**Basketball 3 Point Shot Competition**  
Held with the Free Throw Competition

**BOWLING**

Albuquerque 50+ Games  
**Bowling Competition**  
Tuesday, Wed. & Fri., Mar., 10,11,13  
**Skidz Bowl, 7400 Lomas NE**

If you would like to bowl on a team or with a partner and you do not have one, please mark your request on your registration sheet.

This event is a New Mexico Senior Olympics qualifying event.  
Coordinator: Charlotte Lober  
Call PDSFC 880-2800

**CROSS COUNTRY SKIING**

See Winter Sports, pages 6-7

**CYCLING**

Albuquerque 50+ Games - 5K, 10K, 20K, 40K  
**Cycling Competition - 5K, 10K, 20K, 40K**  
Saturday–Sunday, April 18, 19, 2015  
Check-in at 7:30 am  
This event will be a New Mexico Senior Olympics qualifying event.  
Coordinator: Brett Steinmetz 880-2800

For Albuquerque 50+ Game Events, look for this logo

For New Mexico Senior Olympics Qualifying Events, look for this logo
DANCE

DANCE
Part of the Talent Show and Dance Competition
Includes country western, jitterbug, line dancing, polka, latin (cha cha), waltz, and country waltz.
To reserve your FREE tickets call the 50+ Sports & Fitness Office 880-2800.

Tuesday, March 24, 2015 - 1:00 pm
African American Performing Arts Center
310 San Pedro Dr. NE
Albuquerque, NM 87108

Mandatory Dress Rehearsal for Competitors
All competitors must be at the dress rehearsal for show timing and organization

Monday, March 23, 2015 9:00 am
Coordinator:
Brett Steinmetz 880-2800

EXERCISE

Aerobics
These fun, low impact aerobics classes combine energizing music with a routine designed to strengthen the cardiovascular system. For beginners to advanced exercisers, everyone works at their own pace. Burn calories and get a great workout.

Barelas, Social Hall
Tuesday, Friday, 9:15 - 10:15 am

Bear Canyon, Social Hall
Mon, Wed, Fri, 8:15 - 9:15 am

Highland, Social Hall
Mon, Wed, Fri, 8:45 - 9:45 am

Los Volcanes, 50+ Fitness Center, Aerobic Room
Mon, Wed, Fri, 8:00 - 9:00 am

Body Fat vs. Muscle
The goal for optimal health is reducing body fat while increasing muscle. Visit one of our fitness facilities below for a free personal assessment.

Los Volcanes, 50+ Sports & Fitness Center
3rd Wednesday
8:00 am - 6:00 pm

North Domingo Baca Fitness Center
4th Wednesday
8:30 am - 1:30pm, 2 - 7 pm

Palo Duro 50+ Sports & Fitness Center
1st Wednesday
8:00 am - 6:00 pm

Cardio Toning
Maximize fat burning and increase lean muscle mass with this total body toning workout! Build strength and endurance through a variety of fun and challenging exercises using your body weight, dumbbells, bands, and balls. All levels welcome.

Joe O. Armijo Los Volcanes 50+ Sports & Fitness Center, Aerobic Room
Monday 5:30 - 6:30 pm
$3.00, Debra Sine

Dance Aerobics
Quick paced, high energy, core strengthening routines set to great music! No experience is necessary.

Joe O. Armijo Los Volcanes 50+ Sports & Fitness Center, Aerobic Room
Tues., Thur. 5:30 - 6:30p
Julie Stoffler

EIGHT BALL POOL

Eight Ball Pool Competition
Wednesday, February 11, 2015  5:00 pm
* NEW LOCATION *
Palo Duro Senior Center
5221 Palo Duro NE, 87110
This event is a New Mexico Senior Olympics qualifying event.
Coordinator: Brett Steinmetz 880-2800

Cardio Toning
Maximize fat burning and increase lean muscle mass with this total body toning workout! Build strength and endurance through a variety of fun and challenging exercises using your body weight, dumbbells, bands, and balls. All levels welcome.

Joe O. Armijo Los Volcanes 50+ Sports & Fitness Center, Aerobic Room
Monday 5:30 - 6:30 pm
$3.00, Debra Sine

Dance Aerobics
Quick paced, high energy, core strengthening routines set to great music! No experience is necessary.

Joe O. Armijo Los Volcanes 50+ Sports & Fitness Center, Aerobic Room
Tues., Thur. 5:30 - 6:30p
Julie Stoffler
**EXERCISE, CON’T.**

**EnhanceFitness**
This is an evidence based senior fitness class in which a three part assessment will be conducted for each participant. Class components include cardio, weight training and flexibility.

**Joe O. Armijo Los Volcanes 50+ Sports & Fitness Center, Aerobic Room**
**Mon., Wed., Fri.,** 1:00 - 2:00pm
Dee Williams

**North Valley, Rooms I & 2**
**Mon., Wed., Fri.,** 8:30 - 9:30 am
Ilene Dunn and Ellias Novrestari

**North Domingo Baca, Social Hall**
**Mon.,** 10:15 - 11:20am,
**Tues.,** 8:00 - 8:50am,
Wed. and Thurs. 8:00 - 8:50am & 10:15 - 11:20 am
Connie

**Fitball**
Target and challenge core muscles with stabilizing and balance exercises. Increase strength, sculpt, define and tone your body.

**Joe O. Armijo Los Volcanes 50+ Sports & Fitness Center, Aerobic Room**
**Monday & Friday,** 10:30 - 11:30 am

**Manzano Mesa, Gym**
Thur. 8:15 - 9:15am
Janet Porter, Nancy Misred

**Manzano Mesa, East Social Hall**
Friday, 4:45 - 5:45 pm
$2.50, Ann Owens

**Flex & Tone**
This class will work to elongate and strengthen your muscles to achieve increased flexibility, improve posture and develop a strong core. The class will start with fun music for a warm-up and will progress to weights, resistance bands, and mats for the conditioning portion of the class. Finish off with a soothing and relaxing stretch.

**Bear Canyon, Social Hall**
**Tues., Thurs.,** 8:15 - 9:15 am

**Highland, Social Hall**
**Tuesday, Thursday,**
8:15 - 9:15 am

**Los Volcanes Joe O. Armijo 50+ Sports & Fitness Center, Aerobics Room**
**Tuesday, Thursday,** 8 - 9 am

**Manzano Mesa, Gym**
**Tuesday,** 8:15 - 9:15 am

**North Domingo Baca Sports & Fitness Center, Aerobics Room (Upstairs)**
**Tues., Thurs.,** 9:15 - 10:15 am

**Palo Duro, Mesquite Room**
**Tuesday, Thursday,** 8 - 9 am

**Gentle Exercise**
This is a fun exercise class, performed primarily in a chair. The focus is on resistance training to build strength. Equipment such as small balls and bands are used to make the exercises interesting and challenging.

**Barelas, Social Hall**
**Tuesday, Friday,**
10:15 - 10:45 am

**Bear Canyon, Social Hall**
**Mon., Wed., Fri.,**
9:30 - 10:30 am

**Highland, Room 8**
**Mon., Wed., Fri.,**
10 - 11 am

**Los Volcanes Joe O. Armijo 50+ Sports & Fitness Center, Aerobics Room**
**Mon., Wed., Fri.,**
9:15 - 10:15 am, 11:45am - 12:45pm

**Senior Strength & Toning**
Exercises are done in and out of a chair, this class is designed to help gain strength, endurance, flexibility, balance and bone density.

**North Domingo Baca Fitness Center, Upstairs Aerobic Room**
**Monday, Wednesday, Friday,** 9:15–10:15 am
$1.50 per class
Karim Armazanduk

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

**Barelas, Lead & Coal**
Tuesday, 8:30-9:30am
Richard Sertich

**Joe O. Armijo Los Volcanes 50+ Sports & Fitness Center, Aerobic Room**
**Wednesday 5:30-6:30 pm**
$3, Rita James

**North Valley, Social Hall South**
Tuesday, 5:45–6:45 pm
$3, Karen Shore

**Palo Duro, Mesquite**
Wednesday, 5:30–6:30 pm
$3, Karen Shore
Zumba® Gold Classes
Check out this fun new dance/aerobic class. Zumba is a fusion of Latin and international music creating a dynamic and exciting workout experience. No dance experience required.

Joe O. Armijo Los Volcanes 50+ Sports & Fitness Center, Aerobic Room
Tuesday, Thursday
9:30 - 10:30 am
Marshall Matthews

Palo Duro 50+ Fitness Center
Pilates Reformer
Machine Training
Thursday 10:00-11:00am
Call 880-2800 for class schedule

Zumba® Gold Classes
Check out this fun new dance/aerobic class. Zumba is a fusion of Latin and international music creating a dynamic and exciting workout experience. No dance experience required.

Joe O. Armijo Los Volcanes 50+ Sports & Fitness Center, Aerobic Room
Tuesday, Thursday
9:30 - 10:30 am
$1, Dee Williams

Manzano Mesa, Gym
Monday, Wednesday
10:45 – 11:45 am
$1, Cheryl Hallada

North Domingo Baca, Social Hall
Tuesday, Thursday
9:00 – 10:00 am
$1, Julie Salazar

Joe O. Armijo Los Volcanes 50+ Sports & Fitness Center, Aerobic Room
Tuesday, Thursday
9:30 - 10:30 am
$1, Dee Williams

Manzano Mesa, Gym
Monday, Wednesday
10:45 – 11:45 am
$1, Cheryl Hallada

North Domingo Baca, Social Hall
Tuesday, Thursday
9:00 – 10:00 am
$1, Julie Salazar

Golf Competition
Hosting both the men’s and women’s golf competitions. Participants will be called with their tee times, starting at 9:00 am.

Green fees including carts will be $35.80 for 18 holes.

Thursday, April 9, 2015
Arroyo del Oso Golf Course
7001 Osuna Rd NE

The tournament is a scratch event no handicap and will be a New Mexico Senior Olympics qualifying event.

Coordinator: Brett Steinmetz 880-2800

Horseshoes provides a means for people of all ages to enjoy good exercise while having fun.

Thurs. April 30, 2015
5:00 pm
Los Altos Park,
10130 Eubank NE

This event will be a New Mexico Senior Olympics qualifying event.

Coordinator: Brett Steinmetz 880-2800
HUACHAS

Albuquerque 50+ Games
Huachas Competition

If you enjoy horseshoes, you will like pitching washers.

Saturday, February 21, 10:00 am
* NEW LOCATION *
Manzano Mesa Multigenerational Center Gym
501 Elizabeth SE, 87123

Competition will be in both doubles and singles. This event will be at the New Mexico Senior Olympics.
Coordinator:
Brett Steinmetz 880-2800

PICKLEBALL

Pickleball is played with a perforated plastic ball and wood or composite paddle on a badminton court with the net lowered to 34 inches. “It resembles tennis and table tennis on a badminton court.”

Albuquerque 50+ Games
Pickleball Tournament

Friday–Saturday
March 27 - 28, 2015 9:00 am

Manzano Mesa Multigenerational Center,
501 Elizabeth SE

The divisions will be singles, doubles and mixed. This event will be a New Mexico Senior Olympics qualifying event.
Coordinator:
Gary Rutherford (505) 507-3663

Compete & Meet
Pickleball Tournament
See Compete and Meet Games

abqpickleball.com
for more information

Open Pickleball
Times and locations are subject to change. Please check the website listed.

Times are subject to change from summer to winter.
Gary Rutherford 505-507-3663

Manzano Mesa, Gym
Thursday, 2:00 - 4:00 pm
Saturday, 9:00 - 11:00 am

Los Altos Park (weather permitting)
Call Gary Rutherford
(505) 507-3663

Pickleball Training
Manzano Mesa, Gym
Tuesday, Thursday, 9:15 - 11:00 am
Saturdays 12:30 - 2:50

RACQUETBALL

Albuquerque 50+ Games
Racquetball Competition

Thursday, March 19, 2015
9:00 am
Midtown Sports & Wellness
4100 Prospect Ave. NE.

This event will be a New Mexico Senior Olympics qualifying event.
Coordinator:
Paula Sperling, 888-4811

Racquetball Clinics

Open to the public, these low cost clinics are for all playing levels—beginners to advanced. Each session includes safety tips, rules, stroke mechanics, strategy and playing time. What better way to improve your performance at the Albuquerque 50+ Games Racquetball Tournament!

Midtown Sports & Wellness Clubs
Thursdays, 10:00 am - 12:00 pm

$20 Sports & Wellness Members
$40 Non-Members

Individual classes are $10. Players can join at anytime. Cost is prorated based on the number of sessions attended.
Information:
Paula Sperling at Midtown 888-4811.

RACEWALKING

Albuquerque 50+ Games
Racewalking Competition

5K Racewalk
Saturday March 21, 2015  8:00 am
Tingley Beach Bike/Walk path
The Albuquerque 50+ Games qualifying race for the New Mexico Senior Olympics.
Coordinator:
Lenny Krosinsky, 250-2283

Albuquerque 50+ Games
Racewalking Competition
400 & 1500 meter Racewalk at the Track & Field Competition
Saturday, May 2, 2015
Beginning at 9:00 am
Albuquerque Academy
6400 Wyoming NE
This event will be a New Mexico Senior Olympics qualifying event.
Coordinator:
Lenny Krosinsky, 250-2283
Manage Your Chronic Disease (MyCD) Program Workshop

If you have (or care for someone with) a chronic health condition such as: diabetes, arthritis, high blood pressure, heart disease, chronic pain, anxiety, or other long-term health conditions, this is the workshop for you. Learn from specially trained group leaders with chronic health conditions themselves. Set goals and make a step-by-step plan to improve your health and your life. Put Life Back Into Your Life. Find practical ways to deal with pain and fatigue, discover better nutrition and exercise choices, understand new treatment choices, and learn better ways to talk with your doctor and family about your health.

**Free 6-week workshop · 2.5 hour meetings · ALL MyCD Programs are Free of Charge**

For more information visit: http://www.arthritisnm.org/myCD-program.html

Pre-registration required: 880-2800

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### 2015 Schedule

#### JOE A. ARMijo LOS VOLCANES 50+ SPORTS & FITNESS CENTER

- Tuesdays from 1:00 - 3:30 p.m. on:
  - January 13 - February 24, 2015
  - March 10 - April 14, 2015
  - May 5 - June 9, 2015
  - July 7 - August 18, 2015
  - September 1 - October 6, 2015
  - October 20 - November 24, 2015

#### PALO DURO SENIOR CENTER

- Thursdays from 1:00 - 3:30 p.m. on:
  - January 15 - February 19, 2015
  - March 12 - April 16, 2015
  - May 7 - June 11, 2015
  - July 9 - August 20, 2015
  - September 1 - October 6, 2015
  - October 20 - November 24, 2015

#### NORTH DOMINGO BACA MULTIGENERATIONAL CENTER

- Wednesdays from 1:30 p.m. - 4:00 p.m. on:
  - January 14 - February 18, 2015
  - March 11 - April 15, 2015
  - May 6 - June 10, 2015
  - July 1 - August 5, 2015
  - August 26 - September 30, 2015

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### SATELLITE SENIOR CENTERS (MEAL SITES):

#### RIO BRAVO

- 3910 Isleta SW, (505) 873-6647, with America Bencomo as site contact at 314 - 0246 or on her cell at 717 - 9391.

- **Wednesdays** from 9:15 a.m. - 11:45 a.m.
  - Jan. 21 - Feb. 23, 2015
  - Workshop is Tomando Control de su Salud and held in Spanish language

#### SOUTH VALLEY MULTI-PURPOSE CENTER

- 2008 Larrazolo SW, (505) 468-7604, with America Bencomo as site contact at 314 - 0246 or on her cell at 717 - 9391.

- **Mondays** from 9:15 a.m. - 11:45 a.m.
  - April 13 through May 18, 2015
  - Skipping Monday, May 25, 2015 as that is Memorial Day
  - Workshop is Tomando Control de su Salud and held in Spanish language

#### THE CANCER CENTER AT PRESBYTERIAN

- Located at Presbyterian Kaseman Hospital Physicians Office Building, 8300 Constitution Ave. NE, Building D, Albuquerque, NM 87110.

- **Tuesdays** from 2:15 p.m. - 4:45 p.m. on:
  - January 6 - February 10, 2015
  - April 7 - May 12, 2015
  - June 9 - July 13, 2015
  - August 6 - September 10, 2015
  - October 13 - November 17, 2015
  - Mondays from 9:30 a.m. to 12 noon on:
    - January 26 - March 9, 2015
    - April 6 - May 23, 2015
    - June 27 - August 17, 2015
    - September 7 - November 18, 2015

#### RIO RANCHO (SANDOVAL COUNTY) NEW MEXICO:

##### PRESBYTERIAN HIGH RESORT CLINIC

- 2nd Floor Conference Room (located at 4100 High Resort Blvd SE Ste. #125, Rio Rancho, NM, US, 87124).

- **Mondays** from 1:00 to 3:30 p.m. on:
  - January 26 - March 9, 2015
  - April 6 - May 23, 2015
  - June 27 - August 17, 2015
  - September 7 - November 18, 2015

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**FREE!!**
ROADRACE

Albuquerque 50+ Games
Roadrace 5K and 10K Competition
This is an invitation to all the weekend runners to get recognition for your hard work.
Saturday, April 11, 2015
7:00 am
This event is a New Mexico Senior Olympics qualifying event. In addition, the 5K and 10K will run concurrently; so you will have a chance to qualify in both races on the same day! Both races start together.
Coordinator: Palo Duro Sports & Fitness Center 880-2800

SHUFFLEBOARD

Albuquerque 50+ Games
Shuffleboard Competition
Friday
March 6, 2015 9:00 am
Manzano Mesa, 501 Elizabeth SE
This event is a New Mexico Senior Olympics qualifying event.
Coordinator: Palo Duro Sports & Fitness Center 880-2800

Silver Shufflers Shuffleboard
When was the last time you had a good, competitive game of shuffleboard? Come join this group for an afternoon of fun and excitement.
Barelas, Social Hall
Monday, 2:30 - 4:30 pm
Manzano Mesa
Tuesday, 1:00 - 4:00 pm
Wells Park
Community Center
Monday, 9:00 - 11:30 am
$1 donation
Information: Betty Piatt 922-6375 Scott Heron 299-7768
E-mail: boogie921@juno.com Website: www.senior-sports.org

SOFTBALL

Men’s Softball
Practices begin in February with league play held on Tuesday and Thursday mornings from April to September.
Bear Canyon 65+ League
Bill Dubuque, 293-9530
Palo Duro
Papa Murphy’s Team
Marc LaChey, 275-2331

Women’s Softball
(League Play)
The City of Albuquerque Parks and Recreation Dept. and the NM Senior Sports Foundation are establishing a separate 50+ senior women’s league.
Information, contact the City Sports Office at 291-6239 or the NM Senior Sports Foundation at 299-7768 or visit the website at www.senior-sports.org.

Silver Gloves
Women age 50 and over are welcome to join. Practice and tournaments are held throughout the year.
Information contact
Connie Dayton 980-2391
Website: www.senior-sports.org

SWIMMING

Albuquerque 50+ Games
Swimming Competition
Saturday, February 28, 2015
Warm-up begins at 8:00 am, meet begins at 9:00 am
West Mesa Aquatic Center, 6705 Fortuna Road NW
This event is a New Mexico Senior Olympics qualifying event.
Coordinator: Brett Steinmetz, 880-2800

Recreational Swimming
The City of Albuquerque, Parks and Recreation Department offers recreation swimming, water exercise, swimming lessons and lap lane times open to the public.
For fees and info. call the Parks and Rec. Dept. at 768-5300, one of the following pools, or visit www.cabq.gov/aquatics.

Lap Swim
Highland Pool
400 Jackson SE, 256-2096
Monday-Friday, 6:00 - 8:00 am,
11:45 am-1:15 pm, 6:00 - 8:00 pm
Saturday-Sunday, 12:00 - 1:00 pm
Los Altos Pool
10100 Lomas NE, 291-6290
Monday–Friday, 6:00 - 10:00 am, 11:30 am - 1:30 pm, 6:00 - 7:00 pm
Saturday–Sunday, 11:00 am - 1:00 pm

Sandia Pool
7801 Candelaria NE, 291-6279
Monday–Friday, 6:00 - 8:00 am, 6:00 - 8:00 pm
Saturday–Sunday, 11:00 am - 1:00 pm

Valley Pool
1510 Candelaria NW, 761-4086
Monday–Friday, 6:00 - 8:00 am, 6:00 - 8:00 pm
Saturday–Sunday, 12:00 - 4:00 pm

West Mesa Aquatic Center
6705 Fortuna Rd. NW, 836-8718
Monday–Friday, 5:30 - 8:00 am, 6:00 - 8:00 pm
Saturday–Sunday, 12 - 4 pm

**TABLE TENNIS**

Albuquerque 50+ Games

**Table Tennis Competition**

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Location</th>
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<tbody>
<tr>
<td>Saturday</td>
<td>January 31, 8:00 am</td>
<td>Bear Canyon Senior Center 4645 Pitt NE</td>
</tr>
</tbody>
</table>

This event will be a New Mexico Senior Olympics qualifying event.
Coordinator: Marv Sommers
Call Brett Steinmetz 880-2800

**TALENT SHOW**

Albuquerque 50+ Games

**2015 Talent Show**

Part of the Talent Show and Dance Competition
Categories include: band, kitchen band, instrumental, vocal, dance, comedy and reading. Seating is limited for this popular show and tickets are required. To reserve your FREE tickets call the 50+ Sports & Fitness Office 880-2800.

**Tuesday, March 24, 2015**
**1:00 pm**
**African American Performing Arts Center**
310 San Pedro NE

**TRACK**

Albuquerque 50+ Games

**Track & Field Competition**

<table>
<thead>
<tr>
<th>Day</th>
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<th>Location</th>
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<tbody>
<tr>
<td>Fri. - Sat., May 1-2, 2015</td>
<td>Events begin at 9:00 am</td>
<td>Albuquerque Academy 6400 Wyoming NE</td>
</tr>
</tbody>
</table>

This event is a New Mexico Senior Olympics qualifying event.
Coordinator: Brett Steinmetz 880-2800

**VOLLEYBALL**

New Mexico Senior Olympics

**Volleyball Competition**

State competition only

The New Mexico Senior Olympics will qualify athletes for the National Senior Olympics. Dates, times and locations will be announced at a later date.

For information contact the New Mexico Senior Olympics, 1-575-623-5777, www.nmseniorolympics.org

**Volleyball Pick-up Games**

Join the 50+ volleyball players for drop-in volleyball matches.

<table>
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<tr>
<th>Day</th>
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<tbody>
<tr>
<td>Monday</td>
<td>6:00 - 8:00 pm</td>
<td>Instructor: Dora Gunkel</td>
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</table>

**Mandatory Dress Rehearsal for Competitors**

Monday, March 23, 2015 9:00 am
All competitors must be at the dress rehearsal. This event will be a New Mexico Senior Olympics qualifying event.
Coordinator: Brett Steinmetz 880-2800

**TENNIS**

Albuquerque 50+ Games

**Tennis Tournament**

You don't have to be Pete Sampras to enjoy playing in our Albuquerque 50+ Games tournament.

Fri., Sat., April 24 & 25, 2015
Jerry Cline Tennis Complex 7205 Constitution NE
Athletes will compete in Singles, Doubles and Mixed Doubles. This event will be a New Mexico Senior Olympics qualifying event. Coordinator: Brett Steinmetz 880-2800

**Manditory Dress Rehearsal for Competitors**

Monday, March 23, 2015 9:00 am
All competitors must be at the dress rehearsal. This event will be a New Mexico Senior Olympics qualifying event.
Coordinator: Brett Steinmetz 880-2800

**2015 Talent Show**

Part of the Talent Show and Dance Competition
Categories include: band, kitchen band, instrumental, vocal, dance, comedy and reading. Seating is limited for this popular show and tickets are required. To reserve your FREE tickets call the 50+ Sports & Fitness Office 880-2800.

<table>
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<tbody>
<tr>
<td>Tuesday</td>
<td>March 24, 2015</td>
<td>1:00 pm</td>
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</tbody>
</table>

**Manzano Mesa, Gym**

**Monday** (open gym for any age group),
**Friday** (one court reserved for senior play),
5:00 - 7:00pm
**Thursday, 6:00 - 9:00pm**
(Open gym not reserved for just senior play)
WEIGHT TRAINING

Weight Training Orientations
Weight training will keep you feeling and looking great. Not only will weight training give you more energy, but also increases muscle tone and bone density. Join one of our free orientations where we instruct on the fundamentals of weight training.

Joe O. Armijo Los Volcanes 50+ Sports & Fitness Center
Call 839-3710 for appointment

Manzano Mesa, Fitness Room
Call 275-8731 for appointment

North Domingo Baca, Fitness Room
Call 764-6496 for appointment

Palo Duro 50+ Sports & Fitness Center
Call 880-2800 for appointment

Basics with Free Weights
For novice lifters to learn safe and proper free weight lifting techniques to be used as an alternative, or in conjunction with workout machines.

Los Volcanes 50+ Sports & Fitness Center
Call 839-3710 for schedule

North Domingo Baca Sports & Fitness Center
Call 764-6496 for schedule

SENIOR CENTER PROGRAMS

Barelas
714 7th St. SW, Alb., NM 87102
Phone: 505-764-6436
Fax: 505-764-6472
Mon. - Fri. 8:00am - 5:00pm

Bear Canyon
4645 Pitt NE, Alb., NM 87111
Phone: 505-291-6211
Fax: 505-291-6237
Mon. - Fri. 8:00am - 5:00pm
Wednesday 8:00am - 9:30pm
Saturday 9:00am - 3:00pm

Highland
131 Monroe NE, Alb., NM 87108
Phone: 505-256-2000
Fax: 505-256-2004
Mon. - Fri. 8:00am - 5:00pm
Wednesday 8:00am - 7:00pm
Saturday 10:00am - 4:00pm

Los Volcanes
6500 Los Volcanes NW, Alb., NM 87121
Phone: 505-836-8745
Fax: 505-836-8749
Mon. - Fri. 8:00am - 5:00pm
Thursday 8:00am - 7:00pm
Saturday 9:00am - 1:00pm

Manzano Mesa
Multigenerational Center
501 Elizabeth SE, Alb., NM 87123
Phone: 505-275-8731
Fax: 505-275-8734
Mon. - Fri. 8:00am - 9:00pm
Saturday 9:00am - 3:00pm

North Domingo Baca
Multigenerational Center
7521 Carmel NE, Alb., NM 87113
Phone: 505-764-6475
Fax: 505-764-6489
Mon. - Fri. 8:00am - 9:00pm
Saturday 9:00am - 3:00pm

North Valley
3825 4th St. NW, Alb., NM 87107
Phone: 505-761-4025
Fax: 505-761-4031
Mon. - Fri. 8:00am - 5:00pm
Tuesday 8:00am - 9:00pm
Sunday 12:45am - 4:30pm

Palo Duro
5221 Palo Duro NE, Alb., NM 87110
Phone: 505-888-8102
Fax: 505-888-8107
Mon. - Fri. 8:00am - 5:00pm
Wednesday 8:00am - 7:00pm
Saturday 9:00am - 1:00pm
**Basketball**

Open Basketball
Open/Drop-In Basketball is offered every day of the week (Mon.-Sat.) at the times listed below. Teams are formed as participants show up and sign in.

**Manzano Mesa, Gym (E/W courts)**
- Monday, 11 am – 1 pm, East
- Monday, 11:45 am – 1:30 pm, West
- Monday, 7 pm – 9 pm, Both courts
- Tuesday, 11 am – 1 pm
- Wednesday, 11 am – 12:30 pm, East
- Wednesday, 11:45 am – 12:30 pm, West
- Thursday, 11 am – 1 pm
- Friday, 11 am – 1 pm, 7–9 pm

**Senior Men’s Basketball**
This group gathers to play some friendly, but competitive basketball, where teams are picked prior to the games. This is a good workout, with a lot of action and exercise.

**Manzano Mesa, Gym (East Court)**
- Tuesday, 11:00 am–1:00 pm
- Thursday, 11:00 am–1:00 pm

**Albuquerque 50+ Women’s Basketball Program**
Canyonettes Basketball Program
Scott Heron 299-7768

**A League of Their Own**
Glynies Foster 828-1655
Lucy Padilla 897-2203
E-mail: Ginger Rich, bbballjunqie@yahoo.com

**Albuquerque 50+ Men’s Basketball Program**
Albuquerque 50+ Men’s basketball program welcomes men over the age of 50.
**Saturday**, 7:00 – 10:00 am
**Sandia Prep High School**
Allen Wainwright, 350-1574

**Dance**

**Ballroom/Latin/Swing**

Dance Beginning
Learn the steps to Ballroom Waltz, Cumbia-Salsa, Tango, Cha Cha, Fox Trot, Swing and Rumba.

**Manzano Mesa Multi-Generational Center, Social Hall**
- **Saturday**
  - Beginning: 10:00 - 11:00am
  - Intermediate: 11:00am - 12:30pm

**Wise Women Belly Dance**
Get in touch with your inner beauty while getting a good work out. This gentle approach to this ancient art form can be enjoyed by women of all ages and abilities. Belly dance displays the strength and beauty of women of all sizes, ages, and shapes.

**Manzano Mesa, Social Hall**
- Thursday, 6:00 - 6:30 pm
- Amaya

**Japanese Folk Dancing**
An introduction to the culture and spirit of the “Land of the rising sun.”
**Bear Canyon**
- 1st, 2nd & 4th Saturday, 10:00 am–12:00 noon
- Natsuko Edelman

**Dance and Movement for Parkinson’s**
Join in the musicality, rhythm, expression, inven- tiveness and shee physical pleasure of dance. Move- ments customized for all abilities, free to members with Parkinson’s.

**North Valley, South Social Hall**
- 1st & 3rd Thursday, 2:00–3:00 pm
- Joanie Carlisle

**NM, Mexican Folklorico & Latin Dance Class**
Learn traditional dances.

**Barelas, Lead**
- Wednesday, Sept. 4 - Apr. 23
- Frances Lujan
- Call 764 - 6436 for more info.

**Salsarobics**
Spice up your workout with this energetic, fun and sizzling workout; learn the fundamentals of Latin dance such as Salsa, Merengue, Bachata, Brazilian Samba and always sexy Cha Cha. Fitness shoes or Dance shoes required.

**Los Volcanes, Social Hall**
- Thursday, 6:00 – 7:00 pm
- Saturday, 9:00 – 10:00 am
- $3, Elena Valencia

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**Do you like to compete?**
Join us for the Albuquerque 50+ Games
See page 15 for more info or call us at 880-2800
### DANCE, CONTINUED

#### Line Dance
Great for people who love to dance but don’t have a partner - Everyone learns the dance and dances in a line.

<table>
<thead>
<tr>
<th>Level</th>
<th>Location</th>
<th>Time</th>
<th>Instructors</th>
<th>Fee</th>
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</thead>
<tbody>
<tr>
<td>Beginner</td>
<td>Bear Canyon, Social Hall</td>
<td>Thursday, 3:15 - 4:30 pm</td>
<td>Clarada Hull</td>
<td>$5, first class Free</td>
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<tr>
<td></td>
<td>Los Volcanes, Social Hall</td>
<td>Tuesday, 9:15 - 10:15 am</td>
<td>George Smith</td>
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<td></td>
<td>Manzano Mesa, Social Hall</td>
<td>Wednesday, 1:30 - 3:00 pm</td>
<td>Mary Garcia</td>
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<td></td>
<td>North Valley, Social Hall</td>
<td>Monday, 1:00 - 2:00 pm</td>
<td>Clarada Hull</td>
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<tr>
<td>Intermediate</td>
<td>Palo Duro, Mesquite</td>
<td>Monday, 3:15 - 4:30 pm</td>
<td>K. Tidy</td>
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<td></td>
<td>Saturday (2nd, 3rd, 4th), 9:00am - 10:30am</td>
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<tr>
<td>Advanced</td>
<td>Bear Canyon, Social Hall</td>
<td>Thursday, 1:30 - 3:00 pm</td>
<td>Doug Madison</td>
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<td></td>
<td>Palo Duro, Mesquite</td>
<td>Monday, 1:30 - 3:00 pm</td>
<td>Wylene Santistevan</td>
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#### Nia Technique
The Nia Technique™ draws inspiration from the dance arts, martial arts and healing arts for a cardiovascular, aerobic, and super fun workout that is challenging and stimulating, yet easy to follow. We dance in our bare feet so we build strength from the ground up.

<table>
<thead>
<tr>
<th>Location</th>
<th>Time</th>
<th>Instructor</th>
<th>Fee</th>
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<tbody>
<tr>
<td>Highland, Room 8</td>
<td>Thursday, 11:15 am-12:15 pm</td>
<td>Michele Diel</td>
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<tr>
<td>Palo Duro, Aspen</td>
<td>Wednesday, 3:15-4:15 pm</td>
<td>$6 or $30/5 classes/First Class Free</td>
<td>Diel</td>
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<tr>
<td>Bears</td>
<td>Friday 1:30-3:00 pm</td>
<td>Kae Sumrall</td>
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<tr>
<td>Highland, Room 8</td>
<td>Wednesday, 1:15-2:45 pm</td>
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<tr>
<td>Los Volcanes, Social Hall</td>
<td>Saturday, 8:15-9:30 am</td>
<td>$3, Cece Shantzek</td>
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<tr>
<td>Highland, Social Hall</td>
<td>Wednesday, 2:30-3:30pm</td>
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<tr>
<td>Manzano Mesa, Social Hall</td>
<td>Monday, 6:15-7:15 pm</td>
<td>$25 per month, $7 per class Ann Owen</td>
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<tr>
<td>North Domingo Baca, Social Hall</td>
<td>Tuesday, 6:00-7:00 pm</td>
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<td></td>
<td>Thursday, 6:00-7:00pm (Classroom 5)</td>
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<tr>
<td>North Domingo Baca, Social Hall</td>
<td>Monday, 9:00-10:00am</td>
<td>$5, Lynn Alexander</td>
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<td>Friday, 1:00-4:00pm</td>
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<tr>
<td>Yoga</td>
<td>Manzano Mesa, East Social Hall Friday, 9:00–10:00am</td>
<td>$5, Anita</td>
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<tr>
<td>Bears</td>
<td>Monday, 6:00-7:00pm (Classroom 5)</td>
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<tr>
<td>Bears</td>
<td>Saturday, 12:00–1:00 pm</td>
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<td>Dahn Yoga</td>
<td>Palo Duro, Mesquite</td>
<td>$5, first class Free</td>
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<td>Bears</td>
<td>Monday, 9:00-10:00am</td>
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<td>Friday, 1:00-4:00pm</td>
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<td>Bears</td>
<td>Saturday, 12:00–1:00 pm</td>
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#### Yoga
These classes combine core management methods with mind/body/breath discipline to reduce physical and mental stress and lengthen muscles. Yoga will improve posture and core strength, as well as reduce lower back pain and increase muscle flexibility.

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<th>Location</th>
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<th>Fee</th>
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<tr>
<td>Barelas</td>
<td>Monday, Thursday, 9:15-10:30 am</td>
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<tr>
<td>Bears</td>
<td>Friday, 11am-12:30pm</td>
<td>Kae Sumrall</td>
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<td>Bears</td>
<td>Monday, 6:00-7:00pm (Classroom 5)</td>
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<tr>
<td>Bears</td>
<td>Saturday, 12:00–1:00 pm</td>
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<td>Bears</td>
<td>Palo Duro, Mesquite</td>
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<td>Bears</td>
<td>Monday, 9:00-10:00am</td>
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<td>Bears</td>
<td>Saturday, 12:00–1:00 pm</td>
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**S Clase, Advanced**

**Tijeras Senior Center**
Wednesday, 10:45-11:45am
Sara Levin Free
Call 286-4220 for more information

**Yoga, Chair**
Focus on alignment, breathing, relaxation, and core awareness while gently opening up the body, increasing strength, flexibility, mobility and building bone density.

**Yoga, Dahn**
Dahn Yoga is an integrated mind-body training method that combines deep stretching exercises, meditative breathing techniques and energy awareness training. Dahn Yoga was created for people who want to gain flexibility and balance of mind and body in the midst of their busy and sometimes hectic lives. It is easy and simple enough for anyone to learn, yet challenging for even the most advanced practitioner.
EASTERN TRADITIONS, CONTINUED

North Domingo Baca
Fitness Center,
Group Exercise Room (Upstairs)
Saturday, 10:30–11:45am
$5, Lynn Alexander

North Valley, Room 1 & 2
Tuesday, Thursday, 3:00–4:00 pm
$3, David Plummer

Yoga, Hatha-Plus
This class combines Hatha yoga and core body work.
Manzano Mesa, Room 5
Friday, 9:00–10:00 am Janet Porter

Yoga, Hatha
Practice breathing and Hatha yoga postures. Breathing revitalizes the brain and internal organs with oxygen, and postures keep the spine supple and healthy. This class will help lower your blood pressure and calm nerves.
Manzano Mesa, Room 5
Wednesday, 9:00–10:00 am Dee Cappelle

Yoga - Kundalini
Kundalini, an electric, fiery, occult life force, is a spiritual power that brings in energy, expands the mind, and opens new thinking.
Manzano Mesa, Room 4
Wednesday, 10:00–11:00 am Susheila Stubbe

T’ai Chi
Beautiful, gentle, flowing movements improve balance, lower high blood pressure, increase bone density and cultivate Chi, or internal energy. T’ai Chi reduces stress and arthritis pain, significantly improves brain size in seniors, and may delay the onset of Alzheimer’s disease. Cultivate your Chi for a long and happy life! Call Sifu Ty @ 620-1889 for more information.
Barelas, Social Hall
Wednesday, 9:30–10:30 am
Suggested donation $5, Ilene Dunn

Highland, Social Hall
Thursday, 9:30–10:30 am
Suggested donation $5, Ilene Dunn

INTERMEDIATE:
Thursday, 2:00–3:00pm
Suggested donation $5, Master Dug Corpolongo

Los Volcanes, Room 2
Tuesday and Thursday, 3:00–4:00 pm
Suggested donation $5, Sifu Ty Beh

Manzano Mesa, Room 4
Tuesday, 9:30–10:30 am
Suggested donation $5, Ilene Dunn

North Valley, Room 1 and 2
Monday, 9:30–10:30 am
Suggested donation $5, Sifu Ty Beh

Palo Duro, Ponderosa Pine
Friday, 9:30–10:30 am (not meeting first Friday of every month)
Suggested donation $5, Sifu Ty Beh

Tai Chi For Seniors
Slow, gentle movement to build health & balance, reduce stress, & heal from injuries. Presented in a brief way to balance the whole self: physical, emotional & spiritual
Los Volcanes, Room 2
1st, 2nd, 3rd, Wednesday, 12:00-1:00pm
Suggest donation $3, Kay

Yang Style Tai Chi:
North Domingo Baca, Classroom 1
Friday, 11:30–12:30pm
Suggested donation $5, Sifu Ty Beh

T’ai Chi Chih
T’ai Chi Chih is a series of easy, gentle movements that balance the internal energy (Chi). It is often called a moving meditation and the benefits of this practice can include improved balance, flexibility, stamina, and regulation of stress blood pressure and weight.
EIGHT BALL POOL

A great way to visit and meet with friends. A variety of games are played at each center. Donation requested.

Barelas, Game Room
Monday - Friday, 8:00 am - 5:00 pm

Bear Canyon, Billiards Room
Monday - Friday, 8:00 am - 5:00 pm

Highland, Billiards Room
Monday - Friday, 8:00 am - 5:00 pm

Los Volcanes, Billiards Room
Monday - Friday, 8:00 am - 5:00 pm
Thursday, 8:00 am - 7:00 pm
Saturday, 9:00 am - 1:00 pm

North Valley, Billiards Room
Monday - Friday, 8:00 am - 5:00 pm

Palo Duro, Game Room
Monday - Friday, 8:00 am - 5:00 pm

Saturday, 9:00 am - 1:00 pm

Tuesday, 8:00 am - 7:00 pm

ALBUQUERQUE 50+ GAMES

See page 10 & 11 For Info!!

The 2015 “Compete & Meet” Games

Come show us what you’ve got!!

See page 10 for more info or call 880-2800
EXERCISE

Get Moving Cardio
This group fitness cardio class incorporates high and low impact choices in an effective workout to burn more fat, use calories, and meet your fitness goals.

Manzano Mesa, Social Hall
Monday & Wednesday
5:00–6:00 pm
$20 per month or $2.50 per class
Ann Owens

Get Moving Cardio (Zumba Gold) & 5:30 - 6:30 pm
Thursday 9:00 - 10:00 am
(Zumba Gold) & 4:45 - 5:45 pm
Friday 8:30 - 9:30 am & 4:45 - 5:45 pm
Saturday 9:00 - 10:00 am & 1:00 - 2:00 pm

North Valley
Tuesday 5:30 - 6:30 pm
$2, Mary Martinez

Zumba Gold Toning
This class is designed for the active older adult. You will use fast and slow rhythms and resistance training to tone and sculpt your body and burn fat.

Manzano Mesa, Gym
Friday, 8:00 - 9:00 am
$2 Dee Williams

Hiking (intermediate)
The Albuquerque Senior Centers offer hiking trips year round. Schedules are available at front desk of participating centers. Transportation cost is 5¢ per mile. www.ASCHG.org

Bear Canyon
Every other Thursday, 8:00 am
Sandy McAvoy

North Valley
Every other Thursday, 8:00 am
Bill Gloyd

Los Volcanes
Every other Friday, 8:00 am
Dick Brown

Highland
Every other Tuesday, 8:00 am
Pat Newman

Palo Duro
Every other Tuesday, 8:00 am
Marylin Warrant

North Domingo Baca
Saturday 9:00 - 3:00 pm
Sue Pelletier

Los Volcanes, Social Hall
Tuesday, 1:30 - 5:00 pm

Pajarito Senior Meal Site
Wednesday, 12:30 - 1:30 pm

HOLISTIC ENERGY TRAINING

The focus in this class will be Body Movement to increase energy, and feel mental and emotional balance. Enjoy a deep experience of self-discovery.

Barelas
Thursday, 11:00am - 12:30 pm
Bette Castoria

MASSAGE

Chair Massage
Natural non-invasive pain relief. Benefits include improved posture and range of motion, reduced anxiety and stress, increased sense of well-being. Massage done for a nominal fee.

North Domingo Baca, Downstairs Lobby
Thursday, 9:00am-3:00 pm
Lani Burns LMT #3387

North Valley, Lobby
1st & 2nd Wednesday, 9:00-11:00 am
Ellen Santistevan

Palo Duro Senior Center, Lobby
Tuesday, 9:00-11:00 am
Lani Burns LMT #3387

TABLE TENNIS

Practice and Play
Since its inception in 1880s England as an after-dinner amusement for upper class Victorians, this sport has grown into an international favorite. Originally, a line of books served as the net, a champagne cork or knot of string as the ball, and a cigar box lid as the racket. Come see how it has evolved!

Barelas, Social Hall
Thursday, 1:00 pm - 3:00 pm

Bear Canyon, Social Hall
(subject to change)
Monday, Friday, 1:30 - 3:30 pm
Wednesday, 10:15 - 11:00 am
Thursday, 9:30 - 11:00 am
Saturday, 9:00 - 11:00 am, 1:00 - 3:00 pm

North Valley, Social Hall
Monday, 2:00 - 5:00 pm (upon request)

Manzano Mesa, Game Room
Monday - Friday, 8:00 - 9:00 am
Saturday, 9:00 - 3:00 pm

Pajarito Senior Meal Site
Wednesday, 12:30 - 1:30 pm

EXERCISE · HIKING · HOLISTIC ENERGY TRAINING · MASSAGE · TABLE TENNIS

SENIOR CENTER PROGRAMS
SELF DEFENSE

Feldenkrais Method
Awareness Through Movement

Often referred to simply as “Feldenkrais”, is a somatic educational system designed by Moshé Feldenkrais. Feldenkrais aims to reduce pain or limitations in movement, to improve physical function, and to promote general wellbeing by increasing students’ awareness of themselves and by expanding students’ movement repertoire.

North Domingo Baca
Thursday, 6:15 - 7:15 pm
FREE, Steve Mulvihill.

TaeKwondo

North Domingo Baca
Monday, Tuesday, Thursday 7:15 - 8:15 pm
$70/month, ages 7 and up  David Martin

All-Star Youth Karate

For ages 4–16, this karate/self defense program covers martial art techniques, emphasizing self-defense and child safety awareness.

Manzano Mesa, East Social Hall
Wednesday, 6:00 - 9:00 pm
David Vigil
To register: 899-1666

Kendo Kai

Meaning “Way of The Sword,” is a modern Japanese martial art, which descended from traditional swordsmanship (kenjutsu) and uses bamboo swords (Shinai), and protective armor. It is a physically and mentally challenging activity that combines martial arts practices and values with sport-like strenuous physical activity.

Manzano Mesa, East Social Hall
Friday, 6:00 - 8:00 pm
Davis Begay

North Domingo Baca
Wednesday: 7:00-8:45pm
Davis Begay. $20.00 for adults and $10.00 for youth.

Iron Olympian Karate

Develop physical strength, discipline, balance, coordination and self-esteem. Class includes breakaway techniques and safety awareness.

Manzano Mesa, Room 4
Tuesday, Wednesday, 6:00 - 8:00 pm
Chris Nowak

Personal Defense Club,
Close Quarter Combat

Provides a place to learn, teach and practice personal fighting skills. It is not associated with any traditional Asian art or sport.

Manzano Mesa, Room 4
Monday, Tuesday, Thursday 7:15 - 8:15 pm
$70/month, ages 7 and up  David Martin

Davis Begay.

WALKING GROUP

Come join this fun group as we walk through and see the sights of the Barelas neighborhood and other selected locations.

Barelas, Meet in Lobby
Tuesday, 9:00–10:00 am

Gain the satisfaction of helping others improve their health and fitness level!
The 50+ Sports & Fitness program offers a variety of volunteer opportunities.
Senior Volunteers are encouraged to join the Retired Senior Volunteer Program (RSVP).

Please call us at 880-2800