

ONE ALBUQUE RQUE

senior affairs

January through June 2024

Activity Catalog

FOR SENIORS 50+

505-764-6400

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

Hello Albuquerque,

We are pleased to present our latest Activity Catalog for Albuquerque seniors and families! The City of Albuquerque's Department of Senior Affairs is committed to providing services and programs that help families age well and continue to thrive in our city. As you set your goals for this year, we hope this guide serves as a tool to find new ways to learn, grow, or get involved in our community. Here at the City, we are always looking for ways to adapt and expand our programming to enhance the lives of our families, youth, and older adults. Between July 2022 and July 2023, the Department of Senior Affairs saw an 82% increase in folks taking advantage of the over 1,200 programs offered through our senior, multigenerational, and sports & fitness centers. From pickleball to pottery to French and computer classes – there is no shortage of opportunities for Burqueños of all ages as Albuquerque continues to fulfill its promise of becoming the best place for families.

Coming up in 2024, we are excited to continue our work of bringing generations together through targeted facility improvements and ongoing efforts to expand the Department's reach across Albuquerque. We are especially looking forward to the grand opening of the new Santa Barbara-Martineztown Multigenerational Center which will serve all generations in this historic part of our City, including senior meals, recreation opportunities, and youth programs.

If you are not already a member, we encourage you to stop by one of our centers for yourself to experience everything they have to offer. To learn more about the Department of Senior Affairs, please visit cabq.gov/seniors or call our Senior Information Line at 505-764-6400, Monday through Friday, 8:30 a.m. to 4:30 p.m. Thank you, and let's all have a safe, fun, and active 2024!

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

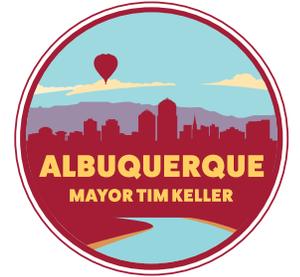
Anna M. Sanchez, Director,
Department of Senior Affairs

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
Dubra Karnes-Padilla
Henry Shoner

Evan Thompson
Martha Medina
Teresa Haering
Raymond Taylor
Sheila Hundley

City Councilors

District 1: Louie Sanchez
District 2: Joaquin Baca
District 3: Klarissa Peña
District 4: Brook Bassan
District 5: Dan Lewis

District 6: Nichole Rogers
District 7: Tammy Fiebelkorn
District 8: Dan Champine
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

2024 Advisory Council Schedule:

JANUARY 22, 2024

12:00pm
Palo Duro Senior Center
5221 Palo Duro NE, 87110

FEBRUARY 26, 2024

12:00pm
Bear Canyon Senior Center
4645 Pitt NE, 87111

MARCH 18, 2024

12:00pm
Los Volcanes Senior Center
6500 Los Volcanes NW, 87121

APRIL 15, 2024

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

MAY 20, 2024

12:00pm
Administrative Offices
1 Civic Plaza NW, 6th Fl Ste 6007

JUNE 17, 2024

12:00pm
North Valley Senior Center
3825 4th NW, 87107

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

Senior Information Line: 505-764-6400

TTY: 1-800-659-8331

Citizen Contact Center: 311

Email: 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 you are unable to afford membership, please contact the manager at your center about the possibility of 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.

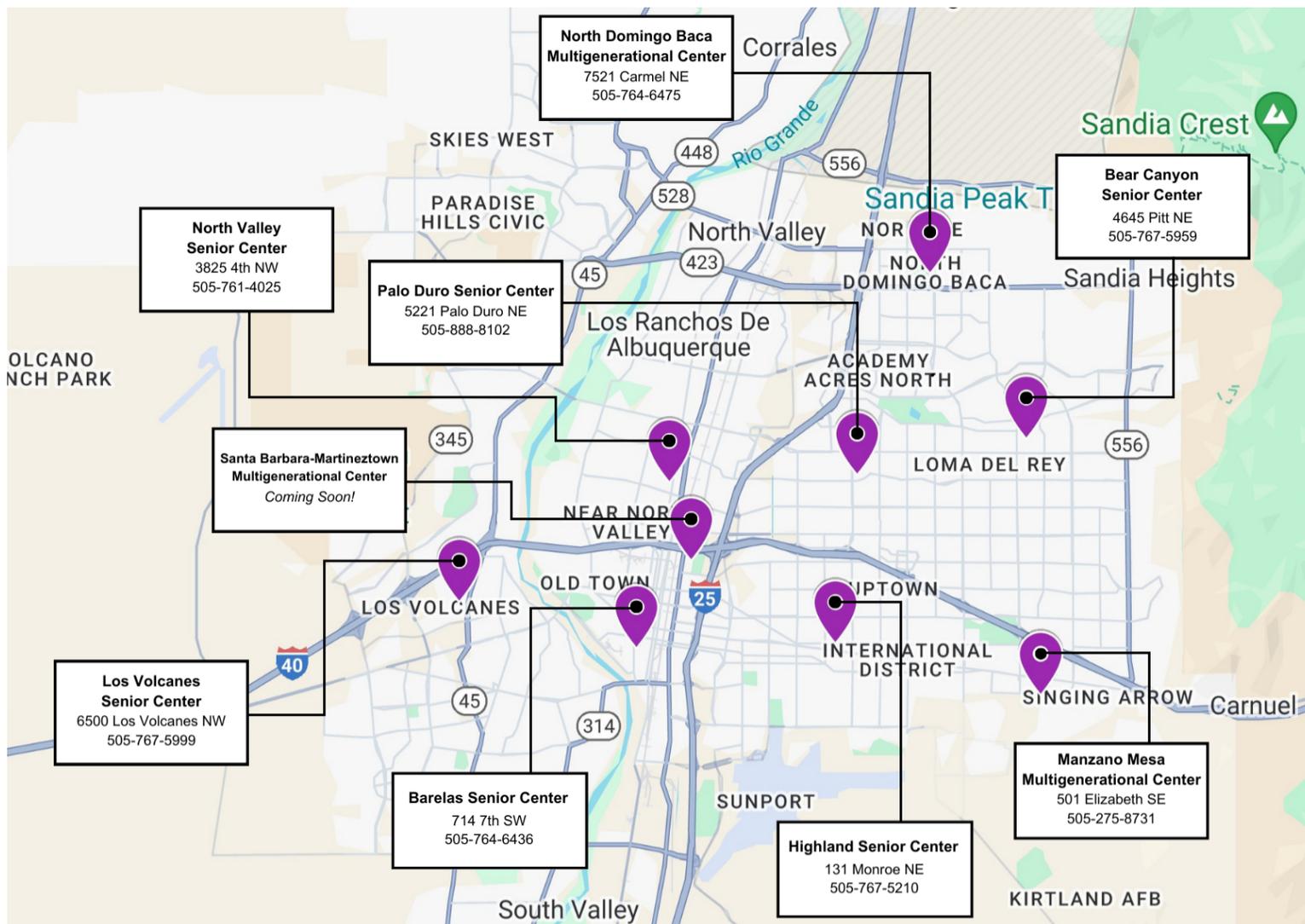
The City of Albuquerque's Department of Senior Affairs provides an array of services for seniors in the community, including social services, recreation, transportation, nutrition services and volunteer programs. For more information on Senior Affairs services, call 505-764-6400, Monday-Friday, between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

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.





CENTER DIRECTORY

Nationally Accredited Senior and Multigenerational Centers

Center Closings

- January 1st**
New Year's Day
- January 15th**
Martin Luther King, Jr. Day
- February 19th**
Presidents' Day
- May 27th**
Memorial Day
- June 19th**
Juneteenth

Accredited by 
National Institute of
Senior Centers

Senior Centers

- Barelas Senior Center**
714 7th 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

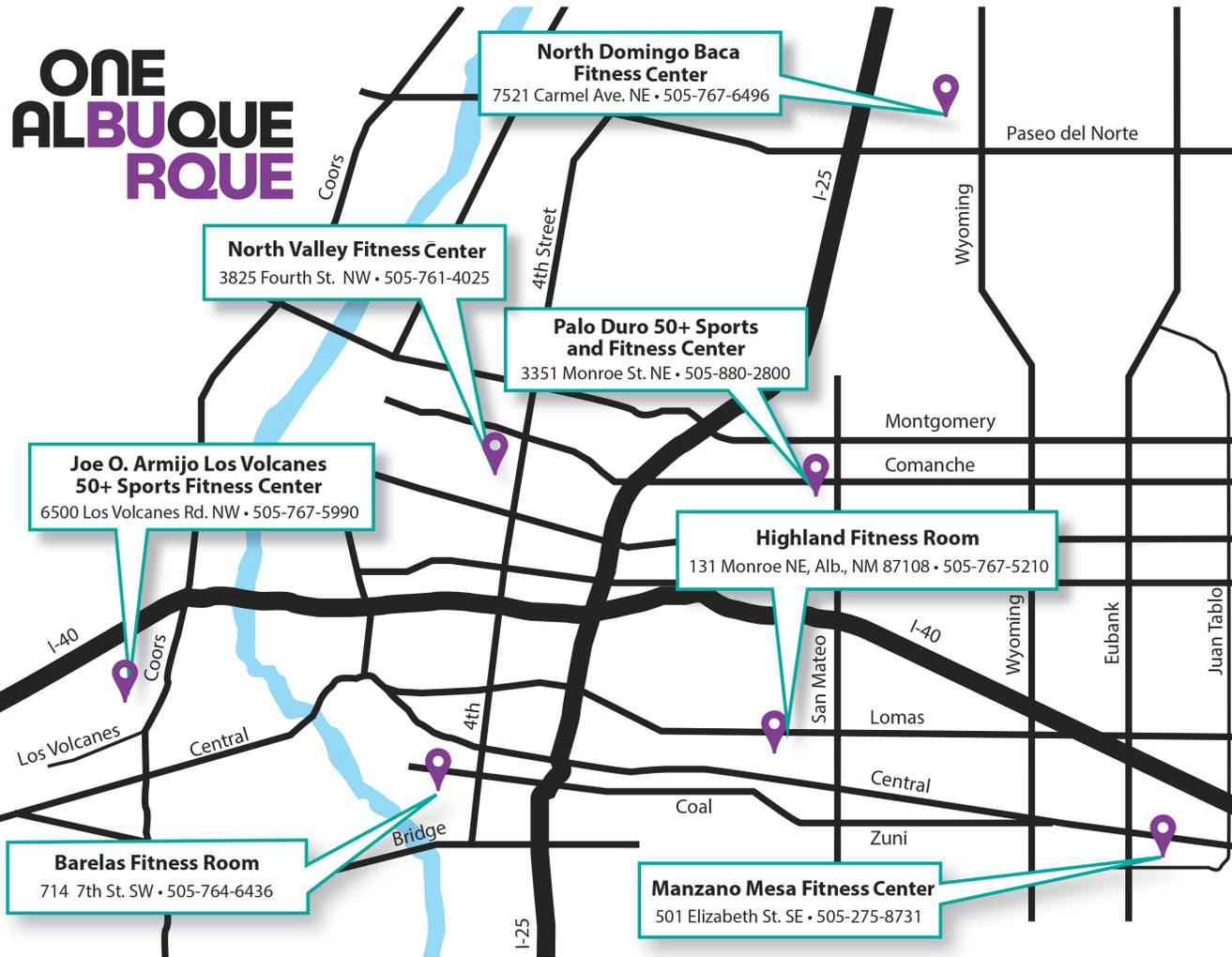
3825 4th St. NW, 87107
505-761-4025
M, W, Th, F: 8:00am–5:00pm
Tues: 8:00am–7:00pm
Sun: 12:30pm–4:30pm

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
- Santa Barbara-Martineztown Multigenerational Center**
1825 Edith Blvd NE 87102
Opening Early 2024!



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 4th 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 7th 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
- Case Management

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 a 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 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 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*). For 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 7th 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 4th 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

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 for those 60 and older includes:

Cesar Chavez Community Center
7505 Kathryn Ave SE, 87108
505-256-2680

Los Duranes Community Center
2920 Leopoldo NW, 87104
505-767-5900

Paradise Hills Community Center
5901 Paradise Blvd NW, 87114
505-314-0246

Raymond G. Sanchez Senior Center
9800 4th St NW, 87114
505-314-0082

Rio Bravo Senior Center
3910 Isleta Blvd SW, 87105
505-314-0049

South Valley Multi-Purpose Senior Center
2008 Larrazolo SW, 87105
505-468-7604

Taylor Ranch Community Center
4900 Kachina St NW, 87120
505-768-6006

Tijeras Senior Center
#10 Tijeras Ave,
Tijeras, NM 87059
505-286-4220

Westgate Community Center
10001 De Vargas Rd SW, 87121
505-768-4750

Whispering Pines Senior Center
#6 Lark Rd,
Tijeras, NM 87059
505-281-8003

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:

Ed Romero Terrace
8100 Central Ave SE, 87108
505-232-8880

Encino Terrace
609 Encino Pl NE, 87102
505-247-4185

Shalom House
5500 Wyoming NE, 87109
505-823-1434

Encino Garden
412 Alvarado SE, 87108
505-266-7736

Embudo Towers
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 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

Every Tuesday & Thursday:
9:00am–11:00am

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 Thursday: 10:30am–11:30am

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

2nd Wednesday 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, 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–12:30pm

POTTERY

Manzano Mesa Multigenerational Center *Self-directed class.*

Intermediate Level. From pinch pots, slabs, and coiling to wheel throwing.

Tues & Thurs: 9:00am–1:00pm

North Valley Senior Center

All levels welcome. From pinch pots, slabs, and 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 & Thur: 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

Palo Duro Senior Center *(prior experience required)*

This class is designed for independent learning, allowing students the opportunity to work on their clay projects at their own pace and explore additional creative ideas for crafting clay art.

Friday: 9:00am–12:00pm

Crocheting, Knitting, Quilting, Sewing & Weaving

BUSY BEES CROCHET & KNITTING

Palo Duro Senior Center

Join our crochet group, where we create cozy blankets, scarves, and hats to donate to different non-profit organizations! We focus on spreading warmth and kindness, it's a fun and caring community making a difference together.

Wednesday: 12:00pm–3:00pm

TUESDAYS ANGELS CROCHETING

Palo Duro Senior Center

Tuesday: 9:00am–1:00pm

CROCHETING

Barelas Senior Center

Beginners and experienced crocheters 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, and 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 of 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

MADD-HATTERS

Highland Senior Center

Let's get crafty! We're itching to teach you the ropes of knitting and crocheting. Are you struggling with reading patterns or itching to master new stitches? Maybe you want to show off your latest project or need a little push to finish up a WIP. No worries if you're missing the gear to get started; we've got you covered. Whether you're a total newbie or a seasoned pro, join our crew of yarn connoisseurs for a fulfilling and fun experience. We offer one-on-one teaching support, so you'll never feel lost, plus there's always room to learn new techniques and make new friends. Get ready to unleash your creativity and chuckle along the way!

Wednesday: 1:00pm–3:00pm

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.

Last Thursday: 9:00am–1:00pm

QUILTING

Palo Duro Senior Center

Tuesday: 9:00am–11:00am

Saturday: 9:15am–11:15am

QUILTING: EXPERIENCED

Bear Canyon Senior Center

This group of experienced hand quilters works 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

SEWING & ALTERATIONS

Palo Duro Senior Center

The sewing and alterations club meets regularly to share sewing techniques, work on creative projects, and help members develop their skills in clothing modifications.

Friday: 2:15pm–4:15pm

SWEDISH WEAVING

Swedish Weaving is the 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: 1:30pm–4:30pm

CLASSES

Drawing, Painting, Folk Art, Photography & Watercolor

BEGINNING ACRYLIC PAINTING WITH GILLOTTI

Barelas Senior Center

This class is for the beginner painter. Please ask the front desk for a list of supplies needed.

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–11:00am

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.

1st & 3rd Monday: 10:00am–11:30am

INDEPENDENT ART WORKSHOP

Bear Canyon Senior Center

Open to artists of all skill levels who paint, sketch, draw, or use any other medium. Share company, conservation, and tips. No registration is 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

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

Bear Canyon Senior Center

2nd & 4th Thurs: 6:00pm–7:30pm

North Domingo Baca Multigenerational Center

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

2nd 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, including 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.

3rd Saturday: 12:00pm–2:30pm

WATERCOLOR/OPEN STUDIO

Highland Senior Center

Bring your own material. 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 includes watercolor paper, watercolor paints, brushes, a mixing pallet, watercolor cups, pencils, a big eraser, and a drying towel.

Tuesday: 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. Bring your own materials.

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: 10:30am–11:30am

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

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 Baca

Multigenerational Center

Thursday: 10:30am–11:30am

GATHERING OF ARTISTS

Highland Senior Center

Known as the "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

GREETING CARD/PAPER CRAFT GROUP

Bear Canyon Senior Center

If you would like to have fun making simple greeting cards/paper crafts, this group is for you.

Monday: 8:30am–11:30am

LAPIDARY: BEGINNERS

Palo Duro Senior Center

Learn the craft of working, forming, and finishing stone, minerals, and gemstones.

Monday: 8:30am–11:30am

LAPIDARY: INTERMEDIATE

Palo Duro Senior Center

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

Friday: 9:00am–12:00pm

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!

1st & 3rd 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

CLASSES

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. *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

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.

2nd & 4th 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!

3rd 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.

2nd Tuesday: 1:30pm–2:30pm

SHARING MEMORIES THROUGH WRITING

North Domingo Baca

Multigenerational Center

Wednesday: 12:30pm–2:00pm

WRITERS CLUB

Highland Senior Center

Do you have a personal story itching to be put on paper? Are words knocking around in your noggin, begging to be unleashed? Freelance writing is calling your name, and we're here to help make your writing dreams a reality. Bring your pen and paper or laptop, and let's dive into the exciting world of writing.

Thursday: 2:00pm–3:00pm

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: 8:00am–4:45pm

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: 1:30pm–2:45pm

BEGINNING BALLROOM DANCING

Highland Senior Center

Come learn and practice all styles of dance in a cheerful and non-threatening environment. Dance patterns include those from ballroom, rhythm, and country. No partner required. This class is free.

Tuesday: 10:00am–11:00am

JAPANESE FOLK DANCE

Bear Canyon Senior Center

Community-based dance group focused on Japanese classic and folk dances.

Monday: 10:00am–12:00pm

CLASSES

LINE DANCING

Barelas Senior Center Beginners

Wednesday: 9:00am–10:00am

Improver

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

Highland Senior Center Beginners

Wednesday: 2:00pm–3:30pm

Improve/Intermediate

Saturday: 10:30am–12:00pm

Intermediate

Tuesday: 2:00pm–3:30pm

Los Volcanes Senior Center Beginners

Thursday: 9:30am–11:00am

Manzano Mesa Multigenerational Center Beginners

Monday: 9:15am–11:15am

Beginning/Intermediate

Monday: 6:00pm–8:00pm

Beginning/Improver

Wednesday: 9:30am–10:30am

Intermediate

Tuesday: 9:15am–11:15am

Tuesday: 1:30pm–3:30pm

Starter

Wednesday: 1:30pm–3:30pm

North Domingo Baca Multigenerational Center Beginners

Thursday: 1:30pm–3:00pm

Intermediate

Wed & Fri: 1:30pm–3:00pm

Palo Duro Senior Center Beginners

Monday: 3:15pm–4:30pm

Saturday: 9:00am–10:15am

Improvers

Monday: 1:30pm–3:00pm

Intermediate

Saturday: 10:30am–12:00pm

TARDE DE ORO DANCE

North Valley Senior Center

Monday: 9:30am–11:00am

MANZANO MESA CLOGGERS

Manzano Mesa

Multigenerational Center

FUN CLOGGING group, dancing to all kinds of music!

Tuesday: 5:45pm–7:45pm

WISE WOMEN BELLY DANCE

Manzano Mesa

Multigenerational Center

Learn the technique and basics of this beautiful, centuries-old dance form.

\$5.00 - 1st intro class

\$10.00 - multi-level class

Saturday: 11:00am–12:00pm

Games

BILLIARDS

Bear Canyon Senior Center

Monday–Friday: 8:00am–4:45pm

Saturday: 9:00am–2:45pm

\$.25/day

Highland Senior Center

Monday–Friday: 8:00am–4:45pm

Wednesday: 8:00am–6:45pm

Saturday: 10:00am–3:45pm

Palo Duro Senior Center

M,Tu,Th,F: 8:00am–4:35pm

Wednesday: 8:00am–6:30pm

Saturday: 9:00am–12:30pm

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

North Valley Senior Center

Tues & Thurs: 1:15pm–5:00pm

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

Wednesday: 10:00am–12:30pm

Highland Senior Center

Wednesday: 1:00pm–4:00pm

Palo Duro Senior Center

Wednesday: 12:00pm–3:00pm

ORCA GAME TIME

Highland Senior Center

(Older Rainbow Community of Albuquerque changed name from SAGE)

Everyone is invited to join and play board games, card games, & dice games, fun games, etc. Spare your time for fun!

1st & 3rd Thurs: 2:30pm–4:30pm

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: 12:30pm–4:30pm

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

CLASSES

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–11:00am

FRENCH: INTERMEDIATE

Palo Duro Senior Center
The French club offers a welcoming environment for students to immerse themselves in the French language and culture through engaging activities and events.
Monday: 1:00pm–3:00pm

GERMAN: BEGINNING/ INTERMEDIATE

Bear Canyon Senior Center
Thursdays
Beginning: 3:00pm–4:00pm
Intermediate: 4:00pm–5:00pm

GERMAN INTERMEDIATE

Bear Canyon Senior Center
(May–Dec.)
Tuesday: 10:30am–12:00pm

GERMAN INTERMEDIATE

Palo Duro Senior Center
Thursday: 9:30am–11:30am

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: 1:30pm–2:30pm

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.
Tuesday: 1:00pm–2:00pm

SPANISH: BEGINNER II

Barelas Senior Center
Wednesday: 2:15pm–3:15pm

SPANISH: CONVERSATION

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

SPANISH: CONVERSATION ADVANCED

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

SPANISH: INTERMEDIATE

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

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.
2nd & 4th 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 about 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!
2nd Saturday: 1:30pm–3:30pm

HIGHTONERS

Palo Duro Senior Center
The Hightoners, a fun and dynamic singing group accompanied by piano, are known for their harmonious melodies and memorable performances that never fail to leave the audience in awe.
Friday: 10:30am–12:00pm

MUSIC CIRCLE-SING & STRUM

North Domingo Baca Multigenerational Center
Wednesday: 10:00am–12:00pm

PIANO: BEGINNING

Come learn to play the piano.
Bear Canyon Senior Center
Friday: 9:00am–10:30am

PIANO: OPEN WORKSHOP TO BEGINNING

Come learn to play the piano or improve your skills with us.
Palo Duro Senior Center
Monday: 9:00am–11:00am

PIANO: INTERMEDIATE OPEN 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

CLASSES

PALO DURO SINGERS

Palo Duro Senior Center

The Palo Duro Singers, a vibrant club, are known for their captivating vocal performances, enchanting audiences with their harmonious melodies and passionate singing.

Monday: 9:00am–11:00am

UKULELE: BEAR CANYON UKULELE CLUB

Bear Canyon Senior Center

1st & 3rd Monday: 2:00pm–4:00pm

UKULELE BEGINNERS:

Highland Senior Center

Ukulele Beginners with Anne Withrow. Learn the basics of ukulele; holding, strumming, chords and playing songs! Anne Withrow, who says: "If you can't have fun, it isn't worth it."

Wednesday: 4:30pm–6:30pm

Sports & Fitness

ACUPRESSURE

Los Volcanes Senior Center

Acupressure is a form of Chinese medicine that 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.

Monday: 9:00am–1:00pm

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 the 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: 10:45am–2:00pm

Wednesday: 6:00pm–8:30pm

Saturday: 9:00am–11:00am

BASKETBALL: OPEN GYM ALL AGES

North Domingo Baca Multigenerational Center

Monday: 5:45pm–8:15pm

Tues & Thurs: 10:45am–2:00pm

Fri: (*Family Night*): 5:45pm–8:15pm

Saturday: 11:00am–2:30pm

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.

1st & 3rd Thursday: 2:00pm–3:00pm

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 a 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

ENHANCE FITNESS

North Valley Senior Center

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

Mon, Tues & Frid: 8:15am–9:15am

FELDENKRIAS

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.

Thursday: 10:00am–11:00am

& 6:00pm–7:00pm

FIT FOR SENIORS

North Domingo Baca Multigenerational Center

Fitness is focused on heart and respiratory, muscle strengthening, flexibility, and balance.

Fee-based class.

Tues & Thurs: 9:30am–10:30am

FLEX & TONE

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

Highland Senior Center

Tues & Thurs: 8:15am–9:15am

Manzano Mesa

Multigenerational Center

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 Baca

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–10:00am

& 4:30pm–5:30pm

Tues & Thurs: 8:05am–9:05am

Wednesday: 4:30pm–5:30pm

Friday: 9:10am–10:10am

Saturday: 10:20am–11:20am

CLASSES

KARATE

North Domingo Baca

Multigenerational Center

Tues & Thurs: 5:00pm–8:00pm

Saturday: 11:45am–1:15pm

KENDO

North Domingo Baca

Multigenerational Center

Wed & Fri: 6:00pm–7:30pm

MEDITATION

Manzano Mesa

Multigenerational Center

Wednesday: 10:00am–11:00am

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

5th 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, novices, or anyone looking to enjoy 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

Saturday: 9:00am–1:00pm

North Domingo Baca

Multigenerational Center

Thursday: 6:00pm–8:15pm

Friday: 11:00am–3:00pm

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

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: 9:30am–10:30am

North Valley Senior Center

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

Wednesday: 8:30am–9:30am

QIGONG & SELF CARE

Bear Canyon Senior Center

Cost: \$3-\$5 per class

Tuesday: 11:00am–12:00pm

REFLEXOLOGY

Los Volcanes Senior Center

Reflexology is a type of massage that involves applying different amounts of pressure on to 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 is a sport where weighted discs are pushed with cues down a narrow court into a scoring area.

Tuesday: 1:00pm–4:00pm

TABLE TENNIS

Bear Canyon Senior Center

Monday: 1:30pm–4:30pm

Thursday: 9:30am–11:00am

Friday: 2:30pm–4:30pm

Saturday: 9:00am–11:00am

& 1:00pm–2:45pm

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 This 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, improved health, and it brings joy. Donations welcomed!

Monday: 2:00pm–3:00pm

TAI CHI CHIH: JOY THROUGH MOVEMENT

Bear Canyon Senior Center

\$5.00 per class.

Monday: 11:15am–12:15pm

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.

1st Thursday of the month:

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

The 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: 6:00pm–7:00pm

YOGA: BELTS & BLOCKS

North Valley Senior Center

Belts and Blocks Yoga focuses on improving stability, support, 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

CLASSES

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. **\$5.00 per class.**

Bear Canyon Senior Center

Monday: 2:30pm–3:30pm

North Valley Senior Center

Fridays: 10:00am–11:00am

YOGA: DEEP STRETCH

Bear Canyon Senior Center

\$5.00 per class.

Thursday: 11:30am–12:30pm

YOGA: ENERGY

An eclectic style of yoga combines 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. This 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

Palo Duro Senior Center

Friday: 9:30am–10:30am

YOGA: ENERGY

North Valley Senior Center

Dahn Yoga is the yoga of stress relief. Increase flexibility, improve breathing patterns, and improve concentration. Through committed practice, class members can also manage problems with weight. **\$3.00 per class.**

Tuesday: 2:30pm–3:30pm

Thursday: 3:15pm–4:15pm

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 FOR SENIORS

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.**

Mon & Tues: 3:45pm–4:45pm

ZUMBA GOLD

Bear Canyon Senior Center

Check out this fun dance/aerobics class. No dance experience required. **\$2.00 per class.**

Mon, Wed & Fri: 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.

Mon & Wed: 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

North Valley Senior Center

Thursday, November 28th, 2024

11:00am–1:00pm

WINTER HOLIDAY SENIOR LUNCHEON

Manzano Mesa Multigenerational Center

Wednesday, December 25th, 2024

11:00am–1:00pm

SENIOR EVENTS

Visit cabq.gov/seniors/events for updates, details and events.

42ND ANNUAL A SENIOR I KNOW ESSAY CONTEST

May 1st 4:00pm–7:00pm at Manzano Mesa Multigenerational Center

TECH CONNECT FAIR

April 19th 8:30am–7:00pm at Manzano Mesa Multigenerational Center

NATIONAL SENIOR HEALTH AND FITNESS DAY

May 29th 9:00am–1:00pm at Location: TBD

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". 1st Wednesday of the Month: 7:00pm–8:45pm

ABQ FIBROMYALGIA SUPPORT GROUP

North Domingo Baca

Multigenerational Center

1st Tuesday of the Month: 11:30am–1:00pm

ALZHEIMER'S ASSOCIATION MEETING

Manzano Mesa

Multigenerational Center

3rd Monday of the Month: 10:00am–12:00pm

BIBLE STUDY

Join us every week. Bring your Bible if you have one; it is not required.

Bear Canyon Senior Center

Tuesday: 9:30am–11:00am

Los Volcanes Senior Center

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: 10:00am–11:00am

BIBLE STUDY (Woman's)

North Domingo Baca

Multigenerational Center

Tuesday: 10:00am–11:30am

GROUPS, CLUBS & COMMUNITY GROUPS

CHEROKEES OF NM

Manzano Mesa

Multigenerational Center

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

1st Saturday: 12:00pm–2:45pm

CHEROKEE SW TOWNSHIP

Bear Canyon Senior Center

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

1st Saturday: 10:30am–2:30pm

DEAF SENIORS OF GREATER ABQ GROUP

Palo Duro Senior Center

Social group for Deaf Seniors.

Thursday: 8:30am–11:00am

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

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–WEIGHT LOSS GROUP

Bear Canyon Senior Center

Be supported in your weight loss journey. Weight Loss Group.

Thursday: 8:00am–9:15am

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.

3rd 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.

1st & 3rd 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

MENTAL HEALTH SUPPORT GROUP

Manzano Mesa

Multigenerational Center

Wednesday: 9:00am–10:30am

NM COUNCIL OF CAR CLUBS MEETING

Manzano Mesa

Multigenerational Center

4th Wednesday: 6:00pm–8:00pm

ORCA LOSS GROUP

Highland 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.

Wednesday 5:30pm–6:30pm

PHILATELIC CLUB

Palo Duro Senior Center

Come and Join us every week for stamp collecting.

Monday: 12:00pm–2:00pm

PHOTO GROUP

Bear Canyon Senior Center

2nd & 4th Thursday: 6:00pm–7:30pm

PRECANCEL STAMP CLUB

Bear Canyon Senior Care

1st Thursday: 7:00pm–8:30pm

PROSTATE CANCER SUPPORT

Bear Canyon Senior Center

Support group for men going through prostate issues.

1st & 3rd Saturday: 12:30pm–2:45pm

ROCKHOUNDS GROUP (Albuquerque Senior)

Palo Duro Senior Center

We are a group of explorers that head to the 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!

1st & 3rd Thurs: 12:00pm–1:00pm

Trips: Time is TBD 2nd & 4th Thurs.

ROTARY CLUB

North Domingo Baca

Multigenerational Center

Tuesday: 12:00pm–1:30pm

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.

2nd 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.*

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

SPEAK WITH DISTINCTION TOASTMASTERS

Manzano Mesa

Multigenerational Center

Practice and sharpen 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.

1st Thursday: 9:30am–11:00am

WE (The Collision of Wisdom and Enlightenment)

Bear Canyon Senior Center

Dealing with issues of the heart of being a real human being.

Tuesday: 1:00pm–2:00pm

ZIA SUNDIALS CHAPTER #106

Bear Canyon Senior Center

Members of the National Association of Watch and Clock Collectors.

2nd 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 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 for volunteer opportunities.
- Email 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
of New Mexico**

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.



**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**.

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 after-school program, Monday–Friday: 2:30pm–5:30pm. Manzano Mesa’s after-school program 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

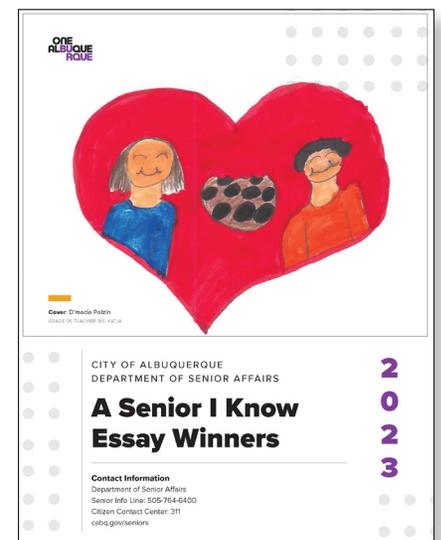
A Senior I Know Essay Contest

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. The contest is open to anyone in the appropriate grade range who submits their essay by the Feb. 14, 2024 deadline.

To learn more about the rules and how to participate, please visit: cabq.gov/seniors/youth-programs/a-senior-i-know-essay-contest



For as long as we can remember,
nothing beats a true partner.



Through It All.®

For over 80 years, Blue Cross and Blue Shield of New Mexico

has been a local health insurance company giving more families
peace of mind knowing no one's closer to their well-being.

Visit [bcbsnm.com](https://www.bcbsnm.com) today.

Blue Cross and Blue Shield of New Mexico,
a Division of Health Care Service Corporation, a Mutual Legal Reserve Company,
an Independent Licensee of the Blue Cross and Blue Shield Association

P2223

483066.0923

ONE ALBUQUE RQUE

DEPARTMENT OF SENIOR AFFAIRS 2024 ACTIVITIES CATALOG

P: 505-764-6400

W: cabq.gov/seniors

E: seniorinformation@cabq.gov

Citizen Contact Center: 311

January through June 2024



Timothy M. Keller,
Mayor,
City of Albuquerque



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