

# ONE ALBUQUE RQUE

senior affairs

July through December 2024

## Activity Catalog

FOR SENIORS 50+

505-764-6400

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

Citizen Contact Center: 311

Facebook: @CABQSeniors

Instagram: @CABQSeniors

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



# Hello Albuquerque,

The City of Albuquerque's Department of Senior Affairs (DSA) is always looking for new ways to enrich the lives of Albuquerque families and create opportunities for community engagement between generations. This year has already brought so many remarkable changes and wonderful moments shared at our Senior and Multigenerational Centers, we know you'll appreciate all we have planned for the rest of 2024.

In June, we celebrated the grand opening of the Santa Barbara Martineztown Multigenerational Center, a versatile 5,000-square-foot space designed to accommodate a variety of programs for both youth and older adults in the historic Santa Barbara-Martineztown area. Additionally, we are excited to announce that a new multigenerational center on Albuquerque's northwest side is now under construction. Spanning nearly 15,000 square feet, this facility will provide a wide range of programs and services and will soon become the 10th addition to DSA's growing slate of senior and multigenerational centers.

The City of Albuquerque is committed to providing high-quality programs and services that promote the well-being of our families, youth, and older adults. As you explore this catalog, we hope you will feel inspired to try something new or rediscover a favorite activity, while at the same building meaningful connections with your Albuquerque community. From quilting to chess to woodworking and aerobics, our Senior and Multigenerational Centers offer a wealth of activities for folks of all ages.

If you have yet to visit one of our centers, we encourage you to stop by and experience firsthand everything they have to offer. For more information about the Department of Senior Affairs, please visit [cabq.gov/seniors](http://cabq.gov/seniors) or call our Senior Information Line at 505-764-6400, Monday through Friday, 8:30a.m. to 4:30p.m.

Thank you for being a part of our incredible community. We look forward to seeing you at our centers and sharing the rest of 2024 with you and your family.

Warm Regards,



**Mayor Tim Keller**  
City of Albuquerque



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

# ONE ALBUQUE RQUE

 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

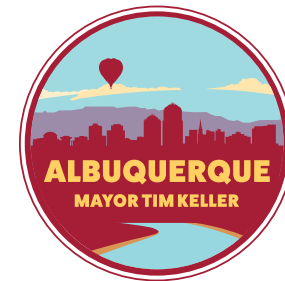
**Anna M. Sanchez**, Director,  
Department of Senior Affairs

**Marina Salazar**, 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 Shonerd

Evan Thompson

Martha Medina

Lorey Esquibel

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:

### JULY 15, 2024

12:00pm  
North Domingo Baca  
Multigenerational Center  
7521 Carmel Ave NE, 87113

### AUGUST 2024

No Meeting

### SEPTEMBER 16, 2024

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

### OCTOBER 21, 2024

12:00pm  
Barelas Senior Center  
714 7<sup>th</sup> Street SW, 87102

### NOVEMBER 18, 2024

12:00pm  
CASA Kitchen  
2540 Karsten CT SE, 87102

### DECEMBER 2024

No Meeting

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

Senior Information Line: 505-764-6400

TTY: 1-800-659-8331

Citizen Contact Center: 311

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

## Senior Affairs Membership

All City of Albuquerque Senior, Multigenerational, and 50+ Sports and Fitness Centers operate on a membership basis. Memberships keep an accurate count of participants, as well as help make sure we obtain appropriate resources and funding to continue providing free and low-cost services to our active adult community.

Annual membership cost is \$20.00.

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

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

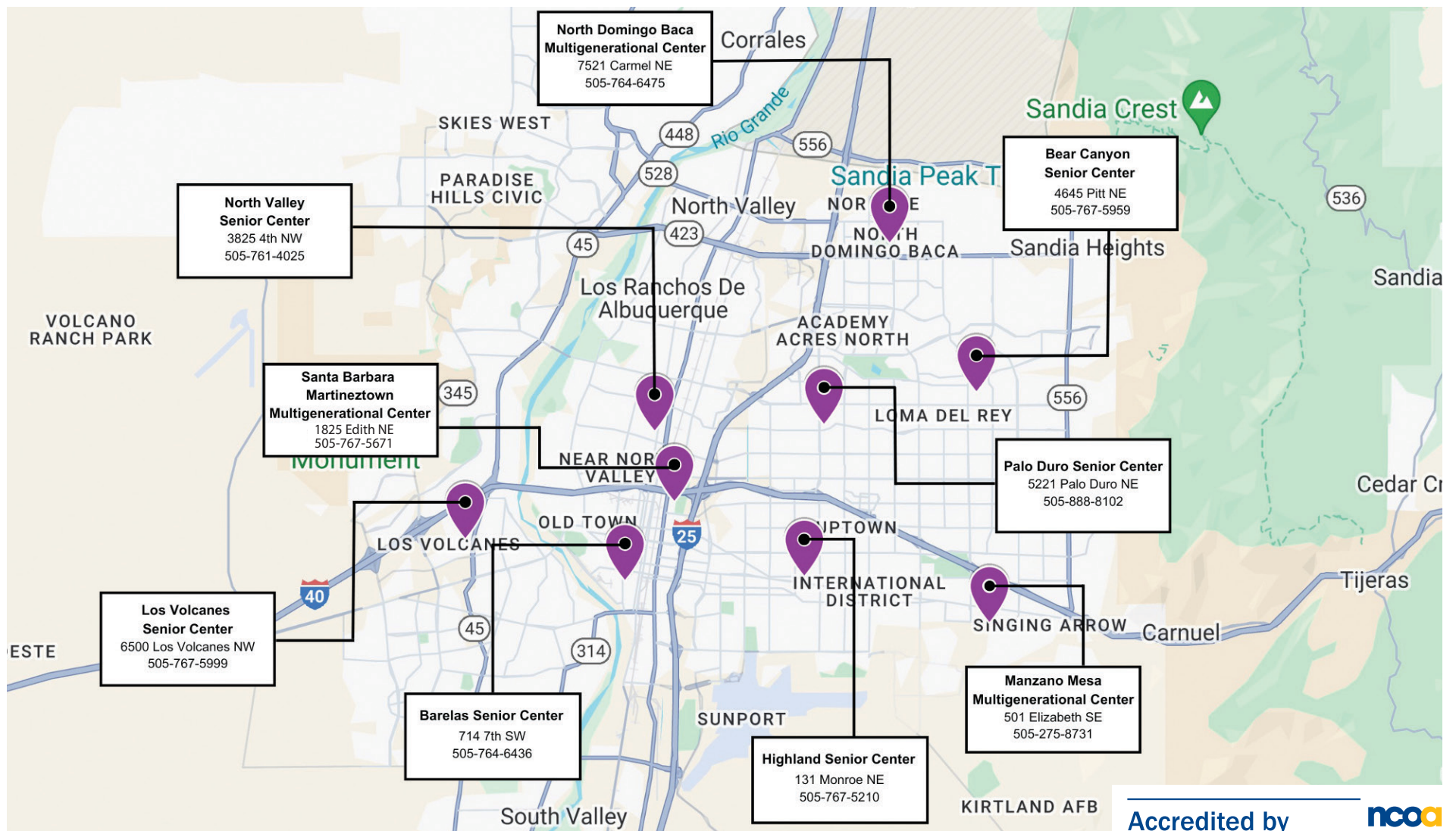
The City of Albuquerque's Department of Senior Affairs provides an array of services for seniors in the community, including social services, recreation, transportation, nutrition services and volunteer programs. For more information on Senior Affairs services, call 505-764-6400, Monday–Friday, between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

## Center Memberships

\$20

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





Accredited by   
National Institute of  
Senior Centers

## CENTER DIRECTORY

Nationally Accredited Senior and Multigenerational Centers

### Center Closings

- July 4<sup>th</sup>**  
Independence Day
- September 2<sup>nd</sup>**  
Labor Day
- October 14<sup>th</sup>**  
Indigenous People's Day
- November 11<sup>th</sup>**  
Veterans' Day
- November 28<sup>th</sup> & 29<sup>th</sup>**  
Thanksgiving Holidays
- December 25<sup>th</sup>**  
Christmas Day
- January 1<sup>st</sup>**  
New Year's Day

### Senior Centers

#### Barelvas Senior Center

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

#### Bear Canyon Senior Center

4645 Pitt NE, 87111  
505-767-5959  
M, T, W, F: 8:00am–5:00pm  
Thurs: 8:00am–9:00pm  
Sat: 9:00am–3:00pm

#### Highland Senior Center

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

#### Los Volcanes Senior Center

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

#### North Valley Senior Center

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

#### Palo Duro Senior Center

5221 Palo Duro NE, 87110  
505-888-8102  
M, T, Th, F: 8:00am–5:00pm  
Wed: 8:00am–7:00pm  
Sat: 9:00am–1:00pm

### Multigenerational Centers

#### Manzano Mesa Multigenerational Center

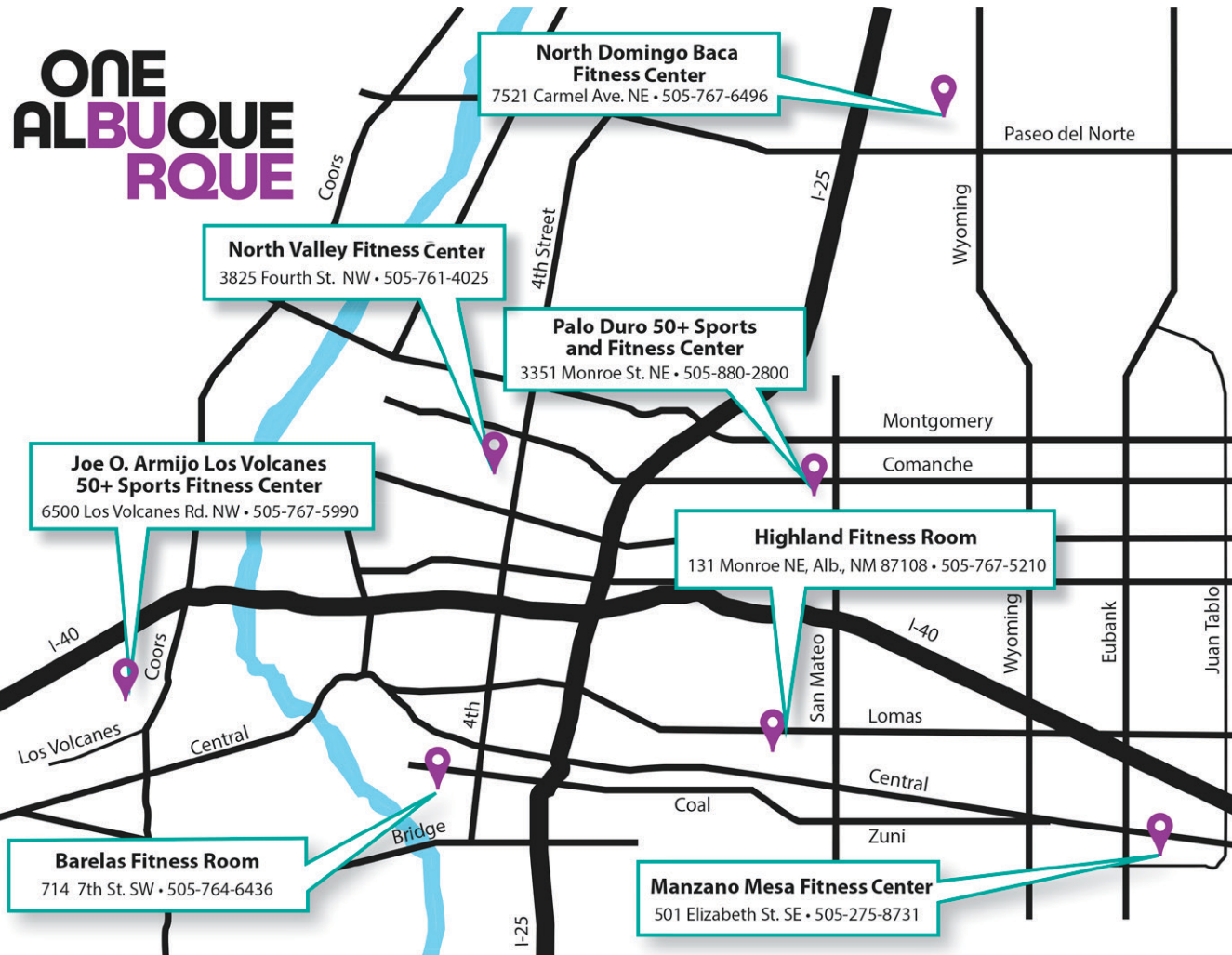
501 Elizabeth SE, 87123  
505-275-8731  
Mon–Fri: 8:00am–9:00pm  
Sat: 9:00am–3:00pm

#### North Domingo Baca Multigenerational Center

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

#### Santa Barbara-Martineztown Multigenerational Center

1825 Edith Blvd NE 87102  
Mon–Fri: 8:00am–5:00pm  
505-767-5671



## SPORTS AND FITNESS CENTERS

*Nationally Accredited Senior and Multigenerational Centers*

### 50+ Sports and Fitness Centers

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

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

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

### Multigenerational Sports & Fitness Centers

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

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

### Fitness Rooms

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

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

## Department of Senior Affairs Social Services

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

- **Home Chore, Repair and Retrofit**
- **Home-Delivered Meals for Homebound Seniors**
- **Transportation Assistance**
- **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 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 of the 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 a home-delivered meal service to homebound seniors who have physical, emotional or other limitations that do not allow them to leave their homes on their own. If you or someone you know fits this description, call the Senior Information & Assistance Hotline at **505-764-6400**.

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

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

## Senior and Multigenerational Center Meal Sites

### **Barelas Senior Center**

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

### **Bear Canyon Senior Center**

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

### **Highland Senior Center**

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

### **Los Volcanes Senior Center**

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

### **North Valley Senior Center**

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

### **Palo Duro Senior Center**

5221 Palo Duro NE, 87110  
505-888-8102  
M, T, TH, F: 8:00am–5:00pm  
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, 87109  
505-764-6475  
Mon–Fir: 8:00am–9:00pm  
Sat: 9:00am–3:00pm

### **Santa Barbara Martineztown Multigenerational Center**

1825 Edith Blvd NE, 87102  
505-767-5671  
Mon–Fri: 8:00am–5:00pm



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

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

**Raymond G. Sanchez Senior Center**  
9800 4<sup>th</sup> St NW, 87114  
505-314-0082

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

**La Amistad**  
415 Fruit Ave NE, 87102  
505-848-1395

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

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

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

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

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

**Paradise Hills**  
5901 Paradise Blvd NW, 87114  
505-314-0246

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

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 Place 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](http://cabq.gov/seniors) or call 505-764-6400.

# SENIOR AND MULTIGENERATIONAL ACTIVITIES AND EVENT SCHEDULE

## DANCE TO LIVE MUSIC WEEKLY

### BARELAS SENIOR CENTER

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

### BEAR CANYON SENIOR CENTER

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

### LOS VOLCANES SENIOR CENTER

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

### NORTH VALLEY SENIOR CENTER

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



## FRIENDSHIP COFFEE

### BARELAS SENIOR CENTER

Check with center for dates and times:  
505-764-6436

### 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:  
10:30am–11:30am

### LOS VOLCANES SENIOR CENTER

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

### PALO DURO SENIOR CENTER

Every Wednesday: 9:15am–10:15am

## 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 Tuesday: 8:00am–11:30am

### PALO DURO SENIOR CENTER

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

### SANTA BARBARA MARTINEZTOWN

Wednesday 8:00am–12:00pm



## GEHM Clinic

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

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

# CLASSES

## Arts & Crafts Ceramics & Pottery

### CERAMICS

#### Barelas Senior Center

Learn about ceramics, starting with care and use of molds, pouring, preparation for firing, glazing, over-glazing, and/or staining, decorating, decals, etc. *Material not included.*  
**Mon & Wed: 9:00am–12:00pm**

#### Los Volcanes Senior Center

Learn about ceramics, starting with care and use of molds, pouring, preparation for firing, glazing, over-glazing, and/or staining, decorating, decals, etc. *Material not included.*  
**Mon & Fri: 9:00am–12:00pm**

#### Palo Duro Senior Center

Learn about ceramics, starting with care and use of molds, pouring, preparation for firing, glazing, over-glazing, and staining, decorating, decals, etc. *Material not included.*  
**Mon & Thurs: 9:00am–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, coiling to wheel throwing.  
**Monday: 8:00am–12:00pm**

### POTTERY: CLAY CLASSES

#### North Domingo Baca Multigenerational Center

Learn the origins of pottery sculpting.  
**Tues, Wed, 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 a 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.  
**Wed & Fri: 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**

### CROCHETING

#### Barelas Senior Center

Beginners and experienced are welcome to join for crotchet and good company. *Material not included.*  
**Tuesday: 10:00am–11:00am**  
*w/Roland*  
**Thursday: 10:00am–12:30pm**  
*w/Rafaelita*

#### Los Volcanes Senior Center

Bring your latest project, exchange ideas & learn new stitches from your fellow knitters.  
**Wednesday: 9:00am–12:00pm**  
**Friday: 1:30pm–3:30pm**

### CROCHETING—HAPPY HOOKERS

#### Manzano Mesa Multigenerational Center

Join us for delightful time crocheting and creating beautiful designs.  
**Monday: 1:00pm–3:00pm**

### KNITTING/CROCHETING

**North Domingo Baca  
Multigenerational Center**  
**Tuesday: 1:00pm–3:00pm**

### KNITTING & CROCHETING: PROJECT LINUS

#### Bear Canyon Senior Center

All levels welcome. Learn techniques for creating sweaters, afghans, baby blankets, etc. Many of the blankets are donated to Project Linus.  
**Monday: 9:30am–11:30am**

### 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

Novice and experienced quilters are welcome.  
**Tuesday: 9:00am–12:00pm**  
**Saturday: 9:15am–11:15am**

### QUILTING: EXPERIENCED

#### Bear Canyon Senior Center

This group of experienced hand quilters work on each other's quilts to completion.  
**Tuesday: 8:30am–11:45am**

### QUILTING: HAND

#### North Valley Senior Center

A group of people interested in quilting and quilting art assemble. Most of the individuals quilt by hand but sewing machines are welcomed. No formal instruction is given however, encouragement is shared.  
**Monday: 8:00am–4:00pm**  
**Sunday: 12:30pm–3:45pm**

### 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.  
**Tuesday: 10:00am–12:00pm**

### SWEDISH WEAVING

Swedish Weaving is an art of weaving yarns through a counted cloth called Monk's Cloth.  
**Los Volcanes Senior Center**  
**Tuesday: 12:00pm–2:00pm**

**Palo Duro Senior Center**  
**Friday: 2:15pm–4:15pm**

### TUESDAY'S ANGELS

#### Palo Duro Senior Center

A wide variety of items are made from donated materials. Everything produced is given to community groups and hospitals.  
**Tuesday: 9:00am–11:00am**

## 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**

# CLASSES

### 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.  
**1<sup>st</sup> & 3<sup>rd</sup> Mon: 10:00am–11:30am**

### INDEPENDENT ART WORKSHOP

#### Bear Canyon Senior Center

Open to artists of all skill levels who paint, sketch, draw or any other medium. Share company, conservation and tips. No registration required, bring your own materials.  
**Wednesday: 8:30am–11:30am**

### PAINTING

#### Los Volcanes Senior Center

Learn how to paint and create your own masterpiece with Janet Dominguez!  
**Tuesday: 9:00am–11:00am**

### PHOTOGRAPHY CLASSES

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

**2<sup>nd</sup> & 4<sup>th</sup> Thurs: 6:00pm–7:30pm**

#### North Domingo Baca Multigenerational Center

**Wednesday: 9:00am–11:00am**

### 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!  
**Fri: 9:30am–11:30am**  
**2<sup>nd</sup> Sat: 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.  
**3<sup>rd</sup> Saturday: 12:00pm–2:30pm**

### WATERCOLOR CLASS

#### North Valley Senior Center

The class welcomes both beginners and advanced watercolor artists. The course's main goal is to teach students the art of capturing beauty through watercolor painting. A significant part of the training involves learning how to subtly layer transparent paint to create an image. Students have the flexibility to either trace and transfer their drawings from a picture image or use hand drawing techniques, depending on their skill and comfort level. Students are expected to bring their own visual reference materials for the class.  
**Thursday: 9:00am–12:00pm**

### WATERCOLOR/OPEN STUDIO

#### Highland Senior Center

Bring your own material. You may use the open studio time to further explore projects in watercolor. This class is for self-led, intermediate-level students. You must bring your own supplies and the supply list suggested is watercolor paper, watercolor paints, brushes, mixing pallet, watercolor cups, pencils, a big eraser, and a drying towel.  
**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.  
**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 level 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. Guest speaker on occasion.  
**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 "Artist Series" started by Ralph Lewis this group of artists will present and gently critique art pieces in any medium. Artists of all levels are welcome.  
**Monday: 10:00am–11:30am**

### LAPIDARY: BEGINNERS

#### Palo Duro Senior Center

Learn the craft of working, forming and finishing stone, minerals and gemstones. Open to everyone!  
**Monday: 8:30am–11:30am**

### LAPIDARY: INTERMEDIATE

#### Palo Duro Senior Center

Open to those who finished Beginning Lapidary. Continue to learn new skills in the craft.  
**Tuesday: 8:30am–11:30am**

### LAPIDARY: OPEN STUDIO

#### Palo Duro Senior Center

Must have completed Beginning and Intermediate Lapidary to join. *Self-directed.*  
**Thursday: 8:30am–11:30am**

### OFF BEAT ARTISTS

#### Barelas Senior Center

A group of self-directed artists working primarily in drawing and painting mediums. The objective of the group is to work and share creative experiences in an atmosphere of camaraderie. There are no instructions provided, but there are gentle critiques with one another if requested. Participants provide their own materials and work at their own pace. Please join us, just come ready to work and see if we are a good fit for you!  
**1<sup>st</sup> & 3<sup>rd</sup> Friday: 1:00pm–3:00pm**

### ORIGAMI

#### Los Volcanes Senior Center

Learn the Japanese art of folding paper into decorative shapes and figures with our instructor Janet!  
**Thursday: 1:30pm–3:30pm**

### PORCELAIN DOLLS

#### Los Volcanes Senior Center

Our group is looking for members to learn the art of making a porcelain doll! You will have access to supplies, materials, and firing equipment. Please feel free to join our group!  
**Thursday: 9:00am–11:00am**

### RAINBOW ARTISTS GROUP

#### Highland Senior Center

In New Mexico, a vibrant mix of talents and ages come together to champion women in unleashing their creativity! The Rainbow Artists group showcases, sells, and celebrates art, while also cooking up projects to sprinkle some love on our group and the community.  
**3<sup>rd</sup> Tuesday of the Month: 2:00pm–4:00pm**

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

### LEATHER-WORK

#### Palo Duro Senior Center

Hand-Tooled leather crafting. All levels welcome. Some tools provided.  
**Tuesday: 12:00pm–2:00pm**

Activity Catalog

# CLASSES

## METAL & SILVER SMITHING

### Palo Duro Senior Center

Join us for a self-directed open shop for silver-smithing, enameling and other techniques of this beautiful art.  
**Wednesday: 12:00pm–3:00pm**

## STAINED GLASS

### North Valley Senior Center

Learn how to cut, grind and copper foil glass, assemble, solder and complete projects. *Material not included.*  
**Tues & Thurs: 9:00am–12:00pm**

## STAINED GLASS OPEN WORKSHOP

### Bear Canyon Senior Center

Enjoy learning the art of stained glass in this hands-on open workshop. Learn how to make a pattern, cut glass, use a grinder, and piece projects together using copper foil. Enhance and master soldering skills.  
**Session I Wed: 8:00am–10:15am**  
**Session II Wed: 1:00pm–4:00pm**

## 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.  
**2<sup>nd</sup> & 4<sup>th</sup> Fri: 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**

## MYSTERY BOOK CLUB

### Palo Duro Senior Center

Enjoy reading mysteries? Join us for a monthly discussion. All the books read are available at the public library. Everyone is welcome.  
**2<sup>nd</sup> Tuesday: 1:30pm–2:30pm**

## SHARING MEMORIES THROUGH WRITING

### North Domingo Baca Multigenerational Center

**Wednesday: 12:30pm–2:00pm**

## WRITE HERE – WRITE NOW

### North Domingo Baca Multigenerational Center

Are you struggling to find dedicated time to write? Looking for like-minded folks and accountability? SCBWI-NM is launching a new monthly writing group. This is just

one evening a month where we come together and spend two hours writing. No prompts, required sharing, or critiquing - just writing. Bring your laptop or pad of paper and work on your current project. Hope to see you there!  
**Last Wednesday of the month: 6:30pm–8:30pm**

## 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: 3:00pm–4:00pm**

## Computer Labs

### Barelas Senior Center

**Mon–Fri: 8:00am–2:00pm**

### Apple Mac Workshop

**Bear Canyon Senior Center**  
**4<sup>th</sup> Saturday: 9:30am–12:30pm**

### PC Computer Workshop

**Bear Canyon Senior Center**  
**3<sup>rd</sup> Wednesday: 1:30pm–3:30pm**

### 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

**M, Tu, Th, F: 8:00am–4:30pm**

**Wed: 8:00am–6:30pm**

**Sat: 9:00am–12:30pm**

### Santa Barbara Martineztown

**Mon–Fri: 9:00am–11:30am**

## 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. Fitness, stretching and conditioning may be included.  
*Fee based class.*  
**Saturday: 1:30pm–2:45pm**

## 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**

# CLASSES

## North Domingo Baca Multigenerational Center Beginners

Thursday: 1:30pm–3:00pm

## Intermediate

Wed & Fri: 1:30pm–3:00pm

## Palo Duro Senior Center Beginners

Monday: 3:05pm–4:30pm

## Advanced Beginners

Saturday: 9:00am–10:15am

## Intermediate Advanced

Monday: 1:30pm–3:00pm

## Intermediate

Saturday: 10:35am–12:00pm

## Santa Barbara Martineztown Ultra Beginners

Tuesday: 1:00pm–2:30pm

## MANZANO MESA CLOGGERS

### Manzano Mesa Multigenerational Center

FUN CLOGGING group, dancing to all kinds of music!

*June and July:*

Tuesday: 6:00pm–8:00pm

*Beginning August 5<sup>th</sup>*

Tuesday: 5:45pm–7:45pm

## PARTNER DANCE CLASS

### 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

## 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

Mon & Thur: 12:00pm–4:30pm

### North Valley Senior Center

Tues & Thur: 1:15pm–4:00pm

## CHESS FOR FUN

### Bear Canyon Senior Center

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

### Santa Barbara Martineztown

Wednesday: 1:30pm–2:30pm

## 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 TIME

### Bear Canyon Senior Center

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

### Palo Duro Senior Center

Game On! Join us for an afternoon of fun, laughter, and friendly competition. Play a new game or an old favorite such as Mexican Train, Scrabble, Uno, Apples to Apples, Rummy or Parcheesi.

Wednesday: 12:00pm–3:00pm

## HAPPY GAMERS

### Bear Canyon Senior Center

Love playing games, having fun, and meeting new people? Then this group is for you! Either bring your own card, board, or dice game, or play someone else's. So come on, stop by and have some fun  
1<sup>st</sup> Friday: 9:30am–12:00pm

## 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 and afternoon playing this great tile-based game.

Monday: 11:00am–2:30pm

Tuesday: 1:00pm–4:00pm

## MAH JONGG

### Highland Senior Center

A weekly dose of Mahjongg madness awaits you! Swing by room 3 every Tuesday to join the fun.

All skill levels are welcome—even rookies! Time to shuffle those tiles and let the games begin!

Tuesday: 10:00am–12:00pm

## MAHJONG (AMERICAN)

### Bear Canyon Senior Center

Game is played with 144 tiles that are drawn and discarded until a player gets a winning hand.

Monday: 12:00pm–3:00pm

## MAHJONG (FILIPINO)

### Bear Canyon Senior Center

Tile based game commonly played by four players.

Saturday: 12:00pm–2:30pm

## MEXICAN TRAIN

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

### Bear Canyon Senior Center

Saturday: 10:00am–12:30pm

### Highland Senior Center

Saturday: 1:00pm–4:00pm

## 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.

1<sup>st</sup> & 3<sup>rd</sup> Thurs: 2:30pm–4:30pm

## PINOCHLE

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

### Bear Canyon Senior Center

Fridays:

Single Deck 8:00am–12:00pm

Double Deck 12:30pm–4:45pm

### Manzano Mesa

Wednesday: 12:30pm–4:00pm

## 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.

Tuesday: 1:00pm–4:00pm

Saturday: 12:00pm–2:45pm

## Language

## DUTCH: SPEAKING CLUB

### Bear Canyon Senior Center

Practice your Dutch with this fun, easygoing group.

Friday: 10:00am–11:30am

## FRENCH: BEGINNING I

### Bear Canyon Senior Center

Wednesday: 12:00pm–1:00pm

## FRENCH: BEGINNING II

### Bear Canyon Senior Center

Wednesday: 1:30pm–2:30pm

## FRENCH: INTERMEDIATE

### North Domingo Baca Multigenerational Center

An active, enthusiastic group who enjoy French and cultural activities related to the language.

Saturday: 9:30am–11:00am

## FRENCH: INTERMEDIATE

### Palo Duro Senior Center

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: BEGINNER/ INTERMEDIATE

### Bear Canyon Senior Center

Thursdays

Beginner: 1:00pm–2:00pm

Intermediate: 2:00pm–3:00pm

## GERMAN: INTERMEDIATE

### Bear Canyon Senior Center

Tuesday: 10:30am–12:00pm  
Activity Catalog

# CLASSES

## GERMAN: INTERMEDIATE/ADVANCED

### Palo Duro Senior Center

Class members use speaking, listening, reading and writing about a wide variety of topics to improve vocabulary and grammar skills, with a major goal of having fun with the language.

Thursday: 9:00am–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

## ITALIAN WORKSHOP: ITALIAN FOR BEGINNERS

### Highland Senior Center

Learn the language of love! Whether you are a beginner starting with basics or looking to practice your skills, this class is for you. This course will introduce you to engage in simple communication.

Friday: 10:00am–11:30am

## 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.

2<sup>nd</sup> & 4<sup>th</sup> Thur: 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: ADVANCED BEGINNING II

### Bear Canyon Senior Center

Wednesday: 12:00pm–2:00pm

## GUITAR: CLASSICAL BEGINNERS

Los Volcanes Senior Center  
*Class is full, waitlist*

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/ADVANCED

### Bear Canyon Senior Center

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

## 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

## GUITAR GROUP

### Manzano Mesa

Intermediate and Beginners

Wednesday: 10:00pm–12:00pm

## 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!

2<sup>nd</sup> 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: BEGINNERS

### Bear Canyon Senior Center

Monday: 8:30am–10:30am

## 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

## 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

1<sup>st</sup> & 3<sup>rd</sup> Mon: 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, which restoring 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. Sign up at the front desk.

Monday: 9:00am–1:00pm

## AEROBICS

### Highland Senior Center

Our classes are fun routines designed with low impact aerobic exercises to strengthen the cardiovascular system.

Mon, Wed & Fri: 9:00am–10:00am

### Manzano Mesa

Multigenerational Center

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

Mon, Wed & Fri: 8:15am–9:15am

## CLASSES

**AEROBICS: SALSA****Los Volcanes Senior Center**

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

**Tuesday: 2:30pm–3:30pm**

**Saturday: 9:30am–10:30am**

**BADMINTON****North Domingo Baca Multigenerational Center**

**Tuesday: 6:00pm–8:00pm**

**BASKETBALL 50+****North Domingo Baca Multigenerational Center**

**Monday: 10:45am–2:00pm**

**Wednesday: 6:00pm–8:30pm**

**Saturday: 9:00am–11:00am**

**BASKETBALL: OPEN GYM ALL AGES****North Domingo Baca Multigenerational Center**

**Tues & Thurs: 10:45am–2:00pm**

**Friday: 5:45pm–8:15pm**

**Saturday: 11:00am–2:30pm**

Youth & Family (*Half court*)

All Ages Open Gym (*Half court*)

**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.

**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 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 help with fall prevention, in this evidence-based senior fitness class. A base-line assessment will be conducted at the start and you will be pleased with the gains you have made at the 16-week assessment.

**Mon, Wed & Fri: 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 focused on heart and respiratory, muscle strengthening, flexibility, and balance. *Fee based class.*

**Tues & Thurs: 9:30am–10:30am**

**FLEX & TONE****Highland Senior Center**

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

**Tues & Thurs: 8:15am–9:15am**

**FLEX & TONE: WITH JEN****North Domingo Baca Multigenerational Center**

**Friday: 9:15am–10:15am**

*Fee-based class*

**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**

*Beginning week of August 5<sup>th</sup>*

**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–5:30 pm**

**Friday: 9:10am–10:10am**

**Saturday: 10:20am–11:20am**

**KARATE: ABQ****North Domingo Baca Multigenerational Center**

We're not doing Karate, Kung Fu or Mixed Martial Arts. Kenpo 5.0 is a system within itself. It's based on a series of combat models.

**Tues & Thurs: 5:00pm–8:00pm**

**Saturday: 11:45am–1:15pm**

*Fee-based class. All ages*

**KENDO****North Domingo Baca Multigenerational Center**

**Mon & Wed: 6:00pm–8:00pm**

**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**

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

**Thursday: 4:30pm–6:30pm**

**PICKLEBALL: LEARN TO PLAY****North Domingo Baca Multigenerational Center**

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

**Wednesday: 12:00pm–2:00pm**

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

**PICKLEBALL: OPEN PLAY**

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

**Manzano Mesa Multigenerational Center**

**Thursday: 2:00pm–4:00pm**

**Saturday: 9:00am–1:00pm**

*Beginning the week of August 5<sup>th</sup>*

**North Domingo Baca Multigenerational Center**

**Thursday: 6:00pm–8:15pm**

**Friday: 11:00am–2:00pm**

**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**

*Beginning the week of August 5<sup>th</sup>*



# CLASSES

## 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 and proper alignment while integrating the concept of mindfulness, fluidity and grace.

**Wednesday: 8:30am–9:30am**

## REIKE

### Manzano Mesa Multigenerational Center

Reike is a healthy energy movement class. To promote stress reduction.

**Friday: 9:00am–11:00am**

## REFLEXOLOGY

### Los Volcanes Senior Center

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

**Tuesday: 9:00am–12:00pm**

## SENIOR CARDIO & CURLS

### Barelas Senior Center

Come get a full body workout in this combination class. The first half will focus on an aerobic workout and the second half will focus on weights and stretching. Come join us for half or all of it!

**Tuesday: 9:30am–10:30am**

## SHUFFLEBOARD

### Manzano Mesa Multigenerational Center

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

**Tuesday: 1:00pm–4:00pm**

**Friday: 10:30am–1:30pm**

*Beginning the week of August 5<sup>th</sup>*

## SLOW STRETCH FOR FLEXIBILITY

### North Valley Senior Center

**Thurs & Fri: 10:00am–11:00am**

## STRENGTHENING CORE

### Palo Duro Senior Center

Strengthening Core or "Stick them Abs" Get your body moving with strengthening Activities using a broomstick.

**Mon & Thur: 9:30am–10:30am**

## TABLE TENNIS

### Bear Canyon Senior Center

**Monday: 1:30pm–4:30pm**

**Thursday: 9:30am–11:00am**

**Friday: 2:30pm–4:45pm**

**Saturday: 9:00am–11:00am**

**& 1:00pm–2:45pm**

### North Valley Senior Center

**Friday: 12:00pm–4:00pm**

**Sunday: 12:00pm–3:45pm**

## 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**

*Beginning the week of August 5<sup>th</sup>*

### 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.

**Monday: 9:30am–10:30am**

## TAI CHI CHIH

### North Valley Senior Center

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

**Monday: 2:00pm–3:00pm**

## T'AI CHI CH'UAN

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

**Bear Canyon Senior Center Saturday: 11:15am–12:45pm**

*(open to new participants every January and July)*

### Santa Barbara Martineztown

**Tues & Thurs: 10:30am–11:30am**

## 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**

## WEIGHTS, AEROBICS, BALANCE, STRETCH

### North Domingo Baca Multigenerational Center

Join us for chair based light aerobics, weights, bands, stretch and balance.

**Tues & Thurs: 9:30am–10:30am**

## YOGA

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

### North Domingo Baca Multigenerational Center

**Monday: 9:00am–10:00am**

**Friday: 1:00pm–2:00pm**

### Santa Barbara Martineztown

**Monday: 8:30am–9:30am**

**Friday: 9:45am–10:45am**

## YOGA: BEGINNERS

### Manzano Mesa Multigenerational Center

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

**Wednesday: 6:00pm–7:00pm**

## YOGA: BELTS & BLOCKS

### North Valley Senior Center

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

*Donations welcome.*

**Thursday: 9:00am–10:00am**

## YOGA: CHAIR

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

*\$5.00 per class.*

### Bear Canyon Senior Center

**Monday: 2:00pm–3:30pm**

### North Valley Senior Center

**Friday: 10:00am–11:00am**

## YOGA: DEEP STRETCH

*\*Postponed until September 5\**

### Bear Canyon Senior Center

Bettina is a certified Yoga instructor with 9 years of experience. My 60 minute Deep Stretch Yoga will utilize various yoga positions to provide challenge while proceeding at the individual's level, paying careful attention to body awareness, breathing, and intention with modifications shown and explored. This class is perfect for someone just starting yoga, or for someone desiring a slower-paced class to fine-tune one's practice.

*\$5.00 per class.*

**Thursday: 11:30am–12:30pm**

## CLASSES

### YOGA: ENERGY

An eclectic style of yoga combining traditional yoga with Korean style yoga. Incorporates gentle stretching, movements, breathing and meditation to enhance energy circulation and accumulation. All body conditions will benefit. Chairs can be used to facilitate your participation. 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 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

### ZHINENG QIGONG FOR HEALTH

**Palo Duro Senior Center**  
Considered the most effective form of Qigong for improving health. Simple, low-impact, safe to practice for all fitness levels and ages.  
Saturday: 10:00am–12:00pm  
*First two classes free. \$10 thereafter.*

### 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 28<sup>th</sup>, 2024 11:00am–1:00pm

### WINTER HOLIDAY SENIOR LUNCHEON

**Manzano Mesa Multigenerational Center**  
Wednesday, December 25<sup>th</sup>, 2024 11:00am–1:00pm

## SENIOR EVENTS

Visit [cabq.gov/seniors/events](http://cabq.gov/seniors/events) for updates, details and events.

### DEPARTMENT OF SENIOR AFFAIRS FIESTAS

September 6<sup>th</sup> 9:00am–3:00pm at Barelas Senior Center

### FALL PREVENTION EVENT

September 13<sup>th</sup> Time: TBD at North Domingo Baca Multigenerational Center

### AGELESS ARTISAN CRAFT FAIR

November 16<sup>th</sup> 9:00am–1:00pm at Manzano Mesa Multigenerational Center

## GROUPS, CLUBS & COMMUNITY GROUPS

### ABQ ASTRONOMICAL SOCIETY (TAAS)

**Manzano Mesa Multigenerational Center**  
TAAS is one of the largest and most active astronomy clubs anywhere. Our motto "Observe-Educate-Have Fun".  
1<sup>st</sup> Wednesday of the Month:  
7:00pm–8:45pm

### ABQ FIBROMYALGIA SUPPORT GROUP

**North Domingo Baca Multigenerational Center**  
1<sup>st</sup> Tuesday of the Month:  
11:30am–1:30pm

### ALZHEIMER'S ASSOCIATION MEETING

**Manzano Mesa Multigenerational Center**  
3<sup>rd</sup> Monday of the Month:  
10:00am–12:00pm

### BIBLE STUDY

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

**Bear Canyon Senior Center**  
Thursday: 9:00am–11:00am  
*(Postponed for the summer)*

**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)

**Bear Canyon Senior Center**  
Tuesday: 2:30pm–4:00pm  
**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.  
1<sup>st</sup> Saturday: 12:00pm–2:45pm

## CHEROKEE SW TOWNSHIP

**Bear Canyon Senior Center**  
Members of the Cherokee Nation  
gather to discuss traditions & culture.  
1<sup>st</sup> Sat in Mar/Jun/Sept/Dec  
10:30am–2:30pm

## DEAF SENIORS OF GREATER ABQ GROUP

**Palo Duro Senior Center**  
Social group for Deaf Seniors.  
Thursday: 8:30am–11:30am

## EARLY FORD V8 CLUB

**North Domingo Baca  
Multigenerational Center**  
1<sup>st</sup> Tues: 6:30pm–8:30pm

## EXPANDING JOY WITH DR. TED

**Bear Canyon Senior Center**  
Dealing with issues of the heart  
of being a real human being.  
Tuesday: 1:00pm–2:00pm

## 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

**Class is full, waitlist**  
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.  
2<sup>nd</sup> & 4<sup>th</sup> Mon: 3:00pm–4:30pm

## HAPPY LOSERS–WEIGHT LOSS GROUP

**Bear Canyon Senior Center**  
Want to lose or maintain weight,  
or work on enjoying a healthier  
lifestyle? The Happy Losers group  
will be there for you offering  
encouragement and support.  
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.  
3<sup>rd</sup> Tuesday: 10:00am–12:00pm

## 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**  
Thursday: 9:00am–10:30am

## NM COUNCIL OF CAR CLUBS MEETING

**Manzano Mesa  
Multigenerational Center**  
4<sup>th</sup> 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

## OSTOMATE SUPPORT GROUP

**North Domingo Baca  
Multigenerational Center**  
2<sup>nd</sup> Saturday 12:45pm–2:15pm

## PARKINSON'S SUPPORT/ ADVISORY GROUP

**North Valley Senior Center**  
Thursday: 3:00pm–4:00pm

## PHILATELIC SOCIETY

**Palo Duro Senior Center**  
Come and Join us every week  
for stamp collecting.  
Monday: 12:00pm–2:00pm

## PHOTO GROUP

**Bear Canyon Senior Center**  
2<sup>nd</sup> & 4<sup>th</sup> Thur: 6:00pm–7:30pm

**North Valley Senior Center**  
1<sup>st</sup> & 3<sup>rd</sup> Mon: 10:00am–11:30am

## PRECANCEL STAMP CLUB

**Bear Canyon Senior Center**  
1<sup>st</sup> Thur: 7:00pm–8:30pm

## PROSTATE CANCER SUPPORT

**Bear Canyon Senior Center**  
Support group for men going  
through prostate issues.  
1<sup>st</sup> & 3<sup>rd</sup> Sat: 12:30pm–2:45pm

## RETIRED PROFESSIONALS DISCUSSION GROUP

**Palo Duro Senior Center**  
Join a group of professionals to discuss  
random subjects of personal interest that  
we have chosen. We rotate speakers for a  
brief tenure in a lively and friendly fashion.  
Political and religious subjects excluded.  
Monday: 2:45pm–4:30pm

## ROCKHOUNDS GROUP (ABQ)

**Palo Duro Senior Center**  
(Albuquerque Senior) 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!  
1<sup>st</sup> & 3<sup>rd</sup> Thur: 12:00pm–1:00pm  
Trips: Time is TBD 2<sup>nd</sup> & 4<sup>th</sup> Thur.

## 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.  
2<sup>nd</sup> Thur: 2:00pm–4:00pm

## SIGLO DE ORO RV GROUP

**Bear Canyon Senior Center**  
Let's go RVing. Have fun meeting new  
people. We go out once a month. We  
plan trips to different places at our  
monthly meeting. \$25 membership dues.  
3<sup>rd</sup> Tuesday: 10:00am–11:00am  
(except November and December)

## SOUNDS FOR WELLNESS

**Bear Canyon Senior Center**  
The use of instruments (drums, gongs,  
chimes, bowls) to change the balance  
and harmony of the body for relaxation.  
(Starting July 25)  
4<sup>th</sup> Thursday: 9:00am–11:30am

## SPEAK WITH DISTINCTION TOASTMASTERS

**Manzano Mesa  
Multigenerational Center**  
Practice and sharpen public speaking skills.  
Thursday: 5:30pm–6:30pm

## STROKE SURVIVOR & FAMILY SUPPORT GROUP

**North Domingo Baca  
Multigenerational Center**  
Tue:s 6:00pm–7:30pm

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

## ZIA SUNDIALS CHAPTER #106

**Bear Canyon Senior Center**  
Members of the National Association of  
Watch and Clock Collectors.  
2<sup>nd</sup> Saturday: 12:30pm–2:30pm

# Our Volunteering Opportunities

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

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

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

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

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

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



## AmeriCorps Seniors Volunteer Programs



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

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

## RSVP Volunteers Make a Difference in Albuquerque!

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

### Thank you to our Volunteer Sponsors:

 **PRESBYTERIAN**



**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 maintaining independent living. Senior Companions serve an average of 20 hours per week, receive meals while on duty, and may qualify for a tax-free, hourly stipend of \$4 per hour. You don't need medical or technical skills to be a Senior Companion. All you need to know is how to be a friend. Please note that all volunteers must pass a fingerprint-based background check.

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



**ONE  
ALBUQUE  
RQUE**

## Volunteer Today

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

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

# 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, Manzano Mesa, and Santa Barbara Martineztown Multigenerational Centers. In addition to the traditional adult programming and services offered at the six Senior Centers, the three Multigenerational Centers provide an array of intergenerational programming including various recreation programs. Along with Summer Break Youth Programs, there are additional Fall and Winter Break programs available throughout the school year.

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

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



## MULTIGENERATIONAL PROGRAMMING

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

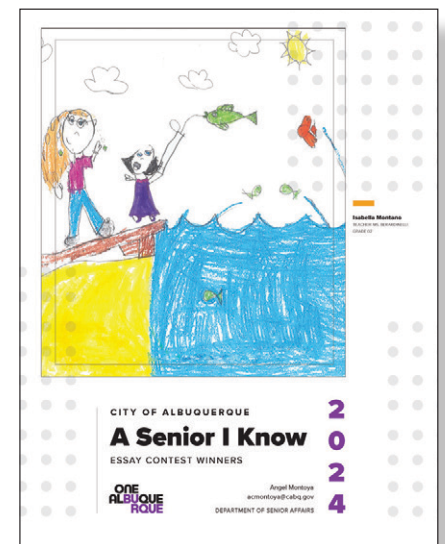
### A Senior I Know Essay Contest

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

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

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

To read this year's winning essays, please visit: [cabq.gov/seniors/youth-programs/a-senior-i-know-essay-contest](http://cabq.gov/seniors/youth-programs/a-senior-i-know-essay-contest)



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# ONE ALBUQUE RQUE

## DEPARTMENT OF SENIOR AFFAIRS 2024 ACTIVITIES CATALOG

**P:** 505-764-6400

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

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

**Citizen Contact Center:** 311

*July through December 2024*



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



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