

OVER 400 activities inside!!

January - June 2016

ABQ **Activities** **50+** *Catalog*

Aging is not lost youth but a new stage of opportunity and strength.
- Betty Friedan

DREAM IT.

WISH IT.

DO IT.

Richard J. Berry
Mayor



CITY OF ALBUQUERQUE
DEPARTMENT OF



BERNALILLO COUNTY
SENIOR AFFAIRS



Jorja Armijo-Brasher
Director

A Catalog of Classes, Special Events, Support Groups, Trips, Fitness Activities and MUCH MORE!!

Something for Everyone!



Dear Friends,

Happy New Year and welcome to the Department of Senior Affairs Activities Catalog for January – June 2016. The theme of the catalog is appropriate for this time of year; “Aging: A New Stage of Opportunity. Dream It, Wish It, Do It”. It is the beginning of a new year so why not redefine your life and gain the courage to try something new?

Take a look inside the catalog and find the calligraphy class that you have always “dreamed” of trying; sign up for a hiking trip that you “wished” you could go on, but never had the available time; or walk into a Fitness

Center, begin an exercise program, sign up for the 50+ Sports and Fitness Senior Games and just “do it”.

We all have possibilities that we do not know about and we can do things that we did not even dream we could do. If you can remember to dream, wish and do it, you will be very successful. Set your goals high this year and make them a reality by joining one of the many Senior Center, Multigenerational Centers or Sports and Fitness Centers or call the Senior Information Hotline at (505) 764-6400 to learn more about the various services and programs that the Department has to offer.

A goal begins with a dream and it is left up to you to make it a reality. Enjoy the New Year and turn your dreams into a reality.

Richard J. Berry
Mayor

Center Directory	3 - 5
Classes	8 - 20
Cultural Services (special pull-out section)	36 - 41
Dinner Dances	20
Events	20 - 25
Games & Cards	25 - 26
General Information	7 - 8
Groups & Clubs.....	26 -30
Manage Your Chronic Disease	49
Partnerships	6
Presentations	31 - 35, 42 - 43
Satellite Centers & Activities.....	44 - 46
Los Volcanes Temporary Programs	47
Sports & Fitness.....	48 - 56
Trips.....	57 - 68
Volunteers.....	72
Weekly Center Dances.....	20



Come make it
another banner year!



Happy New Year Friends.

The New Year is upon us and what a wonderful time to take the opportunity of year to realize your most heartfelt dreams and the City of Albuquerque Department of Senior Affairs is here to help you do just

that. Senator John Glenn was the oldest person to board a U.S. Space Shuttle at age 77 and he exemplified the view that we shouldn't let age define us. He stated that the calendar is a

useful way to let you know the date, but if you let yourself be hemmed in by your chronological age, you may lock yourself out of potentially valuable opportunities.

The theme of this new Activities Catalog is “Aging: A New Stage of Opportunity. Dream It, Wish It, Do It”. I encourage you to look through this Catalog and try a new hobby, learn something new, get involved by volunteering, take a class or join a club, take a day trip to a place you've never visited, spend time in nature by taking a scenic hike, become healthy by taking an aerobics class or join the Albuquerque 50+ Games.

Let's redefine life after 50 as a time of “successful aging”. I hope that this Catalog inspires you to think positively about your own aging and

allows you to enjoy your life in ways that exceed your expectations. For more information about the Department of Senior Affairs call our Senior Information Line at 764-6400 or come into any one of our eight Centers and talk to the staff.

DREAM IT! WISH IT! DO IT!
Wishing you a wonderful New Year!

Jorja Armijo-Brasher
Director

<p>City of Albuquerque, Richard J. Berry, Mayor</p> <p>Robert J. Perry, Chief Administrative Officer</p> <p>Michael J. Riordan, P.E., Chief Operations Officer</p> <p>Jorja Armijo-Brasher, Director, Department of Senior Affairs</p> <p>Rhonda Methvin, Recreation Division Manager</p>	<p>Department of Senior Affairs Advisory Council</p> <p>Debby Knotts, Chairman</p> <p>Greg Lopez</p> <p>Marianne Chiffelle</p> <p>John Romisher</p>	<p>City Councilors</p> <table border="0"> <tr> <td>District 1 Ken Sanchez</td> <td>District 6 Pat Davis</td> </tr> <tr> <td>District 2 Isaac Benton</td> <td>District 7 Diane G. Gibson</td> </tr> <tr> <td>District 3 Klarissa J. Peña, VP</td> <td>District 8 Trudy E. Jones</td> </tr> <tr> <td>District 4 Brad Winter</td> <td>District 9 Don Harris</td> </tr> <tr> <td>District 5 Dan Lewis, President</td> <td></td> </tr> </table>	District 1 Ken Sanchez	District 6 Pat Davis	District 2 Isaac Benton	District 7 Diane G. Gibson	District 3 Klarissa J. Peña, VP	District 8 Trudy E. Jones	District 4 Brad Winter	District 9 Don Harris	District 5 Dan Lewis, President		
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District 4 Brad Winter	District 9 Don Harris												
District 5 Dan Lewis, President													
<p>The City of Albuquerque/Bernalillo County Department of Senior Affairs Administrative Offices are located at 714 7th Street SW. Program inquiries may be directed to 764-6400.</p>													

Center Directory

Barelas

714 7th St. SW, Alb, NM 87102
Phone: 764-6436 • Fax: 764-6472
Monday–Friday, 8:00 am–5:00 pm

Bear Canyon

4645 Pitt NE, Alb, NM 87111
Phone: 767-5959 • Fax: 767-5964
M,T,W,F 8:00 am - 5:00 pm
Thursday, 8:00 am - 9:00 pm
Saturday, 9:00 am - 3:00 pm
Thursday Night Dance 6:00 - 8:55 pm

Highland

131 Monroe NE, Alb, NM 87108
Phone: 767-5210 • Fax: 767-5224
M, T, W, Th, F, 8:00 am - 5:00 pm
Wednesday, 8:00 am - 7:00 pm
Saturday, 10:00 am - 4:00 pm

Los Volcanes

6500 Los Volcanes NW, Alb, NM 87121
Phone: 767-5999 • Fax: 767-5992
M,T,W,F 8:00 am - 5:00 pm
Thursday, 8:00 am - 7:00 pm
Saturday, 9:00 am - 1:00 pm
Hotspot Gift Shop
Mon. - Fri., 9:00 am - 1:00 pm

North Valley

3825 4th St. NW, Alb, NM 87107
Phone: 761-4025 • Fax: 761-4031
M,W,Th,F, 8:00 am - 5:00 pm
Tuesday, 8:00 am - 7:00 pm
Sunday 12:30 - 4:30 pm

Palo Duro

5221 Palo Duro NE, Alb, NM 87110
Phone: 888-8102 • Fax: 888-8107
M,T,Th,F, 8:00 am - 5:00 pm
Wednesday, 8:00 am - 7:00 pm
Saturday, 9:00 am - 1:00 pm
Desert Willow Gift Shop
Monday–Friday, 9:00 am - 2:00 pm

Multigenerational Centers

Manzano Mesa

Multigenerational Center
501 Elizabeth SE, Alb, NM 87123
Phone: 275-8731 • Fax: 275-8734
Monday - Friday, 8:00 am - 9:00 pm
Saturday, 9:00 am - 3:00 pm



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

North Domingo Baca Multigenerational Center

7521 Carmel Ave. NE, Alb., NM 87113
Phone: 764-6475 Fax: 764-6489
Monday - Friday, 8:00 am - 9:00 pm
Saturday, 9:00 am - 3:00 pm

Breakfast at the Centers

Enjoy a full menu breakfast Mon. - Fri., 8:00–9:00 am at all of our centers. On occasion, meal service may be cancelled. Check with the front desk for schedule changes.

Lunch at the Centers

Barelas, Los Volcanes, North Domingo Baca, North Valley, Manzano Mesa
Reserve by 1:00 pm one work day prior.
Mon - Fri, 11:30 am - 1:00 pm
\$3.25 for 50 - 59, \$7.67 for guests under 50 (including children) If you are 60 or older, donations are accepted to help cover the expense of preparing the meal, however no one will be denied services for choosing not to donate.

Bear Canyon, Highland, Palo Duro

Monday–Friday, 11:30 am - 1:00 pm
\$3.25 for seniors, \$7.67 for guests under 50 (including children)

ATTENTION!!!

Fitness Centers

Call 880-2800 for Fitness Center information.

Palo Duro 50+ Sports and Fitness Center

3351 Monroe NE
Albuquerque, NM 87110
Phone: 880-2800 • Fax: 883-9362
Monday - Friday, 7:00 am - 7:00 pm
Saturday, 8:00 am - 2:00 pm

Los Volcanes Joe O. Armijo 50+ Sports and Fitness Center

6500 Los Volcanes NW
Albuquerque, NM 87121
Phone: 767-5990
Monday - Friday, 7:00 am - 7:00 pm
Saturday, 8:00 am - 2:00 pm

ATTENTION!!!
Los Volcanes members
The center will be closed starting
January 2

PLEASE SEE PAGE 47 FOR INFO.

Center Directory Continued

Meal Sites

Sites are generally open Mon.–Fri., 9 am–3 pm, and offer activities as well as a hot meal for lunch. Lunch reservations are required. Menus and activities calendars are available. Suggested contributions: 60 and older: Donation; 50-59: \$3.25/meal; under age 50: \$7.67/meal. Limited transportation for neighborhood residents is available to some sites. Call below for information.

Nutrition Program Office

2540 Karsten Ct. SE, Alb, NM 87102
764-6474

Alameda Satellite

Raymond G. Sanchez Community Center
9800 4th Street NW, Alb, NM 87114
897-8896

Armijo Satellite

1714 Centro Familiar SW, Alb, NM 87105
873-0047

Embudo Towers

8010 Constitution NE, Alb, NM 87110
764-6467

Encino Garden

412 Alvarado SE, Alb, NM 87108
266-7736

Encino Terrace

609 Encino Place NE, Alb, NM 87102
247-4185

South Valley Multipurpose Senior Center

2008 Larrazolo SW, Alb, NM 87105
468-7604

La Amistad

415 Fruit NE, Alb, NM 87102
848-1395

Cesar Chavez Community Center

7505 Kathryn Ave SE, Alb, NM 87108
256-2680

Los Duranes Community Center

2920 Leopoldo NW, Alb, NM 87107
767-5900

Tijeras Senior Center

#10 Tijeras Ave, Tijeras, NM 87059
286-4220

Paradise Hills

5901 Paradise Blvd NW, Alb, NM 87114
314-0246

Rio Bravo

3910 Isleta Blvd SW, Alb, NM 87105
873-6647

Shalom House

5500 Wyoming NE, Alb, NM 87109
823-1434

Taylor Ranch Community Center

4900 Kachina St NW, Alb, NM 87120
768-6006

Thomas Bell Community Center

3001 University SE, Alb, NM 87106
848-1333

Wainwright Manor

5601 Gibson SE, Alb, NM 87108
764-6467

Whispering Pines

#6 Lark Road, Tijeras, NM 87059
281-8003



**See Pages 44-46 for
Satellite Center Activities!!**

**Enjoy good food, good company,
and great entertainment!**

Satellite Centers provide social activities as well as healthy and well-balanced noon meals for individuals over 60. Transportation to Satellite Centers may be arranged and are provided on a donation basis. The meals meet 1/3 of the USDA recommended dietary allowances and nutrition education is provided.

Volunteer Today!

LEAD. INSPIRE. CHANGE THE WORLD... AGAIN.

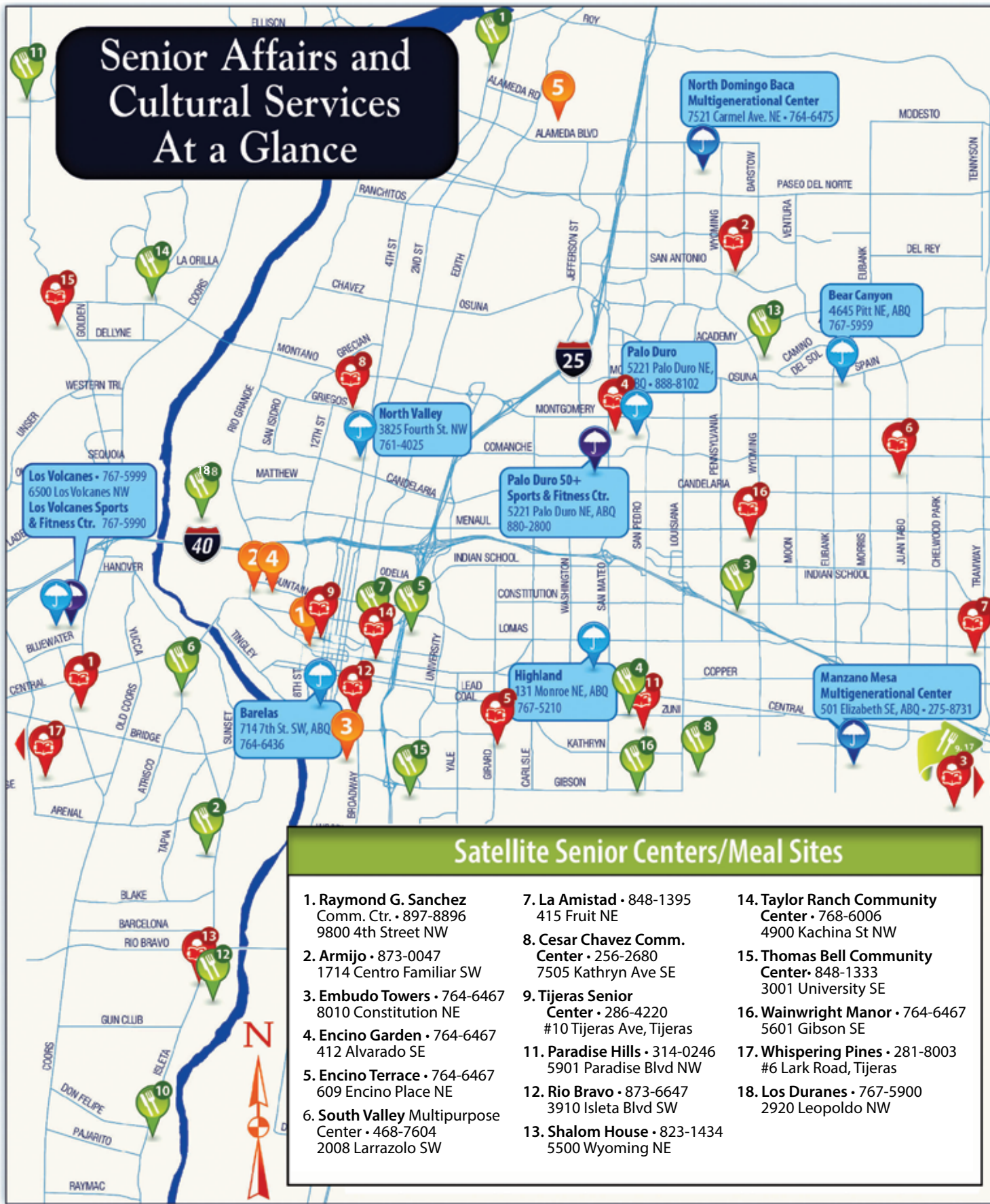


We offer a wide variety of
volunteer opportunities.

Do you have time, talents, skills, or
hobbies you would like to share?
If you do, please call the RSVP office
at **767-5225**

www.cabq.gov/seniors

Senior Affairs and Cultural Services At a Glance



Libraries

- Alamosa Library**
6900 Gonzales SW • 836-0684
- Central and Unser Library**
8081 Central NW • 768-4320
- Cherry Hills Library**
6901 Barstow NE • 857-8321
- East Mountain Library**
1 Old Tijeras Rd. • 281-8508
- Erna Fergusson Library**
3700 San Mateo NE • 888-8100
- Ernie Pyle Library**
900 Girard SE • 256-2065
- Juan Tabo Library**
3407 Juan Tabo NE • 291-6295
- Los Griegos Library**
1000 Griegos NW • 761-4020
- Main & Genealogy Library**
501 Copper NW • 768-5141
- North Valley Library**
7704-B 2nd St. NW • 897-8823
- San Pedro Library**
5600 Trumbull SE • 256-2067
- South Broadway Library**
1025 Broadway SE • 764-1742
- South Valley Library**
3904 Isleta SW • 877-5170
- Special Collections Library**
423 Central NE • 848-1376
- Taylor Ranch Library**
5700 Bogart NW • 897-8816
- Tony Hillerman Library**
8205 Apache NE • 291-6264
- Westgate Library**
1300 Delgado SW • 833-6984

Satellite Senior Centers/Meal Sites

- | | | |
|---|--|--|
| <ul style="list-style-type: none"> 1. Raymond G. Sanchez Comm. Ctr. • 897-8896
9800 4th Street NW 2. Armijo • 873-0047
1714 Centro Familiar SW 3. Embudo Towers • 764-6467
8010 Constitution NE 4. Encino Garden • 764-6467
412 Alvarado SE 5. Encino Terrace • 764-6467
609 Encino Place NE 6. South Valley Multipurpose Center • 468-7604
2008 Larrazolo SW | <ul style="list-style-type: none"> 7. La Amistad • 848-1395
415 Fruit NE 8. Cesar Chavez Comm. Center • 256-2680
7505 Kathryn Ave SE 9. Tijeras Senior Center • 286-4220
#10 Tijeras Ave, Tijeras 11. Paradise Hills • 314-0246
5901 Paradise Blvd NW 12. Rio Bravo • 873-6647
3910 Isleta Blvd SW 13. Shalom House • 823-1434
5500 Wyoming NE | <ul style="list-style-type: none"> 14. Taylor Ranch Community Center • 768-6006
4900 Kachina St NW 15. Thomas Bell Community Center • 848-1333
3001 University SE 16. Wainwright Manor • 764-6467
5601 Gibson SE 17. Whispering Pines • 281-8003
#6 Lark Road, Tijeras 18. Los Duranes • 767-5900
2920 Leopoldo NW |
|---|--|--|

Cultural Venues

- 1. **The KiMo Theatre**
768-3544 • 423 Central Ave. NW
- 2. **Old Town**
Just NE of Rio Grande & Central
- 3. **South Broadway Cultural Center** • 848-1320
1025 Broadway Blvd SE
- 4. **The Albuquerque Museum of Art & History** • 243-7255
2000 Mountain Road NW
- 5. **Anderson-Abruzzo Albuquerque International Balloon Museum** • 880-0500
9201 Balloon Museum NE

Senior Centers

 Barelas 714 7th St. SW 764-6436	 Bear Canyon 4645 Pitt NE 767-5959	 Highland 131 Monroe NE 767-5210	 Los Volcanes 6500 Los Volcanes NW 767-5999	 North Valley 3825 4th St. NW 761-4025	 Palo Duro 5221 Palo Duro NE 888-8102
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Multigenerational Centers

 Manzano Mesa 501 Elizabeth SE 275-8731	 N. Domingo Baca 7521 Carmel Ave. NE 764-6475
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50+ Sports & Fitness Centers

 Palo Duro 3351 Monroe NE 880-2800	 Los Volcanes 6500 Los Volcanes NW 767-5990
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Great Partnership

Presenting Albuquerque's Rich Cultural Tapestry

What a perfect complement to one another—Senior Affairs and Cultural Services! In this Activities Catalog, the Department of Senior Affairs and the Cultural Services Department join together to show our fine city's rich variety of activities and services available to seniors and their families.

City of Albuquerque Department of Senior Affairs

The City of Albuquerque Department of Senior Affairs, has been serving Albuquerque and Bernalillo County residents for more than forty years. Through innovative programs and quality services, the department has evolved into an exemplary model, dedicated to enriching and improving the lives of our community's senior population.

Senior Affairs offers people age 50 and older a wide-array of services and opportunities. From services for active and healthy seniors to services for frail, homebound elderly, we provide activities and opportunities to involve you in our community and to promote active, healthy aging, as well as a continuum of care specially designed to meet individual needs throughout the aging spectrum.

Membership: Any person wishing to participate at a senior center is required to obtain a membership card. Membership is \$13 a year and is valid at all six senior centers in Albuquerque, and the Manzano Mesa and North Domingo Baca Multigenerational Centers and all 50+ Sports & Fitness Centers. People who are 50 years and older may become center members; spouses of members, even if they are younger than 50 may also become members. Individuals can be as young as six years old to become a member of a multigenerational center.



City of Albuquerque Cultural Services Department

City of Albuquerque, Cultural Services Department, oversees management of Albuquerque's Public Libraries, BioPark, Museums, the KiMo Theatre, and more.



Cultural Services also hosts special events during the year throughout the city. Cultural Services At a Glance:

- Albuquerque/Bernalillo County Library System
- ABQ BioPark: Albuquerque Aquarium, Rio Grande Botanic Garden, Rio Grande Zoo, Tingley Beach
- Albuquerque Museum of Art and History
- Anderson-Abruzzo Albuquerque International Balloon Museum
- Harry E. Kinney Civic Plaza
- KiMo Theatre
- Old Town – New Fun
- South Broadway Cultural Center
- Special Events
- GOV TV Channel 16
- Public Art Urban Enhancement Program

Mission: The mission of the Cultural Services Department is to enhance the quality of life in the City by celebrating Albuquerque's unique history and culture, and providing services, entertainment, programs, and collections that improve literacy, economic vitality, and learning in state of the art facilities that enrich City life and increase tourism to Albuquerque.

Using This Catalog

If you have a membership (only \$13 a year) at one location, and are over age 50, you are entitled to participate in all of our 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 seniors, youth and the entire community age 6 and older. For only \$13 you can join our Multigenerational Centers. Currently we have two, Manzano Mesa and North Domingo Baca Multigenerational Center. Both centers have fitness rooms, classrooms, and meeting rooms. Manzano Mesa has a gymnasium and a water spraypark, a fully automated aquatic play environment where all ages can get wet during the hot summer months.

The activities in this catalog are especially designed for those age 50 and older. Programs funded by the Older Americans Act and the Area Agency on Aging (Home Delivered Meals, Transportation, and Care Coordination) have a minimum age of 60.

Some classes and trips require a fee. Other services, including lunch at our mealsites, may request a donation or nominal fee; however, no one is denied services for not contributing. For information on accessing other services, call Senior Information at 764-6400.

Unless otherwise noted:

- Activities are free with membership.
- Trip and class sizes are limited.
- Meals are at your expense.
- Activities are first-come first-served
- Unless there is alternative contact information in the listing, most activities require advanced reservations; Call the host center for more information (a center directory is on page 3).
- Activities leave from or take place at the host center.
- Return times are approximate.

Class fees are usually payable to the instructor at the first class.





This one day, four-hour class provides techniques for coping with changes in vision, hearing and reaction time, along with a "rules of the road" review. No tests are involved. \$15 for AARP members, \$20 for non-members. Make check payable to AARP and bring it to class. (Cash not accepted). Call for dates and to register.

Barelas, Lead & Coal

3rd Wednesday, 12:30 - 4:30 pm

Bear Canyon, Room 5

3rd Thursday, 12:00 - 4:00pm
1st Saturday, 9:30 am - 1:30 pm

Highland, Room 7

1st Thursday, 12:15 - 4:15 pm
2nd Saturday, 10:30 am - 2:30 pm

Manzano Mesa, Room 5

1st & 3rd Saturday, 9:00 am - 1:00 pm

N. Domingo Baca, Community Room

1st Saturday, 10:30 am - 2:30 pm

North Valley, Room 4

1st Monday, 12:30 - 4:30 pm
Will schedule as needed

Palo Duro, Ponderosa Pine

1st Friday, 8:30 am - 12:30 pm



AARP Income Tax Assistance

If you have a complex return, check with the center before making an appointment. Some returns are out of scope for volunteer assistants. Please call beginning January 6, 2016 to make an appointment. Please bring the following information to your appointment.

- Picture Identification
- Copy of your last year's tax returns
- Social Security Cards for all people listed on return
- W-2 forms for wages
- Forms including 1099-INT (interest); 1099-DIV (dividends); All 1099-R (retirement); SSA 1099 (Social Security Benefit Statement); All 1099-B (stock sales) you must have the basis (what you paid) for all sales including mutual funds. Call your broker; 1099-G (gambling winning; RRB

1099 (railroad retirement); and any other 1099 forms.

- Forms reporting income such as jury duty, election work, alimony, etc.
- Medical expenses

For ages 65 or older

- Property tax bill and or rent receipts.

Barelas, Atlantic & Stover
Monday & Wednesday
February 3 - April 13
8:00 am - 2:00 pm
First-come, first-served;
no appointment

Bear Canyon, Room 5
Tuesdays
February 9 - April 12
(excluding March 25)
8:30 am - 3:00 pm
Appointments required

Highland, Room 6
Thursdays
February 4 - April 14
8:00 am - 3:00 pm
Appointments required

Los Volcanes
Will take place at Barelas Senior Center
Friday, Feb. 5 - April 15
Appointments Required
9:00 am - 2:30 pm

Manzano Mesa, Room 4
Mondays,
8:00 am - 4:00 pm
Thursdays,
8:00 am - 11:30 am
February 1 - April 14
(excluding February 15,
March 14 & 17)
Appointments required

North Valley, Room 1, 2
Fridays
February 5 - April 15
8:30 am - 2:00 pm
Appointments required.

Palo Duro, Cedar Crest
Thursday, Feb. 4 - April 14
(excluding March 3)
8:15 am - 3:00 pm
Appointments required.

North Domingo Baca
Classroom 1
Monday, Feb. 1 - April 11
(excluding February 17)
8:00 am - 4:00 pm

Center Closings

Winter Cleaning Schedule 2016

*Due to schedule of Catalog and Winter Sports cleaning week will start end of January 2016

- Barelas**
January 25 - 29
- Bear Canyon**
February 1 - 5
- Highland**
February 8 - 12
- Los Volcanes Senior Center**
TBD
- Los Volcanes Fitness Center**
April 4 - 8
- Manzano Mesa Multi-Gen.**
March 14 - 18
- North Domingo Baca**
February 22 - 26
- North Valley**
March 7 - 11
- Palo Duro**
February 29 - Mar. 4
- Palo Duro Fitness Center**
March 28 - Apr. 1



Summer/Fall Cleaning Schedule 2016

Barelas

July 11 - 15

Bear Canyon

July 25 - 29

Highland

August 8 - 12

Los Volcanes Senior and Fitness Center

September 12 - 16

Manzano Mesa Multi-Gen.

August 29 - Sept. 2

North Domingo Baca

August 1 - 5

North Valley

August 22 - 26

Palo Duro Senior Center

August 15 - 19

Palo Duro Fitness Center

September 19 - 23

Holiday Closings:

Martin Luther King Jr. Day
January 18

President's Day
February 15

Memorial Day
May 30

Fourth of July
July 4

Center Shops & Markets

Flea Markets at the Centers

Find special bargains, treasures and satisfy your sweet tooth. Reserve your table at the front desk.

Barelas, Social Hall
Thursday, 8:00 am - 1:00 pm,
\$2 table

Bear Canyon, Multi-purpose
May - September
Tuesday, 10:00 am - 2:00 pm,
\$5 table

Highland, Lobby (Arts Mart)
Monday 7:30 am setup
8:00 am - 1:00 pm, \$2 rental

Center Shops & Markets, con't.

Manzano Mesa, Patio
1st Friday, 8:00 am - 12:00 pm
(May - October) \$2 table

North Valley
Wednesday, 8:00 am - 12:00 pm
\$1, \$1.50, \$2 table

Gift Shops

Buy a gift made by a senior. You must be a center member to sell.

Palo Duro, Desert Willow Gift Shop
Monday - Friday, 9:00 am - 2:00 pm



Friendship Coffee

Chat with old friends and make new ones over coffee and a special treat.

Barelas, Social Hall
Wednesday, 9:30 - 10:30 am
Bear Canyon, Social Hall
Tuesday, 9:30 - 10:30 am
Highland, Lobby
Tuesday, 10:00 - 11:00 am
Manzano Mesa, Social Hall
Thursday, 10:00 - 11:00 am
North Valley, Social Hall
9:00 - 11:00 am
Palo Duro, Cottonwood
Wednesday, 9:15 - 10:15 am

Health

Medicare Assistance

North Valley
Call for appointment 761-4025

Ask the Doctor

Discuss medical problems covering diagnosis, treatment and recovery.

Blood Pressure Screening

Bear Canyon, Room 2
Wednesday, 9:00 - 11:00 am

Palo Duro, Aspen
Monday, 9:30 - 11:30 am

GEHM Clinic

Call for dates
Barelas, Lobby
Highland, Room 3
Manzano Mesa, Lobby
N. Domingo Baca, Lobby
North Valley, Room 1



Legal Clinic

Senior Citizen Law Office

Provides general legal information. Divorces, wills, and criminal issues are not included. Info: 265-2300.

Highland, Room 7
3rd Tuesday, 1:00 - 3:00 pm

North Valley, Room 4
3rd Thursday, 9:00 - 11:00 am

Advance Directive Workshop
(Powers of Attorney, Cremation Authorization, EMS/DNR)



Shopping Trips from Barelas

50¢ transportation.
Sign up at front desk.

Barelas
Wal-Mart Superstore
Monday, 9:30 - 11:30 am



Volunteer Opportunities

If you have time, talents, skills, or hobbies you would like to share, please call 767-5225.

New Member Orientation

Staff will welcome new members and talk about the programs and services our centers have to offer.

Bear Canyon, Room 1
2nd Friday, 10:30 - 11:30 am



Public Art in Albuquerque

A free brochure is available by contacting us at publicart@cabq.gov. Please visit our interactive public art map at www.cabq.gov/publicart/public-art-in-albuquerque. Sign up for our bi-monthly e-newsletter at www.cabq.gov/publicart/e-newsletter-archive.

"Rain to River", the Hahn Arroyo Mosaic Project, by lead artist Nan Masland and 160 community volunteers, 2011.

Arts and Crafts Classes

Arts and Crafts

Have fun learning different crafts. Crafts include: plastic canvas, embroidery, pin and button jewelry making.

Barelas, Santa Fe
Friday, 8:00 am - 1:00 pm
Material Fee
Instructor: Viola Garcia

Arts and Crafts - Sharing

For beginners who want to learn and for the experienced who want to share. Embroidery, crochet, counted cross-stitch, knitting, needlecraft and more.

North Valley, Room 3
Wednesday, 9:00 am - 1:00 pm

JOIN US!!!
MEMBERSHIP IS ONLY \$13/YEAR



Lots of Activities! Lots of Education! Lots of Entertainment! And more importantly... Lots of Fun!

ADA 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.



Take a computer class!
See pages 15-18

Get It Done!

Chat while you "get done" those projects in this modern day quilting bee.

Palo Duro, Juniper
Friday, 12:00 - 2:00 pm

Adult Watercolor

North Domingo Baca
Tuesday, 8:30 am - 12:30 pm

Watercolor for Fun

North Domingo Baca
Monday,
8:30 am - 12:30 pm



Learn to Draw with Kelly

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


North Domingo Baca
Friday, 9:00 - 11:00 am

Arts and Crafts from Around the World

Students will have the opportunity to create folk arts that reflect cultural traditions from other countries. Classes include: Papel Picado, Australian Dreamtime Painting, Caribbean Spice Dolls, Mexican Sun Faces

Palo Duro, Pinon
Wednesday, May 4, 11, 18 & 25
5:00-6:30pm
Cost: \$60 All Materials Included
Instructor: Kerry Bergen

Learn how to manage your chronic disease.
See page 49



Marionette Making & Manipulating

Learn the foundation of marionette (string puppet) making. Create ONE "person" marionette made of paper clay, plastic, and/or fabric, then paint, assemble (string) and manipulate (choreograph or act) it.

North Valley, Room 4
Tuesdays,
March 1, 8, 15, 22
10:00 - 11:30 am
Cost: \$60 including marionette kit



Beading and Jewelry

Beading/Jewelry Class

Learn to make beautiful patterns for lovely jewelry and gifts.
Manzano Mesa, Room 3
Wednesday, 8:00 - 11:30 am
Instructor: M. Jacobson

Beading/Jewelry Group

Make your own beautiful art in jewelry.
Manzano Mesa, Room 4
Monday, 8:00 - 11:30 am
Instructor: Pat Suhr

Ceramics

Learn care and use of molds, pouring, preparation for firing, glazing, overglazing and/or staining, decorating, decals, etc. Materials not included.

Barelas, Santa Fe Room
Monday and Wednesday
9:00 am - 12:00 pm

North Valley, Room 4
Tues., Wed., 12:00 - 4:00 pm

Palo Duro, Piñon Room
Mon., Thurs., 8:00 am - 12:00 pm



Join us as we visit the Spanish Market!!
See page 66

Tile Class

Create art works on tile. All levels welcome. See instructor about materials.

Manzano Mesa, Room 3
Monday, 9:00 am - 1:00 pm
Tuesday, 9:00 am - 1:00 pm
Friday, 8:30 am - 12:30 pm (Special Needs Tile Painting)
Instructor: Lawanda Strong



Crocheting, Knitting, Weaving & Needlepoint

Happy Hookers Crochet Club

This all ages, all levels, informal group works on individual projects and a group project: making lap rugs for disabled vets.

Manzano Mesa, Room 4
Monday, 1:00 - 3:00 pm
Instructor: Schmidt

Knitting and Crocheting

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

Bear Canyon, Room 5
Monday, 10:00 am - 12:00 pm
Instructor: Jeannine Steidl

Manzano Mesa, Room 3
Friday, 1:00 - 3:00 pm

North Valley, Room 3
Wednesday, 9:00 am - 1:00 pm

Palo Duro, Cottonwood

The "Busy Bees" donate hats, blankets, & scarves to many organizations.

Wednesday
12:00 - 3:00 pm
Instructor: Courtright



Miscellaneous Classes



Eden Energy Medicine

North Domingo Baca
1st & 3rd Saturday, 10:00 - 11:30 am

Meditation Circle

North Domingo Baca
Friday, 12:00 - 1:00 pm

**Shadow Puppets
(Construction & Presentation)**

Shadow puppets are great in entertaining & educating children (and yourself). Learn to construct 2 to 4 characters, manipulate (choreograph or act), and present them.

North Valley, Room 3
Tuesday, February 2, 9, 16 and 23
4:00 - 5:00 pm
Cost: \$60 includes kit and shadow puppet stage box
Instructor: Tessie Greenfield

Barelas Clown Academy

FREE - UP your inner child to discovering the fun, creative, clown in you! Upon graduating, you will have the opportunity to sponsor your grandchild into the Clown Academy. You will need to purchase some materials. Donations gladly accepted.

Barelas, Lead/Coal
Tuesday, February 2, 9, 16, 23,
March 1, 8, 15, 22
1:30 - 3:30 pm
Instructor: Jingles the Clown

Beginning Guitar

Learn acoustic guitar using hands on instruction and recordings.

Manzano Mesa, Room 5
Tuesday, 9:00-10:00am
Friday, 10:30-11:30am
Instructor: Brad Mason



How about a game
of Mah Jongg?
See page 26

Body Wash

Is a great way to eliminate harsh chemicals and create your own body wash with all natural ingredients and Essential Oils.

North Valley
Thursday, April 21
9:00 - 10:00 am
Cost: \$3 materials fee

Cooking

Learn exciting new ways to cook using Essential Oils during demo.

North Valley, Room 3
Thursday, June 16
9:00 - 10:00 am

Depression and Essential Oils

Depression is a serious medical condition that can affect how you feel. This class will offer some suggestions for the use of Essential Oils that may eliminate or reduce the level of symptoms associated with depression.

North Valley, Room 3
Thursday, January 14
9:00 - 10:00 am
Instructor: Deb Garey



**Father's Day Gift
with Essential Oils**

In this class we will be make car air freshener and talc.

North Valley, Room 3
Thursday, May 19
9:00 - 10:00 am
Cost: \$3 materials fee

First Aid (Essential Oils)

All Essential Oils are potential candidates for a first aid kit because of their many uses. This class will discuss six of those oils and their uses.

North Valley, Room 3
Thursday, February 18
9:00 - 10:00 am
Instructor: Deb Garey

**Gentle Massage Techniques
for Caregivers**

In this experiential class, we will explore non-verbal communication, touching with intention, being present with you and your partner, and quality of touch. We will address hands, feet, ears and head/neck/shoulders.



North Valley, Room 4
Tuesday, January 26
9:00 am - 12:00 pm
Cost: \$30

Into to Ukulele

Add some joy as you learn to play.

North Valley, Room 3
Tuesdays, Classes begin March 29
10:30 - 11:30 am
Cost: \$40 8 week course

Spa Products

We will help you create a spa like environment in your home using simple household ingredients and Essential Oils.

North Valley, Room 3
Thursday, March 17
9:00 - 10:00 am
Cost: \$3 materials fee

Ukulele

Learn and earn a free ukulele sponsored by iCreate Inc. Requirements: Low income. Memorize and perform 5 simple songs. Attend 12 classes.

North Valley, Room 1 & 2
Tuesday, May 3
5:45 - 6:45 pm
12 weeks

Religious

History of the Bible

North Domingo Baca
Thursday,
11:00 am - 12:30 pm



Family Centered Prayer Battle

Manzano Mesa, Room 4
Tuesday, 5:00 - 6:00 pm

North Domingo Baca
Friday 6:00 - 7:30 pm

Men's Bible Study

North Domingo Baca
Monday, 8:30 - 10:00 am

Photography Classes

North Domingo Baca, Room 5
Wednesday 8:30 - 11:30 am
Thursday 6:00 - 8:00 pm
Sign up at the front desk
Instructor: Jim Corrigan



Drawing

Portrait Drawing Class

We need your face! Highland Portrait Drawing class draws live models with a focus on the proportions of the head. Models are needed weekly in return you will get copies of all the artworks of your portrait. New Artist welcomed and models are always needed.

Highland, Room 8
Tuesday, 10:00 - 11:00 am
Instructor: Marge Palsce

Folk Arts

Retablos/Hispanic Folk Art

Learn the art of making retablos.

Barelas, Stover
Tuesday, 9:00 - 11:30 am
George Salazar

North Valley, Room 3
Wednesday, 1:00 - 4:00 pm
Anita Andrade

Retablos Workshop

We will focus not only on the history of the art form, but in the creation and construction of your own painting using native plant and mineral pigments. Classes will cover "recipes" for making your own gesso, paints and varnish.

North Valley, Room 4
Tuesday, February 16, 23
9:00- 11:00 am
\$40 Materials Included
Instructor: Ellen Santistevan

Swedish Weaving

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

Palo Duro, Pondersosa
Friday 2:15 - 4:30 pm
Cost: \$10 Material Fee
Instructor: C. Lucero

Glass

Stained Glass

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

Palo Duro, Cottonwood
Friday, 9:30 - 11:30 am
(Class does not meet in Jul. & Aug.)

Leather

Leather Craft

Learn the art of hand-tooled leather crafting. Students must buy leather.

Palo Duro, Aspen
Tuesday
12:00 - 2:00 pm
Love, some tools provided
Cost: \$1.00/month
New students \$5.00



Painting, Drawing & Pastels

Artist's Corner

Meets to paint in any medium and offer gentle critique and constructive criticism.

Manzano Mesa, Room 3
Thursday, 1:00 - 4:00 pm
Bring your own materials
Instructor: Kennedy



- Fitness
- Events
- Dances
- Classes
- Meals
- Clubs
- Games
- Trips

**THERE IS SOMETHING
FOR EVERYONE!**

Metals

Silversmith I

Cut, stamp, hammer, solder and finish silver. Learn basic techniques with practical information. Silversmith II-VIII and open session to be held at Albuquerque Silver & Stone Academy.

Palo Duro, Juniper
Wed., Jan. 13, 20, 27 & Feb. 3
Wed., Mar. 23, 30 & Apr. 6 & 13
Wed., June 1, 8, 15 & 22
4:30 - 6:30 pm
Cost: \$150 silver & materials fee
Instructor: Eileen Ott

Silversmith Open Sessions Metal Casting

Learn basic skills and methods. Using the lost wax casting process you can cast objects in silver & bronze.

Palo Duro, Juniper
Thursday, 1:00 - 4:00 pm
Instructor: Lumpee
Cost: \$2.00/per casting
for consumables

Metal Silversmith and Jewelry Making Open Lab

Open lab for metals, silversmith, fused glass and enamel for those students with a basic knowledge of jewelry making.

Palo Duro, Juniper
Wednesday, 10:00 am - 4:00 pm
Instructor: Garcia, Taylor, Provencio



Repousse/Embossed Tin

Repousse is the craft of metal embossing. It is done by pushing, working or making a relief in metal. This art form dates at least back to the 12th Century. Join the tradition and make your own repousse artwork.

Palo Duro, Pinon
Wednesday,
February 3, 10, 17 & 24
5:00-6:30pm
Cost: \$60 All Materials Included
Instructor: Kerry Bergen

Religious · Photography · Drawing · Folk Arts
Glass · Leather · Painting, Drawing & Pastels · Metals

Classes

Metals, con't.

Creative Arts for Everyone - Repujado

Repujado is the Mexican craft of metal embossing. It is done by pushing, working or making a relief in metal. This art form dates at least back to the 12th century. Join the tradition and make your own repujado artwork. Class is limited to 10 students. Sign up at the front desk.

Barelas, Lead/Coal
 Thursday, January 7, 14, 21
 1:00 - 2:30 pm
 Instructor: Kerry Bergen
 Cost: \$60
 all materials are included.

Traditional Spanish Tin Work

Tinsmithing is a traditional Spanish colonial art form. Come to learn basic techniques.

See center for complete details and supplies. Sign-up is required limit 10. Cost: \$10 materials fee required.

Highland, Room 2
 Tuesday, February 23 - April 5
 Instructor: Cora Chavez
Bear Canyon, Room 5
 Friday, April 22 - June 3
 1:00 - 3:00 pm
 Instructor: Cora Chavez

Traditional Tin Work Open Studio

Join this group of beginning to experienced tin work artists. You can share

ideas and techniques and have a lot of fun together. This is a self-directed group and you must supply your own materials and tools.

Highland, Room 2
 Wednesday 1:00 - 3:00 pm



Painting Workshop

Instruction is given on perspective, composition, form, color mixing and blending. Ongoing classes are open to all levels. No registration required. Bring materials.

North Valley, Room 4
 Friday, 9:00 am - 12:00 pm

Watercolor for Fun

This all levels class covers: Landscape, spring flowers, still life, painting from photos and sketches and one class on location.

North Domingo Baca, Room 5
 Monday, 8:30 am - 12:00 pm
 Instructor: Jo Nell Tyson
 This is a self-directed class

Adult Watercolor

North Domingo Baca, Room 5
 Tuesday, 9:00 am - 12:30 pm
 Instructor: Raymond Ortiz
 Free

Palo Duro Palettes

We work in all mediums and share our knowledge and enthusiasm. Come sample a variety of methods, ideas and techniques. Material available.

Palo Duro, Piñon
 Wednesday, 1:00 - 3:00 pm
 Instructor: Lamkin

Visiting Artists Series

Guest artist guides participants in an activity that often involves a demo and a hands-on experience. Open to all. A different artist volunteers each week from Memorial Day to Labor Day. During the summer, the program is more informal.

Palo Duro, Cottonwood
 Tuesday, 1:00 - 3:00 pm
 Instructor: Haag

Brilliance of Soft Pastels

Beginners focus on technique, composition and materials. Intermediate students focus on interpreting value and color, enhancing skills and new challenges. Demos given along with individual help. Some materials may be purchased.

Manzano Mesa, Room 3
 Monday, 1:30 - 4:00 pm
 Call for dates
 6 - 8 week session, Sharon Jensen

A Gathering of Artists

Formally known as "Artist Series" started by Ralph Lewis this group of artist will present and gently critique art pieces in any medium. Artists of all levels are welcome.

Highland, Room 8
 Monday 10:00 - 11:30 am

Basic Gesture Drawing

Explore line, tone, texture and shading with graphite, conte crayon and charcoal. Learn how to draw what you see by learning gestural techniques accomplished through basic exercises.

Palo Duro, Pinon
 Wednesday, March 9, 16, 23 & 30
 5:00 - 6:30pm
 Cost: \$60 All Materials Included
 Instructor: Kerry Bergen

Chinese Brush Painting

The Chinese brush painting style is also referred to as freehand style. Ming Franz will guide you step by step in brush techniques and strokes, mixing colors on the brush, structural composition and methods of expression. Sign up is required, space is limited. You must bring your own supplies and the list will be provided upon sign-up.

Highland, Room 2
 Thursday, February 18 - March 24
 9:00 am - 12 noon
 Instructor: Ming Franz

Creative Arts for Everyone - Flower Painting with Acrylics

Students will learn: How to create both smooth and textural finishes

Most activities are FREE with membership unless otherwise indicated.

using how to use mediums and basic color theory. The classes will begin with basic flower drawing techniques, and will advance to painting on canvas. Students will complete an 18"x24" painting. All levels of skill are welcome! Class is limited to 10 students. Sign up at the front desk.

Barelas, Lead/Coal
 Thursday, April 7, 14, 21, 28
 1:00 - 2:30 pm
 Instructor: Kerry Bergen
 Cost: \$80, all materials are included.

Creative Arts for Everyone - Landscape Collage

Collage is a creative method of collecting a variety of materials and exploring how they might be put together into a composition. The materials used in this collage workshop can range from magazine photos, found papers, scraps of fabric, stamps, music sheets or any printed paper. Students are encouraged to collect their own found materials and magazines. Class is limited to 10 students. Sign up at the front desk.



Barelas, Lead/Coal
 Thursday, May 5, 12, 19 & 26
 1:00 - 2:30 pm
 Instructor: Kerry Bergen
 Cost: \$60, all materials included

Drawing

North Domingo Baca
 Saturday,
 9:15 - 11:15 am



Watercolor

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

Bear Canyon, Room 3
 Tuesday, 1:00 - 3:30 pm
 Instructor: Paul Stubbe

Painting: Open Workshop

All venues welcome

Bear Canyon, Room 4
 Friday, 9:30 am - 12:00 pm
 Instructor: Marian Boardl
 No registration required, bring materials.

Off Beat Artists

We are a group of self-directed artists who work primarily in drawing and painting mediums. The objective is to work and share our creative experiences. No instruction. Participants provide their own materials and work at their own pace.

Barelas, Lead/Coal
 Monday
 11:00 am - 3:30 pm

Water Color Basics

Color theory will be taught in this class along with watercolor techniques. Wet on wet, dry brush and the use of frisket, salt and plastic wrap to create textures. Subject matter will include still-life and landscape.

North Valley, Room 2
 Tuesday, June 7, 14, 21 & 28
 4:30 - 6:30 pm
 Cost: \$50 Materials provided

Watercolor for Beginners: Enjoy the Flow

We will learn basic techniques of watercolor, with emphasis on methods that are freeing and take full advantage of the medium. We will take advantage of the beauty of NM for inspiration.

Palo Duro, Pinon
 Monday, Feb. 1, 8, 22 & March 7, 14
 1:00 - 3:00pm
 Instructor fee \$30.00 for 5 classes
 Instructor: Sandra

Creative Arts for Everyone - Reverse Glass Painting

While a lot of the painting is focused on religious subjects, it has also been used to create signs and to paint more traditional subjects such as flowers, still life and landscapes. Learn the basics of reverse glass painting. All levels of skill are welcome! Class is limited to 10 students. Sign up at the front desk.

Barelas, Lead/Coal
 Thursday, March 3, 10, 17, 24
 1:00 - 2:30 pm
 Instructor: Kerry Bergen
 Cost: \$60, all materials are included.

Creative Arts for Everyone - Saints and Icons Watercolor

Paint Saints & Icons using basic watercolor techniques. Learn to create traditional Spanish Colonial retablo images. All levels of skill are welcome! Class is limited to 10 students. Sign up at the front desk.

Barelas, Lead/Coal
 Thursday, February 4, 11, 18, 25
 1:00 - 2:30 pm
 Instructor: Kerry Bergen
 Cost: \$60, all materials are included.

Drawing Basics

Drawing techniques including fundamentals from mark making, forming, value and texture. Observational drawing from photographs will be covered help you create artwork for years to come.

North Valley, Room 4
 Tues., May 3, 10, 17, 24 4:30 - 6:30 pm
 Cost: \$45 Materials provided

Drawing in Perspective

This course covers the fundamentals in 1 point 2 point and 3 point perspective with a lesson on atmospheric perspective. The course will allow participants to complete drawing in each of these areas.

North Valley, Room 4
 Tuesdays, March 1 & 15 and 22 & 29
 4:30 - 6:30 pm
 Cost: \$45 Materials provided
 Elaine Cimino

Drawing with Zentangles

If you like to draw patterns and doodle you can learn Zentangles. It is a Zen-like way of creating images through receptive patterns and shapes. We will be utilizing the use of symbols in this class to create inspired design. This is a great way to create patterns for quilts or to apply to painting.

North Valley, Room 4
 Tuesdays, February 2, 9
 4:00 - 5:30 pm Cost: \$25
 Instructor: Elaine Cimino



Flower Painting with Acrylics

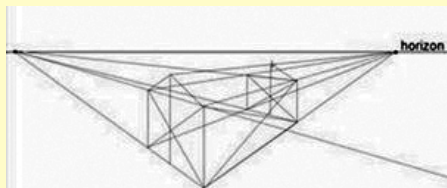
The classes will begin with basic flower drawing techniques, and will advance to painting on canvas. The first class will be a drawing and painting demonstration.

Palo Duro, Pinon
 Wednesday, April 6, 13, 20 & 27
 5:00 - 6:30 pm
 Cost: \$120 All Materials Included
 Instructor: Kerry Bergen

Landscape Collage

The ultimate goal of collage is to assemble a collection of objects and materials and transform them into a new visual form. Materials will be provided.

Palo Duro, Pinon
 Wednesday, January 6, 13, 20 & 27
 5:00 - 6:30 pm
 Cost: \$60 All Materials Included
 Instructor: Kerry Bergen



Let's Color! Adult Coloring Club

The class will focus on slowly coloring pages of their Adult Coloring Books with the goal of relaxation. All other thoughts – your to-do list, deadlines, work stress – fade, as you work on coloring. Bring your own art supplies and coloring books.

Manzano Mesa, Room 3
 Thursdays, 7:00 - 8:30 pm
 Self-Directed Group



Painting like Monet

Learn to paint landscapes like Monet and the impressionist painters. The course will be taught in acrylics. No prior experience is necessary.



North Valley, Room 4
 Tuesdays, April 5-26
 4:30 - 6:30 pm
 Course \$50 Materials provided

Pottery

Pottery Lab

For advanced and intermediate pottery students only.

Palo Duro, Piñon
 Wednesday, 8:00 - 11:30 am
 Self-directed



Pottery

All levels welcome. From pinch pots, slabs, coiling to wheel throwing. Self directed. Material Fee.

North Valley, Room 4
 Monday, 9:00 am - 12:00 pm

Palo Duro, Piñon
 Friday, 9:00 - 11:30 am

Manzano Mesa, Room 3
 Tues. & Thurs., 9:00 am - 1:00 pm

Pottery for Kids

Class is \$2.00 for ages kindergarten to 5th grade (5 - 11). Class is limited to 25 participants. Sign up at the front desk.

North Domingo Baca, Room 5
 Friday, 3:30 - 4:30 pm

Open Studio

North Domingo Baca, Room 5
 Tuesday, 12:00 - 4:00 pm (kiln room)
 12:00 - 2:00 pm
 (Room 5) Jo Lynne

Hand-Building Clay Classes (Adult)

New students start the first week of every month. There is a material and firing charge.

North Domingo Baca
 Monday, 1:00 - 4:00 pm
 Saturday, 12:00 - 2:30 pm

Hand-Building Clay Classes (Youth)

Parent/ Guardian must remain in class for ages 5 - 7. Cost is \$2 per student per class.

North Domingo Baca
 Friday, 12:00 - 3:00 pm
 2:30 - 5:30 pm

Pottery: Pinch a Pot Birdie

In this class you will develop hand-forming skills for working with clay, learn the importance of timing, explore finishing techniques and become acquainted with glazing and firing procedures. Cost: \$5.00 material fee.

Bear Canyon, Room 5
 Thursday, January 14 - March 10
 8:30 - 11:30 am
 Instructor: Ed Mills

Pottery with Penne

This class will create in clay using multiple techniques- pinch pots, coiling slabs, the potters' wheel, glazing and firing. This class is designed for the beginning to intermediate student. Sign up is required.

Highland
 Room 2
 Wednesday
 9:00 am – 12:00 noon



Start January 6
 Instructor:
 Penne Roberts

Pottery & Handbuilding Clay

Come learn the basic techniques of hand-building and make some of your own pottery creations.

Barelas, Santa Fe
 Thursday, 1:00 - 4:00 pm
 Instructor: JoLynne Fenger
 Materials and Firing Fees



Quilting

Knitting and Crocheting

Beginners to advanced are welcome. Beginners are taught the basics of knitting and techniques.

North Valley, Room 2
Wednesday, 1:00 - 4:00 pm

Quilting: Experienced

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

Bear Canyon, Rooms 3 & 4
Tuesday, 8:30 - 11:45 am
Instructor: Janet Moffatt

Tuesday Angels (Palo Duro) & Laptop Quilters (Highland)

A wide variety of items from donated materials. Everything produced is given to community groups and hospitals. Donations of fabric and yarn are always appreciated.

Highland, Room 3
Monday, 9:00 - 11:00 am

Palo Duro, Aspen
Tuesday, 8:30 - 11:30 am
Instructor: Bommelaere

Punch Quilting

A "no sew" way to create fabric pictures and wall hangings.

Manzano Mesa, Room 3
Tuesday, 1:00 - 3:00 pm



Quilting

For novice and experienced quilters

Highland, Room 7
Tuesday, 8:00 am - 12:00 pm

North Valley, Room 3
Monday, 8:00 am - 3:00 pm
Sunday, 1:00 - 4:00 pm

Palo Duro, Cottonwood
Tuesday, 8:00 am - 12:30 pm
Instructor: Spartz, Stanton
Saturday, 9:00 am - 1:00 pm
Instructor: Stanton

Machine Quilting

Manzano Mesa, Room 4
Thursday 11:00 am - 2:00 pm

Sewing & Alterations

Bring your latest sewing project and get help with any alterations or question you may have!

Palo Duro, Ponderosa
Tues., 10:00 am - 12:30 pm
Instructor: Gosso

Telescope

Amateur Telescope Making

Make your own telescope.

Manzano Mesa, Room 3

1st & 3rd
Wednesday
7:00 - 9:00 pm
Instructor: Mike Pendley



Woodworking

Open Woodshop and Woodcarving

If you are interested in carving, cutting or working on other wood projects please join us.

North Valley, Room 3
Tuesday, 8:30 - 10:30 am

Manzano Mesa, Room 3
Wednesday, 8:00 - 11:30 am
Instructor: Ralph Manchego

Woodcarving

Women and men of all skill levels enjoy woodcarving in this ongoing class.

Bear Canyon, Room 5
Friday, 8:00 am - 12:00 pm
Instructor: Gerry Hobart



Woodcarving

Carvers do all types of relief and chip carving; wood burning, golf ball and santo carving, etc. Bring your own tools.

Planet Art with Debbie Kmak
Classes are \$35, includes material fee.



Computer Activities

Computer Lab

Open to members who wish to practice their computer skills or access the web.

Barelas, Computer Room
Call Center for hours.

Bear Canyon, Computer Room
Monday, Wednesday
Friday 9:00 - 11:00 am
No Registration required
Highland, Room 6
Wednesday, 1:00 - 3:00 pm

Manzano Mesa, Computer Lab
Tues, Thur, 9:00 am - 12:00 noon
Wednesday & Friday, 1:00 - 3:00 pm

North Valley, Computer lab
Mon. - Fri. all day, except when class is in session. Computer assistance available on Tues. & Thurs.
1:00 - 3:00 pm

Palo Duro, Cedar Crest
Monday, Tuesday, Friday
1:00 - 3:00 pm

**Are you a member of
Los Volcanes
Senior Center?
See Page 47 for
important information**

Social Media and New Technology



Intro to Facebook

Learn your way around the most popular social media site, Facebook. Communicate with family, friends. Students in this class must be experienced and familiar using a computer. Students will be creating an individual customized Facebook page.

North Valley, Computer Lab
Tuesday, February 2, 9, 16
5:00 - 6:45 pm Cost: \$40.00
Instructor: Marcella L. Pirlot

Advanced Facebook

Students will learn more about the etiquette essentials of communicating with family, friends and businesses as well as setting up an exclusive private group Facebook page and changing profile and security settings.

North Valley, Computer Lab
Wednesday, May 11, 18, 25
5:00 - 6:45 pm Cost: \$40.00
Instructor: Marcella L. Pirlot
Cost: Donation

Instagram New Social Media Site

Learn how to take photos with your phone, post them on Instagram, and your followers and whoever visits your profile will see it and "like it" if they like it. It's perfectly safe and lots of fun!

North Valley, Computer Lab
Wednesday, January 13, 20, 27
3:00 - 5:00 pm Cost: \$40
North Valley, Computer Lab
Tuesday, June 7, 14, 21
5:00 - 6:45 pm \$40

Computer Classes

General Computer

Ask Computer Questions - Get Computer Help

Bring your computer questions.

Manzano Mesa, Computer Lab
1st Saturday,
12:30 - 2:30 pm
Instructor:
M. Hadaway,
J. Freedman,
R. Bemis, and
E. Cardona



Internet and Email

Learn how to access the internet, shop without compromising your personal information, find reliable government and medical websites.

North Valley, Computer Lab
Tuesday, January 12, 19 26
5:00 - 6:45 pm Cost: \$40

North Valley, Computer Lab
Tuesday, March 16, 23, 30
5:00 - 6:45 pm Cost: \$40

North Valley, Computer Lab
Wednesday, June 8, 15, 22
5:00 - 6:45 pm Cost: \$40

Getting To Know Your Computer

This is a class designed to get you to have an understanding about your computer.

N. Domingo Baca, Computer Lab
March 2, 3, 8, 9
9:45 am - 12:00 pm
Cost: Donation

Computers for Beginners

Learn basic computer terms and functions. You will learn how to use the mouse, the keyboard, the Start Menu, the Control Panel, and much more.

North Valley, Computer Lab
Wednesday, April 6, 13, 20
3:00 - 5:00 pm Cost: \$40

Windows PC Classes At Bear Canyon

We conduct classes periodically on a variety of Windows PC topics. To join our eMail list and receive course notifications, contact Lenore Abruzzo at 292-2971, or at antonioabruzzo@comcast.net

Introduction to Microsoft Windows 8.1 and Beyond

This class is ideal for the first time student wanting to learn the use of the computer and the student wishing to update their computer skills with the latest Microsoft operating system. They will learn about all computer components and how they interact to work with various Microsoft

computer programs. Minimum of 4 students needed to offer this class.

Barelas, Computer Room
Tuesday, January 5, 12, 19,
9:00 - 11:00 am, 1:00 - 3:00 pm
(Thursday, January 21)
Tuesday, March 1, 8, 15, 22,
9:00 - 11:00 am, 1:00 - 3:00 pm
Tuesday, May 3, 10, 17, 24,
9:00 - 11:00 am, 1:00 - 3:00 pm
Cost: \$20
Instructor: Patrick Turrieta - Please see instructor to sign up for class.

Intermediate Introduction Course: Intro to Microsoft Publisher 2013

Learn how to make flyers, greeting cards, calling cards, and banners. It is recommended that the student have common use and understanding of Windows 8.1 or Windows 10 operating system prior to taking this class. Minimum of 4 students needed to offer this class.

Barelas, Computer Room
Tuesday, February 2, 9, 18, 16, 23,
9:00 - 11:00 am, 1:00-3:00 pm
Tuesday, April 5, 12, 19, 26,
9:00 - 11:00 am, 1:00 - 3:00 pm
Tuesday, June 7, 14, 21, 28,
9:00 - 11:00 am \$20
Instructor: Patrick Turrieta - Please see instructor to sign up for class.

Computer Use 101

This is a basic hands-on use of the computer. Learn how to get online, how to use Microsoft Word, what keys or mouse key to use to achieve a specific goal, how to download page(s), and how to use a flash drive. You will also learn how to find and save a webpage, and how to reverse errors.

Barelas, Computer Room
Thursday, 1:00 - 4:00 pm
Friday, 9:00 am - 1:00 pm
Cost: Free.
Please sign up at
Front Desk
Instructor: Qassem Samad



Apple Macintosh Classes at Bear Canyon



We conduct classes periodically on a variety of Apple Macintosh topics. To join e-mail list, and receive course notification plus regular "Mac Tips & Information," contact: Bob Reed at 292-3805, reed1936@comcast.net

Apple Macintosh Day

Open to Mac users of any experience level - FREE. An open, interactive - Apple Macintosh educational Users meeting that includes:

- **The Learning Corner** - 9:45 - 11:15 am. Announcements and a Macintosh educational presentation - A different subject every month.
- **Macintosh Q/A Session** - 11:30 am - 12:30 pm. Bring your questions and see answers demonstrated on our large movie screen.

Bear Canyon, Rooms 3 & 4
3rd Saturday of each month
Facilitator: Bob Reed
reed1936@comcast.net



Apple iPad & iPhone Workshop

iPad and iPhone users, bring your iPad or iPhone and join the fun! This is a FREE workshop format where your iPad, iPhone and iOS questions may be answered. Note: Kindle, Nook, Windows tablets or Android devices are not covered. Seating is limited to the first 25 who arrive.

Bear Canyon, Computer Lab
2nd Thursday of every month
10:00 am - 12:00 noon
Contact: Bob Reed
reed1936@comcast.net

Macintosh Q/A Session - 11:30 am - 12:30 pm. Bring your questions and see answers demonstrated on our large movie screen.

Windows PC Workshop

An open Windows PC forum - Bring your questions. No matter your experience level - We welcome beginners. Your questions are important - All answers will be demonstrated on the movie screen. Arrive early. The first 25 who arrive will be seated.

3rd Wednesday of each month,
1:30 - 3:30 p.m.

Bear Canyon,
FREE - Donations are appreciated
Not Required - Just show up
Questions? E-mail Bob Reed at:
reed1936@comcast.net

Presented by the Bear Canyon Computer Instruction Club, a Non-profit Computer Educational Organization. Harold Gottlieb & Gary Day, Facilitators



Manzano Mesa Computer Classes

Each class needs at least 5 students to apply in order to hold the class. Please fill out an application, in the Computer Lab at Manzano Mesa and you will be notified by phone when the class is scheduled for and the cost of the class.

- Beginners Computer for Windows XP & 7
- Windows 8.1 Differences
- Beginners Windows 8.1
- Internet Level 1
- Microsoft Word 2007 or 2010
- Microsoft Excel 2007 or 2010
- How to use Facebook
- How to use SKYPE
- Email Basics
- Files, folders & flash drives basics
- Digital Camera Basics
- Buy/sell on Craigslist & Ebay
- Individual tutoring by appt.

Introduction to Self-Publishing on eBook

Don't wait for a publisher to publish your book. Self-publish your book and learn some guidelines in writing

for eBook (electronic book) such as Kindle, Nook or iPad. **This is NOT a writing class.**

North Valley, Room 3
Tuesday, February 23
4:00-5:00 pm
Cost: \$10
Instructor: Tessie Greenfield (Visit: <http://kidstale-nm.com>)

Managing Your Files and Folders

This is where the contents of the current folder or library are displayed. A folder is a container you can use to store files in.

N. Domingo Baca, Computer Lab
March 15, 16, 17, 18
9:45 am - 12:00 pm
Cost: Donation

Microsoft Excel 2010

Grasp the power of data using Microsoft Office Excel 2010. This class introduces students to spreadsheet concepts.

N. Domingo Baca, Computer Lab
January 20, 21, 26, 27
June 8, 9, 13, 14
9:45 am - 12:00 pm
Cost: Donation

Microsoft Publisher 2010

Learn to create calendars with photo, flyer, business cards, newsletter and more using Microsoft Publisher 2010.

N. Domingo Baca, Computer Lab
February 10, 11, 16, 17
9:45 am - 12:00 pm
Cost: Donation

Microsoft Word 2010

Learn the most used word processing software on the planet, Microsoft Word 2010!

N. Domingo Baca, Computer Lab
January, 6, 7, 12, 13
May, 25, 26, 30, 31
9:45 am - 12:00 pm
Cost: Donation

MS Office-Word

North Valley, Computer Lab
Tuesday, May 3, 10, 17, 24
5:00 - 6:45 pm
Cost: \$40.00

Computer Classes, con't.

New Windows 10 Operating System

This class will cover the Start Menu, Apps, Desktop, Maintenance routines, Personalize your Computer and Introduction to Microsoft Edge. Handouts provided.

Palo Duro, Cedar Crest
Friday, February 5, 12, 19, 26
Friday, April 1, 8, 15, 22,
Friday, June 3, 10, 17, 24
10:00 am -12:30pm
Cost: \$35 for the four classes
Instructor: Mary Sandoval

Tech Talk-Technological Assistance & Classes

Come with your questions and tech device so these high school students can assist you with your cell phones, tablets, computers, installing and using apps, social media, using the internet, word/excel, skype and more. Below is the Scheduled list of classes! Please call center for any questions.

January 14 Installing and uninstalling apps for cell phones
January 21 Installing and uninstalling apps for computers
January 28 Using social media i.e. Facebook, Twitter
February 4 Creating and using email
February 11 Computer Security
February 18 Texting & Computer acronyms (such as LOL and IDK)
February 25 Surfing the internet
March 3 How to take photos with your phone upload and send them
March 10 Microsoft Word – document creation

Manzano Mesa, Lobby
Thursday, Begins Jan 14th
10:15am-12:00am

Using Email

Learn how to send an email message to any person with an email address. In addition to typical text-based e-mail messages, you can send almost any type of file in an email message, including documents, pictures, and music.

N. Domingo Baca, Computer Lab
May 11, 12, 16, 17
9:45 am · 12:00 pm
Cost: Donation



Using the Internet

Learn how to access the Internet, shop without compromising your personal information, find reliable government and medical websites.

N. Domingo Baca, Computer Lab
March 23, 24, 29, 30
9:45 am · 12:00 pm
Cost: Donation

Word 2010 Level 1

Learn to use the most used word processing software on the planet, Microsoft Word 2010.

N. Domingo Baca, Computer Lab
June 22, 23, 27, 28
9:45 am · 12:00 pm

Dance Classes

Ballroom/Latin/Swing Dance: Intermediate

Continuation from the beginning class, with intermediate step patterns.

Manzano Mesa
Cost: \$25 for 4 weeks, includes patterns & disc
Saturday,
Beginning 10:00 - 11:00 am
Intermediate 11:00 am - 12:00 pm
Instructor: Barbara Weiss, 506-0049



Wise Women Belly Dance

This gentle approach to this ancient art form can be enjoyed by women of all ages, abilities, sizes and shapes.

Manzano Mesa, Social Hall
Thursday, 6:00 - 8:00 pm
Instructor:
Amaya - 280-3638



Ballroom Dancing

Bear Canyon, Social Hall
Thursday, 4:45 - 5:45 pm
Cost: \$6 per lesson
Instructor:
Rosamaria Delgadillo-Burt

Dance and Movement for Parkinson's

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

North Valley, South Social Hall
1st & 3rd Thursday, 2:00 - 3:00 pm
Free to members with Parkinson's,
Instructor: Joanie Carlisle

Line Dancing

Beginning Line Dance

Barelas, Social Hall
Wednesday, 9:30–11:00 am (Starting February 3)
Instructor: Gayle Mecca
Cost: \$1.00

Bear Canyon, Social Hall
Thursday, 3:15 - 4:30 pm
(with new classes starting in January, May, and September)

Manzano Mesa, Social Hall
Wed, 1:30 - 3:00 pm
*Starter 12:15 - 1:15 pm
*first time dancers or beginners
Instructor: Georgette Smith

N. Domingo Baca, Social Hall
Thu, 1:15 - 2:30 pm, Mary Garcia

North Valley, Social Hall
Mon, 1:00 - 2:00 pm, Clarada Hall

Palo Duro, Mesquite
Mon, 3:15 - 4:30 pm
Sat. (2nd, 3rd, & 4th)
(New classes starting in January, May & September)
9:00 - 10:30 am
Instructor: K. Tidy

Intermediate Line Dance

Bear Canyon
Tuesday, 3:15 - 4:30 pm
Instructor: Clarada Hull

Highland, Social Hall
Tuesday, 1:30 - 3:30 pm
Instructor: Wylene Santistevan

Manzano Mesa, Social Hall
 Wednesday, 3:00 - 4:30 pm
 Instructor: Georgette Smith

N. Domingo Baca, Social Hall
 Tue, 5:45 - 7:30 pm,
 Instructor: Georgette Smith

Intermediate II

Bear Canyon
 Tuesday, 1:30 - 3:00 pm

Manzano Mesa, Social Hall
 Friday, 1:30 - 3:00 pm
 Instructor: Wylene Santistevan

Intermediate III

Manzano Mesa, Social Hall
 Tuesday, 2:00 - 4:00 pm
 Instructor: Clorinda Ricci

Advanced

Palo Duro, Mesquite
 Mon, 1:30 - 3:15 pm
 Instructor: D. Madison
 Sat, (2nd, 3rd, & 4th)
 Instructor: J. Hendrix
 10:30 am - 12:00 pm
 Instructor : D. Madison

Bear Canyon, Social Hall
 Thursday, 1:30 - 3:00 pm

Square Dancing

Enjoy the timeless tradition of Square Dancing.

Palo Duro, Mesquite
 Wednesday, 1:00 - 3:00 pm
 Instructor: Carol Champion

NM & Latin Dance Class

Learn New Mexican and Latin dances.

Barelas, Social Hall
 Monday,
 10:00 - 11:00 am
 Instructor: Frances Lujan



Language Classes

French Beginners Level 1 & 2

North Domingo Baca, Room 5
 Call for dates: 1:00 - 4:15 pm



Intermediate Sign-Language

This is a secondary course for those who have taken the beginning course.

North Valley, Room 3
 Tuesday, April 26,
 May 3, 10, 17, 24, 31
 5:30-7:00 pm
 Cost: \$5 material fee
 Pam Jenkins

Italian for Beginners

Learn the language of love! Come have some fun while picking up conversations Italian and listening to Italian songs. No experience necessary.



Barelas, Stover
 Friday, 11:00 am – 12:00 pm
 Instructor: Alison Oatman
 Cost: \$3/class

French: Advanced

Conversation, reading & writing. Students should be able to read, write & speak at advanced level.

Palo Duro, Aspen
 Monday,
 1:00 - 3:00 pm
 Cost: \$5 Materials Fee
 Temmar & Himmelstein



German: Beginning Conversational

Bear Canyon, Room 1
 Tuesday
 2:00 - 4:00 pm
 Instructor: Simon

German: Intermediate

Members need to have pronunciation and grammar under control and can write sentences with dependent clauses. This is not a conversation class.

Palo Duro, Aspen
 Thursday,
 8:45 - 11:30 am
 Instructor:
 Holcomb, Maldonado



Beginning Conversational Spanish

Suitable for absolute beginners and a good refresher for those who have had Spanish in school. Learn essential phrases; how to show good manners in Spanish; and enough to get by in many practical situations.

North Valley, Room 3
 Tuesday, April 19
 5:00 - 7:00 pm
 Cost: \$75, 8 week course



North Valley, Room 3
 Thursday, January 28 - March 24
 10:00 am - 12:00 pm
 Cost: \$75, 8 week course

Italian Workshop: Intermediate

Emphasis is on reading, grammar, conversation and verb conjugation.

Bear Canyon, Room 2
 Tuesday, 11:10 am - 1:00 pm
 Register with Alex Trujillo

Spanish Workshop

Intermediate/Advanced

Conducted mainly in Spanish, with activities that emphasize speaking, listening and reading. Call to see if space is available.

Bear Canyon, Room 2
 Tuesday, 9:00 - 10:50 am
 Instructor: Frances Perolti
 No registration required

Spanish Workshop

Grammar Review/Conversation

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

Bear Canyon, Room 2
 Tuesday, 1:10 - 3:00 pm
 Instructors: Ken Kloeppe
 No registration required

Spanish

This on-going class is an intermediate-advanced level. Interested students may visit to determine if class level and content are appropriate for them.

Highland, Room 7
 Tuesday, 1:00 - 3:00 pm
 Instructor: Belcher

Language Classes

Beginners Sign Language

Learn sign language basics, including the alphabet, counting, plus familiar words and phrases.

North Valley, Room 3
Tues., Jan. 26, Feb. 2, 9, 16, 23, Mar. 1
1:00 - 2:30 pm Cost: \$5 material fee
Instructor: Pam Jenkins

North Valley, Room 3
Tues., Mar. 15, 22, 29, Apr. 5, 12, 19
5:30 - 7:00 pm Cost: \$5 material fee
Instructor: Pam Jenkins

Lip Reading

Bear Canyon, Room 5
Monday, 12:30 - 1:30 pm \$5 materials
no registration required
Jean Dugas

Writing Classes and Groups

TGIF Poetry

Devoted to reading poetry by its members, contemporary poets, as well as great poets of the past.

Bear Canyon, Room 2
1st and 3rd Friday, 1:00 - 3:00 pm
No registration required

Writing Your Autobiography

This workshop is based on your own personal experiences and includes short writings about particular events in one's life.

Bear Canyon, Room 1
Tuesday, 9:00 - 11:15 am
Instructor: Suzanne Clear



Writing about our Lives

In this memoir class we will help each other write our stories by writing, reading aloud and revising. We will experience a sense of accomplishment, enhance our mental alertness and make friends. It is never too late for personal growth.

Highland, Room 3
Friday
1:00 - 3:00 pm
Instructor: Joanne Calkins

Women's Journaling

Learn techniques in keeping a journal for writing stories, poems, healing, and finding the artist within.

North Valley, Room 3
Starting: Friday
10:00 - 11:00 am



Escribiente Calligraphy Society

We welcome guests and members of the public who have an interest in learning more about the fine art of beautiful writing.

Manzano Mesa, Room 5
1st Wednesday
(Except Jan. July & Dec)
6:30 - 8:30pm
For more information:
escribiente.org

Wordwright's Writing

North Domingo Baca
Monday, 1:30 - 3:30 pm

Inquiring Minds Discussion Group

Inquiring Minds is a lively discussion group about varied topics including, but not limited to, anthropology, cultures, history, foods, music, arts, medicine, therapy disciplines, education, etc. All members take turns researching topics and present them to the class for discussion and further study if desired.

Bear Canyon, Room 2
Monday, 10:00 - 11:00 am

JAN. - JUNE 2016



Birthday Party

Celebrate birthdays every month with cake.

Barelas, Social Hall
3rd Wednesday, 11:30 am - 1:00 pm

Highland, Social Hall
1st Wednesday, 12:15 - 12:45 pm

N. Domingo Baca, Social Hall
Last Friday, 11:45 am - 12:30 pm

North Valley, Social Hall
3rd Friday, 11:30 am - 12:30 pm
*Sponsored by Presbyterian

Ice Cream Socials

Barelas, Lobby
2nd Tuesday, 11:30 am - 1:00 pm
75¢/serving

Manzano Mesa, Lobby
2nd Friday, 11:30 am - 12:30 pm
75¢/serving

Pie Socials

Enjoy your favorite pies at these socials.

Barelas, Lobby
4th Friday, 11:30 am - 1:00 pm
75¢/slice

North Domingo Baca, Lobby
First Friday, 11:45 am - 12:30 pm
75¢/serving



Weekly Center Dances

Dance to Live Music at the Centers

Dance to top 40s, Spanish, country western, and oldies. Check the bulletin boards for our monthly listings of bands. Cost: \$2.50 per person

Barelas, Social Hall
Friday, 1:30 - 4:30 pm

Highland, Social Hall
Every 3rd Wednesday, 3:00 - 6:00 pm

North Valley, Social Hall
Sunday, 1:30 - 4:30 pm

Bear Canyon, Social Hall
Thursday evenings, 6:00 - 9:00 pm

Dinner Dances

Spend an elegant evening dining and dancing to live music. Various bands
Cost: \$7.50 per person

Barelas, Social Hall
Tuesday, March 22 & June 28
4:00 - 7:00 pm

North Valley, Social Hall
Tuesday, February 16 & May 17
4:00 - 7:00 pm

Dessert Socials

Join us for a special treat once a month, with a variety of desserts.

North Valley, Social Hall
2nd Thursday, 11:30 am - 12:30 pm
Palo Duro, Mesquite
2nd Wednesday, 11:30 - 12:30

Bear Canyon, Social Hall
3rd Friday 1:30 - 2:30 pm
Sponsored by Granfor's Realty

Friday Afternoon Matinee

Join us as we feature a "Movie of the week" You will get a free box of popcorn just for joining us.

Highland, Lobby
Friday, 2:00 pm



Murder Mystery Dinner

Think you're a good detective? Come join us for dinner and solve the murder mystery.

N. Domingo Baca, Social Hall
Friday, January 29
6:00 - 8:00pm:
Cost: \$7.50



Karaoke Tuesdays

For those of you who sing like Sinatra and those who can barely carry a tune: come and sing your heart out!

Barelas, Social Hall
Tuesday, 11:30 am - 1:00 pm

Karaoke

Do you like to dance, do you like to sing? Maybe you can be a North Valley Karaoke Queen or King. Join us for Karaoke and dancing.

North Valley, Social Hall
Thursday, 9:00 - 11:00 am

Piano Music

Piano music for your enjoyment.

North Valley, Social Hall
Thursday,
11:00 am - 12:00 pm



Special Luncheons

Bear Canyon, Social Hall
4th Friday (subject to change)
11:30 am - 1:00 pm
Cost: \$4/person

JANUARY 2016

Baby, It's Cold Outside Luncheon

We know it's cold out so come join us for a "candle lit" luncheon featuring Italian fare and live entertainment that is sure to warm the soul.

Manzano Mesa
Wednesday, January 6
11:30 - 12:30pm

Monday Fun-Day Pickleball

What better way to start off the week than to have Monday Fun-Day playing pickleball! Refreshments will be served.

Barelas, Social Hall
Monday, January 11
1:30 - 3:30 pm



Happy Hour Wednesday

Live every hour like it's happy hour! Join us once a month for some music, refreshing drinks, and tasty treats!

Barelas, Social Hall
Wednesday, January 20
12:30 - 2:30 pm



Pie Social

Enjoy your favorite pies while listening to live music with friends at this social.

North Valley, Social Hall
Friday, January 22
10:30 - 12:00 noon

Viva Las Vegas Luncheon

Shake, rattle and roll, bring your poker face for an afternoon of friends, food and lots of fun! It will be a Full House.

Bear Canyon, Social Hall
Friday, January 22
11:30am-1:00pm
Cost: \$4.00
Reservations required



FEBRUARY 2016

Chinese New Year

As we kick off the "Year of the Monkey" we will enjoy some great entertainment and a great Chinese inspired meal!

Highland, Social Hall
Thursday, February 4
Cost: \$4.00
Ticket Required
Serving at 11:30 am



Pregame Superbowl Party!

Your team may be playing this Sunday or maybe not but either way sport your team's jersey and join us for some game time snacks!

Manzano Mesa
Friday, February 5
11:00 - 12:00pm



Are You Ready for Some Football?

Ready...Set...Join us for a pre-Super Bowl Party! Put on your team jersey, dance to some great music and enjoy some munchies!

Barelas, Social Hall
Friday, February 5
1:30 - 4:30 pm
Cost: \$2.50



King of Diamonds & Queen of Hearts Ball

Roses are red, violets are blue, a Valentine's Day Party, we're planning for you! Come wearing red with Valentines for all, we can guarantee you'll be having a ball!

Barelas, Social Hall
Monday, February 8
1:30 - 4:00 pm
Cost: \$2



FEB. 2016, con't.

Fat Tuesday- Mardi Gras

Do you think of New Orleans when you think about Marti Gras? Well..... Think Again. Come join us for entertainment, music, food and fun with our beaded and masked seniors.

North Valley,
Social Hall
Tuesday, February 9
10:30 - 12:30 am



Valentine's Day Social

Join us as Cupid makes an appearance and fills the air with love and happiness. Dance and laugh all night, and even a surprise that awaits you all.

N. Domingo Baca, Social Hall
Friday, February 12
6:00 - 8:00 pm

Love is In The Air

Bring your sweetheart and enjoy a romantic evening at this wonderful dinner and dance.

North Valley, Social Hall
Tuesday, February 16
4:00 - 7:00 pm
Cost: \$7.50 per person

Red Carpet Oscar Luncheon

The Oscars are tonight so let's get a head start. Don your finest garbs and walk the red carpet! Let Manzano treat you like Hollywood Royalty with a decadent lunch and fine entertainment.

Manzano Mesa
Tuesday, February 16
11:30am - 12:30pm



Sweet Heart Luncheon

Join us for a special Sweetheart Luncheon. Buy a ticket for someone special and enjoy great food and entertainment.

Palo Duro, Mesquite
Thursday, February 18
Lunch served at 11:30 am
Cost: \$4.00

Sport you favorite Team! Jersey Day

We are going to have a ball! Whether it's Foot Ball, Base Ball, Soccer, or Hockey, sport your favorite team's jersey and join us for a delicious sweet treat.

Bear Canyon
Friday,
February 19
1:30 - 2:30 pm
Free Event
Sponsored by
Granfors Realty, LLC



Oscar Luncheon

Lights, Camera Action! Join us on the red carpet for Bear Canyon's Oscar Luncheon.

Bear Canyon, Social Hall
Friday, February 26
11:30 am - 1:00 pm
Cost: \$4.00 Reservations required



Happy Hour Wednesday

Live every hour like it's happy hour! Join us once a month for some music, refreshing drinks, and tasty treats!

Barelas, Social Hall
Wednesday, February 24
12:30 - 2:30 pm

MARCH 2016

Dr. Seuss Birthday Bash Luncheon

March is the month. The 2nd is the day. The party starts at 11:30. Hope you can come and play! We will serve tasty food and have games to play, see you there!

Manzano Mesa
Wednesday, March 2
11:30 - 12:30pm

Bear Canyon Health Fair

Visit with over 20 vendors, get your blood pressure checked, listen to a presentation, participate in a laughing yoga demo, and much, much more!

Bear Canyon
Friday, March 4
9 am - 2 pm
Free Continental Breakfast
Cost: \$4 Sack Lunch
Reservations Required



MINIONS Invade Manzano Mesa!

It's a Minion shindig here at Manzano. Join us for treats and the Minion feature film,. Keep your eyes out as those silly Minions are just bound to pop-up when you least expect it!

Manzano Mesa
Friday, March 11
5:30 - 8:00pm

Daylight Saving Time Coffee

Nothing says spring is almost here like the beginning of daylight saving time. If you're feeling groggy in the morning after the time change, join us for some hot brewed coffee and pastries to get your day going!



Barelas, Social Hall
Monday, March 14
9:30 - 11:00 am

St. Patrick's Day Luncheon

Throw on your green digs and join us for fun while we celebrate St. Patrick's Day.

Highland, Social Hall
Thursday, March 17
Cost: \$3.25
Reservations Required
11:30 - 1:00 pm



St. Patrick's Day

Wear your green today! Come join us for corned beef and cabbage, boiled potatoes and all the fixins.

North Valley, Social Hall
Thursday, March 17
11:30 am - 1:00pm
Cost: \$2 suggested lunch donation,
Reservations Required

St. Patty's Day Luncheon

A four-leaf clover will bring luck your way...especially if you join us on St. Patty's Day for a traditional Irish feast! Don't forget to wear your lucky green!

Barelas, Social Hall
Thursday, March 17
11:30 - 1:00 pm lunch,
Reservations Required

St. Patty's Day Luncheon

Follow the rainbow to a pot of golden tickets for a lunch sure to dazzle the taste buds. Wear your green or you're sure to get pinched!

Palo Duro, Mesquite
 Thursday, March 17
 Lunch served at 11:30 am
 Cost: \$4.00

Pot Luck / Karaoke Night

Share your favorite dish, family recipe or secret and taste dishes from everyone involved. Then clear your voice, grab the mic and start singing.

N. Domingo Baca, Social Hall
 Friday, March 18
 6:00 - 8:00 pm

Crazy Hair Doo Day

Let loose and be crazy! Wear your hair in a wild, ridiculous, weird extreme style.

Bear Canyon
 Friday, March 18
 1:30 - 2:30 pm
 Free Event Sponsored by Granfors Realty, LLC

Irving Berlin Tales and Tunes

Come and enjoy a performance by an "Entertainment Duo" on the most influential music composer of the early first half of the 20th century.



North Valley, Social Hall
 Tuesday, March 22
 11:30 am - 12:30 pm

Happy Hour Wednesday

Live every hour like it's happy hour! Join us once a month for some music, refreshing drinks, and tasty treats!

Barelas, Social Hall
 Wednesday, March 23
 12:30 - 2:30 pm

Volunteer Recognition Brunch

North Valley Senior Center would like to thank all of our volunteers for their hard work and dedication with a special brunch.

North Valley, Social Hall
 Friday, March 25
 9:30 - 11:00 am
 Please RSVP by: March 11th

Mad Hatter Luncheon

Don't be late for a very important date we have found ourselves in Wonderland.... It must have been fate! Follow the white rabbit to Bear Canyon for a Mad Hatter luncheon. The time, the time, who's got the time?



Bear Canyon, Social Hall
 Friday, March 25
 11:30 am - 1:00 pm
 Cost: \$4.00 Reservations required

APRIL 2015

Asian American Night

Join the Asian American Group as they introduce you to their culture. Food, dancing and more.

N. Domingo Baca, Social Hall
 Friday, April 1
 6:00 - 8:00pm

Olde Time Carnival Luncheon and More

The circus has rolled into town so join us for vintage style fun and games. Not to mention some scrumptious eats. The party will continue through the afternoon so stop on by!

Manzano Mesa
 Wednesday, April 6
 11:30 am - 2:00 pm
 (Lunch served 11:30 - 1:00 pm)

Tax Day Relief Party

You made it through another taxing season! Celebrate with us! We'll have some refreshments for you to enjoy!

Barelas, Social Hall
 Wednesday, April 13
 9:30 - 11:00 am



Health Fair

Come and celebrate World Health Day with this event where organizations have an opportunity to disseminate health information to the public at booths and to provide free health screenings.

North Valley, Social Hall
 Thursday, April 7
 9:00 - 1:00 pm



Spring Fling Luncheon

It that time of year again to enjoy a Spring Fling at Highland. Enjoy great entertainment and wonderful spring meal.

Highland, Social Hall
 Thursday, April 21
 Cost: \$4.00 Ticket Required
 Serving Lunch from 11:30 - 12 noon

Spring Fever Luncheon

With some mint juleps, bright colors and delicious eats! Who wouldn't want to join Palo Duro for their Spring Fever Luncheon?

Palo Duro, Mesquite
 Thursday, April 21
 Lunch served at 11:30 am
 Cost: \$4.00

Festival International

North Valley Senior Center presents 17th Annual Festival International. Professional artists from different cultures will present their music and dance in beautiful customs.

North Valley, Social Hall
 Friday, April 15
 9:00 - 1:30 pm

Happy Hour Wednesday

Live every hour like it's happy hour! Join us once a month for some music, refreshing drinks, and tasty treats!

Barelas, Social Hall
 Wednesday, April 27
 12:30 - 2:30 pm

MAY 2015



North Valley's Cinco de Mayo Celebration

Come and enjoy a celebration of South-of-the border culture that's enjoyed worldwide. We will celebrate this event with food and entertainment by Chunda.

North Valley, Social Hall
 Thursday, May 5
 10:00 - 12:30 pm



MAY 2015, con't.

Cinco de Mayo Dance

Come celebrate Cinco de Mayo at Bear Canyon Senior Center. Light Refreshments will be served. Entertainment provided by Swing Shift.

Bear Canyon
Thursday, May 5
6:00 - 9:00 pm
Cost: \$2.50 per person

Fiestas de Mayo

Nacho ordinary party and not your ordinary day! The fiestas continue after Cinco de Mayo! Celebrate with food, drink & music!

Barelas, Social Hall
Friday, May 6
1:30 - 4:30 pm
Cost: \$2.50 per person



Mother's Day Tea

Let us indulge you for your day! We will have marvelous teas and goodies, plus a few other surprises just for you moms.

Manzano Mesa
Friday, May 6
1:30 - 3:00 pm

Mom's Day Lunch

Let's celebrate Mom's Day with a special lunch, and other nice surprises.

Barelas, Social Hall
Monday, May 9
11:30 am - 1:00 pm
Lunch Reservations Required

Sail Away Luncheon

All hands on deck! Manzano will be setting sail this afternoon. Join us for live entertainment and a succulent dish.

Manzano Mesa
Tuesday, May 10
11:30 am - 12:30 pm

Annual El Camino Real Garden Blessing

Join us in the Barelas Lobby as we move in procession with music and sing to the garden for this annual blessing. The tradition is hundreds of years old. It is celebrated in Spanish speaking countries around the

world on the feast of San Isidro, patron of farmers and gardeners. Light refreshments will be served following the blessing. Contact Garden Keeper Patrick Turrieta for more information.

Barelas, Garden
Friday, May 13
10:00 - 11:00 am
Patrick Turrieta

Mother's Day Serenade

Will you please join us as we honor all the Mothers on this special day. We wish to thank all of the important Mothers in our lives on this night.

N. Domingo Baca, Social Hall
Friday, May 13
6:00 - 8:00 pm

Food Truck Day

Enjoy some delicious local cuisine at Bear Canyon's 3rd Annual Food Truck Day.

Bear Canyon
Friday, May 13
11:00 am - 2:00 pm



Luau Luncheon

Join us as we say hello to summer with a luau luncheon! Wear your favorite Hawaiian shirt, or grass skirt, if you dare... It's sure to be a blast, and we hope to see you there!

Palo Duro, Mesquite
Thursday, May 19
Lunch served at 11:30 am
Cost: \$4.00



Classic Car Show

Buckle up and race over to Bear Canyon for a classic car show!

Bear Canyon
Friday, May 20
1:30 - 2:30 pm
Free Event Sponsored by Granfors Realty, LLC

Happy Hour Wednesday

Live every hour like it's happy hour! Join us once a month for some music, refreshing drinks, and tasty treats!

Barelas, Social Hall
Wednesday, May 25
12:30 - 2:30 pm

Memorial Luncheon

Let's remember our loved ones and celebrate the beginning of the summer with a great summer menu and some inspiring music.

Highland, Social Hall
Thursday, May 26
Cost: \$4.00 Ticket Required
Serving Lunch from 11:30 - 12 noon

JUNE 2016

The Mad Hatters Tea Party

Time Time, The Time, Who's Got the Time?

Grab your maddest hat and take a trip down the rabbit hole with Jolly Good Fellowes! On our journey we will sip on tea, snack on tea sandwiches. A prize will be given to the person with the best hat.

North Valley
Friday, June 10
10:00 - 11:30 am
Please RSVP by June 1, 2015



Ice Cream Party

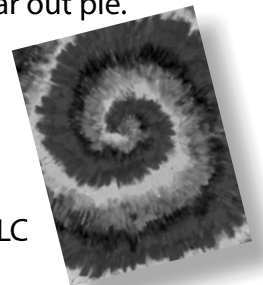
I Scream, You Scream, we all scream for Ice cream! Let's have a bowl full of ice cream and the fixings, and some great entertainment to bring in the joy of summer.

Highland, Social Hall
Thursday, June 16
Cost: \$2.00 Ticket Required
1:30 - 2:30 pm

Tie Dye Day

Peace, Love and Pie! Let's have a groovy time, wear some hip tie dye and enjoy some far out pie.

Bear Canyon
Friday, June 17
1:30 - 2:30 pm
Free Event
Sponsored by Granfors Realty, LLC



Father's Day Jazz n Jam

Hot Wings, Potatoes Wedges and some smooth Jazz for the Fathers on their special day.

N. Domingo Baca, East Patio
Friday, June 17
6:00 - 8:00 pm

Superhero Luncheon

Grab your capes and masks and come for a meal worthy of a superhero such as yourself!

Manzano Mesa
Friday, June 17
11:30 am - 12:30 pm



Father's Day Lunch

Let's celebrate Dad with a great meal! We'll have some great music to enjoy and special treats.

Barelas, Lobby
Friday, June 17
11:30 - 1:00 pm
Lunch reservations required.

Happy Hour Wednesday

Live every hour like it's happy hour! Join us once a month for some music, refreshing drinks, and tasty treats!

Barelas, Social Hall
Wednesday, June 22
12:30 - 2:30 pm

Fashion Show Event

Come and spend your morning pre-viewing the latest trends in fashion brought to you by Passion for Fashion. The models will be modeling different looks such as casual and evening attire. This event will be followed by entertainment and refreshments.

North Valley, Social Hall
Friday, June 24
9:30 am - 12:00 pm

El Camino Real Garden Tour & Open House

Everyone is invited to tour and see what is growing in our lush garden this year. Nearly 100 varieties of plants, flowers, trees and vegetables will be on display. As always, there are several varieties of tomatoes and New Mexico chile growing. Light refreshments will be served. Contact Patrick Turrieta or Theresa Winter for more information or to schedule separate tours, all at no cost!

Barelas, Garden
Thursday, June 30
10:00 am - 3:00 pm
Patrick Turrieta



Bingo

Bingo with cash and prize giveaways, raffle drawings and refreshments.

Barelas, Social Hall
Tuesday, 1:15 - 3:45 pm

Bear Canyon, Social Hall
Wednesday, 1:30 - 4:00 pm

Highland, Social Hall
Monday, 1:15 - 3:30 pm

Manzano Mesa, Social Hall
Thursday, 1:30 - 4:00 pm

North Valley, Social Hall
Wednesday, 1:30 - 4:00 pm

Palo Duro, Mesquite
Tuesday, 1:15 - 4:00 pm
\$1.75 and up to play

Billiards

Visit and meet with friends. A variety of games are played at each center. Donation requested.

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

Bear Canyon, Pool Room
Monday - Friday 9:00 am - 4:45 pm
Saturday, 9:00 am - 2:45 pm

Highland, Billiards Room
Monday - Friday, 8:00 am - 5:00 pm
Saturday, 10:00 am - 4:00 pm

Manzano Mesa, Game Room
Monday - Friday, 8:00 am - 8:50 pm
Saturday, 9:00 am - 2:50 pm



Palo Duro
Monday - Friday, 8:00am - 5:00 pm
Saturday, 9:00 am - 1:00 pm

North Valley, Billiards Room
Mon, Wed, Thur, Fri
8:00 am - 5:00 pm
Tuesday, 8:00 am - 7:00 pm
Sunday, 12:30 - 5:00 pm

Board Games and Puzzles

Play board games, cards, checkers, chess or Lotería (Spanish Bingo), or put together a jigsaw puzzle. Games may be checked out at front desk.

Barelas, Lobby
Monday - Friday,
8:00 am - 4:00 pm

North Valley, Social Hall
Thursday,
9:30 - 11:00 am



Bridge

Manzano Mesa, Sitting Room
1st & 3rd Friday, 10:00 am - 2:30 pm

Bridge: Duplicate

Players are invited to participate in this non-sanctioned game. Pre-arrange your partners before the game or call 881-9725 to locate a possible partner.

Palo Duro, Cottonwood
Monday, 12:15 - 4:00 pm
Friday, 12:15 - 4:00 pm



Bridge, Senior Men's

Palo Duro, Aspen
 1st Thursday, 12:30 - 4:00 pm

Bridge

Highland, Room 3
 Tuesday, 12:00 - 4:30 pm

Palo Duro, Aspen
 Wednesday, 12:30 - 2:45 pm



Chess for Fun

Learn the basics, or the moves of the masters. All levels welcome.

Bear Canyon, Room 2
 Monday 11:30 am - 2:30 pm
 Wednesday, 1:30 - 4:30 pm
 Friday, 12:15 - 4:00 pm
 Coordinator: Don Lubin



Highland, Room 3
 Wednesday, 1:00 - 3:00 pm

Hearts/Spades

Tuesday 9:00 am - 12:00 pm
 Game Card Room

Shanghai Rummy

Bear Canyon, Room 4
 Thursday, 12:30 - 4:00 pm

Game Time!

Come play a new game or an old favorite such as Scrabble, Uno, Apples to Apples, Rummy-O, Parcheesi, Backgammon or bring one of your own!

Palo Duro, Aspen
 Wednesday, 12:25 - 4:15 pm

Mah Jongg

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

Bear Canyon, Room 4
 Monday, 12:30 - 4:30 pm
 Instructor: Carrie Przehurat



Mexican Train Dominoes

Highland, Room 4
 Wednesday, 12:30 - 3:30 pm



Pinochle

Bear Canyon, Room 4
 Tuesday, 12:30 - 4:45 pm
 Kathleen & Carlton Valcourt

Bear Canyon, Lobby
 Tuesday, 9:30 - 11:30 am
 Ray Kranz

Highland, Room 3
 Tues. and Thurs., 12:00 - 4:00 pm

Manzano Mesa, Room 4
 Wednesday, 1:00 - 4:00 pm

Poker

Bear Canyon, Pool Room
 Monday, Wednesday - Friday,
 12:00 - 3:30 pm

North Valley, Library
 Monday - Friday, 12:00 - 4:00 pm



Acting

Rio Grande Players

This group welcomes seniors with an interest in theatre, no experience needed. Participate on and off stage.

Palo Duro, Aspen
 Tuesday, 2:15 - 4:30 pm

Vintage Players

Members read and perform monologues, readings, skits, one act plays and original material.

Manzano Mesa, Room 3
 4th Saturday, 10:00 am - 12:00 pm
 Janet Porter

Highland Readers Theater

Starting each September we start to rehearse for adult plays; new people are encouraged to join in the month of April when the group

is starting to rehearse for children's plays. No audition required; everyone is welcome.

Highland, Room 7
 Tuesday, 3:15 - 5:00 pm

Arts and Crafts

Origami Group

North Valley, Room 4
 1st Sunday,
 1:30-3:30 pm



Embroider's Guild of America

N. Domingo Baca, Room 4
 2nd Tuesday. 8:00 am - 1:30 pm

Knitting Guild

North Domingo Baca, Room 4
 1st Saturday, 12:00 - 2:00 pm

NM Polymer Clay

N. Domingo Baca, Community Room
 2nd Saturday, 12:00 - 3:00 pm

Auto and RV Clubs

Corvairs of New Mexico

A 37 year charter member of the Corvair Society of America, we meet to plan activities, talk mechanical issues and participate in social and charitable events.

Highland, Room 4
 3rd Wednesday,
 5:00 - 6:00 pm

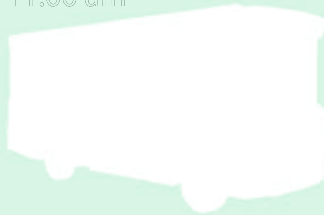
N. Domingo Baca
 Community Room
 1st Wednesday, 7:00 - 8:30 pm



Siglo De Oro R.V. Club

Excursions around the state and beyond will highlight our travel season. Join us for our monthly business meeting and trip signup, followed by a "get together" luncheon at a local restaurant.

Bear Canyon, Social Hall West
3rd Tuesday, (except Nov., Dec.)
10:00 - 11:00 am



Book and Discussion

Classic and Great Books

Energize your mind.

Bear Canyon, Room 2
2nd & 4th Friday, 1:00 - 3:00 pm
Coordinator: Kathy Nunn

Bible Study

Explore ways to relate unchanging truths to life today. Open to all ages, faiths, and interest—sit in for any or all studies. Scripture portions are printed out for participants.

Manzano Mesa, Room 5
Thursday, 10:00 - 11:00 am

N. Domingo Baca, Community Rm.
Wednesday,
9:00 - 10:00 am
Coordinator:
John Embery



Community Bible Study

N. Domingo Baca, Classroom 1
Wednesday, 6:30 - 8:30 pm
Coordinator: Josh Peterson

Women's Bible Discussion

Manzano Mesa, Room 4
Tuesday, 10:30 am - 12:30 pm

History of the Bible

In this nondenominational class, we will be looking into Bible history, and how to study the Bible.

N. Domingo Baca, Classroom 7
Thursday, 11:00 am - 12:30 pm
Thursday, 6:30 - 8:00 pm
Coordinator: Bruce Leonard

Open Topic Discussion Group

Discuss ideas, values and problems of the times. Occasionally, guest speakers are invited.

Palo Duro, Aspen
Thursday, 1:00 - 3:00 pm
Coordinator: Gustafson

Mystery Book Club

All the books that we read are available at the public library. Everyone is welcome so please join us!

Palo Duro, Ponderosa
2nd Tuesday, 1:30 - 2:30 pm
Coordinator: Rankin

The Novel Etc. Book Club

Highland, Room 3
2nd Saturday, 2:30 - 4:00 pm

Romance Readers Book Club

North Domingo Baca, Room 3
1st Tuesday, 6:30 - 7:30 pm



Community Groups

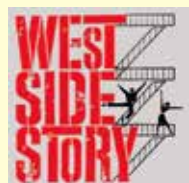
Sociable Singles

Bear Canyon, Social
4th Thurs., Room, 5, 3:00 - 5:30 pm
Meeting, 1st Tuesday,
Room 1, 11:30 am - 1:00 pm
Meeting, 3rd Friday,
Room 4, 3:00 - 4:45 pm

Albuq. Roadrunners Club

N. Domingo Baca, Room 4
1st Wednesday, 7:00 - 8:00 pm

Do you enjoy theater? Join us for "Westside Story" or other great performances. See Page 68 for details.



Bead Society of New Mexico

General Meeting

N. Domingo Baca, Room 5
4th Monday, 6:30 - 8:30 pm
Except for July and December 2016

Bead Society NM

Board Meetings

N. Domingo Baca, Room 1
2nd Monday, 6:00 - 8:00pm

LGBT Meetings

This is a time to get together and share about what's happening in our lives and our community. Plus we will discuss ideas on how we can make things better for LGBT older adults and all the members of our community.

Highland, Room 7
Every 2nd Thursday
2:00 - 4:00 pm



Free Thinkers Toastmasters

Toastmasters International is a non-profit educational organization that operates clubs worldwide for the purpose of helping members improve their communication, public speaking, and leadership skills.

Manzano Mesa, Room 4
1st & 3rd Thursday
5:30 - 6:30 pm



Kirkland New Horizon Toastmasters

Toastmasters International is a non-profit educational organization that operating worldwide for the purpose of helping members improve their communication, public speaking, and leadership skills.

Manzano Mesa, Room 5
Friday
12:00 - 1:15 pm

Albuquerque Cyberscribes Writing Group

This group puts writing projects online and reads these during meetings, We discuss writing principles and methods and sometimes divide parts and read screenplays out loud.

North Domingo Baca
Room 6
Monday, 6:00 - 8:30 pm



Community Groups, con't.



Poetry Critique Group

Silk Purse Poet

North Domingo Baca, Room 3
Wednesday, 10:00 am - 12:00 pm

Symbols of the Southwest

This is a group that studies 18th/19th Century playing cards/divination and gaming decks. We examine their origins, symbolism, artwork and their applications in gaming, both traditional and contemporary.

North Domingo Baca
4th Saturday, 12:30 - 2:30 pm

Invisible Stitches Support Group

N. Domingo Baca, Room 7
1st Monday, 11:00 am - 2:00 pm

Colonial Park Association

Palo Duro, Piñon
Wednesday, 5:45 - 6:30 pm
January 20, March 16, May 18

Los Alamos Neighborhood Association (LANA)

Protects property values and promotes the continued proper land use in the Los Alamos Subdivision.

North Valley, Social Hall
Times and dates TBA
Coordinator: Mary Turpin

Near North Valley Neighborhood Association

North Valley, Social Hall
Times and Dates TBA

Family

Family Reclaiming Families

This community outreach project seeks to engage children of working refugee families in meaningful activities.

Manzano Mesa, Room 5
Tuesday, 6:00 - 9:00 pm
Coordinator: Nkazi Sinandile

Genealogy Club

Learn to research your family history using internet sources, including tools and references on how to get started. No registration required.



Bear Canyon, Room 4
3rd Friday, 12:30 - 2:30 pm
Coordinator: Otahal, Reed

Music

Accordion Group

Group open to accordion players of any level.

Bear Canyon, Room 3
2nd & 4th Thursday, 7:00 - 9:00 pm
Instructor: Dan Wright

Palo Duro, Aspen
Friday, 9:00 am - 12:00 pm
Hendley

Palo Duro, Aspen
3rd Saturday
10:00 am - 12:00 pm
Instructor: Hendley



Beartones

This is a four part (soprano, alto, tenor, and bass) singing group. Ability to read music is a plus. Linda Thomas

Bear Canyon, Room 1
Thursday, 10:00 am - 12:00 pm

Choralaires

No musical training is required. Group also performs at community venues.

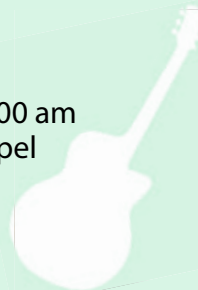
Palo Duro, Cottonwood
Monday, 9:00 - 11:00 am
Instructor: Artery

Health Rhythms Empowerment Drumming

North Domingo Baca, Room 7
Tuesday, 7:00 - 8:15 pm

Guitar Group

Bear Canyon, Room 1
Wednesday, 9:00 - 11:00 am
Instructor: Ken Kloeppe



Guitar Group

For those who can play guitar in the keys of C-D-G-etc. Also, other instruments are welcome. You need your own instrument and music stand. We welcome musicians, amateurs and professionals.

Bear Canyon, Room 5
Monday, 2:00 - 4:00 pm
Instructor: Benavidez

North Valley, Social Hall
Tuesday, Friday, 10:00 - 11:45 am

Karaoke

Do you like to dance, do you like to sing? Maybe you can be a North Valley Karaoke Queen or King. Join us for Karaoke and dancing.



North Valley, SH
Thursday,
9:00 - 11:00 am

Piano Music

Piano music for your enjoyment.

North Valley, SH
Thursday,
11:00 am - 12:00 noon



Roadrunner Strummers

Peace, fun and harmony with the ukulele. New members welcomed.

Highland, Room 8
Saturday 10:00 am - 12:30 pm

Piano Workshop, Beginning/Intermediate (No summer classes)

Bear Canyon, Room 2
Thursday, 9:00 - 10:30 am

Piano Workshop, Intermediate (No summer classes)

Bear Canyon, Room 2
Thursday, 11:00 am - 12:00 pm

Highland Harmonizers

Highland, Room 7
Wednesday, 10:00 am - 12:00 pm

Highland Hi-Toners

Highland, Room 7
1st, 2nd & 3rd Friday,
10:30 am - 12:00 pm

Jug Band Practice

Palo Duro, Juniper
Monday, 11:30 am - 1:00 pm
Coordinator: Homer

Mariachi Group

Barelas, Lead & Coal
Friday, 11:15 am - 12:30 pm

Sing-A-Long

Manzano Mesa, Room 4
Tuesday, 1:00 - 2:15 pm
Coordinator: Richard Mabry

Alb. Recorder Orchestra

Palo Duro, Piñon
Saturday, 9:30 - 11:30 am
Coordinator: Hale or Shaw

Other Interest Groups

Soroptimist Int. of Albuquerque

N. Domingo Baca, Class 1
1st Monday, 5:30 - 7:45 pm
Coordinator: Joy Donelson

Canasta Hand & Foot

Bear Canyon, Room 4
Monday 12:15 - 4:30 pm
Coordinator: Annette Brannock/Ed Roush

Bear Canyon, Room 1
Thursday 12:30 - 4:30 PM
Coordinator: Bev Butterfield

Bridge Walk In

Bear Canyon, Room 3
Wednesday 12:30 - 3:30 pm
Thursday 8:30 - 11:30 am
Coordinator: Barbara

*There is a center
close to you!
See page 3*



**Center memberships
are only \$13 a year!**

Duke City Fliers

North Domingo Baca, Community Rm.
2nd Thursday, 6:00 - 8:00 pm

Albuquerque Tea Party

We report on and plan non-partisan activities such as registering voters and educating participants on issues and candidate positions. ABQ Tea Party is non-partisan and does not exclude anyone because of party affiliation, religion, race, etc.

N. Domingo Baca, Community Rm.
Every Tuesday (except 3rd Tuesday),
6:30 - 8:30 pm
Coordinator: Marge Tapia

Discussion on Philosophy and Related Topics

N. Domingo Baca, Community Rm.
3rd Tuesday, 6:00 - 8:45 pm

Libros Group Bookbinding Study Group

Manzano Mesa, Room 3
1st Saturday, 9:00 am - 12:00 pm

Youth in Model Railroading

N. Domingo Baca, Room 1
2nd Saturday, 12:00 - 2:30 pm



Palo Duro Philatelic Society

Join us for mixtures, auctions and door prizes.

Palo Duro, Ponderosa
Monday, 11:15 am - 3:00 pm
Coordinator: Basier

Rock Hound Club

Palo Duro, Asper
Meetings:
1st and 3rd Thurs.
Noon - 1:00 pm
Trips: 2nd and
4th Thursday
8:15 am - 4:30 pm, 5¢/mile, Harris

VOICES OF THE VALLEY

Poetry Group

"Voices of the Valley" poetry group is about poets getting together to read, write and discuss poetry of all genres. (limit 8 in group).

North Valley, Computer Lab
2nd and 4th Friday, 1:00 - 3:00 pm

Investment

Invest in Debt

Manzano Mesa, Room 5
2nd Wednesday, 6:00 - 9:00 pm

Investment Club

Club follows the NAIC program

Palo Duro,
Computer Lab
3rd Wed.,
10:00 am - 12:00 pm

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

Bear Canyon, Room 4
Thursdays, 8:00 am - 9:15 pm

Manzano Mesa, Room 4
Friday, 9:30 - 12:00 noon

North Domingo Baca, Room 7
Tuesday, 10:00 am - 12:00 pm

Palo Duro, Aspen
Monday, 11:45 am - 1:00 pm, Eberting

Senior Issues

Grey Panthers



Grey Panthers brings together young, old, women, men, persons of all ethnic, racial and economic backgrounds for the promotion of social and economic justice.

Highland, Room 7
4th Sat., 1:00 - 3:00 pm



Music · Other Interest Groups · Poetry Group
Investment · T.O.P.S. · Senior Issues

Groups & Clubs

Senior Issues, con't.

NARFE Chapter 80

The National Association of Retired Federal Employees meets to preserve federal retirement and health benefits. Open to civilian employees, retirees, survivors and spouses with at least 5 years of federal government service.

Palo Duro, Mesquite Room
1st Sat., 11:00 am - 12:45 pm
Coordinator: Mae

Retired Physicians Group

Palo Duro, Ponderosa
Monday, 2:45 - 4:30 pm
Coordinator: Dr. Castillo

Social Networking

Cherokees of New Mexico

Manzano Mesa, Room 4
3rd Saturday, 12:00 - 3:00 pm

Game Night for Widows Group

N. Domingo Baca, Room 1
3rd Tuesday, 4:40 - 8:30 pm



Red Hat Society

Join your senior sisters across the nation and the world, and greet middle age with verve, humor and frivolity. The only criteria for joining are willingness to share and a red hat.

Manzano Mesa, Social Hall
3rd Thursday,
10:00 - 11:30 am

Palo Duro, Aspen
1st Saturday,
11:00 am - 12:30 pm



Society of Creative Anachronism

Monthly Citizen's Meeting.
Hear what is happening.

Manzano Mesa, Room 5
3rd Tuesday, 6:00 - 8:50 pm

Vietnamese Senior Association

Meet to visit with other Vietnamese and join us for community trips.

Manzano Mesa, Room 4
Saturday, 9:00 am - 12:00 pm



Outdoor Sports

Fishing Club

Fisherman and fisherwomen, join us for a lot of fun and camaraderie.

Bear Canyon, Room 1
Club Meetings held the Monday before fishing trips
1:00 - 2:00 pm
Call Center for Dates
Coordinator: Ken Nau

North Valley
Meets: Mondays, 11:00 am
Trips: Tuesday, 6:00 am
Coordinator: Paul Nuñez

Palo Duro, Mesquite
Meetings: Monday before trip at 8:00 am
Meetings will resume March 2016
Trips: Every other Tuesday
6:00 am • 4:00 pm
Cost: 5¢ per mile
Coordinator: Rozelle & Francke

Advanced Hiking

Enjoy these Advanced level hiking trips year round. Schedules are available at front desk or online at www.aschg.org Cost: 5¢/mile.

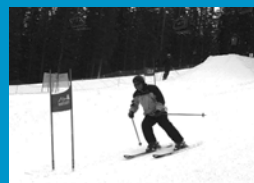
Bear Canyon
Every other Thursday starting January 7, 8:00 am
Coordinator: Sandy McAvoy

Travel Clubs

Albuquerque Travel Partners
We bring together lively seniors to discuss potential travel ideas.

Palo Duro, Piñon
2nd and 4th Tues., 1:00 - 3:00 pm
Coordinator: Garcia

Pick up a Sports & Fitness Catalog for details on Winter Sports Activities!



Special Interests

Albuquerque Historic Aviation Society

A group is for aviation lovers to spend time visiting with fellow enthusiasts.

Bear Canyon, Rooms 3 & 4
1st Thursday, 7:00 - 9:00 pm
Harry Davidson 256-7212

Zia Sundials, Chapter #106

Members of the National Association of Watch and Clock Collectors.

Bear Canyon, Room 5
2nd Saturday, 12:00 - 3:00 pm

Miscellaneous

Support Groups

Essential Tremors Support Group

Palo Duro, Ponderosa
3rd Saturday, 10:00 am - 12:00 pm
gluten Intolerance

Prostate Cancer Support Association of NM, Inc.

Bear Canyon, Room 3
1st & 3rd Saturday, 12:30 - 3:00 pm
Coordinator: Lou Reimer, 254-7784

Deaf Seniors Citizens of Greater Albuquerque

Palo Duro, Cottonwood
Thursday, 8:30 am - 12:00 pm
Coordinator: Seth & Johnson

Grief Support Group

Join this caring group of individuals and find the support you need. All are welcome to attend. No registration is necessary.

Bear Canyon, Room 2
Monday, 3:00 - 4:30 pm
Coordinator: Joanne Rupprecht

Parkinson's Education

The New Mexico Parkinson's Disease Coalition holds semi-monthly education meetings for people with Parkinson's, care partners, families and interested professionals. For More Details call 219-5065

Highland, Social Hall
See Center for dates
1:00 - 2:30 pm

Jan. - June 2015

Prior Sign-up is required to attend presentations. Call appropriate center to register.

Health Awareness and Prevention

Lovelace Health Screening and Presentations

On the 3rd Tuesday of the month Lovelace will provide various health screenings and every other month offer a health related presentation in addition to the health screenings. Tuesday January 19 -Hands only CPR Session, Symptoms of a heart attack & screenings Tuesday March 22*- Presentation on Heart Disease & screenings February Blood Pressure and Pulse Ox Screenings, April, May & July will be health screenings

Manzano Mesa, Room 4
3rd Tuesday * (except March series due to cleaning week)
9:00 am - 12:00 pm
Presenter: Megan Oblack, Lovelace

Project Heart Start

The goal of Project Heart Start is to teach the public compression only CPR and what to do in an emergency.

N. Domingo Baca
Call Center for dates and times

North Valley
Call Center for dates and times

Highland
1st Friday of each month
1:00 - 2:00 pm

Palo Duro, Ponderosa
Wednesday, March 23
9:30 am
Presenter: Project Heart Start, David Grossman



Women's Crime Prevention

Learn how you can employ crime prevention steps to reduce chances of becoming a crime victim.

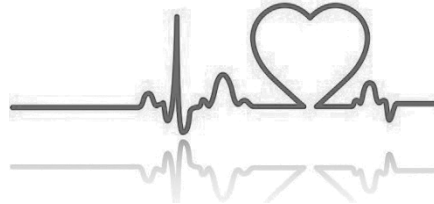
Bear Canyon, Room 5
Wednesday, January 27
10:00 - 11:00 am
Presenter: Jill C. Garcia,
Crime Prevention Specialist, APD



Heart Health - Lunch & Learn

Learn important health tips to keep your heart healthy! Lovelace Health System will provide a healthy lunch. Limited to 30

Barelas, Lead/Coal
Tuesday, February 16
11:30 am - 12:30 pm
Presenter: Teresa Fry,
Lovelace Medical Group



Lovelace Health Screening

Lovelace Health System will be onsite providing free health screenings for seniors. The Lovelace Care Concierge team will also be available to provide assist finding a primary care doctor or specialist and help schedule your next appointment.

Palo Duro, Ponderosa
Thursday, February 18
10:00 am
& Wednesday, May 11
9:30 am
Presenter: Megan Oblack, Lovelace

Recognizing Depression in the Elderly

While depression and sadness might seem to go hand and hand, many depressed seniors claim not to feel sad at all. They may complain, instead, of low motivation, a lack of energy, or physical problems. In fact, physical complaints, such as arthritis pain or worsening headaches, are often the predominant symptom of depression in the elderly. This presentation will help loved ones and caregivers and those suffering from depression recognize the signs and symptoms.

North Valley, Room 3
Thursday, February 25
10:00 - 11:00 am

Osteoporosis Presentation

Everything you need to know about bone density testing.

Manzano Mesa, Room 4
Thursday, May 12
1:30pm - 3:00 pm
Presented by: Osteoporosis
Foundation of NM

National Colorectal Cancer Month - Lunch & Learn

March is National Colorectal Cancer month. Learn important ways you can prevent colorectal cancer. Lovelace Health System will provide a healthy lunch. Limited to 30

Barelas, Lead/Coal
Tuesday, March 15
11:30 am - 12:30 pm
Presenter: Teresa Fry,
Lovelace Medical Group

Women's Health Study

Brain-Centered Therapy versus Medication for Urgency Urinary Incontinence, this study compares two treatments for urge leakage - Hypnotherapy and Pharmacotherapy.



Bear Canyon, Room 5
Wednesday, March 23
10:00 - 11:00 am
Presenter: UNM, Department of
Obstetrics and Gynecology

Understanding Hoarding

This presentation was developed to explain both clinical and emotional reasons that people may hoard and counsel those who are concerned for them. While it is somewhat of a sobering topic, it is done with some humor and light-heartedness.

North Valley, Room 4
Wednesday,
March 30
10:30 - 11:30 am





Healthy Eating & You - Lunch & Learn

Please join us and learn the importance of a healthy diet and tips for healthy eating! Lovelace Health System will provide a healthy lunch. Limited to 30

Barelas, Lead/Coal
Tuesday, April 19
11:30 am – 12:30 pm
Presenters: Teresa Anderson, RDN, LDN, CDE, Lovelace Medical Group/ Southwest Medical Associates

Fall Risk Screening

Students and faculty from the UNM Physical Therapy program will be conducting free fall risk screenings including blood pressure measurements for adults 50 years and older.

Palo Duro, Ponderosa
Wednesday, April 20
8:30 am
Presenters: Deborah Doerfler, UNM

Stroke Prevention/Awareness

Each year, almost 800,000 strokes occur in the United States. Strokes often lead to serious, life-changing complications. Come learn how to safeguard yourself against a stroke.

Bear Canyon, Room 5
Wednesday, April 20
10:00 am - 12:00 am
Presenter: BCBS

Tip for Communicating with a Person with Dementia.

Dr. Anthony Holzgang, Geriatric Psychiatrist and Medical Director at Haven Behavioral Hospital gives these presentations and can tailor them based upon the audience.

North Valley, Room 3
Friday, April 27
10:00 – 11:00 am

Medications and Falls

The risk of a serious fall increases with age. This presentation will outline medications and other contributing factors that you need to be aware of so you can maintain a healthy, active lifestyle.

Palo Duro, Ponderosa
Thursday, April 28
10:00 am
Presenter: Erik Ural, Walgreens



Arthritis Foundation

Arthritis is painful. It prevents us from leading active, healthy lifestyles. The Arthritis Foundation is leading this fight by offering simple, yet effective ways to conquer the everyday battles and take control of your condition.

Manzano Mesa, Room 4
Tuesday, May 3
10:00am - 11:00 am
Presenter: Arthritis Foundation

Stroke Awareness - Lunch & Learn

May is Stroke Awareness Month. Please join us and learn important facts about strokes, including ways you can save someone's life. Lovelace Health System will provide a healthy lunch. Limited to 30

Barelas, Lead/Coal
Tuesday, May 17
11:30 am – 12:30 pm
Presenter: Teresa Fry, Emergency Department Director, Lovelace Medical Group

Healthy Eating & You - Lunch & Learn

Please join us and learn the importance of a healthy diet and tips for healthy eating! Lovelace Health System will provide a healthy lunch. Limited to 30

Barelas, Lead/Coal
Tuesday, June 14
11:30 am – 12:30 pm
Presenter: Teresa Anderson, RDN, LDN, CDE, Lovelace Medical Group/ Southwest Medical Associates

Special Services

General Elder Law Issues

Learn about the types of legal problems for which we provide case work generally related to Landlord-Tenant, Financial Exploitation Recovery and Prevention, Identity Theft Prevention and Clean-up, Adult Guardianship, Powers of Attorney, Consumer Debt Management, Home Owner Associations, and Medicaid, Medicare, Social Security Retirement and SSI, and some Veterans Administration Benefits disputes. We also draft Wills, Transfer on Death Deeds, and do some non-adversarial Probate Work. All of our Estate planning work is done on a modest fee schedule and a follow-up appointment may need to be scheduled. Also, learn about any fees involved with services provided by the Senior Citizens' Law Office.



Barelas, Lead/Coal
Wednesday, January 20
10:00 – 11:30 am
Presenter: Senior Citizens' Law Office

Rotary Sandia- Looking for New Members

Come and learn about the biggest Service Organization in the world right here in your community. We are looking for people who want to help make a difference and be part of a fun, hands-on club with like-minded members.

Manzano Mesa, Room 4
Tuesday, January 26
10:00am – 11:00 am
Bear Canyon, Room 5
Wednesday, March 30
10:00 am - 12:00 am

Presenter: Gail Mandel, Sandia Rotary



Special Services, con't.

The "What's and Why's" of Funeral Planning

This will not be a FRENCH Funerals-Cremations sales presentation. We know you have choices and what we want to do is provide the answers you need so that you can make the best choice for you and your family.



Bear Canyon, Room 5
Wednesday, February 10
10:00 - 11:00 am

Presenter: Karen Barela,
French Mortuary

Advanced Funeral Planning: A Thoughtful Decision

We take the time to plan big events in our lives - birthday parties, anniversaries, weddings, retirement. But we often avoid planning for another big event - our funeral. Join us in a conversation about advanced planning and what that means for you and your loved ones.

North Valley, Room 4
Friday, February 12
10:00 - 11:00 am

ID Theft Prevention

Think it won't happen to you? Then ask yourself, would it be a hardship for or your children to miss 3 days to 15 weeks of work? 1 in 14 will be victimized this year by ID Theft.



N. Domingo Baca
Tuesday, February 23
9:00 am - 2:00 pm

Identity Theft

Identity theft is one of the fastest growing crimes in the United States. Learn how you can protect yourself from the devastating effects.

Barelas, Lead/Coal
Thursday, June 9
11:00 am - 12:00 pm
Presenter Judy Johnston,
Harvard Risk Management Corp.

Financial



Gaming - Fun or Folly?

This class will offer information about current issues with seniors who enjoy gambling and how to do so responsibly. What are the warning signs, and how can you avoid getting into trouble with gambling? Keep the fun in this form of entertainment!

North Valley, Room 4
Tuesday, Jan 12 and April 12
10:00 - 11:00 am

Highland, Room 7
Thursday, January 21
9:00 - 10:00 am

Bear Canyon, Room 5
Wednesday, March 9
10:00 - 11:00 am

Barelas, Lead/Coal
Tuesday, February 23, May 24
10:00 - 11:00 am

Presenter: Brenda Janzen, MA LPCC
People Works-NM

Making Your Money Last

Considerations/tradeoffs when developing a withdrawal strategy -- working longer, spending less and delaying social security. Ways to plan for expected and unexpected expenses.

Palo Duro, Cottonwood
Wednesday,
January 13
5:30 pm
Presenters:
Robin Herring, Edward Jones



Tax-Free Investing

It's Not What You Make, It's What You Keep! Get an overview of tax-advantaged investments such as municipal bonds, IRAs (traditional/Roth/401k/403b) and/or life insurance.

Bear Canyon, Room 5
Wednesday, January 20
10:00 - 11:00 am
Presenter: Danielle McAniff, Financial
Advisor, Edward Jones

Tax Free Investing

The workshop is designed to help participants determine if tax-free investing is one way to help them reduce their tax burdens. Other topics include:

- Tax-advantaged investment and their features
- Tax-free investment returns vs. taxable investment returns
- Three ways to purchase municipal bonds
- How tax-free investing can help you achieve your goals

Palo Duro, Cottonwood
Wednesday, April 6
5:30 pm
Presenter: Robin Herring, Edward Jones

Senior Issues

Living Alone an Exciting Challenge

Living alone can be frightening. This can be a wonderful time in your life. Come learn about all the positive things about living alone.

N. Domingo Baca
Friday, January 15, April 15
10:00 - 11:30 am



Who Will I Be When I Grow Up

We have many faces and in different occasions we show only parts of ourselves. Learn to see yourself and also visit the child in you. Part of you should never grow up.

N. Domingo Baca
Friday February 5, April 29
10:00 - 11:30 am

Death & Dying

Death and dying can be stressful for dying people, their loved ones and care-givers.

N. Domingo Baca
Friday, February 26, May 13
10:00 am - 11:30 am

Senior Issues, con't.

Getting Organized with the Beach Vacation System

When people were surveyed about their biggest challenges to improving their home's organization the most prevalent answers were: too little space, too little time, and too much stuff. You will learn basic organizing skills and techniques. You will also learn these concepts using the analogy of a beach vacation.

Barelas, Lead/Coal
 Tuesday, February 9
 1:00 -2:00 pm
 Presenter: Elizabeth Tawney Gross

SNAP Out Reach Program

Melanie Bonds is an AmeriCorps VISTA volunteer with Roadrunner Food Bank working with the SNAP Outreach Program. They help individuals apply for SNAP (formerly known as food stamps), Medicare, Medicaid, LIHEAP (energy assistance), and Cash Assistance. In her presentation, Melanie will be discussing hunger in New Mexico, what Roadrunner Food Bank does, the SNAP outreach program, common SNAP myths, providing stats on senior hunger, and discussing the partnership Roadrunner has with AARP.

Palo Duro, Ponderosa
 Wednesday, February 10
 9:30 am
 Presenter: Melanie Bonds, Americorps VISTA

What is Elder Mediation?

A facilitated conversation with family members and a certified mediator (s) to talk about the difficult issues that arise with the aging process, such as managing living independently, taking care of finances, making health care decisions, continuing to drive, remaining in the family home. This is a one hour presentation with Q & A offered by the New Mexico Elder Mediation Network to learn the tools and services available to have these difficult conversations, effectively, and in a sensitive manner, resulting in improved communication with greater satisfaction than decisions imposed by the courts.

North Valley, Room 3
 Tuesday, Jan. 19, Feb. 16, March 15, April 19, May 17 and June 21
 12:30 - 1:30 pm

Conflict Resolution

Sometimes families, friends and caregivers have difficulty with important decisions resulting in unresolved conflicts. Experienced mediators provide assistance in reaching mutually satisfying solutions.

Bear Canyon, Room 5
 Wednesday, March 2
 10:00 - 11:00 am
 NM Elder Mediation Network

Start the Conversation

Talking about death does not make you dead! But it can be difficult. What decisions can you make now? Who will carry out your wishes? Let's explore how to start the conversation with family and friends.

Highland, Room 7
 Thursday, March 10
 9:00 - 10:00 am
 Sponsored by: Compassion & Choices ABQ. Action Team

DOL Health Benefits

Giving HHC will be presenting on Department of Labor health benefits for those that have contracted illnesses from working in the nuclear energy programs of our country. This includes former and even current employees/sub-contractors of Los Alamos National Labs, Sandia Labs, and uranium miners.

Palo Duro, Cottonwood
 Wednesday, June 8
 5:30 pm
 Presenter: Santiago Rivera, Department of Labor



Special Interest Gardening - All things gardening!

Gardening Series By Karen Davis

Vegetable Gardening

There's nothing more satisfying than growing and eating food from your garden. We will learn best



practices for growing vegetables in your own backyard as well as how to grow individual crops with success.

Palo Duro, Ponderosa
 Thursday, January 28
 10:00 am

Herb Gardening

Herbs have been used throughout the history of mankind. In this class we will talk about the uses of herbs - culinary, cosmetic, medical and aromatic. We will talk about how to plan and grow an herb garden and how to harvest herbs. We will discuss the attributes of several individual herbs and how you can use them.

Palo Duro, Ponderosa
 Thursday, February 25
 10:00 am

How to be gardening success using Albuquerque's toughest plants?

Sometimes growing a garden in the desert Southwest can be a challenge, but it doesn't have to be. We will introduce a series of plants that can be grown easily and successfully by anyone. Achieve the garden you've always wanted.

Palo Duro, Ponderosa
 Thursday, March 24
 10:00 am

Composting Series

Join this series of composting presentations to learn different ways to compost for your garden. Sign up at the front desk for subject of your choice or for all of them. Composting with Worms, Home Composting Basics or Bokashi Bucket Composting. See dates.

Highland, Room 7
 Thursday, February 18, April 7, June 9
 9:30 - 11:00 am

Home Composting Basics

Learn the science, art, materials, methods and benefits of home composting and soil amending.

Bear Canyon, Room 5
 Wednesday, February 24
 10:00 am - 12:00 noon

Manzano Mesa, Room 4
 Saturday, March 12 12:00 - 1:30 pm
 Sponsored by:
 Bernalillo County Extension



Special Interest Gardening - All things gardening!, con't.

El Camino Real Garden Club

Sign up and join this "free" garden club as it starts its 4th successful year of planting and growing a wonderful lush garden here at Barelás Center. Contact Garden Keeper Patrick Turrieta or Theresa Winter at Barelás for more information.

Barelás, Lead/Coal
Thursday, March 3
11:00 am - 12:00 pm
Coordinator: Patrick Turrieta

Gardening in the El Camino Real Garden

Learn how our senior garden got started here at the Barelás Center and how you can join the garden club or become a "Garden Angel" and support our garden with various donations of seeds, plants, and other garden materials. El Camino Garden Keeper Patrick Turrieta and other gardeners will talk about our wonderful garden program and how you might start a garden at your home, apartment, or other location. Please sign up at the front desk. Instruction limited to 15 participants.

Barelás, Stover
Thursday, March 24
1:00 - 2:30pm
Presenter: Patrick Turrieta

Bucket Composting

Learn the science, art, materials, methods and benefits of the Bokashi and other bucket composting choices.

Bear Canyon, Room 5
Wednesday, March 16
10:00 am - 12:00 pm
Presenter: Bernalillo County Extension

El Camino Real Garden Planning & Plot Assignments

Join others with an interest in gardening and discussing the garden plans for our 2016 garden season. There is

a limited amount of gardens to be assigned and selection may be made on a drawing basis. Gardening is a great way to learn more about eating healthy, getting fresh air, and some outdoor activity. Contact Garden Keeper Patrick Turrieta will share knowledge to help make your garden a great success!

Barelás, Stover
Thursday, April 14
1:00 - 2:30 pm
Coordinator:
Patrick Turrieta



Improving Desert Soil

Learn how to work with your desert garden soil to improve structure and fertility.

Bear Canyon, Room 5
Wednesday, April 13
10:00 am - 12:00 pm
Presenter: Bernalillo County Extension

Manzano Mesa, Room 4
Tuesday, May 24
10:00 - 11:30 am
Bernalillo County Extension

Composting with Worms

Learn the science, art, materials, methods and benefits of composting with red worms

Bear Canyon, Room 5
Wednesday, June 1
10:00 - 12:00 pm
Presenter: Bernalillo County Extension

Of Special Interest History, Science, Technology, Cooking

Chinese American Speaker Series

The Chinese American Speaker Series is open free to all interested individuals, featuring inspiring speakers from the community, devoted to creating understandings and cultural exchanges, sharing of personal accomplishments, and perspectives from world travel, philosophical pursuits and fields of research.

The series features one speaker each month, on the fourth Saturday starting January 23rd, from 10:00 a.m. to 12:00 noon. The format follows a 30 minutes talk, with 10 minutes of

Q&A. A light lunch is served to allow time for fellowship and discussion. A \$5.00 donation is requested.

Spring season speakers include Dora Wang on A New Way to Look at Mental Health (January), Mary Tang on A Comparative Study of the Teaching of Chinese Philosophers (February), Ely Yao on Human Migration (March), Zhi-Bin Hong on Hidden Struggles Impacting Local Asian Communities (April), Fay Yao - World Petroglyph (May), Siu Wong on Civic Engagement (June). Schedule and speaker may subject to change.

N. Domingo Baca

Starts January 23
4th Saturday of Month
10:00 am - 12:00 pm



The Amazing Life of Calamity Jane

Discover the real life story of Martha Jane Cannary, better known as Calamity Jane, frontierswoman, scout and colorful character of the old West. Was the actual Calamity Jane like the 1953 movie starring Doris Day? We reveal what is fact and what is fiction.

Manzano Mesa, Room 5
Thursday, January 21
10:00 am - 12:00 pm
Presenter: Carol Venturni

Mental Gymnastics

We all have "mental hiccups" (glitches). Reduce the frequency of these occurrences with Learning Enhancement Training. Improve your memory, reading, math, and learning skills. Also improve the mind/body coordination that may reduce the likelihood of falls, accidents and improve athletic abilities.

Manzano Mesa, Room 4
Tuesday, January 26th
11:15 am - 12:15 pm
Presenter: Leon Kessinger



Cultural Services

The Public Library

The Public Library wants you to Join a Book Club @ Your Library! With 18 libraries, it won't be hard to find a club you enjoy! For more information, please visit <http://abclibrary.org/books/groups>

Join a Book Club @ Your Library Mysteries at Cherry Hills

First Tuesday of the month; 6 - 7:30 pm

Cherry Hills Book Discussion Group

First Friday of the month; 10:30 am - noon

Spanish Literature Book Group at Cherry Hills

Varied dates. See the Cherry Hills event calendar

Women's Friendship in Literature Book Study at Cherry Hills

3rd Tuesday of the month; 6 - 7:30 pm

Erna Fergusson Book Club

First Wednesday of the month; 6 - 7:30 pm

Bookworms at Juan Tabo

Third Tuesday of the month;
1:30 - 2:30 pm

ABC Seed Library Bookgroup at Juan Tabo

Third Tuesday of the month; 6 - 7:30 pm

Reading the Southwest at Juan Tabo

Third Thursday of the month;
1:30 - 2:30 pm

Lomas Tramway Book Club

First Wednesday of the month; 2 - 3:15 pm

Graphic Novel Club at Lomas Tramway

First Saturday of the month; 2 - 3 pm

Los Griegos Book Group

Fourth Friday of the month; 3 - 4:30 pm

San Pedro Magical Mysteries Tour

Third Saturday of the month; 3 - 3:30 pm

Main Library's Wide World of Mystery

Last Friday of the Month; 12 noon.

North Valley Book Club

One Friday, every month.
Check for dates; 12 noon.

South Valley Book Discussion Group

One Saturday, every month. Check for dates; 12 noon.

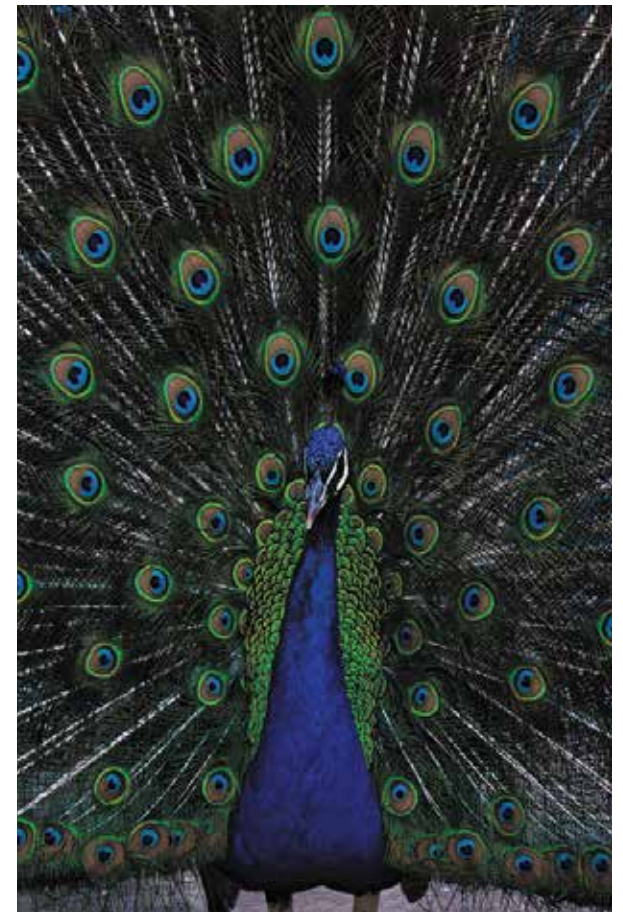
Taylor Ranch Reading Group

Second Saturday of the month;
2 - 3:30 pm

Who Dunit? Mystery Book Club at Tony Hillerman

Second Tuesday of the month;
3 - 4:30 pm

For more information, please visit <http://abclibrary.org/books/group>



Join us for a day of
fun at the BioPark!





www.ABQBioPark.com

Zoo
903 10th Street SW
Phone 505-768-2000 or 311 locally.

Botanic Garden/Aquarium
2601 Central Ave NW
Phone 505-768-2000 or 311 locally.

Tingley Beach
1800 Tingley Drive SW
Phone 505-768-2000 or 311 locally.



January

Botanic Garden

Kadomatsu in the Japanese Garden
Symbolic and elegant Japanese arrangements for the new year decorate the entrance to the Japanese garden. January 2 through Jan 18.

Winter Fire Colors Flower Show
Flowers in hot colors fill the Mediterranean Conservatory to give a jolt to the winter season. January 16 through February 21.

Horticulture and Garden Railroad Orientation
Learn how to volunteer at the Botanic Garden. January 29.

Aquarium

Sea Turtle Awareness Day
Learn all about sea turtles. You'll find out about their unique biology, the threats facing sea turtles and how you can help protect them. January 23.

February

Zoo

Valentines Animal Enrichment
the animals receive special valentines themed enrichment which encourage natural behaviors of play, foraging and discovery. February 14, 9:30 - 11:00 am. Weather permitting.

Botanic Garden

Great Backyard Bird Count
Volunteer with other citizen scientists around the country for this annual snapshot of migratory birds. February 12, 8:00 - 11:00 am.

Tingley Beach

Kid's Fishing Fair
Children, ages 4-12, are invited to learn all about fishing by visiting fun and

interactive Discovery Stations at Tingley Beach. Free event, but anyone over 12 years of age will require a fishing license. February 21, 10:00 a.m. - 2:00 p.m.

March

Zoo

Easter Animal Enrichment, the animals receive special Easter themed enrichment which encourage natural behaviors of play, foraging and discovery. March 27, 9:30 - 11:00 am. Weather permitting.

Botanic Garden

March Madness Flower Show
While outside winds blow, inside in the Mediterranean Conservatory, white and colorful lilies add fragrance. Begins March 6.

Backyard Garden Train Show
Miniature G-scale train scenes are set up throughout the Botanic Garden, hosted by the NM Garden Railroad Club. March 25 - 27.

April

Botanic Garden

Spring Pastel Flower Show
Hydrangeas and softly-colored companion plants inside the Mediterranean Conservatory can be depended on for a show, even if spring is late. Begins April 2.

Floral Design Show
Weddings in the Garden Held in the new High Desert Rose Garden Atrium, this floral design show features inspiring arrangements from local florists that can complement a wedding, or any festive occasion. April 16 - 17.

Orchid Show and Sale
A favorite each year, this show and sale of gorgeous orchids comes just in time for Mother's Day. April 29 through May 1.

Tingley Beach

Free Fishing Derby
Cast your line to see what you can catch at Tingley Beach during the Free Fishing Derby! Opens at sunrise. April 9.

May

Zoo

Zoo Moms Discovery Day
Celebrate Mother's Day with the animal moms at the Zoo. Visit discovery stations to learn how other species raise and nurture their offspring. May 8, 10 a.m. - 2 p.m.

Botanic Garden

National Public Garden Day
A celebration of all the botanic garden offers the community: education, inspiration, and a meditative space. May 6.

Bonsai Show
The art and beauty of miniature trees, lovingly shaped over a span of years, has to be seen to be believed. May 7 - 8.

Butterfly Pavilion opens. Hundreds of North American butterflies, as well as those from the tropics, dart around a densely planted space to make for a magical experience May 27. (weather permitting)

June

Zoo

Zoo Music Concerts start
Music at the zoo Friday nights throughout the summer.

Botanic Garden

Summer Nights Concerts start
Music at the Botanic Garden Thursday nights throughout the summer



Anderson-Abruzzo Albuquerque International Balloon Museum

9201 Balloon Museum Drive NE Open Tues - Sun. 9 am - 5 pm



Since it opened in 2005, the Museum has welcomed nearly 800,000 visitors from Albuquerque and many other communities in New Mexico, as well as from across the country and around the world. Through its extensive collection of artifacts, interactive special exhibitions, and engaging educational programs, the Museum is a gateway to science, exploration, and discovery. The Museum is open year round and hosts many community-oriented special events, features unique art and architecture, and offers distinctive rental spaces for meetings, weddings and receptions, and other celebrations.

Special Events



Renaissance Faire

Saturday, April 30, 2016
10:00 am - 6:00 pm
Anderson-Abruzzo Albuquerque International Balloon Museum

Join the City of Albuquerque and The Barony of al-Barran, members of the Society for Creative Anachronism, for the fourth annual Albuquerque Renaissance Faire! Enjoy live entertainment, Faire food and drink, the Children's Realm, Living History & demonstrations, unique shopping, and equestrian jousting. Last but not least, the Tavern will be returning for adults only.

Faire Admission:
Adults \$10;
Children 3-12 \$5;
Children under 3 are Free

Royal Feast:
Adults \$25;
Children 3-12 \$11;
Children under 3 are Free
To purchase tickets and for more information call 311, visit CultureABQ.com.

Memorial Day

Monday, May 30, 2016
10:00 - 11:00 am

New Mexico Veterans Memorial Celebrate the men and women who serve our country at the City of Albuquerque's annual Memorial Day celebration in the beautiful Amphitheater. Elected officials will thank our servicemen and women as they lead the outdoor ceremony. Show your patriotism and join us in honoring those who have served and currently do.



Heights Summerfest

Saturday, June 11, 2016
5:00 - 10:30 pm
North Domingo Baca Park;
Wyoming and Carmel

Come and enjoy the first Summerfest of the season. There will be live entertainment from great local bands and a national headliner. Taste food and drink from local vendors, sip on brews in the local Microbrew Garden, shop handmade goods in The Market, take advantage of free kids' activities including face painting and rock wall climbing, and much more. For more information visit CultureABQ.com or call 311.



ALBUQUERQUE MUSEUM



The Artistic Odyssey of Higinio V. Gonzales: A tinsmith and poet in territorial New Mexico Through April 4, 2016

After more than a century of obscurity, a New Mexican artisan, formerly known only as the Valencia Red and Green Tinsmith, is actually Higinio V. Gonzales, a 19th-century educator, artisan, poet, and musician. This exhibition traces the life of Gonzales and explores his influence on music, poetry, and the arts in New Mexico.

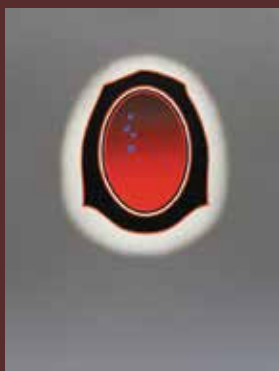
Hard Edge Abstraction Through May 22, 2016

Hard Edge Abstraction was a global art movement that came to prominence in the 1960s, and continues to influence art today. These revolutionary artists shifted the emphasis away from story, toward the pure power of vibrant color, bold composition, and clear form.



Patrick Heron
1920 Leeds, England — 1999 Cornwall, England
Winchester Red 1, 1967
serigraph on paper
Albuquerque Museum,
gift of Fay and Dr. Jonathan Abrams

Deborah Remington
1930 Haddonfield, New Jersey —
2010 New York, New York
Kent, 1973
lithograph on paper (bon a tirer)
Albuquerque Museum,
bequest of Earl Stroh



New Territories: Laboratories for Design, Craft & Art in Latin America January 9 – April 17, 2016

The exhibition celebrates art, design, and craft in several distinct cities throughout Latin America, where some of the most pertinent new directions in arts and design are emerging today. It explores the collaborations between small manufacturing operations and craftspeople, artists, and designers, and demonstrates how the resulting work addresses not only the issues of commodification and production, but also of urbanization, displacement and sustainability. Organized by the Museum of Art and Design in New York City.

Route 66: Radiance, Rust and Revival on the Mother Road May 14 – October 2, 2016

Going west has been the great American adventure for centuries, and nothing has come to personify that experience in the twentieth century like route 66. The highway officially opened in 1926, and since that time it has served as a physical and emotional ink between East and West. Affectionately called "the Mother Road," Route 66 has also functioned as a barometer for life in twentieth-century America. The road and its people have been immortalized in literature, on screen, and in song. It is a story of fact and fiction, in times of plenty and times of strife, told through the lives of everyday Americans and national figures. Conceived as a visual kaleidoscope, the exhibition features historic artifacts, iconic artworks, celebrated photography, and roadside memorabilia gathered from museums, archives, and private collections around the United States.

2000 Mountain Road NW
Open Tues.-Sun. 9 am – 5 pm

Fairview Cemetery March 26 – September 11, 2016

The first in a series of history exhibits developed by community members focuses on Fairview Cemetery.

Antoine Predock: Works on Paper June 25 – October 2, 2016

The drawings of Antoine Predock illustrate the creative process of this nationally recognized architect.

Common Ground: Art in New Mexico Opening February 16, 2016

Join us on for the reopening of the museum's permanent art collection, which re-envisions the story of art in New Mexico.

Only in Albuquerque Ongoing

This exhibition, located in the Museum's brand new history gallery, features a greatly expanded story of Albuquerque's history from before written history to the present set in an engaging, fun, and interactive atmosphere.

Casa San Ysidro: The Gutierrez/Minge House

973 Old Church Road, Corrales
Scheduled Tours Tuesday – Saturday
www.cabq.gov/casasanysidro
505-898-3925

An historic adobe house of the late 19th century and reconstructed buildings of a ranchito that reflect how New Mexicans lived on a remote frontier.



The Albuquerque Museum is a must-see destination. Whether you're a local seeking to be immersed in art or history, or a visitor wanting to experience Albuquerque's premier cultural institution, be sure to include a visit to the Museum.

HISTORIC OLD TOWN



Be part of Albuquerque's newest old tradition - Albuquerque's Old Town during late spring, summer, and early fall. Whether you are visiting our great city or are a longtime resident, find your way to Old Town and experience the Culture of New Mexico. You will be happy you did.

Weekends in Old Town come to life with music, dance, and theater. Whether you are visiting our historical city, or are a resident wanting an afternoon stroll, we invite you to visit the Old Town plaza for free and fun entertainment.

Summertime in Old Town

Every Friday & Saturday from 7:00 - 9:00 pm and Sundays from 1:00 - 4:00 pm

Enjoy free entertainment in the Old Town Plaza from May through September.

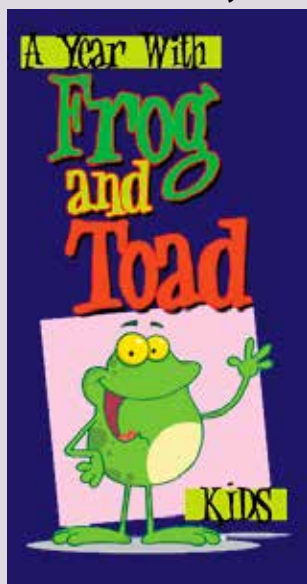
Fiestas de Albuquerque

Saturday, April 16, 2016 from Noon - 5:00 pm

In Celebration of Albuquerque's birthday, Mayor Richard J. Berry invites you to Fiestas de Albuquerque in Historic Old Town. Enjoy the history and traditions of our City with live entertainment, free children's activities, artist demonstrations, local food, shopping, and fun for the whole family.

South Broadway Cultural Center

South Broadway Cultural Center and Cardboard Playhouse Presents



A Year with Frog and Toad Kids

February 12 - 14, 2016
Friday and Saturday at 7:00 pm and Sunday at 2:00 pm

Adapted from the three-time Tony-nominated Broadway hit comes A Year With Frog And Toad KIDS. Based on Arnold Lobel's well-loved books, the jazzy, upbeat score bubbles with melody. Part vaudeville, part make-believe, and all charm, A Year With Frog And Toad KIDS tells the story of a friendship that endures throughout the seasons.

This whimsical show follows two great friends -- the cheerful, popular Frog, and the rather grumpy Toad, through four fun-filled seasons. Waking from hibernation, Frog and Toad plant gardens, swim, rake leaves, go sledding, and learn life lessons along the way. Throughout the year, two best friends celebrate and rejoice in the differences that make them unique and special.



Disney's Sleeping Beauty Kids

April 29 - May 1, 2016
Friday and Saturday at 7:00 pm and Sunday at 2:00 pm

Based on one of the most treasured Disney animated films of all time, and featuring some of the world's most memorable songs, Disney's Sleeping Beauty KIDS is pure, delightful fun.

It's Princess Aurora's sixteenth birthday, and three fairies - Flora, Fauna and Merryweather - must use their magic to save her from the spell of evil sorceress Maleficent! The fairies ensure that Aurora only falls into a deep sleep that can be ended with a kiss from her betrothed, Prince Phillip. The good fairies are the last hope to free Phillip so that he can awaken Aurora.



Ballet Folklorico Tribute Show to Miguel Caro

Saturday, February 20, 2016 7:00 pm

National Institute of Flamenco

Friday, March 11, 2016 7:00 pm

Keshet Hip Hop

Saturday, April 2, 2016 7:00 pm

Rock & Rhythm Youth Orchestra Spring Concert

Saturday, April 16, 2016 7:00 pm

For tickets and more information please visit southbroadwaytickets.com



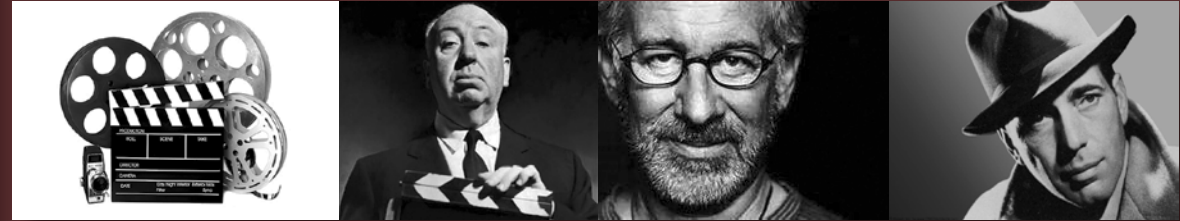
The KiMo Theatre

Tickets can be purchased at: www.KimoTickets.com

423 Central Avenue NW

Each summer the KiMo presents a variety of classics films, from Movie Musicals to this summer's SCI-Fi Sequels and Second Takes. In the fall, a variety of local arts groups return the KiMo Stage.

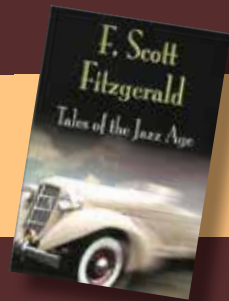
Film at the KiMo



Each year the KiMo presents a variety of classics film. This winter the schedule includes: Hitchcock Hits; Spielberg Classics and The Best of Bogart.

In cooperation with ABC Library the KiMo will present Books to Big Screen:

F. Scott Fitzgerald - February 18 - 20



Additional film festivals include:

Banff Mountain Film Festival March 9 & 10

Movies and Meaning March 17 - 20

Albuquerque Film and Music Experience April 17 - 24.

LIVE at the KiMo

Later this winter a variety of local arts groups return the KiMo Stage.

- The 10th Annual Burque Burlesque will be staged February 12 - 13
- Ballet Repertory Theatre presents The Little Mermaid February 27-28 and March 5-6
- Voices In Motion May 7 & 8
- The New Mexico Young Actors perform Alice in Wonderland April 5 - 17
- The FUSION Theatre will be presenting performances in February, April and June
- AMP concerts will present Rickie Lee Jones February 16
- The Irish band Lunasa March 20
- The annual FunnyFest returns to the KiMo on April 2
- In cooperation with CABQ Senior Affairs two performances of Tarde De Oro will be presented April 27 & 28



FREE admission to the Albuquerque Museum and the Balloon Museum on the first Friday of the month and Sunday from 9:00 am - 1:00 pm (Except during Balloon Fiesta and when fee-based programs are offered at normally free times).

For information www.CultureABQ.com
or call 311 (Relay NM or 711)

Please Note:
\$ Indicates it is a paid event



Of Special Interest History, Science, Technology, Cooking

The Ever Fascinating Kitchen's Opera House in Gallup

This still-standing, two-story facility was constructed in 1895. The bottom floor contained a saloon and a café, and the second floor was a large hall with a high ceiling and an elevated stage. The hall was used for meetings, dances, theater, and boxing and wrestling events for nearly 60 years. Opera was never performed there.



Political events like the speech of New Mexico's first Governor, and Communist inspired union meetings that led to a major coal strike and eventual martial law in the 1930s. The saloon started as a nice facility and degenerated into a rough bar where there were many fights and shootings. It was open for over 70 years. The café was the headquarters for the Japanese-born community in Gallup during WWII, and its owner played a prominent role in helping keep those citizens out of internment camps.

Manzano Mesa, Room 4
 Tuesday, February 9
 10:00 - 11:00 am
 Presenter: Roger Zimmerman
 Albuquerque Historical Society

Esther Williams

Learn about Esther Williams in this fascinating presentation. She was a glamorous actress, who swam her way to movie star fame, but she really yearned for an Olympic gold medal.



Even though Esther once said her favorite leading man was: "the water," she did fall in love and marry one of her leading men.

Bear Canyon, Room 5
 Wednesday, February 17
 10:00 - 11:00 am
 Presenter: Carol Venturini

Behavioral Genetics Specialist

Learn about your inherited personality traits and characteristics for greater happiness and success.

Manzano Mesa, Room 4
 Tuesday, February 23
 11:15 am - 12:15 pm
 Presenter: Leon Kessinger

Spring Cooking with Fresh Herbs

Live cooking demo featuring how to cook with herbs and other healthy recipes.

Manzano Mesa, Room 4
 Tuesday, March 8
 10:30 am - 12:00 pm
 Presenter: Hillary Bergen



Jacqueline Kennedy Onassis

Jacqueline was one of the world's most famous women. She was courageous, glamorous, and enigmatic. For years, "Jackie" became an object of fascination for millions. Come to this presentation as we explore her real life story, while separating fact from the many myths. Film clips will be shown.

Palo Duro, Ponderosa
 Wednesday, April 13
 9:30 am
 Presenter: Carol Venturini

Personal Safety

Learn all about personal and property security while in public, driving and at home.

Manzano Mesa, Room 4
 Tuesday, April 12
 10:00 - 11:00 am
 Steve Sink-APD

Learn to use that new camera!
See page 11



The Intriguing Life of Mata Hari

During World War I, Margaretha MacLeod, better known by the name Mata Hari gained much notoriety as a seductive dancer, paramour, and spy. Come and listen as we unveil the real life of Mata Hari and learn the true story regarding the charges of espionage.

Manzano Mesa, Room 4
 Tuesday, April 26
 10:00 am - 12:00 pm
 Presenter: Carol Venturini

Hetty Green

Hetty Green was known as "The Witch of Wall Street" and a miserly woman even to her own children. But she also amassed a fortune and was a very shrewd financier at the time when the stock market was controlled by businessmen. Come to hear about the intriguing life of Hetty Green and her family.

Bear Canyon, Room 5
 Wednesday, May 18
 10:00 am - 12:00 pm
 Presenter: Carol Venturini

History of Cigarette Advertising

In 1900, cigarettes were a niche product that accounted for just 2% of total tobacco consumption. By 1952, cigarettes had become the predominant tobacco product, using 81% of all the tobacco leaf produced annually. Cigarette manufacturers used trading cards, slogans and eye-catching print ads – with subjects ranging from Harem Girls to Camels, Physicians to Pin-Up Girls, Actors to Athletes, and Heroes in Comics to entice new and existing smokers into their fold.

Palo Duro, Ponderosa
 Wednesday, May 18
 9:30 am
 Presenters: Richard Blankmeyer, BA, Social Studies, Avid Investigator of American Social Issues





Chester Nez: World War II Navajo Code Talker

Although 420 Navajo code talkers served in the Marines during World War II, none have written memoirs -- until now. Chester Nez was one of the original 29 code talkers, men who developed the only unbroken code in modern warfare and took it into battle against the Japanese. His life demonstrates how challenges enhance strength and how diversity augments the strength of a nation.

Barelas, Social Hall
 Thursday, May 26
 1:30 – 3:00 pm
 Presenter: Judith Avila – NM Humanities Council

Flowers Fans & Pornography Flirtation in Victorian England

Under Queen Victoria's rule from 1837 until 1901, England developed one of the most rigorous etiquette systems in history. Behavior was even so controlled that "polite society" was not allowed to shelve books by male authors next to those by female authors. Examine the moral strictures

of Victorian England and the ways polite and definitely not-so-polite society evaded them.

Palo Duro, Ponderosa
 Wednesday, June 8
 9:30 am
 Roberta Boggess, MA, Linguistics

Bugsy Siegal and the Rise of Las Vegas

Benjamin "Bugsy" Siegel was a notorious gangster in his day and he believed a place called Las Vegas could become a lavish American playground. Come and join us while we discover why Bugsy turned to a life of crime, why he was so feared and what really happened in Las Vegas.

Palo Duro, Ponderosa
 Thursday, June 16
 9:30 am
 Presenter: Carol Venturini

Travel

Travels with Ed

Edward Cardona is always a photographer, traveling with his ever present camera equipment in his backpack. His favorite hobby is landscape photography of the places he visits while wandering through New Mexico and the world. Join him and his guest presenters while they discuss a new travel subject once a month! Email him at: GoPhotoTraveler@gmail.com

Manzano Mesa, Room 4
 Tuesday, Jan 5, Feb 2, Mar 1, April 5, May 10, June 7
 10:00 - 11:00 am
 Presenter: Ed Cardona

South Africa

Capetown is sometimes referred to as "Africa's Riviera", a setting both stunning and diverse, Join Linda Babin of Sun Tours and hear about their exciting tours of South Africa and Victoria Falls, scheduled for August, 2016!

Palo Duro, Ponderosa
 Thursday, March 10
 10:00 am
 Presenters: Linda, Babin, Sun Tours

A River Cruise on the Seine River in France

Come experience Ray's magnificent trip to Paris, aboard the M/S Bizet see the Louvre Museum, Mantes/La Jolie, Rouen, Vernon, Marseille and the Town of Avignon. Christmas time is a festive time to visit France!

Bear Canyon, Room 5
 Wednesday, May 25
 10:00 - 11:00 am
 Presenter: Ray Rachkowski

China, Tibet and Hong Kong

A 26 day adventure included stops in Shanghai, Beijing, Xian, a Yangtze River Cruise, Chengdu, Chongqing, Lhasa, Tibet, & Hong Kong. Wondrous sights such as The Great Wall, Terra Cotta Warriors, the Panda Sanctuary, Chinese Opera, Tibet, & British Controlled Hong Kong.

Bear Canyon, Room 5
 Wednesday, June 29
 10:00 - 11:00 am
 Presenter: Ray Rachkowski

Of Special Interest History, Science, Technology & Cooking, cont. • Travel Presentations



Volunteer Today!

LEAD. INSPIRE. CHANGE THE WORLD... AGAIN.



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 the RSVP office at **767-5225**

www.cabq.gov/seniors

Friendship Socials

Join us as we gather to meet new people and make friends. We have great conversations with each other as we share refreshments.

Coffee Socials

- Armijo**
Monday - Friday, 9:00 - 10:00 am
- La Amistad**
Monday - Friday, 9:15 - 10:00 am
- Paradise Hills Community Center**
Monday - Friday, 9:00 - 11:30 am
- Raymond G. Sanchez Comm. Ctr.**
Monday - Friday, 9:00 - 11:00 am
- Rio Bravo**
Monday - Friday, 9:00 - 11:00 am
- South Valley Multipurpose Senior Center**
Monday - Friday, 9:00-11:30 am
- Taylor Ranch Community Center**
Monday - Friday, 9:30 - 11:00 am
- Tijeras Senior Center**
Monday - Friday, 8:30 am - 1:00 pm
- Whispering Pines**
Monday, 10:30 - 11:30 am



Birthday Celebration

Armijo
Last Wednesday, 12:00 - 1:00 pm
Sponsored by Amerigroup

Arts & Craft Classes

Arm Quilting/Computerized Embroidery

Join us at our site that is located in the East Mountain area.

Whispering Pines
Monday & Friday, 12:00 - 2:30 pm



Learn CPR. See PAGE 31

Quilters Group

Join our newly formed quilters group. Bring your quilting projects as we work together.

- Armijo**
Friday, 12:30 - 2:30pm
- Paradise Hills Community Center**
Tuesday, 10:00 am - 2:00 pm
- South Valley Multipurpose Sr. Ctr.**
Mon. - Thurs., 10:00 am - 4:00 pm
- Taylor Ranch Community Center**
Friday, 9:00 am - 11:00 pm
Free

Arts & Crafts

- Join us as we work on various projects.
- Paradise Hills Community Center**
Monday, 10:30 - 11:30 am
- Tijeras Senior Center**
Tuesday, 10:30 am - 1:00 pm

Ceramics

- Paradise Hills Community Center**
Tuesday & Thursday, 9:00am - 1:00pm
Cost: \$15 fee per month covers the class fee and materials. Limited to 15 students per class.
- Raymond G. Sanchez Community Center**
Thursday
9:00 - 11:30 am
No charge for the class.



South Valley Multipurpose Sr. Center
Tues. & Thurs., 9:00 am - 4:00 pm
No charge for the class. Purchase slip, tools and paints - Cost: \$10/month.

Knitting/Needlework

Taylor Ranch Community Center
Wednesday 1:00 - 3:30 pm Free

Knitting/Crocheting

Paradise Hills
Monday - Friday, 9:30 - 11:30 am

Scrapbooking

Paradise Hills Community Center
Wednesday, 10:30 - 11:30am
Bring 10 photos to class. You may want to pick a theme like a birthday party or a wedding, a vacation, grandchildren, etc.



Puzzles

Whispering Pines
Monday, Wednesday & Friday
9:00 - 11:00 am and 12:30 - 3:00 pm

Sewing

- La Amistad**
Monday - Friday, 9:00 am - 2:30 pm
- South Valley Multipurpose Senior Center**
Mon. - Thurs., 9:00 am - 4:00 pm
- Thomas Bell Community Center**
Call for day and time, 848-1333
- Whispering Pines**
Monday - Friday, 1:30 - 3:00 pm



Pottery

South Valley Multipurpose Senior Center
Wednesday & Friday, 9:00 - 11:30 am
There is no charge for this class. You must purchase your own clay, tools and paints.

Tin Smithing

South Valley Multipurpose Senior Center
Wednesday, 12:30 - 4:00 pm
There is no class fee. Please bring your own tools.

Wood Carving

South Valley Multipurpose Senior Center
Monday
8:30 - 11:30 am



Miscellaneous

Computer Lab

Paradise Hills Community Center
Monday - Friday, 9:00 am - 2:00 pm
E-mail & surf the web. No printing.

South Valley Multipurpose Center
Monday & Wednesday, 1:00 - 2:00 pm

Taylor Ranch Community Center
Monday - Friday, 9:00 am - 3:00 pm
(not available in June & July)

Bible Study

Paradise Hills Community Center
Wednesday, 12:00 - 1:30 pm

Line Dance

Tijeras Senior Center
Monday, 10:00 - 11:30 am



Inspirational Hour

South Valley Multipurpose Senior Center
Wednesday, 10:30 - 11:30 am
Sing gospel hymns and devotional hours.

Foreign Language

Conversational Spanish Group
Tijeras Senior Center

Thursday, 10:30 - 11:30am
Informal and free of charge.

Matinee Movie

Weekly movies, free popcorn

Armijo
Tues., 12:00 - 2:00 pm

Tijeras Senior Center
Thursday, 1:00 - 3:30 pm



Trips

Walmart Shopping

Armijo
1st Thurs., 1:00 - 2:30 pm

Paradise Hills
1st Fri., 12:30 - 2:30 pm

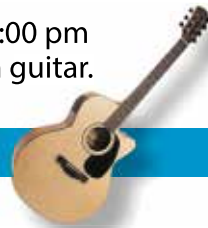


Go on a hunt for the best Green Chile Cheeseburger! See page 58

Music Classes

Guitar Beginning/Intermediate

Armijo
Mon. & Wed., 12:30 - 2:00 pm
Please bring your own guitar.
No class fee.



Classical Guitar

Tijeras Senior Center
Call for Information 286-4220

Intermediate Guitar

Tijeras Senior Center
Tuesday, 10:30 - 11:30 am

Karaoke

Armijo
Monday - Friday, Upon Request



Ukulele Hour

Tijeras Senior Center
Mon., 12:00 - 1:30 pm No class fee.
Must have own instrument.

Acoustic Jam/Beginners

Tijeras Senior Center
Tuesday, 12:00 - 1:30 pm
Join our informal jam session, any acoustic instrument welcome.

Music Sing and Sing-Along

Tijeras Senior Center
Thursday, 10:00 - 10:30 am



Live Music

Paradise Hills
Friday, 10:00 - 11:30 am
Music by our talented seniors.

Live Music & Dance

South Valley Multipurpose Senior Center
Tues., Thurs. & Fri., 9:30 - 11:30 am
Mon. & Wed., 10:30 - 11:30 am



Sports & Fitness

Pickleball

Raymond G. Sanchez Community Center
Tuesday, Wednesday, 1:00 - 3:00 pm

Paradise Hills Community Ctr. Gym
Monday - Friday, 10:15 am - 12:15 pm

Senior Basketball

Raymond G. Sanchez Community Center
Tuesday, 9:30 - 11:00 am

Taylor Ranch Community Center
Tues. & Thurs., 11:00 am - 1:00 pm
(not available in June)

Open Weight Room

Cesar Chavez Community Center
Monday, Wednesday, Friday
8:00 - 10:00am

Fitness Room

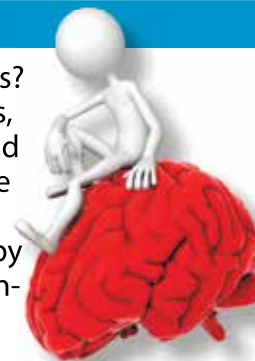
South Valley Multipurpose Senior Center
Monday - Friday, 8:00 am - 12:00 pm & 12:30 - 4:00 pm

Taylor Ranch Community Center
Monday - Friday, 8:00 am - 11:00 am

Tijeras Senior Center
Call for Information, 286-4220

Brain Fitness

What is Brain Fitness?
It is interactive tools, exercises, games and activities to improve cognitive function. The class is taught by a professional gerontologist Terri Tobey.



Sites to be Determined
(Call 764-6467)

Tomando Control de su Salud

This Free 6 week course will be conducted in Spanish and is designed for those who have or care for someone who has a chronic health condition. The class leaders have chronic health conditions themselves. We will assist you in setting goals and help you make a step-by-step plan to improve your health and your life. Please call 873-6647 or 764-6474 for more information and to pre-register.





Stretching Time

Raymond G. Sanchez
Monday - Friday, 11:00 - 11:30 am

Taylor Ranch Community Center
Monday & Friday, 9:00 - 10:00 am
Wed., 8:30 - 9:30 am Not avail. in June

Fitness Hour

Join us for an hour of exercise, utilizing a variety of fitness videos including cardio, yoga and Zumba.

Rio Bravo
Mon. & Wed., 10:30 - 11:30 am

Chair Exercise

Armijo
Monday - Friday, Upon Request

Paradise Hills Community Center
Mon, Wed, Fri, 10:00 - 10:30 am & 10:30 - 11:00 am
Darleen Santiago, Instructor

Yoga

Tijeras Senior Center
Wednesday, 10:45 - 11:30 am
No class fee. Students must supply own mat.

Whispering Pines
Monday, 10:30 - 11:30 am

ZUMBA

Paradise Hills Community Center
Tuesday, Thursday, 9:00 - 10:00 am
Cost: \$4/class or \$20/6-class card
Tiffany Dickerson, Instructor

South Valley Multipurpose Senior Center
Tuesday & Wednesday & Thursday,
Adv. 9:00 - 10:00 am
Beg. 10:00 - 11:00 am

Games and Cards

Bingo at the Satellite Senior Centers

We love bingo. Join our fun with this game of chance and be the lucky person that yells out BINGO!!

Alameda, Mon - Fri, 10:00 - 11:30 am
Armijo, Mon - Fri, 10:00 - 11:30 am
La Amistad, Mon, Thu, 1:00 - 2:30 pm
Paradise Hills, Tue., Thurs., 10:00 - 11:15 am

Rio Bravo, Mon., Tues. & Thurs., 10:00 - 11:30 am

South Valley Multipurpose Center, Monday - Wednesday, 9:15 - 10:15 am

Tijeras, 1st & 4th Friday, 12:00 - 1:30 pm

Whispering Pines
3rd Wednesday, 1:00 - 2:00 pm



Duplicate Bridge

Taylor Ranch Community Ctr.
Monday, Thursday & Friday, 1:00 - 4:30 pm
Tuesday, 12:30 - 4:00 pm

Party Bridge (Intermediate Level Preferred)

Taylor Ranch Community Ctr.
Tuesday, 1:00 - 3:00 pm

Dominoes (Mexican Train)

Paradise Hills
Monday - Friday, 9:00 - 11:30 am

Card Games

Raymond G. Sanchez Community Center
Monday - Friday, 9:00 - 10:00 am & 12:00 - 1:00 pm
Uno, Poker, Black Jack etc.

Air Hockey

Raymond G. Sanchez Community Center
Monday, 9:00 - 10:00 am

Billiards

Paradise Hills Community Center
Monday - Friday, 9:30 am - 12:30 pm

Rio Bravo
Friday, 10:00 am - 12:00 pm

South Valley Multipurpose Senior Center
Monday - Friday, 9:00 am - 4:00 pm



Tijeras Senior Ctr.
Monday - Friday, 9:30 am - 3:30 pm

Whispering Pines
Monday, Wednesday and Friday, 9:00 am - 12:00 pm & 1:00 - 2:00 pm

Horse Shoes

Whispering Pines
Friday, 1:00 - 3:00 pm

Wii Bowling

Armijo
Mon. - Fri. Upon Request
Tijeras Senior Center
Wednesday, 10:00 - 11:30 am



South Valley Multipurpose Senior Center
Tuesday & Thursday, 8:30 - 11:30 am

Wii Fitness

Pajarito
Tuesday & Thursday, 9:30 - 10:00 am

Wii Time

Armijo Senior
Monday - Friday, 9:30 - 11:00 am

Raymond G. Sanchez Community Center
Monday - Friday, 12:30 - 1:30 pm

Whispering Pines
Monday, Wednesday & Friday, 10:00 - 11:00 am

Board Games

Raymond G. Sanchez Community Center
Every other Tuesday 9:00 - 10:00 am

Rio Bravo
Friday, 10:00 - 11:00 am



Whispering Pines
Monday, Wednesday and Friday, 12:30 - 1:30 pm

T.O.P.S.

Tijeras Senior Center
Tuesday, 10:00 - 11:30 am





Los Volcanes Temporary Programs

The center will be closed starting January 2

Until we reopen, you can still enjoy some of your favorite programs listed below.

Poker

Monday - Friday @ North Valley
Can join in w/North Valley Poker

12:30 - 4:30 pm
Contact - Myrna Pohl
505.839.2120



Woodcarving

If you are interested in carving, cutting or working on other wood projects please join us.

Every Tuesday @ Barelas Santa Fe Room
Begins at 9:00 am
No Power All Hand Tools
Instructor: Raymond Upson



Bible Study

Every Tuesday @ Barelas Room 1 & 2
9:30 - 11:00 am



Tin Smithing

Join us and have some fun with your creative ideas to this open workshop where you will share and work with others on your own projects. You must bring your own supplies.

Every Tuesday @ Barelas Santa Fe Room
12:15 - 4:15 pm
Instructor: Maria Martinez



Euchre

Every Tuesday @ North Valley

Contact - Terry R. Smith
12:00 - 4:00 pm

Pottery

Learn the fundamentals of creating clay. This six month class will focus on basic projects such as coil pots, slab vessels and sculpture. All work will be fired in the studio. Materials and firing fees apply. See instructor during class time to sign waiting list.

Every Wednesday @ Barelas
12:00 - 3:00 pm



Sketching

Enlighten your imagination and explore the magic of sketching and caricatures. All levels.

Thursday @ North Valley Room 4
9:00 - 11:00 am
Instructor: Janet Dominguez & Jean Jenkins



Plastic Canvas

Plastic canvas is a foundation for needlepoint or other canvas work embroidery. Create 3-D objects such as tissue box covers, small jewelry boxes, handbags, and other decorative objects.

Every Thursday @ North Valley Room 3
1:00 - 3:00 pm
Instructor: Grace Colclessler

Senior Law Office One-on-One consultations

Provides general legal information. Divorces, wills, and criminal issues are not included.

Info: 265-2300.
4th Thursday @ Barelas
10:00 am - 12:00 pm



Hearing Aid Store (can be in lobby)

Will be cleaning hearing aides, minor repairs, etc.

2nd Friday @ Barelas
9:30 - 11:00 am
Contact - Sylvia Chandler
505-299-7777



Salsa Aerobics

Every Monday @ Los Volcanes Fitness Center
5:30 - 6:30 pm
Instructor: Elena Valencia

Every Saturday @ Los Volcanes Fitness Center
9:45 - 10:45 am
Instructor: Elena Valencia



SPORTS COMPETITIONS

Pick up a 50+ Sports & Fitness Catalog for registration forms and details about any of these competitions.



Call
880-2800

Most activities are free with membership unless otherwise noted.

The 2016 "Compete and Meet" Games

Join us for our winter *Pickleball, Tournaments, Talent Show & Bench Press* competition or our other workshop in *Air Gun*.

Call Palo Duro 50+ Sports and Fitness for more information



ALBUQUERQUE 50+ GAMES



50+ Games are the local qualifying events for the New Mexico State Senior Olympics which will be held January - April 2016.

Events at a Glance

Competitions - bowling, basketball 3 point & free throw competition, eight ball pool, dance, shuffleboard, swimming, table tennis, air gun, huachas, road race, pickleball, racquetball, race walk, badminton, archery, cycling, golf, tennis, horseshoes, track & field.

Winter Sports

- Cross-Country Skiing
- Downhill Skiing
- Snowboarding
- Snowshoeing



Manage Your Chronic Disease (MyCD) Program Workshop

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

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

Pre-registration required: 880-2800

2016 Schedule

PALO DURO SENIOR CENTER

(located at 5221 Palo Duro NE):

Thursdays from 1:00 - 3:30 p.m. on:

January 14 through February 18, 2016

This will be a general Chronic Disease Self-Management Program (CDSMP) workshop;

March 10 through April 14, 2016

This will be a Diabetes Self-Management Program (DSMP) workshop;

May 5 through June 9, 2016

This will be a general Chronic Disease Self-Management Program (CDSMP) workshop;

July 7 through August 11, 2016

This will be a Diabetes Self-Management Program (DSMP) workshop;

September 1 through October 6, 2016

This will be a general Chronic Disease Self-Management Program (CDSMP) workshop;

October 13 through November 17, 2016

This will be a Diabetes Self-Management Program (DSMP) workshop.

To enroll, please call 880 - 2800.

NORTH DOMINGO BACA MULTIGENERATIONAL CENTER

(located at 7521 Carmel NE):

Wednesdays from 1:30 - 4:00 p.m. on:

January 13 through February 17, 2016

This will be a Diabetes Self-Management Program (DSMP) workshop;

More Manage Your Chronic Disease (MyCD) Workshops to come in 2016.

March 9 through April 13, 2016

This will be a general Chronic Disease Self-Management Program (CDSMP) workshop;

May 4 through June 8, 2016

This will be a Diabetes Self-Management Program (DSMP) workshop;

July 6 through August 10, 2016

This will be a general Chronic Disease Self-Management Program (CDSMP) workshop;

August 10 through September 14, 2016

This will be a Diabetes Self-Management Program (DSMP) workshop;

October 5 through November 9, 2016

This will be a general Chronic Disease Self-Management Program (CDSMP) workshop.

To enroll, please call 880 - 2800.

NEW HEART CENTER FOR WELLNESS, FITNESS & CARDIAC REHABILITATION

(located at 601 Lomas Blvd NE)

Tuesdays from 1:30 - 4:00 p.m. on:

March 1 through April 5, 2016

This will be a general Chronic Disease Self-Management Program (CDSMP) workshop;

May 3 through June 7, 2016

This will be a Diabetes Self-Management Program (CDSMP) workshop;



September 13 through October 18, 2016

This will be a Diabetes Self-Management Program (DSMP) workshop;

November 1 through December 6, 2016

This type of workshop is yet to be determined. To enroll, please call 880-2800

Thursdays from 5:00 p.m. - 7:30 p.m. on:

January 14 through February 18, 2016

This will be a general Chronic Disease Self-Management Program (CDSMP) workshop;

March 17 through April 21, 2016

This will be a Diabetes Self-Management Program (DSMP) workshop;

May 12 through June 16, 2016

This will be a general Chronic Disease Self-Management Program (CDSMP) workshop;

July 14 through August 18, 2016

This will be a Diabetes Self-Management Program (DSMP) workshop;

September 8 through October 13, 2016

This will be a general Chronic Disease Self-Management Program (CDSMP) workshop.

To enroll, please call 880 - 2800.

The Cancer Center at Presbyterian

8300 Constitution Ave. NE, Building D

Tuesdays from 1:30 - 4:00 p.m. on:

April 19 through May 24, 2016

This will be a Cancer: Thriving and Surviving (CTS) workshop

October 18 through November 22, 2016

This will be a Cancer: Thriving and Surviving (CTS) workshop.

To enroll, please call 880 - 2800.



Air Gun Practices

For beginners or those wanting to hone their skills for competition.

Eldorado High School, Rifle Range

(by reservation) Major Jim Korber, Senior Instructor, Eldorado High School JR ROTC at 296-4871

Badminton Practice & Play

Badminton is beneficial to your physical and mental well being, while challenging your mind, reflexes and stamina.

Manzano Mesa, Gym
Monday, 1:30 - 4:00 pm
Tuesday, 6:00 - 8:30 pm

Thursday, 7:00 - 8:50 pm
Friday, 1:00 - 4:00 pm

Wells Park
Tuesday and Thursday
1:30 - 3:30 pm



Drop-In Basketball

Open/Drop-In Basketball is offered daily (Mon-Fri) at the times listed below. Teams form as participants show up and sign in. Schedules are subject to change.



Manzano Mesa,
Gym (E/W courts)
Mon, Tue, Thurs, Fri 11:00 am - 1:00 pm
Wed 11:00 am - 12:30 pm
Mon & Fri Evening 7:00 - 8:50 pm

Senior Men's Basketball

This group gathers to play some friendly, but competitive basketball, where teams are picked prior to the games.

Manzano Mesa, Gym, East Court
Monday, 11:45 am - 1:00 pm
Wednesday, 11:45 am - 12:30 pm
Tues, Thurs, Fri, 11:00 am - 1:00 pm



Fencing

Fencing is an elegant sport with a rich history. Known as "physical chess," it helps maintain balance, posture and coordination in addition to cognitive focus and critical thinking skills. Whether fencing with your grandkids or your friends, it is a wonderful sport for seniors, even those with moderate disabilities like arthritis or joint replacements.

Duke City Fencing welcomes visitors Monday - Friday between 5 - 8 pm. Contact Toby Tolley @ 505-872-0048 or info@dukecityfencing.net for information.

50+ Sports & Fitness Program Fitness Hiking

Hikes vary from easy/moderate A/B hikes to the more challenging C/D level hikes. Bring your own lunch, snacks and drinks. 5¢ per mile, space is limited, prepayment is required. The website: www.ASCHG.org hosts an incredible database of 300 hikes in NM and a schedule of all senior center hikes.

Palo Duro 50+ Sports & Fitness Center
Apr - Oct, Mon, 7:15 am - 5:00 pm
Vivian Heyward, Cindy McConnell

Los Volcanes 50+ Sports & Fitness Center
Apr - Oct: Every other Wednesday,
7:00 am - 5:00 pm

N. Domingo Baca, Fitness Center
Apr - Oct, Every other Wednesday,
8:00 am - 5:00 pm
Cindy McConnell

Wednesday "B" Level" Hikes

N. Domingo Baca
Joe O. Armijo Los Volcanes 50+ Sports & Fitness Center
8:00 am - 5:00 pm
Hike Coordinators:
Cindy McConnell & Dick Brown

Center Hiking & Treks

Enjoy these intermediate level hiking trips and less demanding treks year round. Schedules are available at front desk of host centers or online at www.aschg.org 5¢/mile.

Highland
Every other Tuesday, 8:00 am
Pat Newman

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

N. Domingo Baca
Every other Friday, 8:00 am
Dick Brown

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

Palo Duro
Every other
Tuesday, 8:00 am
Marilyn Warrant
Saturday, 9:00 am
Sue Palletier



Huachas

Open Huachas

A physical game of skill that is very similar to horseshoes. The difference is that large metal washers are pitched at a 3-inch hole cut into a 24 x 24 inch platform.

Bear Canyon, Park
Friday, 10:00 - 11:00 am
(weather permitting)



Pickleball

Check out abqpickleball.com for updated and additional play locations

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

Los Volcanes
Mon, Wed, 9:30 - 11:00 am
Monday, Wednesday 1:30 - 3:30 pm

Barelas
Monday, 1:30 - 3:30 pm

Pickleball Training

Tuesday, Thursday, 9:15 - 11:00 am
Saturday, 12:30 - 2:50 pm



Shuffleboard

Silver Shufflers

When was the last time you had a good, competitive game of shuffleboard? Come join this group for an afternoon of fun and excitement.

Manzano Mesa
Tuesday, 1:00 - 4:00 pm
\$1 donation, Scott Heron 299-7768 & Millie Martinez 797-0841



Softball

Practices begin in February with league play held on Tuesday and Thursday mornings from April to September.

Bear Canyon
65+ League, Bill Dubuque, 293-9530

50+ Men's Softball

Practices begin in February with league play held on Tuesday and Thursday mornings from April to September. Meeting held every 2nd Friday.

Highland, Room 3
9:30 - 11:00 am
John Denery 573-1094

Table Tennis

Practice and Play

Since its inception in 1880s England, as an after-dinner amusement for upper class Victorians, this sport has grown into an international favorite.

Barelas, Social Hall
Upon request

Bear Canyon, Social Hall
(subject to change)
Monday, 1:30 - 3:30 pm
Thursday, 9:30 - 11:00 am
Friday, 2:30 - 4:45 pm
Saturday, 9:00 - 11:00 am, 1:00 - 2:45 pm

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

N. Domingo Baca, Game Room
Monday - Friday, 8:00 am - 9:00 pm
Saturday, 9:00 am - 3:00 pm

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

Palo Duro, Mesquite
1st Saturday, 9:30 - 10:30 am
2nd, 3rd & 4th Sat, 9:30 - 11:30 am

Volleyball: Indoor "Beachball"

Volleyball Pick-up Games

Drop-in volleyball matches.

Manzano Mesa, Gym
Monday, Friday, 5:00 - 7:00 pm

Dance Classes

Ballroom Dance

Ballroom/Latin/Swing Dance: Intermediate

Continuation from the beginning class, with intermediate step patterns.

Manzano Mesa

Saturday:
10:00 - 11:00 am Beginner
11:00 am - 12:00 pm Intermediate
Instructor: Barbara Weiss, info 506-0049

Wise Women Belly Dance

Get in touch with your inner beauty while getting a good workout. This gentle approach to this ancient art form can be enjoyed by women of all ages, abilities, sizes and shapes.

Manzano Mesa, Social Hall
Thursday, 5:45 - 7:00 pm
Instructor: Amaya



Dance and Movement for Parkinson's

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

North Valley, South Social Hall
1st & 3rd Thursday, 2:00 - 3:00 pm
Free to members with Parkinson's, Joanie Carlisle

Line Dancing

Love to dance but don't have a partner?

Barelas, Lead/Coal

Thursday
1:30 - 3:00 pm
Instructor: Gayle Mecca, Cost: \$1

Bear Canyon, Social Hall

Advance, Thu, 1:30 - 3:00 pm
Instructor: Doug Madison
Beginning, Thu, 3:15 - 4:30 pm
Instructor: Clarada Hull
Intermediate I, Tue, 3:00 - 4:30 pm
Instructor: Clarida Hull
Intermediate II, Tue, 1:30 - 3:00 pm
Instructor: Clarida Hull

Highland, Social Hall

Intermediate, Tuesday, 1:30 - 3:00 pm
Instructor: Wylene Santistevan

Los Volcanes, Social Hall

Beginning, Thu., 9:00 - 10:00 am
Intermediate, Thu., 10:10 - 11:10 am
Instructor: Jeanne Hendrix

Manzano Mesa, Social Hall

Starter, Wed. 12:15 - 1:15 pm
Instructor: Dianne Sego
Beginning, Wed., 1:30 - 3:00 pm
Intermediate, Wed., 3:00 - 4:30 pm
Instructor: Georgette Smith
Intermediate II, Fri., 1:30 - 3:00 pm
Instructor: Wylene Santistevan
Intermediate III, Tues., 1:30 - 3:00 pm
Instructor: Clorinda Ricci

N. Domingo Baca, Social Hall

Beginning, Thu., 1:30 - 2:30 pm
Instructor: Mary Garcia
Intermediate, Tue., 5:45 - 7:30 pm
Instructor: Georgette Smith

North Valley, South Social Hall
Beginning, Mon, 1:00 - 2:00 pm
Clarida Hall

Palo Duro, Mesquite

Advanced, Mon, 1:30 - 3:00 pm
Saturday (not first Sat.),
10:30 am - 12:00 noon
Beginning, Monday, 3:15 - 4:30 pm
Saturday, 9:00 - 10:30 am, K. Tidy

Square Dancing

Enjoy the timeless tradition of Square Dancing.

Palo Duro, Mesquite

Wednesday, 1:00 - 3:00 pm
Instructor: Carol Champion



Fitness/Exercise

Adapted Aquatics

Taught at the University of NM Therapeutic Pool (92 degree water), participants are led through a series of range of motion exercises. Pre-registration required through the Sports & Fitness Centers. (The Multigenerational Centers will NOT be transporting clients. Ask the Senior Centers for the times that vans will depart for Session 1 & 2)

Session 1: Mon, Wed, Fri,
9:00 - 10:00 am

Cost: \$12/month. (3 classes/wk)
donation, Cost: 50¢ for transportation
(Provided from all 6 Senior Centers)

Session 2: Mon, Fri, 1:15 - 2:15 pm
Cost: \$8/month (2 classes/wk.)

donation, Cost: 50¢ transportation
(Provided from all 6 Senior Centers and Vista Grande)

Session 3: Tue, Thu, 9:00 - 10:00 am
\$8/month (2 classes/wk.) donation,

Cost: 50¢ transportation
(Provided from Palo Duro 50+ Sports & Fitness Center)

Join us for a Pie Social
See Page 21



Table Tennis · Volleyball
Dance Classes · Fitness/Exercise

Sports & Fitness

T.N.T. Dynamite New Class!

Come Trim 'n Tone your body with Andriana a seasoned professional with over 16 years' experience. This class is designed to fit your own individual needs and abilities. Work at your own pace towards improving strength, stamina and muscle tone.

Bear Canyon, Social Hall
Monday, Wednesday, Friday
9:30 - 10:30 am
Cost: \$1.50 per class

Joe O. Armijo Los Volcanes Fitness Center Aerobics Room
Monday, Wednesday, Friday
11:45 am - 12:45 pm
Cost: \$1.50 per class

Aerobics

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

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

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

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

North Domingo Baca Aerobics Room Upstairs
Mon., Wed., Fri. 8:15 - 9:15 am

Palo Duro, Mesquite Room
Mon, Wed, Fri, 8:15 - 9:15 am

Body Fat vs. Muscle

The goal for optimal health is reducing body fat while increasing muscle. Visit us for a free assessment.

Los Volcanes Joe O. Armijo 50+ Sports & Fitness Center
3rd Tuesday, 8:00 am - 6:00 pm

N. Domingo Baca, 18+ Sports & Fitness Center
4th Wednesday, 8:30 am - 1:30 pm,
2:00 - 7:00 pm

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



Dance Aerobics

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

Joe O. Armijo Los Volcanes 50+ Sports & Fitness Center, Aerobic Room
Tues., Thurs. 5:30 - 6:30 pm
Wed., 10:30 - 11:30 am
Instructor: Julie Stoffler

Feldenkrais Method, Awareness Through Movement

Often referred to simply as "Feldenkrais", is a somatic educational system designed by Moshe Feldenkrais. Feldenkrais aims to reduce pain or limitations in movement, to improve physical function, and to promote general well being by increasing students awareness of themselves and by expanding students movement repertoire.

North Domingo Baca
Thursday, 9:30 - 10:30 am &
6:00 - 7:00 pm
Instructor: Steve Mulvihill

Fitball

Target core muscles with stabilizing and balance exercises. Increase strength, sculpt, and tone.

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



Flex & Tone

Elongate and strengthen your muscles, increase flexibility, improve posture and develop a strong core.

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

Joe O. Armijo Los Volcanes 50+ Sports & Fitness Center Aerobics Room
Tuesday, Thursday, 8:00 - 9:00 am

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

North Domingo Baca, Aerobic Room
Tuesday, Thursday 9:15 - 10:15 am

Palo Duro, Mesquite Room
Tuesday, Thursday, 8:00 - 9:00 am



Gentle Exercise

Done mostly in a chair we use weights, balls and bands to focus on strength building with resistance.

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

Highland, Social Hall
Mon., Wed., Friday 10:00 - 11:00 am

Joe O. Armijo Los Volcanes 50+ Sports & Fitness Center, Aerobic Room
Mon., Wed., Fri. 9:15 - 10:15 am,

Manzano Mesa, Gym
Mon., Wed., Friday 9:30 - 10:30 am

Palo Duro, Mesquite Room
Mon., Wed., Friday 9:30 - 10:30 am



Get Moving Aerobics

Join this group fitness cardio class, which incorporates high and low impact choices in an effective workout to burn more fat, use calories, and meet your fitness goals.

Manzano Mesa, Social Hall
Mon, Wed, 5:00 - 6:00 pm
Cost: \$2.50 or \$20/month
Instructor: Ann Owens

Pilates

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

Palo Duro, Mesquite
Wednesday, 5:30 - 6:30 pm
Cost: \$3, Instructor: Karen Shore

Palo Duro 50+ Fitness Center
Pilates Reformer Machine Training
Call 880-2800 for class schedule

Pilates

Increase your core strength, balance and flexibility while having fun. Students of all levels can safely participate in these invigorating 50 minute classes. We will develop strength, focus on balance and improve our overall sense of well-being.

Barelas, Lead & Coal
Tuesday, 8:30 - 9:30 am
Cost: \$2 suggested donation
Richard Sertich

North Valley, Fitness
Thursday, 8:30 - 9:30 am
Cost: \$2 suggested donation
Instructor: Richard Sertich

Salsarobics

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

Los Volcanes, Social Hall
Thursday, 5:30 - 6:30 pm
Saturday, 9:00 - 10:00 am
Cost: \$3, Instructor: Elena Valencia

Jazzercise

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

N. Domingo Baca, Social Hall
Tuesday, Wednesday, Thursday
4:30 - 5:30 pm



Zumba

Zumba fuses Latin rhythms and easy-to-follow moves to create a fitness program that will blow you away.

Manzano Mesa, East Gym
Saturday, 11:15 am - 12:15 pm
Thursday, 6:00 - 7:00 pm
Cost: \$3, Instructor: Jenny

North Domingo Baca
Monday - Friday
9:10 - 10:10 am

North Valley, South Social Hall
Tuesday, 5:30 - 6:30 pm
Cost: \$3, Instructor: Mary Martinez

Zumba Gold

This class is designed for the active older adult. It fuses Latin rhythms and easy-to-follow moves to create a fitness program that will blow you away.

Bear Canyon, Social Hall
Monday, Wednesday, Friday
Cost: \$2 per class, 8:15 - 9:15 am
Instructor: Julie M. Salazar

Joe O. Armijo Los Volcanes 50+ Sports & Fitness Center, Aerobic Room
Tuesday, Thursday 9:30 - 10:30 am
Cost: \$2, Instructor: Dee Williams

Manzano Mesa, Gym
Monday, Wednesday, 10:45 - 11:45 am
Cost: \$2, Instructor: Dee Williams

Zumba Gold Toning

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

Manzano Mesa
Friday, 8:00 - 9:00 am
Cost: \$2, Instructor: Dee Williams

Weight Training

Weight Training Orientations

Get more energy and increase muscle tone and bone density! Sleep and feel better! Attend a free orientation and learn the fundamentals of weight training.



Joe O. Armijo Los Volcanes 50+ Sports & Fitness Center
Appointment: 767-5990

Manzano Mesa, Fitness Room
Appointment: 275-8731

N. Domingo Baca, Fitness Room
Appointment: 764-6496

Palo Duro 50+ Sports & Fitness Center
Appointment: 880-2800

Fitness Facilities

Our fitness facilities are equipped with strength training and cardio equipment. A \$13/year membership entitles you to full privileges. There is a contribution of 50¢/visit. Free equipment orientations are available by appointment.

Barelas, Pacific Room
764-6436, 714 7th Street, SW

Highland Fitness Room
767-5210, 131 Monroe NE

Joe O. Armijo Los Volcanes 50+ Sports & Fitness Center
767-5990, 6500 Los Volcanes, NW

Manzano Mesa, Fitness Room 18+ Sports & Fitness Center
275-8731, 501 Elizabeth, SE

N. Domingo Baca 18+ Sports & Fitness Center
764-6496, 7521 Carmel, NE

North Valley
761-4025, 3825 Fourth Street, NW

Palo Duro 50+ Sports & Fitness Center
880-2800, 3351 Monroe, NE

Basics with Free Weights

For novice weight trainers. Learn safe free weight lifting techniques to be used with or without workout machines to provide variety in reaching fitness goals.

Joe O. Armijo Los Volcanes 50+ Sports & Fitness Center
Call 767-5990 for schedule

North Domingo Baca Fitness Center
Call 505-764-6496 for schedule



Self Defense

All-Star Youth Karate

For ages 4–15, martial art techniques, emphasizing self-defense and child safety awareness is covered.

Manzano Mesa,
East Social Hall
Wednesday, 6:00 - 9:00 pm
Instructor: Mistie Gallegos,
register: 899-1666



Aikido (Tachi Waza & Weapons)

North Domingo Baca
Saturday, 9:00-11:45 am

Kendo Kai

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

Manzano Mesa,
East Social Hall
Friday, 6:00 - 8:00 pm
Instructor: Davis Begay,
register: 899-1666

North Domingo Baca,
Wednesday, 7:00 - 8:45 pm
Cost: \$20 adults, \$10 youth
Instructor: Davis Begay

Iron Olympian Karate

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

Manzano Mesa, Room 3
Tuesday, Wednesday,
6:00 - 8:00 pm
Instructor: Chris Nowak



Kempo Karate

**Personal Defense Club,
Close Quarter Combat**

A place to learn, teach and practice personal fighting skills - not associated with any traditional Asian art or sport.

Manzano Mesa, Room 4
Monday, 7:00 - 9:00 pm
Cost: \$10/month
Instructor: Dr. Sean Ross



Eastern Traditions

Tai Chi

Slow, gentle movement to build health & balance, reduce stress and heal from injuries. Presented in a brief way to balance the whole self: physically emotionally and spiritually.

Los Volcanes, Room #2
Wed., 1st, 2nd, 3rd,
12:00 - 1:00 pm
Cost: \$3 donation
Instructor: Kay

Yang Style Tai Chi

North Domingo Baca
Friday
11:30 am - 12:30 pm



T'ai Chi Chih

Easy, gentle movements that balance the internal energy (Chi). It is often called a “moving Meditation” and the benefits of this practice can include improved balance, flexibility, stamina, and regulation of stress, blood pressure and weight.

Palo Duro, Ponderosa Room
Beginning Tai Chi Chih 3:15 - 4:15 pm
Continuing Tai Chi Chih 4:30 - 5:30 pm
July 8 - September 2
September 23 - November 18
December 2 - 16
(continuing level only)
Cost: \$60/8 weeks
payable at first class
Instructor: Ellen Tatge



Join us to learn
a new language!
See Page 20

T'ai Chi Chih (PRACTICE)

Bear Canyon, Room 1
Wednesday, 11:30 am - 1:00 pm
Instructor: Mary Moriarty

Bear Canyon, Room 1
Wednesday, 3:30 - 4:30 pm
Instructor: Helen

Yang Style Tai Chi

North Domingo Baca
Friday, 11:30 am - 12:30 pm
Cost: \$5/donation
Instructor: Sifu TyBeh

T'ai Chi Ch'uan

Beautiful, gentle, flowing movements improve balance, lower high blood pressure, increase bone density and cultivate Chi, or internal energy. T'ai Chi reduces stress and arthritis pain, significantly improves brain size in seniors, and may delay the onset of Alzheimer's disease. Cultivate your Chi for a long and happy life!

Barelas, Lead/Coal
Wednesday 9:30 - 10:30 am
Instructor: Sihing Ilene Dunn
Suggested donation \$5

Highland, Social Hall
Intermediate
Thursday 2:00 – 3:00 pm
Instructor: Master Dug Corpolongo
Suggested donation \$5

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

Los Volcanes, Room 2
Tuesday 3:00 - 4:00 pm
Instructor: Sifu Ty Beh
Suggested donation \$5

Manzano Mesa, Room East Social Hall
Tuesday 9:30 - 10:30 am
Instructor: Ilene Dunn
Suggested donation \$5

North Valley, Room 1 and 2
First Friday, 9:30 - 10:30 am
Instructor: Sifu Ty Beh
Suggested donation \$5

Palo Duro, Ponderosa Room
Friday 9:30 - 10:30 am
Instructor: Sifu Ty Beh
Suggested donation \$5
(Not meeting 1st Friday)

Nia Technique

The Nia Technique draws inspiration from the dance arts, martial arts and healing arts for a cardiovascular, aerobic, fun and challenging workout. Dancing is done in bare feet.

Highland, Room 8
Thursday, 11:15 am - 12:15 pm
Check with instructor for cost
Instructor: Michele Diel



Palo Duro, Aspen
Wednesday, 3:15 - 4:15 pm
Cost: \$6 or \$30/5classes/First Class Free
Instructor: Michele Diel

Meditation Circle

North Domingo
Friday, 12:00 - 1:00 pm
Instructor: Lynn Alexander
Cost: Free

TVE Teen & Adult Animal Kung Fu

Learn animal Qi-Gong Kung Fu that engages all of your body, increasing your speed, strength, flexibility & endurance. Health oriented modifiable program created to help and improve all ages and abilities.

Manzano Mesa, E. Social Hall
Tuesday, 6:30 - 8:00 pm
Cost: \$8 per class or \$25 monthly
Instructor: Dimitri Carranza

TVE Wellness Program (Qi Gong)

This is a low-impact, easy entry exercise program for healing and prevention. Enjoy learning beautiful fluid motions that get every part of your body moving, from your fingers to your toes while gaining the benefits of increased energy, lower stress, and greater mobility, balance, and flexibility. TVE Wellness is the alternative exercise program that suits your needs no matter the age or capability.

Bear Canyon, Multi-Purpose
Thursday 10:00 am- 11:00 am

Manzano Mesa, E. Social Hall
Thursday, 8:30am-9:30am
Cost: \$2 senior \$5 adult
Instructor: Demitri Carranza

North Valley, Fitness Center
Wednesday, 9:00 - 10:00 am
Cost: \$2
Instructor: Demitri Carranza

TVE Qi-Gong Wellness

This is a low-impact, easy entry exercise program for healing and prevention. Enjoy learning beautiful fluid motions that loosen and strengthen every part of your body from your fingers to your toes while gaining the benefits of increased energy, lower stress, and greater mobility, balance, and flexibility. TVE = Tran Vitality Essentials

Palo Duro, Mesquite Wed., 3:15-4:15pm Cost: \$2, Instructor: D. Carranza



Yoga

Yoga, Chair

Focus on alignment, breath, relaxation and core awareness by increasing strength, flexibility, mobility and building bone density.

Bear Canyon, Room 1
Monday, 2:30 - 3:30 pm
Instructor: Tiana Kaula

Los Volcanes, Room 10
Friday, 11:00 am - 12:00 pm
Donation, Instructor: Lori Armi

Gentle Yoga

Whether you are a beginner or have been doing yoga for a while, this slow-paced class will leave you feeling both relaxed and rejuvenated. Linking breath with movement, we gently stretch all areas of the body and release stress and tension from joints and muscles.

Palo Duro, Aspen
Wednesday, 9:00 - 10:00am
Free, Instructor: Karin

Basics/Beginning Yoga

Class focus is on precise alignment while building a pose, finding the ease in your pose as you build strength and flexibility.

Manzano Mesa, East Social Hall
Monday, 6:15 - 7:15 pm
Cost: \$7/class
Instructor: Ann Owens

Beginning Yoga

Bring balance, strength, & flexibility to the mind, body and emotions through yoga. Great for both beginners and the experienced student.

Joe O. Armijo Los Volcanes
50+ Sports & Fitness Center,
Aerobic Room
Thursday, 2:30 - 3:30
Saturday, 8:15 - 9:30 am
Cost: \$3/class, Instructor: CeCe

Yoga

Improve posture and core strength, as well as reduce lower back pain and increase muscle flexibility.

Barelas
Monday, Thursday, 9:15 - 10:30 am

Bear Canyon, Multi-Purpose
Friday, 1:30 - 2:15 pm
Donation, Instructor: Tiana

Highland, Room 8
Wednesday, 1:15 - 2:45 pm
Instructor: Mindy Caplan

Manzano Mesa, East Social Hall
Monday, 6:15 - 7:15 pm
Cost: \$25/month, Instructor: Ann Owen

N. Domingo Baca, Classroom 4
Monday, 9:00-10:00 am
Friday, 1:00 - 2:00 pm, Classroom 4
Instructor: Lynn Alexander

N. Domingo Baca, Aerobic Room
(Upstairs)
Tuesday, Thursday, 6:00 - 7:00 pm
Cost: \$5/class, Instructor: Anita Crouse

Palo Duro, Ponderosa
Monday, 9:00 - 10:00 am

Palo Duro, Mesquite
Wednesday, 5:15 - 6:15 pm
Cost: \$3, Instructor: L. Leyba

Take a dance class!
See pages 18 & 51

Yoga, con't.



Yoga

These classes combine core management methods with mind/body/breath discipline to reduce physical and mental stress and lengthen muscles. Yoga will improve posture and core strength, as well as reduce lower back pain and increase muscle flexibility.

Bear Canyon, Multi-Purpose
Friday 10:30 - 11:30 am
Instructor: Tiana Kaula

Bear Canyon, Room 2
Thursday
5:45 pm- 6:45 pm
Instructor: Tiana Kaula

Yoga, Hatha

Gentle yoga with an emphasis on stretching and breathing.

Manzano Mesa, Room 5
Wednesday, 9:00 - 10:00 am
Instructor: Dee Cappelle

Hatha Yoga Plus
(plus core body-work)

Manzano Mesa, Room 5
Wednesday, 9:00 - 10:00 am
Instructor: Dee Cappell

Manzano Mesa, Room 5
Friday, 9:00 - 10:00 am
Instructor: Janet Porter

North Valley, Room 1 & 2
Tuesday, Thursday, 3:00 - 4:00 pm
Cost: \$3, Instructor: David Plummer

Yoga-Kundalini

This yoga class omits the typical Asana (postures) and focuses on breathing, chanting, visualization and long periods of vipassana meditation for the experienced meditator.

Manzano Mesa, Room 4
Wednesday, 10:10 - 11:10 am
Instructor: Sueshila Stubbe

Laughter Yoga

This class combines unconditional laughter with yogic breathing (pranayama). Laughter is simulated as an exercise in a group with eye contact and childlike playfulness - soon turning into real and contagious laughter.

Manzano Mesa, Room 3
Saturdays
9:00 - 10:00 am
Instructor: Kathleen Chambers

Yoga, Dahn

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

N. Domingo Baca,
Aerobic Room (Upstairs)
Saturday, 10:30 - 11:45 am
Cost: \$5/class
Instructor: Lynn Alexander



North Valley, Social Hall South
Tuesday, Thursday, 3:00 - 4:00 pm
Cost: \$3
Instructor: David Plummer

Other Classes

Chair Massage

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

Chair Massage Therapy

Choice of seated massage in a regular chair, wheelchair, or a massage chair.

North Valley, Lobby
1st & 3rd Wednesday
9:00 am - 12:00 pm

Donation
Ellen Santistevan, LMT 6535, APP

Reflexology Massage Therapy

Reflexology is a hands on modality that relaxes and restores the body by working the hands and/or feet. Come treat your feet or hands.

North Valley, Lobby
4th Wednesday and 2nd Friday
9:30 - 11:00 am
Cost: \$10 for 15 minutes
Catherine Barba, LMT6823

Dancing with the Bars

It's not what you may think...Dancing with the Bars is a movement exercise form of dancing— to the bars of music. It's a fun way to achieve a fit, toned body, and serene mind. It is user friendly, playful, and easy.

Bear Canyon, Social Hall
Thursday
8:15 am - 9:15 am

EnhanceFitness

Improve balance, flexibility; bone density, coordination, endurance and strength. This is an evidence-based senior fitness class. Pre-registration along with fitness assessment required prior to attending.

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

North Valley, South Social Hall
Monday, Wednesday, Friday,
8:45 - 9:45 am
Instructor: Terry Toby

North Domingo Baca
Monday, Wednesday & Friday
8:05 - 9:05 am
10:15-11:15am

REIKI

If you suffer from physical pain, sleeplessness, emotional pain, Reiki energy may help you. Linda does 15 minute session for walk-in and donation basis.

Highland, Room 8
Every 1st Friday 9:30 am - 12:00 pm

Balance & Movement for Parkinson's

This class is designed for most all levels and focuses on balance and movement while either seated or standing. Slow movements, strength, hand-eye coordination and memory are also incorporated in a fun atmosphere. Caregivers are encouraged to attend and participate too!

Highland, Room 8
Monday 3:00 - 3:45 pm
Cost: \$5 per class
Instructor: Mindy Caplan



Take those dancing shoes out of the closet and join us for a fun time dancing to your favorite tunes!

LIVE MUSIC!!

Call your center for dates and times.



Come join your friends, make new friends in a friendly game of Poker, Chess, MahJongg, Bridge, Pinochle, Scrabble or even Bingo

Stop Senior Hunger

Donate Senior-friendly food at:

- Senior Centers
- Multigenerational Centers
- Sports & Fitness Centers

CITY OF ALBUQUERQUE BERNALILLO COUNTY
DEPARTMENT OF SENIOR AFFAIRS

Trips

Trip Policies

- To register for trips, present your membership card or give your card information with your payment.
- Make checks payable to the City of Albuquerque
- Cancel at least 3 days in advance.
- For overnight, day trips, or performances that require an advanced payment, a refund will be provided if a replacement is found.

- Meals are at your expense.
- Remain with group for the entire trip.
- Return times are approximate.
- We require a two-week notice for special accommodations.
- Mileage charges for van use are 5¢ per mile per person and may include driver costs.
- Refunds: Original receipts should be presented to receive approved refunds. No refunds on trips costing \$1.00 or less.

The City of Albuquerque Department of Senior Affairs, Center Policies and Procedures, Section 3.4-N, stipulates that anyone who goes on a Center-sponsored outing must "sign the Trip

Release Form before leaving the Center". If an individual chooses not to sign the form, he or she will forfeit the opportunity to go on the outing and a refund will not be given.

DATES to sign up for trips:

Tuesday, January 5

For January - March: trips registrations/presentations will be available for sign up

Tuesday, March 8

For April - June: trips registrations/presentations will be available for sign up



Trip to Los Golondrinas

Monthly Trips · Lunch Bunch
Out-To-Dinner

Trips

Monthly Trips

Ride & Glide w/Ron

Enjoy fun-filled trips to mystery destinations. Ron will see to it that you have a wonderful time just exploring the natural beauty of our state. Enjoy a delicious lunch at a local restaurant.

Bear Canyon

- Wednesday, January 6
- Tuesday, February 23
- Tuesday, March 15
- Thursday, April 7
- Wednesday, May 4
- Tuesday, June 28

Check in 8:00 am Return 5:00 pm approximately

Cost: \$6.50 transportation, 5¢ per mile if trip exceeds 100 miles

Lunch Bunch

Visit a variety of restaurants in and around town and enjoy a wonderful meal with old and new friends.

Bear Canyon

- 4th Thursday
- Check in: 10:45 am • Return 2:00 pm
- Cost: 50¢ transportation

Out-To-Dinner

Experience the ambiance and fare at a variety of area restaurants while enjoying the company of friends.

Bear Canyon

- 1st Monday
- Check in: 5:00 pm • Return 8:30 pm
- Cost: 50¢ transportation



Palo Duro
presents...

A "Fare" to Remember



*Trips leave
Palo Duro.
Sign up at
the front desk.
Meals at your
own expense.*



Villa di Capo Ristorante Italiano

Albuquerque
Enjoy traditional Italian cuisine.
Wednesday, January 13
Check in: 10:30am
Return: 3:00pm
Cost: \$2.50

Blue Moon Café

Santa Fe
Brisket, chicken, sausage and ribs. You may also order soup, salads, burgers or sandwiches. No alcohol is served.
Tuesday, February 9
Check in: 10:00am
Return: 4:00pm
Cost: \$7.50

Sopaipilla Factory

Pojoaque
Northern New Mexican menu.
Thursday, March 17
Check in: 8:45am
Return: 4:00pm
Cost: \$8.50

El Cafecito

Grants
New Mexican menu
Thursday, April 21
Check in: 9:15am
Return: 4:00pm
Cost: \$ 9.50

Hillcrest Restaurant

Las Vegas
Mexican/ American menu.
Wednesday, May 18
Check in: 8:45am
Return: 4:00pm
Cost: \$13.00

Pajarito Brew Pub & Grill

Los Alamos
American dishes.
Thursday, June 30
Check in: 8:00am
Return: 4:00pm
Cost: \$10.50

Enchanted Journeys with Shannon

We'll visit a mystery destination that's sure to be lots of fun, followed by lunch at a nearby restaurant.

Barelas

Wednesday, January 6
Thursday, February 4
Thursday, March 3
Thursday, April 7
Thursday, May 5
Thursday, June 2
Check in: 8:15 am – Return: 4:00 pm
Cost: \$12.00 transportation,
lunch at your own expense

Ride & Roam with Ron

The destination is a mystery but be assured you are in for an adventure.

Palo Duro

Thursday, January 21
Wednesday, February 17
Wednesday, March 30
Tuesday, April 19
Monday, May 23
Thursday, June 2
Check in: 8:00 am • Return: 4:00 approximately
Cost: .05¢ a mile transportation cost paid upon return & lunch at your own expense.

ON THE HUNT FOR THE BEST GREEN CHILE CHEESEBURGER



New Mexico didn't invent the hamburger, but we're the ones who added green chile and made it hot! No state is more passionate about its burger. Join us on our hunt to various locations over the next few months. You be the judge! You'll also get to visit various nearby attractions as an added bonus!

Barelas

January

Thursday, January 21
Check In: 8:45 am
Return: 2:30 pm
Restaurant – Owl Café - Albuquerque
Attraction – Forensic Science Center
Cost: \$2 Transportation, Donated can of food at Forensic Science Center for their Food Drive

March

Tuesday, March 22
Check In: 8:15 am
Return: 4:30 pm
Restaurant – El Parasol Restaurant - Pojoaque
Attraction – Santuario de Chimayo
Cost: \$11 Transportation

April

Thursday, April 21
Check In: 9:30 am
Return: 2:30 pm

Restaurant – Benny's – Bosque Farm
Attraction – Hay's Honey & Apple Farm
Cost: \$3 Transportation

May

Thursday, May 19
Check In: 8:00 am
Return: 4:00 pm
Restaurant – Mineshaft Tavern – Madrid
Attraction – Turquoise Trail (Include shopping in Madrid)
Cost: \$12 Transportation

June

Saturday, June 25
Check In: 7:00 am
Return: 5:00 pm
Restaurant – Landmark Grill at Plaza Hotel – Las Vegas
Attraction – Tour of Montezuma Castle, Our Lady of Sorrow's Church, Plaza Hotel
Cost: \$15 Transportation
\$20 Tour Guide

DAY TRIPS

JANUARY

Great Harvest Bread Co.

If you like Fresh, Fresh, Fresh Great Harvest Bread Co. is the place for you, they specialize in 100% Whole Grain Breads made with flour ground fresh each day. Enjoy a tour followed by a tasty and nutritious lunch.



Bear Canyon

Tuesday, January 12
Check in: 8:30 am • Return 1:00 pm
Cost: \$2.00 transportation

KOB 4 News

See "Behind-the-scenes" of your local KOB 4 News Broadcasting station! Guests are offered a 40-minute tour of the studio. Be sure to be on the lookout for your favorite local anchor! We will follow up our tour with lunch at a local eatery.



Bear Canyon

Thursday, January 14
Check in: 9:15am • Return 1:30 pm
Cost: \$2.50 transportation

Shopping Day at Passion for Fashion

Let's enjoy a fun day of shopping at this resale boutique. Lunch will follow after shopping.

North Valley

Thursday, February 18
Check in: 10:15 am • Return: 2:30 pm
Cost: \$1.50 transportation

NM State Legislature Senior Day

Join us for a trip to visit the Legislature in Santa Fe. We will tour the Round House and hallway gallery. We will have lunch in Santa Fe at your own expense.



Barelas

Wednesday, January 20
Check In: 8:00 am - Return 4:00 pm

North Valley

Wednesday, January 20
Check in: 8:00 am • Return: 4:00 pm

Highland

Wednesday, January 20
Check in: 8:00 am • Return: 4:00 pm

Palo Duro

Wednesday, January 20
Check In: 8:00 am • Return 4:00 pm

Bear Canyon

Wednesday, January 20
Check In: 8:00 am • Return 4:00 pm

Santuario De San Martin De Porres

We will stroll the ground of this community Parish to enjoy handmade sculptures made by a local artist who will join us to provide a guided tour. Afterwards we will have lunch at a local restaurant.

Palo Duro

Monday, January 25
Check in: 9:15am • Return: 3:00pm
Cost: \$2.50 Transportation, Lunch at your own expense



Hispanic Cultural Center

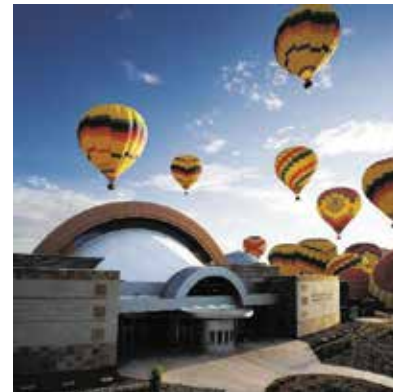
Exhibit: "El Retrato Nuevomexicano Ahora / New Mexican Portraiture Now". New Mexican Portraiture Now will highlight portraiture by New Mexican artists.

N. Domingo Baca

Tuesday, January 26
Check In: 9:00am • Return 3:00pm
Cost: \$1 transportation

Balloon Museum

Join us as we tour the exciting International Balloon Museum where we can see exhibits that combine historic artifacts with modern multimedia technology. A guided tour will educate you on how and why Balloons fly? The science of flying and of course the Recreational side of Ballooning.



Highland

Wednesday, January 27
Check In: 9:00 am • Return: 2:00 pm
Cost: \$1.50

Matanza (Mantanza) in Belen

Live music, vendors, and food will surround us on this fun filled day in Belen, for their annual matanza.

Manzano Mesa

Saturday January 30
Check in: 9:00 am • Return: 4:00 pm
Cost: \$5.5 Transportation
Admission \$10

FEBRUARY

Rude Boy Cookies Tour

We will have lunch at the Standard Diner in Nob Hill then follow lunch by a fun experience of milk and cookies. Each day fresh, chewy, delicious cookies are made from scratch in this premier, Specialty Cookie Shop. Along with cookies there is ice cream and New Mexico's only fresh milk bar.



Palo Duro

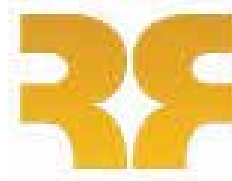
Thursday, February 4
Check In: 10:45am Return 3:30pm
Cost: \$3.50 Transportation
\$15.00 tour & cookies.

Revolutionary Fitness

Slade Jones and his staff will show you how to stay fit with exercises you can do from home.

N. Domingo Baca

Friday, February 5
Check In: 9:00am
Return 11:00am



Chocolate Lovers Odyssey

For Chocolate lovers there is no better way to see Santa Fe than through this tantalizing tour of artisanal chocolates shops.



We will visit C.G. Higgins Confections, Kakawa Chocolate House, Ohori's Coffee Roasters and Senor Murphy Candymaker. We will also take a lunch break, restaurant to be determined.

Highland

Friday, February 5
Check In: 9:00 am • Return: 3:30 pm
Cost: \$6.00

CNM Campus - Cosmetology

We will take you to visit the CNM Campus - Cosmetology where you can either get a complimentary haircut or a manicure. After you get pampered, we will stop for a nice lunch.

Barelas, Tuesday, February 9
Check In: 8:15 am • Return 1:30 pm
Cost: \$2 transportation

Meals on Wheels

Start with a breakfast burrito and a hot cup of coffee followed by a tour, Meals on Wheels of



Albuquerque a private nonprofit corporation founded in 1972, by a group of women from Presbyterian Churches around Albuquerque. They began with 20 clients and 40 volunteers. Today they serve approximately 500 clients and have over 400 volunteers. They delivered 9,400 meals in 1972. Today they are delivering over 100,000 meals a year. Burrito and drink at your own expense.

Bear Canyon

Wednesday, February 10
Check in: 7:45 am • Return: 12:00 pm
Cost: \$.50 transportation

NM Natural History Museum Exhibit Tour

Take a docent-led, fact-filled, fun, guided tour of the Museum exhibits. Lunch will be in Old Town.

Manzano Mesa

Wednesday, February 10
Check in: 9:15 am • Return: 3:00 pm
Cost: \$2 Transportation
Admission Free



Telephone Museum of New Mexico

Learn about the history of communication equipment. The wall Moments to Remember is a time line though 100 years of telephone progress and associated inventions. Visitors will also enjoy the variety of switchboards that were once the link to the world.

North Valley

Wednesday, February 10
Check in: 10:00 am • Return: 2:30 pm
Cost: \$1.00 transportation
\$2 admission

Santo Domingo Pueblo on NM Rail Runner

Ride the Rail Runner to Santo Domingo Pueblo and meet new friends at the Pueblo Senior Center! You will tour the pueblo to learn about their history, enjoy a wonderful lunch along with a special activity to complete the trip. You will receive a free goodie bag from the NM Rail Runner.

Barelas, Wednesday, February 10
Check In: 9:00 am • Return 3:00 pm
Cost: \$1.50 transportation

Humming Desert Alpacas

Visit this small three acre farm just off I-25 between Albuquerque and Santa Fe dedicated to breeding and selling healthy, quality Huacayas alpacas.

Bear Canyon

Thursday, February 11
Check in: 9:45 am • Return 3:00 pm
Cost: \$7.00 transportation

Pimentel Guitars

We will take a tour and learn the history of how the Pimentel Brothers create exquisite classical guitars by hand and are known around the world as the best guitar makers alive. Lunch following the tour TBD.



Highland

Wednesday, February 17
Check In: 9:30 am • Return: 2:30 pm
Cost: \$1.50

Bear Barn Art Gallery

Affordable fine art and eclectic gifts are offered and created by a cooperative of 14 New Mexico artists. The Gallery is located nearby Edgewood where we will stop for a delicious lunch at Katrinah's.

Palo Duro

Thursday, February 18
Check In: 9:15 am • Return 4:00 pm
Cost: \$4.50 Transportation

J & R Vintage Auto Museum

Take a guided tour of 60 fully restored antique cars and trucks, then do some shopping in the gift shop.



Manzano Mesa

Thursday, February 18
Check in: 8:45 am • Return: 2:00 pm
Cost: \$4.50 Transportation
\$5 Admission Fee

KOB Tour

See "behind the scenes" of our local KOB 4 news team in action. We will follow up by lunch at local eatery.

N. Domingo Baca

Thursday, February 18
Check In: 11:00 am
Return: 1:00 pm
Cost: \$2.00



Indian Pueblo Cultural Center

Join us for a tour of the history, art and culture of New Mexico's 19 Pueblos. After the tour enjoy lunch at the delicious Pueblo Harvest Café.

North Valley

Thursday, February 18
Check in: 10:15 • Return: 2:00 pm
Cost: \$1 transportation



WINTER DANCE ESCAPE 2016 at The Hiland

The delightful Carnival of the Animals is a musical suite in fourteen movements by French composer Camille Saints-Saens. The performance will feature a live chamber orchestra, 30 of our advanced dancers and local storyteller Laurie Magovern narrating the 1949 Ogden Nash poems, with regional additions. Special guest and Gold Medalist, Ji Young Chae, performing the timeless Dying Swan solo. Additionally, we will be premiering a highly contemporary piece, choreographed by Stephen Legate, that will show our audience a gripping and contrasting style of ballet.

North Valley

Friday, February 19
Check in: 9:15 am • Return: 1:00 pm
Cost: \$1.00 transportation
Free admission

Shopping at Passion for Fashion Retail Boutique

We'll stop for lunch first and then head out to do some shopping where you can find some great bargains.

Barelas

Tuesday, February 23
Check In: 10:45 am • Return 4:00 pm
\$2 transportation

Ojo Caliente

Ojo Caliente is the only natural hot springs in the world with the remarkable combination of five bubbling waters. Please bring a lunch or dine at the artisan café.

Manzano Mesa

Wednesday, February 24
Check in: 8:00 am • Return: 6:00 pm
Cost: \$17 Transportation
\$20 Admission Fee to pools

Open Space Visitor Center & Piedras Marcadas Pueblo

This little gem on Albuquerque's west side is possibly the city's best-kept secret. The center features natural-history exhibits, an observation deck, an art gallery, gardens, and walking trails.

Barelas

Wednesday, February 24
Check In: 8:30 am • Return: 2:30 pm
Cost: \$2 transportation



MARCH

Coffee 101 at NM Piñon Coffee Company

Learn all about great coffee & how to decipher a coffee house menu in our comprehensive two hour seminar. Our fun and informative Coffee 101 class includes:

Cupping (the practice of experiencing the tastes and aromas of brewed coffee)

Roasting (you'll learn the different roasting terms and get to participate in actual coffee roasting)

Fun facts about coffee and its history
A 25% discount towards any purchase you make on the day of your class.
A FREE gift with your seminar attendance.

Barelas

Friday, March 4
Check in: 9:00 am • Return: 2:30 pm
Cost: \$2 transportation

American Society of Radiology Museum

The x-ray is one of our most familiar medical diagnostic equipment. We will trace the history, appreciation and understanding of this technology to inspire further learning. Lunch will follow at a local restaurant.

Palo Duro

Tuesday, March 8
Check In: 9:15am Return 2:00 pm
Cost: \$2.50 Transportation

Popcorn Cannery

Join us on this fun and tasty trip. We will have the opportunity to visit this locally owned facility and taste all the wonderful flavors they have to offer. Popcorn will also be available for purchase. We will then head to lunch at a local restaurant.

Bear Canyon

Tuesday, March 8
Check in: 8:15 am Return: 3:00 pm
Cost: \$2 Transportation



Golden Crown Bakery

We will take a tour of this old fashioned neighborhood bakery in the old town area where many popular items include Pizza crust with blue corn, Biscochitos, green chile cheese bread and much more.

Highland

Tuesday, March 8
Check In: 9:45 am • Return: 2:30 pm
Cost: \$1.50

NM Natural History Museum - Planetarium

New Mexico Museum of Natural History & Science is an amazing theater that blends art, science, and fun! You will get to watch, "Enchanted Skies - Explore the Night". It includes a live tour of the heavens above New Mexico and highlights the planets, constellations, and deep sky objects. After the show, you will have an opportunity to tour the rest of the museum where you will find an innovative, hands-on experience that explores NM's unique natural history. Experience its origins, dinosaurs, & ancient seacoasts. Walk through a "live" volcano! Meet the 30-ton, 110-ft long Seismosaurus, the world's largest dinosaur.

Barelas

Wednesday, March 9
Check in: 10:45 am • Return: 4:45 pm
Cost: \$2.50 Transportation
\$4.50 for Planetarium admission

Santuario de Chimayo

Visit the famous Santuario where the "extraordinary has occurred." Close to 300,000 people a year from all over the world visit the small church where many claim to have been healed from different ailments.

Manzano Mesa

Thursday, March 10
Check in: 8:30 • Return: 4:00 pm
Cost: \$10 Transportation



Down Town Walking Tour

Come learn the fascinating history of downtown & Central Ave. after the coming of the railroad in 1880. This seven block walk includes the architectural and business history of Central Avenue from the early 1900's through the present. Tour is sponsored by the ABQ Historical Society and Historic ABQ Inc.

Bear Canyon

Wednesday, March 16
Check in: 10:30 am • Return 3:30 pm
Cost: \$2.50 transportation

Clear Light "The Cedar Company"

As you walk through the doors of Clear Light the cedar company you will discover the incredible aroma of green cedar needles. You can experience many products including soothing and aromatic soaps, shampoo and lotions, Candles and Potpourri.



Highland

Wednesday, March 16
Check In: 9:00 am • Return: 3:00 pm
Cost: \$3.50

Southwest Chocolate & Coffee Fest

An annual treat in Albuquerque featuring chocolatiers, coffee roasters, candy makers, cooking demos, wineries and breweries, plus live music and entertainment.

Manzano Mesa

Saturday, March 19
Check in: 10:00 am • Return: 3:00 pm
Cost: \$2 Transportation
\$10 Admission

"Old Main" State Penitentiary Santa Fe

Thirty-two years ago on a cold February night, this prison erupted in a riot of epic proportions. Our tour includes the dormitory where the riot started and gives us a glimpse of prisoners'



daily lives. Afterwards we will have lunch at the Ranch House. **Name and date of birth must be given to tour guide a week prior to trip.

Palo Duro

Tuesday, March 22
Check In: 9:00 am • Return 4:00 pm
Cost: \$7.50 Transportation
\$15.00 Admission.

Ojo Caliente

Ojo Caliente is the only natural hot springs in the world with the remarkable combination of five bubbling water.

N. Domingo Baca

Tuesday, March 22
Check In: 8:00 am • Return 6:00 pm
Cost: \$14.00 Transportation, Spa services own expense

ABQ Air Quality Control Center Tour

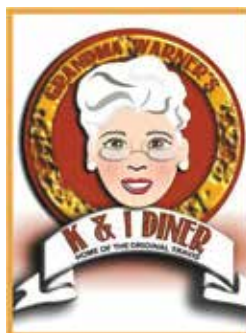
Ever wonder how the City of Albuquerque Environmental Health Department Air Quality Division measures ambient air quality conditions? Join us for a tour of the Del Norte Monitoring Site.

Bear Canyon

Wednesday, March 23
Check in: 9:30 am • Return 2:00 pm
Cost: \$2.50 Transportation

Grandma's K&I Diner

Grandma's K&I Diner was opened on March 2nd, 1960. Since that time we have strived to provide sizable and delicious food at a reasonable price. "The Travis", a 14 pound burrito made famous on shows like "Man v. Food" is free. That is of course if you can eat the entire thing within 60 minutes.



Manzano Mesa

Wednesday, March 23
Check in: 10:30 am • Return: 1:00 pm
Cost: \$1.50 Transportation

Downtown Albuquerque Walking Tour

Come learn the history of many Central Ave. buildings and businesses.

North Valley

Wednesday, March 30
Check in: 10:00 am • Return: 2:00 pm
Cost: \$1.50 Transportation

Pecos National Historic Park

Pecos National Historical Park encompasses what was once one of the largest Native American pueblos in the state. Tour fee is at your own expense. A sack lunch will be included.

Highland

Thursday, March 30
Check In: 8:00 am • Return: 5:00 pm
Cost: \$9.00

APRIL

Quirky Attractions in Santa Fe

We will enjoy a day in Santa Fe and visit a few quirky attractions that you might have never noticed. We will see the gravity defying Stair case at the Loretto Chapel, the oldest house in the U.S., Burro Alley and the Big Molecule of the cognition enhancer. Lunch will be at a quirky restaurant in Santa Fe.

Highland

Friday, April 1
Check In: 9:00 am • Return: 4:00 pm
Cost: \$ 6.00

Archie Lewis Antique Cars, Toys & Trains

Archie Lewis had been collecting antique cars, toys and trains for over sixty years. Located in Moriarty, his 13,000 square foot showroom and eight acre outdoor collection will bring memories back. Mr. Lewis has a story for each car and many of his artifacts have appeared in movies. Lunch to follow at a nearby restaurant.

Palo Duro

Tuesday, April 5
Check In: 9:15 am • Return 4:00 pm
Cost: \$5.00 Transportation, \$4.00 Admission

Pine Ridge Arabians

Join us for a tour of the Pine Ridge Arabians Founded in 1968 by Paul and Carole, the Dearth's have been breeding Arabian horses for



over 35 years. During that time they have bred, raised and trained national winners in many divisions.

Bear Canyon

Wednesday, April 6
Check in: 8:15 am • Return 3:00 pm
Cost: \$3.00 Transportation

Casa Rodena Winery

The Casa Rodena Winery tasting room allows you to sample their entire portfolio of award winning wines and view the beautiful grounds. We will be dining before our scheduled tasting.



Manzano Mesa

Thursday, April 7
Check in: 10:30 am • Return: 3:30 pm
Cost: \$2 Transportation, \$10 Tasting

Tijeras Pueblo Archaeological Site

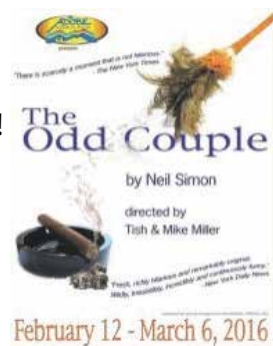
See a glimpse of life in an East Mountain 14th Century ancestral pueblo. The indoor Interpretive Center displays a life-size interactive depiction of an excavated room with activities representing basic archaeological techniques. Unfortunately, wheelchairs or walkers are not recommended due to the uneven surfaces of the trail.

Bear Canyon

Friday, April 8
Check in: 9:45 am • Return 3:30 pm
Cost: \$3.50 Transportation

Adobe Theater - "The Odd Couple"

Join us for a live performance. Unger and Madison are at it again! Florence Unger and Olive Madison, that is, in Neil Simon's hilarious contemporary comic classic: the female version of The Odd Couple. Instead of the poker party that begins the original version, Ms. Madison has invited the girls over for an evening of Trivial Pursuit. The Pidgeon sisters have been replaced by the two Constanzuela brothers. But the hilarity remains the same.



Barelas

Sunday, April 10
Check in: 12:45 • Return: 5:00 pm
Cost: \$16 Transportation & Admission



Tinkertown Museum

Eccentric collections of Americana (wedding cake couples, antique tools, bullet pencils and much more fill Tinkertown's winding hallways. Through a doorway and across a ramp waits a big-sized surprise: a 35' antique wooden sailboat that braved a 10 year voyage around the world. Tinkertown is ready to inspire your imagination and awaken your creative spirit.

North Valley

Monday, April 11
Check in: 9:00 am • Return: 2:30 pm
Cost: \$4 Transportation
\$3.50 Admission

Santa Fe Outlet Mall

Spend a fun filled day shopping to you drop at the beautiful outlet mall. Shops include, Ralph Loreen, Nike, Coach and Tommy Hilfigur.

N. Domingo Baca

Tuesday, April 12
Check In: 9:00 am • Return 3:00 pm
Cost: \$4.00 Transportation. Lunch at your own expense



Image courtesy of NRAO/AUI and Computer Graphics by ESO

A Very Large Array

In the remote rolling hills west of Socorro lies the radio astronomy observatory that is used to observe black holes and other astronomical phenomena. We will take a self-guided walking tour and visit the museum and visitors center.

Highland

Wednesday, April 13
Check In: 8:00 am • Return: 6:00 pm
Cost: \$8

Richardson's Trading Post & Navajo Rug Presentation

With almost 100 years of trading history behind it, this post has it all; kachina dolls, weavings, burnished pots, relics of years past, and native jewelry. Our visit will include a presentation on authentic handwoven Navajo rugs. We will have lunch at the historic El Rancho Hotel that housed numerous movie stars throughout the 1930s to 1940s who filmed Westerns in the area.

Manzano Mesa

Wednesday, April 13
Check in 8:00 am • Return: 5:30 pm
Cost: \$16 Transportation

Bandelier National Monument

A visit to Bandelier is a great way to learn about the ancestral pueblo people and envision them in the beautiful valley that is set aside as the National Monument. It is not often that you can actually climb in to ancient structures using ladders just as the ancestors did. You can watch archaeologists as they uncover more structures and oversee an actual Kiva. The beauty of the park and the unusually accessible ancient structures makes Bandelier a must see!

Bear Canyon

Wednesday, April 20
Check in: 8:00 am • Return 5:00 pm
Cost: \$13.00 Transportation

Pioneer Store Museum Chloride, NM

Chloride got its start in 1880, when rich silver 'chlorides' (ore) was discovered in the mountains and canyons of the Black Range Mountains nearby. Chloride was a typical 'boom' town, with eight saloons, but no churches. In 1896, Chloride died as fast as it had started, when the price of silver dropped and the quantity, and quality, of the ores also dropped. Chloride has been known for many years as a Ghost Town; however, it was never completely deserted. Join us for a guided tour, have lunch, and visit the town's gift shop.

Barelas

Saturday, April 23
Check in: 7:00 am • Return: 6:00 pm
Cost: \$19 Transportation,
\$5 Guided Tour

Tijeras Pueblo Archaeological Site

The Tijeras Pueblo was constructed and occupied from AD1313 to 1425. The 1/3 mile-long trail features exhibits and preserved constructions of this ancient 200 room excavation site. Unfortunately, wheelchairs or walkers are not recommended due to the uneven surfaces of the trail. Lunch to follow at a nearby restaurant.

Palo Duro

Monday, April 25
Check In: 9:00 am • Return: 3:00 pm
Cost: \$3.50 Transportation, \$donations are accepted.

Sierra Blanca Brewing Co.

Sierra Blanca Brewing Co. brews 14 different beers and sodas. Join us for a tour where you are sure to enjoy their full service tasting room, 1/2 acre beer garden and gift shop!



Bear Canyon

Tuesday, April 26
Check in: 10:00 am • Return 3:30 pm
Cost: \$6.00 transportation



Famous Buckhorn Tavern

Let's get ready to enjoy the famous New Mexico Green Chile Cheeseburger created by celebrity chef Bobby Olguin served at Buckhorn Tavern in San Antonio. He made himself famous by defeating Bobby Flay in a cooking showdown. Are you hungry yet????

Palo Duro

Wednesday, April 27
Check In: 8:30 am • Return: 4:00 pm
Cost: \$10.50 Transportation

Black Mesa Winery

We will travel to Northern New Mexico and visit this winery and take a tour of the vineyard, and you can enjoy the tasting room during our visit where they offer cheese plates



with cheeses from the Old Windmill Dairy. Lunch will be at a local Restaurant TBD.

Highland

Friday, April 29
Check In: 8:00 am • Return: 6:00 pm
Cost: \$11

Renaissance Faire

The Barony of al-Barran requests your presence for this Faire! Enjoy live entertainment, Faire food, drink & a Royal Feast, Children's Realm, Living History & demonstrations, unique shopping, and equestrian jousting.

Manzano Mesa

Saturday, April 30
Check in 10:15 am • Return: 3:30 pm
Cost: \$2.50 Transportation plus admission fee
* Date Subject to Change



Shidoni

Shidoni - a greeting to a friend in Navajo - is an art gallery including 8 acres of sculpture gardens and bronze art foundry situated along the Rio Tesuque on a former apple orchard.

Bear Canyon

Tuesday, May 3
Check in: 8:30 am • Return 4:00 pm
Cost: \$6.00 Transportation

Modern General

This is a reimagined classic general store featuring savory sweets, their signature "kolache" (a Czech pastry), fresh press juices and products that are timeless and heirloom quality.

Palo Duro

Thursday, May 5
Check In: 10:00 am • Return: 4:00 pm
Cost: \$7.50 Transportation

Check out the Mystery Book Club See Page 27



Downtown Walking Tour

A leisurely 8-block guided walk through historic downtown Albuquerque with stops at several historic buildings, concluding with lunch at a nearby location.

Barelas

Wednesday, May 11
Check in: 8:45 am • Return: 2:00 pm
Cost: \$1.50 Tour Guide

Taos, Rio Grande Gorge

A sight not to be missed the Rio Grande Bridge is one of the most incredible attractions of the Gorge. The bridge is the second highest cantilever truss bridge in the United States. Walk along sidewalks and take in the spectacular views. Following our visit we'll take a tour of Taos.

Manzano Mesa

Thursday, May 12
Check In: 7:00 am • Return: 6:30 pm
Cost: \$23 transportation, lunch on your own

Giggling Springs Hot Springs

Enjoy an hour soaking in the therapeutic, geothermal waters, rich in calcium, magnesium, potassium, iron and silica. Local Native Americans used these mystical waters for healing and spiritual rites. Lunch will be at the nearby Los OJO restaurant and possibly a short stop at the Ponderosa Winery.

Palo Duro

Monday, May 16
Check In: 9:45 am • Return: 4:00 pm
Cost: \$8.50 Transportation & \$18.00 admission.

Ronald McDonald House

Ronald McDonald House Charities of New Mexico provides comfort, care and a home away from home for families whose children are in medical treatment.

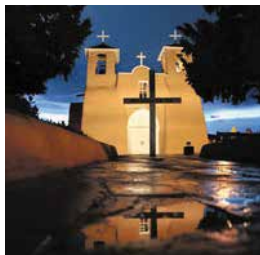


Bear Canyon

Tuesday, May 17
Check in: 9:15 am • Return 2:00 pm
Cost: \$2.50 transportation

Day in Taos – Rio Grande Gorge & San Francisco de Asis Church

Join us to spend a day in Taos! Our first stop will be to visit one of America's highest and most famous bridges. In 1997, it was placed on the



National Register of Historic Places. After a nice lunch, we will visit the historic San Francisco de Asis Church. It was built in the mid to late 1700's, and is the only original church which remains intact in the Taos area. Inside the Parish Hall resides 18th Century oil painting, "The Shadow of the Cross by Henri Ault," aka "The Mystery Painting." It used to hang inside the church, and when the lights went dark the painting would mysteriously glow.

Barelas

Tuesday, May 17

Check in: 7:00 am • Return: 6:00 pm
Cost: \$16 Transportation,
\$3 Admission for Mystery Painting

Los Poblanos Organic Farm Tour

This tour features the evolving uses of the land from dairy, farming, art, and other endeavors. We will also tour the historic architecture and the farm that creates the beautiful Los Poblanos. Followed by lunch in the North Valley area. Admission fee at your own expense.

Manzano Mesa

Friday, May 20

Check in: 9:00 am • Return: 3:00 pm
Cost: \$2.00 Transportation
*Date Subject to Change

The Rio Grande Valley Celtic Festival

A celebration of the lifeways, traditions, cultural heritage and contributions of the Celtic nations to our American life. Celtic song, dance, traditional clothing, foods, language revival, stories, poetry, humor, and history.

Manzano Mesa

Saturday, May 21

Check in: 10:00 am
Return: 3:00 pm
Cost: \$2.00 Transportation
*Date Subject to Change



VLA Antennas

The radio telescopes are used to study naturally occurring radio light from stars, galaxies, black holes and other astronomical objects.

N. Domingo Baca

Wednesday, May 18

Check In: 9:00 am • Return: 4:00 pm
Cost: \$14 Transportation

Lewis Antique Auto and Toy Museum

Automobiles, toys and first-hand accounts of days gone by can be a fun way of looking at our history and Archie Lewis has plenty of all three at his Lewis Antique Auto and Toy Museum in Moriarty.

Bear Canyon

Thursday, May 19

Check in: 8:15 am • Return 3:30 pm
Cost: \$5.50 Transportation

San Felipe Feast Day

We will travel to San Felipe Pueblo to observe the annual Green Corn Dance. Food and craft booths will be near the San Felipe Church. Please observe the Pueblos "No photo, sketching, camcorder or audio recording" signs.

North Valley

Sunday, May 1

Check in: 9:15 am • Return: 4:00 pm
Cost: \$5 Transportation

Chaco Canyon

Chaco canyon contains the most sweeping collection of ancient ruins, north of Mexico. The park preserves one of the United States most important Pre-Columbian cultural and historical areas.

Barelas

Tuesday, May 24

Check in: 7:00 am • Return: 6:00 pm
Cost: \$18 Transportation
bring a sack lunch

El Rancho Motel

The historic El Rancho Hotel provides a unique Southwest Experience in the midst of the American West. The El Rancho Hotel is a pillar of the West and was the Home of the Movie Stars throughout the 1930s to 1940s who filmed Westerns in the area.

Bear Canyon

Wednesday, May 25

Check in: 8:00 am • Return 6:00 pm
Cost: \$16.00 Transportation

Sky City Cultural Center & Haaku Museum

Discover the traditional Native American culture and living history of Acoma Pueblo. The Sky City Cultural Center is the gateway to our Pueblo and Museum exhibits.

Manzano Mesa

Wednesday, May 25

Check in: 8:00 am • Return: 5:00 pm
Cost: \$9.50 Transportation
\$20 Admission



ABQ Trolley Tour

Enjoy this open-air trolley, adorned with wrought iron rails for a front row seat. During the one hour tour we will explore our city and discover film locations or major motion pictures, television series (including Breaking Bad), a beach and an Asian elephant. Lunch to follow at a local restaurant.

Palo Duro

Wednesday, June 1

Check In: 10:00 am Return: 4:00 pm
Cost: \$4.00 Transportation & \$27.00 Admission

Manzano Mesa's Mystery Trip

Join us for a fun filled day of mystery and adventure!

Manzano Mesa

Wednesday, June 1

Check in: 8:15 am • Return: 4:00 pm
Cost: \$12.00 Transportation, lunch at your own expense

Research your family history when you join the Genealogy Club!
See page 28



JUNE, con't.

NM Rail Runner - Santa Fe Plaza

All aboard the NM Rail Runner! We will head to the Santa Fe Plaza. You can browse the numerous shops, restaurants and museums. Enjoy traditional New Mexican cuisine, marvel at the magnificent surroundings, or explore one-of-a-kind treasures.

Barelas

Saturday, June 4
Check in: 8:00 am • Return: 5:30 pm
Cost: \$3 transportation, \$7 train ticket (\$6 if purchased online before trip)

Purple Adobe Lavender Farm

We will enjoy a tour through the lavender fields and learn about this farm's story. There is a gift shop featuring Lavender products such as lavender teas, fudge, gelato, all made fresh at the farm. On the premises is a teach house where lunch is served.

Palo Duro

Tuesday, June 7
Check In: 8:00 am • Return: 5:00 pm
Cost: \$11.50 Transportation

Humming Desert Alpacas

Come visit this small alpaca farm and learn all about how Humming Desert focuses on a happy, healthy herd! Followed by lunch in Santa Fe.



Manzano Mesa

Wednesday, June 8
Check in: 8:30 am
Return: 4:30pm
Cost: \$8.50 Transportation

Coronado Historic Site

Let's explore the Tiwa pueblo of Kuana that once stood on the banks of the Rio Grande near the site where the expedition of Spanish conquistador Francisco Vasquez de Coronado camped in 1540. (Free for NM Seniors on Wednesdays) Lunch to be determined.

Highland

Wednesday, June 8
Check In: 9:00
Return: 3:30 pm
Cost: \$ 4.50



The Green Jeans Farmery and Shopping Plaza

Green Jeans is a new concept offering a variety of restaurants, a brew pub, as well as a hydroponic farm, all in giant repurposed shipping containers. Join us for this unique dining/shopping experience and have lots of eateries and shops to choose from, Santa Fe Brewing Co.'s, Bocadoillos, Amore Neapolitan Pizzeria, Epiphany Espresso and more.

Manzano Mesa

Monday, June 13
Check in: 10:30 am • Return: 2:30 pm
Cost: \$2.50 Transportation

Spanish Market

Hosted by the Spanish Colonial Arts Society, ¡Viva la Familia! Events will be at several different venues throughout town.

N. Domingo Baca

Wednesday, June 15
Check In: 9:00 am • Return 3:00 pm
Cost: \$1.50 Transportation, Lunch at own expense

Southwest Soaring Museum

Explore the History of Soaring from the 1920s to the present; learn about the growing sport of soaring, view hang gliders on display, and see antique sailplanes.

North Valley

Tuesday, June 7
Check in: 8:45 am • Return: 2:30 pm
Cost: \$5 transportation \$5 admission

Vietnam Veterans Memorial State Park, Angel Fire

The Memorial was established in 1968 by Victor and Jeanne Westphall to honor their son, Lt. David Westphall, who was killed in Vietnam in May 1968. When it opened in 1971,



it was one of the first Memorials of its kind in the United States dedicated to Vietnam Veterans. Join us as we also honor Flag Day.

Barelas

Tuesday, June 14
Check in: 7:00 am • Return: 6:00 pm
Cost: \$17 Transportation, no admission fee, but donations accepted, lunch at your own expense.

Lovelace Medical Tour

Join our administrators and staff for a tour of Lovelace's downtown campus. The tour will include stops at Lovelace Rehabilitation Hospital, the Heart Hospital of New Mexico at Lovelace Medical Center, and Lovelace Medical Center. You'll have the opportunity to meet with our staff and ask questions about the hospitals and our programs. Lunch is provided.

Bear Canyon

Thursday, June 16
Check in: 8:00 am • Return 2:00 pm
Cost: \$.50 transportation

Only in Albuquerque

The Albuquerque Museum presents "Only in Albuquerque" an interactive, engaging, fun filled presentation of the history and culture of the Central Rio Grande valley.

Bear Canyon

Wednesday, June 22
Check in: 8:45am • Return 4:00 pm
Cost: \$2.50 Transportation

Tinkertown Museum

Enjoy a trip to the Sandia Mountains featuring a visit to Tinkertown Museum, a fantastic enchanted assortment of miniature, animated Western Scenes. There's a wall made of bottles and numerous memorabilia that will take you back a few years! The gift shop alone is worth the visit!



Manzano Mesa

Thursday, June 23
Check in: 8:30 am • Return: 2:00 pm
Cost: \$3.50 Transportation, Lunch at your expense at local restaurant



Pecos National Historic Park - Civil War Tour

That's right, there was once a Civil War battle here in New Mexico. Most visitors to the park don't realize what an important role this Southwestern region played in the Civil War. Take a two-hour van tour to several sites relating to the Battle of Glorieta Pass. \$9.00 admission/van fee at your own expense.

Bear Canyon

Monday, June 27
Check in: 8:00 am • Return 4:00 pm
\$7.50 Transportation

KRQE Channel 13

A behind the scenes look at what it takes to put newscast together. Following the tour we will have lunch at a local restaurant.



Bear Canyon

Wednesday, June 29
Check in: 8:30 am • Return 2:00 pm
\$2.50 Transportation

Santa Fe Opera 2016

Don Giovanni

Is Don Giovanni a rogue or a sociopath? Are his women victims, or willing accomplices? Funny, terrifying, romantic, tragic — Mozart's setting of the Don Juan story is an opera with everything, including some of the greatest music ever composed for the lyric stage.

Palo Duro

Wednesday, August 10
Check In: 4:30pm Return 12:00am
Cost: \$72.40 Transportation & Ticket. (Non-Refundable Trip due to purchase of tickets in advance.)



Travel North with North Valley Senior Center

Ojo Caliente

North Valley

Thursday, March 3
Check in: 8:00 am • Return: 5:00 pm
Cost: \$14 transportation

North Valley

Thursday, June 9
Check in: 8:00 am • Return: 5:00 pm
Cost: \$14 transportation

Santuario de Chimayo

North Valley

Thursday, March 17
Check in: 8:00 am • Return: 4:30 pm
Cost: \$11 transportation

North Valley

Thursday, March 24
Check in: 8:00 am • Return: 4:30 pm
Cost: \$11 transportation

Lisboa Springs Hatchery (Pecos)

North Valley

Friday, April 22
Check in: 8:00 am • Return: 4:30 pm
Cost: \$9 transportation

Victory Alpaca Ranch

North Valley

Thursday, May 12
Check in: 8:00 am • Return: 5:00pm
Cost: \$15 transportation

Christ in the Desert Monastery

North Valley

Tuesday, May 24
Check in: 8:00 am • Return: 6:00 pm
Cost: \$14 transportation

The Jemez and Los Alamos State Route 4 Tour

North Valley

Saturday, May 21
Check in: 9:00 • Return: 5:30 pm
Cost: \$11 transportation; pack your own lunch

Northern New Mexico Church Tour

North Valley

Tuesday, April 5
Check in: 8:00 am • Return: 5:00 pm
Cost: \$9 transportation

Picnic at Villanueva State Park and Church Tour

North Valley

Tuesday, April 26
Check in: 8:00 am • Return: 5:00 pm
Cost: \$13 transportation

Georgia O'Keefe Museum

North Valley

Friday, June 3
Check in: 8:45 am • Return: 3:00 pm
Cost: \$8 transportation free admission

Taos, the Rio Grande Gorge

North Valley

Tuesday, June 28
Check in: 8:00 am
Return: 6:30 pm
Cost: \$20 transportation



La Fanciulla del West

Minnie, our indomitable heroine, can hold her own with the boys at her saloon. She loves her solitary life in the mountains, but she loves her man more. Puccini's exquisitely crafted score vividly illuminates the harsh realities of the California Gold Rush and its gritty characters.

Palo Duro

Wednesday, August 17
Check In: 4:30pm Return 12:00am
Cost: \$62.15 Transportation & Ticket. (Non-Refundable Trip due to purchase of tickets in advance.)

Vanessa

Despite her opulent surroundings, Vanessa is a woman haunted, as she has been since the day she was abandoned by her lover. The arrival of the handsome Anatol triggers a gothic love story as Erika, Vanessa's niece, falls in love with him. Is Erika reliving Vanessa's doomed affair? Samuel Barber's opera casts an emotional spell of secrets and deception.

Bear Canyon

Thursday, August 18
Check in: 4:30 pm Return 12:00am
Cost: \$68.00 transportation & admission

THEATER TRIPS

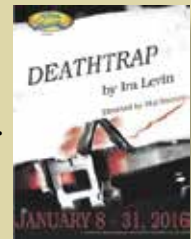
ADOBE THEATER

Death Trap

When once-successful playwright Sidney Bruhl sees his latest Broadway effort bomb on its opening night, he tumbles into despair -- until he receives a package from his former student Clifford Anderson.

Bear Canyon
Sunday, January 17

Check in: 12:45 pm Return 5:00 pm
Cost: \$16.00 transportation & admission



Caesar's Blood

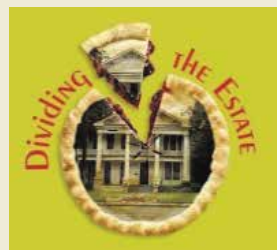
An original Work by that details a fateful meeting among Edwin, Junious Brutus and John Wilkes Booth that leads to... well just come and see for yourself.

Bear Canyon
Sunday, April 17
Check in: 12:45 pm Return 5:00 pm
\$16.00 transportation & admission

The Odd Couple

Unger and Madison are at it again! Florence Unger and Olive Madison, that is, in Neil Simon's hilarious contemporary comic classic: the female version of The Odd Couple.

Bear Canyon
Sunday, February 21
Check in: 12:45 pm Return 5:00 pm
Cost: \$16.00 transportation & admission



Dividing the Estate

Dividing the Estate is the story of the Gordon clan, a Texas family who has been hard hit by the precipitous drop in oil prices in 1987.

Bear Canyon
Sunday, May 22
Check in: 12:45 pm Return 5:00 pm
\$16.00 transportation & admission

ALBUQUERQUE LITTLE THEATER

Hair Spray

Its 1962 in Baltimore, and the loveable, plus-sized teen Tracy Turnblad has only one desire – to dance on the popular Corny Collins Show. When her dream comes true, Tracy is transformed from social outcast to sudden star. She must use her newfound power to dethrone the reigning Teen Queen, win the affections of heartthrob Link Larkin, and integrate a TV network, all without denting her 'do!

Bear Canyon
Sunday, March 13

Check in: 12:45 pm Return 5:00 pm
Cost: \$22.50 transportation & admission

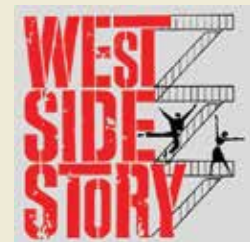


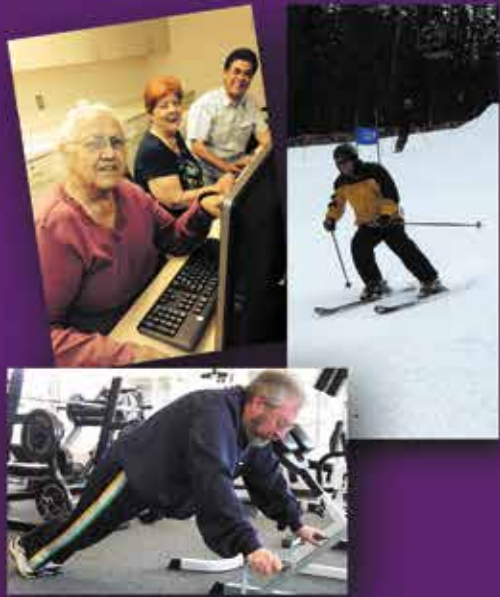
West Side Story

Shakespeare's 'Romeo & Juliet' is transported to modern day New York City, as two young idealistic lovers find themselves caught between warring street gangs, the "American" Jets and the Puerto Rican Sharks.

Bear Canyon
Sunday, June 19

Check in: 12:45 pm Return 5:00 pm
Cost: \$22.50 transportation & admission





Join us today!!

Membership is ONLY
\$13/year

Activities! Entertainment!
Education! And, most importantly...FUN!



ALBUQUERQUE 50+ GAMES

DEADLINE FOR ENTRIES:

1 week prior to event, or March 25 by 7:00 pm for final registrations

Get Fit for the Competitions!

The 50+ Sports & Fitness Program offers ongoing exercise classes and "state-of-the-art" weight rooms available for you to train for your events.

REGISTRATION

One registration form covers all events for the 2016 Albuquerque 50+ Games. Registration forms must be completed and submitted to the Albuquerque 50+ Games (Palo Duro 50+ Sports & Fitness Center) office. Incomplete registrations cannot be accepted.

Registration is not valid without a current Department of Senior Affairs membership.

The competitors of the local games are invited to participate in the New Mexico State Senior Olympics.



Pickup a Sports & Fitness Catalog at your nearest center!!

A Catalog of Classes, Special Events, Support Groups, Trips, Fitness Activities and MUCH MORE!!



Attention Athletes!

New Mexico Senior Olympics

Roswell, NM: July 13 - 16, 2016

2016 is a qualifying year to participate at the 2017 National Senior Games in Birmingham, Alabama, July - August 2017

Athletes have 2 ways to register for the New Mexico Senior Olympics.

- Register on line at www.nmseniorolympics.org
- Mail your registration directly to:
New Mexico Senior Olympics, Inc.,
PO Box 2690, Roswell, NM 88202-2690
Phone: 575-623-5777



Team competitions which include basketball, softball, and volleyball are New Mexico Senior Olympics competitions only.

PLEASE NOTE:

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



NEW MEXICO

Summer Olympics

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

- Airgun
- Archery
- Badminton
- Basketball
- Bowling
- Archery
- Cycling
- Eight Ball Pool
- Golf
- Horseshoes
- Huachas
- Pickleball
- Racewalking
- Road Race
- Shuffleboard
- Swimming
- Table Tennis
- Tennis
- Track
- Volleyball



STOP Senior Hunger

Over 3 million seniors over the age of 65 are faced with the decision to pay for food or pay for medicine.



Donate Senior-friendly food at:

- Senior Centers
- Multigenerational Centers
- Sports & Fitness Centers



CITY OF ALBUQUERQUE
DEPARTMENT OF SENIOR AFFAIRS



BERNALILLO COUNTY



VOLUNTEER

Senior Corps Volunteers contribute over 232,000 hours to our community annually; this translates to a contribution valued at approximately \$4.7 million dollars!*

* Value of Volunteer Time according to the Independent Sector in NM in 2014 is \$20.13 per hour. For information call 767-5225



Department of Senior Affairs Transportation Nutrition Division:

Volunteer Drivers are needed to provide transportation for seniors to and from various meal sites, medical appointments, and grocery shopping for daily, four-hour shifts; Monday – Friday.

Meals on Wheels of Albuquerque:

Kitchen volunteers are needed any day Monday through Friday from 9 am-11am. Volunteer Drivers are needed to deliver meals (Use of personal vehicle required).

Catholic Charities:

Volunteer Drivers are needed to provide door to door transportation services to

seniors for medical appointments and grocery shopping. Use of personal vehicle is required; agency gives mileage reimbursements.

Adelante Development Center Benefits Counseling Center:

Volunteers are needed to assist seniors and persons with disabilities in determining eligibility and enrollment for subsidized benefit programs. Training will be provided. Skills: Call for details.

Alzheimer's Association:

Must have the ability to perform various clerical duties and other assignments. Flexible work days are available.

Ronald McDonald House:

Family Room Volunteers are needed to greet and sign in families, maintain laundry room, stock food and drinks, and help families with their needs.

Ombudsman Program:

Volunteer Advocates are needed for residents in nursing homes and assisted living facilities.

The Foster Grandparent Program Advisory Council:

Council members are needed to advocate on behalf of volunteers, evaluate Program effectiveness, and assist in the recognition of volunteers by raising funds and resources.

*Are you 55 years of age or older?
Would you like an opportunity
to help your community?*

Senior Corps Volunteers receive supplemental insurance and transportation reimbursements!



Senior Companions Make Independence A Reality

Senior Companions are healthy 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, may qualify for a tax free stipend, and receive assistance for meals & transportation costs. You don't need medical or technical skills to be a Senior Companion. All you need to know is how to be a friend.

YOU HAVE A NEIGHBOR WHO NEEDS A HELPING HAND

For information call 764-1612

Foster Grandparents Share Today. Shape Tomorrow

Foster Grandparents serve as tutors and mentors assisting children with special and exceptional needs. Foster Grandparents serve an average of 20 hours per week, receive meals while on duty, and may qualify for a tax free stipend.

Over 80 Foster Grandparents contribute 80,000 hours of service each year. Foster Grandparents serve in more than 40 sites in Albuquerque, including Elementary Schools, City of Albuquerque Child Development Centers, Head Start Programs, and Community Programs.

The Foster Grandparent Program goals are to enable Foster Grandparents to remain active through participation in meaningful placements and needed community service. Children receive the necessary attention for educational, social, & emotional development.

For information call 764-6412

Senior Corps is a division of the Corporation for National & Community Service, is jointly administered by New Mexico Aging & Long-Term Services Department, and is sponsored locally by the City of Albuquerque Department of Senior Affairs.

RSVP

Lead With Experience

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.

For information call 767-5225



Albuquerque Senior Corps

Corporation for
NATIONAL &
COMMUNITY
SERVICE



A Catalog of Classes, Special Events, Support Groups, Trips, Fitness Activities and MUCH MORE!!