

PRESENTATIONS

The Department of Senior Affairs reserves the right to change, cancel or otherwise alter classrooms, workshops, meeting times and rooms. Every opportunity will be given to instructors and participants to achieve a satisfactory resolution to rescheduled changes. The ultimate responsibility for programming lies with the Department of Senior Affairs. The department will ensure that space is maximized and utilized efficiently and made available to all groups as fairly and equitably as possible.

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Financial and Legal

Reverse Mortgages

Learn about the benefits and drawbacks of Reverse Mortgages. Whether you own your home outright or you are still making payments, this may be what you need to get more money into your pocket. Gather information and get questions answered.

North Valley • Room 4
Wednesday, July 2, 9:30 am

Long-Term Care Insurance

Join us for this presentation and learn about Long-Term Care Insurance.

Highland • Room 4
Thursday, July 10, 10:00 – 10:30 am

Five Wishes

Five wishes is the first living will that talks about your personal, emotional and spiritual needs as well as your medical wishes. Five wishes lets you say exactly how you wish to be treated if you get seriously ill.

Barelas • Rooms 2/3
Tuesday, July 15, 9:30 am
Sol Amor Hospice



**THEATER • October–December
PRESENTATIONS • Financial and Legal**

Savvy Investor 3 Part Series:

Presented by Frank Mulholland, NM Regulation & Licensing Department

1. Foiling Identity Theft

Identity theft is one of the fastest-growing crimes both in the U.S. and abroad. You don't have to be wealthy or well-known to become a victim. Learn how thieves can steal your private information and how to fight back. Remember, with identity theft, the first and most effective line of defense is you.

Bear Canyon • Room 4
Tuesday, July 15, 10:00 – 11:00 am

**Manzano Mesa
Multigenerational Center • Room 4**
Thursday, August 28, 1:00 – 2:30 pm

Bear Canyon • Room 3
Friday, December 12, 10:00 – 1:00 am

2. Scams and Frauds

Common investment frauds include: Pyramids, "Prime bank" Schemes, Viatical Settlements, African Letter Scams and Ponzi Schemes. Come and find out how to recognize and avoid the most common investment scams.

Bear Canyon • Room 6
Thursday, August 14, 10:00 • 11:00 am

**Manzano Mesa
Multigenerational Center • Room 4**
Thursday, September 25, 1:00 – 2:30 pm

Bear Canyon • Room 4
Tuesday, November 18, 10:00 – 11:00 am

3. Affinity Fraud

In recent years, hundreds of honorable people have lost millions of dollars of their hard-earned money to individuals they believe could be trusted. It's New Mexico. It's the state stuff (state cookie, fossil, song, butterfly, bird) are so much more. It's the people, places and things of the Land of Enchantment.

Bear Canyon • Room 4
Tuesday, September 23, 10:00 – 11:00 am

**Manzano Mesa
Multigenerational Center • Room 4**
Thursday, October 23, 1:00 – 2:30 pm

Got Housing Questions? 3 Part Series

Presented by the Albuquerque Human Rights Office and the Senior Citizens Law Office

1. Landlord — Tenant Law

Do you know everything you may need to know about the fights and obligations of landlords and tenants? How about Section 8 and public housing? Do you know when a housing situation would legally be considered discrimination? If your answer to any of these questions is "no" or "maybe," you can learn a lot from this workshop.

Barelas • Social Hall
Tuesday, August 5 – 11:45 am

Highland • Room 4
Monday, August 11, 10:00 – 11:00 am

North Valley • Room 4
Wednesday, August 20, 9:30 am

**Manzano Mesa
Multigenerational Center • Room 4**
Thursday, August 21, 10:00 – 11:00 am

2. Disability Rights in Housing

Do you or a friend or loved one have a physical or mental disability? Did you know that a person with disabilities has a right to certain kinds of special treatment in housing? This workshop will discuss accessibility, reasonable accommodation (including service and assistive animals), reasonable modification and other housing topics pertaining to the rights of people with disabilities.

Highland • Room 4
Monday, August 25, 10:00 – 11:00 am

North Valley • Room 4
Wednesday, September 10, 9:30 am

Barelas • Social Hall
Tuesday, September 16, 11:45 am

**Manzano Mesa
Multigenerational Center • Room 4**
Thursday, September 18,
10:00 – 11:00 am

3. Predatory and Discriminatory Lending, Foreclosures, and Reverse Mortgages

Have you been threatened with foreclosure or received a subprime mortgage or discriminatory home loan? Are you familiar with "reverse mortgages" available for people over 62? Do you want to learn about the pros and cons of reverse mortgages?

Highland • Room 4
Tuesday, September 23, 10:00 – 11:00 am

Barelas • Social Hall
Tuesday, October 21 – 11:45 am

North Valley • Room 4
Wednesday, October 22, 9:30 am

**Manzano Mesa
Multigenerational Center • Room 4**
Thursday, November 20, 10:00 – 11:00 am

Wills & Trusts Workshops

Leaving the dissolution of your estate to relatives can spell disaster, especially if it's your Uncle Sam who gets a huge piece of the pie if he has any say in the situation!! Learn how to "mind your own business", legally, efficiently and the way you choose to by attending one of these educational workshops. Knowledge is power.

Bear Canyon • Room 5
Saturdays, 9:30 – 11:00 am (Except
12/13, time will be from 1:00 – 3:00 pm)
July 26, August 23, September 27,
October 25, November 22, December 13
Call in to register, 291-6211

Powers of Attorney & Advance Directives

This lecture and Q & A session by an attorney addresses the basics of estate planning including powers of attorney, wills, transfer on death deeds and probate procedures.

Bear Canyon • Room 1
Wednesday, July 16, 10:00 – 11:00 am
Sign up at the front desk.

Palo Duro • Ponderosa Pine
Wednesday, July 16, 1:00 – 2:00 pm
Sign up at the front desk



What Medicare Covers

The Senior Citizen's Law Office presents the details about Medicare: what it covers, including Part D issues and appeals. Gather the facts that will aid in enrollment decisions this season.

Palo Duro • Ponderosa Pine
Thursday, August 7; 1:00 pm
Lucrecia Jaramillo and Sarah Weems of the Senior Citizen's Law Office.
Sign up at the front desk.

Medicaid and Nursing Home Costs

This lecture and Q & A session by an attorney reviews the eligibility requirements for Institutional Medicaid, a government-funded program that will pay the costs of nursing home care for incapacitated persons.

Bear Canyon • Room 3
Friday, August 15, 10:00 – 11:00 am
Sign up at the front desk.

Protect yourself against identity theft; freeze your credit.

This hands-on workshop will provide you with the tools you need to protect yourself against identity thieves. Find out about the New Mexico Credit Report Security Act, do not call registry and the credit card optout program. Forms will be provided.

Barelas • Rooms 2/3
Tuesday, August 26 – 9:30 am
Tuesday, October 14 – 11:45 am
Senior Citizen's Law Office

Caregiver Affidavits & Guardianships

Parenting a parent or a grandchild can entail a host of challenges. Learn about the legal avenues that can assist and afford these added responsibilities.

Bear Canyon • Room 4
Tuesday, September 2; 10:00 – 11:00 am
Sign up at the front desk.

Palo Duro • Ponderosa Pine
Wednesday, September 17, 1:00 – 2:00 pm
Sign up at the front desk.

Elder Abuse & Neglect

This curriculum is designed to educate adults on the basics of Domestic Violence. The following issues may be addressed; What is Domestic Violence and who does it effect? Myths and facts about Domestic Violence. Why she stays in the relationship? How to tell whether you are in an abusive relationship? Where and how to seek help if you are in an abusive relationship.

Barelas • Rooms 2/3
Tuesday, September 23 – 9:30 am
NM Coalition Against Domestic Violence



Advance Directives and Future Planning

This lecture and Q & A session by an attorney addresses the basics of estate planning including powers of attorney, wills, transfer on death deeds and probate procedures.

Bear Canyon • Room 1
Friday, October 10, 10:00 – 11:00 am
Please sign up at the front desk.

Palo Duro • Ponderosa Pine Room
Friday, October 17, 10:00 – 11:00 am
Please sign up at the front desk.

Protecting Your Good Name & Credit Rating from Identity Theft

The fastest-growing white collar crime in the U.S today, identity theft can devastate not just your credit rating and bank account but tangle you in legal complications and misunderstandings. In this 30-minute seminar you will learn what Identity Theft is, how it can happen to you—and what you can do to repair the damage if you are victimized.

Highland • Room 8
Thursday, October 16, 10:00 – 11:00am

Investment Swindles & Frauds

Learn the “red flag” clues that signal a swindle! Newly updated with the latest information from law enforcement agencies nationwide, this 30-minute presentation on how to identify and avoid the most common frauds could save you or someone you know thousands of dollars in lost savings.

Highland • Room 8
Thursday, November 6
10:00 – 11:00 am

General Legal Clinic

Seniors may sign up to meet with an attorney for a free individual consultation about general civil legal matters.

Palo Duro • Ponderosa Pine
Friday, November 7,
10:00 am – 12:00 noon
Please sign up at the front desk.

Bear Canyon • Room 6
Thursday, November 13,
10:00am – 12:00 noon
Please sign up at the front desk.

Using your Energy Dollar Wisely

Gas prices are going up and it's getting cold outside. Join the experts in saving energy to learn how you can decrease your energy bills while still keeping warm.

North Valley • Room 4
Wednesday, November 12, 9:00 am

How to Lose Money and Ways to Avoid It

The Attorney General's office will provide information about the newest, most convincing ways that thieves and con artists are using to take your money. These people are smart, you need to be smarter.

North Valley • Room 4
Wednesday, December 3, 9:30 am
New Mexico Attorney General's Office



Identity Theft & Prevention

Identity Theft has grown into a very lucrative business. Don't let somebody else enjoy your line of credit. Learn how to protect yourself and your belongings. This presentation and Q & A by a lawyer will give you the bare facts and paths to protection.

Palo Duro • Ponderosa Pine
Wednesday, December 10,
1:00 – 2:00 pm
Please sign up at the front desk

Bear Canyon • Room 3
Friday, December 19, 10:00 – 11:00 am
Please sign up at the front desk

HEALTH

GEHM Clinics

UNM College of Nursing faculty and students provide free blood pressure/weight monitoring, health counseling, health and social service referrals, nursing assessments and health education. For dates and other information call one of these centers.

Barelas
Highland
Los Volcanes
Manzano Mesa
Multigenerational Center
North Valley

Blood Pressure Check

Manzano Mesa
Multigenerational Center
Monday & Thursday, 8:00 – 10:30 am

Palo Duro
Monday, 9:30 – 11:30 am

Highland
Tuesday & Friday, 9:00 – 11:45 am

Bear Canyon
Wednesday, 9:30 – 11:30 am

Los Volcanes
Every other Thursday, 10:00 am – 2:00 pm

North Valley
Check newsletter for dates and times

Barelas
1st & 3rd Thursday, 11:45 am
Ambercare

Ask the Doctor

Do you have general health questions or concerns? This is the time to ask them. This does not take the place of going to your own doctor!

Manzano Mesa
Multigenerational Center • Room 4
2nd Tuesday of each month
10:00 – 11:00 am • Dr. Francis Roe



Insight to Medical Studies Palo Duro Summer Series

Lovelace Scientific Resources will be conducting an educational series providing valuable information on the following medical conditions. Learn about current studies being conducted for these conditions and ask our doctors questions about these conditions and studies. Complementary screening, educational materials, giveaways and refreshments are also available. Please join us.

Palo Duro • Cottonwood
1st Thursday of the month 10:00 am

August 7th

What Is a Clinical Trial? Why Should I Consider Participating? COPD Education and Awareness

Presented by Dr. Eileen Brady

Every year millions of people are prescribed medications by their doctors or purchase over-the-counter medications. However, few understand the process of how these drugs become available to them. Learn how clinical trial research affects all of us.

Approximately 55% of Americans take a prescription medication. About 90% of all Americans report using over-the-counter medications routinely. More than 12 million people are diagnosed with COPD and an additional 12 million are likely have COPD and don't know they have it. Learn about new COPD treatment studies and clinical studies that may be available to you. We will also provide Peak Flow Meters for lung function screening. Learn how clinical trials volunteers help make these discoveries possible.

September 4th High Blood Pressure

Presented by Dr. Paula Lane

Recent studies show that about 1 in 3 US adults has high blood pressure, but because there are no symptoms, nearly 1/3 of these people are unaware they have it. Uncontrolled high blood pressure can lead to stroke, heart attack, heart failure or kidney failure. Learn about new treatments being studied and clinical trials that may be available to you. We will also offer blood pressure checks.

October 2nd

Diabetes Awareness

Presented by Dr. Martin Conway

According to the American Diabetes Association there are 20.8 million children and adults in the US who have diabetes. While an estimated 14.6 million have been diagnosed, unfortunately, 6.2 million people are unaware they have diabetes. Learn more about new treatments being studied and clinical trials that may be available to you. We will also offer blood glucose screening.

November 6th

Chronic Pain

Presented by Dr. Walter Forman

Pain is the number one complaint of older Americans, and 1 in 5 older Americans regularly use painkillers. More than 50 million Americans experience chronic pain that interferes with daily activities, according to the American Pain Foundation. Learn about chronic pain and clinical research being done on the various causes of chronic pain and what clinical trials may be available to you.



Good Body Mechanics

Learn to take good care of yourself from lifting to exercising to eating the correct way.

Barelas • Rooms 2/3
Tuesday, July 1 – 9:30 am
Ambercare Hospice

Healthy Aging: Growing Wiser

This presentation will emphasize the mental, emotional and spiritual needs of a healthy person.

Barelas • Rooms 2/3
Tuesday, July 8 – 9:30 am
St. Joseph's Health Care

e-Services Presentations

The Social Security Administration will conduct e-services presentations to coach people on how to access information about Social Security and Medicare benefits via the internet. Topics that will be covered include: How to apply for benefits, See if you qualify for benefits, estimate your future benefits, how to change your address or phone number and how to get a password, forms or replacement cards. Persons with lap tops are encouraged to bring them.

Palo Duro • Cedar Crest Computer
Wednesday, July 9, 9:30 – 11:00 am
Wednesday, November 5, 9:30 – 1:00 am

Bear Canyon • Room 2
All presentations are 9:30 – 11:00 am
Tuesday, July 22
Wednesday, August 27

Mexican Folk Medicine and Folk Beliefs

The presentation will focus on the skills and knowledge used by traditional folk healers, including diagnosing illness, preparing natural medicines, identifying and using medicinal plants, massage therapy, indology, and more.

Los Volcanes • Room 2
Friday, July 11, 10:00 – 11:30 am
Dr. Eliseo "Cheo" Torres, University
Administrator, Professor, Author

Surviving the American Hi-Tech Diet

All too often in our culture, various illnesses, diseases, fatigue, not feeling well and even obesity seem to be accepted as normal conditions in our everyday life. Come and listen to 69 year old Bernie Smith, a certified wellness coach, describe how he overcame hypertension and arthritis (and 4 medications for 30 years) by simply changing his diet!!!

Palo Duro • Cottonwood
Thursday, July 17, 10:00 – 11:30 am &
Thursday, October 16, 10:00 – 11:00 am

Lip Reading

Lip reading is an ongoing course for anyone having difficulty hearing or understanding speech, especially when background noise is present. Learn how to use the topic of speech and the context of sentences to enhance speech understanding. The course can be joined at any time. Course material provided.

Bear Canyon • Room 5
Monday, 1:00 – 2:00 pm
Jean Dugas • \$5.00 for materials

Clinical Hypnosis

What is the subconscious and conscious mind? How do they interact, and how does this generate emotions, thought patterns, behaviors, and affect our physiology? Hypnotist Ché Lucero gives an overview of Hypnosis, relating the history and modern uses. Workshop includes a participative demonstration of the subconscious mind in action. All participation is optional, and no one will be singled out to do anything in front of the group. The workshop will target how the principles of self-hypnosis can be used to facilitate better health. Open Q&A at the end of the talk.

Highland • Room 8
Saturday, August 2, 10:30 – 11:30 am

Fall Prevention & Balance

Falls are the leading cause of injuries and hospital admission for trauma among people 65 years and older. However, falls are not just the result of getting older. Falls are usually caused by a number of reasons and many can be prevented. Join us to learn more about falls and what can be done to prevent them.

**Manzano Mesa
Multigenerational Center** • Room 4
Tuesday, August 5, 10:00 – 11:00 am
Ronald Roybal, Gentiva

Introduction to Healthy Families

An introduction to the Healthwise Handbook purposes and principles. Topics include: goals, achieving individual health changes, and common health and wellness issues.

Barelas • Rooms 2/3
Tuesday, August 12, 9:30 am
St. Joseph's Health Care

Sustaining Optimal Gardening Soils in Your Backyard

Garden enthusiasts will be captivated by the simple yet definitive explanation of soil microbiology, water conservation and natural pest control as described by Bernie Smith, who has been associated with these subjects for many years.

Palo Duro • Cottonwood
Thursday, August 21
10:00 – 11:00 am
&
Thursday, November 20
10:00 – 11:30 am

Sports Medicine and the Treatment of Sports Injuries

This presentation will feature a discussion on the topic of Sports Medicine and the Treatment of Sports Medicine. The doctor (to be announced) will address the question of what is sports medicine; common sports injuries, including the Achilles, knee, shin splints, shoulder, muscle cramps; and injury prevention and treatment options. An estimated 7 million Americans seek medical attention for sports related injuries each year, and Sports Medicine Specialists are experts in the diagnosis, treatment and prevention of common injuries that occur during sports and exercise. Sponsored by the Arthritis Foundation; for more information call 867-7430.

Los Volcanes • Social Hall
Thursday, August 21
6:00 – 7:30 pm



Family Health: Guide to Self Care

Specific health information on first aid, emergencies, chronic disease and self-care for common health problems, as well as preparation tips, a checklist and role play for a doctor's appointment. Participants are taught how to get better health care at lower costs and how to avoid unnecessary trips to the ER.

Barelas • Rooms 2/3
Tuesday, September 9, 9:30 am
St. Joseph's Health Care

Seniorcise

This presentation invites a fitness expert to demonstrate stretching and toning exercises and how to stay active.

Highland • Room 8
Wednesday, September 3
11:00 am – 12:00 noon

What is Vegetarianism?

& why to choose it as a way of life.

The rationale for a vegetarian diet is quite vast and historical. Bernie Smith, a longtime vegetarian, will explain the whys and where for's concerning his journey to becoming a staunch vegetarian.

Palo Duro • Cottonwood
Thursday, September 18
10:00 am – 11:00 am
&
Thursday, December 18
10:00 – 11:30 am

See the Health and Fitness Classes (page 105) for more healthy activities

Managing Joint Pain Seminar

Learn about the latest technology in managing joint pain and in joint replacements. Retirees tend to be active and some sports related injuries can come back to haunt us. Don't let them get in your way of living an active lifestyle. Get the facts.

Bear Canyon • Room 6
Thursday, September 18, 6:00 – 8:00 pm
Mario Quesada, MD
Call in to register; 291-6211

Nutrition: The Path to Wellness

Information on nutrition and making healthier food choices, basic food pyramid information, the connection between food choices and diabetes and helpful recipes for snacks.

Barelas • Rooms 2/3
Tuesday, October 7, 9:30 am
St. Joseph's Health Care

Keeping Mind/Body Fit-Preventing Illness

What you think, what you say and what you feel makes a difference.

Barelas • Rooms 2/3
Tuesday, October 28, 9:30 am
Ambercare Hospice

Body, Mind & Soul

This class focuses on the connection between better health and wellness and exercise, stress reduction, and spiritual or positive affirmation and a calming relaxation exercise.

Barelas • Rooms 2/3
Tuesday, November 4, 9:30 am
St. Joseph's Health Care

Healthy Hearts and Recipes

Everything comes from the Heart!

Barelas • Rooms 2/3
Tuesday, November 25, 9:30 am
Ambercare

Next Step: Lifelong Health

Putting together all the components of the previous four classes, this workshop addresses real life situations and exercises include useful applications using the Healthwise Handbook. Also includes guidelines for safe toys and role play and small group discussion.

Barelas • Classrooms 2/3
Tuesday, December 9, 9:30 am
St. Joseph's Healthcare



Diabetes Clinic

Diabetes affects 20.8 million children and adults in the United States and many are not aware they already have it or may be at risk of developing the disease. Get a blood sugar reading and a foot exam, and learn more about optimal nutrition and exercise.

Manzano Mesa Multigenerational Center • Mail Hallway
Wednesday, December 10
12:30 – 1:30 pm

What's Your Aging IQ?

Join us and find out what your aging IQ is. Do you know the answers to these questions? At what age should you start to worry about your bones? Do men get osteoporosis? Do people begin to lose interest in sex around age 50? If Sam's brother has Alzheimer's disease, will Sam get it too? We will find out if you really do know everything in this presentation by "Service in the Neighborhood," a Blue Cross Blue Shield of New Mexico program.

Los Volcanes • Room 2
Friday, October 3, 10:00 – 11:30 am

Barelas • Rooms 2/3
Tuesday, December 23 – 9:30 am



Life Skills

Is Your TV Going To Work?

The digital television transition is coming in February of 2009. But, do you understand it? Do you have questions? This is the presentation for you! Don't be left out with televisions that will no longer pick up signals.

Palo Duro • Ponderosa Pine
Wednesday, July 9, 10:00 – 11:00 am
Gary Anderson

Silence: Listening to It's Many Meanings

Does silence mean people have nothing to say? Margaret Montoya, New Mexico native, and Harvard graduate, argues that Hispanics and other women of color tell their stories using techniques like silence, which are unfamiliar to mainstream listeners. Margaret is a UNM professor who writes about race, culture and communication.

Manzano Mesa
Multigenerational Center • Room 4
Date and time to be announced
Margaret Montoya, NM Chautauqua

Los Volcanes • Room 1
Monday, September 22
1:00 pm – 2:30 pm
Margaret Montoya, NM Chautauqua

Acupressure

Learn valuable techniques to improve your well being when you self administer acupressure to relieve the stresses and strains that affect your body

Bear Canyon • Room 6
Thursday, 1:30 – 2:30 pm • Sumrall

Election Reform—Who Pays?

Of the three major components of elections, only in the vote does the general electorate have direct input. That leaves two questions: How does a person decide to run? Who finances the campaign? In the past, hopefuls searched for big donors so they could get funds to run their campaign. If they found enough money, they decided to run. This was changed in 2005 when Albuquerque voters approved of using city funds to partially fund the campaigns of City Council, and Mayor. The first election held under this new provision was in the fall of 2007 in City Council districts # 2,4,6, and 8. In 2009, city Council candidates in districts # 1,3,5,7 & 9 and the Mayor, will have the *option* of attempting to qualify for limited city funds to run their campaigns. In addition, state funding is available for Public Regulatory Commission and some judicial candidates. Attend this presentation to discover how public financing (also called election reform or clean elections) works, how it can broaden the field of candidates and reduce the disproportionate influence of wealthy individuals, corporations, and b) who pays the bills. Perhaps you will decide to run!

Bear Canyon
Room 3 • Friday, September 19
10:00 – 11:00 am
Room 1 • Tuesday, October 28
1:00 – 2:00 pm
Jane Ronca-Washburn,
Voter Rights and Responsibilities Group



Go Fly A Kite!

Yes, even at this time of the year! Come and enjoy a presentation and discussion about kites and kite flying! Remember making your own kites as a child and how kites were used in the war? This is an opportunity to share memories, learn a little about kite history and see many different kinds of kites and kite accessories used today. The presentation will be given by a member of the American Kitefliers Association.

Palo Duro • Mesquite Room
Wednesday, October 29, 7:00 – 8:00 pm
Sign up at the front desk
Beverly R. Moore

Wondering About Angels In Your Life?

Experience communication with your angels/guidance and your inner self. Live with love not fear. Enjoy freedom from worry. Learn healing techniques. Sponsored by Inner Peace Movement International, a non-profit spiritual organization established in 1967.

Palo Duro • Aspen
4th Saturday, June 28, August 2,
August 23, September 27, October 25
10:00 – 11:30 am
\$10.00 session, payable to presenter.
Register at front desk or just show up.
Presented by Robyn D. Twito, ALC
Certified Consultant



Pueblo Pottery

Southwestern Pueblo pottery is an art-form with a long and rich tradition. Pam Lujan-Hauer is a potter from the Taos Pueblo; she demonstrates her art and tells the story of pottery, from the history of clay as an art form and the origins of the earliest pottery, to the threats to traditional pottery. Pam Lujan-Hauer learned pottery-making from her great-aunts. She exhibits work extensively, teaches classes and demonstrates her work. She has also won numerous awards.

Manzano Mesa
Multigenerational Center • Room 5
Friday, October 10,
11:00 am – 12:00 noon
Pam Lujan-Hauer, The New Mexico
Chautauqua (NMHC)

Watering Your Lawn Presentation

Los Volcanes • Social Hall
Saturday, July 19
Saturday, August 16
1:00 – 2:00 pm
Presented by: The Albuquerque
Bernalillo County Water
Utility Authority



HISTORY

Houdini— American Icon

Harry Houdini, the greatest magician, escape artist, and showman of his time, began as Erich Weiss, a Jewish immigrant kid from Budapest. He became known as 'The Great Self-Liberator' to the new American immigrants who were searching for economic independence, social justice, and freedom at the turn of the 20th century. His daring and dangerous escapes became metaphors for personal freedom and new found belief in themselves.

Bill Martin is a magician, escapeologist, and retired Naval Aviator. He has been a Golden Gloves boxer, carnival wrestler, hardrock miner, tractor mechanic, and nightclub entertainer. He has performed Houdini's famous milkcan escape on national television.

Los Volcanes • Social Hall
Friday, August 15, 10:30 am – 12:00 pm
Bill Martin, New Mexico Chautauqua

Santos and Churches of New Mexico

Presented by Marie Romero Cash, this slide lecture will familiarize audiences with "santos" what they are, who makes them and why. Colonial churches, including San Miguel Mission in Santa Fe, the oldest church in the U.S., and the much photographed church at Ranchos de Taos.

Manzano Mesa
Multigenerational Center • Room 4
Thursday, September 4, 1:00 – 2:30 pm
Marie Romero Cash, The New Mexico Chautauqua (NMHC)

It's Fun, It's History, It's New Mexico

It's fun—Laugh a little and learn a lot about our beautiful state. It's history—It's good guys, bad guys, ladies and those "not so" ladies. It's New Mexico. It's the state stuff (state cookie, fossil, song, butterfly, bird) and so much more.

Manzano Mesa
Multigenerational Center • Room 4
Thursday, November 6, 1:00 – 2:30 pm
Mary Mortensen Diecker, The New Mexico Chautauqua (NMHC)

MUSIC

Pitched Percussion Swing Ensemble

Learn to play with a group in this non-traditional pitched-percussion ensemble. This presentation provides an opportunity to learn music and make friends while you play. All instruments are provided. No musical background necessary, just the ability learn and retain basic music concepts.

Manzano Mesa
Multigenerational Center • Room 4
Thursday, July 24, 1:00 – 2:30 pm
Linda Gilmour

Die Fledermaus— What does a bat have to do with opera?

Die Fledermaus (the Bat) is a world-famous operetta by Johan Strauss Jr., the most famous composer of Viennese waltzes. It tells a complicated and funny story about a couple, their maid and friends in a joyous romp through late 19th century Vienna. Join Julius Kaplan of Opera Southwest to learn more about one of the most easy to enjoy works of classical music. This presentation will also serve as a wonderful introduction for those planning to attend the performance on Sunday, October 12.

Manzano Mesa
Multigenerational Center • Room 4
Friday, September 12, 1:00 – 2:30 pm
Julius Kaplan, Opera Southwest

SENIOR ISSUES

Ombudsman Program— What it is and how it works

Ombudsman is a Swedish word meaning "carrier of the message." The New Mexico Long-Term Care Ombudsman Program assists residents to advocate for their rights, resolve their concerns and maximize their quality of life. Do you have a loved one or friend living in a long-term facility who needs our help? Perhaps you share our desire to help others. Learn what the Ombudsman program does, preparing for future care decisions and ensuring quality care when a loved one enters a facility.

Manzano Mesa
Multigenerational Center • Room 4
Tuesday, August 19, 3:30 – 4:30 pm
Shannon Cupka

Benefits Check Up

Need help paying for your prescriptions, energy bills, or property taxes? There are Benefits You May Be Missing. There's an easy way to find benefits. Local, state and federal programs can help many people with expenses such as prescriptions drugs, rent, heating bills, meals and more.

The programs already exist, although it's often hard to find them. In this presentation we will show you where and how to find these valuable programs, and how to use them. We will even set up time to help you one on one. This presentation will be offered by "Service in the Neighborhood," a Blue Cross Blue Shield of New Mexico program.

Highland • Room 8
Wednesday, October 1
11:00 am – 12:00 noon

Los Volcanes • Room 2
Friday, October 3
10:00 – 11:30 am

Barelas • Classrooms 2/3
Wednesday, October 22, 9:30 am

Prescription Medication Basic Education

This is an informative presentation on the "basics" of prescriptions...how they are written, what they mean and questions to ask your pharmacist.

Highland • Room 4
Wednesday, November 5
11:00 – 12:00 noon



Medicare Advantage Plan

Humana presents Information Session on 2009 Medicare Advantage Plans

Los Volcanes • Room 2
Thursday, November 13, 10:00 am

Barelas • Classrooms 2/3
Tuesday, November 18, 9:30 am

Medicare Prescription Plans

Humana Presents Information Session on 2009 Medicare Prescription Plans. Last day to enroll in Part D is December 31, 2008.

Los Volcanes • Room 2
Thursday, December 11, 10:00 am

Barelas • Classrooms 2/3
Tuesday, December 16 – 9:30 am
Humana, Inc.

Medicare Help Desk

Humana hosts information table on Medicare Advantage Plans

Barelas • Lounge area
2nd Wednesday of every month
9:30 am

Los Volcanes • Lobby
2nd Thursday of each month,
July – October, 10:00 – 11:00 am

Medicare Help Desk

Blue Cross Blue Shield hosts a “Service in the Neighborhood” Medicare Help Desk. Stop by and ask your Medicare questions.

Barelas • Lounge Area
2nd Friday of each month

Los Volcanes • Lobby
2nd Tuesday of each month
11:30 am – 1:00 pm

