

## GROUPS AND CLUBS

### Albuquerque Accordion Club

**Bear Canyon • Room 1**  
1st Thursday of the month  
8:00 – 9:00 pm  
Dr. Wright

### Albuquerque Senior Cyclists

The Albuquerque Senior Cyclists are an active, but casual group of seniors who love to bike and socialize. They ride year round, three mornings a week, weather permitting. Their rides start at different locations around Albuquerque, and they also have a few out of town rides. In order to ride with the group you should be able to ride for 20 miles at a fairly steady pace (at least 10 mph), with only an occasional stop. Helmets are required. For more information and ride schedules, please contact Bill Becker at 237-2495 or wbeckr@comcast.net, or Jenny Robbing 292-4606 or jrobbins@swcp.com.

### Aristocrat Social Club

Caravaners promote recreational vehicle use and camp out monthly. Members are required to own a self contained recreational vehicle.

**Highland • Room 7**  
3rd Wednesday, 1:00 – 4:00 pm

### Albuquerque Rug Hookers

Attend our group to enjoy this fun hobby!

**Manzano Mesa**  
**Multigenerational Center • Room 1**  
(3rd Thursday of every month)  
1:00 – 4:00 pm • Linda Towle

### Albuquerque Wildlife Federation

AWF is a member based conservation organization affiliated with the New Mexico and National Wildlife Federations. The organization addresses a variety of topics concerning wildlife and environmental issues. Membership is not a prerequisite to participate in the organization.

**Manzano Mesa**  
**Multigenerational Center • Room 3**  
2nd Thursday, 7:30 – 9:00 pm  
Gene Tatum

### Bible Basics

Join in the fun learning experience of discovering the Bible.

**Bear Canyon • Room 5**  
1st, 3rd, 5th Tuesday, 1:30 – 3:00 pm  
Rebecca Hunt

**Barelas • Room 4**  
Wednesday, 9:30 – 11:00 am

**Los Volcanes • Room 1**  
Tuesday, 9:30 – 11:30  
Aranda, Balboa, Ramirez  
Instructors will vary by topic

**North Valley • Conference Room**  
Thursday, 9:30 – 11:00 am  
Aranda

### Women's Bible Study

A group of women from several faiths/denominations that gather weekly to do an in depth Bible study and socialize.

**Manzano Mesa**  
**Multigenerational Center • Room 1**  
Tuesday, 11:00 am – 1:00 pm  
Ann Foreman

### Bible Discussion Group

This group has open discussions on how the Bible is relevant to present times; what the Bible means in our personal lives; and answer questions us as individuals have on the Bible, using scripture as a guide.

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

### Book Discussion Group

Seminar discussions are based upon the pre-reading of a text in Social Sciences or Humanities, which is chosen by the instructor and/or the participants. An interest list is at the front desk.

**Highland • Room 8**  
Friday, 1:00 – 3:00 pm

### Camera Club

Members enjoy sharing their photos, technique and interest in photography. Field trips are included.

**Palo Duro • Ponderosa Pine**  
2nd Friday, 1:00 – 3:00 pm

### Cherokees of New Mexico

**Manzano Mesa**  
**Multigenerational Center • Room 4**  
3rd Saturday, 12:00 noon – 3:00 pm  
Bob Leach

### Current Events Discussion Group

Current events topics are suggested at each weekly meeting. The group discusses these ideas, values and problems of the times. This is an ongoing session, and people are welcome to attend at any time. Special guest speakers are invited on occasion.

**Bear Canyon • Room 1**  
Tuesday, 11:00 am – 12:00 noon  
Jerry Lehnus

**Palo Duro • Aspen**  
Thursday, 1:00 – 3:00 pm  
Zahnle

### Drama Club

Ever dream about putting on a skit, opera or small production? All interested seniors are summoned for behind the scenes and acting positions. Everyone is welcome to sign an interest list at the front desk.

**Highland • Room 8**  
Wednesday, 7:00 – 8:30 pm • Roth



### Dutch Speaking Group

Speak Dutch? Join us in the lobby to converse, share jokes and enjoy each other's company.

**Bear Canyon • Lobby**  
Friday, 10:00 – 11:30 am • Feikje Scott

### Filipino American Association

**Manzano Mesa**  
**Multigenerational Center • Room 5**  
Saturday, 12:00 noon – 3:00 pm  
Maria Custodio

### Fishing Club

All you fisherman and fisherwomen, join the Fishing Club for a lot of fun and camaraderie. The group decides where the trips will go. New members are encouraged to attend meetings before going on trips.

**Barelas • Room 4**  
Meets one Friday—fishing the next. Call us for next meeting date and time  
Friday, 12:30 pm

**Bear Canyon • Room 4**  
Club Meeting: Monday before fishing trips at 1:00 pm • Call center for dates

**Los Volcanes • Room 2**  
Meets: 2nd and 4th Tuesday, 10:00 am  
Trips 2nd and 4th Thursday, 6:00 am  
April – October

**Palo Duro • Cottonwood**  
Meets: Every other Thursday prior to trip, 11:00 am Trips: every other Tuesday, 6:00 am – 4:00 pm  
\$.05 per mile • Francke

**North Valley**  
Call the center for dates and times

### Foster Grandparent Program Advisory Council

**North Valley • Room 4**  
3rd Wednesday of each month  
11:30 am – 1:00 pm  
Reneé Chavez, 764-1612

### Los Volcanes Golf Club

Los Volcanes Golf Club (LVGC) had begun its 2007 league season. LVGC will play until further notice at Ladera Golf Course located at Ladera and Sequoia NW on Tuesday beginning at 9:30 am weather permitting.

League play is open to members of Albuquerque Senior Centers, male or female. Handicaps are established weekly based on past performance in league play. USGA handicaps are not required. Seniors are entitled to discounts on greens fees and cart rentals, if desired. Club rentals are available if you don't have your own.

This is not an instructional league. Some golf experience is useful though talent is not a prerequisite.

Tim Mahoney is coordinating the league this season. Call him at 480-7082 if you wish to play or if you have any questions. Call before Sunday if you wish to play the following Tuesday. We need to confirm how many will be playing with the Ladera Pro Shop.



### Grief Support Group

A grief support group is where members can share their sense of grief/loss, regret, guilt and/or anger. It is a safe place where confidentiality is respected. As people age, life becomes a series of losses: to death, to lifestyle changes, to diminishing capacities (physical/mental). Unless we are able to deal with these and move on we cannot embrace the future and look forward to the gift of our own lives. Participating in a support group does not indicate weakness, but strength; the strength to recognize our needs and realize the strength of the group experiences.

**Bear Canyon • Room 5**  
1st Monday of each month  
2:00 – 4:00 pm  
Joanne Rupprecht

### International Travel Group

This is a group of people who have an interest in international travel. The group has programs about specific trips and discussions about international travel in general.

**Manzano Mesa**  
**Multigenerational Center • Room 5**  
4th Thursday of each month  
11:00 am – 1:00 pm  
Howard and Marsha Seltzer



### Investment Club

Want to learn more about investing in the stock market? This club meets once a month to educate the group about the stock market and to make investments as a club. As a member of the National Association of Investors Corporation (NAIC), the club follows a study program provided by NAIC. Prospective members are welcome.

**Palo Duro • Ponderosa Pine**  
3rd Wednesday, 10:00 am – 12:00 noon  
RPENM (Retired Public Employees of N.M.)

### Investment Special Interest Group

Investing over the internet can be perplexing, confusing and EXPENSIVE if you aren't aware of some of the methods and procedures for fun and profits. Spend a few hours learning some of these tips before spending your hard earned money on investments. No pre-registration required. Just show up.

**Bear Canyon • Room 2**  
Thursday, July 31 & October 30  
7:00 – 8:45 pm  
Ron DeLashmutt

### Jubilee Dancers

This is a group of dancers who choreograph their dances to various show tunes. They entertain at nursing homes, centers and throughout the community. This group is already established but newcomers are welcome.

**Manzano Mesa Multigenerational Center • East Social Hall**  
Thursday, 1:00 – 2:45 pm  
Janet Porter



## Lunch Bunch

Join this friendly group of people who dine in a variety of restaurants in and around town. Reservations required.

### Bear Canyon

4th Thursday, (7/24, 8/28, 9/25, 10/23, 11/20, 12/18) 10:45 am  
50¢ transportation

### Los Volcanes

3rd Friday, 10:45 am  
50¢ transportation

## M&M Dancing Dolls

This subgroup of the M&M Red Hat Sisters meets to learn a variety of dances from Hip-Hop to exotic Latin. The group performs for other Red Hat chapters throughout the community.

### Manzano Mesa

**Multigenerational Center** • Social Hall  
Wednesday, 12:00 noon – 1:00 pm  
Janet McBride

## NALIP – NM

The National Association of Independent Producers helps develop skills, create community, provide professional development opportunities and advocate for Latino leadership in media: film, broadcast, cable, satellite and new technology.

### Manzano Mesa

**Multigenerational Center** • Room 3  
1st Thursday, 6:00 – 8:30 pm  
Ivonne Escajada

## NM Computer Society

### Manzano Mesa Multigenerational

**Center** • Computer lab  
2nd Monday of each month,  
6:30 – 8:30 pm  
Ron Johnson

## Golfing

The Niners Golf Association is a group of senior men, women and couples who enjoy just playing nine-hole tournaments. We meet once a month, February through November on nearby courses, including Sandia, Isleta and Santa Ana. Dues are \$10.00 year.

### Bear Canyon

Tournaments are the  
2nd Tuesday of each month.  
Call Bob Brundage at 266-7375 for more information.

## Out-to-Dinner Group

Eating with friends creates evenings of wonderful social interaction. The Out-to-Dinner Group experiences the ambiance and fare at a variety of area restaurants. The group journeys out on the first Monday of each month (holiday's excluded) at 5:00 pm and usually returns between 7:30 & 8:30 pm. Sign up at the front desk.

### Bear Canyon

1st Monday of the month  
5:00 – 7:30/8:30 pm (check in at 4:45)  
50¢ transportation, food on your own  
Millie Martinez

## Peer Counseling

Join this caring group of individuals and find the support you need. This group promotes health, vital aging through individual and group counseling services. All are welcome to attend. No registration is necessary.

### Los Volcanes • Room 10

Friday, 10:00 am – 12:00 noon  
O'Hara

## Personal Defense Club

Close Quarter Combat is a general name given to real world, personal combat skills used by police, military, security personnel, and aware citizenry. Not associated with any traditional Asian martial art or sport, the purpose of this class is to provide a place to learn, teach and practice personal fighting skills. Previous experience in a combat art, or sport, is welcome, but not necessary.

### Manzano Mesa Multigenerational

**Center** • Room 4  
Tuesday, 7:30 – 9:00 pm  
Dr. Sean Ross

## Philatelic Society

Please join us for mixtures, the trading circuit, member bourse and door prizes. Following the business meeting there will be an auction, speaker, video or slide presentation. Come find out how interesting stamp collecting can be.

### Palo Duro • Ponderosa Pine

Monday, 11:30 am – 3:00 pm • Pierce

## Red Hat Society

Join your senior sisters across the nation, even the world, to greet middle age with verve, humor and frivolity. Share in a bond of affection, common life experiences and enthusiasm for whatever life has in store. Please see the front desk for further details. The only criteria for joining are willingness to share and a red hat. A purple dress is optional. New members always welcome.

### Bear Canyon • Room 5

Enchanting Red Hat Bear Beauties  
3rd Wednesday, 1:00 – 2:30 pm  
Queen Barbara Broussard

### Highland • Room 1

Contact the front desk for details.

### Los Volcanes

2nd and 4th Wednesday of each month

### Manzano Mesa Multigenerational

**Center** • Sitting Room  
3rd Thursday of every month,  
10:00 – 11:30 pm • Ina Saxton

### Palo Duro • Aspen

1st Saturday, 9:00 – 11:00 am

## Reclaiming Families

### Manzano Mesa

**Multigenerational Center** • Room 4  
1st & 4th Friday, 7:30 – 9:00 pm  
Nzaki Sinandile



### Rock Hound Explorers Club

**Palo Duro** • Cottonwood  
Meetings: 1st and 3rd Thursday,  
11:00 am – 12:00 noon  
Trips: 2nd and 4th Thursday,  
8:15 am – 4:30 pm  
5¢ per mile • Harris 292-2861

### Rosemalers of New Mexico

Join others in exploring the fine art of Norwegian folk art painting.

**Bear Canyon** • Room 5  
2nd Saturday, 9:30 am – 1:00 pm  
Diana Ekedal

### Sharing Life's Experience

A small group “gets together” and talks about issues that affect their daily lives. Participants share feelings, ideas and find areas of common interest.

**Manzano Mesa  
Multigenerational Center** • Room 5  
Tuesday, 1:00 – 3:00 pm  
Bob Hoberg

### Sociable Singles

This group is dedicated to helping single men and women have a satisfying social life and developing new friendships. Activities include dining out, attending theaters, potlucks, concerts, etc. A folder on Sociable Singles is available at the front desk. Contact persons are D. Cillessen, 296-1765 and M. Peterson, 821-3101.

#### **Bear Canyon**

1st Tuesday Luncheon, 11:30 am  
Social Hall  
3rd Friday, Meeting, 3:00 – 4:30 pm  
Room 5  
4th Thursday, Social Time, 5:00 pm,  
bring your own food, visit and play games  
Dorothy Cillessen or Mary Peterson

### Strings Group

Anyone who plays a string instrument is welcome to join this group.

**Bear Canyon** • Room 3  
Thursday, 2:00 – 4:00 pm

### Toastmasters

Toastmasters is a group that works on improving their communication skills. Lose your fears of public speaking and learn skills that will help you be more successful in whatever path you have chosen in life.

**Manzano Mesa  
Multigenerational Center** • Room 5  
1st & 3rd Wednesday  
12:00 noon – 1:30 pm  
Richard Iadrola

### T.O.P.S. (Take Off Pounds Sensibly)

**Manzano Mesa  
Multigenerational Center**  
Monday, Room 5  
9:30 – 11:15  
Dottie Bellach

Friday, Room 4  
10:00 – 11:30 am  
Betty Demenge

**Los Volcanes** • Room 10  
Monday, 8:00 – 9:00 am  
Mary Kay Olson

**Palo Duro** • Aspen  
Monday, 11:45 am – 1:00 pm  
Eberhing

### Treasure Seekers

Please join us as we hunt for hidden treasures.

**Palo Duro** • Cottonwood  
Meetings: 2nd Wednesday,  
10:00 – 11:30 am  
Trips: 1st & 3rd Thursday,  
8:30 am – 4:00 pm

### Travel Talk

Join this group of seniors who travel or would like to travel. Exchange ideas, experiences, travel tips and advice. Whether the travel is for education (Elderhostel), group tours, independent travel or family get togethers, someone has done it.

**Highland** • Room 8  
2nd Wednesday, 2:00 pm  
Lane, Williams

### CBI Veterans Group

Veterans of World War II who served in China, Burma or India are welcome to attend.

**Palo Duro** • Ponderosa Pine  
4th Wednesday, 10:00 am – 12:00 noon  
Laben 298-2450

### Vintage Players

Members of the group read and perform monologues, readings, skits, one-act plays and original material. Occasionally, the group performs in venues throughout the community. If you want the fun of improving your dramatic skills without the “trauma” of memorizing, the Vintage Players are for you.

**Manzano Mesa  
Multigenerational Center** • Room 4  
4th Wednesday, 10:00 am – 12:00 noon  
Janet Porter

### Watercolor Club

This is an informal group that paints in “open studio” fashion, giving pointers, helpful hints and opinions to one another when asked, which is helpful to new painters. Group meets year round. All ability levels are welcome.

**Bear Canyon** • Room 4  
2nd Thursday, 1:00 – 3:00 pm  
Paul Stubbe

### Zia Rifle & Pistol Club

The Zia Rifle & Pistol Club promotes participation in shooting sports, with emphasis on range and field safety.

**Bear Canyon** • Room 5  
3rd Thursday, 7:00 – 9:00 pm  
Grant Reel, President

