INDEPENDENCE DAY CLOSURE
Meadowlark and Broadmoor Senior Centers will be closed on Monday, July 4
Have a safe holiday!

Family Night: A Family Summer Vacation @ MSC
Get out of the heat for a night of fun. Summer vacations and family trips create fond memories, so create new ones, as you enjoy a touch of the tropics on this special night with family and friends. Enjoy the evening as you swap stories over a meal, desserts, and cool drinks. Make this a night of fun, filled with family, laughs, stories, music and games to play. Reservations required, space is limited.

Tuesday, July 19
5:30 — 7:30 p.m.
$4 due at registration

Hawaiian Luau Dance Party @ BSC
Aloha! Come and join us for a “Luau Dance Party at BSC”. Let us take you to the tropical paradise of Hawaii. Enjoy Oahu’s famous Haleiwa shaved ice beverage that we will serve. Wear your favorite Hawaiian shirts, dresses, and leis made of plumeria flowers and dance to the beat of Hawaiian hula music. First come first served. Limit: 30

Monday, July 25
1 — 4 p.m.
Main Room
$3 payable at the door

Mystery of the UFO Phenomenon @ MSC
Norio Hayakawa will provide an unbiased view of the UFO phenomenon. Norio has been investigating the UFO phenomena for over 60 years. He will share his knowledge of this topic and present information on and about the UFOs.

Tuesday, July 12
1:30 p.m. in the D/R
No Fee
Welcome!

The Division of Senior Services is a division of the Parks, Recreation & Community Services department in the City of Rio Rancho. We serve those who are age 55+ and strive to provide services and activities that promote positive aging.

To best serve the population of Rio Rancho, we have two senior center locations:

**Meadowlark Senior Center (MSC)**
4330 Meadowlark Lane SE
Rio Rancho, NM 87124
(505) 891-5018
Hours:
Monday, Wednesday, Thursday, 8 a.m.—5 p.m.
Tuesday, 8 a.m.—8:30 p.m.
Friday, 8 a.m.—4:30 p.m.

**Broadmoor Senior Center (BSC)**
3241 Broadmoor Blvd NE
Rio Rancho, NM 87144
(505) 891-5050
Hours:
Monday—Friday, 8 a.m.—5 p.m.
(Wednesdays, early closure at 3 p.m.)

Membership is required to participate in activities at our Centers, but membership is free! Just fill out an application and return it to the front desk for processing.

The Division of Senior Services is partnered with the Sandoval County Senior Services to offer congregate meals at the Meadowlark location for a $2 suggested donation for those who are 60 and older. Join other members for lunch Monday through Friday, from 11:30 a.m. to 12:30 p.m. or pick up a meal to go. Registration is required.

We look forward to having you!

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**Senior Services Staff**

<table>
<thead>
<tr>
<th>Name</th>
<th>Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>Crystal L. Sanchez</td>
<td>Division Manager</td>
</tr>
<tr>
<td>Elianna Lyle</td>
<td>Assistant Division Manager</td>
</tr>
<tr>
<td>Lissette Tellez</td>
<td>Administrative Assistant</td>
</tr>
<tr>
<td>Michele Batchelor</td>
<td>Recreation Specialist</td>
</tr>
<tr>
<td>Emery Riego De Dios</td>
<td>Recreation Specialist</td>
</tr>
<tr>
<td>Matthew McCoy</td>
<td>Recreation Specialist</td>
</tr>
<tr>
<td>Julie Davis</td>
<td>Recreation Specialist</td>
</tr>
<tr>
<td>Eric Garcia</td>
<td>Office Assistant</td>
</tr>
<tr>
<td>Kay Strait</td>
<td>Receptionist</td>
</tr>
</tbody>
</table>

**Artist of the Month**

Joe McDonnell
![Artist of the Month](image)

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**Division of Senior Services Advisory Board**

The Division of Senior Services (DSS) Advisory Board meets every 2nd Tuesday of the month at 1:15 p.m. at the Meadowlark Senior Center.

We currently have vacancies in Districts 2, 3, and 6. We are seeking citizens who live in these districts who have a passion for helping senior citizens and are interested in serving on the DSS Advisory Board. To inquire about a Board position, please see Crystal or Elianna.

- District 1—Dee Williams
- District 2—VACANT
- District 3—VACANT
- District 4—Jennifer Demiter
- District 5—B. Joyce Garnes
- District 6—VACANT
- At Large—Ed Mieszerski

July 2022
July 2022

Broadmoor Senior Center

The following ongoing activities take place at Broadmoor Senior Center. Registration may be required and space may be limited. Call (505) 891-5050 for updates and/or changes.

BSC Registration

- Phone-in and walk-in registration for ALL activities will begin Thursday, June 30 at 8 a.m. at Broadmoor Senior Center or call 505-891-5050 for registration.
- A MEMBER can register for oneself and one other MEMBER, no exceptions allowed.
- ALL payments MUST be made within 24 hours of registration of activity. Fees are non-refundable unless someone from the waiting list can take your place or the activity is cancelled by BSC.
- Following the Registration Days, signups are accepted Monday through Friday from 8:30 a.m. to 4:30 p.m. If you have any questions, please call Broadmoor Senior Center @ (505) 891-5050.
- We accept cash, credit card or checks made payable to City of Rio Rancho. Please bring exact change. No large bills will be accepted.

Health & Wellness @ Broadmoor

What better place for self-improvement than at a sanctuary overlooking the Sandia Mountains? Find your Zen at Broadmoor Senior Center with these Health and Wellness Activities.

Outdoor Walking Group

Wednesdays
8-9 a.m.

Escrima

This popular martial art dates back to as early as the 1500s, during the Spanish colonization of the Philippines. Get moving as you gain confidence, strength and improve reflexes. Twenty-six inch bastons will be used in this practice. Instructor, George Maldonado has been practicing this martial art for over 40 years.

Tuesdays, July 5, 12, 19 & 26
9-10 a.m. at Broadmoor Senior Center
$20 payable at registration

Sound Healing for Wellness

Cece Short offers Sound Healing for wellness. Sounds created through instrumental vibrations initiate a healing response from the body. Feel the balance of your body and recover from dis-ease or dis-harmony. Space is limited.

1st & 3rd Tuesdays, July 5 & 19
1:30-3:30 p.m. in Room 2
No Fee

Tai Chi

Tai Chi movements are slow and deliberate with shifts of body weight from one leg to the other in coordination with upper body movements to challenges the body, and to improve balance and reduce fall frequency. Join David every Wednesday, to help regain strength and balance with Tai Chi.

Wednesdays
9-10 a.m. in the Main Ballroom
$3 payable at registration

Meditation

Tuesdays, July 12 & 26
1:30-3 p.m. in Room 2
On-Going Classes @ BSC

Broadmoor Senior Center
For additional information please call (505) 891-5050
Daily Activities for the Month of June 2022

Monday Schedule

<table>
<thead>
<tr>
<th>Activity</th>
<th>Time</th>
<th>Room Assignment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Painting with Color Pencils</td>
<td>10:00 am to 12:00 p.m.</td>
<td>Room 2</td>
</tr>
<tr>
<td>Book Binding Class</td>
<td>12:00 pm to 2:00 pm</td>
<td>Demo Room</td>
</tr>
</tbody>
</table>

Tuesday Schedule

<table>
<thead>
<tr>
<th>Activity</th>
<th>Time</th>
<th>Room Assignment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Escrima (Martial Arts)</td>
<td>9:00 am to 10:00 am</td>
<td>Main Room</td>
</tr>
<tr>
<td>Crafty Corners</td>
<td>1:00 pm to 4:00 pm</td>
<td>Room 1</td>
</tr>
<tr>
<td>Sound Healing Class (1st &amp; 3rd)</td>
<td>1:30 pm to 3:00 pm</td>
<td>Room 2</td>
</tr>
<tr>
<td>Meditation Class (2nd &amp; 4th Tues)</td>
<td>1:30 pm to 3:00 pm</td>
<td>Room 2</td>
</tr>
</tbody>
</table>

Wednesday Schedule

<table>
<thead>
<tr>
<th>Activity</th>
<th>Time</th>
<th>Room Assignment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tai Chi</td>
<td>9:00 am to 10:00 am</td>
<td>Main Room</td>
</tr>
<tr>
<td>Outdoor Walking Group</td>
<td>9:00 am to 10:00 am</td>
<td>Out Door</td>
</tr>
<tr>
<td>Bid Whist</td>
<td>10:00 am to 2:00 pm</td>
<td>Room 2</td>
</tr>
<tr>
<td>Genealogy Group (2nd Wed)</td>
<td>1:30 pm to 3:30 pm</td>
<td>Main Room</td>
</tr>
</tbody>
</table>

Thursday Schedule

<table>
<thead>
<tr>
<th>Activity</th>
<th>Time</th>
<th>Room Assignment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mosaic Class</td>
<td>10:00 am to 12:00 p.m.</td>
<td>Main Room</td>
</tr>
<tr>
<td>Mexican Train Dominoes</td>
<td>1:00 pm to 4:00 pm</td>
<td>Demo Room</td>
</tr>
</tbody>
</table>

Friday Schedule

<table>
<thead>
<tr>
<th>Activity</th>
<th>Time</th>
<th>Room Assignment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Craft Market (2nd Friday)</td>
<td>8:00 am to 1:00 pm</td>
<td>Main Room</td>
</tr>
<tr>
<td>Book Club</td>
<td>10:00 am to 11:00 am</td>
<td>Room 2</td>
</tr>
<tr>
<td>Open Discussion</td>
<td>10:00 am to 12:00 pm</td>
<td>Room 1</td>
</tr>
<tr>
<td>Patterns &amp; Pens: Adult Coloring</td>
<td>11:00 am to 12:00 pm</td>
<td>Room 2</td>
</tr>
<tr>
<td>Needlepoint</td>
<td>1:00 pm to 3:00 pm</td>
<td>Main Room</td>
</tr>
</tbody>
</table>

More at Broadmoor...

Julie’s Cookie Press Express Baking Class
Learn to make professional looking cookies like a pro and in half the time with a cookie press. All Materials included in the fee. Limit: 16
Monday, July 18
Demo Room
1—3 p.m.
$11 payable at registration

Broadmoor Senior Center Book Club
Fridays 10—11 a.m.
Room 2
The Vanishing Half
By Brit Bennett

Bid Whist & Spades
Wednesdays
10 a.m.-2 p.m.
Room 2

July 2022
Broadmoor Trips and Speakers

Falls Prevention @ BSC
People are more likely to have problems with balance as they get older. But age is not the only reason these problems occur. In some cases, you can help reduce your risk for certain balance problems. Join Heather M. Oullett, MS, BSN, BA, RN with UNM Health Sciences at Sandoval Regional Medical Center for a presentation on falls prevention. Limit: 40

Wednesday, July 13
1 p.m.
Demo Room
No Fee

Bitcoin and Cryptocurrency
Patricia Socci will help educate members about cryptocurrency, with simple, relevant and engaging content. All ages event. Limit: 20

Wednesday, July 20
1 p.m. in the Demo Room

Pampering Session with Linda & Carol
Beauty Consultants for Mary Kay products will demonstrate the best methods to use when applying their latest products. All participants will have their own skincare product to apply and use. Pamper your skin to look vibrant and healthy. There will be games, door prizes, and snacks for all registered attendees. Limit: 15

Thursday, July 14
1 p.m. in the Demo Room
$2 payable at registration

Farms and Crafters Market @ Broadmoor
Monthly “Farmers and Craft Market @ BSC”. Event is open to the public. This event will showcase vendors who will sell various local products such as goat’s milk lotion, honey, arts and crafts and etc.

2nd Friday of each month, July 8
8 a.m.—1 p.m.
Main Room

Rail Runner to Santa Fe
Jump on the Rail Runner from Downtown Bernalillo to Santa Fe to enjoy a day with infinite adventures! Take a spin around the Railyards Farmer’s Market just a few steps from the depot, then grab a bite to eat. Lunch is on your own. The rest of the day is up to you! Catch a free shuttle from the depot to the Plaza or Canyon Road. ID required.

Wednesday, July 27
Depart BSC @ 7:15 a.m.—Limit 9
Depart MSC @ 7 a.m.—Limit 13
$6 payable at registration
Optional: $2 home pick-up/drop-off each way

YOUR NEIGHBORHOOD COMPUTER

Old-fashioned, friendly service for high-tech devices

We come to you!
For anything computer or electronics related.
And we offer Individual Tutoring.

Phone: (505) 508-2124
E-mail: info@yncm-abq.com

July 2022
The following activities take place at Meadowlark Senior Center. Registration may be required and space may be limited. Call (505) 891-5018 for updates and/or changes.

**MSC Registration**

- In-person registration is on **Thursday, July 7** from 8:30—9:30 a.m. in Rooms 1 and 2.
- Front Desk registration will be accepted starting at **10 a.m.**
- Phone-in registration will be accepted starting at **2 p.m.**
- Numbers will be given out at the Front Door starting at **8 a.m.** on a first-come, first-served basis. You must have a current member card to receive a number.
- A MEMBER can register for oneself and one other MEMBER, **no exceptions.**
- Please bring **exact change.** No large bills accepted.
- Make checks payable to the **City of Rio Rancho.**
- If you are registered for an activity and must cancel, please inform the front desk as soon as possible. Fees are non-refundable unless someone from the waiting list can take your place or the activity is cancelled.
- Following Registration Day, signups are accepted Monday through Friday from 8 a.m.- 4:30 p.m.

### Music and Dancing @ MSC

#### **Beginning Line Dancing**
Learn easy step-by-step instruction of some of the easiest and most fun line dances around with Shirley.
**Tuesdays**
9 a.m. in the D/R
**No fee**

#### **Tuesday Morning Music Jam Sesh**
Looking to jam? Join this group of musicians to play, have fun and improve your skills. All instruments welcome!
**Every Tuesday**
9-11 a.m. in Room 2
**No Fee**

#### **Salsa**
Get in shape with Connie Salas while moving to the latest Latin beats. There is light weight at the end of class also.
**Wednesdays (Except July 20)**
1:30 p.m. in the D/R
**No fee**

#### **Birthday Bash**
Put on your dancing shoes and dance to hits of today and yesteryear with Monte.
**Every 4th Tuesday, July 26**
1:30-5:30 p.m. in the D/R
$1 payable at the door

#### **Intermediate Line Dancing**
Learn the more intricate line dancing moves with Kathryn. Knowledge of basic line steps and having fun is a must.
**Thursdays**
9:30 a.m. in the D/R
**No fee**

#### **Monte's Mixer**
Put on your dancing shoes and move to hits of today and yesteryear with Monte.
**2nd Wednesday, July 13**
3:30 p.m. in the D/R
**No fee**

#### **Country & Western Music**
Come over and boot scoot boogie to the music of house band, 2-Car Garage, every Friday.
**Every Friday @ 1:30 p.m. in the D/R**
Support Services at Meadowlark

Support Groups are free and open to the public. MSC is committed to helping all those in need of support services. Senior Citizens Law Office & Hearing & Balance participants must meet qualification requirements.

**AARP Drivers Safety**
3rd Wednesday, July 20
1:15-5:15 p.m. in the D/R
$20 for AARP members
$25 for non-AARP members payable to the instructor for materials. Credit Cards not accepted.

**Albuquerque Hearing and Balance**
Carol Clifford, Au.D, CCA-A, FAAA, offers the following complimentary services: electroacoustic testing, hearing screenings, hearing aid cleanings and repair evaluations. **Sign up at the front desk.** You will be seen in the order in which you sign up. Limit: 10

4th Tuesday, July 26
Appointments begin at 12 noon
Room 3

**Alzheimer Support Group**
This support group is for caregivers and family members of loved ones with any form of dementia. No sign-up necessary. Check for status updates.

1st Wednesday, July 6
9:30-11 a.m.
Room 2

**Diabetes Support Group**
2nd Wednesday, July 13
1-2 p.m.
Conference Room

**Massage Therapy**
Sessions are 45 minutes each. Limit 4 per day.
$46 payment due upon registration. Room 3.
Tuesday, July 12
Thursday, July 21
Appointments: 9:45 a.m.
11:00 a.m.
1:15 p.m.
2:30 p.m.

**MSC Open Computer Lab and Technical Assistance**
Stop by MSC and use our computer lab. It is open Monday, Wednesday, Thursday and Friday, 9 a.m. –12:30 p.m. Contingent upon volunteer availability.

**Senior Citizen Law Office**
Call SCLO at (505)265-2300 for Meadowlark appointments beginning at 12:45 p.m. for one-on-one general legal consultations. Family, criminal law and bankruptcy are NOT covered.

Due to funding requirements, this program is designed to assist low to moderately-low-income seniors 60+ (income of $2,024/month for individuals or $2,744/month for couples).

3rd Thursday, July 21
12:45-4:30 p.m.
Conference Room

**Veterans Coffee Club**
Calling all veterans! Join this NEW social group to meet up and converse with other veterans while enjoying a cup of “joe”.

Every Friday
10-11 a.m.
Room 1

**Veterans Benefits Assistance**
Bring a DD214
Friday, July 1
10 a.m.-2 p.m.
Room 3

**Vision Loss Support Group**
3rd Wednesday, July 20
1:30—2:30 p.m.
Library
Matinee: Cyrano

Cyrano de Bergerac dazzles whether with ferocious wordplay at a verbal joust or with brilliant swordplay in a duel so he could win the heart of his beloved. But, convinced that his appearance renders him unworthy of the love of a devoted friend, the luminous Roxane. Peter Dinklage, Haley Bennett and Kelvin Harrison, Jr. PG -13, 2h 3m

Thursday, July 14
1:30 p.m. in the D/R
$2 payable at door

Speakers

Falls Prevention @ MSC
Falling is not a normal part of aging. You can prevent falls by doing the right exercises, making your home safer, getting regular health checkups, and more. Join Heather M. Oullett, MS, BSN, BA, RN with UNM Health Sciences at Sandoval Regional Medical Center for a presentation on falls prevention. Limit: 40

Tuesday, July 5
1:30 p.m. in the D/R
No Fee

Nutrition and Skin Health
Nutrition has long been associated with skin health, including all of its possible aspects from beauty to its integrity and even the aging process. Learn how to keep your skin looking great through nutrition and sun screen with Collen Hughes, Nutritional Health Coach.

Thursday, July 7
1:30 p.m. in the D/R
No fee

Pain Management
Learn about comprehensive pain management with Dr. Dahlgren from UNM Sandoval Regional Medical Center (SRMC) and how the experts treat acute and chronic pain conditions with an interdisciplinary approach.

Monday, July 18
1:30 p.m. in the D/R
No fee

SCLO: Estate Planning
This presentation, hosted by the Senior Citizen Law Office, includes planning for incapacity and end of life. It will also tell you how to obtain important documents such as powers of attorney, advance directives and wills, also how to transfer assets without probate. Note: the presenter will only answer general questions, and cannot give personal legal advice.

Monday, July 25
1:30 p.m. in the D/R
No fee

Trips from Meadowlark

Bird Trekkers: Corrales Bosque
Enjoy this 2-part journey of bird watching along the Corrales Bosque. Limit: 9
What to bring: Binoculars, proper footwear and attire, water and snacks.

Thursday, July 14
Depart MSC at 8:30 a.m.
$2 payable at registration

Bird Trekkers: Bachechi Open Space
Watch birds take flight around the area. Limit: 9
What to bring: Binoculars, proper footwear and attire, water and snacks.

Thursday, July 28
Depart MSC at 8:30 a.m.
$1 payable at registration
Ketchup with Friends at M'tucci’s
M’tucci’s has a variety of dishes to satisfy the Italian cravings. Start off with a Mista Salad that is full of baby greens, marinated baby grape tomatoes, feta cheese and balsamic vinaigrette. Then move on to a main dish, like sausage tortellini made with five cheese tortellini, Italian duroc sausage, wild mushrooms and spicy tomato. **$ Separate Billing, Major Credit Cards Accepted, No Checks.** Limit 13

Wednesday, July 20
Depart MSC at 4:15 p.m.
$4 Payable at registration

Rail Runner to Santa Fe
Jump on the Rail Runner from Downtown Bernalillo to Santa Fe to enjoy a day with infinite adventures! Take a spin around the Railyards Farmer’s Market just a few steps from the depot, then grab a bite to eat. Lunch is on your own. The rest of the day is up to you! Catch a free shuttle from the depot to the Plaza or Canyon Road. **ID required.**

Wednesday, July 27
Depart BSC @ 7:15 a.m.—Limit 9
Depart MSC @ 7 a.m.—Limit 13
$6 payable at registration

Coca Cola Plant Tour
See How the world famous Coca Cola product is organized, packaged and prepared in the local Albuquerque plant. Limit 13

Monday, July 18, 2022
Depart MSC at 8:15 a.m.
$3 payable at registration

Dinner Club: Whiptale
This trendy restaurant has great small plates such as ceviche, made with diced fresh fish, coconut soy vinaigrette, microgreens and avocado puree. Larger plates include double pork chop with salsa verde and pickled red onion, and for dessert, the spiced poached pear dessert which is soaked in red wine served with honeycomb crème anglaise and pistachio air bread. **$ Separate Billing, Major Credit Cards Accepted, No Checks.** Limit 13

Wednesday, July 20
Depart MSC at 4:15 p.m.
$4 Payable at registration

Rules of the Road:
- All trips require registration.
- There will be a 5-minute grace period for latecomers.
- As we cannot guarantee return times, we do not recommend making plans or scheduling appointments following a trip.
- For trips: Home pick-up/drop-off $2 each way (Available to Rio Rancho residents when Rio Metro is not operating.
- For hikes, please make sure you are able to comfortably participate in these sometimes rigorous outdoor activities. A waiver must be filled out in order to participate.
- For hikes, please wear appropriate clothing and bring necessary gear and supplies, including a sack lunch and plenty of water.

Michelangelo’s Sistine Chapel
The Exhibition showcases the awe and wonder of arguably one of mankind’s greatest artistic achievements, while allowing its visitors to experience this art from an up-close, life-size, and never-before-seen perspective. With special expertise and care, the ceiling paintings from the Sistine Chapel have been reproduced in a truly unique way using licensed high definition photos. Brought to life using a special printing technique that emulates the look and feel of the original paintings, visitors are given a chance to engage with the artwork in ways that were never before possible. Limit: 13

Wednesday, August 3
Depart MSC at 9:00 a.m.
$25 payable at registration

ID required.

Rail Runner to Santa Fe
Jump on the Rail Runner from Downtown Bernalillo to Santa Fe to enjoy a day with infinite adventures! Take a spin around the Railyards Farmer’s Market just a few steps from the depot, then grab a bite to eat. Lunch is on your own. The rest of the day is up to you! Catch a free shuttle from the depot to the Plaza or Canyon Road. **ID required.**

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Depart MSC @ 7 a.m.—Limit 13
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Coca Cola Plant Tour
See How the world famous Coca Cola product is organized, packaged and prepared in the local Albuquerque plant. Limit 13

Monday, July 18, 2022
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$3 payable at registration

Dinner Club: Whiptale
This trendy restaurant has great small plates such as ceviche, made with diced fresh fish, coconut soy vinaigrette, microgreens and avocado puree. Larger plates include double pork chop with salsa verde and pickled red onion, and for dessert, the spiced poached pear dessert which is soaked in red wine served with honeycomb crème anglaise and pistachio air bread. **$ Separate Billing, Major Credit Cards Accepted, No Checks.** Limit 13

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ID required.
<table>
<thead>
<tr>
<th>Activity</th>
<th>Day</th>
<th>Time</th>
<th>Room</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acrylics</td>
<td>Wednesdays</td>
<td>1:00-3:00 p.m.</td>
<td>Art Room</td>
</tr>
<tr>
<td>Alzheimers Support Group</td>
<td>1st Wednesdays</td>
<td>9:30-11:00 a.m.</td>
<td>2</td>
</tr>
<tr>
<td>Basket Weaving (At Capacity)</td>
<td>Tuesdays</td>
<td>1:00-5:00 p.m.</td>
<td>Art Room</td>
</tr>
<tr>
<td>Between the Lines: Coloring</td>
<td>Thursdays</td>
<td>10:00-11:00 a.m.</td>
<td>5</td>
</tr>
<tr>
<td>Bible Reading Group</td>
<td>Tuesdays</td>
<td>3:00-4:30 p.m.</td>
<td>Conference Room</td>
</tr>
<tr>
<td>Bid Whist</td>
<td>Mondays</td>
<td>1:30 - 4:30 pm</td>
<td>5</td>
</tr>
<tr>
<td>Billiards</td>
<td>Monday — Friday</td>
<td>8:30-4:30 p.m.</td>
<td>Billiards</td>
</tr>
<tr>
<td>Blood Pressure Checks</td>
<td>Monday — Friday</td>
<td>9:30-11:30 a.m.</td>
<td>Conference Room</td>
</tr>
<tr>
<td></td>
<td></td>
<td>(contingent upon volunteer availability)</td>
<td></td>
</tr>
<tr>
<td>Book Club</td>
<td>2nd Tuesdays</td>
<td>1:00-3:00 p.m.</td>
<td>1</td>
</tr>
<tr>
<td>Bridge (Contract)</td>
<td>Wednesdays</td>
<td>12:00 - 3:00 p.m.</td>
<td>1</td>
</tr>
<tr>
<td>Bridge (Contract)</td>
<td>Fridays</td>
<td>12:00 - 3:00 p.m.</td>
<td>1</td>
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<tr>
<td>Bridge Intermediate</td>
<td>Tuesdays</td>
<td>5:30 - 8:30 p.m.</td>
<td>1</td>
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<tr>
<td>Calligraphy</td>
<td>1st &amp; 3rd Thursdays</td>
<td>1:00-3:00 p.m.</td>
<td>Art Room</td>
</tr>
<tr>
<td>Calligraphy Club</td>
<td>2nd Thursdays</td>
<td>1:00-3:00 p.m.</td>
<td>Art Room</td>
</tr>
<tr>
<td>Canasta</td>
<td>Thursdays</td>
<td>12:00-4:00 p.m.</td>
<td>2</td>
</tr>
<tr>
<td>Canasta (Hand &amp; Foot)</td>
<td>Wednesdays</td>
<td>12:30-4:00 p.m.</td>
<td>D/R C</td>
</tr>
<tr>
<td>Ceramics</td>
<td>Mondays</td>
<td>8:30 - 12:30 pm</td>
<td>Art Room</td>
</tr>
<tr>
<td>Ceramics</td>
<td>Fridays</td>
<td>1:00-4:30 p.m.</td>
<td>Art Room</td>
</tr>
<tr>
<td>Chess</td>
<td>Fridays</td>
<td>1:00-4:00 p.m.</td>
<td>Computer Lab</td>
</tr>
<tr>
<td>Conversational French (at capacity)</td>
<td>Thursdays</td>
<td>9:00 - 10:00 a.m.</td>
<td>Art Room</td>
</tr>
<tr>
<td>Country Western Dance</td>
<td>Fridays</td>
<td>1:30-3:30 p.m.</td>
<td>D/R</td>
</tr>
<tr>
<td>Crafty Corner</td>
<td>Mondays</td>
<td>1:00-3:00 p.m.</td>
<td>Art Room</td>
</tr>
<tr>
<td>Creative Writers</td>
<td>Thursdays</td>
<td>1:30-3:30 p.m.</td>
<td>Online Only</td>
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<tr>
<td>Cribbage</td>
<td>Fridays</td>
<td>12:30 - 3:00 pm</td>
<td>2</td>
</tr>
<tr>
<td>Diabetes Support Group</td>
<td>2nd Wednesdays</td>
<td>1:00-2:00 p.m.</td>
<td>Conference Room</td>
</tr>
<tr>
<td>Drawing &amp; Painting</td>
<td>Wednesdays</td>
<td>9:00-10:30 a.m.</td>
<td>Art Room</td>
</tr>
<tr>
<td>Enhance Fitness</td>
<td>Mon., Wed., &amp; Fri.</td>
<td>10:00-11:00 a.m.</td>
<td>D/R</td>
</tr>
<tr>
<td>Fishing Club</td>
<td>Mondays</td>
<td>10:00-11:00 a.m.</td>
<td>1 &amp; 2</td>
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<tr>
<td>Fly Tying</td>
<td>Mondays</td>
<td>9:00-9:45 a.m.</td>
<td>D/R CA1:D36</td>
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<tr>
<td>High Desert Quilters</td>
<td>Tuesdays</td>
<td>5:30 - 8:00 pm</td>
<td>2</td>
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<tr>
<td><strong>Meadowlark Ongoing Activities</strong></td>
<td><strong>Day</strong></td>
<td><strong>Time</strong></td>
<td><strong>Room</strong></td>
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<tr>
<td>---------------------------------</td>
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<tr>
<td>Hooked on Yarn</td>
<td>Mondays</td>
<td>9:30-11:30 a.m.</td>
<td>5</td>
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<tr>
<td>iPad &amp; Mac Users Group</td>
<td>Tuesdays</td>
<td>1:30-3:30 p.m.</td>
<td>Computer Lab</td>
</tr>
<tr>
<td>Knitting &amp; Crocheting</td>
<td>Tuesday</td>
<td>9:00-11:00 a.m.</td>
<td>D/R B</td>
</tr>
<tr>
<td>Line Dance (Beginning/Easy)</td>
<td>Tuesdays</td>
<td>9:00-10:30 a.m.</td>
<td>D/R</td>
</tr>
<tr>
<td>Line Dance (Intermediate)</td>
<td>Thursdays</td>
<td>9:30-10:30 a.m.</td>
<td>D/R</td>
</tr>
<tr>
<td>Mah Jongg</td>
<td>Tuesdays</td>
<td>12:00 - 3:30 pm</td>
<td>1</td>
</tr>
<tr>
<td>Mexican Train Dominoes</td>
<td>Tuesdays</td>
<td>12:30-3:30 p.m.</td>
<td>5</td>
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<tr>
<td>Monte's Mixer</td>
<td>2nd Wednesdays</td>
<td>3:30-5:30 p.m.</td>
<td>D/R</td>
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<tr>
<td>Morning Music Jam Sesh</td>
<td>Tuesdays</td>
<td>9:00-11:00 a.m.</td>
<td>2</td>
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<tr>
<td>Open Art Studio</td>
<td>Tuesdays</td>
<td>8:30-10:30 a.m.</td>
<td>Art Room</td>
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<tr>
<td>Open Computer Lab</td>
<td>Mon., Wed., Thurs., Fri.</td>
<td>9:00-12:30 p.m.</td>
<td>Computer Lab</td>
</tr>
<tr>
<td>Open Discussion</td>
<td>Fridays</td>
<td>9:00-10:30 a.m.</td>
<td>Library</td>
</tr>
<tr>
<td>Photo Composition Group</td>
<td>1st &amp; 3rd Wednesdays</td>
<td>1:30-4:00 p.m.</td>
<td>Computer Lab</td>
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<tr>
<td>Ping Pong Fun Play</td>
<td>Tuesday</td>
<td>9:30-11:30 a.m.</td>
<td>D/R C &amp; 1</td>
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<tr>
<td>Ping Pong Fun Play</td>
<td>Thursday</td>
<td>1:30-4:30 p.m.</td>
<td>D/R C &amp; 1</td>
</tr>
<tr>
<td>Pinochle (Double Deck)</td>
<td>Fridays</td>
<td>9:30-12:00 p.m.</td>
<td>5</td>
</tr>
<tr>
<td>Poetry &amp; Lyrics Society</td>
<td>Every Other Fridays</td>
<td>1:30-3:30 p.m.</td>
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<tr>
<td>Poker</td>
<td>Mondays</td>
<td>12:00-4:00 p.m.</td>
<td>Poker Room</td>
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<tr>
<td>Poker</td>
<td>Thursdays</td>
<td>12:00-4:00 p.m.</td>
<td>Poker Room</td>
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<tr>
<td>Quilting</td>
<td>Wednesdays</td>
<td>1:00-3:00 p.m.</td>
<td>2</td>
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<tr>
<td>Rio Rancho Art Association</td>
<td>2nd Tuesdays</td>
<td>6:00-8:00 p.m.</td>
<td>D/R</td>
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<tr>
<td>Rio Rancho Stamp Club</td>
<td>1st &amp; 3rd Tuesdays</td>
<td>2:00-4:00 p.m.</td>
<td>D/R C</td>
</tr>
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<td>Safeway Jewelry Making</td>
<td>4th Tuesdays</td>
<td>1:00-3:00 p.m.</td>
<td>D/R C</td>
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<tr>
<td>Salsa</td>
<td>Every Wednesday</td>
<td>1:30-3:00 p.m.</td>
<td>D/R</td>
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<td>Scrapbooking</td>
<td>Tuesdays</td>
<td>11:30-1:30 p.m.</td>
<td>2</td>
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<tr>
<td>Share Your Memoirs</td>
<td>1st, 3rd &amp; 5th Tuesdays</td>
<td>1:30-3:30 p.m.</td>
<td>Library</td>
</tr>
<tr>
<td>Spanish (Conversational)</td>
<td>Thursdays</td>
<td>10:00-11:30 a.m.</td>
<td>Art Room</td>
</tr>
<tr>
<td>Spanish (Intermediate)</td>
<td>Fridays</td>
<td>9:00-10:30 a.m.</td>
<td>Conf. Room</td>
</tr>
<tr>
<td>Veteran's Coffee Club</td>
<td>Fridays</td>
<td>9:00-10:30 a.m.</td>
<td>1</td>
</tr>
<tr>
<td>Vision Loss Support Group</td>
<td>3rd Wednesdays</td>
<td>1:30-2:30 p.m.</td>
<td>Library</td>
</tr>
<tr>
<td>Woodcarvers</td>
<td>Fridays</td>
<td>9:00-11:30 a.m.</td>
<td>Art Room</td>
</tr>
</tbody>
</table>
Thank you to all of our partners, sponsors, and volunteers!

Albuquerque Hearing & Balance
Aldo’s New York Style Pizzeria
Blue Cross Blue Shield of New Mexico
Bob and Vikki Bryers
CreativeNM
Karen Lenoski
Marcia Manning
Maria Celino
Monte Higgins
Rio Rancho Art Association
Rio Rancho Creative Crossroads
Rio Rancho Fire & Rescue
Rio Rancho Police Department
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