Juneteenth Closure
Meadowlark and Broadmoor Senior Centers will be closed on Monday, June 20 for Juneteenth.
Have a safe holiday!

Juneteenth
Book in Review by Vaunda Micheaux Nelson
Vaunda Nelson will give an educational talk about the importance and relevance of the June 19, 1865 focusing on the history of emancipation of enslaved African-Americans in 1865.

Monday, June 13
1 p.m. @ Broadmoor Senior Center
$2 payable at the door for refreshments and goodies!

Fishermans Wharf – A Father's Day Celebration @ BSC
Celebrate this special day for all fathers, grandfathers, and those who have been like fathers to us! Join us for a seaside escape and San Franciscan fare. This event is open to those of all ages.

Thursday, June 23
1-3 p.m.
$5 payable at registration

Meadowlark Street Market
Shop Rio Rancho’s premier Street Market at Meadowlark, where you will find some of the finest artisans and crafters from Sandoval County and surrounding areas. Enjoy some delicious, flavorful produce grown right here in New Mexico! Support local and support your community.

Saturday, June 25
10:30 a.m.- 3:30 p.m.
North Parking Lot and Patio
Open to the Public
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 better and strive to provide services and activities that will ensure 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.

and

**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.)

A membership is required to participate in activities at our Centers, but membership is free! Simply fill out an application.

We encourage you to find something in this June edition of the *Broadmeadow Breeze* at either Center location that will tickle your fancy and join in on the fun!

Our Division is partnered with the Sandoval County Senior Services to provide daily meals at our Meadowlark location for a $2 suggested donation for those 60 and older. Join fellow members in a congregate setting for lunch Monday through Friday from 11:30 a.m. to 12:30 p.m. or pick up a meal inside to go. Registration is required.

We look forward to having you!

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**Welcome, Eric!**

The Division of Senior Services is happy to welcome our new Office Assistant, Eric Garcia. Please stop by the Front Desk at Meadowlark to wish Eric a warm welcome!

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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

Find below the following 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
MSC Registration

- In-person registration is on **Thursday, June 2** 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.

AARP Drivers Safety

Wednesday, June 15
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. No credit cards accepted.

Mid-day Matinee: **Belfast**

Set in the late 1960s Northern Ireland, Buddy (Jude Hill) is a young boy from a working-class family. When a mob enters the street where his family lives, attacking the homes that belong to Catholics, his parents realize their once quiet neighborhood, where everyone is like family, is suddenly changing. Rated PG-13.
Running time: 1h 38m

Thursday, June 9
1:30 p.m.
$2 payable at the door

Music and Dancing

Birthday Bash
Birthday Bash is back! Celebrate the June bug birthdays with cake, music, and dancing.

Tuesday, June 28
1:30 p.m. in the D/R
$1 payable at the door

Country & Western Music
Get your boots on for Monte and the 2-Car Garage band to get dancing with friends, old and new to Country and Western music!
Every Friday
1:30-3:30 p.m. in the D/R
No fee

Salsa
Wednesdays
Except 3rd Wednesday (June 15)
1:30-3 p.m. in the D/R, No fee

Monte’s Mixer
Put on your dancing shoes and **2nd Wednesday, June 8**
3:30-5:30 p.m. in the D/R
No fee

Country Music & Root Beer Floats
Dance to some country music and enjoy an old-fashioned root beer float.

Friday, June 10
1:30 p.m. in the D/R
$1 payable at the door
**Trips from Meadowlark**

**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 hikes, please make sure you are capable 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.

**Ten Pins & More**
Enjoy an afternoon of bowling! Ten Pins & More offers a chance to get to know and socialize with others while playing a friendly game of bowling. Get rollin’, get some exercise and have some fun. Cost for bowling is separate. Limit: 10

- Friday, June 17, 2022
- Depart MSC at 1 p.m.
- $1 payable at registration

**Scavenger Hunt of Rio Rancho**
Here’s your chance to play detective! Depart Meadowlark and work together with your fellow teammates to find clues that will be pieces to a puzzle. Where will your clues lead you and where will your final destination be? Join the fun to find out! Limit: 10

- Friday, June 24, 2022
- Depart MSC at 9:30 a.m.
- $2 payable at registration

**Santa Fe Opera: Falstaff**
All the world’s a joke and only the jolly are wise! Someone needs to teach the pompous Sir John Falstaff a lesson and who better to do it than four cunning women? Alice Ford, her daughter Nannetta, Meg Page and Mistress Quickly band together in this boisterous comedy to teach Sir John that he who laughs last, laughs best.

Based on Shakespeare’s The Merry Wives of Windsor, Verdi’s famous comedic masterpiece comes to life in an exciting, new production by Sir David McVicar. Follow along as Alice, Nannetta, Meg and Quickly put the infamous Falstaff in his place.

You will be tailgating before the opera, as per Santa Fe Opera house tradition, pack a dinner and enjoy a beautiful night. Limit: 14

- Thursday, August 25
- Depart MSC at 5 p.m.
- $61 payable at registration

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**Wastewater Reclamation Plant**
Come along to the Southside Wastewater Reclamation Plant (SWRP). Where they clean approximately 50 million gallons of wastewater every day, but most of us never stop to wonder about what it takes to accomplish that. On this two-hour tour, you will do more than just hear about how they clean Albuquerque’s wastewater, you’ll see it. You will look under the microscope at a drop of activated sludge to see the microorganisms that clean the water. Walk the plant following the path of the wastewater as it is cleaned. At the end of the tour, standing on the banks of the Rio Grande where the cleaned water is released into the river, you and the docent will discuss current wastewater issues. Limit: 12

- Monday, June 13
- Depart MSC at 8:30 a.m.
- $3 payable at registration

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June 2022
Notice on cancellations:
Some trips and hikes may be cancelled due to recreational area closures caused by wildfires. We hope to reschedule these trips once it is safe to do so. We appreciate your understanding! Please call the Meadowlark Front Desk at (505)891-5018 for the most recent updates.

Rio Grande Nature Center
A variety of ponds, Gardens and trails are just a few things you will encounter. Enjoy this summertime version of the many different bird’s species that will be around. What to bring: proper shoe attire, water, dress comfortable, snacks and binoculars.
Thursday, June 9, 2022
Depart MSC at 8:30 a.m.
$2 payable at registration

Sandia Mountains: Crest House to Tramway Terminal
Enjoy the scenic views of this hike on top of the Sandia Mountains. Take in the subtleness of the forest and wildlife around you while getting your exercise. Enjoy the city views to the West and tranquil forest to the East. You never know what wildlife you might see along the hike. Hike: Easy Elevation: 10,300 – 10,500 ft. Total Distance: 3 mi. round trip. What to Bring: Water, comfortable clothes, hat, sun screen, hiking boots and lunch. Limit: 12
Thursday, June 16, 2022
Depart MSC at 8:30 a.m.
$10 payable at registration

Tingley Beach
Tingley Beach isn’t just for fishing and model boating. The wildlife is something to see and birds are just some of the wildlife scenery to enjoy at Tingley Beach. What to bring: Proper shoe attire, water, dress in layers, snacks and binoculars. Limit: 10
Thursday, June 23, 2022
Depart MSC at 8:30 a.m.
$2 payable at registration

Holy Ghost Creek Trail: Santa Fe National Forest
Take in this hike in the Santa Fe National Forest on the Holy Ghost Creek Trail. Take in the subtleness of the forest and wildlife around you while getting your exercise. This will be a great experience to have hiking and exploring other National Forest like that in Santa Fe. You never know what wildlife you might see along the hike. Hike: Moderate Elevation: 8,000 – 8,700 ft. Total Distance: 4 mi. round trip. What to Bring: Water, comfortable clothes, hat, sun screen, hiking boots and lunch. Limit: 10
Thursday, June 30, 2022
Depart MSC at 7:30 a.m.
$11 payable at registration

June 2022
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. Check that you meet qualifications for Senior Citizens Law Office & Hearing & Balance.

**MSC Computer Lab**
Our mission is to provide assistance to seniors in every way possible, including technical. If you’re struggling with your computer or you don’t have one. Stop by MSC and use our computer lab. It is open **Monday, Wednesday, Thursday and Friday, 9 a.m. – 12:30 p.m.** (depending on volunteer availability). It is staffed with friendly, knowledgeable volunteers that will make getting on the net easy.

**Diabetes 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, June 1
9:30-11 a.m.
Room 2

**Vision Loss Support Group**
3rd Wednesday, June 15
1:30—2:30 p.m.
Library

**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, June 16
12:45-4:30 p.m.
Conference Room

**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, June 1
9:30-11 a.m.
Room 2

**Services for Veterans**

**Veterans Outreach**
Bring a DD214

Monday, June 6
10 a.m.-2 p.m.
Room 3

**Veterans Coffee Club**
Calling all veterans! Join this NEW social group to enjoy a cup of joe and to meet and chat with other fellow veterans.

Every Friday
10-11 a.m. in Room 1

**Massage Therapy**
Sessions are 45 minutes each. Limit 4 per day. $43.50 payment due upon registration.
Room 3.
Tuesday, June 14
Thursday, June 23
Appointments: 9:45 a.m.
11:00 a.m.
1:15 p.m.
2:30 p.m.

**Albuquerque Hearing and Balance**
Carol Clifford, Au.D, CCA-A, FAAA, provides 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, June 28
12-4:30 p.m.
Room 3
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 Tuesday, May 31 at 8:00 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 The City of Rio Rancho. Please bring exact change. No large bills will be accepted.

Farmers & Crafters Market
Friday, June 10
8 a.m.-1 p.m.
$3 payable at the door—includes raffle ticket!
Additional raffle tickets available for $1 each.

Pick up a FREE Vial of Life kit at the Front Desk at MSC or BSC!

Thank you to all of the volunteers, supporters, and sponsors of the City of Rio Rancho Senior Programs!
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.

Walking Groups

Indoor Walking
Mondays, Wednesdays, Fridays
8-8:45 a.m.

Outdoor Walking
Wednesdays
9-10 a.m.

Meditation
Tuesdays, June 14 & 28
1:30-3 p.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. 26 inch bastons will be used in this practice.
Instructor, George Maldonado has been practicing this martial art for over 40 years.

Tuesdays, June 7, 14, 21 & 28
9—10 a.m. at Broadmoor Senior Center
$20 payable at registration

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 (sometimes with one leg in the air), it challenges balance and many have long assumed it helps improve balance and reduce fall frequency. This assumption has been credited and strongly supported by some research. Join David every Wednesday, to help regain strength and balance with Tai Chi.

Wednesdays
9-10 a.m.
$3 drop in fee to instructor

Chair Yoga for Balance & Flexibility
This class offers poses while seated and standing to improve balance and flexibility. Learn breathing techniques for relaxation and to increase energy. Bring a bottle of water. Limit: 15

Thursday, June 9, 16, 23 & 30
9:30-10:45 a.m. at Broadmoor
$36 payable at registration

Duffers Golf Group
What’s a birdie? A bogey? It’s all par for the course in the rough. Learn the lingo and basics of golf before you hit the tee box with the Duffers Golf Group. Join this group on Friday, June 3 for some insight advice.

Fridays, 9-10 a.m.
Room 1

Sound Healing for Wellness
A person who practices Sound Healing makes use of the vibrations that certain instruments create to initiate a healing response from the body. Feel the balance of your body and recover from dis-ease or dis-harmony to ease and harmony with Cece. Space is limited.

1st & 3rd Tuesdays
June 7 & 21
1:30-3:30 p.m. in Room 2
No Fee

June 2022
More at Broadmoor...

**Pokeno**  
Pokeno is a combination of poker and bingo, played like bingo. Instead of playing with a standard bingo card everyone uses a Pokeno card, which has card names and suits on it. As card names are called out, players cover the cards with their poker chips until one of them wins the game.

Mondays  
1-3 p.m.  
Room 1

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

**Canasta**  
Thursdays  
1-4 p.m.

**Needlework**  
Fridays  
1-4 p.m.

**Open Discussion**  
In open discussion, anyone present can speak for as long as they like, and there are no rules governing turn-taking, topic adherence, or other constraints on the discussion. Join our group at Broadmoor for interesting conversation about a wide range of today's topics.  
**Fridays**  
10 a.m.-12 p.m.  
Room 1

**Patterns & Pens: A Coloring Group**  
Improve hand dexterity and relax as you work with colors and lines in this tranquil activity.  
**Fridays**  
11 a.m.—12 p.m.  
Room 2

**Crafty Corner**  
Every Tuesday in Room 1  
1-4 p.m.  
$5 basic fee payable to instructor

**Genealogy**  
2nd Wednesday of the month  
June 8  
1:30-3:30 p.m. in the Demo Room

**Mexican Train Dominoes**  
Thursdays  
1-4 p.m.  
Room 1

**Mosaic**  
Thursday June 2, 9, 16, 23 & 30  
10 am-12:00 noon  
$25 payable to the instructor

**Broadmoor Senior Center Book Club**  
Fridays from 10—11 a.m.  
in Room 2  
**Before I Let You Go**  
By Kelly Rimmer

**Step by Step Cake Decorating**  
Monday, June 27  
1-3 p.m. in the Demo Room  
Registration required!  
$11 due 24 hours upon registration

June 2022
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<td>Bridge Intermediate</td>
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<td>Book Club</td>
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<tr>
<td>Bridge Contract</td>
<td>Wednesdays</td>
<td>12:00 - 3:00 p.m.</td>
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<td>Bridge Contract</td>
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<tr>
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<td>Cribbage</td>
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<td>Hooked on Yarn</td>
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<td>9:30-11:30 a.m.</td>
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<tr>
<td>Bid Whist</td>
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<tr>
<td>Knitting &amp; Crocheting</td>
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<td>Mexican Train Dominoes</td>
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<td>Euchre</td>
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<td>Between the Lines: Coloring</td>
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<tr>
<td>Billiards</td>
<td>Monday thru Friday</td>
<td>8:30-4:30 p.m.</td>
<td>Billiards</td>
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<td>Open Computer Lab</td>
<td>Mon., Wed., Thurs., &amp; Fri.</td>
<td>9:00-12:30 p.m.</td>
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<td>Enhance Fitness</td>
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<td>Tuesdays</td>
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<td>Salsa</td>
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</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>Country Western Dance</td>
<td>Fridays</td>
<td>1:30-3:30 p.m.</td>
<td>D/R</td>
</tr>
<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>
</tr>
<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>Fly Tying</td>
<td>Mondays</td>
<td>9:00-9:45 a.m.</td>
<td>D/R C</td>
</tr>
<tr>
<td>Safeway Jewelry Making</td>
<td>4th Tuesdays</td>
<td>1:00-3:00 p.m.</td>
<td>D/R C</td>
</tr>
<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>
<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>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>Vision Loss Support Group</td>
<td>3rd Wednesdays</td>
<td>1:30-2:30 p.m.</td>
<td>Library</td>
</tr>
<tr>
<td>Open Discussion</td>
<td>Fridays</td>
<td>9:00-10:30 a.m.</td>
<td>Library</td>
</tr>
<tr>
<td>Creative Writers</td>
<td>Thursdays</td>
<td>1:30-3:30 p.m.</td>
<td>Online Only</td>
</tr>
<tr>
<td>Poker</td>
<td>Mondays &amp; Thursdays</td>
<td>12:00-4:00 p.m.</td>
<td>Poker Room</td>
</tr>
</tbody>
</table>
Comfort  Joy  Community  Support  Engagement

For more information, please visit www.retreatnm.com
505-892-9663

June 2022