

RIO RANCHO SENIOR SERVICES

ACTIVITIES & EVENTS FOR ADULTS 55+

MARCH 2026

Broadmoor Senior Center (BSC)

Lunch with Daisy

(RRPD Community Relations Officer)

Meet Daisy, Community Relations Officer with the Rio Rancho Police Department for a crown and lunch. Bring your heated/prepared lunch to share a meal with her.

Limit: 5

Wednesday, March 11
11:00 a.m. — 12:30 p.m.

No fee. Register online

Acrylic Paint Party

Easy? Yes! Dynamic? Yes! Absolutely! Tape down a design, use your favorite colors, make it all your own, then peel the tape away and be amazed! Acrylic paint on an 8x10 canvas.

Min: 5, Max: 20

Thursday, March 19
1:30 p.m.

\$20 Register online



Chat and Craft

Have you ever wanted to have someone to share your crafting time? Bring your own craft/project and enjoy your "crafty" time while chatting with friends, old and new.

Limit: 10

First and Third Wednesday
of the Month

1:00 p.m. — 3:30 p.m.



Meadowlark Senior Center (MSC)

Irish Social Hour

Get ready for a lucky afternoon filled with festive music and delightful green-hued refreshments and snacks. Participants are encouraged to show off their Irish spirit with vibrant green outfits for this special gathering. Savor delicious snacks while testing your skills at a game of Irish Carpet Bowling or searching for hidden treasures during the Lucky Coin Scavenger Hunt.

Limit: 15

Tuesday, March 17

2:00 p.m. — 3:00 p.m.

No Fee. Register online



Yoga by Julia

Feel energized, relieve stress, and have a great time in this gentle yoga class! Beginners welcomed. The instructor has plenty of experience working with students 55 and older. Please bring a yoga mat, water bottle, and towel/blanket to each class.

Limit: 13

Wednesday, March 18, 25 & April 1, 8
9 a.m. — 10 a.m.

\$40 Register online



Limit: 30

Thursday, March 5

1:30 p.m. — 4:00 p.m.

No registration required

Broadmoor Senior Center

The following ongoing activities take place at **Broadmoor Senior Center (BSC)**.

Registration may be required and space may be limited.

Call (505) 891-5050 for updates and/or changes.

Online Registration begins the first Wednesday of each month at 9 a.m.,
in-person/call in registration begins at 11 a.m.

Health & Wellness at Broadmoor



Massage Therapy

45 minutes each session with a male licensed massage therapist, Steven Carrasco. New clients, please arrive 15 minutes early to complete the intake form.

Limit: 4

Tuesday, March 10 & 24

9:30 a.m., 11 a.m., 12:30 p.m., & 2 p.m.

\$50 Register online

Beginning Tai Chi Qigong

Participants will learn the basics of Yang-style Tai Chi. The class will include working on balance, leg strengthening, and breathing techniques for relaxation and physical and natural well-being. The class will be introduced to Qigong basics, focusing on breathing and relaxation. Wear comfortable clothing and low-profile shoes (no sandals or similar shoes). **Min: 5, Max: 20**

Tuesday, March 17, 24, 31, & April 7

12:30 p.m. – 1:30 p.m.

\$20 Register online

Tai Chi

Tai Chi is a system of movements and positions believed to have developed in 12th Century China. Tai Chi techniques aim to address the body and mind as an interconnected system and are traditionally believed to have mental and physical health benefits.

Limit: 20

Wednesday, March 18, 25, & April 1, 8

9:30 a.m.

\$20 Register online

Hatha/ Yin Yoga Class

Gentle stretches and poses performed on a yoga mat. Focus on increasing flexibility and strength, relaxing tense/tight muscles and finding inner peace and calmness. Great beginner class. Please bring a yoga mat, water bottle, towel/blanket.

Limit: 15

Tuesday, March 17, 24, 31, & April 7

11:30 a.m. — 12:15 p.m.

\$40 Register online

Gentle Movement

Erin Cato, PA-CCHC. CYT. Certified Breathwork and Meditation Teacher will teach breathing exercises and mindfulness to calm your body and your mind. Combination of seated yoga stretches and poses to increase flexibility, advancing to standing exercises and poses that focus on improving strength and balance. This class is open to all levels. Variations of poses are offered based on individual level.

Limit: 16

Tuesday, March 17, 24, 31, & April 7

10:00 a.m. — 11:00 a.m.

\$40 Register online

Health Coaching: “PEMF, Light Therapy, and Grounding Techniques for Improving Health”

In this health coaching class, Erin will explore how PEMF (pulse electromagnetic field) therapy can improve sleep, reduce pain, and help relieve and prevent numerous common health conditions. She will discuss the benefits of light therapy and several other holistic modalities that have been scientifically proven to help boost energy, reduce inflammation, and strengthen the immune system!

Limit: 15

Wednesday, March 18,

11:00 a.m.

\$10 Register online



Activities at Broadmoor

Bingo

It's a fun-loving game! If you want to have loads of fun, then bingo is the topmost rated choice. Win some prizes! Have fun with this classic game and the company of other players.

Limit: 25

Wednesday, March 25, at 1:30 p.m.

Register online

Limit 2 cards



Trips from Broadmoor

Please note:

There is no set return time for trips.

We recommend that you do not schedule any appointments or commitments on the day of your trip.

Pazzi Ristorante Italiano

Pazzi Ristorante Italiano is a neighborhood Italian restaurant that blends genuine hospitality with handmade pastas and thoughtfully crafted dishes in a warm, lively setting. Options include the red bird chicken breast, served with parmesan, marsala, piccata and spaghetti or there's the bucaniti bolognese, featuring traditional ground beef and veal bolognese with Grana Padano and black garlic. **\$\$\$**, separate billing, major credit cards accepted, no checks

Limit: 7

Wednesday, March 25

Depart BSC at 10:00 a.m.

\$4 Register online

Savoy Bar & Grill

Savoy's dishes shine with the finest, freshest locally sourced ingredients. Explore a variety of boldly flavored options, enjoy the aromas and sounds from the open kitchen as you choose your dish. Smoked Trout & potato cakes and the Caesar salad are just the beginning. For entrées, you can choose from options like the grilled NY Manhattan steak, Angus filet mignon, or house-made ravioli, among many others. **\$\$\$**, separate billing, major credit cards accepted, no checks

Limit: 7

Friday, March 27

Depart BSC at 2:00 p.m.

\$4 Register online

Gathering of Nations Powwow

Experience the grand finale of the 43rd International World Celebration, showcasing the world's largest Native American Powwow. Dive into the vibrant culture of Indigenous peoples through mesmerizing dance, lively music, captivating performances, and mouthwatering cuisine.

Limit 6

Friday, April 24

Depart BSC at 10 a.m.

\$44 Registration Online



Refund & Cancellation Policy:

If a member cancels their registration for an activity and a refund is requested prior to the activity date, and there is someone on the waitlist to take the place of the person requesting the refund, then a refund or credit may be processed.

Ongoing Activities at Broadmoor

Activity	Day	Time
Bid Whist	Wednesday	1:00 p.m. — 4:00 p.m.
Book Club — Heaven and Earth Grocery Store by James McBride	Friday	10:00 a.m. — 11:00 a.m.
Bridge	Monday	10:00 a.m. — 1:00 p.m.
Embroidery	Friday	11:00 a.m. — 3:00 p.m.
High Beginner Line Dancing [Limit: 20]	Thursday	10:00 a.m. — 11:30 a.m.
Mexican Train Dominoes	Thursday	12:00 p.m. — 3:30 p.m.
Open Sewing Group	Monday	1:30 p.m. — 4:30 p.m.
Quilting	Thursday	1:00 p.m. — 4:00 p.m.
Rock & Roll Legends w/DJ Donna	Tuesday	1:30 p.m. — 2:30 p.m.
Women's Discussion Group	2nd Wednesday	11:00 a.m. — 12:00 p.m.

Sponsors Broadmoor & Meadowlark

**THANK YOU
TO OUR
SPONSORS!**

**DJ Monte Higgins
Presbyterian Health Plan
Humana
Scan Medicare Advantage
A Place at Home**

Activity Policies Broadmoor (BSC) & Meadowlark (MSC)

For Broadmoor or Meadowlark Senior Center weather related delays or closures please visit

- City website (www.rnm.gov) under the "City Spotlights" located on the main homepage;
- By calling the City Hall main phone number, 505-891-5000 (first voice recording);
- City Facebook, X, and Nextdoor social media pages;
- Local television station crawls and their websites (KRQE, KOAT, KOB, KASA)

SIGN-IN POLICY

Everyone must sign in at Meadowlark and Broadmoor Senior Centers to participate in activities. Please ask staff or a volunteer for assistance if needed.

CHANGES TO PROGRAMMING & ROOM

ASSIGNMENTS AT BSC & MSC

Occasionally, there may be changes or cancellations to events or changes in room assignments. Call the Broadmoor or Meadowlark Senior Center for the most up-to-date information, or find updates to the programming online at <https://rnm.gov/seniorservices>.

DEADLINE TO REGISTER FOR ACTIVITIES AT BSC & MSC

Planning for special events, trips and activities begins months in advance, and some activities require a minimum number of participants; therefore, you must register two business days prior to the activity date and five business days prior to the departure date for any trips.

PARTICIPATION IN ACTIVITIES

The City of Rio Rancho assumes no liability for any claims that may arise from participation in any program or activity listed in this brochure.

Meadowlark Senior Center

The following activities take place at Meadowlark Senior Center (MSC).

Registration may be required and space may be limited.

Call (505) 891-5018 for updates and/or changes.

REGISTER ONLINE AT www.myactivecenter.com

Online Registration begins the first Thursday of each month at 9 a.m.,
in-person/call in registration begins at 11 a.m.

Activities at Meadowlark

Art of Weaving a Cross

Craft a stunning woven Cross, perfect for Easter celebrations or as a decorative piece throughout the year. No prior weaving skills are necessary, and all materials will be provided.

Limit: 6

Monday, March 16 at 1:00 p.m. – 4:00 p.m.

\$20 payable to the instructor.

Register online

Senior Citizen Law Office

One-on-one general legal consultations. This program is designed to assist low to moderately low-income seniors 60+ (income of \$2,510/ month for individuals or \$3,407/month for couples).

To schedule a 20-minute appointment, please contact the center directly.

Thursday, March 19, beginning at 12:45 p.m.

Acrylic Paint Party

Experience a stress-relieving, mindful drawing/painting method that utilizes free-flowing "neuro lines" and rounded intersections to connect the conscious and unconscious mind, transforming stress into calm through simple, intuitive steps. Ink and acrylic paint on an 8x10 canvas.

Min: 5, Max: 16

Thursday, March 26 at 1:30 p.m.

\$20 Register online

Confidence to the Core Fitness Class

"Confidence to the Core" is a 45-minute fitness program for seniors that focuses on deep stabilizing muscles to improve posture, balance, and spinal support. Moving beyond basic sit-ups, the class uses seated and standing exercises to build the functional strength necessary for daily activities like gardening or playing with grandkids. **Limit: 20**

Wednesday, March 18 at 9:30 A.M. – 10:30 A.M. No Fee. Register online

Massage Therapy

45 minutes each session with Carolyn Riggs, a female licensed massage therapist. New clients, should arrive 15 minutes early to complete intake forms. **Limit: 4 sessions**

Tuesday, March 17, and Thursday, March 26

Appointment times: 9:45 a.m., 11:00 a.m.,

1:15 p.m. & 2:30 p.m.

\$50 Register online

AARP Driver Safety Training Course

Must be a current senior center member.

\$20 payable to instructor for AARP members

\$25 payable to instructor for non-AARP members

CREDIT CARDS NOT ACCEPTED.

Limit: 16

Thursday, March 19, at 1:15 p.m.

\$2 Register online

Fall Prevention

Falls pose a significant risk to the well-being and safety of individuals aged 65 and older, making them the primary cause of unintentional injury and deaths within this age group. It is important to recognize that many falls are avoidable by implementing simple yet effective preventative measures. All of these will be addressed during the presentation. **Limit: 16**

Thursday, March 26

1:30 p.m. – 3:30 p.m. Registration preferred.

TRIPS FROM MEADOWLARK

Please note:

There is no set return time for trips.

We recommend that you do not schedule any appointments or commitments on the day of your trip.

REGISTER ONLINE AT

www.myactivecenter.com

DEADLINE TO REGISTER FOR TRIPS IS 5 P.M., 5 BUSINESS DAYS PRIOR TO TRIP

DEPARTURE Return times are not guaranteed. Please do not schedule appointments on this day.

TRIPS FROM MEADOWLARK

A Slice of Uptown

Experience the ultimate "pizza and retail" day in Albuquerque's vibrant Uptown district by starting at Gimani's. Gimani is a popular "slice bar" in Albuquerque's Winrock Town Center known for its unique sourdough-based pizza and massive individual slices. The restaurant specializes in a high-hydration, naturally leavened dough that is fermented without commercial yeast for a signature tangy flavor and crispy, chewy texture. After lunch, stroll to the open-air ABQ Uptown mall to browse over 150 retailers or explore local finds at Winrock Town Center.



Limit: 7

Tuesday, March 24, Depart MSC at 11 a.m.

\$4 payable at Registration

Gathering of Nations Powwow

Experience the grand finale of the 43rd International World Celebration, showcasing the world's largest Native American Powwow. Dive into the vibrant culture of Indigenous peoples through mesmerizing dance, lively music, captivating performances, and mouthwatering cuisine.

Limit: 6

Friday, April 24

Depart MSC at 10 a.m.

\$44 payable at Registration

Ojito Wilderness: Hoodoo and Seismosaurus Trail

This fairly flat, five-mile hike leads to petroglyphs, hoodoos, ponderosa pines growing unusually low, and the site where a 110-foot-long dinosaur was discovered. Be prepared for changing weather, wear appropriate shoes, consider hiking poles, bring water and lunch and remember your sun

protection. **Limit: 7**

Thursday, March 19

Depart MSC at 8:30 a.m.

\$16 Register online

Refund & Cancellation Policy:

If a member cancels their registration for an activity and a refund is requested prior to the activity date, and there is someone on the waitlist to take the place of the person requesting the refund, then a refund or credit may be processed.

Ongoing Activities at Meadowlark

Activity	Date	Time	Room
ABQ Hearing & Balance <i>(Registration Required)</i>	4th Tuesday	12:00 p.m. — 2:00 p.m.	3
Acrylics	Wednesday	1:00 p.m. — 3:00 p.m.	Art Room
Basket Weaving (Intermediate/Advanced)	Tuesday	1:30 p.m. — 4:30 p.m.	Art Room
Beginning Basket Weaving (At Capacity)	Monday	1:30 p.m. — 4:30 p.m.	Art Room
Beginning Music	Tuesday	10:00 a.m. — 11:00 a.m.	5
Between the Lines: Coloring	Thursday	10:00 a.m. — 11:00 a.m.	4
Bible Reading Group	Tuesday	1:00 p.m. — 3:00 p.m.	Computer Lab
Bid Whist	Monday	1:30 p.m. — 4:30 p.m.	4
Billiards	Monday — Thursday Friday	8:30 a.m. — 4:30 p.m. 8:30 a.m. — 4:00 p.m.	Billiards
Birthday Bash [Limit: 40] \$1	4th Tuesday	1:30 p.m. — 3:30 p.m.	D/R
Book Club - Lady Clementine by Marie Benedict	2nd Tuesday	1:15 p.m. — 2:45 p.m.	Conference
Bridge (Contract) [Limit: 16]	Wednesday	12:00 p.m. — 4:00 p.m.	5

Ongoing Activities at Meadowlark

Activity	Date	Time	Room
Bridge (Contract) [Limit: 16]	Friday	12:00 p.m. — 4:00 p.m.	5
Bridge Intermediate [Limit: 16]	Tuesday	1:00 p.m. — 4:00 p.m.	5
Calligraphy	1st & 3rd Thursday	1:00 p.m. — 3:00 p.m.	Art Room
Calligraphy Club	2nd Thursday	12:00 p.m. — 3:00 p.m.	Art Room
Canasta	Thursday	12:30 p.m. — 4:00 p.m.	2
Canasta (Hand & Foot)	Wednesday	12:30 p.m. — 4:00 p.m.	2
Ceramics	Friday	1:00 p.m. — 4:00 p.m.	Art Room
Conversational French	Thursday	8:30 a.m. — 10:00 a.m.	Art Room
Creative Writing Group	1st & 3rd Tuesday	9:30 a.m. — 11:00 a.m.	Computer Lab
Cribbage	Friday	12:30 p.m. — 3:00 p.m.	4
Country Western Dance (Bring refillable water bottle)	Friday	1:30 p.m. — 3:30 p.m.	D/R
Drawing & Painting	Wednesday	9:00 a.m. — 10:30 a.m.	Art Room
Euchre	Wednesday	10:00 a.m. — 12:00 p.m.	4
Fishing Club	Monday	10:00 a.m. — 11:00 a.m.	1 & 2
Fly Tying	Monday	9:00 a.m. — 9:45 a.m.	D/R C
Jam Session	Tuesday	9:00 a.m. — 11:00 a.m.	2
Knitting & Crocheting	Tuesday	9:00 a.m. — 11:00 a.m.	4
Line Dance (Beginner)	Tuesday	9:00 a.m. — 11:00 a.m.	D/R
Line Dance (Improver)	Monday	9:30 a.m. — 11:00 a.m.	D/R
Loom Group	2nd & 4th Monday	1:30 p.m. — 4:00 p.m.	Art Room
Mah-Jongg	Tuesday	12:00 p.m. — 3:30 p.m.	4
Mexican Train Dominoes	Tuesday	12:00 p.m. — 3:30 p.m.	1
Open Art Studio	Tuesday	8:30 a.m. — 10:30 a.m.	Art Room
Open Computer Lab	Mon., Wed., Thurs., Fri.	9:00 a.m. — 12:30 p.m.	Computer Lab
Open Discussion	Friday	10:00 a.m. — 11:45 a.m.	Art Room
Photo Composition Group	1st Wednesday	1:30 p.m. — 4:00 p.m.	Computer Lab
Ping Pong Fun Play [Limit: 16]	Monday, Thursday	1:30 p.m. — 4:00 p.m.	D/R C & 1
Pinochle (Double Deck)	Friday	9:30 a.m. — 12:00 p.m.	4
Poetry & Lyrics Society	March 13, 27	1:30 p.m. — 3:30 p.m.	Conference
Salsa	Wednesday	1:30 p.m. — 2:30 p.m.	D/R
Scrabble	Wednesday	12:30 p.m. — 3:30 p.m.	4
Scrapbooking	Tuesday	11:30 a.m. — 1:30 p.m.	Room 2
Share Your Memoirs	1st, 3rd & 5th Tuesday	1:00 p.m. — 3:00 p.m.	Conference
Sign Language (Basic)	Thursday	1:00 p.m. — 2:30 p.m.	Computer Lab
Spanish (Conversational)	Thursday	10:00 a.m. — 11:30 a.m.	Art Room
Spanish (Intermediate)	Friday	9:00 a.m. — 10:30 a.m.	1
Stretch & Tone	Friday	9:30 a.m. — 10:30 a.m.	D/R
Ukulele (At Capacity)	Monday	12:30 p.m. — 2:00 p.m.	2



DIVISION OF SENIOR SERVICES

Crystal L. Sanchez.....Division Manager Lissette Chavez.....Assistant Division Manager
 Jayme Smith.....Administrative Assistant Michele L. Brown.....Office Assistant
 Ashley Lovato.....Recreation Specialist Matthew McCoy.....Recreation Specialist
 Alexandria Salata.....Recreation Specialist Vacant.....Recreation Specialist
 Vacant.....Receptionist

SENIOR CENTERS AND HOURS

Broadmoor Senior Center (BSC)

3241 Broadmoor Blvd NE

Rio Rancho, NM 87144

(505) 891-5050

Monday —Thursday, 8 a.m.— 5 p.m.

Friday, 8 a.m.— 4:30 p.m.

Meadowlark Senior Center (MSC)

4330 Meadowlark Lane SE

Rio Rancho, NM 87124

(505) 891-5018

Monday —Thursday, 8 a.m.—5 p.m.

Friday, 8 a.m.— 4:30 p.m.

DIVISION OF SENIOR SERVICES ADVISORY BOARD

District 1: Delores Williams

District 2: Karen White

District 3: Molly Watson

District 4: Jennifer Demiter

District 5: Edward Mieszerski

District 6: VACANT

At-Large: Judy Garner

Meadowlark Senior Center

4330 Meadowlark Lane SE

Rio Rancho, NM 87124

Broadmoor Senior Center* **

3241 Broadmoor Blvd NE

Rio Rancho, NM 87144

**Agendas can be found on
the City website**

<https://www.rrnm.gov/332/Senior-Services-Advisory-Board> and at both senior centers.

The Division of Senior Services Advisory Board will meet on the following dates in 2026 (scheduled for the 2nd Tuesday of each month at 1:15 p.m.

The meeting dates for **2026** are:

January 13	July 14
February 10	August 11
March 10 ***	September 8 ***
April 14	October 13
May 12	November 10
June 9 ***	December 8 ***

MEMBERSHIP REQUIREMENTS

A current City of Rio Rancho Senior Services membership is required to register and participate in all activities at the Broadmoor and Meadowlark Senior Centers. Membership is free! Must be 55+ to become a member and participate in activities. Everyone must sign in at the kiosk each day for each activity you will participate in.