

### Senior Services

The following are some of the ongoing activities at MSC and do not require registration - just show up to attend these activities. For a complete listing contact MSC at 891-5018.

Activity	Day	Time	Room #
Alzheimer Support Group	Thursday	1:00 PM	Conf. Room
Billiards	Monday thru Friday	8:00 AM to Close	Pool Room
Blood Pressure Screenings	Monday thru Friday	9:00 to 11:00 AM	Card Room
Bridge (Duplicate)	Every Tuesday	6:00 PM	4 & 5
Bridge (Party)	Every Wednesday	6:00 to 9:00 PM	Dining Room C
Canasta - Beginning	Every Monday	1:00 to 3:00 PM	Conf. Room
Canasta	Every Wednesday	12:30 to 4:00 PM	Conf. Room
Ceramics	Monday/Friday	9:00 AM/1:00 PM	2
Chess/Chess for Women	Every Thursday	1:00 PM/10:00 AM	D/R "C"/4
Computer Users Group	Every Thursday	9:30 to 11:30 AM	1
Cribbage	Every Friday	12:30 to 2:30 PM	Conf. Room
Music Jam Session	Every Tuesday	8:30 to 10:30 AM	4 & 5
Fishing Club	Every Monday	10:00 AM	4 & 5
Fly Tying	Every Monday	9:00 to 9:45 AM	Dining Room C
French (Beginning)	Every Wednesday	5:00 PM	2
Genealogy Group	4 <sup>th</sup> Monday	1:00 to 3:00 PM	1
Knitting & Crocheting	Tuesday/Thursday	9:00 to 11:00 AM	3
Line Dance (Beginner)	Every Tuesday	10:00 to 11:00 AM	Dining Room C
Line Dance (Intermediate)	Every Friday	9:00 to 11:00 AM	Dining Room
Line Dance (Nostalgia)	Every Monday	2:30 to 3:30 PM	Dining Room
Mah Jongg	Every Tuesday	12:30 to 4:00 PM	5
Mexican Train Dominoes	Every Tuesday/Thursday	12:45 to 3:30 PM	4
Native New Mexico Club	3 <sup>rd</sup> Monday	9:15 to 10:45 AM	Dining Room
Nostalgia Music Group	2 <sup>nd</sup> & 4 <sup>th</sup> Tuesday	1:00 to 3:00 PM	2
Open Studio (Art)	Every Tuesday	9:30 to 11:30 AM	2
Photo-Composition Group	1 <sup>st</sup> & 3 <sup>rd</sup> Mondays	1:00 PM	1
Ping-Pong (Table Tennis)	Mon/Tue/Wed/Fri	3:30/4:00/4:00/3:30 PM	Dining Room C
Pinochle	Every Tuesday	12:30 to 4:30 PM	Dining Room C
Poetry Hour	Every Wednesday	1:00 PM	3
Poker (Men's)	Tuesday/Thursday	12:00 NOON to 4:30 PM	Card Room
Poker (Women's)	Monday	1:00 to 4:30 PM	Card Room
Quilting	Every Wednesday	1:00 to 4:00 PM	5
Red Hat Society	3 <sup>rd</sup> Thursday	3:00 to 4:30 PM	Dining Room
Rio Rancho Stamp Club	1 <sup>st</sup> & 3 <sup>rd</sup> Wednesday	6:00 to 8:00 PM	Dining Room
Spanish - Beginning	Every Thursday	2:45 to 4:45 PM	Dining Room
Spanish - Intermediate I	Every Monday	3:00 to 5:00 PM	3
Spanish - Intermediate II	Every Tuesday	6:30 to 8:30 PM	2
Conversational Spanish	Every Thursday	9:30 to 11:30 AM	2
Walking Club	Monday thru Friday	8:00 AM	MSC
Woodcarvers	Every Friday	9:00 to 11:30 AM	2

## Senior Services

### EnhanceFitness

MSC has been chosen as one of the inaugural sites for the EnhanceFitness program, an exercise program that emphasizes strength training, flexibility, and cardiovascular conditioning. Preliminary and ongoing fitness checks are essential to the program. Workouts are individually tailored and individuals can keep track of their progress as they work at their own pace. All instructors are certified fitness leaders.

### Fall Assessment Clinics

In partnership with HealthSouth Rehabilitation Hospital, MSC sponsors free screenings by specially trained Physical Therapists to assess your risk of falling. Falls can lead to many different medical problems, including hip fractures and brain injuries, and these can cause a loss of independence.

### Wii

Try this unique video game that combines exercise and fun. Working alone or in groups, you can bowl, play golf or engage in a variety of other sports by using a wireless controller that translates your motions onto a television screen. Even if you cannot stand, you can still play. Visit the MSC and experience this newest health craze.

### Dance Classes

MSC offers a variety of dance classes for all skill levels. Enjoy a variety of line dance classes or learn how to dance for those special occasions. Each month, MSC offers the rumba, the swing, the two-step, or other dances. Exercise and have fun at the same time. Call the senior center to find out the offerings for each month.

### Meditation

Learn to enhance your life, health and happiness through meditation. Using techniques to suspend the stream of thought and relax the body and mind, meditation can increase physical relaxation, mental calmness, and psychological balance to enhance overall wellness.

### Hikes

Each month the MSC offers two hikes to interesting areas in and around Albuquerque. Hikes are rated based on degree of difficulty and generally there is a hike that will appeal to most levels of fitness. Hiking is a great way to improve health while enjoying the outdoors.

### Hearing and Hearing Aid Checks

Twice a month, audiologists provide free clinics at the MSC. In addition to hearing screenings, they provide a number of services including hearing aid cleaning and discount hearing aid batteries.

### Medicare Information

Provided by the Department of Aging and Long-Term Services, a volunteer counselor is available the second and fourth Thursdays of each month to discuss Medicare and Medicaid issues, claim denial appeals, HMO information, nursing home and home health care coverage, SSI, and other related topics.

### Eye Care

Free minor eye glass adjustments or repairs are available the second and fourth Tuesdays of each month.

### Other Featured Programs

#### Movies

Each month, MSC offers several movies in the multipurpose room, including a new release and classic "oldie but goodie." As time allows, films from the Discovery Channel and the History Channel, which combine entertainment and education, are also shown.

#### Support Groups

At any given time, individuals may need an opportunity to share with others about the challenges we all face. On an ongoing basis, the MSC offers a caregivers support group, a grief and loss support group, and an alzheimers support group. Groups are free of charge and are led by trained professionals. These groups are available to all MSC members.

### Speakers

Most days at 1:15 PM, the MSC offers speakers on a variety of topics of interest. Speakers can inform and stimulate discussion on such diverse subjects as history, healthcare, legal issues, government benefits, disease prevention, natural history, astronomy, and much more.

### Computer Lab

The MSC Computer Lab is state-of-the-art. It provides classes and clubs about various aspects of computers and offers computers for use by members. Whether a novice or accomplished computer user, the lab is the place to be. Please contact the MSC for times and scheduled activities.

### Legal Services

Monthly, a legal service provider will be available to provide information on special topics and legal counseling on a one-to-one basis.

### Trips

See exhibits at a museum, pick apples or strawberries, see a play, enjoy a concert, savor lunch or dinner at a new restaurant each month, or take in a movie. Trips offer a wide variety of opportunities to visit the most interesting places around Albuquerque and neighboring communities.

## Senior Services

MSC offers programming aimed at improving health and wellness, promoting lifelong learning, exploring arts and cultural enrichment, and creating opportunities for intergenerational programs and civic engagement. The center provides trips and outings, organizes classes and speakers, and sponsors clubs and special interest groups appealing to all ages and interests. The following is a sample of some of our health and wellness classes. For a complete listing of all our classes, activities, and trips, contact the center at **891-5018**.

### Health and Wellness

Exercise is the key to improved fitness and a healthier future. To ensure a good quality of life as you age, you need to stay active. The good news is that it is never too late to start! The MSC offers a variety of exercise and health and wellness programs designed to improve your fitness and keep you in top condition. For specific information on days and times, contact the Senior Center at 891-5018.

### High Energy Exercise

This class is for those who have been active for some time. Bring your own mat, water, and wear comfortable clothes.

### Low Intensity Exercise

This class is for those who need to become more active or have health conditions that prevent them from exercising as intensely. Participants have the option to exercise while sitting in a chair or standing up.



### Yoga Classes

Yoga unites the body, mind and spirit. Even if you are starting a Yoga routine late in life, you can regain lost health and flexibility. The conscious breathing, relaxation techniques, and gentle poses characteristic of yoga can also be done in a chair or wheelchair. MSC offers several classes to accommodate your schedule and physical condition.

### Massage Therapy

Experts cite scientific studies that show that massage can be helpful for a wide variety of problems. While you are fully clothed, a licensed massage therapist will have you feeling better and more relaxed in minutes.

### Reflexology Treatments

This 30-minute therapy creates a physiological change in the body by naturally improving circulation. Treatments consist of stimulating specific points on the surface of the feet.

### T'ai Chi Chih

T'ai Chi Chih is a set of 19 movements and one pose that is completely focused on the development of energy, called Chi. T'ai Chi Chih is easy to learn and can lead to improved balance, physical fitness, flexibility, and stamina.

Weekly Tai Chi Chih practice sessions are also available for those who have completed the initial 8-week course.

## Senior Services

### The Meadowlark Senior Center (MSC)

The mission of the MSC is to promote positive aging. To achieve that goal, the MSC provides opportunities for adults 55 and over to participate in a variety of programs, trips, and special events. There is no charge to join MSC. The monthly MSC newsletter is available by mail for \$6 per year.

The Sandoval County Senior Program Rio Rancho Meal Site is also located at the MSC and provides nutritious lunches 5 days a week. Meals are available for those 60 and over for a contribution of \$1.50. Home delivered meals for the homebound are also available.

### Rio Transit

Housed at the MSC, Rio Transit is a door-to-door transportation system for senior citizens 55 years of age and older and for disabled adults 18 years of age and older. The Rio Transit Program serves Rio Rancho residents **only**. For a nominal fee, Rio Transit provides transportation to any destination within Rio Rancho. Rio Transit also services Albuquerque, the Town of Bernalillo, Placitas and Corrales for healthcare, education, and employment purposes. Rides are scheduled on a first-come, first-served basis. Reservations should be made one week in advance, but no later than 48 hours prior to the appointment. For more information about Rio Transit or for reservations, call 994-1608.

### Registration Information

Registration is required for MSC programs that have a fee and/or limited space. Registration is on the first Thursday of each month from 9:00 to 10:00 AM in the Meadowlark Senior Center dining room. After Thursday morning, you may also register for MSC classes at the Front Desk from 8:00 AM to 5:00 PM each day. This can be done either in person or by phone, as long as space is available. For more information about programs or registration, contact or visit the Senior Center at 4330 Meadowlark Lane SE, Rio Rancho, NM 87124, 891-5018.

### Refund Policy

In general, MSC has a "no refund" policy. If a refund is requested prior to the beginning of a class, activity, program or trip and there are individuals willing to take the space of the person requesting the refund, then a refund may be provided.

### Photo Policy

Please be informed that from time to time, staff will be taking photos and videos for a variety of publications. By participating in classes, activities, clubs, trips and other programs with the Division of Senior Services, you are agreeing to permit photos and videos to be taken.

### Sponsorships

MSC seeks sponsorships for all of its activities. If you are interested in learning about ways in which you can support the activities of the Senior Center, please contact Lorrie Welby at 891-5018.

### Volunteers

Volunteers are our most precious resource. Many of our programs would not be possible without the support of volunteers. To learn more about how you can use your skills and experience to benefit the MSC, please contact Liz Smyth at 891-5018.

### Governing Body of Rio Rancho

**Thomas E. Swisstack, Mayor**  
**James C. Jimenez, City Manager**

Councilor Michael J. Williams - District One  
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### Division of Senior Services Advisory Board

Fay A. Davis  
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District Two

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District Three

Rogene R. Cole  
District Four

Magdalena Graham  
District Five

Mary Margaret Grill  
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Alois Weber  
At Large

