

# Meadowlark Notes

**January 2017**

## **Navajo Code Talkers**

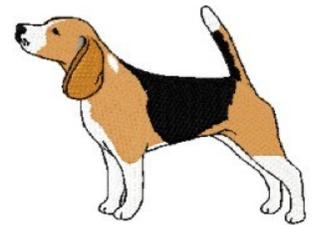
The Navajo Code Talkers played an indispensable role and were an effective fighting force in the Pacific Theater during World War II. Join Nancy Bartlit from the New Mexico Historical Society Speaker's Bureau as she travels back in time to bring the Code Talkers to life. Nancy will share the history of the development of the code, how it was used in the Pacific, code translations, and she'll explain how coded language continues to pervade our lives. Nancy is an author, oral historian, amateur photographer, and former president of the Los Alamos Historical Society. Limit: 50



Monday, January 23  
1:15 p.m. in the D/R  
\$1.00 payable at the door

## **Rescuing Beagles**

Trish Ness with New Mexico Beagle Rescue will discuss these intelligent, sociable, brave and gentle dogs and explain her organization's mission to rescue, rehabilitate and find homes for homeless beagles. Some tail-wagging companions will accompany Trish with hopes for plenty of petting. Limit: 40



Thursday, January 19  
1:15 p.m. in the D/R

## **Get Your Kicks on Route 66**



Dr. Ned O'Malia of UNM's Honors College will take participants on a trip down Historic Route 66, America's favorite highway. The 2,248-mile highway, also known as the Will Rogers Highway, the Main Street of America or the Mother Road, begins in Chicago, heads south, cuts through New Mexico, and ends in Los Angeles. Dr. O'Malia teaches the only 3-credit course on Route 66 in America. He has led at least 12 full Chicago to LA tours along the famous highway. Come hear stories of a bygone era that will live forever in the hearts of many. Limit: 40

Wednesday, January 25  
1:15 p.m. in the D/R

The Meadowlark Senior Center and all other City facilities will be *closed* on Monday, January 2nd and Monday, January 16th. Have a Safe and Happy New Year.

**The Division of Senior Services' Mission**

**is to**

***"PROMOTE POSITIVE AGING"***

[www.rrnm.gov](http://www.rrnm.gov)

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## Registration Process

- ♦ This month **Registration is Thursday, January 5**, from 9:00-10:00 a.m. It will resume at 11:00 a.m. at the front desk. **Phone-ins will be accepted starting at 1:00 p.m.**
- ♦ Numbers will be given out at the Lobby Desk beginning at 8:00 a.m. on a first-come, first-served basis. Persons must be in line to receive a number. A list of names will not be accepted.
- ♦ You must show your current membership card to receive a number.
- ♦ A MEMBER can register for oneself and one other MEMBER, **no exceptions** allowed and the person registering must show **both** membership ID's.
- ♦ **Please Bring Correct Change. No large bills will be accepted.**
- ♦ Make checks payable to the *City of Rio Rancho*.
- ♦ If you are registered for a trip or 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 by MSC.
- ♦ Registration is accepted 8:00 - 5:00 p.m., Monday through Friday following registration.

### Attention:

Inclusion for special needs populations is standard for all Senior Services programs. If special accommodations are required, please inform staff upon registration.

## CLASSES WITHOUT FEES

**Registration is not required for classes without fees unless noted in the newsletter. Participation is on a first-come, first-served basis.**

## Health & Wellness

### High Energy Exercise

This class is intended for those who have been active for some time and want to stay fit. You may sign up for January, February and March. Limit: 50

Monday/Wednesday/Friday  
January 9 – February 3  
No class on January 16  
7:40-8:40 a.m. in the D/R  
\$16 payable at registration

### Low Intensity Exercise

This class is intended for those who have not exercised for a while and need to become more active. You may sign up for January, February and March. Limit: 45

Monday/Wednesday/Friday  
January 9 – February 3  
No class on January 16  
8:50-9:50 a.m. in the D/R  
\$18 payable at registration

### Yoga for Healthy Living

Maintain or improve flexibility, balance, muscle strength and joint mobility. Classes include movements modified for your ability level, breathing practices and relaxation. Bring a yoga mat and beach towel. These classes are open to those in generally good health. No prior experience is required. Limit: 15

Monday, January 9, 23, 30 & Feb. 6  
No Class on January 2 and 16  
12:30-1:45 p.m. Rooms 4 & 5  
\$30 payable at registration



### **Zumba with Dee!**

Holiday weight gain? New Year's weight-loss resolution? Need a little help? Try Zumba, an exhilarating, Latin-inspired, easy to follow, calorie-burning dance fitness party. Zumba Toning is the challenge of adding resistance by using Zumba Toning sticks (or light weights). Zumba Gold is specially designed to suit the needs of active older participants as well as those who haven't exercised for some time. Zumba Gold Toning helps you focus on specific muscle groups so you (and your muscles) stay engaged. Bring 2 one-pound weights for the toning portion. Limit: 35 Minimum: 10

Tuesdays & Thursdays  
January 10, 12, 17, 19, 24, 26 & 31  
7:45-8:45 a.m. in the D/R  
\$12 payable at registration  
Must register by noon, Monday, Jan. 9

### **Gentle Yoga**

Class includes stretching and breathing in gentle yoga poses ending with quiet meditation. Bring a yoga mat, flat blanket, and a bottle of water. Must be able to get up from the mat. Limit: 15

Tuesday, January 10, 17, & 31  
4:00-5:15 p.m. in the D/R  
\$24.00 payable at registration

### **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

Wednesday, January 11, 18 & Feb. 1  
9:45 a.m.-11:00 a.m. in Room 4 & D/R C  
\$24.00 payable at registration

### **Salsa Dance Lessons**

Connie Salus will teach you the basics of the Latin rhythms of salsa dance, cha cha and merengue. No partners needed. You'll have so much fun, you won't even realize you're working out! Registration starts at 9:00 a.m. on January at the front desk. Limit: 30

Thursday, January 12 & 26  
9:30-10:30 a.m. in the D/R  
No Fee

### **Reflexology**

Reflexology is based on the premise that when points in the feet are properly stimulated, organs are given a jump start. This non-invasive, hands-on therapy treatment can help you live a full, stress-free life, free from aches and pains. Sessions are 45 minutes each. Limit: 2-4 per day

Wednesday, January 18  
8:00-10:00 a.m. in Room 6  
Tuesday, January 24  
8:00 a.m.-12:00 p.m. in Room 6  
\$38 payable at registration



### **Massage Therapy**

Lower blood pressure, improve circulation, help cleanse your lymphatic system, and feel relaxed. Sessions are 45 minutes each. Limit: 4 per day

Tuesday, January 10 &  
Thursday, January 19  
9:00 a.m.-3:00 p.m. in Room 6  
\$42 payable at registration

### **Meditation**

Meditation brings about mental calmness and physical relaxation. Some have called it "the gentle art of silence." Come participate in this guided hour of self-healing. Limit: 10

Wednesday, January 11 & 25  
9:00-10:00 a.m. in Room 2  
No Fee

### **Bone Density Screenings**

Receive a free osteoporosis screening from a technician from Albuquerque Cottonwood OsteoStrong Center. Sign up at the front desk. Limit: 15

Wednesday, January 18  
10-11:30 a.m. in Room 2  
No Fee

### **Blood Pressure Screening**

Have your blood pressure checked free of charge by our volunteers who are retired medical personnel. You'll receive a record card for tracking your blood pressure and heart rate.

Monday through Friday—contingent upon volunteer availability.  
No Screenings on January 2 & 16  
9:30-11:30 a.m. in the Conference Room  
No Fee

## Services & Support

### Alzheimer Support Group

Join the New Mexico Chapter of the Alzheimer's Association support group at MSC. This is for caregivers of loved ones with any form of dementia. No sign-up necessary. Limit: 10

Wednesday, January 4  
10:30 a.m.-12:00 p.m. in Room 5  
No Fee

### Life After Loss (formerly Grief & Loss Group)

Loss comes in many forms — the demise of dreams or hopes, the loss of friends or family through divorce or death, loss of relationships or a beloved animal — all of which can bring grief. Enter this supportive environment to discuss and learn to cope with sad times. Limit: 10

Wednesday, January 11, 18 & 25  
10:30-11:30 a.m. in Room 8  
No Fee

### Need Help Finding Resources?

Susan Greenbaum will meet with you on a first-come, first-served basis to assist with, or provide referrals for, finding community resources for financial, housing, medical, social, and family issues. Sign up at the front desk. You will be seen in the order in which you sign up. Limit: 6 per day

Monday, January 9, 23 & 30  
No sessions on January 2 & 16  
1:30-4:30 p.m. in Room 6  
No Fee

### Senior Social Hour

Join this new group for guided discussions focused on positivity and empowerment. No registration required. Hosted by PeopleWorks-NM. For more information call 990-4186. Limit: 12

Wednesday, January 4  
11:00-12:00 p.m. in Room 4  
January 11, 18 & 25  
11:00-12:00 p.m. in Room 5  
No Fee

### Albuquerque Hearing and Balance

Carol Clifford, Au.D, CCA-A, FAAA, provides complimentary services: electroacoustic testing, hearing screenings, hearing aid cleanings and repair evaluations. For more information call 890-0003. Sign up at the front desk. Limit: 12

Monday, January 23  
12:00-1:30 p.m. in Room 6  
No Fee

### Financial Consultation

Vicki Van Horn, MBA, Certified Financial Planner, will discuss financial matters, tax issues, estate planning, investments and more. Sign up at the front desk for a 30-minute meeting. No products or services are sold. Limit: 6



Friday, January 27  
1:00-4:00 p.m. in the Conference Room  
No Fee

### Employment Assistance

Need help on the computer with a resume, cover letter, applications or job search? Want to improve your interview skills or start a small business? The 50+ Employment Connection, sponsored by The NM Aging & Long-Term Services Department, offers assistance. Contact Patricia A. Corriz at [patriciaa.corriz@state.nm.us](mailto:patriciaa.corriz@state.nm.us) or 505-629-7080 to schedule an appointment.

By Appointment Only  
8:30 a.m.-12:30 p.m.  
Monday & Wednesday in Room 6  
Friday in the Card Room  
No Fee

### Senior Citizen Law Office

Meet briefly with an attorney to discuss legal questions. Due to funding requirements, this program is designed to assist low to moderately-low-income seniors. Sign up at the front desk. You will be seen in the order in which you sign up. Limit: 15

Thursday, January 19  
12:45-3:45 p.m. in the Conference Room  
No Fee



## Art & Crafts

### Drawing for the Absolute Beginner

Learn art basics: shading, basic shapes, perspective, balance, composition, proportions and contour drawing. Participants will finish with a still life drawing. This is the foundation for other art courses — watercolor, acrylics, pastels, charcoal, oils, etc. Questions? Call Instructor Dale Reid at 205-1279. Limit: 10

Wednesday, January 11, 18, 25 & Feb. 1  
12:30-2:30 p.m. in Room 2  
\$33.00 payable at registration



### Arts & Crafts Connection

Join other artists and crafters to exchange ideas, meet new people and share your talents and techniques. The group is starting Valentine cards early to meet a goal of 244 cards for home-bound seniors. Suggested supplies: scissors, pictures, used cards for recycling, lace doilies, ribbon, stickers, glue sticks, card stock and envelopes. Additional embellishments are welcome. Limit: 12

Monday, January 9, 23, & 30  
No class January 2 & 16  
12:30-2:30 p.m. in Room 2

### Quilting

Come to learn or perfect your quilting skills. Work on independent projects and participate in charity programs. Limit: 10

Every Wednesday  
1:00-4:00 P.M. in Room 5  
No Fee

### Beginning Crochet

Beginners learn to crochet with the basic chain stitch, master single crochet and double crochet. Bring a ball of worsted yarn in a light color, a G, H & I crochet hook, scissors, and a darning needle for yarn. No experience necessary. Limit: 7

Monday, January 9, 23 & 30  
No class on January 2 & 16  
9:30-10:30 a.m. in Room 8  
No Fee

### Beginning Knitting

Beginners learn this age-old art. Bring a pair of knitting needles and worsted yarn in a light color for the first class. Limit: 7

Monday, January 9, 23 & 30  
No class on January 2 & 16  
10:30-11:30 a.m. in Room 8  
No Fee

### Asian Brush Painting

This ancient, traditional Eastern art uses brush, ink, and paper to draw natural scenes such as plants, animals, birds, and fish. Anyone of any culture who is interested in this delicate art is welcome to come learn, share, and create. Limit: 12

Every Thursday  
12:30-2:30 p.m. in Room 2  
No Fee



## Computers/+Technology

### Open Computer Lab

#### NOW OPEN THURSDAYS!

Check email, practice class lessons or browse the web. Open Lab sessions are a great way to improve your computer skills because practice makes perfect! A "helper" is available; however, this is not an instructional class. Space is limited.

Monday, Wednesday, Thursday & Friday  
No meetings on January 2 & 16  
9:00 a.m.-12:30 p.m. in Room 1  
No Fee

### Computer Maintenance

This class covers periodic maintenance to keep your PC fast and secure, without spending money for security programs (or data recovery). Learn about safe mode, hard drive cleanup, spyware removal, malware and virus removal using free software. Instructor: Warren Herrington Limit: 10

Wednesday, January 11  
1:00—5:00 p.m. in Room 1  
\$5 payable at registration  
\$5 payable to instructor (no checks)

### Microsoft Word for Beginners

Use Microsoft Word to create a document and perform basic word functions: Format, Print, Save, Copy, Paste, etc. This class uses Microsoft Office 2013, but the training is beneficial to older versions also. Minimum 4. Maximum 8. Instructor: Pete Agrusa

Thursday, January 12  
1:00-4:45 p.m. in Room 1  
\$5.00 payable at registration  
\$5.00 payable to instructor (no checks)

### Smart/Not So Smart Phones

You will learn how to choose and use the features and apps available on your Smart phone. Instruction will include sending and receiving calls, messages, pictures, and downloading useful apps and games on your Smart phone. Instructor: Warren Herrington Limit: 12

Wednesday, January 18  
1:00—4:00 p.m. in Room 1  
\$5 payable at registration  
\$5 payable to instructor (no checks)

### Ipad & Mac Users

Meet with others to understand and resolve problems with iPads, iPhones and Mac computers. Generally, participants do not work with Android devices. Limit: 8

Every Tuesday  
1:00-3:00 p.m. in Room 1  
No Fee

### Microsoft Excel for Beginners

Use Microsoft Excel to create a basic spreadsheet. Use basic Add, Subtract, Multiply, Divide formulas, and format functions to create a checkbook balance spreadsheet and more. This class uses Microsoft Office 2013, but the training is beneficial for older versions also. Minimum 4. Maximum 8. Instructor: Pete Agrusa

Tuesday, January 24  
1:00-4:45 p.m. in Room 1  
\$5.00 payable at registration  
\$5.00 payable to instructor (no checks)



## Activities

### Share Your Memoirs (formerly Memoir Writers)

Dig into your past, capture shining moments from your bygone years, record your stories, and bring them to share with this memoir group. Discuss your life experiences and those of others. Beginners are welcome. Limit: 8

Tuesday, January 3, 17 & 31  
12:45-2:45 p.m. in Room 3  
No Fee

### Scrabble Players Unite!

Scrabble fans at all levels are welcome to join this fun activity. Build your vocabulary and make friends. For more information contact: Jackie Decker at hrjd2431@msn.com Limit: 16

Tuesday, January 3, 10, 17, 24 & 31  
8:30-11:30 a.m. in Room 8  
No Fee

### Readers Theater

Readers Theater is a great way to bring the drama of stories to life and fulfill that inner desire to be on stage. Since actors don't have to memorize their lines, it is low-key and fun! There are opportunities to be in the cast and/or work behind the scenes, as well. Limit: 15

Friday, January 6, 13, 20 & 27  
2:00-3:30 p.m. in Room 8  
No Fee

### Poetry

There is power in poetry. Anyone who is interested in writing, reading, performing or learning about poetry is welcome to join this expressive group. Limit: 8

Friday, January 6  
1:00-3:00 p.m. in Room 3  
No Fee

### Poetry Café—Open Mic

A festive “open mic” event of poetry performances and treats. Come share your own creative verses or favorite works by other poets. Or just come to listen and enjoy! Limit: 15

Friday, January 20  
1:00-3:00 in Room 8  
No Fee



### Native New Mexico Club



To all Meadowlark Senior Center Members! You do not have to be born in New Mexico to participate in this lively club focused on cultural diversity, traditions and friendship. Come visit every third Thursday, and you may find you want to join. Limit: 60

Thursday, January 19  
9:15-10:45 a.m. in the D/R

### Comedy Cabana

Join this fun group and practice your comedic talents through stand-up comedy and skits. Contact Ronda Reed at [scrrjr66@gmail.com](mailto:scrrjr66@gmail.com) or Lloyd at [lloydfriedman@gmail.com](mailto:lloydfriedman@gmail.com). Limit: 10

Monday, January 9 & 23  
1:00-3:00 p.m. in Room 3  
No Fee

### Book Club

Discuss great books with others who are passionate about literature. For January, read *The Truth According to Us* by Annie Barrows. The February selection is *The Elephant Company* by Vicki Constantine Croke. Limit: 15

Tuesday, January 10  
1:00-3:00 p.m. in Room 8  
No Fee

### Duplicate Bridge

Duplicate bridge is a competitive form of bridge in which the same hands are played successively by different partnerships. Bring your skills for challenges and fun. Experienced bridge players are welcome. Contact Ralph Hauke for more information: 867-2156. Limit: 16

Every Tuesday  
6:00-9:00 p.m. in Room 5  
No Fee

### Astrology

Learn how to read your own astrological chart. This 4-week class covers the astrological signs and planets, the major aspects, astrological houses and personal planets. The instructor requires your time, date, and place of birth before the 1st class to produce your personal astrological chart. Call instructor Charles Flory at (505) 235-2396. Limit: 10

Wednesday, January 11, 18, 25 & Feb. 1  
1:00-2:30 p.m. in Room 3  
\$5.00 payable to the instructor  
for materials

### Memoir Presentation Group

Join this creative group for a look into your life and that of others through events, dreams and memories. We all have a lifetime of experiences waiting to be expressed and shared with generations to follow. Present your stories and build confidence in sharing with others in this encouraging environment. Receive feedback, if desired. Anyone who is interested in memoir writing, regardless of experience, is welcome. Group members can help you get started. Limit: 8

Thursday, January 12 & 26  
1:15-3:15 p.m. in Room 8  
No Fee

### Creative Writers

 As with all forms of art and self-expression writing can offer a unique source of pleasure. Writers in this group will create in whatever format they choose — poetry, short story, memoir, novel, etc. Exercises for honing your craft will be employed and members will critique amongst themselves with an eye toward self-improvement. Keep your creative juices flowing in this new group. Limit: 6

Every Wednesday  
12:30-2:30 p.m. in Room 6  
No Fee

### Wii Bowling for Fun & Practice —

Learn this virtual bowling game, or come to polish your skills at these open Wii bowling sessions. Meet and make friends. Limit: 20

Monday, January 9 & 30  
3:15-5:00 p.m. in the D/R  
No Fee



### Chess

Have fun playing one of the world's most popular board games in a casual and social environment. Make new friends while keeping your mind sharp. Players at all skill levels are welcome. New players learn setup, pieces, and various strategies, while experienced players can mentor or play against other veteran players. Limit: 12

Every Friday  
1:00-4:30 p.m. in Room 1  
No Fee

### Nostalgia Music, TV and Movies

Enjoy the old classics twice a month with other music devotees. Share growing-up stories recalled through music, old television shows and movies. Have fun reminiscing. Limit: 15

Tuesday, January 10 & 24  
1:15—3:00 p.m. in Room 2  
No Fee

### American English Language: A No-Accent Adventure

Improve your English pronunciation in this introduction to “no accent” English. Instructor Warren Herrington is all about language. Limit: 10

Thursday, January 19  
1:00-4:00 p.m. in Room 1  
\$2.00 payable at registration  
\$5.00 payable to the instructor for handouts and a CD

### Home Maintenance 101

 Keeping our homes functioning and looking good can be challenging, especially for those who live alone. Learn the tasks, tools, and techniques involved in home maintenance — electrical, plumbing, heating and cooling, etc. Limit: 10

Wednesday, January 25  
1:00-5:00 p.m. in Room 1  
\$2.00 payable at registration  
\$5.00 payable to the instructor for handouts and a CD

### Billiards

The pool room is open to MSC members Monday, Thursday and Friday 7:30 a.m. to 4:45 p.m. Every Tuesday and Wednesday, 7:30 a.m. to 8:45 p.m. The pool room is closed until 10:30 a.m. every Tuesday for maintenance.

### Driver Safety

#### REGISTRATION IS REQUIRED.

Completion of this smart driver course can help keep you and your family safe on the road and save money on your car insurance. Please bring your driver's license and AARP membership card (if you have one) to the class. Snacks permitted. Sign up at registration. Limit: 35

Wednesday, January 18  
1:15-5:15 p.m. in the D/R  
\$15 for AARP members  
\$20 for non-AARP members payable to

## Entertainment

### Country and Western Music

Enjoy toe-tappin' tunes that will get you dancing up a cyclone every Friday at 1:30 p.m. in the Dining Room. Limit: 50

### Movie: *Sully*

A gripping story of Chesley Sullenberger, an American pilot who became a hero after landing his damaged plane on the Hudson River saving the flight's passengers and crew. This biography drama, directed by Clint Eastwood, stars Tom Hanks. Rated: PG-13 Approximate running time: 1 hour & 40 minutes. Limit: 50

Tuesday, January 24  
1:15 p.m. in the D/R  
\$1.00 payable at the door



### Birthday Bash!

Celebrate January birthdays with cake provided by Presbyterian Health Group and entertainment by Norio Hayakawa. Your birthday doesn't have to be in January to join the fun! Limit: 60

Thursday, January 26  
1:30 p.m. in the D/R  
\$1.00 payable at the door



## Speakers/Presentations

### Cruises 101

People take cruises to relax and have fun while seeing new places. Unfortunately, some have bad experiences due to being uninformed about cruises and cruise lines. Nanci Verna and Gina Bryant from Expedia Cruise Ship Center will help take the guess work out of the cruise industry. They will provide tips on arranging cruises, safety issues, and other aspects of this popular mode of travel. Limit: 40

Tuesday, January 3  
1:15 p.m. in the D/R

### Master Gardeners—Composting in Tumblers

Composting is a great way to use kitchen scraps and yard refuse. Not only does it cut down on waste, but it provides rich, dark soil for gardens and planting. Master Gardener John Zarola will share tips on how to compost in a tumbler. Limit: 40

Tuesday, January 3  
7:00 p.m. in the D/R

### Be Prepared. Build Your Emergency Disaster Go Bag!

Don't get caught unprepared. Attend this informative presentation by Karen Takai from the New Mexico State Department of Homeland Security and Emergency Management. Karen will discuss and offer tips on what to include and how to assemble disaster emergency "go bags." Go bags are survival kits made ready in advance in case people have to evacuate an area quickly. Limit: 40

Wednesday, January 4  
1:15 p.m. in the D/R

### Cowboy Poetry

Cowboy Poet Leroy Lovato is back! Spend a delightfully witty afternoon of poetry and fun at this lively literary event. Not to be missed! Limit: 40

Thursday, January 5  
1:15 p.m. in the D/R



### Master Gardeners—Improving Desert Garden Soil

Amending garden soil is a continuous process for the high desert gardener. Master Gardener John Zarola will discuss straight forward, take-home methods for improving soil fertility and resiliency. Limit: 40

Monday, January 9  
1:15 p.m. in the D/R



### World War II & the Nuclear Bomb

Assistant State Historian Rob Martinez, from New Mexico State Records and Archives, will discuss New Mexico's role in the big picture of World War II. Rob will provide a context for events such as the development of the nuclear bomb. Limit: 40

Tuesday, January 17  
1:15 p.m. in the D/R

### Medication Safety

Thousands of people each year get sick from medication that is out-of-date, the wrong dosage or stored improperly. Ray St. John and a Walgreens pharmacist will offer helpful information about medication safety -- storing and disposing of medications and other aspects of drug maintenance. Bring all of your medications if you would like the pharmacist to do a free inspection. Limit: 40

Monday January 30  
1:15 p.m. in the D/R

### Unclaimed Property

Many people have unclaimed property and don't know it. If the property is unclaimed for a certain period of time, the State of New Mexico will confiscate it. Stephanie Dennis from the Unclaimed Department of the Taxation and Revenue office will provide information on how to research your property and make a claim. Limit: 40

Tuesday, January 31  
1:15 p.m. in the D/R

## Hikes/Trips/Outings

### IMPORTANT TRIP INFORMATION

- Check-in on the east side of MSC.
- Van seating is first-come, first-served.
- All trips are weather conditions permitting.
- **Please be sure to advise staff/volunteers of special needs such as walkers or wheelchairs during registration.**

### FOR ALL HIKES/WALKS

- **PLEASE park on the far south-east corner of MSC parking lot.**
- Wear layered clothing to adjust to changing temperatures.
- Bring a hat, sunglasses, at least a quart of water, an energy snack for short walks, and sack lunch for hikes.
- Rain gear is suggested.
- Hiking boots **ARE REQUIRED** for hikes! Absolutely no sandals allowed.
- Hike leaders may make adjustments in the hike as needed.
- **Participants are required to stay together throughout the walk/hike.**

### Symbol Legend

Extended amounts of walking during the trip



Sack Lunch/Snack Recommended



Home pickup/drop off \$1 each way  
(Available to Rio Rancho residents  
needing transportation for trips when  
RioMetro is not operating)



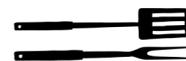
### Dinner Club: Outback Steak House

This Australian-inspired restaurant is known primarily for its steaks, but the “down-under” eatery also offers such items as chicken and shrimp on the barbie, bacon bourbon salmon, baby back ribs, crab cakes and burgers. Sides include the famous Bloomin’ Onion, as well as steakhouse mac ‘n cheese, and Aussie fries. Individual billing. Major credit cards accepted. No personal checks. Limit: 12

Tuesday, January 17

Depart MSC at 4:30 p.m.

\$5.00 payable at registration



### Hike: Tent Rocks

Seven million years ago tons of ash dropped from the eruption of the Valles Grande Volcano, leaving large rocks shaped like tents. Hikers will explore a slot canyon, displaying a variety of formations on each side. The rising trail offers spectacular views. A steep section contains stairs which participants must be able to climb. If the stairs are icy or snow covered, the group will not attempt this section. Walking sticks are recommended. Please dress warmly and bring water, food and sunscreen. Hiking shoes need to be water resistant and in good shape. Group members must stay together at all times. Elevation 5,700 feet. Distance 2 miles round trip hike. Difficulty: Moderate to Difficult. Limit: 12

Thursday, January 19

Depart MSC at 8:00 a.m.

\$7.00 payable at registration



### Maxwell Museum of Anthropology & Lunch at the Slate Street Cafe

The Maxwell Museum of Anthropology was created to house artifacts gathered from field schools of archaeological research associated with the UNM Anthropology Department, the School of American Research, and the Museum of New Mexico. Join this docent-led tour of exhibits relating to cultures around the world, with special emphasis on the Southwest. After the museum, enjoy lunch, at your own expense, at the Slate Street Cafe. Limit: 12

Saturday, January 21

Depart MSC at 9:30 a.m.

\$5.00 payable at registration



Monday, January 9

Depart MSC at 11:15 a.m.

\$5.00 payable at registration

### Trailtrekkers: Rio Rancho Bosque

This month Trailtrekkers are off to the Rio Rancho Bosque. In winter, the Bosque can be beautiful with snow (possibly) on the river and around the trees. Hiking boots/shoes are required. Hiking poles are recommended but not required. Please bring snacks, water and sunscreen. The path is mostly crusher-fine rock with areas of loose dirt and sand. Distance: 2 miles roundtrip. Difficulty: Easy to moderate. Limit: 12

Monday, January 23  
Depart MSC at 9:30 a.m.  
\$3.00 payable at registration



### Winter Fire Colors Show & Lunch at The Shark Reef Cafe

Join this self-guided stroll through bright and colorful flowers in the Botanical Garden Mediterranean Conservancy. These fiery hues provide welcome relief from winter's chill. Afterward, enjoy lunch, at your own expense, at the Shark Reef Café, while observing some amazing fish. Limit: 12

Wednesday, January 25  
Depart MSC at 9:00 a.m.  
\$6.00 payable at registration  
\$5.50 at the site

### Women's Basketball – The Lobos vs Wolf Pack

The University of New Mexico Lobos are taking on Nevada Wolf Pack. Come and see the Lobos in action. The group will be sitting in chair-backed seats. Limit: 12

Saturday, January 28  
Depart MSC at 5:45 p.m.  
\$16.00 payable at registration



### CNM Culinary Arts Tour

If you enjoy cooking or simply love food (who doesn't), this trip to the Culinary Arts program at Central Community College of New Mexico is for you. Tour their facility and learn about the program from behind the scenes. Wear comfortable and closed toed shoes, and be prepared for walking and standing. Limit: 12

Tuesday, January 31  
Depart MSC at 9:15 a.m.  
\$2.00 payable at registration



### Cirque Du Soleil

Cirque du Soleil returns to Rio Rancho with OVO. OVO, meaning "egg" in Portuguese, is a headlong rush into a colorful ecosystem teeming with life, where insects work, eat, crawl, flutter, play, fight and look for love in a non-stop riot of energy and movement. When a mysterious egg appears in their midst, the insects are awestruck and intensely curious about this iconic object that represents the enigma and cycles of their lives. The cast of OVO is comprised of 50 performing artists from 12 countries specializing in many acrobatic acts. One highlight of OVO is the stunning Flying Act in which a group of scarabs soar high above the stage. Limit: 12

Saturday, March 4  
Depart MSC at 3:15 p.m.  
\$43.00 payable at registration



### Play: The Last of the Red Hot Lovers @ Popejoy Hall

The sexual revolution of the 1960s is in full swing and Barney Cashman just wants his piece of the action. With no experience as a "hot lover," he arranges trysts with three different women, but each attempt fails worse than the last. In this newly conceived production of the 1969 Neil Simon comedy, hilarity ensues when the hip sixties confound Barney again and again...and again! Limit: 8

Saturday, March 18  
Depart MSC at 6:45 p.m.  
\$36.00 payable at registration



**Ongoing Activities Available At MSC - No Registration Required, But Space May Be Limited:**

<b>Activity</b>	<b>Day</b>	<b>Time</b>	<b>Room #</b>
Asian Brush Painting (At Capacity)	Every Thursday	12:30 -2:30 p.m.	2
Book Club	2nd Tuesday	1:00-3:00 p.m.	8
Basket Weaving (At Capacity)	1st & 3rd Tuesday	1:15-5:15 p.m.	2
Billiards	Monday thru Friday	All hours except Tuesday 7:30-10:30 a.m.	Pool Room
Bridge (Beginner)	Every Monday	10:00 a.m.-12:15 p.m.	D/R C
Bridge (Contract)	Wednesday/Friday	12:00 p.m.-3:00 p.m.	D/R C & 4
Bridge (Duplicate)	Every Tuesday	6:00-9:00 p.m.	5
Bridge (Intermediate)	Every Tuesday	6:00-9:00 p.m.	D/R C
Bridge (Party)	Every Wednesday	6:00-9:00 p.m.	D/R C & 4
Canasta	Every Thursday	12:00-4:00 p.m.	5
Canasta (Hand & Foot)	Every Wednesday	12:30-4:00 p.m.	8
Canasta (Royalè 1)	Every Monday	1:00-4:00 p.m.	8
Ceramics (At Capacity)	Monday/Friday	8:30-12:30 / 1-4:30	2
Chess	Every Friday	1:00-4:30 p.m.	1
Country & Western Music Group	Every Friday	1:30-3:30 p.m.	D/R
Cribbage	Every Friday	12:30-4:00 p.m.	5
Diabetes Support Group	2nd & 4th Wednesday	4:00-5:00 p.m.	5
Digital Camera Computer Group	3rd Wednesday	6:30-8:30 p.m.	1
Fishing Club	Every Monday	10:00-11:30	4 & 5
Fly Tying	Every Monday	9:00-9:45 a.m.	D/R C
Genealogy	4th Monday	1:00-4:00 p.m.	1
iPad & Mac Users Group	Every Tuesday	1:00-3:00 p.m.	1
Knitting & Crocheting	Tuesday/Thursday	9:00-11:00 a.m.	3
Line Dance (Beginning/Easy)	Every Tuesday	9:00-10:45 a.m.	D/R
Line Dance (Intermediate)	Monday/Friday	2-3:30 / 9:30-11	D/R B & C
Mah Jongg	Every Tuesday	12:30-4:00 p.m.	5

**Ongoing Activities Available At MSC - No Registration Required, But Space May Be Limited:**

<b>Activity</b>	<b>Day</b>	<b>Time</b>	<b>Room #</b>
Meadowlark Matriarchs	3rd Thursday	3:00-5:00 p.m.	D/R
Memoir Presentation Group	2nd & 4th Thursday	1:15-3:15 p.m.	8
Share Your Memoirs	1st, 3rd & 5th Tuesday	12:45-2:45 p.m.	3
Mexican Train Dominoes	Tuesday/Thursday	12:45-3:30 p.m.	4
Native New Mexico Club (No meeting in December)	3rd Thursday	9:15-10:45 a.m.	D/R
Nostalgia Music, TV & Movies	2nd & 4th Tuesday	1:15-3:00 p.m.	2
Open Art Studio	Every Tuesday	8:00-10:50 a.m.	2
Open Discussion (At Capacity)	Every Friday	10:00-11:45 a.m.	5
Photo-Composition Group	2nd & 5th Monday	1:00-4:00 p.m.	1
Ping Pong Fun Play	Tuesday Wednesday Thursday	9:30 a.m.-12:00 p.m. 3:15-5:30 p.m. 10:30-12:00/3:00-5:00	D/R C & 4 D/R B D/R C&4/D/R B
Pinochle (Intermediate, Single Deck)	Every Tuesday	12:30-4:30 p.m.	D/R C
Pinochle (Double-Deck)	Every Friday	9:00 a.m.-12:00 p.m.	8
Poetry	1st & 3rd Friday	1:00-3:00 p.m.	3
Poker (Men)	Tuesday & Thursday	11:00 a.m-4:30 p.m.	Card Room
Practical Guitar	Every Thursday	9:00-10:00 a.m.	5
Quilting	Every Wednesday	1:00-4:00 p.m.	5
Rio Rancho Stamp Club	1st & 3rd Tuesday	6:30-8:30 p.m.	8
Scrapbooking (At Capacity)	Every Tuesday	11:00 a.m.-1:00 p.m.	2
SketchUp	4th Wednesday	6:00-8:00 p.m.	1
Spanish (Beginning)	Every Thursday	2:45-4:45 p.m.	2
Spanish (Conversational)	Every Thursday	10:00-11:30 a.m.	2
Spanish (Elementary)	Every Friday	9:00-10:30 a.m.	4
Woodcarvers	Every Friday	9:00-11:30 a.m.	2

## Volunteer Opportunities

The MSC volunteer program promotes the skills and talents of its participants. Volunteers serve as leaders and teachers and assist with daily operations of the Center. Some of the positions in which volunteers are currently needed are:

- Class instructors
- Speakers and presenters
- Entertainers
- General cleaning/beautification
- Volunteer Van Drivers

Please contact Emery Riego de Dios at (505) 891-5018 for more information about these and other volunteer opportunities.

### Be Safer with Silver Alert NOTICE TO CAREGIVERS:

**Silver Alert** is a notification system sent out statewide when a person 50 years or older with dementia goes missing. The individual's basic information and photograph are downloaded to a flash drive and given to that person's caregiver for safekeeping. In the event the person is missing, the flash drive is given to the Rio Rancho Police Department and a Silver Alert is issued. The program is sponsored by the Rio Rancho Police Department, the Sandoval County Sheriff's Office, and the Meadowlark Senior Center.

Contact the front desk at 891-5018 for a Tuesday-morning appointment. No Fee.





**Harmony Residential Care, Inc.**  
*Caring hands...Touching hearts...Helping you*  
**24 Hour Senior Living - Memory Care**  
**RN ON STAFF**

*All Inclusive Services*  
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*Dressing • Hygiene • Housekeeping*  
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[www.HarmonyResidentialCare.com](http://www.HarmonyResidentialCare.com)  
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*Centennial Care Provider - Veteran Aid and Attendance  
RN Owned & Operated Assisted Living Homes on the Westside*

## BUENA VISTA

### APARTMENTS

ACTIVE ADULT COMMUNITY

1&2 Bedrooms • Heated Spa • Pool • Community Activities

**505-896-8959**

**MSC Hours of Operation**

**Mon. Thu. & Fri. 7:30 am - 5:00 pm**

**Tue. & Wed. 7:30 am - 9:00 pm**

**Photo Policy**

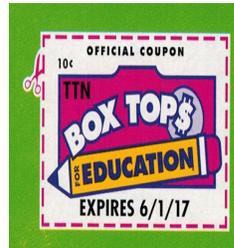
*By participating in classes, activities, clubs, trips & other programs at MSC, you are agreeing to permit photos and videos to be taken and*

**Caregivers are welcome but, if not members, may not participate in MSC activities.**

**Guide to Senior Services**

The *Guide to Senior Services in Sandoval County* is produced by the City of Rio Rancho, Division of Senior Services and is designed to assist in locating many of the governmental and non-profit resources needed by older adults. Pick up a copy at the Meadowlark Senior Center, or find it under the Senior Services section of the City website: [www.rrnm.gov](http://www.rrnm.gov)

**Box Tops for Education**



MSC is collecting *Box Tops for Education* for Martin Luther King, Jr. and Rio Rancho Elementary Schools for school supplies. Drop off your clipped coupons in the container by the front desk. Thank you!

**KEEP UP THE GOOD WORK!**

**MSC LIBRARY BOOK RETURNS**



After enjoying our library books, please remember to return them to the MSC library so that others can read them.

**WANTED:**

**Empty Ink Cartridges**  
Bring them to the front desk.  
Meadowlark redeems them for office supplies  
*Thank you!*



In the event of inclement weather, call to find out if Meadowlark Senior Center is opening late or closing early.

**Front Desk: 891-5018**  
**City Hall: 891-5000**  
**or go online: [www.rrnm.gov](http://www.rrnm.gov)**

## Meadowlark Notes

A Publication of The City of Rio Rancho/Division of Senior Services  
Meadowlark Senior Center  
4330 Meadowlark Lane SE  
Rio Rancho, NM 87124

Phone: (505) 891-5018 Fax: (505) 891-7288

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For uninterrupted delivery of your "Notes," check your label for the expiration date. Renew when due. If your label reads 1/17 this is your last issue.

### Monthly Newsletter Winner

Please return the "Remember to renew your membership" post card and you might win a free year of "Meadowlark Notes!"

Congratulations to this month's "Notes" Winners:

**Sharon Bynum**

### THANK YOU To Our December Sponsors

Birthday Bash Entertainment  
**Monte Higgins**

Tree Trimming Piano Music:  
**Fred DeLeon**  
**Andy Schultz**  
**Norm Morrow**

**CABLE ONE.net**  
*High Speed Internet Service*  
Rio Rancho Cable One provides complimentary service to the Meadowlark Senior Center Computer Lab.

### City of Rio Rancho Senior Services Advisory Board

**Delores Williams**  
District One

**Rhonda Day**  
District Two

**Dolores Power**  
District Three

**Steve Dietzel**  
District Four

**Andrew Hewes**  
District Five

**Garry Lally**  
District Six

**Susan Greenbaum**  
At Large