

Senior Services

MEADOWLARK SENIOR CENTER

Registration Information

Registration is required for some MSC programs. On the first Thursday of each month from 9:00 to 10:00 AM, members can register in the MSC dining room. Afterwards, members may also sign up for MSC classes in person after 11:00 AM at the front desk, or by phone after 1:00 PM. For more information about programs or registration, contact or visit the Senior Center at 4330 Meadowlark Lane SE, Rio Rancho, NM 87124, (505) 891-5018.

Refund Policy

If a refund is requested prior to the beginning of a class, activity, program, or trip and there is a member on the waiting list to fill the cancellation, a refund may be received.

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 Senior Services Division, members agree to permit photos and videos to be taken.

Volunteer Opportunities

The MSC Volunteer Program promotes the skills and talents of its participants. Volunteers serve as leaders and teachers and assist with the daily operations of the Center. Please contact Emery at (505) 891-5018 for more information.

Sponsorships

MSC seeks sponsorships for its special activities. Those who are interested in supporting the activities of the Senior Center may call the Programs Office at (505) 891-5018.

The Sandoval County Senior Program Rio Rancho Meal Site

A meal site is located at MSC and provides nutritious lunches five days a week. Meals are available for those 60 and older for a suggested donation of \$2. Home-delivered meals for those assessed as being homebound are also available. Call (505) 896-8313 for details. The menu is available at: www.rnm.gov

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.rnm.gov

The mission of Meadowlark Senior Center (MSC) is to promote positive aging. MSC provides opportunities for adults 55+ to participate in a variety of programs, trips, and special events. MSC offers programming aimed at improving health and wellness, promoting lifelong learning, exploring art and cultural enrichment, and creating opportunities for intergenerational programs and civic engagement. Membership is required for participation, but there is no charge to join the Center. The monthly MSC activity and event schedule is available by mail for a nominal fee or online at no cost.

The Great Outdoors

This spring take advantage of some of Meadowlark's trips and activities to experience all the wonderful outdoor activities New Mexico has to offer.

Hikes

Each month, MSC offers hikes to interesting areas. Hikes range from gentle walks to moderate and difficult treks. Generally, we have a hike that will appeal to most levels of fitness.

Fishing Club

The Fishing Club promotes good sportsmanship in an open, cordial environment, emphasizes the fun of fishing, yet also contributes to conservation efforts such as New Mexico's catch-and-release program.

Bird Watching

With over 500 different bird species in New Mexico, there is no shortage of bird watching opportunities. Join this active group to see if you can see them all!

Corn Hole (Bean Bag Toss)

No need to jump on a bus. Corn Hole ramps are available to check out with a valid membership card for you to enjoy with friends on the patio.

Gardening with the Masters

The Master Gardeners are committed to providing better gardening techniques to the community with the latest, most practical horticultural information available. This monthly program is presented in conjunction with the Sandoval County Cooperative Extension Service. Instructors are Sandoval County Master Gardeners who are trained by New Mexico State University horticultural specialists.

Closing the App Gap

Get Computer Savvy!

Meadowlark offers a variety of computer classes from using your smart phone to creating a budget tracker with Microsoft Excel. See which class is a good fit for you or drop in to use a computer during open computer lab to check emails, or just browse the internet. Volunteers are available if you need assistance. Open computer lab hours are 9:00 a.m. to 12:30 p.m. on Mondays, Wednesdays, Thursdays and Fridays.



Fit After 55

An active lifestyle is a healthy lifestyle. Let Meadowlark Senior Center help you make and keep a commitment to exercise regularly. Here is a sampling of the classes MSC offers for fitness and fun:

Line Dance

Line dance is choreographed dance with a repeated sequence of steps. Participants dance in one or more lines or rows without partners. Learn the steps and exercise both brain and body.

Yoga

Yoga is a template for living with a healthy body, mind, and spirit. It develops flexibility, muscle strength, and joint mobility, even for those starting a yoga routine late in life. The conscious breathing, relaxation techniques, and gentle poses characteristic of yoga can also be done in a chair or wheelchair. MSC offers a variety of classes including an evening relaxation session.

Latin Dance Moves

Learn the basics of the Latin rhythms of Salsa dance, Cha-Cha, and Merengue. No partners needed. Just come and join the fun!

Self-Defense

Self-defense can seem like a daunting skill to learn, but at Meadowlark, you can learn practical self-defense strategies while also decreasing reaction time and honing reflexes. Check out the event schedule to see what we are offering!

T'ai Chi Chih

T'ai Chi Chih has been described as "joy through movement" or "moving meditation." Balance and stability are important at all ages and improve with regular T'ai Chi practice.

Ping Pong for Fun & Olympics

This high energy group of table tennis enthusiasts play hard and laugh hard, too. Some even compete in the Senior Olympics.

Be Safer with Silver Alert

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 photo are downloaded to a flash drive and given to that person's caregiver for safe keeping. In the event the registered 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 (505) 891-5018 for an appointment. No Fee.

Senior Services

Speakers & Presentations

Educational enrichment and life-long learning opportunities are available through a variety of guest presenters. Topics include health and wellness, history, science, nature, art, music, and current events. Check the activities and events schedule online for a list of speakers each month.

Fun for Everyone

Country & Western Music

The Country & Western Music Group is comprised of our very own MSC members who offer up renditions of country and western favorites. Enjoy toe-tappin' tunes every Friday afternoon, and come ready for dancing.

Birthday Bash

Join the fun and excitement of our monthly birthday celebration honoring members born in that month. It doesn't have to be your birthday month to attend. The entertainment varies, and there is always plenty of action on the dance floor.

Movie Day

Once a month, MSC has an afternoon showing of a recently released movie complete with popcorn.

Broadway and Beyond!

We are privileged to live in a city that offers us opportunities to see Tony winning theatre productions as well as local performances. Join the fun as we frequent Popejoy Hall, Albuquerque Little Theatre, the Adobe Theater and more.



Tuesday Morning Jam Session

Whether you play the guitar, sing or play the triangle come and join this group of musicians to play, have fun, and improve your skills. All skill levels are welcome. No amps please.

Cooking with Bill

Wear your apron to this fun and practical hands-on cooking demo with the meal site supervisor Bill. Learn recipes, portion control, knife handling and kitchen safety skills. Learn to cook small nutritious meals for one or two people.

Chess Club & Tournament

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 of all skill levels are welcome. New players will learn setup and pieces as well as various strategies, while experienced players can mentor or play against other experienced players. Save the Date for The Art Byer's Memorial Chess Tournament on Saturday, February 9 and Sunday, February 10 at Meadowlark!

The following are some of the ongoing activities at MSC that do not require registration. For more information about all classes, activities and trips, see the MSC activities and events schedule online at www.rrnm.gov or contact the Senior Center at (505) 891-5018.

Ongoing Activities	
Arts & Crafts Connection	Mah Jongg
Basket Weaving	Meadowlark Matriarchs
Bid Whist & Spades	Mexican Train Dominoes
Billiards	Native New Mexico Club
Book Club	Nostalgia Music, TV & Movies
Bridge (Contract)	Open Art Studio
Bridge (Duplicate)	Open Discussion
Bridge (Intermediate)	Open Computer Lab
Bridge (Party)	Photo - Composition Group
Canasta	Ping Pong Fun Play
Canasta (Hand & Foot)	Pinochle (Intermediate, Single Deck)
Canasta (Royale 1)	Pinochle (Double Deck)
Ceramics	Poker
Creative Writers	Practical Guitar
Cribbage	Quilting
Diabetes Support Group	Rio Rancho Stamp Club
Euchre	Scrapbooking
Fly Tying	Share Your Memoirs
Genealogy	Spanish (Beginning)
iPad & Mac Users Group	Spanish (Conversational)
Knitting & Crocheting	Spanish (Elementary)
Line Dance (Beginning / Easy)	Woodcarvers
Line Dance (High Beginner)	

Scrabble Players Unite

Scrabble fans at all levels are welcome to join this fun weekly activity. Build your vocabulary and make friends.

Astrology

Learn how to read astrological charts and to understand astrological signs and planets, the major aspects, astrological houses and personal planets. The instructor uses your time, date, and place of birth to produce your personal chart.

Poetry & Lyrics Society

There is music and power in poetry. Anyone who enjoys writing, reading or performing poetry or song lyrics is welcome to join this expressive group.



Additional Programming for Older Adults

Additional programs for older adults are held at various recreation centers around the city. Please see the reverse side of this publication for other listings.

Resources

Senior Citizen Law Office

Meet briefly with an attorney to discuss legal questions. This program is designed to assist low to moderately low-income seniors.

Blood Pressure Screenings

Have your blood pressure checked by our volunteers who are retired medical personnel. You'll receive a record card for tracking your blood pressure and heart rate! Stop in Monday through Friday from 9:30 to 11:30. Contingent upon volunteer availability.

Financial Consultation

Meet with a certified financial planner to discuss tax issues, estate planning, investments, and more. No products or services are sold.

Diabetes Support Group

If you or someone you love has diabetes, meeting with others who face the same challenges can ease fears, provide answers to questions, and make living with the illness more manageable. Learn about healthy nutrition, symptoms, prevention, and caring for someone with diabetes.

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