

# 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. Afterward, 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.



### 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 seniors assessed as being home bound are also available. Call (505) 896-8313 for details. Menu information is available at the City's website: [www.rrnm.gov](http://www.rrnm.gov)

### 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 are agreeing to permit photos and videos to be taken.

### 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.

### 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.

### 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)

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.

## Support Services

Emotional health and physical well-being are intrinsically linked. At any given time, individuals face a variety of challenges. Support groups can help relieve the stress and pain of these challenges and offer coping mechanisms. Groups are free of charge and are led by trained professionals.

### Life After Loss

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.

### Alzheimer's Support Group

The New Mexico Chapter of the Alzheimer's Association Support Group meets monthly at MSC to offer in-person support to caregivers of loved ones with any form of dementia. The group is facilitated by a trained Alzheimer's Association member, who is also a primary caregiver.

### 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 the front desk at (505) 891-5018 for an appointment. No Fee.

### 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.

### Blood Pressure Screening

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. Monday through Friday - contingent upon volunteer availability. 9:30 am to 11:30 am in the Conference Room. No fee.

## Something for Everyone

Exercise and nurture your creative potential. Whether you are a seasoned or amateur artist, or simply interested in exploring the possibilities, MSC offers a variety of art and craft classes.

### Poetry & Lyrics Society

Come and join this expressive group to share or just listen to creative poetry and lyrics. Look for Poetry Cafe in the "Meadowlark Notes", where you can experience poetry and refreshments on a lovely Friday afternoon.

### Recreational Bicycling

A seasoned bicycling leader will guide two separate groups of riders through local neighborhoods and open spaces. One group will ride at a leisurely level, while the other group of more experienced riders, at an energetic level on a different day. Enjoy the fresh air, beautiful scenery and especially the camaraderie with the knowledge that an active lifestyle results in many health benefits.

### Tuesday Morning Acoustic Jam Sesh

Looking to jam? Join this group of musicians to play, have fun and improve your skills. No amps please. All instruments welcome!

### Between the Lines: A Coloring Adventure

Coloring is a great way to exercise the brain, improve hand dexterity, relax and have fun. Learn about using colored pencils, pens and inks. Bring a coloring book and your preferred supplies. Staying in the lines is not required!

### Share Your Memoirs

Dig into your past to capture your treasured memories, record your stories, and bring them to share with the group. The memoir group invites you to share your life experiences and listen to those of others.

### Billiards

Meadowlark Senior Center has an amazing four-table billiards room complete with cool pool memorabilia. Hone your skills in this welcoming place open to all members.

### Stamp Club

In addition to the annual stamp show, Meadowlark hosts the Rio Rancho stamp club the first and third Tuesdays of the month. Whether you are a philatelic expert or just came across old stamps under the bed, you'll be amazed at what you can learn.

## Senior Services

### Upcoming Events

#### NewMexPex Stamp Show

Regional stamp clubs and dealers will share fascinating displays of stamps from around the world at NewMexPex (New Mexico Philatelic Exhibition) 2019, the 14th annual stamp show to take place at Meadowlark Senior Center. Open to all ages. The show features philatelic supplies, door prizes, a youth table, a United States Postal Service table, a special educational World War I exhibit and more. This year's show will be held October 26 and 27.

#### Rio Grande Players

Come and enjoy radio's Golden Age at this live performance at MSC! This acting troupe specializes in recreating the best episodes, commercials, and more that were heard on the radio.

#### Costume Carnivale Halloween Party

Calling all witches, wizards, goblins and ghouls! Celebrate Halloween at Meadowlark with music, dancing, tricks, and treats! Come in costume to show your Halloween spirit and dance among the restless spirits at this terrifyingly terrific event!

#### Veterans Day Ceremony

To all those who have served our great nation, we thank you. Allow Meadowlark to honor you at our annual Veterans Day Ceremony that features special performances, special guests, and red, white and blue pie!



#### Deck the Halls

We need your help decking the halls at Meadowlark this holiday season! Come and enjoy hot cocoa, treats, and music while we string lights, decorate trees, and bring the holiday cheer to Meadowlark! Enjoy hot cocoa, treats, and music while we string lights, decorate trees and kick off a festive holiday season!

#### Arts & Crafts Show

Finish your holiday shopping at Meadowlark's very own arts and crafts show! Open to the public. Artists that are interested in displaying and selling their work must attend a meeting beforehand at MSC to learn about requirements. Find more information in upcoming editions of the "Meadowlark Notes" or call Meadowlark Senior Center (505) 891-5018.

For more information on upcoming events, review the "Meadowlark Notes" at <https://rrnm.gov/73/Senior-Services>

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](http://www.rrnm.gov) or contact the Senior Center at (505) 891-5018.

Ongoing Activities	
Arts & Crafts Connection	Line Dance (Beginning / Easy)
Basket Weaving	Line Dance (High Beginner)
Between the Lines: Coloring	Mah Jongg
Bid Whist & Spades	Meadowlark Matriarchs
Billiards	Mexican Train Dominoes
Book Club	Nostalgia Music, TV & Movies
Bridge (Contract)	Open Art Studio
Bridge (Duplicate)	Open Computer Lab
Bridge (Intermediate)	Open Discussion
Bridge (Party)	Photo Composition Group
Canasta	Ping Pong Fun Play
Canasta (Hand & Foot)	Pinochle (Double Deck)
Canasta (Royale 1)	Pinochle (Intermediate, Single Deck)
Ceramics	Poetry & Lyrics Society
Chess	Poker
Country & Western Music	Quilting
Creative Writers	Rio Rancho Stamp Club
Cribbage	Scrabble Players Unite
Diabetes Support Group	Scrapbooking
Drawing and Painting	Share Your Memoirs
Euchre	Sign Language (Beginning)
Fishing Club / Fly Tying	Spanish (Beginning)
Genealogy	Spanish (Conversational)
Guitar Ensemble	Spanish (Elementary)
iPad & Mac Users Group	Woodcarvers
Knitting & Crocheting	

#### 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.

#### Monte's Meadowlark Mid-Week Mixer

Come relive those high school mixer days and dance your feet off to favorite tunes from back in the day and new ones of today. D.J. Monte Higgins will spin.

#### 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.

### Fun, Fitness, and Tech

#### Trips and Outings

Whether it's a hike or an outing to a museum, dining spot or the theatre, you will find a trip that works for you. Relax, sit back, and let us do the driving.

#### Health and Wellness

A variety of classes are offered throughout the year. Members of Meadowlark enjoy staying active with classes such as Latin Dance, High Energy and Low Intensity exercise classes. Meadowlark also offers yoga classes and massages from licensed therapists.

#### Get Computer Savvy

Computers have become our present rather than our future, and older adults are the fastest growing group of computer users. Computers offer a way to keep in touch with family, friends and current events. The Meadowlark Senior Center Computer Lab is available to all MSC members. Classes are offered to those who are interested in learning more about technology.

# Senior

# Services



**Fall 2019**

A Publication of the Rio Rancho  
Department of Parks, Recreation  
and Community Services