

## Senior Services

# MEADOWLARK SENIOR CENTER

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.

### 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 home bound are also available. Call (505) 896-8313 for details. The menu is available at: [www.rnm.gov](http://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](http://www.rnm.gov)

### Spring into Health

This spring take advantage of some of Meadowlark's trips and opportunities to keep your body and mind as active as possible.

#### 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.

#### Recreational Bicycling

Get out and enjoy fresh air on your face as your self-power your bike through local neighborhoods and open-spaces. MSC offers a leisure-level ride and an energetic-level ride to accommodate your level of riding comfort.

#### Yoga

Meadowlark offers three levels of yoga for different abilities: Chair Yoga, Gentle Yoga and Yoga for Healthy Living. Focus on flexibility, breathing, and your overall well-being in this gentle, yet powerful form of exercise.



#### Massage

Winding down with a massage. If you aren't able to get onto a massage table, Meadowlark also offers chair massage where you can simply saddle a chair or stay in your wheel chair.

#### Blood Pressure Screenings

Every day from 9:30 to 11:30 a.m., MSC has volunteer staff available to take blood pressure. You will be given a little tracker to keep with you! Contingent upon volunteer availability.

#### Hearing Screenings

Every month, MSC has an audiologist conducting hearing and balance screenings. She can also do hearing aid cleanings and repair evaluations.

### 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.

### Cultivate the Arts

Whether you are new to drawing and painting or just want to sit back and relax and enjoy a film, Meadowlark offers many outlets for artistic cultivation.

#### Pencil & Charcoal Drawing 101

Learn the fundamentals of drawing through the medium of pencil and charcoal. Build your confidence as you progress from beginner to working on shading and finer detail work.

#### 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.

#### Poetry and Lyrics Society

If you enjoy writing, reading or listening to poetry and lyrical scripts, this group is for you! Come and share or be shared with. Look out for Poetry Café every few meetings where you can listen to the work of your fellow groupmates while enjoying some refreshments on a Friday afternoon

#### Monthly Movie

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

#### Calligraphy

If you've been one to enjoy filling out forms or writing in a journal for the joy of creating fine penmanship, this class is for you! With each series, you will learn a different style of calligraphy. Past styles have been Foundational Calligraphy, Italic Hand and Uncial.

#### Musical Medley

Come and learn the fundamentals of music for singing and instruments. Focus on listening, becoming acquainted with note reading through singing and learning simple musical notation.

### 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.

### Support Groups

Facing certain life events alone can be difficult. Let these supportive groups help you get through tough times.

#### Alzheimer's Support Group

This group is for people who are caregivers for others with dementia or Alzheimer's. Come and share your experience with fellow caregivers and get advice on how you can be the rock your loved one needs.

#### Life After Loss

Loss can come in many forms. Whether you have lost a loved one through death or lost something else meaningful like a home or job, these things can all bring grief. Allow the Life After Loss group help you carry the heavy load of grief and get through it in a healthy manner.

#### Diabetes Support Group

Diabetes can change someone's life drastically. Learn how to incorporate those changes by meeting with others who face the same challenges. Together, you can learn proper diet, exercise, and other methods to help manage Diabetes.

### Games

Meadowlark offers an array of games! We have card games, table games, outdoor games and more! Come and join the fun!

#### Bridge

We have a Bridge game for every schedule and every level! Check the Meadowlark Notes for a list of the different times and games we have going from Beginning, Intermediate, Duplicate and Contract!

#### Ping Pong

This enthusiastic group is always welcoming new players. Make new friends and have fun!

#### Billiards

Meadowlark has a Billiards Room that features four beautiful pool tables and all the equipment you need to play a game.

#### Chess

Known as the game of kings, chess is a classic game that challenges your mind. Whether you are a seasoned knight or a beginning pawn, this welcoming group will always have you for a game! Maybe you will even participate in a tournament.

#### Scrabble Players Unite

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

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)
Bid Whist & Spades	Mah Jongg
Billiards	Meadowlark Matriarchs
Book Club	Mexican Train Dominoes
Bridge (Contract)	Nostalgia Music, TV & Movies
Bridge (Duplicate)	Open Art Studio
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 (Conversational)
iPad & Mac Users Group	Spanish (Elementary)
Knitting & Crocheting	Woodcarvers

### Samba

This fun new card game is a variant of Canasta. Connect with other Samba enthusiasts to learn the game or enhance your skills.

### Meadowlark Senior Center Celebrating 35 Years of "Promoting Positive Aging"

This year is the 35th Anniversary of the opening of the Meadowlark Senior Center (MSC). It is with gratitude that we remember the many people who helped to make MSC a reality. These founding members were able to conceptualize and bring to fruition a center that would provide an atmosphere of camaraderie and socialization. Happy Anniversary, MSC!



### 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.



#### Financial Consultation

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

### Commodity Supplemental Food Program

MSC is now a distribution site for ECHO INC., Commodity Supplemental Food Program. If you are 60 years or older and meet income guidelines, you may be eligible for FREE FOOD! Nonperishable monthly food packages include vegetables, fruit, meat, pasta or rice, peanut butter, beans, cereal, juice, milk, and cheese. Contact the MSC for more information or to register for this nutritious program.

# Senior Services



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