

LOCAL RESOURCES

SUPPORT GROUPS

Albuquerque

2nd Saturday, 10:30 am
Presbyterian Healthplex
301 Forest Hills Dr NE
Albuquerque, NM 87109
Contact: Kit Johnson, PhD,
(561) 350-9539; Gina Bryant,
(407) 493-3160

Albuquerque – Care Partners

2nd Saturday, 10:30 am
Presbyterian Healthplex
301 Forest Hills Dr NE
Albuquerque, NM 87109
Contact: George Frear, (505) 843-7717

Clovis

2nd Monday, 6:00 pm
Clovis Community College
Main Bldg, 1st Flr, Room 101
417 Scheeps Blvd
Clovis, NM 88101
Contact: Jo Bidwell, (806) 725-0941

Corrales – Atypical Parkinsonian

1st Tuesday, 6:30 pm
Flying Star
10700 Corrales Rd
Corrales, NM 87114
Contact: Roxi Padrid, (312) 485-9342

Farmington

1st Tuesday, 1:00 pm
Pinon Hills Community Church
Adult Learning Center Bldg, Room 2A
5101 N Dustin Ave
Farmington, NM 87401
Contact: Wendy Bircher,
(505) 803-5636

Las Cruces

3rd Tuesday, 9:00 am
Senior Circle Center
3948 E Lohman Ave
Las Cruces, NM 88011
Contact: Sarah, (575) 496-2550

Rio Rancho

2nd Thursday, 1:30 pm
Grace Outreach Church
2900 Southern Blvd
Rio Rancho, NM 87124
Contact: Carol Smith, (505) 221-4515

Rio Rancho – Care Partners

2nd Thursday, 1:30 pm
Grace Outreach Church
2900 Southern Blvd
Rio Rancho, NM 87124
Contact: Carol Smith, (505) 221-4515

WELLNESS CLASSES

Santa Fe

3rd Thursday, 1:30 pm
Christus St. Vincent Holistic
Health & Wellness Center
490-B W Zia Rd, Ste 4
Santa Fe, NM 87505
Contact: Karen St. Clair,
(505) 780-5864

Santa Fe – Care Partners

1st Tuesday, 3:00 pm
Pacifica Senior Living
2961 Galisteo Rd
Santa Fe, NM 87505
Contact: (505) 310-6183

Taos

2nd Thursday, 11:00 am
Taos Youth & Family Center
407 E Paseo del Canon
Taos, NM 87571
Contact: Vivian Martinez,
(575) 737-5326; John Irwin,
(650) 787-4591

Albuquerque

Chair Exercise

Mondays, 11:00 am
Tuesdays & Thursdays, 3:00 pm
Presbyterian Healthplex
6301 Forest Hills Dr NE
Albuquerque, NM 87109
Contact: (505) 823-9839

Dance

1st & 3rd Thursdays, 2:00 pm
North Valley Senior Center
3825 4th St NW
Albuquerque, NM 87107
Contact: Joanie Carlisle,
(505) 579-9174

Movement & Balance

Mondays, 3:15 pm
Wednesdays, 2:45 pm
Highland Senior Center
131 Monroe NE
Albuquerque, NM 87108
Contact: Mindy Caplan,
prstrainer@gmail.com
Fee: \$6/class

NeuroChoir

Speech-Language-Hearing Center
1700 Lomas NE, Ste 1300
Albuquerque, NM 87106
Contact: Dr. Jessica Richardson,
(505) 277-4453

PWR! Moves®

2nd & 4th Thursdays, 2:00 pm
North Valley Senior Center
3825 4th St NW
Albuquerque, NM 87108
Contact: Linda Ozier, (505) 322-5422
Fee: \$5/class

Rock Steady Boxing

Mondays, Wednesdays & Fridays,
9:00 am & 11:00 am
Blackman Taekwondo
9900 Montgomery NE, Ste B
Albuquerque, NM 87112
Contact: Patrick Strosnider,
(505) 967-8729

STAYGo Beginning Balance

Tuesdays & Thursdays, 12:45 pm
Presbyterian Healthplex
6301 Forest Hills Dr NE
Albuquerque, NM 87109
Contact: (505) 823-9839

LOCAL RESOURCES

WELLNESS CLASSES

STAYGo Intermediate Balance

Tuesdays & Thursdays, 11:00 am
Presbyterian Healthplex
6301 Forest Hills Dr NE
Albuquerque, NM 87109
Contact: (505) 823-9839

Yoga

Mondays, 2:00 pm – Gentle
Wednesdays, 1:30 pm – Moderate
Highland Senior Center
131 Monroe NE
Albuquerque, NM 87108
Contact: Mindy Caplan,
prstrainer@gmail.com
Fee: \$6/class

Farmington

Walking & Balance

Wednesdays, 10:00 am
San Juan Center for Independence
1204 San Juan Blvd
Farmington, NM 87401
Contact: Wendy, (505) 803-5636

Rio Rancho

Tai Chi

Tuesdays, 11:00 am
St. Paul's United Church of Christ
1101 Gold Course Rd SE, Ste 101
Rio Rancho, NM 87174
Contact: John Patrick Nieto,
(505) 267-6751
Fee: \$5/class

Santa Fe

Chorus

Thursdays, 10:30 am
United Church of Santa Fe
1804 Arroyo Chamiso Rd
Santa Fe, NM 87505
Contact: Marcia DeGarmo,
(505) 820-0219
Fee: \$10/class

Dance

Fridays, 1:30 pm
The Montecito Santa Fe,
Starlight Lounge
500 Rodeo Rd
Santa Fe, NM 87505
Contact: Shannon Elliott,
(505) 672-8660

Moving to Heal

Mondays & Fridays, 1:30 pm

Studio Nia

851 W San Mateo Rd

Santa Fe, NM 87505

Contact: Jamie Klein,

(214) 395-8584

Fee: \$13/class

Qigong

Thursday, 9:30 am

Christus St. Vincent Holistic

Wellness Center

490-B W Zia Rd, Ste 4

Santa Fe, NM 87505

Contact: Sonny Smith,

(505) 913-3820

Fee: \$10/class

Rock Steady Boxing – Level I/II

Mondays & Wednesdays, 2:00 pm

Saturdays, 1:30 pm

Santa Fe Fitness & Martial Arts

2801 Rodeo Rd

Santa Fe, NM 87507

Contact: Adrienne Shurbet,

(505) 930-1168

Fee: \$20/class

Rock Steady Boxing– Level I/II

Tuesdays & Thursdays, 3:00 pm

The Montecito Santa Fe

500 Rodeo Rd

Santa Fe, NM 87505

Contact: Edgar Ortiz, (505) 428-7777

Fee: \$15/class

Rock Steady Boxing – Level III/IV

Tuesdays, 2:00 pm

Santa Fe Fitness & Martial Arts

2801 Rodeo Rd

Santa Fe, NM 87507

Contact: Adrienne Shurbet,

(505) 930-1168

Fee: \$20/class

Rock Steady Boxing – Level III/IV

Tuesdays & Thursdays, 1:30 pm

The Montecito Santa Fe

500 Rodeo Rd

Santa Fe, NM 87505

Contact: Edgar Ortiz, (505) 428-7777

Fee: \$15/class