

M3 Center Activity/Class List 2009/10

Activity	Days	Start	End	Room	Contact Name
AARP Defensive Driving	3rd Saturday	9:00 AM	1:00 PM	3	Ed Ameika or Wayne Rose
Acupressure for Pain	Cancelled	10:00 AM	11:00 AM	5	C. Boyd
Adapt Aquatics	Mon, Wed, & Fri	12:00 PM	3:00 PM	Van	Michele Bornman Palo Duro Karen Baker Linda Hinkle/driver
Adult Watercolor	Saturday	12:00 PM	3:00 PM	3	Sandy Culler
African Dance/Drum	Tuesday	2:15 PM	3:30 PM	4	Camila Dodson
Albuquerque Rug Hookers	3rd Thursday	1:00 PM	4:00 PM	4	Linda Towle
All Star Youth Hip Hop	Thursday	6:00 PM	9:00 PM	4	David Vigil
All Star Youth Karate	Wednesday	6:00 PM	9:00 PM	Social Hall	David Vigil
Amateur Telescope	1st Wednesday	7:00 PM	9:00 PM	3	Mike Pendley
Athritis Foundation	Varies				Angela McTee
Artist Corner	Thursday	1:00 PM	4:00 PM	3	Jo Anne Kennedy
Ask the Doctor	2nd Tuesday	10:00 AM	11:00 AM	4	Dr. Francis Roe
Badminton	Monday & Friday	1:00 PM	4:00 PM	Gym	Terry or Nan
	Tuesday	6:00 PM	9:00 PM	Gym	
Ballet- Adults	Saturday	9:30 AM	10:30 AM	Social Hall	Anna Marie Urioste
Ballet- Kids	Saturday	10:30 AM	11:30 PM	Social Hall	Anna Marie Urioste
Basketball (open)	Monday & Friday	11:00 AM	1:00 PM	Gym	Ed Nunez
	Monday & Friday	7:00 PM	9:00 PM	Gym	
	Tuesday	9:45 AM	1:00 PM	Gym	
	Wednesday	11:00 AM	12:30 PM	Gym	
	Wednesday	6:00 PM	9:00 PM	Gym	
	Thursday	9:30 AM	4:00 PM	Gym	
	Saturday	9:00 AM	3:00 PM	Gym	Seniors Mike Martinez
Senior Men's Basketball	Tuesday & Thursday	11:00 AM	1:30 PM	Gym	Ed Nunez
Beading Group	Monday	8:30 AM	11:00 AM	5	Pat Suhr
Beading/Jewelry Class	Wednesday	9:00 AM	11:00 AM	3	Marge Jacobson
Belly Dance for Wise Women	Thursday	5:45 PM	7:00 PM	Social Hall	Amaya
Bible Discussion Group	Thursday	10:00 AM	11:00 AM	4	George Jacobson
Bingo	Thursday	1:30 PM	4:00 PM	Social Hall	Margaret Kirkpatrick
Birthday Party Celebration	3rd Friday	12:00 PM	1:30 PM	Social Hall	Paul Bonnell Lucille Cordova
Blue Cross Shield	1st Tuesday	11:00 AM	1:00 PM	Lobby	Tonya Gonzales
Bridge	Monday	10:00 AM	2:00 PM	Sitting Room	Mickey Wasinger
	Friday	12:00 PM	4:00 PM	Sitting Room	Dorothy Rogan
Brilliance of Pastels	Monday	2:00 PM	4:00 PM	3	Sharon Jensen

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Canasta	Tuesday	1:00 PM	3:00 PM	Sitting Room	Martha Van Berg
Cardio Aerobics	Mon, Wed, & Fri	4:45 PM	6:00 PM	Social Hall	Ann Owens
Cherokees of NM	3rd Saturday	12:00 PM	3:00 PM	4	Bob Leach
Clogging	Tuesday	4:30 PM	6:00 PM	Social Hall	Shirley Smith
Close Quarter Combat (aka Personal Defense	Tuesday	7:30 PM	9:00 PM	4	Sean Rose
Community Drum Circle	3rd Friday	7:30 PM	9:00 PM	4	Giselle Vivian
Computer Lab- OPEN LAB	Tuesday	9:00 AM	12:00 PM	1	Mike Hadaway
	Wednesday	9:00 AM	11:00AM	1	For Class Info Call
	Thursday	9:00 AM	12:00 PM	1	Jack Freedman
Computer Class- EVENING	Friday	7:30 PM	9:00 PM	1	Matthias Willis
Digital Skills 4 Modern Empl					
DVD Memorials	Tuesday	5:00 PM	6:30 PM	1	Gabriella Sanchez
Escribiente Calligraphy	1st Wednesday	6:30 PM	9:00 PM	\$25 1	Margaret Disque
Exercise to Music	Weekdays	8:30 AM	9:30 AM	Gym	Berlinda
					Julie Salazar
Fitball	Friday	5:00 PM	6:00 PM	Social Hall	Ann Owens
Friendship Coffee	Thursday	10:00 AM	11:00 AM	Social Hall	VARIES
GEHM Clinics	Wednesday	10:00 AM	2:00 PM	Lobby	Debbie Long
Gentle Exercise	Mon, Wed, & Fri	10:00 AM	11:00 AM	Gym	Berlinda
Girl Scout Daisy Troop	Friday	6:30 PM	8:00 PM	5	Linda Witter
Happy Hookers Crotchet C	Monday	1:00 PM	3:00 PM	4	Sharon Martin
Health Dept of	Monday	3:00 PM	5:00 PM	4	Kristy Franchini
Ice Cream Social	1st Wednesday-Even	12:00 PM	1:30 PM	Social Hall	Paul or Lucille
Invest in Debt	2nd Wednesday	6:00 PM	9:00 PM	5	Ron Baird
Iron Olympian Karate	Tuesday & Wednesday	6:00 PM	9:00 PM	4	Ellen Mandarino
					Chris Nowak
Kendo Kai	Friday	6:00 PM	8:00 PM	Social Hall	Davis Begay
Knitting/Needlecraft	Friday	1:00 PM	3:00 PM	3	Erika Ehg Dahl
Latin Spice Dance	Wednesday	9:30 AM	10:30 PM	Social Hall	Barbara Weiss
Line Dancing Beginning	Wednesday	1:30 PM	4:30 PM	Social Hall	Georgette Smith
New Group start	Every 4 Months	(1st Wed	New Years	Labor Day	& Jan 6 & May 5th
Line Dancing- Interm/Adva	Friday	1:30 PM	4:30 PM	Social Hall	Wylene Santistevan
Meditation for Beginners	CANCELLED	2:00 PM	3:30 PM	5	Cynthia Boyd
OPEN CRAFTS	Monday	9:00 AM	1:00 PM	3	No Instructor
Okinawa Dance Group	Friday	6:00 PM	9:00 PM	3	Yaeko Miyazato
Osteoporosis Presentation	2nd Sat. Quartly	1:30 PM	3:00 PM	4	Yvonne Brusuelas
Pickel Ball	Thursday	2:00 AM	4:00 AM	Gym	Bill Marshall
	Saturday	9:30 AM	11:30 AM	Gym	
Pie Social	1st Wednesday-odd	12:00 PM	1:30 PM	Social Hall	Paul or Lucille
Pinochle	Wednesday	12:00 PM	4:00 PM	4	Don Gugliotta

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Polynesian Dance	Monday	6:00 PM	8:00 PM	4	Lava Buckley
Pottery	Thursday	9:00 AM	1:00 PM	3	Must come to class
Pottery & Tile	Tuesday	9:00 AM	1:00 PM	3	Lawanda Strong
Tile Painting	Friday				
Pottery for Beginners Adult	Wednesday	5:00 PM	6:30 PM	3	Marilu Tijero
Presbyterian Sr. Care	3rd Thursday	1:00 PM	3:00 PM	4	Dottie West
Project Linus	1st Saturday	9:00 AM	1:00 PM	Social Hall	Darline Polonis
Punch Quilting	Tuesday	1:00 PM	3:00 PM	3	Cristina Diaz Arntzen
Reclaiming Families	Every other Monday	6:30 PM	7:30 PM	5	Nkazi
Red Hat Dancing Dolls	3rd Monday	12:00 PM	1:00 PM	Social Hall	Pauline MacPherson
Red Hat Society	3rd Thursday	10:00 AM	11:30 AM	9	Delores Repik
Shuffleboard	Tuesday	1:00 PM	4:00 PM	Gym	Scot Heron
Sing-A-Long	Tuesday	1:00 PM	2:15 PM	4	Richard Mabry
Society of Children's	2nd Tuesday	7:00 PM	8:45 PM	5	Lisa May
Society of Creative	3rd Tuesday	6:00 PM	9:00 PM	5	Greg Vickery
Sophisticated Ladies & Gen	Tuesday	1:00 PM	3:00 PM	Social Hall	Shirley Smith
Seniors Saving Medicare	1st Monday	11:30 AM	1:00 PM	Lobby	Senior Citizen Law
Tai Chi Chih	Saturday	12:00 PM	1:00 PM	Social Hall	Marilyn Irvin
Tai Chi Chih	Tuesday	5:30PM	6:45Pm	4	Marilyn Irvin
Tile Beginning	Friday	8:30 AM	12:30 PM	3	Lawanda Strong
Crafts Open	Monday	9:00 AM	1:00 PM	3	No Instructor
TOPS	Monday	9:30 AM	11:15 AM	5	Dottie Bellach
TOPS #216	Friday	10:00 AM	11:30 AM	4	Betty Demenge
Vietnamese Senior Assoc.	Saturday	9:00 AM	12:00 PM	5	Hieu Duan
Vintage Players	2nd & 4th Saturday	10:00 AM	12:00 PM	4	Janet Porter
Volleyball (open)	Mon & Friday	5:00 PM	7:00 PM	Gym	Roberta Wright
	Thursday	6:00 PM	7:00 PM	Gym	Roberta Wright
Watercolor for Adults (Spr	Saturday	12:00 PM	3:00 PM	3	Sandy Culler
Wildlife Federation (ABQ)	2nd Thursday	6:00 PM	8:45 PM	3	Gene Tatum
Wise Women Belly Dance	Thursday	5:45 PM	6:45 PM	Social Hall	Amaya
Women's Bible Discussion	Tuesday	11:00 AM	1:00 PM	5	Ann Foreman
Woodcarving	Wednesday	8:00 AM	11:00 AM	3	Ralph Manchengo
Writing for Fun	Monday	1:00 PM	3:00 PM	5	Dottie Daily
Beginning Yoga	Monday	6:15 PM	7:00 PM	Social Hall	Ann Owens
Hatha Yoga	Wednesday	9:00 AM	10:00 AM	4	Dee Cappell
Hatha Yoga Plus	Friday	9:00 AM	10:00 AM	4	Jan Porter
Kundalini Yoga	Wednesday	10:00 AM	11:00 AM	4	Lucille Mulcahy
Zia Little League	Saturday	10:00 AM	2:00 PM	3	Brian Jones
	Meets Quarterly				