



Abedon Lopez Senior Center Activities 9am to 3p M-F

March 2026

Monday		Tuesday		Wednesday		Thursday		Friday	
2	9:00- Ceramic Class 10:00 - Low Impact Body Stretch & Muscle Strengthening & Core w/	3	10:00 Art Class w/ Alfred Baca 12:30- BINGO	4	9:00 Tin Work w/ Janet Lopez 10:00- Multi level Cross Training w/ Fernando	5	9:00 WEAVING CLASS w/ Joyce Trainor 12:00 ICAN w/ Renee Zisman	6	10:00 Balance & Mobility w/ Maria Francis 1:00 Beading Class w Marsha Ronquillo
9	9:00- Ceramic Class 10:00 - Low Impact Body Stretch & Muscle Strengthening & Core w/ Fernando Hernandez 12:00 GIVINGS w Sara	10	10:00 Art Class w/ Alfred Baca 12:30- BINGO	11	9:00-Tin Work w/Janet Lopez 10:00- Multi Level Cross Training.w/ Fernando	12	9:00 WEAVING CLASS w/ Joyce Trainor 12:30 Card Making w/ Charlotte Jaramillo	13	10:00- SMART 911 w/ Kyle Russell 10:00-Balance & Mobility with Maria Francis Fall Prevention -1:00 1:00 Beading Class w Marsha
16	9:00 Ceramic Class 10:00- Low Impact Body & Muscle Strengthening Core w/ Fernando Hernandez 10:30 RoadRunner w	17	10:00 Art Class w/ Alfred Baca 12:30- BINGO	18	9:00 Tin Work w/ Janet Lopez 9:00 Qigong Class w/ Cindy 10:00 Multi Level Cross Training w/ Fernando	19	9:00 WEAVING CLASS w/ Joyce Trainor 12:30 Birthday Celebration	20	10:00-Balance & Mobility w/ Maria Francis 1:00 Beading Class w/ Marsha Ronquillo
23	9:00 Ceramic Class 10:00- Low Impact Body Strenght & Muscle Strengthening Core w/ Fernando Hernandez	24	10:00 Art Class w/ Alfred Baca 12:30 BINGO	25	9:00 Tin Work w/Janet Lopez 10:00 Multi Level Cross Training w/ Fernando Hernandez	26	9:00 WEAVING CLASS w/ JOYCE Trainor 12:30 Card Making w Charlotte Jaramillo	27	10:00-Balance & Mobility Class w/ Maria Francis 1:00 Beading classes w/ Marsha Ronquillo
30	9:00 Ceramic Class 10:00- Low Impact Body Strenght & Muscle Strengthening Core w/ Fernando Hernandez	31	10:00 Art Class w/ Alfred Baca 12:30 BINGO						

CONTACTS:

CALENDAR IS SUBJECT TO CHANGE WITH OR WITHOUT NOTICE.
FOR MORE INFORMATION ON CLASSES OR CANCELLATIONS,
PLEASE CALL US AT 505-995-2749
FOR DELAY OR CLOSURE INFORMATION IN THE EVENT OF
INCLEMENT WEATHER PLEASE CHECK THE COUNTY WEBSITE

Abedon Lopez Center: 505-995-2749
Benny J. Chavez Center: 505-351-4686
Eldorado Center: 505-466-1039
El Rancho Center: 505-455-2195
Edgewood Center: 505-281-2515
Rufina Center: 505-471-9800

Transportation: 505-992-3069
Home Delivered Meals: 505-992-3069
Main Office: 505-992-3069
Program Director (Matilda Valdez): 505-992-9838
Program Navigator (additional services): 505-986-6239