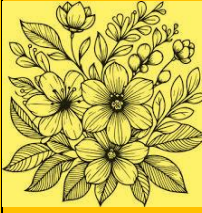







ADAM SENIOR CENTER

MAY 2026

Monday	Tuesday	Wednesday	Thursday	Friday	
   				<p>1 9:30 - Weight Training 10:30 - Gentle Yoga All Day - Open Studio All Day - Scrapbook & Papercrafts (self-led)</p>	
<p>4 9:30 - Weight Training 10:00 - Sunshine Sewing Group 10:00 - Memoir Writing with Alfredo Lujan 10:30 - Stretching & Movement 12:45 - Fiber Arts Group 1:00 - Ceramics 1:00 - "Deal Me In" Cards & Games Group</p>	<p>5 9:10 - Dance Fitness 10:00 - Glass Fusion 10:00 - Sunshine Sewing Group 10:10 - Tai Chi - Swords 1:00 - Ping Pong 1:00 - Leather Crafting 1:00 - Learning Spanish Through Games</p>	<p>6 9:10 - Latin Dance 9:30 - Bridge Group 10:00 - Mah Jongg 101 (Must Sign Up) 10:00 - Qi Gong 11:00 - Stretching & Movement 11:30 - GUEST SPEAKER - Dale Lipp with Stellar Housing Group 12:30pm - Mah Jongg regular group (open availability) 1:00 - Pastel Group 12:45 - Bead Group</p>	<p>7 9:10 - Dance Fitness 10:10 - Tai Chi - hands 11:00 - GUEST SPEAKER - Aging & Long-Term Services Department 1:00 - Ping Pong 1:00 - Caregiver Support Group (Memory Care Alliance) 1:00 - Conversational Spanish Group (Beginner & Intermediate) 1:00 - Knitting Group 1:00 - Chat & Chew Social Group</p>	<p>8 9:30 - Weight Training 10:30 - Gentle Yoga All Day - Open Studio All Day - Scrapbook & Papercrafts (self-led)</p>	
<p>11 9:30 - Weight Training 10:00 - Sunshine Sewing Group 1:00 - Memoir Writing with Alfredo Lujan 10:30 - GUEST SPEAKER - Susan Perry info on PEARLS group for lonely & isolated individuals 10:30 - Stretching & Movement 12:45 - Fiber Arts Group 1:00 - Ceramics 1:00 - "Deal Me In" Cards & Games Group</p>	<p>12 9:10 - Dance Fitness 9:30 - DAY TRIP - LOS ALAMOS (Los Alamos History museum & Fuller Lodge) 10:00 - Glass Fusion 10:00 - Sunshine Sewing Group 10:10 - Tai Chi - Swords 1:00 - Ping Pong 1:00 - Leather Crafting 1:00 - Learning Spanish Through Games</p>	<p>13 9:10 - Latin Dance 9:30 - Bridge Group 10:00 - Mah Jongg 101 (Must Sign Up) 10:00 - Qi Gong 11:00 - Stretching & Movement 12:30pm - Mah Jongg regular group (open availability) 1:00 - Pastel Group 12:45 - Bead Group</p>	<p>14 9:10 - Dance Fitness 10:10 - Tai Chi - hands 1:00 - Ping Pong 1:00 - Caregiver Support Group (Memory Care Alliance) 1:00 - Conversational Spanish Group (Beginner & Intermediate) 1:00 - Knitting Group 1:00 - Chat & Chew Social Group</p>	<p>15 9:30 - Weight Training 10:30 - Gentle Yoga All Day - Open Studio All Day - Scrapbook & Papercrafts (self-led)</p>	
<p>18 9:30 - Weight Training 10:00 - Sunshine Sewing Group 1:00 - Memoir Writing with Alfredo Lujan 10:30 - Stretching & Movement 12:45 - Fiber Arts Group 1:00 - Ceramics 1:00 - "Deal Me In" Cards & Games Group</p>	<p>19 9:10 - Dance Fitness 10:00 - Glass Fusion 10:00 - Sunshine Sewing Group 10:10 - Tai Chi - Swords 1:00 - Ping Pong 1:00 - Leather Crafting 1:00 - Learning Spanish Through Games</p>	<p>20 9:10 - Latin Dance 9:30 - Bridge Group 10:00 - Mah Jongg 101 (Must Sign Up) 10:00 - Qi Gong 11:00 - Stretching & Movement 12:30pm - Mah Jongg regular group (open availability) 12:45 - Bead Group 1:00 - Pastel Group 1:00 - Guest Speaker - Randy Egan - Faces Of New Mexico - History through Caricature</p>	<p>21 9:10 - Dance Fitness 10:10 - Tai Chi - hands 1:00 - Ping Pong 1:00 - Caregiver Support Group (Memory Care Alliance) 1:00 - Conversational Spanish Group (Beginner & Intermediate) 1:00 - Knitting Group 1:00 - Chat & Chew Social Group</p>	<p>22 9:30 - Weight Training 10:30 - Gentle Yoga All Day - Open Studio All Day - Scrapbook & Papercrafts (self-led)</p>	
<p>25 SANTA FE COUNTY CLOSED MEMORIAL DAY</p>	<p>26 9:10 - Dance Fitness 10:00 - Glass Fusion 10:00 - Sunshine Sewing Group 10:10 - Tai Chi - Swords 1:00 - KPASC BOOK CLUB 1:00 - Ping Pong 1:00 - Leather Crafting 1:00 - Learning Spanish Through Games</p>	<p>27 9:10 - Latin Dance 9:30 - Bridge Group 10:00 - Mah Jongg 101 (Must Sign Up) 10:00 - Qi Gong 11:00 - Stretching & Movement 1:00 - GUEST SPEAKER - Cory Warden Life Planning & Peace Of Mind from The Legacy App 12:30pm - Mah Jongg regular group (open availability) 1:00 - Pastel Group</p>	<p>28 9:10 - Dance Fitness 10:10 - Tai Chi - hands 1:00 - Ping Pong 1:00 - Caregiver Support Group (Memory Care Alliance) 1:00 - Conversational Spanish Group (Beginner & Intermediate) 1:00 - Knitting Group 1:00 - Chat & Chew Social Group 1:00 - Butekyo Breathing Class with Clara Evans</p>	<p>29 9:30 - Weight Training 10:30 - Gentle Yoga All Day - Open Studio All Day - Scrapbook & Papercrafts (self-led)</p>	
<p>CALENDAR IS SUBJECT TO CHANGE WITH OR WITHOUT NOTICE. FOR MORE INFORMATION ON CLASSES OR CANCELLATIONS, PLEASE CALL US AT 505-466-1039 FOR DELAY OR CLOSURE INFORMATION IN THE EVENT OF INCLEMENT WEATHER PLEASE CHECK THE COUNTY WEBSITE</p>		<p>CONTACTS: Abedon Lopez Center: 505-753-8598 Benny J. Chavez Center: 505-351-4686 El Rancho Center: 505-455-2195 Edgewood Center: 505-281-2515 Rufina Center: 505-471-9800</p>			<p>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</p>