



# Ken & Patty Adam Senior Center

505-466-1039

# SEPTEMBER 2024

Monday		Tuesday		Wednesday		Thursday		Friday	
2	9:10 - Weight Training 10:10 - Stretching & Movement 12:45 - Weaving & Fiber Arts Group 1:00 Ceramics	3	9:10 - Dance Fitness 10:10 - Tai Chi - Swords 1:00 - Art Explorations 1:00 - Ping Pong	4	9:30 - Bridge Group 10:00 - Qi Gong 10:00 - Glass Fusion 11:00 - Stretching & Movement <b>12:00 - Grocery Trip - Market Street</b> 12:45 - Bead Group 1:00 - Open Paint/Pastels	5	9:10 - Dance Fitness 10:10 - Tai Chi - hands <b>12:30 - DAY TRIP - City of SF Baile de Oro</b> 1:00 - Ping Pong 1:00 - Beginner's Knitting Group	6	9:10 - Weight Training 10:10 - Gentle Yoga
9	<b>9:00 - DAY TRIP- ABQ NM . State Fair</b> 9:10 - Weight Training 10:10 - Stretching & Movement 12:45 - Weaving & Fiber Arts Group	10	9:10 - Dance Fitness 10:10 - Tai Chi - Swords 1:00 - Crochet 1:00 - Ping Pong	11	9:30 - Bridge Group 10:00 - Qi Gong 10:00 - Glass Fusion 11:00 - Stretching & Movement 12:45 - Bead Group 1:00 - Open Paint/Pastels	12	9:10 - Dance Fitness 10:10 - Tai Chi - hands 1:00 - Ping Pong 1:00 - Beginner's Knitting Group	13	9:10 - Weight Training 10:10 - Gentle Yoga
16	1:00 Ceramics 9:10 - Weight Training 10:10 - Stretching & Movement <b>11:30 - GUEST SPEAKER - Jennifer Finley-McGill - State Library for the blind &amp; Sight Disabled</b> 12:45 - Weaving & Fiber Arts Group 1:00 Ceramics	17	9:10 - Dance Fitness 10:10 - Tai Chi - Swords 1:00 - Art Explorations 1:00 - Ping Pong	18	9:30 - Bridge Group 10:00 - Qi Gong 10:00 - Glass Fusion 11:00 - Stretching & Movement 12:45 - Bead Group 1:00 - Open Paint/Pastels	19	9:10 - Dance Fitness <b>10:00 Card Making Class</b> 10:10 - Tai Chi - hands 1:00 - Ping Pong 1:00 - Beginner's Knitting Group	20	9:10 - Weight Training 10:10 - Gentle Yoga
23	9:10 - Weight Training 10:10 - Stretching & Movement 12:45 - Weaving & Fiber Arts Group 1:00 Ceramics	24	9:10 - Dance Fitness 10:10 - Tai Chi - Swords 1:00 - Crochet 1:00 - Ping Pong	25	9:30 - Bridge Group 10:00 - Qi Gong 10:00 - Glass Fusion 11:00 - Stretching & Movement <b>11:30 - GUEST SPEAKER - Energy Efficiency Program (free kits!)</b> 12:45 - Bead Group 1:00 - Open Paint/Pastels	26	9:10 - Dance Fitness 10:10 - Tai Chi - hands 1:00 - Ping Pong 1:00 - Beginner's Knitting Group	27	9:10 - Weight Training 10:10 - Gentle Yoga
30	9:10 - Weight Training 10:10 - Stretching & Movement 12:45 - Weaving & Fiber Arts Group 1:00 Ceramics								

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

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