

BCSC ONGOING ACTIVITIES

| Activity | Weekdays | Start Time | End Time | Location |
|--|---------------------------|------------|----------|--------------|
| Breakfast | M, Tu, W, Th, F | 8:00 AM | 9:00 AM | Multipurpose |
| Lunch | M, Tu, W, Th, F | 11:30 AM | 1:00 PM | Social Hall |
| ARTS AND CRAFTS | | | | |
| Greeting Card/Paper Craft Group (Full) | Thursday - 2nd | 9:30 AM | 11:30 AM | Room 1 |
| Independent Art Workshop | Wednesday | 8:30 AM | 11:30 AM | Room 4 |
| Knitting & Crocheting (Project Linus) | Monday | 9:30 AM | 11:30 AM | Room 5 |
| Quilting: Experienced | Tuesday | 8:30 AM | 11:45 AM | Room 3 |
| Stained Glass Session I | Wednesday | 8:00 AM | 10:15 AM | Room 5 |
| Stained Glass Session II | Wednesday | 1:00 PM | 4:00 PM | Room 5 |
| Visual Journals | Saturday - 3rd | 12:00 PM | 2:30 PM | Rooms 3 & 4 |
| Watercolor: Open Workshop | Tuesday | 1:00 PM | 4:00 PM | Room 3 |
| Woodcarver Workshop: BC Carvers | Friday | 8:00 AM | 12:00 PM | Room 5 |
| COMPUTERS | | | | |
| Apple Mac and PC Open Computer lab | Monday, Wednesday, Friday | 9:00 AM | 11:00 AM | Computer |
| Apple User Group Meeting | Saturday - 4th | 9:30 AM | 12:30 PM | Computer |
| PC Computer Workshop | Wednesday - 3rd | 1:30 PM | 3:30 PM | Computer |
| DANCE | | | | |
| Ballroom Dance Class (\$6/class) | Thursday | 4:45 PM | 5:45 PM | Social Hall |
| Line Dancing: Advanced | Thursday | 1:30 PM | 3:00 PM | Social Hall |
| Line Dancing: Beginning | Tuesday | 1:30 PM | 3:00 PM | Social Hall |
| Line Dancing: Improver Intermediate | Thursday | 3:15 PM | 4:30 PM | Social Hall |
| Line Dancing: Intermediate I | Tuesday | 3:15 PM | 4:30 PM | Social Hall |
| Thursday Night Dance (\$3) | Thursday | 6:00 PM | 8:30 PM | Social Hall |
| EXERCISE | | | | |
| Chair Yoga (\$6.00) | Monday | 2:00 PM | 3:00 PM | Multipurpose |
| Dancing with the Bars | Thursday | 8:30 AM | 9:15 AM | Social Hall |
| Deep Stretch Yoga (\$5.00) | Thursday | 11:30 AM | 12:30 PM | Multipurpose |
| Hiking Group *Van* Offsite | Thursday - Every 2 Weeks | | - | Offsite |
| Tai Chi Chih Practice | Wednesday | 3:30 PM | 4:00 PM | Room 1 |
| Tai Chi Chuan *Class Full*(Enrollment | Saturday | 11:15 AM | 12:45 PM | Social Hall |
| TNT Dynamite Exercise (\$2.00) | Monday, Wednesday, Friday | 9:30 AM | 10:30 AM | Social Hall |
| Yoga & Fitness for Seniors | Friday | 10:00 AM | 11:00 AM | Multipurpose |
| Zumba Gold (\$3/class) | Monday, Wednesday, Friday | 8:15 AM | 9:15 AM | Social Hall |
| GAMES | | | | |
| Cornhole | Friday | 10:00 AM | 12:00 PM | Park |
| Game Day | Wednesday | 9:30 AM | 11:00 AM | Multipurpose |
| Happy Gamers | Friday - 1st | 9:30 AM | 12:00 PM | Room 1 |
| Mexican Train | Saturday | 10:00 AM | 12:30 PM | Room 1 |

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|--------------------------------------|---------------------------------|------------|------------|--------------|
| GAMES- BOARD | | | | |
| Chess for Fun | Friday | 12:15 PM | - 4:30 PM | Room 1 |
| Chess for Fun | Wednesday | 11:30 AM | - 4:30 PM | Room 2 |
| Chess for Fun | Saturday | 9:00 AM | - 2:45 PM | Multipurpose |
| GAMES- TABLE | | | | |
| Billiards (\$.25/day) | Saturday | 9:00 AM | - 2:45 PM | Pool Room |
| Billiards (\$.25/day) | M, Tu , W, Th, F | 8:00 AM | - 4:45 PM | Pool Room |
| Table Tennis | Monday | 1:30 PM | - 4:30 PM | Social Hall |
| Table Tennis | Friday | 2:30 PM | - 4:45 PM | Social Hall |
| Table Tennis | Thursday | 9:30 AM | - 11:00 AM | West Social |
| Table Tennis | Saturday | 9:00 AM | - 11:00 AM | Social Hall |
| Table Tennis - Intergenerational | Saturday | 1:00 PM | - 2:45 PM | Social Hall |
| GAMES-CARD | | | | |
| Bridge Walk In | Wednesday | 12:00 PM | - 3:00 PM | Room 3 |
| Canasta Hand & Foot | Monday | 12:00 PM | - 4:30 PM | Room 4 |
| Canasta: Hand & Foot | Thursday | 12:00 PM | - 4:30 PM | Room 4 |
| Cribbage | Thursday | 9:30 AM | - 11:30 AM | Room 4 |
| Hearts | Friday | 9:00 AM | - 12:00 PM | Room 3 |
| Mahjong (American version) | Monday | 12:00 PM | - 3:00 PM | Room 3 |
| Mahjong (Filipino version) | Saturday | 12:00 PM | - 2:30 PM | Multipurpose |
| Monday Cribbage | Monday | 9:00 AM | - 11:30 AM | Room 3 |
| Pinochle | Friday | 8:00 AM | - 12:00 PM | Lobby |
| Pinochle Group (Double Deck) | Friday | 12:30 PM | - 4:45 PM | Room 4 |
| Samba | Friday | 12:30 PM | - 4:30 PM | Room 3 |
| Shanghai Rummy | Tuesday | 1:00 PM | - 4:00 PM | Lobby/MP |
| GROUPS AND CLUBS | | | | |
| ABQ Coin Club Director's Meeting | Saturday - 2nd | 10:00 AM | - 12:30 PM | Room 2 |
| ABQ Precancel Stamp Club | Thursday - 1st | 7:00 PM | - 8:30 PM | Room 1 |
| Calvary Connect Group | Thursday | 7:00 PM | - 8:30 PM | Room 2 |
| Cherokee SW Township | Saturday - 1st - Every 3 Months | 10:30 AM | - 2:30 PM | Room 4 |
| EFT Tapping Group (Emotional Freedom | Tuesday | 1:00 PM | - 2:00 PM | Room 1 |
| Fishing Club Meeting | Monday | 1:00 PM | - 2:00 PM | Room 2 |
| Lip Reading (\$5/book) | Monday | 12:30 PM | - 1:30 PM | Room 1 |
| Open Bible Study | Thursday | 9:00 AM | - 11:00 AM | Room 2 |
| Siglo de Oro RV Club (\$25/dues) | Tuesday - 3rd | 10:00 AM | - 11:00 AM | Multipurpose |
| VFW Post 10763 | Thursday - 1st | 9:30 AM | - 11:00 AM | Room 3 |
| Zia Rifle & Pistol Club | Thursday - 3rd | 7:00 PM | - 8:45 PM | Room 5 |
| Zia Sundials | Saturday - 2nd | 12:30 PM | - 2:30 PM | Room 5 |
| HEALTH | | | | |
| Blood Pressure Screening | Wednesday | 9:00 AM | - 11:00 AM | Room 2 |
| Clean Slate (Kinesiology & Muscle | Friday | 12:15 PM | - 1:15 PM | Room 5 |

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| GEHM RN Clinic | Tues - 2nd | 8:30 AM | 12:00 PM | Lobby |
| Happy Losers (Weight Loss Group) | Thursday | 8:00 AM | 9:15 AM | Room 4 |
| Sounds for Wellness - Sound Healing | Thursday - 4th | 9:00 AM | 11:30 AM | Room 3 |

LANGUAGE

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|---------------------------------|-----------|----------|----------|--------|
| Dutch Speaking Group | Friday | 10:00 AM | 11:30 AM | Lobby |
| French Beginning I | Wednesday | 12:00 PM | 1:00 PM | Room 1 |
| French Beginning II | Wednesday | 1:30 PM | 2:30 PM | Room 1 |
| German from Scratch | Thursday | 1:00 PM | 1:30 PM | Room 2 |
| German I | Thursday | 1:30 PM | 2:30 PM | Room 2 |
| German II | Thursday | 2:30 PM | 3:30 PM | Room 2 |
| Intermediate German | Tuesday | 10:00 AM | 11:30 AM | Room 4 |
| Italian Workshop: Intermediate | Tuesday | 11:00 AM | 12:30 PM | Room 2 |
| Spanish - Adv (Conversation) | Tuesday | 1:00 PM | 3:00 PM | Room 2 |
| Spanish - Intermediate/Advanced | Tuesday | 9:00 AM | 10:50 AM | Room 2 |

MUSIC

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|-------------------------------------|-------------------------------|----------|----------|-------------|
| ABQ Accordion Club | Thursday - 2nd, 4th | 7:00 PM | 8:45 PM | Rooms 3 & 4 |
| Bear Canyon Ukulele Club | Monday - 1st, 3rd | 2:15 PM | 4:15 PM | Room 1 |
| Bear Tones | Thursday | 10:00 AM | 12:00 PM | Room 5 |
| Beginning Piano | Friday | 8:30 AM | 10:30 AM | Room 2 |
| Guitar - Advanced Performance | Wednesday | 10:30 AM | 12:30 PM | Room 5 |
| Guitar - Bear Canyon Players (Full) | Friday - 1st,3rd | 1:30 PM | 4:00 PM | Room 5 |
| Guitar - Beg / Inter II (Full) | Wednesday | 12:00 PM | 2:00 PM | Room 4 |
| Guitar - Beginning (Full) | Wednesday | 8:00 AM | 9:30 AM | Room 1 |
| Guitar - Classical (Full) | Thursday | 12:00 PM | 3:00 PM | Room 1 |
| Guitar - Int. Acou Rock/Amer (Full) | Wednesday | 10:00 AM | 11:30 AM | Room 1 |
| Guitar - Intermediate/Advanced | Thursday - 1st, 2nd, 4th, 5th | 1:00 PM | 3:00 PM | Room 5 |
| Guitar - Jam Session Experienced | Monday | 1:00 PM | 4:00 PM | Room 5 |
| Guitar - Workshop Intermediate | Monday | 9:00 AM | 11:00 AM | Room 1 |
| Piano Workshop: Intermediate | Friday | 10:45 AM | 12:00 PM | Room 2 |

SOCIAL

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|--------------------------------------|--------------------|----------|----------|--------------|
| Dessert Social | Friday - 3rd | 1:30 PM | 2:30 PM | Social Hall |
| Flea Market (May - Sept) | Tuesday - 2nd, 4th | 10:00 AM | 1:00 PM | Multipurpose |
| Friendship Coffee | Tuesday | 9:30 AM | 10:30 AM | Social Hall |
| I Need A Friend with Dr. Ted Coffman | Thursday | 11:30 AM | 12:30 PM | Room 2 |
| Movie Matinee | Friday - 2nd | 1:30 PM | 3:30 PM | Room 5 |
| New Member Orientation | Friday - 2nd | 10:30 AM | 11:30 AM | Room 1 |
| Out to Lunch Bunch *Van* | Thursday - 3rd | - | - | Offsite |

SUPPORT GROUPS

| | | | | |
|-------------------------------|---------------------|----------|---------|--------|
| Grief Support Group | Monday - 2nd, 4th | 3:00 PM | 4:00 PM | Room 2 |
| Prostate Cancer Support Group | Saturday - 1st, 3rd | 12:30 PM | 2:45 PM | Room |

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TRAINING

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|------------------------|----------------|----------|-----------|--------|
| AARP Defensive Driving | Thursday - 3rd | 12:00 PM | - 4:00 PM | Room 5 |
| AARP Defensive Driving | Saturday - 1st | 9:30 AM | - 1:30 PM | Room 5 |

WRITING/LITERATURE/DISCUSSION

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|----------------------------------|-------------------|----------|------------|--------|
| Classic & Great Books Discussion | Friday - 2nd, 4th | 1:00 PM | - 3:00 PM | Room 2 |
| Free Write Workshop (Full) | Thursday - 3rd | 1:00 PM | - 3:00 PM | Room 3 |
| Inquiring Minds Discussion Group | Monday | 10:00 AM | - 11:00 AM | Room 2 |
| Literature and Medicine | Friday - 2nd, 4th | 10:00 AM | - 11:00 AM | Room 4 |
| Memoirs- Autobiography | Tuesday | 9:00 AM | - 11:15 AM | Room 1 |
| The Land of Enchantment Romance | Saturday - 4th | 11:00 AM | - 2:30 PM | Room 2 |