

## 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
<b>ARTS AND CRAFTS</b>				
Greeting Card/Paper Craft Group *Class	Thursday - 2nd	9:30 AM	11:30 AM	Room 1
Independent Art Workshop	Wednesday	8:30 AM	11:30 AM	Rooms 3 & 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
<b>COMPUTERS</b>				
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
<b>DANCE</b>				
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: Beg Improver	Thursday	3:15 PM	4:30 PM	Social Hall
Line Dancing: Beginning	Tuesday	1:30 PM	3:00 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
<b>EXERCISE</b>				
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 and Fitness for Seniors *Postponed*	Friday	10:00 AM	11:00 AM	Multipurpose
Zumba Gold (\$3/class)	Monday, Wednesday, Friday	8:15 AM	9:15 AM	Social Hall
<b>GAMES</b>				
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

Activity	Weekdays	Start Time	End Time	Location
<b>GAMES- BOARD</b>				
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
<b>GAMES- TABLE</b>				
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
<b>GAMES-CARD</b>				
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
<b>GROUPS AND CLUBS</b>				
ABQ Coin Club Meeting	Saturday - 2nd	10:30 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
Fishing Club Meeting	Monday	1:00 PM	2:00 PM	Room 2
Friends of Bear Canyon Meeting	Thursday - 2nd	9:00 AM	10:30 AM	Room 3
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
Photo Group	Thursday - 2nd,4th	6:00 PM	7:30 PM	Room 5
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
<b>HEALTH</b>				
Blood Pressure Screening	Wednesday	9:00 AM	11:00 AM	Room 2

Activity	Weekdays	Start Time	End Time	Location
Clean Slate (Kinesiology & Muscle	Friday	12:15 PM	- 1:15 PM	Room 5
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

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 - Beginning	Thursday	1:00 PM	- 2:00 PM	Room 2
German - Intermediate	Tuesday	10:30 AM	- 12:00 PM	Room 4
German - Intermediate	Thursday	2:00 PM	- 3:00 PM	Room 2
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

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	Friday - 1st,3rd	12:30 PM	- 4:00 PM	Room 2
Guitar - Beg / Inter II (Class Full)	Wednesday	12:00 PM	- 2:00 PM	Room 4
Guitar - Beginning (Class Full)	Wednesday	8:00 AM	- 9:30 AM	Room 1
Guitar - Classical (Class Full)	Thursday	12:00 PM	- 3:00 PM	Room 1
Guitar - Int. Acou Rock/Amer (Class 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

Dessert Social	Friday - 3rd	1:30 PM	- 2:30 PM	Social Hall
DRTEDTALKS - Expanding Joy w/ Dr.	Thursday	11:30 AM	- 12:30 PM	Room 2
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
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 3

Activity	Weekdays	Start Time	End Time	Location
<b>TRAINING</b>				
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
<b>WRITING/LITERATURE/DISCUSSION</b>				
Classic & Great Books Discussion	Friday - 2nd, 4th	1:00 PM	- 3:00 PM	Room 2
Free Write Workshop (Class Full)	Thursday - 3rd	1:00 PM	- 3:00 PM	Room 3
Inquiring Minds Discussion Group	Monday	10:00 AM	- 11:00 AM	Room 2
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