

NAME: Belen/LLCP  
Partnership

MONTH: May

YEAR: 2015

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
<p>9:00 - 10:15 Valencia County POLO Club ✕ Fitness Walk, Coffee, &amp; current events Patricia/Maria</p>	<p>9:00 - 10:15 Valencia County POLO Club Fitness Walk, Coffee, &amp; current events Patricia/Maria</p>	<p>9:00 - 10:15 Valencia County POLO Club Fitness Walk, Coffee, &amp; current events Patricia/Maria</p>	<p>9:00 - 10:15 Valencia County POLO Club Fitness Walk, Coffee, &amp; current events Patricia/Maria</p>	<p>9:00 - 10:15 Valencia County POLO Club Fitness Walk, Coffee, &amp; current events Patricia/Maria</p>
<p>10:30-11:30 Live Music and Sing Along Jill</p>	<p>10:30-11:30 Tai Chi Gathering Ness</p>	<p>10:30-11:30 Book Club (Discussions take place last Wednesday of the Month) Virginia</p>	<p>10:30-11:30 Arts and Crafts Patricia/Maria</p>	<p>10:30-11:30 Travel and cultural awareness Virginia</p>
<p>11:30-12:30 The Lunch Bunch Bring your own lunch Patricia/Maria</p>	<p>11:30-12:30 The Lunch Bunch BYOL Patricia/Maria</p>	<p>11:30-12:30 The Lunch Bunch BYOL Patricia/Maria</p>	<p>11:30-12:30 The Lunch Bunch BYOL Patricia/Maria</p>	<p>11:30-12:30 The Lunch Bunch BYOL Patricia/Maria</p>
<p>12:30-1:30 Arts and Crafts Patricia/Maria</p>	<p>12:30-1:30 Card Games (Bridge, Spades, Hearts, Skip-bo, Uno) Patricia/Maria</p>	<p>12:30 - 1:30 Healthy Eating understanding My Plate Donna</p>	<p>12:30-1:30 Conversational Spanish Sandra/Juan</p>	<p>1:30 - 2:30 Board Game and Bingo Meet-up Patricia/Maria</p>
<p>1:30 - 2:30 Tai Chi Gathering Ness</p>	<p>1:30-2:30 Arts and Crafts Patricia/Maria</p>	<p>1:30-2:30 Healthy Eating understanding My Plate Donna</p>	<p>1:30 - 2:30 Conversational American Sign Language Sandra/Melissa M.</p>	<p>1:30-2:30 Arts and Crafts Patricia/Maria</p>
<p>2:30-3:00 Relaxation Progressive Relaxation Guided Imagery Music and art (pastels) Patricia/Maria</p>	<p>2:30-3:00 Relaxation: Inspirational poetry and other readings Patricia/Maria</p>	<p>2:30-3:00 Relaxation Progressive Relaxation Guided Imagery Music and art (pastels) Patricia/Maria</p>	<p>2:30-3:00 Relaxation Inspirational poetry and other readings Patricia/Maria</p>	<p>2:30-3:30 Zumba Amberlee</p>

✕ POLO = People of Leisure + Other



# Put Life Back In Your Life!



## *Manage Your Chronic Disease (MyCD)* **Chronic Disease Self-Management Program (CDSMP)** A FREE Chronic Disease Self-Management Workshop

### **Week 1 - Session Activities:**

- Introduction to workshop
- Group Introductions
- The Mind-Body Connection/Distracton
- Getting a Good Night's Sleep
- Introduction to Action Plans

### **Week 2 - Session Activities:**

- Feedback and Problem-Solving
- Dealing with Difficult Emotions
- Introduction to Physical Activity
- Preventing Falls/Improving Balance
- Making an Action Plan

### **Week 3 - Session Activities:**

- Feedback
- Making Decisions
- Pain and Fatigue Management
- Endurance Exercise
- Relaxation: Body Scan
- Making an Action Plan

### **Week 4 - Session Activities:**

- Feedback
- Better Breathing
- Healthy Eating
- Communication Skills
- Problem-Solving
- Making an Action Plan

### **Week 5 - Session Activities:**

- Feedback
- Making Healthy Food Choices
- Medication Usage
- Making Informed Decisions
- Dealing with Depression
- Positive Thinking
- Making an Action Plan

### **Week 6 - Session Activities:**

- Feedback
- Working with Your Health Care Professional and System
- Weight Management
- Planning for the Future

**Days:** Wednesdays  
**Dates:** June 3, 2015 through July 8, 2015  
**Time:** 1:30 p.m. – 3:30 p.m.  
**Location:** Eagle Park Community Center, Belen

**SPACES ARE LIMITED! SIGN-UP TODAY!**

**CALL:** Cheryl Mireles 222-0918 or via e-mail at [cheryl.mireles@state.nm.us](mailto:cheryl.mireles@state.nm.us)



CITY OF ALBUQUERQUE BERNALILLO COUNTY  
DEPARTMENT OF SENIOR AFFAIRS

