

BernCo Expands Online Activities for Seniors

Virtual Programs Aim to Keep Seniors Engaged

Bernalillo County – The Office of Senior and Social Services is expanding virtual program offerings for seniors. The free online activities for Bernalillo County residents 50+ aim to help older adults remain physically, emotionally and mentally engaged. The new offerings include a comedy workshop, dance classes, a book to movie adaptation discussion group, and a painting class. The online programs have limited capacity so interested seniors are encouraged to register promptly.

Comedy Workshop

Laughter is known to improve health, ease stress, and loneliness. Comedy and humor can help older adults cope with social isolation due to the pandemic. Join former "Tonight Show" writer Jo Firestone every Tuesday in January as she helps participants use humor as an outlet with social/brain stimulating activities and techniques to be funny and experiment with jokes. The workshop is free for adults 55+ and will be held online via Zoom on Tuesdays, Jan. 5, 12, 19 and 26, 2021 from 2-3 p.m. Individuals can participate in all four classes. Register at: <https://bit.ly/3nQSQNW>

Dance Classes

Bernalillo County and Keshet Dance have teamed up to offer online group dance classes for Bernalillo County seniors. Physical activity is extremely important for older adults and dance classes are a perfect way to increase mobility, relieve stress, and re-energize. Beginning Jan. 19 thru May 8, 2021, Bernalillo County seniors 55+ can participate in “Fine Wine Dance: Improvisational” and “Fine Wine Dance: Move and Stretch.” Classes are one hour in length and held via Zoom. Interested persons can view the class schedule and register at: <https://bit.ly/38tMXA2>. Use Promo Code: BERNCO21 when registering.

Book to Movie Adaptation

Discuss short stories and/or novels and their movie adaptation. Every third Tuesday of the month participants read a selected story and watch the movie, and then meet online to discuss the movie’s fidelity to the book. Each class is limited to 25 participants for optimum group exchange. The program lineup includes:

- **Jan. 19:** *The Wisdom of Eve*, a short story by Mary Orr published in *Cosmopolitan* (1946), and the movie “All About Eve” (1950)
- **Feb. 16:** *The Bear Came Over the Mountain* a short story by Nobel Prize-winning author Alice Munro published in *The New Yorker* (1999), and the movie “Away From Her” (2006)
- **March 16:** *Rashomon* short story by Ryunosoke Akutagawa published in *Shincho* (1922), and the movie “Rashomon” (1950)
- **April 20:** *Dracula* by Bram Stoker, a novel published in 1887, and the movie “Bram Stoker’s Dracula” (1992)

Participants must register for each class individually. Classes are held from 4-5 p.m. All written materials and movies must be attained independently. Movies are available on streaming services

like Amazon Prime, Google Play, Netflix, or YouTube. Class is by phone and/or online. Register at: <https://bit.ly/3nLcRpc>

Paint a Portrait

Free online painting classes will be offered in January, February and March 2021. The winter classes were promoted on the Senior Services email list and Facebook page and have already filled up. Additional classes are being contemplated for Spring. Participants receive an art kit by mail with a canvas, paints, brushes and a disposable apron. Participants need a computer, internet, a valid email address, and physical mailing address for mailing of materials. No painting experience is required.

Bernalillo County Senior and Social Services provides health and quality of life initiatives for Bernalillo County residents to improve economic wellbeing, education, health, and family & community development. Senior centers are currently closed due to the coronavirus (COVID-19) public health emergency. During normal times Senior Services does program development for county senior centers operated by the City of Albuquerque Department of Senior Affairs. Staff help serve meals and assist city staff with other planned activities. The department also addresses food insecurity, transportation barriers, and social isolation of seniors in the community. Senior lunches are still available for pick up at five locations. Visit the [website](#) for more information and/or to sign up for the email list.