



SPRING CALENDAR

For more events and info visit:
www.PrimetimeNM.com/calendar/

ART MONDAYS - FRIDAYS

Abstraction in Albuquerque: Six Artists, at Outpost Performance Space, 210 Yale Blvd. SE, 2:30-5:30 p.m. This exhibition explores different ways artists in Albuquerque use ideas of abstraction with various artistic methods, including painting, collage, and drawing, featuring Lucy Maki, Min Che, Kim Arthun, Bryce Hample, Abdiel Beltrán, and Robbie Sugg. Visit outpostspace.org.

COMMUNITY EVENTS FRIDAYS THROUGH SEPTEMBER 29

Food Truck Fridays return to Civic Plaza from 11 a.m.-2 p.m. Grab a friend, get out of the office, and have a meal on Civic Plaza. Visit the Food Trucks at the parking lot's southeast corner on 3rd Street. Visit cabq.gov/economicdevelopment/events/food-truck-fridays.

FRIDAYS, SATURDAYS, & SUNDAYS

Celebrate the seasonal cycles through prayer, song, and dance with the Cultural Dance Program presented by Indian Pueblo Cultural Center, 2401 12th Street NW, from 11-noon & 2-3 p.m. Admission is free for museum members or with museum admission. Call (505) 843-7270. Visit indianpueblo.org.

FIRST SUNDAYS THROUGH NOVEMBER 5

First Sunday Stroll in Nob Hill Main Street, 11 a.m.-4 p.m. Support local businesses while discovering all that Nob Hill has to offer. First Sunday Stroll in Nob Hill is a variety of pop-up vendors, specials, workshops, and walkability. Visit nobhillmainstreet.org.

MORNINGS, AFTERNOONS & EVENINGS

Free Tai Chi Classes with Master Dug Corpolongo at ABQ Community Centers. Mornings: Monday & Wednesday 8:00 am Jeanne Bellamah Community Center 11516 Summer Ave NE 87112; Tuesday & Friday 8:00am Taylor Ranch Community Center 4900 Kachina st NW 87120; Afternoons & Evenings: Monday & Wednesday 12:30 & 6:30 pm Holiday Park Community Center 11710 Comanche Rd NE 87111 505-306-0118

JUNE

Powerful Tools for Caregivers is a FREE six-week class that provides tools to reduce stress, deal with difficult emotions, and increase self-care strategies. You will learn how to take care of yourself while caring for a relative or friend. Each class series meets at the same time and same day for six consecutive weeks. Participants receive a free copy of "The Caregiver Helpbook". Each course is limited to 10 participants. 505-494-4021 or visit www.familycaregivernm.org

JUNE

Caregivers Toolbox Workshops
Workshops to provide family caregivers with the skills to prepare for the journey ahead. Topics include: Caregiver Self Care, Community Resources, Understanding and Addressing Difficult Behavior, Dementia 101, and Advance planning. No pre-registration required. Call 505-494-4021

JUNE

Caregiving for an LGBT Person: Best Practices Gain a greater understanding of the Lesbian, Gay, Bisexual, and Transgender community and how best to care for an LGBT person. Hour one: Basic information about the LGBT community, older LGBT folks, appropriate language, and the opportunity to challenge some of our assumptions. Hour two: Explore the lived experiences of older LGBT adults and how those experiences impact trust and safety and suggest best practices for care. Caregivers are welcome to attend one or both hours. No pre-registration required. Call 505-494-4021

THURSDAYS

Meditation, non-traditional. Sit together quietly for 40 minutes, followed by 45 minutes for sharing, questions, and exploration of meditative work and

how it sheds light on our lives. Open to people from any tradition or no tradition. On Zoom. MeditationNM.wordpress.com or call Jay, 505-281-0684

JUNE 5-10

PrideFest 2023, celebrating the LGBTQ+ community in New Mexico, is slated for this month with many activities, including the Pride Parade in Nob Hill and headliner Willie Gomez at Balloon Fiesta Park. For a complete list of events, visit abqpride.com/pridefest or abqpride.com.

JUNE 6, 20

Twilight Tour at the Zoo, ABQ BioPark Zoo, 903 Tenth Street SW, 6:30-8 p.m. Experience the sights and sounds of the Zoo at Twilight. Observe interesting animal behavior while taking a tour of the Zoo in a small group led by your guide. Admission is \$15 for adults; \$10 for seniors & youth. BioPark members receive a 10 percent discount. Visit holdmyticket.com.

JUNE 9-17

Festival Flamenco Alburquerque 36 takes place at various locations. This year's Festival showcases the power of flamenco. Presented by the National Institute of Flamenco, in partnership with UNM and the National Hispanic Cultural Center, FFABQ is the oldest and largest flamenco festival outside of Spain. The Festival will include 23 performances, more than 60 free and paid workshops, 114 total performers, and more. Visit ffiabq.org.

JUNE 10

Heights Summerfest, North Domingo Baca Park, 7521 Carmel Ave NE, 5-10 p.m. It features local businesses with handcrafted products, food trucks with freshly made cuisine, and libations created by breweries, wineries, and distilleries. Enjoy entertainment by local talent and national headliner Galactic featuring Angelika Jelly Joseph. Visit cabq.gov/artsculture/things-to-do/annual-events/summerfest/heights-summerfest.

JUNE 22

Support group for adoptees, birth parents, adoptive parents, or any adult with an interest in adoption meets the 4th Thursday of every month (except Nov and Dec) at the Young at Heart Choir Rehearsal Space at 2404 San Mateo Place NE in Albuquerque from 7-8pm. It is located on San Mateo Place which is just off of San Mateo Blvd. located behind Denny's and the San Mateo Inn just north and east of the I40 and San Mateo Blvd intersection. Please call (505)350-1344 with questions, or visit our website nmoi.org

JUNE 24 - JULY 1

Non-traditional, seven-day silent meditation retreat. Open to people who are new to meditation or are experienced, from any meditation tradition or no tradition. A week devoted to being quietly with oneself and with this vast natural world can open and heal in deep ways and bring us directly and profoundly in touch with the Wholeness of life. Read more at MeditationNM.wordpress.com. Rain Tree - NM Center for Meditative Inquiry and Retreat. Jay Cutts, 505-281-0684

FARMERS' & GROWERS' MARKETS

The Farmer's and Growers' markets throughout New Mexico will soon open and feature New Mexico's finest and freshest home-grown fruits, vegetables, and various foods. Visit farmersmarketsnm.org.

SATURDAYS THROUGH NOVEMBER 4

Downtown Growers' Market presented by DowntownABQ MainStreet Initiative at Robinson Park, 810 Copper Avenue NW, 8 a.m.-noon. It features fresh local produce, handcrafted wellness products, unique art, hot-prepared foods, music, and entertainment. Visit downtowngrowers.org.

THROUGH OCTOBER 29

Rail Yards Market opens every Sunday from 10 a.m.-2 p.m. Every Sunday, you can peruse 100's New Mexico's finest food, farm, artisan, and healing vendors and hear live musicians, with

educational and demonstration zones for kids and adults. Visit railyardsmarket.org.

SATURDAYS THROUGH NOVEMBER 11

Los Ranchos Art & Growers' Market, 6718 Rio Grande Blvd NW, Los Ranchos de Albuquerque, 8 a.m.-noon. It features farm-fresh fruit and vegetables and handmade food items. Visit facebook.com/LosRanchosGrowersMarket.

DANCE

JUNE 7, 14, 21, 28

Summer Salsa and Tango for Seniors at the National Hispanic Cultural Center, 1701 4th Street SW, every Wednesday in June from 1:30-3:30 p.m. A free community event supported by AARP New Mexico. Register at my.nmculture.org/18434/18439 or nhccnm.org, or call (505) 724-4771.

THROUGH OCTOBER 3

Spice it up for Taco Tuesday Salsa Nights presented by Voodoo Girl Pizza & Pints, 1401 2nd St NW, 7-10 p.m. Spinning the hottest Salsa, Bachata, Merengue y mas! No Cover. Visit facebook.com/Voodoogirlpizzaofficial/events.

WEDNESDAYS

Introduction to Tango with Class and Dance at Juno Brewery + Cafe + Art, 1501 1st Street NW, 7 p.m. It is free and a lot of fun. No partner or experience is required. Visit [abcpopentango.wixsite.com/website.\(CQ-June\)](http://abcpopentango.wixsite.com/website.(CQ-June))

MUSEUMS

JUNE 15

Free Third Thursday: The Silent Road, at Albuquerque Museum, 2000 Mountain Road NW, 5-8:30 p.m. Artist Marietta Patricia Leis talks about her work The Silent Road (in the Museum's Lobby), and dancers from NDI New Mexico perform an original piece inspired by the installation. Call 311; visit cabq.gov/artsculture/albuquerque-museum/events/3rd-thursday-the-silent-road.

THEATRE

JUNE

Tablao Show 2023 - Casa Flamenca, 401 Rio Grande Blvd NW, Fridays and Saturdays, 8 p.m.; Sundays, 7 p.m. Casa Flamenca presents exciting live performances with artists in residence from Spain. Visit casaflamenca.org for information. Call (505) 247-0622.

JUNE 10

Joe Gatto's Night of Comedy, at Kiva Auditorium, 401 Second Street NW, 7 p.m. Gatto, a well-known comedian, actor, and producer, is best known for the hit TV shows. Tickets start at \$35.75. Visit facebook.com/events/710508766988284.

JUNE 2 - 25

Drinking Habits - The Adobe Theater, 9813 4th Street NW. Fridays and Saturdays 7.30pm, Sundays, 2 p.m. Pay What You Will performance Thursday June 22 at 7.30pm Admission is \$24 general, \$20 seniors/military. \$15 Students. Info and tickets at www.adobetheater.org or call (505) 898-9222. Drinking Habits by Tom Smith. Two nuns at the Sisters of Perpetual Sewing have been secretly making wine to keep the convent's doors open, the discovery of this leads to accusations, mistaken identities, and romances that run wild in this traditional, laugh-out-loud farce.

JUNE 30

Film Screening: The Motorcycle Diaries, at the National Hispanic Cultural Center, 1701 4th Street SW. Cash bar & food truck, 5-7 p.m.; Motorcycle Show, ends p.m.; Live Capoeira performance, 5:30-7 p.m.; Pre-Film talk, 6:30 p.m.; Movie screening, 7 p.m. On a break before his last semester of medical school, Ernesto "Che" Guevara travels with his friend Alberto Granado from Brazil to Peru by motorcycle and witnesses the significant disparities in South America. Visit my.nmculture.org/11390/20536 or nhccnm.org.