

# Femme Fatale



## National Veterans Golden Age Games

May 31st - June 5th 2025

Registration is now open for all participants.

The National Veterans Golden Age Games has been established for 39 years. The only multi-sport competition in the World designed to improve the quality of life for all older Veterans, including those with limited or with a wide range of abilities. Nineteen sports available for competition, get your spot while you still can.

(More info on page 4)

1

### SPOTLIGHT

Diana Wong, Program Coordinator for Tribute to Women in Military March issue

2

### ACTIVITIES

Recreational Bowling Team and Woodworking Workshop

3

### VETERANS APPRECIATION DAY

New Mexico State Capitol

19FEB2025



What does being a Woman Veteran mean to you?



Send in your favorite stories and snippets about your experiences or the value of your membership and connect with our community.



### Membership

Join us or renew, it's free and easy.

[www.womenveteransofnewmexico.org](http://www.womenveteransofnewmexico.org)

## NVGAG/WCG Training Opportunities:

Sign up to receive updates directly from the NVGAG event visit: [https://public.govdelivery.com/accounts/USVA/subscriber/new?topic\\_id=USVA\\_164](https://public.govdelivery.com/accounts/USVA/subscriber/new?topic_id=USVA_164)

\*Located in the Recreation Hall unless otherwise stated

Air Rifle: Wed. Feb. 5, 19 @ 0800, 0915 must have referral and be pre-registered

Billiards (8 Ball): Tuesday, Feb 11 @ 1300

Boccia: Tuesday, Feb 18 @ 1300; Wed. Feb 12 @ 1000  
Cornhole: Tuesday, Feb 4, 18, 25 (outside) @ 1300  
 Wed. Feb 26 @1000

Open Rec Hall: Sundays, Feb 9, 23 @ 0930

Pickleball: Weather dependent contact Destiny Fritz for location

SCI WCG Boccia: Monday, Feb 24 @ 1300

SCI WCG Motor Slalom: Monday, Feb 3 @ 1300

**Please come out to join the fun and learn about more games, both how to play and the official rules.**

SCI WCG Power Soccer: Monday, Feb 10 @ 1300

Shuffleboard: Tue. Feb 4 @ 1300



Horseshoes: Tuesday, Feb 25 @ 1300 (outside) meet in Rec Hall

Tennis for WCG and NVGAG: Tue. Feb 11 @ 1300  
 Mon. Feb 24 @ 1400, Wed. Feb 19 @ 1000  
Wheelchair Sports Skills: Mondays, Feb 3, 10 @ 1400 Rec Hall, you must be able to self-propel a manual wheelchair to attend. Please pre-register with Cat.

## RECREATION HALL PROGRAMS

### TAI CHI

Tuesdays and Thursdays at 1030

Tai Chi back up and running. We will have wellness Tai Chi for folks who have taken tai chi before running Tuesdays and Thursdays 10:30-11am. We will also have a learning class that will run 5 weeks to teach you the basics, Recreation Therapy consult required for non-established veterans. To get signed up contact Destiny at [destiny.fritz@va.gov](mailto:destiny.fritz@va.gov)

## Recreation Hall Programs Cont'd

### ALL BIKES RIDES ON THE BOSQUE

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Thur. Feb 27 @ 1300, Wed. March 26 at 10am, Tingley Beach Dirt Lot

Join us in experiencing the Albuquerque riding on two or three wheels. Riders of all abilities encouraged to join us. Please bring your own bike (2-wheel, recumbent, or handcycle). Bring water, snacks, and dress appropriately for the weather. Helmets must be worn. Contact Cat for more information or for questions Catherine.ivie@va.gov

### DAY OF THE TREAD

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Sunday, Oct 26 Register now for cheapest price at \$75 +tax and fees

23 Mile Red Hot Chile Pepper Ride under the Team Name "NM Rollin' Chili Peppers VA" <https://dayofthetread.com/> We will do the group ride for the 23 mile. If you would like to do a longer ride you are welcome to.

### TOUR DE SCOTTSDALE

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April 12, 2025 Scottsdale, AZ

There are a few veterans traveling to ride in the Metric Century. If you are interested in being connected please contact Cat and she will get you in contact with them. <https://www.tourdescottsdale.org/>

Adaptive Adventures Cycling Clinic

The Adaptive Cycling Clinic will happen in May 2025. We will announce locations and activities as the dates get closer. In the meantime if you have a bike, trike, or handcycle come join us on our monthly All Bikes Rides.

### FLY FISHING

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Tuesday, Feb 11, 18, 25 at 5:30pm Recreation Hall Class

Project Healing Waters Albuquerque

Fly Tying Classes are start and will continue throughout the winter. No experience required and all supplies and equipment provided. For more information contact Eric at [Ericaddress@msn.com](mailto:Ericaddress@msn.com) or 505-304-8361

Intermediate Resistance Training Program

Fridays at 1000 Recreation Hall

This program will focus on a full body workout utilizing resistance bands of varying weights to promote health and wellness. This workout can be done standing or seated as the facilitator will adapt as needed. Veterans must have an up-

## GIVE YOURSELF SOME LOVE!

New WVNМ logo wear added to our inventory!

Denim Shirts and Fleece Vests now available in all  
Purchase yours online or at the next membership



## INTERMEDIATE RESISTANCE TRAINING PROGRAM

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Fridays at 1000 Recreation Hall

This program will focus on a full body workout utilizing resistance bands of varying weights to promote health and wellness. This workout can be done standing or seated as the facilitator will adapt as needed. Veterans must have an up-to-date Recreation Therapy evaluation in place. If you have not been active with Recreation Therapy within the last year, please ask your PCP for an Outpatient Recreation Therapy Consult. For more details or questions, please contact Triana White at 505-265-1711 ext 2208.

## GAME HOUR

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Fridays 1100 Recreation Hall \*no class Feb 21st

This program will provide the opportunity to learn new card/board games and socialize with others. Veterans must have an up-to-date Recreation Therapy evaluation in place. For more details or questions, please contact Triana White at 505-265-1711 ext 2208.

## NATIONAL VETERANS GOLDEN AGE GAMES

Memphis, TN May 31-June 6

Registration Opens still open but limited sports available

Schedules are posted now on the NVGAG website

With 19 sports competitions, education, and wellness offerings, the Golden Age Games is designed to improve the quality of life for Veterans aged 55 years and over. There are eight (8) age categories and three (3) divisions: ambulatory, visually impaired and wheelchair.

Please visit [www.veteransGoldenAgeGames.va.gov](http://www.veteransGoldenAgeGames.va.gov) for more information. Also set up your profile and relog in at <https://eauth.va.gov/accessva/> I am a Veteran then Sports4Vets.

To get the latest information from NVGAG national visit [https://public.govdelivery.com/accounts/USVA/subscriber/new?topic\\_id=USVA\\_164](https://public.govdelivery.com/accounts/USVA/subscriber/new?topic_id=USVA_164) to sign up.

Please contact Cat Ivie for more info.

Initial 2025 Team Meeting (mandatory)

Thursday, Feb 20th at 2pm in the Recreation Hall

Please come to the meeting to get information on travel. Training information and requirements as well as information for reimbursement and required fundraising efforts. Please bring a list of the sports you have successfully registered for. If you cannot make it please contact Cat or Destiny to set up an individual appt.

## YOGA CLASS

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Mindful Stretch Class

Wednesdays 3-4pm

My name is Jeret Snider. I am an Army Veteran of 8 years. Ever since the gift of yoga was shown to me I have embraced all that it has to offer. Mindfulness and flexibility are just a few of the many benefits I have experienced. I quickly realized I wanted to become a yoga guide and share the beautiful gift. I have a year and a half of personal practice and 6 months as an active hot yoga guide in our local community.

Yoga resources can be found at Veteran's Yoga Project <https://veteransyogaproject.org/>



## BEGINNING ACRYLIC PAINTING PROGRAM

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Fridays 2pm

Introduction the fundamentals of Acrylic Painting. The program is targeted towards those interested in improving their ability to paint with acrylics more accurately or learn about this style of art. This program will also introduce color theory, painting still life, and painting scenery. This class will be approximately 2 hours in length 1 day a week for 8 weeks. If interested in more information, please send email to Destiny A. Fritz at [Destiny.Fritz@va.gov](mailto:Destiny.Fritz@va.gov) or call 505-265-1711 ext 5153.

## WOMEN VETERANS AND FAMILY WATERCOLOR PAINTING

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Virtual program Select Thursdays 6-7pm

Develop your unique art expression through watercolor. Art materials will be mailed to your home. To register please email [jklinge@brushwoodcenter.org](mailto:jklinge@brushwoodcenter.org) For more information visit <https://brushwoodcenter.org/event/watercolor-painting-for-women-veterans-and-families-5/>

## PICKLEBALL MEET UP

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Weather dependent possible dates Feb 10, 24

Bring your own paddles if you have them. Please bring your sunscreen, wear a hat, hydration (water!!). It will depend on court availability how we structure this group. Another thing you may want to consider would be a cooling towel. Please contact Destiny A. Fritz at [Destiny.Fritz@va.gov](mailto:Destiny.Fritz@va.gov) or call 505-265-1711 ext 5153 to get on the email list for more trainings.

## BADMINTON

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Fri. Feb. 6 1230, Thur. Feb 13th 2pm, Fri. Feb 21 11am, Thur. Feb 27 2pm in Rec Hall

Come try out Badminton in this introduction class for NVGAG and general play. No experience necessary. For more information please contact Destiny A. Fritz at [Destiny.Fritz@va.gov](mailto:Destiny.Fritz@va.gov) or call 505-265-1711 ext 5153