

2026 CONFERENCE ON AGING SCHEDULE

..... WEDNESDAY THURSDAY

Time	Aging in Action	Caregiver Toolkit	Connected Communities	Create & Celebrate	Mind Matters	Rooted & Resilient	Nourish to Flourish	Stay Strong Stay Safe	Outdoor /Extracurricular Various Times	
9:00 - 10:00 am	Social Security for Today and Tomorrow — Medicare 101	Care for Yourself, Too	Social Isolation is the New Smoking: Staying Connected for Better Health.	New Mexico Traditions in Motion	Understanding Dementia Through Shared Experience	Mental and Behavioral Health in an Aging Population	Cooking Demo 1: Green Chile Chicken Salad Wraps with Creamy Lemon Dressing and Apples	AI and How to Use it Safely — Indigenous Yoga & Mindfulness (Outdoors)	Birding for Wellness — Mini Golf — NMSO — Morning Walk	Car Show
1:45 - 2:45 pm	Serving Veterans, Strengthening Families — Navigating Complex Conversations: Estate, Healthcare, and End of Life Care Planning	Person-Centered Care for People Living with Dementia: Wandering Education for Informal and Formal Care Partners — 1 Million Care Conversations	A Doctor in Your Pocket: 24/7 Care to Help You Age Safely at Home	Birth of a Creature in Clay — New Mexico Traditions in Motion	How Can I Prevent Alzheimer's Disease?	Healing Harmonies: Sing, Move & Connect for Brain Health — Move More, Live Well	Cooking Demo 2: Creamy Tomato Bisque & NM Peach Sherbet	Punch Out Parkinsons	Farmers Market Program/WIC	
3:15 - 4:15 pm	Senior Medicare Patrol (SMP) Bingo	Strength Through Technique: Safe Lifting for Caregivers	Aging with Pride, Dignity, and Belonging	Watercolor Meditation	Building Your Brain Health Action Plan	Treat Me Well. Love, Your Future Self	Love Your Health with Local NM Indigenous Foods	Punch Out Parkinsons — EnhanceFitness (Outdoors)	Nature Hike	
9:00 - 10:15 am	How Medicare Works with Indian Health Services — Your Vote, Your Voice	Rooted in Kinship: Support for Kinship Caregivers in NM	Tribal Perspective Connecting Community	Native Storytelling	What to do after an Alzheimers' or Dementia Diagnosis?	ABC Suicide Prevention - Talking About Suicide Saves Lives	Cooking Demo 3: Brain Healthy Pumpkin & Brown Rice Horchata	Protect Yourself from Scams and Identity Theft — Falls Risk Prevention Using Tai Chi Methodologies	Morning Walk — Pickleball — NMSO — Zipline	
10:30 - 11:45 am	Residents Rights: What Can the Ombudsman Do For You?	Healthy Boundaries, Stronger Relationships	Caring Across Generations	Music for Memory and Brain Health	Finding Light After Loss	Preventing Falls and Recognizing Traumatic Brain Injuries	Cooking Demo 4: Brain Healthy Black Bean and Carrot Skillet Tacos with an Avocado Crema	Spot the Scam — Falls Risk Prevention Using Tai Chi Methodologies	Tech Help Bar	