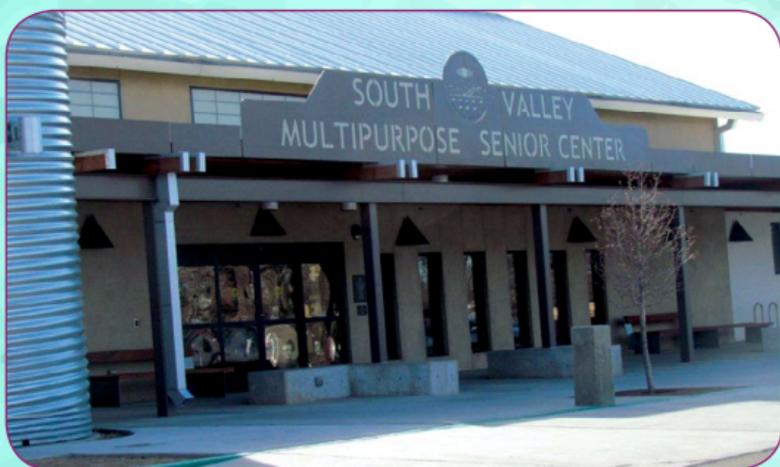


BERNALILLO COUNTY
PARKS & RECREATION

SOUTH VALLEY
**Multi-Purpose
Senior Center**



**2008 Larrazolo Road SW
Albuquerque, NM 87105**

**Phone: (505) 468-7341
Email: parks@bernco.gov**

Program Guide

PROGRAMS

CERAMICS

Tuesday & Thursday
9:30 a.m. - 4 p.m.

COMPUTER CLASSES

“Introduction to Computers”

Classes are held quarterly:

January — March

May — July

September — November

Call for dates and times.

Limit of eight students per class.

FITNESS

Monday — Friday
8 a.m. - 4:30 p.m.

POTTERY

Wednesday 9 a.m. - 11:30 a.m.
Friday 9 a.m. - 4 p.m.

SEWING

Sewing, quilting and embroidery
Monday — Thursday
10 a.m. - 4:30 p.m.
Friday 9 a.m. - 3 p.m.

TIN SMITHING

Wednesdays
12:30 - 4 p.m.

WOOD CARVING

Mondays
8:30 a.m. - 11:30 a.m.

MEALS

Bernalillo County, in collaboration with the City of Albuquerque's Department of Senior Affairs, provides hot meals for seniors aged 50 and older.

To reserve your lunch, please call the day before, by 11 a.m., to be guaranteed a lunch

PRICES:

Aged 60 and older:
\$2 suggested donation

Aged 50 - 59 years: \$3.25

Dates: Monday — Friday
Times: 11:30 a.m. - noon



Call (505) 468-7604
for more information
about the meal site.

ACTIVITIES

LIVE MUSIC & DANCING

Monday & Wednesday

Variety

10:30 - 11:30 a.m.

Tuesday, Thursday & Friday,

Variety

9:30 - 11:30 a.m.

ARTS & CRAFTS

Every Friday

Except Last Friday of the Month

9 a.m. - 1 p.m.

For more information

contact Bernadette Mares at 873-5097

BINGO

Monday & Wednesday,

9 a.m.

PICKLE BALL

Monday , Wednesday & Friday

1 - 4 p.m.

WII BOWLING

Tuesday & Thursday

8 - 10 a.m.

ZUMBA

Tuesday, Wednesday & Thursday

Advanced 9 - 10 a.m.

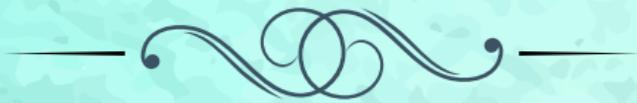
Tuesday & Thursday

Beginners 10 - 11 a.m.

BERNALILLO COUNTY
PARKS & RECREATION

FIELD TRIPS

- Beauty School
- Chimayó
- Pueblos
- Old Town
- Picnics
- Restaurants
- Shopping
- N.M. State Fair
- Wagner Farms

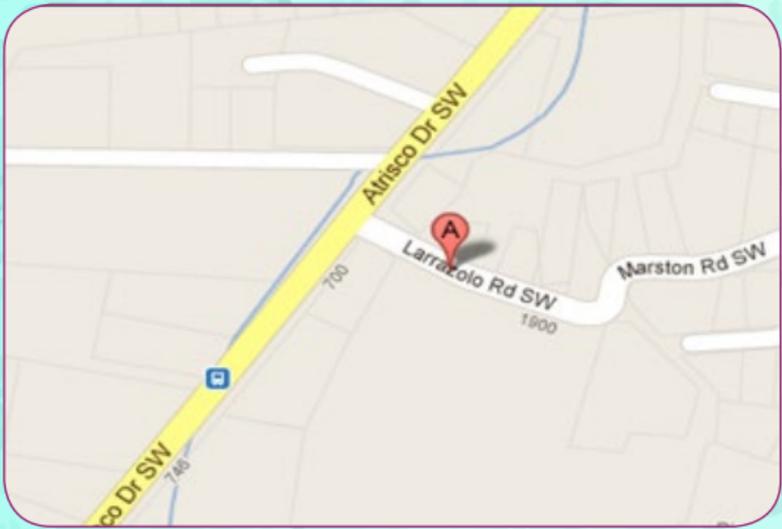


SPECIAL EVENTS

- Dances
- Holiday Events
- Potlucks
- Senior Special
- Recognition Day
- Talent Shows



**AVAILABLE SPACE FOR
MEETINGS, SEMINARS,
TRAININGS & WORKSHOPS**



**Location: 2008 Larrazolo Road SW
East of Atrisco, one mile south of
Central, 1/2 mile north of
Bridge Boulevard**

**For more information,
please call (505) 468-7341**