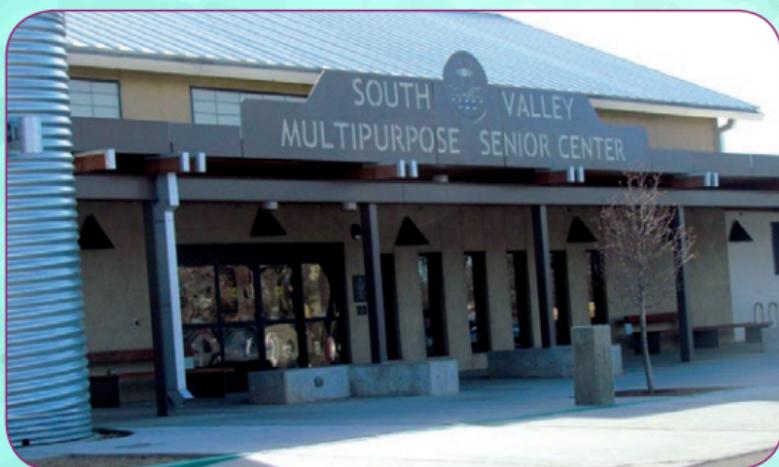


BERNALILLO COUNTY
PARKS & RECREATION

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”
Call for dates and times.
Limit of eight students per class.

FITNESS

Monday — Thursday 7 a.m. - 6 p.m.
Friday 7 a.m. - 5 p.m.
Saturday & Sunday 9 a.m. - 4 p.m.

Ages 18 – 55 years:

\$10 per month

Ages 56 and older:

Free

POTTERY

Wednesday 9 - 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.

TIN SMITHING

Wednesdays
12:30 - 4 p.m.

WOOD CARVING

Mondays
8:30 - 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

10 a.m. - 3 p.m.

BINGO

Monday & Wednesday,
9 a.m.

PICKLE BALL

Monday, Wednesday, Friday,
Saturday & Sunday

Noon - 4:30 p.m.

WII BOWLING

Tuesday & Thursday

8 - 10 a.m.

ZUMBA

Tuesday, Wednesday & Thursday
Intermediate **9 - 10 a.m.**

Tuesday & Thursday
Beginners **10 - 11 a.m.**

Saturday & Sunday
9 - 11 a.m.

BERNALILLO COUNTY
PARKS & RECREATION

FIELD TRIPS

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

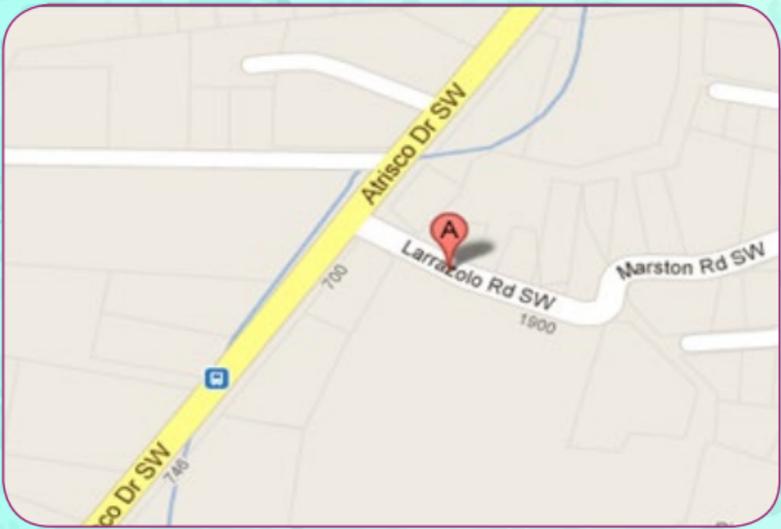


SPECIAL EVENTS

- 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**