

BERNALILLO COUNTY  
**PARKS & RECREATION**

SOUTH VALLEY  
**Multipurpose  
Senior Center**



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

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

**Ages 18 – 55 years:**

**\$10 per month**

**Ages 56 and older:**

**Free**

## 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.

## TIN SMITHING

Wednesdays  
12:30 - 4 p.m.

## WOOD CARVING

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

# MEALS

**B**ernalillo 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, & Friday

9 a.m.

## PICKLEBALL

Monday, Wednesday & Friday

Noon - 4:30 p.m.

Sunday - 2 - 4 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.

BERNALILLO COUNTY  
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## **FIELD TRIPS**

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

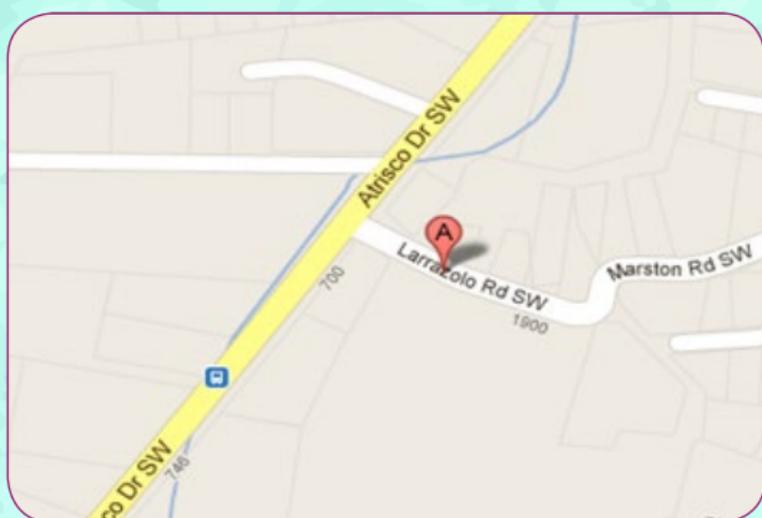


## **SPECIAL EVENTS**

- 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**