

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

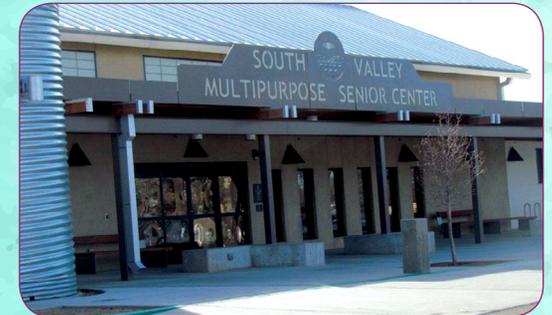


Location: 2008 Larrazolo Road SW
East of Atrisco, one mile south of
Central, 1/2 mile north of
Bridge Boulevard

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

BERNALILLO COUNTY **PARKS & RECREATION**

SOUTH VALLEY Multi-Purpose Senior Center



2008 Larrazolo Road SW
Albuquerque, NM 87105

Phone: (505) 468-7341
Email: parqs@bernc0.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.