

Bernalillo County Parks & Recreation Youth & Senior Services

Field Trips

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

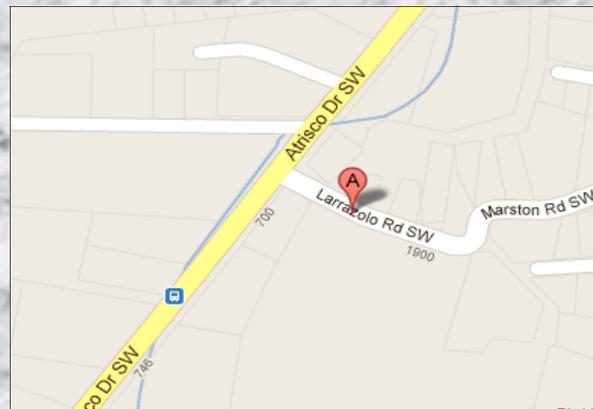
Special Events

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

Available Space for Meetings, Seminars, Trainings & Workshops



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



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

Bernalillo County Parks & Recreation Youth & Senior Services



South Valley Multi-Purpose Senior Center

2008 Larrazolo Road SW
Albuquerque, NM 87105

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



2014 Program Guide

PROGRAMS

Ceramics

Tuesday & Thursday
9 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. — noon
12:30 — 4:30 p.m.

Sewing

Sewing, quilting and embroidery
Monday — Thursday
10 a.m. — 4:30 p.m.
CLOSED FRIDAYS

Wii Games

Tuesday & Thursday
8:30 — 11:30 a.m.

Zumba

Tuesday, Wednesday & Thursday
Medium Impact 9 — 10 a.m.
Low Impact 10 — 11 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. Please call in the day before by 11 a.m.

Prices:

Aged 60 and older: \$2 suggested donation

Aged 50 — 59 years: \$3.25

Dates: Monday — Friday

Times: 11:30 a.m. — noon



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

ACTIVITIES

Live Music & Dancing

Monday & Wednesday, Variety

10:30—11:30am

Tuesday, Thursday, Friday, Variety

9:30 — 11:30 a.m.

Music by: Ramon & Lydia Saiz

Variety, First Monday of the month,

Music by: Terry McHorse

Manuel Garcia & Co., Variety

(Second & Fourth Monday of the Month)

Music by: James Gabaldon

Rodney Alderete & Co.

Variety, (Tuesday & Thursday)

Music by: Steve Armijo

& Robert Pettit

(Fourth Wednesday of the month)

Rock 'n' Roll & Country

Pottery

Wednesday & Friday
9 — 11:30 a.m.

Tin Smithing

Wednesday
12:30 — 4 p.m.

Wood Carving

Monday
8:30 — 11:30 am