

BONNIE DALLAS SENIOR CENTER



Bonnie Dallas Senior Center
109 E La Plata, Farmington, NM 87401
www.fmtn.org/BDSC
(505) 599-1380

Bonnie Dallas Center Annex
208 N Wall, Farmington, NM 87401
(505) 566-2256

Silver Fitness Center
(505) 566-2287

Hours of Operation:

M-F - 8:00 AM to 4:00 PM

Sa - 10:00 AM to 3:00 PM Billiards Only

Holiday Hours:

January 1 - CLOSED for New Year's Day

February 16-18 - CLOSED for President's Day

April 19-21 - CLOSED for Easter Holiday

The Bonnie Dallas Senior Center (BDSC) serves residents 50+ years of age. Coffee and pastries are served at 9:00 am, donations are welcome. The library, billiards hall, computer lab, and wi-fi are available during operational hours. Tons of daily activities are planned throughout the week.

Lunch Program:

M-F - 11:45 AM to 1:00 PM

Hot lunch served daily for those 60+ years of age.

Suggested donation of \$3.00* 59 and younger \$6.00

Meals on Wheels:

M-F - Hot lunch delivered to home bound seniors 60+ years of age. Suggested donation of \$3.00*

Transportation:

M-F - 9:00 AM to 3:00 PM

Rides available to come to lunch, medical appointments and shopping trips. Require 24 hours notice. No fee.*

* Registration and interview required by State of New Mexico AAA.

www.fmtn.org/PRCA

SILVER FITNESS CENTER



50+ YEARS OF AGE
All fitness levels - All abilities

Open Monday-Friday - 8:00 AM TO 6:00 PM
Sunday - 8:00 AM to Noon

\$20 ANNUALLY
\$10 FOR 6 MONTHS
\$5 EVERY 3 MONTHS

208 N Wall, Farmington (505) 566-2287

ARTS & CRAFTS

ART JEWELRY OPEN WORKSHOP

Location: Bonnie Dallas Art Studio, 599-1380

Fee: FREE, bring your own supplies

Work on your own art and jewelry projects with other creative people sharing ideas.

For 50 years and older:

DAY(S)	DATE	TIME
Tu	Ongoing	4:00 - 6:00 PM

BEADING CIRCLE

Location: Bonnie Dallas Senior Center Annex, 566-2258

Fee: FREE, bring your own supplies

This group enjoys beading and making jewelry. Join other beaders putting together projects and enjoying time together.

For 50 years and older:

DAY(S)	DATE	TIME
W	Ongoing	1:00 - 3:00 PM

CERAMICS

Location: Bonnie Dallas Art Studio, 599-1380

Fee: \$2.00 per class, green ware and firing additional cost

Participants learn the skill of working with ceramics and work on individual projects.

For 50 years and older:

DAY(S)	DATE	TIME
W	Ongoing	1:00 - 3:30 PM

CRAFTY LADIES

Location: Bonnie Dallas Senior Center Annex, 566-2258

Fee: Cost of materials

This group offers make-and-take projects. Pre-registration is required. Class limit 16 students.

For 50 years and older:

DAY(S)	DATE	TIME
Tu	Ongoing	9:30 - 11:00 AM

DESIGN & BASIC BENCH SKILLS IN ART JEWELRY MAKING

Location: Bonnie Dallas Art Studio, 599-1380

Fee: Residents 65+ years old start at \$13.00, Residents under 65 pay \$101.00

Have you ever admired a piece of jewelry and tried to figure out just how it was made? Begin a love affair with metal and jewelry making as you explore the design process and create several simple pieces of metal jewelry in a hands-on experience for beginning metal smiths and hobbyists. Discuss using tools from home during the first session in order to keep down the cost. This course presented through San Juan College's Encore program. To register contact San Juan College (505) 566-3214 or visit San Juan College's West Classroom Complex, Rm 1911.

For 50 years and older:

DESCRIPTION	DAY(S)	DATE	TIME	INSTRUCTOR
Design & Basic Bench Skills in Art Jewelry Making	Th	Jan 10 - May 2	12:30 - 3:40 PM	Catherine Thomas-Kemp

DRAWING & CALLIGRAPHY GROUP

Location: Bonnie Dallas Art Studio, 599-1380

Fee: FREE

This group enjoys drawing with different medias. Join other creative people to experiment with different styles and practice.

This group is self-lad.

For 50 years and older:

DAY(S)	DATE	TIME
Tu	Ongoing	9:30 - 11:00 AM

OIL PAINTING

Location: Bonnie Dallas Art Studio, 599-1380

Fee: FREE, bring your own supplies

This group focuses on color mixing, composition, and producing individual art work. Learn from others and share your knowledge and skill with the group.

For 50 years and older:

DAY(S)	DATE	TIME
M	Ongoing	9:00 - 10:00 AM

PAPER CRAFTING

Location: Bonnie Dallas Senior Center Annex, 566-2256

Fee: Cost of supplies

Make paper craft items that you can use or give as gifts. Learn card making skills. Supplies are provided.

For 50 years and older:

DAY(S)	DATE	TIME
Th	Ongoing	9:30 - 11:00 AM

QUILTING & SEWING GROUP

Location: Bonnie Dallas Senior Center Annex, 566-2256

Fee: FREE, bring your own supplies

Get together with this group of quilters and enjoy the craft and company. Bring your own supplies to work on individual projects.

For 50 years and older:

DAY(S)	DATE	TIME
Most Tu	Ongoing	10:00 - 3:30 PM

CLUBS & SPECIAL USE

BIBLE STUDY

Location: Bonnie Dallas Senior Center, 599-1380

Non-denominational group. All welcome!

For 50 years and older:

DAY(S)	DATE	TIME
Th	Ongoing	10:30 - 11:30 AM

CULTURAL & SPECIAL EVENTS

A NIGHT WITH THE BAR D WRANGLERS

Location: Bonnie Dallas Senior Center. 599-1390

Fee: \$10.00, Tickets are nonrefundable

Spend a night up-close with the Bar D Wranglers as they perform at the Bonnie Dallas Senior Center. Tickets are on sale now.

For ages 50+:

DAY(S)	DATE	TIME
Sa	Jan 12	6:30 - 8:30 PM

ST. PATRICK'S DAY LUNCH

Location: Bonnie Dallas Senior Center. 599-1380

Fee: \$6.00 for 59 years and under, \$3.00 suggested donation for 60+ years old

Join us for food and fun at our St. Patrick's Day lunch.

For all ages:

DAY(S)	DATE	TIME
F	Mar 15	11:45 AM - 1:00 PM

SATURDAY DANCES

Location: Bonnie Dallas Activity Center, 566-2287

Fee: \$3.00

Shine up your dancing shoes and waltz, or two-step, or shuffle on down to the Bonnie Dallas Activity Center on most Saturday nights for our dances with live music by local bands. This is a great opportunity to get out of the house and have some good old-fashioned fun on a Saturday night.

For ages 50 and older:

DAY(S)	DATE	TIME
Sa	Ongoing	7:00 - 10:00 PM

VALENTINE'S DAY LUNCH

Location: Bonnie Dallas Senior Center. 599-1380

Fee: \$6.00 for 59 years and under, \$3.00 suggested donation for 60+ years old

Join us for food and fun at our Valentine's Day lunch.

For all ages:

DAY(S)	DATE	TIME
Th	Feb 14	11:45 AM - 1:00 PM

DANCE

LINE DANCING

Location: Bonnie Dallas Activity Center, 566-2287

Fee: FREE

For ages 50 and older:

DESCRIPTION	DAY(S)	DATE	TIME
Beginning	Th	Ongoing	1:00 - 3:00 PM
Intermediate	F	Ongoing	2:00 - 3:00 PM
Upper Intermediate	W	Ongoing	2:00 - 3:00 PM
Advanced	Tu	Ongoing	10:30 - 12:30 AM

ENRICHMENT

AARP DRIVER'S SAFETY COURSE

This AARP course is offered at the Bonnie Dallas Senior Center Annex, 208 N Wall Street in Farmington, and can help you keep your ability to drive and drive more safely. It gives instruction on car safety, road safety and strategies to make you a better driver. With participation in the course most insurance companies can give you a savings (consult your insurance agent on details).

Classes are held the 1st Friday of the month from 8:00 am to noon. Fees apply, call for mre info. Class size is limited so call to register at (505) 566-2256.

ICAN COOKING DEMONSTRATIONS

Organizer: New Mexico State University Extension Office, 334-9496

Fee: FREE

San Juan County Cooperative Extension will be hosting fun, hands-on cooking demonstrations for adults. All materials, recipes, and supplies will be provided. New Mexico State University is an equal opportunity employer. All programs are available to everyone regardless of race, color, religion, sex, age, handicap, or national origin. New Mexico State University and the U.S. Department of Agriculture cooperating. If you require auxiliary assistance, contact Bonnie Hopkins at the Extension Office one week prior to the date of class.

For adults:

LOCATION	DAY(S)	DATE	TIME
Bonnie Dallas Senior Center	Every other Th	Ongoing	10:00 AM - Noon

TAX AID FROM AARP

Location: Bonnie Dallas Senior Center Annex, 566-2256

Fee: FREE, Appointment required

Receive free tax preparation assistance from an AARP Volunteer preparer. Please call or stop in to make an appointment and pick up a list of the documents you need to bring to get your taxes done. Remember, if you need a copy of your return from last year, you can call 1-800- 908-9946 to order it.

For youth:

DAY(S)	DATE	TIME
M, W, F	Feb 4 - Apr 15	Appointments available between 8:00 - 11:00 AM

WRITING GROUP

Location: Bonnie Dallas Senior Center Annex, 566-2256

Fee: FREE

Express your creative side writing stories, poems, sonnets, and whatever else you are inspired to do. Critique available if you would like or just share your stories in a friendly environment.

For ages 50 years and older:

DAY(S)	DATE	TIME
Tu	Ongoing	9:30 - 11:30 AM

EXPLORING THE FOUR CORNERS

SENIOR TRIPS

Location: Bonnie Dallas Senior Center, 599-1380

If you are 60 years or older, you may join us for fun trips to different locations around the Four Corners. Transportation to and from the senior center is provided. Registration at the Senior Center is required.

In April, take a trip to the Albuquerque Zoo & Botanical Garden. There is moderate walking and standing for long periods involved in this trip.

In May travel with us the Window Rock Zoo & Museum. There is moderate walking and standing for long periods involved in this trip.

For adults 60+ years:

DESCRIPTION	DAY(S)	DATE	TIME	FEE
Albuquerque Zoo Trip	Th	Apr 4	7:30 AM - 5:30 PM	\$5.00
Window Rock Zoo Trip	F	May 10	7:30 AM - 6:00 PM	\$5.00

FITNESS

PILATES

Location: Bonnie Dallas Activity Center, 566-2287

Fee: \$6.50 residents 65 and older, \$50.50 residents under 65

Pilates exercises are designed to improve health, strength, coordination and flexibility through breath and core development. Discover your own power with basic knowledge of Pilates form and terminology and regular practice of Pilates exercises. Registration required through San Juan College Encore program. To register contact San Juan College at (505) 566-3214 or visit San Juan College's West Classroom Complex, Rm 1911.

For ages 50 years and older:

DAY(S)	DATE	TIME	INSTRUCTOR
Tu, Th	Jan 8 - Mar 14	8:30 - 9:30 AM	Erin Benson

SENIOR FITNESS

Location: Bonnie Dallas Activity Center, 566-2287

Fee: \$13.00 residents 65 and older, \$101.00 residents under 65

Increase your fitness with this low impact exercise class for seniors emphasizing range of motion activities, agility and flexibility training with balancing skills. All exercises can be performed either standing or seated in a chair. Physical participation is required and participants work at their own pace. Registration required through San Juan College Encore program. To register contact San Juan College at (505) 566-3214 or visit San Juan College's West Classroom Complex, Rm 1911.

For ages 50 years and older:

DAY(S)	DATE	TIME	INSTRUCTOR
M, W, F	Jan 4 - May 8	10:30 - 11:30 AM	Jean-Elise Smith
M, W, F	Jan 4 - May 8	1:00 - 2:00 PM	Jean-Elise Smith

TAI CHI

Location: Bonnie Dallas Activity Center, 566-2287

Fee: FREE

This course is a form of martial arts and improves overall health and reduces tension. Registration is required.

For ages 50 years and older:

DAY(S)	DATE	TIME
Th	Ongoing	9:30 - 10:30 AM

Four Corners Games



March 15 - May 3, 2019

\$20 Registration • At various locations across San Juan County.

For more info visit the Bonnie Dallas Senior Center or call (505) 599-1380.

For adults 50 and older:

- Track & Field
- Bowling
- Pickleball
- Swimming
- Table Games
- Dancing
- Marksmanship
- Golf
- Horseshoes, and more!!

TABLE GAMES

BINGO

Location: Bonnie Dallas Senior Center, 599-1380

Fee: \$1.00 to participate

Use two (2) cards to bingo and receive a gift card. You must be signed in by 1:00 PM to participate Additional rules upon request.

For ages 50 years and older:

DAY(S)	DATE	TIME
M	Ongoing	1:00 - 2:00 PM

POOL/BILLIARDS

Location: Bonnie Dallas Senior Center, 599-1380

Fee: \$0.25 suggested donation

Billiards tables with chalk and cues for use.

For ages 50 years and older:

DAY(S)	DATE	TIME
M-F	Ongoing	8:00 AM - 4:00 PM
Sa	Ongoing	10:00 AM - 3:00 PM

CARD GAMES

Location: Bonnie Dallas Senior Center, 599-1380

Fee: FREE, call to sign-up

For ages 50 years and older:

DESCRIPTION	DAY(S)	DATE	TIME
Learn Mah Jong	M	Ongoing	10:00 AM - Noon

SHUFFLE BOARD & PING PONG

Location: Farmington Recreation Center, 599-1184

Fee: FREE

No registration required, just show up and have fun!

For ages 10 years through adult:

DAY(S)	DATE	TIME
Tu, Th	Ongoing	10:00 AM - Noon



Give Fostering a Try!

Temporary foster homes are needed for:

- Animals that are too young to be adopted
- Animals that are injured or recovering from illness
- Moms & babies
- Senior animals

www.fmtn.org/AnimalServices · (505) 599-1098



It is our vision at the City of Farmington Department of Parks, Recreation, & Cultural Affairs (PRCA) to be dedicated to providing the opportunity for citizens to play, to laugh, to grow, to learn, and to engage in enriching their quality of life.