50 years of age and older!
8am - 6pm Monday - Friday
8am - 12pm Saturday
$25.00 Annual pass (no additional fees)

Bonnie Dallas Campus
Dining Hall - (505) 599-1380
Annex Building - (505) 566-2256
Fitness Center - (505) 566-2287
Dance & Exercise Room - (505) 566-2288
Art Studio - (505) 566-2288

- City of Farmington (505) 327-7701 - www.fmtn.org
- Police/Emergency 911
- Police Non-Emergency (505) 334-6622
- Electric (505) 599-1353
- Water (505) 327-7701
- Parks Main office (505) 599-1197
- Library (505) 599-1270 - www.infoway.org
- Public Works (505) 599-1062
- Human Resources (505) 599-1132
- Motor Vehicle Department (505) 599-9712
- www.mvd.newmexico.gov
- Convention & Visitors Bureau (505) 326-7602 - farmingtonnm.org
- www.fmtn.org/bdsc
- fb.com/bdsrctr
The Bonnie Dallas

This center is a multicultural and dynamic environment. There are opportunities to learn and express yourself in various ways. We encourage understanding and diversity embracing all people from whatever walk of life you have been a part of. The Bonnie Dallas Senior Center offers a multi-dimensional program with a wide variety of leisure activities. The minimum age to participate in these activities is 50. The activities range from recreational to educational, active to passive, individual to group. Some of the activities are held at other locations in the community and the center provides transportation to these activities, whenever possible. Transportation services are also provided for participants to the Senior Center, hospital, and local doctors’ offices with a 24-hour advance reservation.

Mission Statement— The Bonnie Dallas Senior Center is dedicated to developing and administering social, educational, and recreational programs for adults 50+ years of age. The center advocates services which promote independence, dignity, and provide choices. Ensuring that all seniors are treated with dignity; protected against abuse, exploitation, and fraud.

Director’s Message

To my friends at the Bonnie Dallas Senior Center: You have improved my life beyond measure in a very short time. As we celebrate a new year, I am thankful for each of you and wish for you all of the love you have shown me. Your kindness and compassion are a gift, and by sharing these you have redefined the meaning of friendship. Happy New Year to all of you, my dearest friends. - Jack Lowery, Bonnie Dallas Adult Program Manager

Advisory Board Meetings

Last Wednesday of the month or otherwise posted.

- The Bonnie Dallas— This center is a multicultural and dynamic environment. There are opportunities to learn and express yourself in various ways. We encourage understanding and diversity embracing all people from whatever walk of life you have been a part of. The Bonnie Dallas Senior Center offers a multi-dimensional program with a wide variety of leisure activities. The minimum age to participate in these activities is 50. The activities range from recreational to educational, active to passive, individual to group. Some of the activities are held at other locations in the community and the center provides transportation to these activities, whenever possible. Transportation services are also provided for participants to the Senior Center, hospital, and local doctors’ offices with a 24-hour advance reservation.

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Hummingbird Café—February 12th, 2nd Wednesday of the month—2pm - 4pm Bonnie Dallas Annex Building. Joy, Laughter. A sense of normalcy. These are terms that are not often heard in association with dementia. There is a positive place, though, where we can gather, celebrate each other and make connections with those living with dementia and their care partners. This place is a Memory Café. The Hummingbird (Memory) Café planning committee is delighted to announce the launch of the café at the Senior Center Annex in Farmington, NM February 12, 2020 2:00 PM-4:00 PM. The cafe will recur the second Wednesday of each month 2:00-4:00 PM at the Annex. There is no charge for the café. A brief informational presentation will be held Friday, January 3, 2020 at 11:30 AM at the Bonnie Dallas Senior Center Annex, 208 N Wall Ave, Farmington, NM.

Farmington and surrounding communities will benefit from the café both individually and collectively as a society in that the stigma and fear associated with dementia will be replaced with more pleasant feelings of kindness, patience and compassion when interacting with individuals with dementia and their care partners.

The Bar D Wranglers

ENTERTAIN FOR THE WHOLE FAMILY

FRIDAY, JANUARY 11, 2020

7:00–8:00
DOORS OPEN TO THE PUBLIC AT 6:00

Brought To You By
The Bonnie Dallas
Adult Advisory Board

$12.00 GENERAL ADMISSION
TICKETS GO ON SALE FRIDAY, DECEMBER 13

GRAB YOUR HAT & SPURS AND JOIN YOUR FRIENDS AT THE BONNIE DALLAS FOR AN EVENING OF MUSIC & ENTERTAINMENT
**Arts & Crafts**

- **Art Jewelry** - This course presented through Encore builds beginning skills using simple pieces of metal, using hands on experience. Bring your own supplies. Register with Encore at San Juan College or at class (505) 566-3214—Thursday—12:30-3:20pm & 2:00pm—6:00pm—Art Studio—Instructor Catherine Thomas-Kemp. Fee Varies with age; NM Residents 65 & older $5 plus a student activity fee of $1.50. Under 65—$49 per credit hour plus student activity fee of $1.50.

- **Art Jewelry Open Workshop**— This group work on their own individual jewelry / art projects. Bring your own supplies. Tuesday—4:00pm—6:00pm—Located in the Art Studio

- **Ceramics Painting** – All students work on individual projects. Students work in preferred media.

Be sure to bring your own greenware/project. Visit the class for more information.

- **Wednesday— 1:00-3:30pm—Located in the Art Studio —Lead by Brenda Stillwell: $2.00**

- **Drawing + Calligraphy Group**—This group enjoys drawing with different medias and styles. Bring your own supplies. Tuesday 9:30-11:00am—Located in the Annex—This is an open group with no teacher. There is no fee & provide your own supplies.

- **Crafty Ladies**—Make and take craft projects. Pre-registration required. Class limit 16 students. (505) 566-2256 Tues.—9:30—11:00am—Located in the Annex—Fees for materials and Sign up required.

- **Crafts**—This group enjoys drawing with different medias and styles. Bring your own supplies. Tuesday 9:30-11:00am—Located in the Annex—This is an open group with no teacher. There is no fee & provide your own supplies.

- **Quilting & Sewing Group**—Get together with this group of quilters and enjoy the craft and company. Bring your own supplies to work on individual projects. Tues 10:00am—3:30pm (2nd Tues 12:30pm—3:30pm. 3rd & 4th Fri 9:00—3:30pm. Located in the Annex

- **Oil Painting Group**—focuses on color mixing, composition, and achieving painterly effects. Bring your own supplies. Monday—9:00 - 10:00am—Located in the Art Studio —This is an open group with no teacher. There is no fee and you must provide your own supplies.

- **Paper Crafting**— Make paper craft items that you can use or give as gifts. Learn card making skills, supplies furnished. Thursday—9:30—11:00am—Fees for materials, Located in the Annex

- **AARP Drivers Safety Course**—This course can will help you keep driving and drive more safely. Friday 8am – 12pm. Class size is limited (505) 566-2256.

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**Special Events**

- **AARP Tax Aid** - February—April 15th. Call (505) 566-2256 for appointments, at the end of January.

- **Brunch at the Bonnie Dallas**. Saturday Brunch—Jan. 11th & Feb. 8th. 9:30am—11:00am. Join us for Brunch. Age 60 and under $3.00, Age 59 and younger $5.00. Menu varies.

- **Diabetes Education Meetings**, in association with San Juan Regional.

- **Earth from Space**—Jan. 11, from 8:00 am - 5:00 pm | Farmington Museum & Visitor Center. See our planet from the perspective of outer space. Learn how satellite imagery assists companies, military operations, and scientists from geologists to meteorologists, with images from the US Geological Survey and the Smithsonian Institution.

- **The Peking Acrobats**—Jan. 14, from 7:00pm - 9:00pm | San Juan College Henderson Performance Hall—Since their founding in 1986, The Peking Acrobats have redefined audience perceptions of Chinese acrobatics. They perform daring maneuvers atop a precarious pagoda of chairs and display their technical prowess at such arts as trick-cycling, precision tumbling, juggling, somersaulting, and gymnastics. They push the limits of human ability, defying gravity with amazing displays of contortion, flexibility, and control.

- **Keshjee’ (Navajo Shoe Game)** - Jan. 17, from 6:00 pm - 11:00 pm | Farmington Indian Center—The public is invited to participate in this Navajo winter night oral history game taught through song and playful teasing of opponents.

- **Four Corners Annual Martin Luther King Jr. Day of Service** - Jan. 20, from 8:00am - 2:00pm | First Presbyterian Church—Join volunteers from all over the four corners as we pitch in together to help others in our community.

- **DISASTER!** - Feb. 19, from 7:30pm - 9:30 pm | Farmington Civic Center—Set in the wildest decade ever the musical, DISASTER! delivers earthquakes, tidal waves, infernos, and unforgettable 70s hits like "Knock On Wood," "Hooked on a Feeling," "Sky High," "I am Woman," and "Hot Stuff." Audiences and critics are wild for this hilarious homage to the era of bell-bottoms, platform shoes and the hustle. From the moment the glitter ball starts spinning you’ll be dancing in your seat... and rolling in the aisles.
Home Delivered Meals (HDM)/Meals On Wheels

The HDM program benefits our homebound seniors who are 60+ years of age and unable to shop or prepare their own meals. The program is run by the Bonnie Dallas Senior Center and City of Farmington Volunteers. Volunteers give their time to deliver lunch meals using their own vehicles. HDM Volunteers drive the same route, visiting the same seniors, the same day of the week each time. Deliveries take no more than one hour to deliver; drivers deliver 10-16 meals. The Home Delivered Meals (HDM) Volunteer also checks on the well-being of every senior on their delivery route. All concerns will be reported to the Senior Center Coordinator. Monday thru Friday: 10:45 a.m.—12:30 p.m.

All contributions are 100% voluntary. If a contribution is made, a suggested contribution of $3.00 per meal or what the client can afford is appreciated. The HDM Volunteer will drop off a contribution envelope each month. The Coordinator visits the Senior in the home for an assessment of services. Meals are not left if no one is home to answer the door. Service will not be reinstated until client calls the office to resume the delivery.

Volunteers Needed: The Meals On Wheels Program is made possible by people who give their time to make a difference. This can be accomplished by individuals as well as local and corporate groups. If you or someone you know wants to Volunteer with the Meals On Wheels Program the qualifications are:

- A valid NM Driver’s License
- A Volunteer application with a background check
- Automobile Insurance
- Ability to read a map and locate address of clients
- Dependable, giving notice as soon as possible if you are not available for your scheduled route delivery.
- Must be able to maintain confidentiality of clients

Commitment: Volunteering for HDM /Meals On Wheels is a very important. The senior client relies on you to bring them a hot meal and a smile.

Visit www.fmtn.org/Volunteer and enroll as a volunteer. The site coordinator will always be available to answer questions or give assistance.

This Year, Don’t Set New Year’s Resolutions - Ashira Prossack - ForbesWomen. The statistics on how many people actually follow through and accomplish their New Year’s resolutions are rather grim. Studies have shown that less than 25% of people actually stay committed to their resolutions after just 30 days, and only 8% accomplish them. Don’t be part of that statistic. This year, set goals instead of resolutions. Why goals? That’s simple - because goals are specific, whereas resolutions tend to be broad and vague. Goals are much more actionable, which is what makes them more effective.

How can you turn your New Year’s resolutions into goals? Get clear on what you want to accomplish, why it’s important, and how you’ll make it happen. Take something broad such as making more money in the next year and break it down. How are you going to make more money? Will that be getting a promotion, changing jobs, or starting a side business? What steps do you need to take? If you’re looking to change jobs, then you’ll need to start networking, update your resume, and plan your job search. Will you need to hire a coach to help you with these goals? What else will you have to do? Get as specific as possible and outline all of the smaller steps you’ll need to take to reach your full goal. The more specific you get when breaking down your goals, the more likely it is that you’ll accomplish them. When they’re broken down into manageable and measurable pieces, you’ll be able to track your progress and stay focused. It’s easy to lose focus when the goal is too large, and this is precisely why only 8% of people make good on their New Year’s resolutions.

How can you make this happen? Michael Johnston, Founder & CEO of Zelo, offers a few tips to help people accomplish their goals. He recommends choosing three or four goals to work on so that you’re not overwhelmed by them. Break those goals down into actionable steps and check in daily and weekly on your progress. Plan time each week to review your progress. This can be an in depth review or a quick check in, even five minutes can be sufficient for staying on track. Put this review time on your calendar so that you’re reminded to do it. You want to make working on your goals a habit and something that becomes a natural part of your daily routine. Find a system that works for you so that it’s easy to stay on track. He also recommends prioritizing sleep and building good exercise and nutritional habits. When you’re well rested and taking care of your body, it’s much easier to focus. What else can you do to reach your goals? The real key here is consistency. If you only work on your goals sporadically, you’re not going to see results. Put in the work and it will pay off. You might not see results immediately, but don’t let that deter you from continuing to put in the work. This year, if you absolutely must set a New Year’s resolution, make it to set a goal. This year, you’re setting goals. How can you make this happen?

1. Take something broad such as making more money in the next year and break it down. How are you going to make more money? Will that be getting a promotion, changing jobs, or starting a side business? What steps do you need to take? If you’re looking to change jobs, then you’ll need to start networking, update your resume, and plan your job search. Will you need to hire a coach to help you with these goals? What else will you have to do? Get as specific as possible and outline all of the smaller steps you’ll need to take to reach your full goal. The more specific you get when breaking down your goals, the more likely it is that you’ll accomplish them. When they’re broken down into manageable and measurable pieces, you’ll be able to track your progress and stay focused. It’s easy to lose focus when the goal is too large, and this is precisely why only 8% of people make good on their New Year’s resolutions.

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ON-CAMPUS ACTIVITIES

**GAMES & MORE**

- **CANASTA** — Card game (Hand & Foot) Limited availability, check with group for new players. Thursday — 12:30–3:00pm — Located in the Annex
- **MAH JONG** — Tile matching puzzle game. Limited availability, check with group for new players — Tuesday- 12:30–3:00pm — Located in the Annex
- **MEXICAN TRAIN DOMINOES** — Table game played with dominoes. Limited availability, check with group for new players. Monday - 12:30–3:30pm — Located in the Annex.
- **WRITERS CIRCLE** — This group allows participants to write their life stories, poetry, fiction, and share them in a creative writing class. Tuesday- 9:30-11:30am — Located in the Annex
- **BIBLE STUDY** — Non-denominational group study the King James Bible. Everyone welcome. Thurs 10:30–11:30am — Located in the Annex
- **Navajo Bible Study** — Non-denominational group study Bible in the Navajo language. Everyone welcome. Monday 10:00–12:00am — Located in the Annex
- **COMPUTER LAB.** — Computers available for internet browsing and word processing. Everyone welcome. (505) 599-1380 Main Hall, (505) 566-2256 Annex. M-F — 8:00-4:00pm — Located in the Main building and Annex-25c page for printing.
- **Open Art Lab** — Friday 9am – 12:30pm Art Studio & 1:00pm – 4:00pm Annex front office. This is open for all creative people join with other like minded people. Draw, paint, knit or stick! This is a great opportunity to bring a friend and show your work to. No fees to participate.

**ADULT COLORING**

Researchers and art therapists alike tout the calming benefits of this enjoyable hobby. Mon—Friday 8:00am—4:00pm in the dining facility.

**POOL ROOM / BILLIARDS**

Billiard tables, chalk and cues for use. 25c donation per day. Mon—Friday 8:00am—4:00pm

**ADULT COLORING**

Researchers and art therapists alike tout the calming benefits of this enjoyable hobby.

**10 Tips: Be Active Adults**

- **Be active your way** — Mix it up — there are endless ways to be active. They include walking, biking, dancing, martial arts, gardening, and playing ball. Try out different activities to see what you like best and to add variety.

**EVERY OTHER THURSDAY**

10 Tips: Be Active Adults - Tips to help adults include physical activity into their lifestyle — Being physically active is important for your health. Adults who are physically active are less likely to develop some chronic diseases than adults who are inactive. Physical activity is any form of exercise or movement of the body that uses energy. People of all ages, shapes, sizes, and abilities can benefit from a physically active lifestyle.

1. **Start activities slowly and build up over time** - If you are just starting physical activity, build up slowly. This will help to prevent injury. After a few weeks, increase how often and how long you are active.

2. **Get your heart pumping** - For health benefits, do at least 2½ hours each week of physical activity that requires moderate effort. A few examples include brisk walking, biking, swimming, and skating. Spread activities over the week, but do them at least 10 minutes at a time.

3. **Strength-train for healthy muscles and bones** - Do strengthening activities twice a week. Activities that build strength include lifting weights, doing push-ups and sit-ups, working with resistance bands, or heavy gardening.

4. **Make active choices throughout the day** - Every little bit of activity can add up and doing something is better than nothing. Take the stairs instead of the elevator, go for a 10-minute walk on your lunch break, or park further away from work and walk.

5. **Be active your way** — Mix it up — there are endless ways to be active. They include walking, biking, dancing, martial arts, gardening, and playing ball. Try out different activities to see what you like best and to add variety.

6. **Use the buddy system** — Activities with friends or family are more enjoyable than doing them alone. Join a walking group, attend fitness classes at a gym, or play with the kids outside. Build a support network — your buddies will encourage you to keep being active.

7. **Set goals and track your progress** — Plan your physical activity ahead of time and keep records. It’s a great way to meet your goals.

8. **Add on to your active time** — Once you get used to regular physical activity, try to increase your weekly active time. The more time you spend being physically active, the more health benefits you will receive.

9. **Increase your effort** — Add more intense activities once you have been moderately active for a while. You can do this by turning a brisk walk into a jog, swimming or biking faster, playing soccer, and participating in aerobic dance.

10. **Have fun!** — Physical activity shouldn’t be a chore. It can help you feel better about yourself and the way you live your life. Choose activities that you enjoy and that fit your lifestyle.

https://www.choosemyplate.gov/ten-tips-be-active-adults

- **ICAN** - “Ideas for Cooking and Nutrition.” Free, fun, hands-on nutrition education. ICAN is funded by EFNEP and SNAP-Ed and reaches limited-resource audiences in New Mexico. **Every other Thursday** (10:00 a.m.—12:00 p.m.) January: 30, February: 13, 27, March: 12, 26, April: 09, 23, May: 07, 21, June: 04, 18. Contact (505) 599-1380 for more details. ican.nmsu.edu
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<th>BONNIE DALLAS SENIOR ACTIVITY CENTER</th>
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<td><strong>2020 SATURDAY NIGHT DANCE SCHEDULE (50+ YEARS)</strong></td>
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**EXERCISE & FITNESS CENTER**

- **Fitness Center**—50+ years of age—Monday - Friday 8:00 a.m. – 6:00 p.m. Saturday 8:00 a.m. – 12:00 p.m. Exercise machines including Ellipticals, treadmills, NuStep, SciFit, resistance machines and much more. Fee: $25 annually / $7 every 3 months / $4 a month. Pre-registration paperwork required, and then we will schedule your orientation on equipment guidance. Call (505) 566-2287 for more information. Fitness center now accepts Credit & Debit cards

- **Senior Fitness**—Increase your fitness with this low impact exercise class designed 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. (30 max) 2 credit hours—Cost: $13 residents 65 and older (first 10 credit hours) $101 residents under 65 $313 non-residents.

- **Register for this Encore class at San Juan College or at the class. (505) 566-2287 or (505) 566-3214**

- **Pilates** - This course, held at the Bonnie Dallas Senior Center, instructs on a system of controlled exercise that engage mind and condition the total body. Registration required. (505) 566-2287 65+ - Tues .Thurs—8:30–9:30am—Located in the Activity Center—Judy Higgins-Fee $6.50 for 13 weeks

- **Tai Chi** - This class, held at the Bonnie Dallas Senior Center, is a form of martial arts applications and improves overall health and reduces tension. Registration required. (505) 566-2287 50+ - Thursday—9:30–10:30am—Located in the Activity Center—See instructor.

**LINE DANCE CLASSES**—(505) 566-2287

- **Line Dance/Advanced** —This class is for participants who have been dancing for years and know all the basic steps. Tuesday—10:30–12:00pm - Activity Center—Class is lead by a Volunteer.

- **Line Dance/Upper Intermediate** —This class is for participants who have been dancing for years and know all the basic steps. Wednesday 2:00–3:30pm - Activity Center—Class is lead by a Volunteer.

- **Line Dance/Beginners** —This class instructs on the basic steps and keeping rhythm. New dancers are welcome. Thursday—1:00–2:30pm - Activity Center—Class is lead by a Volunteer.

- **Line Dance/Intermediate** —This course is for the avid dancer who knows the basic steps and would like to learn newer dances and review the classics. Friday—2:00–3:30pm- Activity Center—Class is lead by a Volunteer.

* Admission for Saturday "LIVE MUSIC" Dances: $4.00

* Dances are scheduled for 7:00 p.m. - 10:00 p.m.
TRANSPORTATION:

- Bonnie Dallas Transportation — Monday – Friday, 9:00a.m. – 3:00p.m. Rides available to come for lunch for 60+, within city limits. Medical appointments or shopping trips require 24 hour notice. Client registration and interview required. No fee. (505) 599-1380
- Red Apple Transit (Bus System) 325-3409 — Monday – Friday 7:00a.m. – 6:30p.m. - www.fmtn.org/279/Red-Apple-Transit
- Dial a Ride (Scheduled services) (505) 325-3409—Within City of Farmington, Paratransit & general reservations made with 24 hours’ notice required. (Part of Red Apple Transit)
- Care Express Transportation—213 S Schwartz, FMTN — 325-1941 / (866) 513-9922 - www.careexpresstransportation.com
- 4 Corners Cab Company - (505) 325-2499
- KB Cab — (505) 564-3999
- Shima Transport—(505) 722-8902— www.shimatransport.com
- Lou Gos—Taxis, limos, vans & non-emergency medical transport—505-324-6568 www.lou-gos.taxi
- ABQ Express Shuttle Service - (505) 850-3880—abqexpress.com
- Farmington - Four Corners Regional Airport - (505) 599-1395 - www.fmtn.org/172/Airport
- Durango – La Plata County Airport - (970) 382-6050 - www.durangogov.org

Eligibility of Bonnie Dallas Transportation & Meals
Pick up for lunch—Enjoy lunch at the Bonnie Dallas and let us drive. Call (505) 599-1380 between 8:00am—9:00am for a ride to the center. A city van will pick you up. Enjoy your lunch and then return home after 1:30pm. We can transport any eligible patron within the city limits. What is an Eligible Patron? First of all, if you are under 60 you are able to participate in any of our classes or lunch. Fees or charges may apply. The term ‘Eligible Patron’ refers to the  a person who will be able to get a discounted lunch or be able to go on the Senior Center Trips. This is a State definition for their participants. What makes a person ‘Eligible’ for the lunch program or to be picked up? A person is Eligible if:

- All persons aged 60 & older are eligible for Title III Services.
- Any person age 60 or older and his/her spouse regardless of age qualify for Title III services as long as the older spouse is registered at an area senior center.
- Individuals, regardless of age, providing volunteer services during meal hours are eligible based on procedures established by the area agency.
- Individuals with disabilities, regardless of age, who reside at home with or accompany eligible, older individuals, are eligible based on procedures established by the area agency.
- Individuals, age 60 or older or their spouses, who have been determined to be homebound because they are unable to leave their home due to a disabling physical, emotional, or environmental condition, shall be eligible for home delivered meals.
- In the case of the surviving spouse of an older individual where the spouse is under 60, nutrition services may continue to be provided even after the older person’s death, providing that the living spouse has not remarried a person younger than 60.
- Client assessment is required for eligible patrons.

Hospital & Medical Services
- San Juan Regional Medical Center 801 W Maple St. FMTN (505) 609-2000 www.sanjuannregional.com
- Presbyterian Medical Services (PMS) - 1001 W Broadway, FMTN (505) 327-4796 www.pmsnm.org
- Reliance Medical - 3751 N Butler Ave, FMTN (505) 324-1255 reliancemedicalgroup.com
- San Juan Health Partners Urgent Care 4820 E Main St., FMTN (505) 609-6495 www.sanjuanhpartners.com/urgent-care
- The Northern Navajo Medical Center (SHIPROCK-IHS) P.O. Box 160, Hwy 491 North Shiprock, NM 87420 (505) 368-6001
- The hospitals.gov/navajo/ healthcarefacilities/shiprock/ BPL Plasma - 753 W Broadway, FMTN (505) 325-9408 www.bplplasma.com

Resources

AGING AND LONG-TERM SERVICES DEPARTMENT—ALTSD Do you need help? We can help. Call us toll-free & confidential at 1-800-432-2080 The New Mexico Aging and Long-Term Services Department (ALTSD) provides assistance with Long-Term Care Options, Homemaker Assistance (Centennial Care Waiver for Community Benefit), Home Modifications, Transportation, Home-Delivered Meals, Assisted Living and Long-Term Care Facilities help, Medicare and Medicaid assistance, Prescription Drug assistance, Legal Services, Social Security, Veteran Services, Respite Care and Community Information & Educational Resource Assistance.

For further information please contact the ADRC 1800 432-2080 or www.nmaging.nm.us.

Additional Resources

- State Health Insurance Program (S.H.I.P./Medicare) Counseling – (505) 566-2256
- Aging & Disability Resource Center (ADRC) (800) 432-2080—www nmaging.state.nm.us
- Social Security— (866) 931-7656 — www.ssa.gov
- Medicare (800) MEDICARE / (800) 633-4227 — www.medicare.gov
- Alzheimer’s Association - (505) 326-3680 / (800) 272-3900 www.alz.org/newmexico
- North West New Mexico Seniors - (505) 326-7462 (Home Makers Services & Senior Companion Program.) 742 W Animas, FMTN
- Family Crisis Center -208 E Apache St., FMTN (505) 325-354—familycrisiscenter.org
- Suicide Hotline - (800) 327-8255 — www.suicidepreventionlifeline.org/
- Adult Protective Services - (866) 654-3219 www.nmaging.state.nm.us/Adult_ProtectiveServices.aspx
-Sexual Assault Services of NWNM - (566) 908-4700—sasnwnm.org
- Drug & Alcohol Abuse Rehab Programs:
  - Total Behavioral Health Authority (505) 564-4804 www.pmsnm.org/locations/totah-behavioral-health-authority
  - Four Winds Recovery Center (505) 327-7218 www.fourwindshealthcenter.org/
  - Alcoholics Anonymous (505) 327-0731—www.nm-AA.org/
  - Recovery.org (888) 978-3685
- Drug disposal - Farmington Police Department—900 N Municipal Dr, FMTN 599-1070
- Veteran Services - 4251 E Main Suite A, FMTN (505) 327-9684 / 327-9684
- After hours: 1(877) WAR-VETS / (877) 927-8387
- Veterans Crisis Line 1(800) 273-2020 press 1

Disaster information: Neither the City of Farmington nor its contributors shall be held liable for any improper or incorrect use of the information described and/or contained herein and assumes no responsibility for anyone’s use of the information. These Resources are intended to provide contact information to connect people with what resources that are available.
Who can help? This is a list of resources in San Juan County. (505) 566-9600 or 1(800) 232-6667

**Food Pantries**
- Echo Food Bank—401 S Commercial Ave —(505) 326-3770  www.echoinc.org
- Daily Bread—405 S Behrend (505) 327-0956
- Front Line Mission—129 N Behrend (505) 564-3740
- American Red Cross San Juan Chapter—626 E Main St... 326-9605  www.redcross.org/local/az-nm-el-paso
- Food Stamps (Electronic Benefits Transfer Card/ EBT) (800) 283-4465 / (800) 843-8303
- Medicaid office / Food Stamp office (505) 566-9600

**Clothing**
- Salvation Army—319 W Broadway—(505) 327-5117 (Emergency Assistance)  www.salvationarmyusa.org
- San Juan Baptist Association Crisis Closet—1010 Ridgeway Pl —327-4530  www.sanjuanbaptistassociation.com
- Overflow—Free Store (Items include: Clothes, shoes, books, toys, personal accessories house hold items & small appliances) - 810 N Buena Vista Ave, Farmington (505) 325-9459 fmcfarmington.com/ofhs

**Homeless Shelters**
- People Assisting The Homeless (PATH) - 520 Hydro Plant Rd, Farmington NM 8701 (505) 327-3104
- Winter Homeless shelter - The Roof - 310 W Animas St, Farmington NM 87401 (505) 325-0622

**Pharmacies/Prescription Help**
- PDS NM Medbank Program—Toney Anaya Bldg—Santa Fe —(505) 476-4912
- PMS Pharmacy—1001 W Broadway Ave (505) 325-8022

**Dental** - PMS Farmington Community Health Center—comprehensive dental services consist of oral health screenings, cleanings, basic and major restorative care and denture services. (505) 327-4796 1001 W Broadway Ave, Farmington NM 87401 http://www.psmsn.org/locations/farmington-community-health-center

**Domestic Violence Services**
- Family—Crisis Center—208 E Apache St—(505) 325-3549 DV Hotline (505) 564-9192
- Hwy491 N, Shiprock, NM (505) 368-5124
- New Mexico Commission for the Blind. (505) 841-8844 (888) 513-7958 www.cfb.state.nm.us
- National Federation of the Blind—San Juan Chapter—Nathalie Martin (801) 574-1268 Support, friendships, understanding, share tips. Get involved in a group and find purpose.
- Farmington Animal Shelter & Animal Control — 133 Browning Parkway, Farmington - (505) 599-1098
- San Juan Animal League— (505) 325-3366

**San Juan County Housing Authority** - The mission of SJC Housing is to promote adequate and affordable housing, economic opportunity and a suitable living environment free from discrimination to all San Juan County. Residents. 7450 E Main St, Farmington (505) 327-5654

**Legal Resources & Advocacy**
- **State Bar of New Mexico** - The Legal Resources for the Elderly Program (LREP) is a free, statewide helpline for New Mexico residents age 55 and older. The Program does not have any income restrictions. LREP can be contacted at 505-797-6005 or 1-800-876-6657. The State Bar General Referral Program assists those who need legal help but are unsure where to find it. The program can be contacted at (505) 797-6066 or 1-800-876-6227. www.nmbar.org
- **Advocacy, Inc.** - Provides Guardian Ad Litem services for children who are subjects of cases alleging abuse, neglect or abandonment in the Second Judicial District. 6301 4th St NW Ste 3, Albuquerque 505-256-9369 www.conavity.org
- **Better Business Bureau** Helps to resolve disputes between New Mexico consumers and businesses of $25,000 or less. - 2625 Pennsylvania St NE Ste 205, ABQ —(505)-346-0110 (24 hours) | 800-873-2224 (NM only)
- **Do Not Call Registry** — If a company doesn’t respect the Registry, report it. To add your number to the Do Not Call Registry, go to donotcall.gov or call 1-888-382-1222 from the phone you want to register

**Counseling Services**
- **Comfort Zone** - Widows & Widowers meet and comfort one another. (505) 320-5140—Alta Fiorini
- **Grieving Support Group San Juan Hospital**. 1st Wed each month and the Cancer center. 609-6089 — Fran Robinson.
- **Compassionate Friends** - Tres Rios 608 Riley Ave, Farmington 326-1074 — Kelly & Bev Vansickle. Focus: Grief support for the loss of a child of any age
- **Northern New Mexico Hospice**—711 E 30th St, Farmington 566-0445 / 325-6848—Ann Evans.
- **SOS Survivors of Suicide** (505) 860-2887- Liz Tafoya . Focus: Grief recovery for suicide survivors
- **Word of Life Christian Center**—1500 N Fairview Ave/ PO Box 202, Farmington NM (505) 564-9513— Ethelyn Cardoza . Focus: Family or single counseling & prayer sessions
- **Counseling**—PMS—1001 W Broadway Ave—(505) 325-8022

**Senior Center Listings & Assisted Living & Caregiving Facilities**
- **Aztec Senior Center**, 101 S Park, Aztec NM 87412 — (505) 334-2881
- **Blanco Senior Center**, PO Box 433, 7338 Hwy 64, Blanco NM 87412 (505) 632-9146
- **Bloomfield Senior Center**, 124 W Ash, Bloomfield NM 87413 (505) 632-8351
- **Bonnie Dallas Senior Center**, 109 E La Plata St, Farmington NM 87401 (505) 599-1380
- **Lower Valley Senior Center**, PO Box 526, 17 CR 6668, Fruitland NM 87416 (505) 598-6054
- **Northwest New Mexico Seniors, Inc**, 742 W Animas, Farmington NM 87401 (505) 326-7462
- **The Bridge – Assisted Living**—1091 W Murray Dr. Farmington (505) 324-6200
- **The Beehive – Assisted Living**— 400 N Locke Ave. Farmington (505) 591-7900
- **Namaste House – Assisted Living** - 800 W 30th St, Farmington, (505) 327-3658
- **Cedar Ridge – Long term nursing home**— 800 Saguarlo Trail, Farmington (505) 598-6000
- **Life Care Center of Farmington**—Long term nursing home— 1101 W Murray Dr. Farmington (505) 326-1600
- **Aztec Healthcare** (Innovagor Post Acute of Aztec) - 500 Care Ln, Aztec, (505) 334-9445
- **Basin Home Health & Hospice - Home health**—200 N Orchard Ave, Farmington (505) 325-8231
- **Crestview Home Your Home - Home health**—2014 San Juan Blvd., Suite E, Farmington (505) 325-7777
- **Guardian Angels Home Health & Hospice - Home health**—2800 N Hutton Ave, Farmington (505) 564-9002
- **Comfort Keepers**- Home Health Care Services— 902 San Juan Blvd Ste C. Farmington (505) 515-0008
- **Horizon Home Care – Home Health Care Services**— 727 E Ute, Farmington (505) 326-2525
- **Southwestern Home Health**— 408 N Aubure Ave #B, Farmington (505) 326-6024
- **San Juan Center For Independence - Resource center**- 1204 San Juan Blvd, Farmington, (505) 566-5827
- **NW New Mexico Hospice & Home Care (PMS)**—608 Reily Ave (505) 327-0301