

SPECIAL EVENTS



Tax Aide by AARP

Mondays & Thursdays: starting February 2, 2015 – April 13, 2015
 Appointments will start January 6, 2015. Call 505.566.2256
 Tax Aide assistance for senior citizens 50+ years of age, who are middle and low-income taxpayers. The counselors are volunteers and they are dedicated to help the senior community.



Valentine Bingo Party

Monday, February 9, 2015

1:00 a.m. - 2:00 p.m.

The Senior Center provides prizes and refreshments.

Bingo cards are .50¢ per card.

You must be registered by 1:00 p.m. to play blackout.

Valentine Dinner & Dance

Featuring Grant & Randy

Friday, February 13, 2015

10:30 a.m. - 2:00 p.m.

Bring your sweetheart for a lovely lunch and enjoy the music. A King and Queen will be crowned to reign over the festivities. Lunch is a suggested donation of \$3.00 for anyone 60+ and a \$6.00 fee for anyone 59 and under.



Sorry WE'RE CLOSED

Bonnie Dallas Senior Center will be closed for the following holidays:

- Thursday, January 1, 2015
New Year's Day
- Saturday - Monday, February 14-16, 2015
Presidents' Day



Senior Center Spotlight Issue January & February 2015

Senior Center Spotlight

JANUARY & FEBRUARY 2015



NATALIE SPRUELL

Senior Center Interim Administrator

HOURS OF OPERATION

Monday-Friday:

8:00 a.m. - 4:00 p.m.

Saturdays:

Main Hall opens for Billiards

10:00 a.m. - 3:00 p.m.

SERVICES

LUNCH SERVED

Monday-Friday

11:45 a.m. - 1:00 p.m.

Main Hall Dining Hall

Cost: 60+ Donation of \$3.00

59 & Under: \$6.00 Fee

MEALS ON WHEELS

For seniors who are Homebound, within the city limits & unable to prepare meals. Delivered Monday-Friday.
 Cost: 60+ donation of \$3.00

TRANSPORTATION

To and from the Senior Center for those who no longer drive. Call for more details 505.599.1380

BENEFITS COUNSELING

Helps you with Medicare, Medicaid, and Social Security questions. Call 505.566.2256 for an appointment.

www.fmtn.org/bdsc
[fb.com/bdsrctr](https://www.facebook.com/bdsrctr)



Coming to the Bonnie Dallas Senior Center Main Hall

Saturday, January 24, 2015

Bar D Wranglers

7:00 to 8:00 p.m.

Doors open at 6:00 p.m.

Followed by Grant & Randy – Dance from 8:00 to 10:00 p.m.

\$8.00 per person, tickets are non-refundable and you must be 50 years or older to attend. For more information, call 505.599.1390.

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Jan & Feb Calendar (INSERT)

Bonnie Dallas Senior Center

The Bonnie Dallas Senior Center offers a multi-dimensional program with a wide variety of leisure activities. The activities range from recreational to educational, active to passive, individual to group. The Center is a fun and friendly place that you can come down and get involved. If you want an outlet for artistic and creative abilities we have various classes to join. If you have a desire to get fit or stay in shape we have exercise classes and an affordable fitness center. The minimum age to participate in these activities is 50.

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 promote choice. Ensuring that all seniors are treated with dignity; protected against abuse, exploitation, and fraud. Customer service with a caring compassionate heart is our utmost priority and making sure we are a "Home away from Home" for our patrons.



BONNIE DALLAS SENIOR CENTER

"A Friendly Place Where Friends Meet Friends"

109 E. La Plata Street, Farmington, NM 87401

208 Wall Street, Farmington, NM 87401

505.599.1380

Main Building

505.566.2287

Fitness Center

505.566.2256

Annex

505.566.2288

Activity Center



www.fmtn.org/bdsc



[fb.com/bdsrctr](https://www.facebook.com/bdsrctr)



The Bonnie Dallas is a division of the City of Farmington's Parks, Recreation, and Cultural Affairs Department.

The monthly schedule of events is available on the www.fmtn.org/bdsc



BONNIE DALLAS SENIOR CENTER CAMPUS

109 E. La Plata Street | 208 Wall Street | Farmington, NM 87401 | 505.599.1380



Natalie Spruell

Senior Center Interim Administrator
505.599.1380

“A Friendly Place
Where Friends Meet”

Our Senior Center does not have a membership fee; we do have a client assessment interview that you must complete to participate in our nutrition program. Lunch is a suggested donation of **\$3.00** for 60+ years of age. 59 and under will be charged a **\$6.00** fee.



From the ADMINISTRATOR'S DESK

Greetings Friends!

Thank you so much for the wonderfully warm welcome that I have received at the Bonnie Dallas Senior Center. I'm, Natalie Spruell, interim Senior Center Administrator. I am excited for the opportunity to be involved in leading the staff and the senior community towards a bright future. It has been my pleasure for the last six years to manage the Sycamore Park Community Center, which is a facility serving all age groups. At the community center, we provide senior fitness classes, cooking classes for all ages, and volunteer opportunities for everyone. I have been the instructor for the senior fitness class for five years. I am committed to the active adults in the community and have a passion for personal service excellence. I can't wait to meet each of you, learn your names, and what matters to you. During my time here, I have observed the staff and their compassion for each of you. I want you to know that I am coming along side of this great team to continue to provide all aspects of senior services.

I have had the pleasure of getting to know Larry and Judi over the course of the past six years; they are both wonderful people and will truly be missed. As we celebrate their respective retirements, we wish them well on the next chapter of their lives. The delightful thing is that each of them will remain in Farmington, and I bet, they will be by to visit frequently. I wish everyone a Happy New Year, and look forward to what it brings.

Blessings,

Natalie Spruell

Meals on Wheels Volunteers Needed

We serve over 100 seniors, 60+, who are homebound. The hot meals are delivered daily. From the Senior Center kitchen our caring volunteers do the same route (neighborhood) on the same day each week. It takes approximately one hour. Currently, we are in need of help on the following days of the week.



Monday / Tuesday / Wednesday / Thursday / Friday

If you want to make a difference in someone's life, please either go to www.fmntn.org to fill out an online application to volunteer listing the position as, "Meals on Wheels Delivery at the Bonnie Dallas Senior Center" or stop in to see Stephen Dick (Senior Center Coordinator) at 109 E. La Plata Street, Farmington, NM 87401. 505.599.1380

The Silver Fitness

Monday- Friday 8:00 a.m.- 4:00 p.m. 50+ years of age
Exercise machines including Ellipticals, treadmills, NuStep, SciFit and resistance machines. Fee: \$20 annually / \$10 every 6 months / \$5 every 3 months / \$3 a month. Pre-registration paperwork required, and then we will schedule your orientation on equipment guidance. Call Omega Soto 505.566.2287

SENIOR STAFF:
NATALIE SPRUELL

Senior Center Interim Administrator

STEPHEN DICK

Senior Center Coordinator

OMEGA SOTO

Recreation Program Coordinator

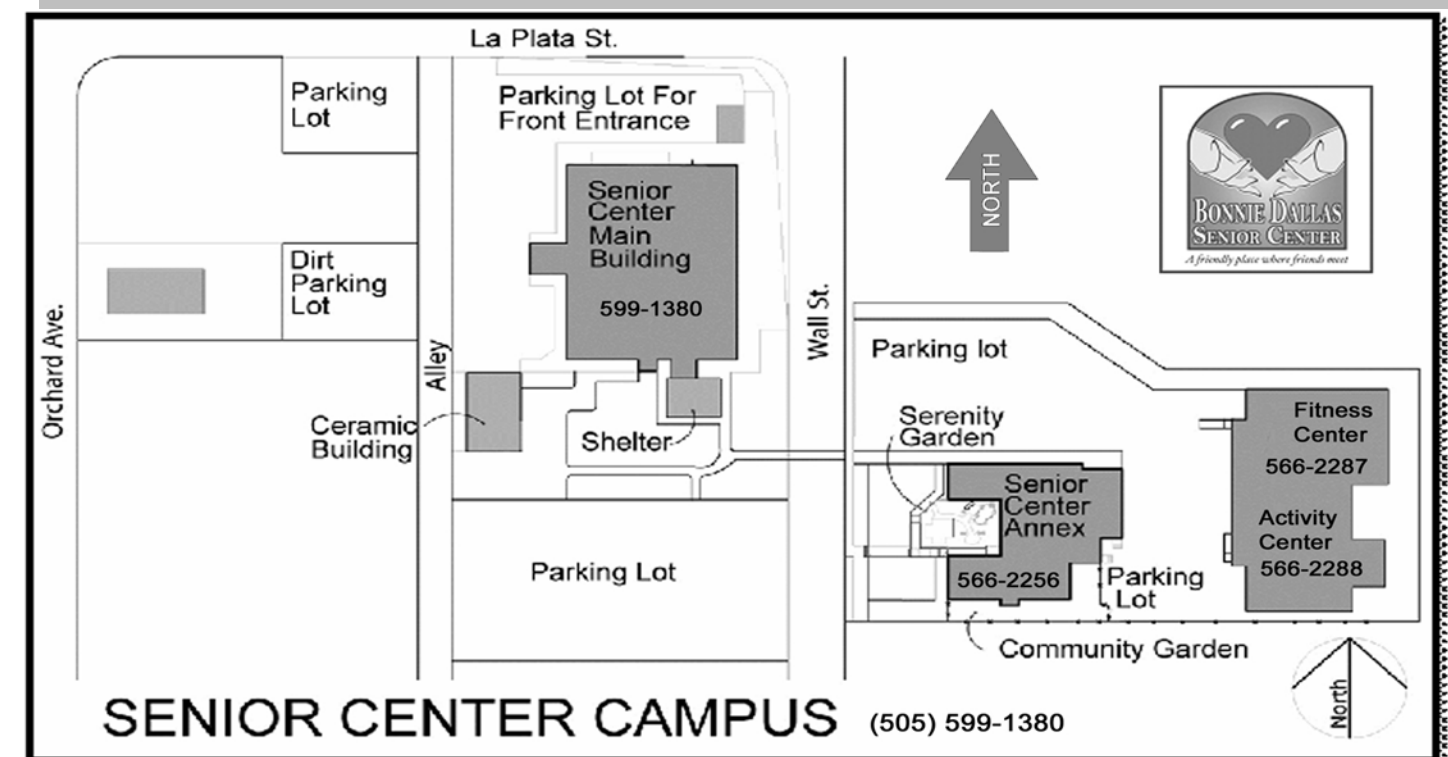
COMPUTER LAB
MAIN HALL & ANNEX



Computers are available for internet browsing & word processing.

LIBRARY- ANNEX

Books, puzzles, VCR movies, and DVDs are available to check out. Flexible magnification screen available for those who are vision impaired.




CLASS LOCATION KEY

MB Main Building -109 E. La Plata St

AX Annex -208 N. Wall St

AC Activity Center -208 N. Wall St (behind Annex Building)

CB Ceramics Building (Southwest of Main Building)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday Dance Night 7:00 p.m. – 10:00 p.m.
<p>Craft class is taking a break in January. They will resume the first Tuesday in February.</p>		<p>New Year's Eve Dance "Grant & Randy" \$3.00 per person, no matter what time you enter Dance Pass: \$30 for 11 dances Doors open @ 7:30 p.m. In the new Activity Center Behind the Annex on Wall St. ♦</p>	<p>CENTER CLOSED NEW YEAR'S HOLIDAY</p>	<p>9:00 Ceramics -CB 10:00 Weight Management "Weigh In" -AC 10:30 Exercise -AC 1:00 Music Club ♪-AX 1:00 Exercise -AC 2:00 Line Dance-Intermediate -AC</p>	<p>Off the Interstate \$3.00 per person, no matter what time you enter Dance Pass: \$30 for 11 dances Doors open @ 6:30 p.m. In the new Activity Center Behind the Annex on Wall St.</p>
<p>9:00 Oil Painting -AC 10:30 Exercise -AC 12:30 Mexican Train Dominoes -AX 12:30 Wood Carving -AC 1:00 Exercise -AC 1:00 BINGO -MB \$.50 per card.. Patron will also provide a gift worth \$1.00 or more Must be registered by 1:00 p.m.</p>	<p>9:30 Drawing Class + Calligraphy -AC 9:30 Writing Class -AC 1:00 Choral Group "Joyful Noise" ♪ -AC 1:00 Hooks and Needles -AC 1:00 Mah Jong -AX</p>	<p>10:30 Exercise -AC 12:30 "42" Dominoes -AX 1:00 Art Lab -AX 1:00 Basic Stone Cutting Class -AC 1:00 Ceramics -CB 1:00 Exercise -AC 2:00 Line Dance/ Advanced -AC</p>	<p>9:30 Tai Chi -AC 9:30 Paper Crafting -AX 10:30 NARFE -AX 10:30 Bible Study -AX 11:30 Canasta -AX 12:30 ART JEWELRY- ENCORE -AC 1:00 Line Dance/ Beginners -AC 1:00 Art Class -AX</p>	<p>9:00 Ceramics -CB 10:00 Weight Management "Weigh In" -AC 10:30 Exercise -AC 1:00 Music Club ♪-AX 1:00 Exercise -AC 2:00 Line Dance-Intermediate -AC</p>	<p>Grant & Randy \$3.00 per person, no matter what time you enter Dance Pass: \$30 for 11 dances Doors open @ 6:30 p.m. In the new Activity Center Behind the Annex on Wall St.</p>
<p>9:00 Oil Painting -AC 10:30 Exercise -AC 12:30 Mexican Train Dominoes -AX 12:30 Wood Carving -AC 1:00 Exercise -AC 1:00 BINGO -MB \$.50 per card.. Patron will also provide a gift worth \$1.00 or more Must be registered by 1:00 p.m.</p>	<p>9:30 Drawing Class + Calligraphy -AC 9:30 Writing Class -AC 10:30 Blood Pressure Clinic -MB CELEBRATE JANUARY BIRTHDAYS-THE BRIDGE (CAKE) -MB 1:00 Choral Group "Joyful Noise" ♪ -AC 1:00 Hooks and Needles -AC 1:00 Mah Jong -AX</p>	<p>10:30 Exercise -AC 12:30 "42" Dominoes -AX 12:30 DANCE "COUNTRY JAMMERS"-MB 1:00 Art Lab -AX 1:00 Basic Stone Cutting Class -AC 1:00 Ceramics -CB 1:00 Exercise -AC 2:00 Line Dance/ Advanced -AC</p>	<p>9:30 Tai Chi -AC 9:30 Paper Crafting -AX 10:30 Bible Study -AX 11:30 Canasta -AX 12:30 ART JEWELRY- ENCORE -AC 1:00 Line Dance/ Beginners -AC 1:00 Art Class -AX</p>	<p>8:00 AARP Drivers Safety Class -AX \$15 for AARP Members \$20 for non- members Advanced registration required 9:00 Ceramics -CB 10:00 Bible Study in Navajo -AX 10:00 Weight Management "Weigh In" -AC 10:30 Exercise -AC 1:00 Music Club ♪-AX 1:00 Exercise -AC 2:00 Line Dance-Intermediate -AC</p>	<p>Vintage People \$3.00 per person, no matter what time you enter Dance Pass: \$30 for 11 dances Doors open @ 6:30 p.m. In the new Activity Center Behind the Annex on Wall St.</p>
<p>9:00 Oil Painting -AC 10:30 Exercise -AC 12:30 Mexican Train Dominoes -AX 12:30 Wood Carving -AC 1:00 Exercise -AC 1:00 BINGO -MB \$.50 per card. Patron will also provide a gift worth \$1.00 or more Must be registered by 1:00 p.m.</p>	<p>9:30 Drawing Class + Calligraphy -AC 9:30 Writing Class -AC CELEBRATE JANUARY BIRTHDAYS-THE BEEHIVE (ICE CREAM) -MB 1:00 Choral Group "Joyful Noise" ♪ -AC 1:00 Hooks and Needles -AC 1:00 Mah Jong -AX</p>	<p>10:30 Exercise -AC 12:30 "42" Dominoes -AX 1:00 Art Lab -AX 1:00 Basic Stone Cutting Class -AC 1:00 Ceramics -CB 1:00 Exercise -AC 2:00 Line Dance/ Advanced -AC</p>	<p>9:30 Tai Chi -AC 9:30 Paper Crafting -AX 10:30 Bible Study -AX 11:30 Canasta -AX 12:30 ART JEWELRY- ENCORE -AC 1:00 Line Dance/ Beginners -AC 1:00 Art Class -AX</p>	<p>9:00 Ceramics -CB 10:00 Bible Study in Navajo -AX 10:00 Weight Management "Weigh In" -AC 10:30 Exercise -AC 1:00 Music Club ♪-AX 1:00 Exercise -AC 2:00 Line Dance-Intermediate -AC</p>	<p>Doors open @ 6:00 p.m. Main Building -109 E. La Plata St Bar D Wranglers Performance 7:00 p.m. – 8:00 p.m. Tickets sold in Advance Grant & Randy 8:00 p.m. – 10:00 p.m.</p>
<p>9:00 Oil Painting -AC 10:30 Exercise -AC 12:30 Mexican Train Dominoes -AX 12:30 Wood Carving -AC 1:00 Exercise -AC 1:00 BINGO -MB \$.50 per card. Patron will also provide a gift worth \$1.00 or more Must be registered by 1:00 p.m.</p>	<p>9:30 Drawing Class + Calligraphy -AC 9:30 Writing Class -AC 10:30 Blood Pressure Clinic -MB 1:00 Choral Group "Joyful Noise" ♪ -AC 1:00 Hooks and Needles -AC 1:00 Mah Jong -AX</p>	<p>10:00 Weight Management w/Nicole Clark RD AC 10:30 Exercise -AC 12:30 "42" Dominoes -AX 1:00 Art Lab -AX 1:00 Basic Stone Cutting Class -AC 1:00 Ceramics -CB 1:00 Exercise -AC 2:00 Line Dance/ Advanced -AC</p>	<p>9:30 Tai Chi -AC 9:30 Paper Crafting -AX 10:30 Bible Study -AX 11:30 Canasta -AX 12:30 ART JEWELRY- ENCORE -AC 1:00 Line Dance/ Beginners -AC 1:00 Art Class -AX</p>	<p>9:00 Ceramics -CB 10:00 Bible Study in Navajo -AX 10:00 Weight Management "Weigh In" -AC 10:30 Exercise -AC 1:00 Music Club ♪-AX 1:00 Exercise -AC 2:00 Line Dance-Intermediate -AC</p>	<p>Otis & The Rhythm \$3.00 per person, no matter what time you enter Dance Pass: \$30 for 11 dances Doors open @ 6:30 p.m. In the new Activity Center Behind the Annex on Wall St.</p>

FEBRUARY 2015


CLASS LOCATION KEY

MB Main Building -109 E. La Plata St

AX Annex -208 N. Wall St

AC Activity Center -208 N. Wall St (behind Annex Building)

CB Ceramics Building (Southwest of Main Building)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday Dance Night 7:00 p.m. – 10:00 p.m.
<p>2</p> <p>8:00 Tax Aide Counseling by Appt -AX 9:00 Oil Painting -AC 10:30 Exercise -AC 12:30 Mexican Train Dominoes -AX 12:30 Wood Carving -AC 1:00 Exercise -AC 1:00 Bingo -MB \$.50 per card.. Patron will also provide a gift worth \$1.00 or more Must be registered by 1:00 p.m.</p>	<p>3</p> <p>9:30 Drawing Class + Calligraphy -AC 9:30 Writing Class -AC 9:30 Crafts Class--Pre-registration required -AX 1:00 Choral Group "Joyful Noise" ♪ -AC 1:00 Hooks and Needles -AC 1:00 Mah Jong -AX</p>	<p>4</p> <p>10:00 Heart Health w/Carol Cherrey -RN AC 10:30 Exercise -AC 12:30 "42' Dominoes -AX 1:00 Art Lab -AX 1:00 Basic Stone Cutting Class -AC 1:00 Ceramics -CB 1:00 Exercise -AC 2:00 Line Dance/ Advanced -AC</p>	<p>5</p> <p>8:00 Tax Aide Counseling by Appt -AX 9:30 Tai Chi -AC 9:30 Paper Crafting -AX 10:30 Bible Study -AX 11:30 Canasta -AX 12:30 ART JEWELRY- ENCORE -AC 1:00 Line Dance/ Beginners -AC 1:00 Art Class -AX</p>	<p>6</p> <p>9:00 Ceramics -CB 10:00 Bible Study in Navajo -AX 10:00 Weight Management "Weigh In" -AC 10:30 Exercise -AC 1:00 Music Club ♪ -AX 1:00 Exercise -AC 2:00 Line Dance-Intermediate -AC</p>	<p>7</p> <p>Forever Young \$3.00 per person, no matter what time you enter Dance Pass: \$30 for 11 dances Doors open @ 6:30 p.m. In the new Activity Center Behind the Annex on Wall St. ♦</p>
<p>9</p> <p>8:00 Tax Aide Counseling by Appt -AX 9:00 Oil Painting -AC 10:30 Exercise -AC 12:30 Mexican Train Dominoes -AX 12:30 Wood Carving -AC 1:00 Exercise -AC 1:00 Valentine Bingo Party -MB \$.50 per card. Senior Center provides prizes and refreshments. Must be registered by 1:00 p.m.</p>	<p>11</p> <p>9:30 Drawing Class + Calligraphy -AC 9:30 Writing Class -AC 9:30 Crafts Class--Pre-registration required -AX 10:30 Blood Pressure Clinic -MB CELEBRATE FEBRUARY BIRTHDAYS-THE BRIDGE (CAKE) -MB 12:00 1:00 Choral Group "Joyful Noise" ♪ -AC 1:00 Hooks and Needles -AC 1:00 Mah Jong -AX</p>	<p>11</p> <p>10:30 Exercise -AC 12:30 "42' Dominoes -AX 1:00 Art Lab -AX 1:00 Basic Stone Cutting Class -AC 1:00 Ceramics -CB 1:00 Exercise -AC 2:00 Line Dance/ Advanced -AC</p>	<p>12</p> <p>8:00 Tax Aide Counseling by Appt -AX 9:30 Tai Chi -AC 9:30 Paper Crafting -AX 10:30 NARFE -AX 10:30 Bible Study -AX 11:30 Canasta -AX 12:30 ART JEWELRY- ENCORE -AC 1:00 Line Dance/ Beginners -AC 1:00 Art Class -AX</p>	<p>13</p> <p>9:00 Ceramics -CB 10:00 Bible Study in Navajo -AX 10:00 Weight Management "Weigh In" -AC 10:30 Exercise -AC 11:45 VALENTINE DINNER & DANCE - MB 1:00 Music Club ♪ -AX 1:00 Exercise -AC 2:00 Line Dance-Intermediate -AC</p>	<p>14</p> <p>CENTER CLOSED No Dance Presidents Day</p> 
<p>16</p> <p>CENTER CLOSED Presidents Day</p>	<p>17</p> <p>9:30 Drawing Class + Calligraphy -AC 9:30 Writing Class -AC 9:30 Crafts Class--Pre-registration required -AX 12:00 CELEBRATE FEBRUARY BIRTHDAYS-THE BEEHIVE (ICE CREAM) -MB 1:00 Choral Group "Joyful Noise" ♪ -AC 1:00 Hooks and Needles -AC 1:00 Mah Jong -AX</p>	<p>18</p> <p>10:30 Exercise -AC 12:30 "42' Dominoes -AX 12:30 DANCE "COUNTRY JAMMERS"-MB 1:00 Art Lab -AX 1:00 Basic Stone Cutting Class -AC 1:00 Ceramics -CB 1:00 Exercise -AC 2:00 Line Dance/ Advanced -AC</p>	<p>19</p> <p>8:00 Tax Aide Counseling by Appt -AX 9:30 Tai Chi -AC 9:30 Paper Crafting -AX 10:30 Bible Study -AX 11:30 Canasta -AX 12:30 ART JEWELRY- ENCORE -AC 1:00 Line Dance/ Beginners -AC 1:00 Art Class -AX</p>	<p>20</p> <p>9:00 Ceramics -CB 10:00 Bible Study in Navajo -AX 10:00 Weight Management "Weigh In" -AC 10:30 Exercise -AC 1:00 Music Club ♪ -AX 1:00 Exercise -AC 2:00 Line Dance-Intermediate -AC</p>	<p>21</p> <p>Grant & Randy \$3.00 per person, no matter what time you enter Dance Pass: \$30 for 11 dances Doors open @ 6:30 p.m. In the new Activity Center Behind the Annex on Wall St. ♦</p>
<p>23</p> <p>8:00 Tax Aide Counseling by Appt -AX 9:00 Oil Painting -AC 10:30 Exercise -AC 12:30 Mexican Train Dominoes -AX 12:30 Wood Carving -AC 1:00 Exercise -AC 1:00 Bingo -MB \$.50 per card.. Patron will also provide a gift worth \$1.00 or more Must be registered by 1:00 p.m.</p>	<p>24</p> <p>9:30 Drawing Class + Calligraphy -AC 9:30 Writing Class -AC 9:30 Crafts Class--Pre-registration required -AX 10:30 Blood Pressure Clinic -MB 1:00 Choral Group "Joyful Noise" ♪ -AC 1:00 Hooks and Needles -AC 1:00 Mah Jong -AX</p>	<p>25</p> <p>10:30 Exercise -AC 12:30 "42' Dominoes -AX 1:00 Art Lab -AX 1:00 Basic Stone Cutting Class -AC 1:00 Ceramics -CB 1:00 Exercise -AC 2:00 Line Dance/ Advanced -AC</p>	<p>26</p> <p>8:00 Tax Aide Counseling by Appt -AX 9:30 Tai Chi -AC 9:30 Paper Crafting -AX 10:30 Bible Study -AX 11:30 Canasta -AX 12:30 ART JEWELRY- ENCORE -AC 1:00 Line Dance/ Beginners -AC 1:00 Art Class -AX</p>	<p>27</p> <p>9:00 Ceramics -CB 10:00 Bible Study in Navajo -AX 10:00 Weight Management "Weigh In" -AC 10:30 Exercise -AC 1:00 Music Club ♪ -AX 1:00 Exercise -AC 2:00 Line Dance-Intermediate -AC</p>	<p>28</p> <p>Otis & The Rhythm \$3.00 per person, no matter what time you enter Dance Pass: \$30 for 11 dances Doors open @ 6:30 p.m. In the new Activity Center Behind the Annex on Wall St. ♦</p>