HAPPY NEW YEAR, 2024

I’ve never really been a fan of making New Year’s resolutions. I think of each year as the start of a new chapter – kind of a way to reinvent myself, develop better habits, and enhance my life. New Year’s resolutions make me more self-aware and encourage me to think about what is really important and what I really want to accomplish. So I will share a few goals or resolutions for all of us to consider as we begin this new year.

#1 Be Active: Commit to 10 Minutes of Exercise Daily. Mild to moderate physical activity leads to improved overall health for Senior Citizens. Exercises such as yoga, water aerobics, or walking help build strong bones and muscles while contributing to a healthy weight. Being active also boosts mental health.

#2 Eat Well: Older adults tend to require fewer calories than they did when they were younger. So, it’s extra important to select healthy foods. The USDA recommends five servings of fruits and vegetables each day, along with whole-grains and lean protein. Cooking at home is a great way to make healthier meals. Our monthly menu provides you with a lot of nutritional information to help you stay healthy.

#3 Plan Ahead: Take some time in 2024 to review your legal documents. Update your Will and Advanced Care Directive. You may also want to sit down with a loved one and make an age-in-place plan. The National Institute on Aging has a guide to help you evaluate your needs at https://www.nia.nih.gov/health/aging-place/aging-place-growing-older-home.

#4 Reach Out to Old Friends, and Make New Ones: Numerous studies show that socially active older adults have better cognition, lower risks of disability and depression, and overall better health. Social media makes it easy to find and reach out to old friends, while the Bonnie Dallas Senior Center provide ample opportunity to stretch yourself make new friends.

#5 Use Your Brain: You’ve probably heard the phrase, “use it or lose it.” This colloquialism is especially pertinent to your gray matter as you age. Experts suggest seniors keep their wits sharp with mind-bending puzzles like crossword and sudoku. There are also plenty of activities like, reading, writing and trying a new hobby that can help you ward off a decline in mental health.

And of course, there are many others. Be intentional in your goal setting for 2024, if for no other reason than to make up for the time you lost.
Adult Protective Services

Adult abuse, neglect, and exploitation are under-reported, yet can have severe or even deadly consequences. Older victims are four times more likely to be admitted to a nursing home, and have a risk of dying three times that of non-abused seniors. Adult Protective Services is the last resort for victims of elder abuse and younger adults with severe disabilities, serving as the “safety net for the safety net.”

Northwest: Serving San Juan, McKinley, Cibola, Valencia, Socorro and part of Sandoval Counties - Call (505) 287-1312 or Toll Free at (866) 654-3219

Legal Services

New Mexico Aging & Long Term Services Department helps to fund some organizations that provide advocacy and legal representation to assist older adults with greatest economic or social needs in securing and maintaining government benefits, housing, health care, basic human rights, consumer protection and domestic relation protection. Services range from brief telephone consultation to legal representation. Visit the Aging Department’s secure website at: https://www.nmaging.state.nm.us/legal-services.aspx for more information or to locate an organization providing legal services. You can also call the Aging Department for assistance at (800) 432-2080

HERE TO HELP YOU

Senior Citizens in San Juan County have access to weekly home cleaning services that include vacuuming, mopping, dusting, washing dishes, laundry, making beds and changing bed linens, grocery shopping and welfare checks. The service is no cost to the consumer, but contributions are always welcome. To get more information or to apply, call Charlene Trujillo at (505) 599-1390

Housing Options

Housing Options

HUD Apartment Complexes in Farmington

• Apple Ridge Apartments 1600 Cliffside Dr. (505) 327-0151
• Brentwood Manor Apartments 610 E. 30th St. (505) 326-0329
• Cedar Ridge Apartments 309 E. 28th St. (505) 325-2180
• Conquistador Apartments 2525 E. 16th St. (505) 325-2375
• Coronado Apartments 2630 N. Dustin (505) 325-2180
• Northgate Apartments 2500 W. Apache (505) 327-4197
• San Juan Apartments 2614 E. 20th St. (505) 325-8590
• Village Apartments 2800 N. Dustin Ave. (505) 325-2180

San Juan County Housing Authority - (505) 334-4544
SENIOR TRANSPORTATION SERVICES

Do you have limited mobility or need occasional transportation? If so, you might want to take advantage of our transportation service. It's a handy system offering more flexibility than taking the bus. We can accommodate wheelchairs and folks who have difficulties getting in and out of a sedan. If you're thinking this might be the right for you, make the call and be sure you qualify under the Older Americans Act. To get MORE information call: (505) 599-1241

Are You Looking For Transportation Options?

Our Vans Are Available Monday thru Friday,
Between 9am - 3pm
To Arrange A Ride, Call Patricia Sanchez

WE WILL TAKE YOU TO:
• Grocery Shopping
• Medical Appointments
• Prescription Pick Up
• Banking
• Hair Dresser or Barber
• Social Service Appointments

Volunteers Needed

Have you been looking for ways to get out of the house and serve your community in a truly valuable way? Give us a call and join our weekly meal delivery team. One or more days per week or even once a month - you have the passion, we have the need. Come Join Our Team, Call Patricia At (505) 599-1241

Find The Bonnie Dallas Senior Center On Facebook www.facebook.com/bdsrctr
The Bonnie Dallas Senior Center is offering respite care workers or funds for families caring for an elder family member. Registration and an assessment are required to enroll in this very valuable service. Once enrolled, the service will provide the family with an in-home caregiver or with the funds necessary to hire their own trusted caregiver on their own terms. You hire the caregiver, set the caregiver’s days and hours that fit with your schedule. If you would like to enroll, or get more information about this service, contact Charlene Trujillo or Kasandra Martinez at the registration desk or by calling (505) 599-1390 or (505) 599-1388.

The Bonnie Dallas Senior Center Will Be Closed Monday, January 1, 2024 We Will Return For Lunch On Tuesday, January 2nd

Memorial Luncheon
Join your friends at the Bonnie Dallas Senior Center and recognize one of the most influential figures of our generation, and celebrate the birth, life and legacy of the Reverend Doctor Martin Luther King Jr.
Your meal contributions stay right here with the Bonnie Dallas Senior Center and help us to purchase food, pay wages and also ensures that our homebound neighbors never have to worry about their next meal. Please partner with us as we proudly serve our community.

UPCOMING FOOT CARE CLINICS!

~WEDNESDAY~
JANUARY 17TH
~FRIDAY~
JANUARY 26TH

- $35 for a 45-minute session with Nurse Delta, RN
- Take care of troublesome nails & callouses with routine care
- Cash, check or card

Bonnie Dallas Senior Center Annex
In partnership with RiverWalk Foot Care, LLC

Call 505-634-9990
To pre-register or for more info
Physical exercise is as essential for the elderly as it is for people of other age groups and recreation is the key to having a healthy mind, along with a healthy life. Besides improving the quality of life, exercising in groups also help you make new connections, get acquainted with new people and also continue to improve your overall well-being. For elders who recently went through a major procedure or live alone at their homes while their children are living elsewhere, it gets difficult to manage themselves emotionally and also becomes challenging to carry out even the smallest of tasks. Hence, indulging in physical activities not only improves physical functioning but also improves the mental health in older adults. Here are some of the benefits of recreational activities for senior citizens.

https://anvayaa.com/blog/importance-recreational-activities-elderly/

SILVER FITNESS CENTER

The Silver Fitness Center is open to members, age 50 and older, Monday through Friday, 8:00 - 3:30, and Saturday, 9:00 - 2:00. For more information, call (505) 566-2287

**No Cost One Day Passes Are Available For First Time Visitors & Guests. Check with your physician before beginning or altering any physical activity or exercise regiment.

Silver Fitness Center Fees:
- 12 Month (Annual) $25.00
- 6 Month $15.00
- 3 Month $10.00
- 1 Month $5.00

AMAZING THINGS ARE HAPPENING HERE
Navajo & English Bible Study Groups

Come and Join the Navajo Bible Study in the Annex Building. This group meets each Wednesday morning between 10:00 - 11:00am in the Annex Multipurpose room. The Navajo Bible Study group is led by Francine Thomas who is a member of the Reformed Doctrine of the Development Network Program of Red Mesa. The group is co-led by Dorothy Armenta who is an Outreach Ministry member with Maranatha Fellowship Church. The English Bible Study meets on Thursday mornings at 10:30-11:30 am. All are welcome to join either group.

Mindfulness Group

Mindfulness practice is a simple but powerful form of meditation. It does not require any religious belief. In mindfulness, you focus gently on your breath. When you notice that your mind has wandered, you kindly and gently return your attention to your breathing. Science has shown that, over time, this practice will improve your physical health and your mood. Contact Robert Sherrill for more information. There is no cost to join this group.

Call for more information (505) 566-2256

Tai Chi Chuan (Tai Chi) is a form of martial arts which originated in China several hundred years ago. Nowadays, Tai Chi is practiced by millions of people daily the whole over as a gentle form of exercise. The gentle flowing moves (Picture the wind blowing gently over a wheat field) of Tai Chi are unique and cannot be mistaken for anything else. The movements of Tai Chi are mesmerizing and dreamlike. Indeed, Tai Chi has been affectionately called “Meditation in Motion”. The health benefits of practicing this art form regularly are simply too many to list: benefits like calming the mind, lower blood pressure, slowing the aging process, and the list goes on. This free class meets in the Dance Hall every Thursday morning at 8:45.

FOR MORE INFORMATION CALL OUR OFFICE (505) 566-2256

SharQui

The Bellydance Workout

9:00 am—Mon/Wed/Fri in the Activity Center

Learn authentic bellydance moves in a friendly, low-impact workout that’s as fun as it is good for you!

Try your 1st class free!

Alia DiRe, Certified Instructor
505-320-5364 gadire@msn.com
ICAN RETURNS JANUARY 5TH

ICAN is Here to Help!

ICAN stands for "Ideas for Cooking and Nutrition."

ICAN is free, fun, and offers classes that will help you:

- prepare quick & healthy meals that are low in cost
- learn new cooking skills
- store and prepare food safely
- get the most out of your food dollar
- become more physically active
- make healthier lifestyle choices

Educator: Jamie Ortiz
Contact: (505) 334-8468

Date: Friday
Time: 10:00 a.m.
Location: I will see you in the lunch room
109 East La Plata Street, Farmington

If you are an individual with a disability and need an auxiliary aid or service, please contact Jamie Ortiz at 334-8468 by January 4, 2023

Free AARP Tax Preparation

January 22 - April 15
That’s Right, It’s Tax Time Again! And The Bonnie Dallas Senior Center Is Here To Help You
Patrons May Start Making Appointments For The No Cost AARP Tax Preparation Beginning On
Monday, January 22, 2024

TO SCHEDULE YOUR TAX APPOINTMENT
You May Also Schedule Your Appointment By Visiting The Bonnie Dallas Senior Center Annex Located At
208 North Wall Avenue, Farmington NM 87401
Appointments Fill Up Fast - Once Full We Cannot Take Any More

Please Bring The Following Documents To Your Appointment:
- Social Security card and photo I.D., for self and spouse
- Social Security cards for all dependents
- 2023 income tax returns and records
- If you paid estimated tax for 2023, we need the amounts and dates paid
- SAA-1099 From Social Security
- W-2 From Employers
- 1099 forms from bank, credit union, broker, retirement plans, etc.
- Unemployment documents
- All other income - self employment, gambling, child care
- 2023 Property Tax Bills
- Health Care expenses
- Bank account number for direct deposit

THE BONNIE DALLAS SENIOR CENTER IS NOT RESPONSIBLE FOR TAX PREPARATION AND MAINTAINS NO RECORD OF TAX DOCUMENTS PREPARED BY THE AARP

Saturday Night Dance

Otis & The Rhythm
Saturday, January 13
6:00 - 9:00 Each Night
$3.00 Entry Fee
By practicing gratitude over time, we can learn to notice and appreciate not only the positives, but also develop better attitudes about the negatives ... the challenges, losses, and frustrations that we all face as we age. Adopting an attitude of gratitude means tackling the negative things and challenging ourselves to find ways to be grateful for them.

The best way to practice gratitude over time is to build it into your daily routine as a habit, much the same way that you make brushing your teeth a daily habit. Here are some tips from Aging Mastery® participants on how they incorporate gratitude into their lives:

- “I ask myself every morning, ‘What am I grateful for today?’”
- “I send thank-you cards to old friends, family, and acquaintances. This weekend, I'll write thank-you cards to my health care providers to say ‘thanks’ for their care this year.”
- “I write down and then say out loud what I am grateful for.”
- “I keep a gratitude journal. I see so much more to be grateful for and I’m happier.”

As you can see, there is no one-size-fits-all approach, but practice does make perfect. The added benefit of practicing gratitude every day is that, over time, you can watch your good thoughts accumulate which can be a source of both inspiration and solace in your life.

Appreciating the world around us from the moment we wake up until the moment we go to sleep is a skill to be learned and incorporated into daily living. It is the starting point of aging both masterfully and gracefully.
ANNEX ACTIVITIES

Monday
10:30 - 3:30
Bridge Studio Room

10:00 - 12:30
Pinochle Multipurpose Room

Board Games
1:00 - 2:30
Classroom

Piano Lessons With Nadine
12:00-3:00
Sun Room

Some Classes Or Groups Have Fees
Check With The Instructor Or The Annex Staff If You Have Questions 505-566-2256

Tuesday
9:00 - 12:00
Crafty Ladies Conference Room

9:30 - 11:30
Writing Circle Sun Room

10:30 - 3:30
Quilting & Sewing Studio Room

1:00 - 3:30
Hooks & Needles Sun Room

Wednesday
10:00 - 11:00
Navajo Bible Study Multipurpose Room

10:30 - 11:30
Mindfulness Group Sun Room

10:30 - 3:30
Sew Sew Quilters Classroom

1:00 - 3:00
Bead Work Sun Room

Thursday
9:00 - 1:00
Seams to Bee Quilting Classroom

10:30 - 11:30
Bible Study Multipurpose Room

1:00 - 2:00
Trivia in the Lounge

Do you have an idea or suggestion for additional classes?
Contact Christie Howell in the Senior Center Annex 505-566-2258

Friday
9:00 - 11:30
Diamond Art Group Classroom

10:00 - 12:30
Pinochle Multipurpose Room

10:30 - 3:30
Quilting & Sewing Studio Room

12:30 - 3:30
Mexican Train Dominoes Sun Room

All Offices Are Closed Saturday & Sunday Unless We Announce A Special Event

Register For Encore Classes By Visiting The SJC Encore Website at https://www.sanjuancollege.edu/encore/
Or To Get More Information On These Or Other Encore Classes, Call (505) 566-3214

ART STUDIO CLASSES

Monday
9:00 - 3:00
Open Art Lab

Tuesday
9:00 - 3:00
Open Art Lab

Wednesday
9:00 - 1:00
Open Art Lab

1:00 - 3:00
Ceramics Class w/ Tina

Thursday
9:30 - 12:20
Encore Basic Drawing

12:20 - 3:40
Encore Jewelry Making Class w/ Katheryn

Friday
9:00 - 3:00
Open Art Lab
The role of our Advisory Board is to reflect the needs and desires of the people who use the senior center. The Advisory Board members are private citizens who open doors for all patrons by providing opinion, input, and direction. Please consider adding your voice to our cause and become a member.

Next Meeting January 31, 2024

**ACTIVITY CENTER PROGRAMS**

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**ACTIVITY CENTER PROGRAMS**

Come and join us! Line Dancing is a lot of fun and has proven to be a perfect exercise for those that need to work on their coordination and balance. The quick movements and patterns are good for increasing brain memory and heart health. As with any weight-bearing exercise your bones get a good work out also and this can help increase your bone density.

**Do You Have Time?**
**Do You Have Talents?**
**Do You Have Ideas?**

You Are Invited To Share Your Time, Talents & Ideas As Part Of Our Advisory Board.

For More Information Contact Jack: 505-599-1383
2024 BDSC ACTIVITIES LIST
January - June

JANUARY
HOLIDAY CLOSURE
Monday, January 1 – New Year's Day

Bingo #1
Friday, January 19

Date Night Dance #1
Saturday, January 13
Saturday, January 27
6pm - 9pm
Dance Fee $3.00

FEBRUARY
Valentine's Day Lunch
Wednesday, Feb 14
11:30am - 1pm

Bingo #2
Friday, February 16

HOLIDAY CLOSURE
Monday, February 19 – President's Day

Date Night Dance #2
Saturday, February 10
Saturday, February 24
6pm - 9pm
Dance Fee $3.00

MARCH
St. Patrick's Day Lunch
Friday, March 15

Bingo #3
Friday, March 15

Date Night Dance #3
Saturday, March 9
Saturday, March 23
6pm - 9pm
Dance Fee $3.00

2024 Senior Olympics
March 11 – May 31
Opening Ceremony
March 11

Bisti Walk
Wednesday, March 20
Vans Depart BDSC at 7:30am
Vans Depart Bisti at 1pm
No Van Fee
Sack Lunch & Water Available

HOLIDAY CLOSURE
Friday, March 29 – Good Friday

APRIL
Bingo #4
Friday, April 12

Meow Wolf – Santa Fe
Friday, April 19
Vans Depart BDSC at 6am
Vans Depart Santa Fe at 3pm
Van Fee $5.00
Sack Lunch Available
Exhibit Entry Fee Applies ($36 - $55)

Date Night Dance #4
Saturday, April 6
Saturday, April 20
6pm - 9pm
Dance Fee $3.00

MAY
Mother's Day Lunch
Friday, May 10

Bingo #5
Friday, May 17

Date Night Dance #5
Saturday, May 11
Saturday, May 25
6pm - 9pm
Dance Fee $3.00

HOLIDAY CLOSURE
Monday, May 27 – Memorial Day

2024 Senior Olympics
March 18 – May 31
Closing Ceremony
Friday, May 31

JUNE
Monument Valley
Friday, June 7
Vans Depart BDSC at 6am
Vans Depart Monument Valley at 3pm
Van Fee $5.00
Sack Lunch Available
Park Entry Fee $9

Bingo #6
Friday, June 14

Spring Community Yard Sale
Saturday, June 15
8am – 3pm

Date Night Dance #6
Saturday, June 15
Saturday, June 29
6pm - 9pm
Dance Fee $3.00
GET YOURSELF READY FOR THIS YEAR'S OUTDOOR ACTIVITIES & ADVENTURES

2024 SENIOR OLYMPICS
March 11 - May 31, 2024

- 2 K Walk/Run
- Basketball Free Throw
- Bowling
- Croquet
- Darts
- Shuffleboard
- Table Tennis
- 8 Ball Pool
- Cornhole (Teams)
- Disc Golf
- Foot Golf
- Golf
- Horseshoes
- Pickleball
- Field day
- 1/2 Mile Run
- Kickball Distance & Accuracy
- Frisbee Distance & Accuracy
- Shot Put
- Discus
- Long Jump

MORE INFORMATION COMING SOON

Bisti Badlands
De-na-zin Wilderness
Wednesday, March 20, 2024
Van Departs BDSC at 7:30am
Sack Lunch & Water Available
No Van Fee

Monument Valley, Arizona & Utah
Take A Trip With Us For An Other Worldly Experience
Friday, June 7, 2024
Van Departs BDSC at 6am and Departs Monument Valley at 3pm
Van Fee $5.00, Sack Lunch and Water Will Be Available
Sign Up Begins Friday, May 31
COMMUNITY YARD SALE

Saturday, June 15, 2024
8:00am - 3:00pm
Bonnie Dallas Senior Center
109 East La Plata Street, Farmington

Lunch Available 11:00am - 1:00pm

Vendors Should Contact Charlene Trujillo
(505) 599-1380
Sign Up Early For The Best Rate
The Bonnie Dallas Senior Center Is

NOW HIRING DOMESTIC CLEANERS

$15 Per Hour

505-599-1390
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</tr>
<tr>
<td></td>
<td>Grapes</td>
<td>Spiced Peaches</td>
<td>Grapes</td>
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<tr>
<td>19</td>
<td>Taco Salad</td>
<td>Mandarin Chicken</td>
<td>Braised Pork</td>
<td>Open Faced Beef Sandwich</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Pinto Beans</td>
<td>Brown Rice</td>
<td>Rice Pilaf</td>
<td>Crackers</td>
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</tr>
<tr>
<td></td>
<td>Zucchini</td>
<td>Stir Fry Vegetables</td>
<td>Oriental Vegetables</td>
<td>Salad</td>
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<tr>
<td></td>
<td>Mango</td>
<td>Mandarins</td>
<td>Salad</td>
<td>Cornbread</td>
<td></td>
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<tr>
<td>29</td>
<td>Ruben Sandwich</td>
<td>Garlic Herb Tilapia</td>
<td>Over Age 60</td>
<td>Classic Chili</td>
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<tr>
<td></td>
<td>Mediterranean Vegetables</td>
<td>Potatoes</td>
<td>$3.00 Suggested</td>
<td>Crackers</td>
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<tr>
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<td>Sun Chips</td>
<td>Tomatoes</td>
<td>Contribution</td>
<td>Salad</td>
<td></td>
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<tr>
<td></td>
<td>Pear</td>
<td>&amp; Onion</td>
<td>$6.00 Fee For All Other</td>
<td>Cornbread</td>
<td></td>
</tr>
<tr>
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<td></td>
<td>Cabbage Slaw</td>
<td>Under Age 60 Guests</td>
<td>Pears</td>
<td></td>
</tr>
</tbody>
</table>

**MENUS ARE SUBJECT TO CHANGE WITHOUT NOTICE**

**MILK SERVED DAILY**
8 High-Protein Foods

1. Almonds
2. Broccoli
3. Eggs
4. Lean beef
5. Oats
6. Poultry
7. Quinoa
8. Seafood
The Bonnie Dallas Senior Center is a Division of the Parks, Recreation and Cultural Affairs Department of the City of Farmington, New Mexico  505-599-1401

Contact Us
Give us a call for more information about any of our services or programs

Bonnie Dallas Senior Center
109 East La Plata Street
Farmington, NM 87401
505-599-1380

Fitness Center
208 North Wall Avenue
Farmington, NM 87401
505-566-2287

Annex
208 North Wall Avenue
Farmington, NM 87401
505-566-2258

Visit us on the web at:
www.https:// www.fmtm.org/200/Senior -Center

Or on Facebook at:
https:// www.facebook.com/ bdsrctr/

Aztec Senior Center
101 South Park Street
Aztec, NM 87410

Contact
Connie Hutcheson
505-334-2881

Blanco Senior Center
7338 Highway 64
Blanco, NM 87412

Contact Michelle Murray
505-632-9146

Bloomfield Senior Center
124 West Ash Street
Bloomfield, NM 87413

Contact Jessica Polatty
505-632-8351

Lower Valley Senior Center
17 County Road 6668
Fruitland, NM 87416

Contact Michelle Murray
505-598-0054

CHRISTMAS 2023