February is American Heart Month, a time when all people can focus on their cardiovascular health. Taking time to care for your heart can be challenging as you go about daily life. But it’s easier than you think to show your heart the love it deserves each day. Small acts of self-care, like taking walks, getting quality sleep, and cooking healthy meals, help your heart.

Heart-healthy living involves understanding your risk, making healthy choices, and taking steps to reduce your chances of getting heart disease, including coronary heart disease, the most common type. By taking preventive measures, you can lower your risk of developing heart disease that could lead to a heart attack. You can also improve your overall health and well-being.

Move More

- Get at least 2½ hours of physical activity each week—that’s just 30 minutes a day, 5 days a week.
- Can’t carve out a lot of time in your day? Don’t chuck your goal, chunk it! Try 5, 10, or 15 minutes a few times a day. Some physical activity is better than none.

Eat Healthy Foods

- A healthy diet that is low in sodium and saturated fat is key to heart disease prevention.
- Such as eating vegetables, fruits, whole grains, vegetable oils, and fat-free or low-fat dairy products.
- Limiting foods sugar and other sweeteners.

More On Page 17
Do you or an older family member need help locating resources and support in San Juan County? Call our office at (505) 599-1380 to get connected with local organizations helping out in our community.

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

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

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

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

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

BONNIE DALLAS SENIOR CENTER
109 EAST LA PLATA STREET,
FARMINGTON, NM
HOURS OF OPERATION:
MAIN OFFICES: 8:00am - 3:30pm
LUNCH SERVED: 11:30am - 1:00pm
TRANSPORTATION: 9:00am - 3:00pm
ACTIVITY CENTER: 8:00am - 3:30pm
ANNEX: 8:00am - 3:30pm
FITNESS CENTER SATURDAY HOURS
9:00am - 2:00pm

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

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.

<table>
<thead>
<tr>
<th>Silver Fitness Center Fees:</th>
<th></th>
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<tbody>
<tr>
<td>12 Month (Annual)</td>
<td>$25.00</td>
</tr>
<tr>
<td>6 Month</td>
<td>$15.00</td>
</tr>
<tr>
<td>3 Month</td>
<td>$10.00</td>
</tr>
<tr>
<td>1 Month</td>
<td>$5.00</td>
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</tbody>
</table>

Creative Writer’s Circle

Writers of all skill levels and genres are welcome

Come enjoy good company, outlandish conversation, exciting ideas and exchange thoughts with others.

The group meets Tuesdays at 9:30am in the Sun Room. There are no fees to join this group, just an open mind and a desire to express yourself.
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
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 McKayla Pinto at the registration desk or by calling (505) 599-1390 or (505) 599-1388.

Bring A Friend & Join Us For Navajo Tacos On Wednesday, February 14

The Crafty Ladies
Crafting Group Meets Each Tuesday, 9:30—12:00 In The Annex Conference Room

Our Computer Lab Is Open BDSC Annex Monday - Friday 8:00am - 3:00pm

Please donate

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.

The Bonnie Dallas Senior Center Will Be Closed on Monday, February 19, 2024

Amazing Things Are Happening Here
1:00PM - FRIDAY
FEBRUARY 16
$1.00 Entry Fee
Receive 2 Cards

SATURDAY NIGHT DANCE
With Otis & The Rhythm

Saturday Night
DATE NIGHT DANCE
Saturday, February 10, 2024
6:00pm - 9:00pm
$3.00
Doors Open At 5:00pm

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
PLEASE CALL: (505) 566-2256
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

AARP DRIVERS SAFETY COURSE

REFRESH YOUR KNOWLEDGE ON THE BASICS OF DRIVING SAFELY

BONNIE DALLAS SENIOR CENTER (ANNEX)
208 N. WALL AVENUE, FARMINGTON
FRIDAY, FEBRUARY 23  8:00am - 12:00pm
FEES:  SENIOR CENTER FEE $2.00
       AARP MEMBERS $20
       NON MEMBERS $25

TO RESERVE YOUR SPACE IN THE CLASS
CALL 505-566-2256

ONLY 20 SPACES AVAILABLE
Welcome Our New Employees
From Left To Right:
Liz Hartwell (Kitchen)
Jamie Appleton (HDM/Trans)
Cindy King (HDM/Trans)
GET YOURSELF READY
FOR THIS YEAR'S OUTDOOR ACTIVITIES & ADVENTURES

2024 HIGH DESERT GAMES
March 11 - May 31, 2024

IN ASSOCIATION WITH NEW MEXICO SENIOR OLYMPICS
Registration Begins February 12
Opening Ceremony Friday, March 11
Closing-Award Ceremony Wednesday, May 31

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

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
POSTPONED July 12, 2024
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
UPCOMING FOOT CARE CLINICS!

~FRIDAY~
FEBRUARY 16TH
***

~WEDNESDAY~
FEBRUARY 28TH

- $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

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
San Juan College
Occupational Therapy Students
At The Bonnie Dallas Senior Center

JOIN THE SAN JUAN COLLEGE
OCCUPATIONAL THERAPY
ASSISTANT STUDENTS IN A SPECIAL,
FUN CLASS

Advanced Chair Exercises
FREE

MONDAYS 10 - 11:15 AM
IN THE ANNEX

FEBRUARY 5
FEBRUARY 12
FEBRUARY 26
2024 Healthy Living with Diabetes

Classes meet Wednesdays from 3:00 p.m.– 5:00 p.m.

Bonnie Dallas Senior Center
Annex Building
208 North Wall Avenue
Farmington, New Mexico

To register for Classes and additional information call 505.609.2867

<table>
<thead>
<tr>
<th>Class Date</th>
<th>Class Topics</th>
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| January – 10, 17, 24, 31 | CLASS 1
- What is Diabetes?
- Lifestyle Changes and Testing
- Glucose Pattern Management
- Preventing Long Term Complications |
| March – 6, 13, 20, 27 | CLASS 2
- Carbohydrate Counting
- Label Reading
- Lipids and Heart Health Risks
- Heart Healthy Nutrition Strategies |
| May – 8, 15, 22, 29 | CLASS 3
- Exercise and Activity
- Hypoglycemia
- Medications/Insulin
- Stress |
| August – 7, 14, 21, 28 | CLASS 4
- Sick Day Management
- Foot Care Issues
- Alcohol and Tobacco
- American Diabetes Association Standards of Care |
| October – 9, 16, 23, 30 |                                                                               |

CALL (505) 609-2867 TO REGISTER FOR MARCH CLASSES
The Bonnie Dallas Senior Center Is

NOW HIRING
DOMESTIC CLEANERS

$15 Per Hour

WE ARE HIRING

Part Time Workers In Our
Transportation & Activities Offices
20 Hours Per Week
With The Bonnie Dallas Senior Center
Must be Age 55 or Older
& Meet Low Income Standards
Visit Us To Apply
109 East La Plata Street
Farmington, NM 87401
(505) 599-1380
## ANNEX ACTIVITIES

### Monday
- **10:30 - 3:30**
  - Bridge
  - Studio Room
- **10:00 - 12:30**
  - Pinochle
  - Multipurpose Room
- **1:00-3:00**
  - Piano Lessons
  - With Nadine
  - Sun Room

### 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 - 3:00**
  - Sew Sew Quilters
  - Classroom
- **1:00 - 3:00**
  - Bead Work
  - Sun Room

### Thursday
- **9:00 - 3:00**
  - Seams to Bee Quilting
  - Classroom
- **10:30 - 11:30**
  - Bible Study
  - Multipurpose Room
- **10:30 - 3:30**
  - Trivia in the Lounge
- **1:00 - 2:00**
  - 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**
  - Mexican Train Dominoes
  - Sun Room

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

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

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

ACTIVITY CENTER PROGRAMS

Monday
9:00 - 10:00
Encore
Exercise
SharQui
w/ Alia
10:30 - 11:30
Encore
Exercise Class
w/ Sue
2:00 - 3:30
Line Dance
Jamboree
w/ Joyce

Tuesday
9:45 -11:00
Encore
Chair Exercise
w/ Kathy
11:00 - 12:00
Martial Arts
1:00 - 2:00
Line Dance
Beginners
w/ Linda
2:00 - 3:00
Line Dance
Transition
w/ Linda

Wednesday
9:00 - 10:00
Encore
Exercise
SharQui
w/ Alia
10:30 - 11:30
Encore
Exercise Class
w/ Kathy
2:00 - 3:30
Line Dance
Transition
w/ Linda

Thursday
8:45 - 9:45
Tai Chi
9:45 -11:00
Encore
Chair Exercise
w/ Kathy
11:00 - 12:00
Martial Arts
2:00 - 3:30
Line Dance
Advanced

Friday
9:00 - 10:00
Encore
Exercise
SharQui
w/ Alia
10:30 - 11:30
Encore
Exercise Class w/Sue
2:00 - 3:30
Line Dance
Intermediate
w/ Linda
& Marie

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

Next Meeting February 28,2024
2024 BDSC ACTIVITIES LIST
February - June

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
Aim for a healthy weight

- Being overweight is hard on your heart. It increases your risk of having heart disease, a stroke, high cholesterol, high blood pressure, and diabetes.
- Choosing heart-healthy foods and getting regular exercise will help you achieve and maintain a healthy weight.

Quit smoking

- The chemicals in tobacco smoke harm your heart and blood vessels in many ways.
- Quitting is hard, but many people have succeeded, and you can too. Ask your family and friends for support in your effort.

Reduce stress and improve sleep

- Stress can contribute to high blood pressure and other heart risks.
- Not getting enough sleep or regularly getting poor quality sleep increases the risk of having high blood pressure, heart disease, and other medical conditions. Aim for 7–8 hours of sleep a night.

Know your numbers

- Meet your heart health goals by keeping track of how much you exercise, your blood pressure, your cholesterol numbers—all of which can impact your heart health—and tell your doctor how you’re doing.

Know the warning signs

Don’t wait to get help if you experience any heart attack warning signs. Some heart attacks are sudden and intense, but others start slowly, with mild pain or discomfort. Pay attention to your body and call 911 if you experience:

- **Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes – or it may go away and then return. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- **Discomfort in other areas of the upper body.** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- **Shortness of breath.** This can occur with or without chest discomfort.
- **Other signs.** Other possible signs include breaking out in a cold sweat, nausea or lightheadedness.
Fish will be offered as a substitute entrée every Friday during Lent, February 16 through March 22, 2024. You must specify that you would prefer fish rather than the entrée offered on the menu.
REPLACE BAD HABITS WITH HEALTHY CHOICES

STRESSFUL DAY AT WORK

Ice Cream ➔ A Walk With A Friend

CRAVING JUNK FOOD

Fast Food ➔ Cooking With Your Spouse

BOREDOM

Bag of Chips ➔ A Book
RESPECT

1. Treat others the way you want to be treated
2. Showing kindness and consideration
3. Liking yourself enough to be yourself
4. Accepting others for who they are

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

Other San Juan County Area Senior Centers

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

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.fmtn.org/200/Senior-Center
Or on Facebook at:
https://www.facebook.com/bdsrctr/

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

Looking Back
Valentine’s Day
Tuesday, February 14, 2023