



June 2025



Bosque Farms Community Center

505-869-5133

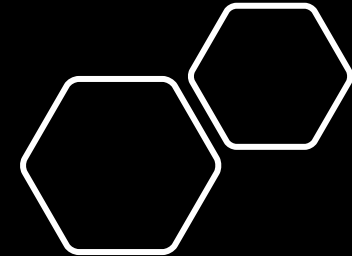
ccdirector@bosquefarmsnm.gov

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 8 AM ZUMBA 9:00 Tai Chi Practice 10:15 Strength & Balance 12:00 Senior Meals 6:00 ZUMBA	3 9:30 Yoga 10:30 Coffee & Donuts Rockhounds 12:00 Senior Meals 12:30 Bridge & Dominoes 4:00 Chair Yoga	4 8 AM ZUMBA 9:00 Tai Chi Practice 9-10 Waffle Breakfast 10:15 Strength & Balance 12:00 Senior Meals 1:00 Line Dance 6:00 ZUMBA	5 9:30 Yoga 10:30 Spanish Class 12:00 Senior Meals 12:30 Bingo	6 8 AM ZUMBA 9:00 Tai Chi Practice 10:15 Strength & Balance 12:00 Senior Meals	7 
8	9 8 AM ZUMBA 9:00 Tai Chi Practice 10:15 Strength & Balance 12:00 Senior Meals 1:00 SSLO Presentation: Estate Planning 6:00 ZUMBA	10 9:30 Yoga 10:15 Nevaeh Hospice 10:30 Coffee & Donuts 11:00 Enchantment Band  12:00 Senior Meals 12:30 Bridge & Dominoes 4:00 Chair Yoga	11 8 AM ZUMBA 9:00 Tai Chi Practice 10:15 Strength & Balance 12:00 Senior Meals 1:00 Line Dance 6:00 ZUMBA 7:00 Writer's Group	12 9:30 Yoga 10:30 Spanish Class 12:00 Senior Meals 12:30 Bingo	13 8 AM ZUMBA 9:00 Tai Chi Practice 10:15 Strength & Balance 12:00 Senior Meals	14
15 	16 8 AM ZUMBA 9:00 Tai Chi Practice 10:15 Strength & Balance 11:15 Trip: (PanAm) Texas Roadhouse 12:00 Senior Meals 6:00 ZUMBA	17 9:30 Yoga 10:30 Coffee & Donuts 10:30 Presentation: Titanic 12:00 Senior Meals 12:30 Bridge & Dominoes 4:00 Chair Yoga	18 8 AM ZUMBA 9:00 Tai Chi Practice 10:15 Strength & Balance 12:00 Senior Meals 1:00 Line Dance 6:00 ZUMBA	19 Juneteenth (Village of BF Closed) 9:30 Yoga 10:30 Spanish Class 12:00 Senior Meals 12:30 Bingo	20 8 AM ZUMBA 9:00 Tai Chi Practice 10:15 Strength & Balance 12:00 Senior Meals	21
22  \$3 2-5 PM Fiddlers & Musicians	23 8 AM ZUMBA 9:00 Tai Chi Practice 10:15 Strength & Balance 12:00 Senior Meals 1:00 SSLO Workshop: Power of Attorney 6:00 ZUMBA	24 9:30 Yoga 10:30 Coffee & Donuts 12:00 Senior Meals 12:30 Bridge & Dominoes 4:00 Chair Yoga	25 8 AM ZUMBA 9:00 Tai Chi Practice 10:15 Strength & Balance 11:15 Greg See  12:00 Birthday Party  1:00 Line Dance 6:00 ZUMBA 7:00 Writer's Group	26 9:30 Yoga 9:30-11:30 Teeniors 10:30 Spanish Class 12:00 Senior Meals 12:30 Bingo	27 8 AM ZUMBA 9:00 Tai Chi Practice 10:15 Strength & Balance 12:00 Senior Meals	28 7-9 PM Plumb \$5 Adequate 
29	30 8 AM ZUMBA 9:00 Tai Chi Practice 10:15 Strength & Balance 11:15 Trip: 66 Diner 12:00 Senior Meals 6:00 ZUMBA	<u>JULY 1</u> 9:30 Yoga 10:30 Coffee & Donuts Rockhounds 12:00 Senior Meals 12:30 Bridge & Dominoes 4:00 Chair Yoga	<u>JULY 2</u> 8 AM ZUMBA 9:00 Tai Chi Practice 9-10 Waffle Breakfast 10:15 Strength & Balance 12:00 Senior Meals 1:00 Line Dance 6:00 ZUMBA	<u>JULY 3</u> 9:30 Yoga 10:30 Spanish Class 12:00 Senior Meals 12:30 Bingo		

⊕ 1% Milk served at meals

Valencia County JUNE 2025

Monday 2, 2025 Frito Pie Island Mix Strawberry Gelatin	Tuesday 3, 2025 Chicken Fajita Spanish Rice Capri Blend Salsa Orange	Wednesday 4, 2025 Shepherd's Pie Green Beans /w Diced Tomatoes Wheat Roll w/ Margarine Fruit Salad	Thursday 5, 2025 Chicken Salad Sandwich Tomato, Cucumber Onion Salad Sun Chips Banana	Friday 6, 2025 Salisbury Steak w/ Mushroom Beef Gravy Mashed Potatoes Mediterranean Blend Wheat roll Spiced peaches
Monday 9, 2025 Sloppy Joe Sandwich Peppers and Onions Batter Bite Potatoes Broccoli Tropical Fruit Salad	Tuesday 10, 2025 GC Chicken Stew Tossed Salad w/ Ranch Dressing Flour Tortilla Fruit Cocktail	Wednesday 11, 2025 Chile Cheese Dog Scandinavian Blend Pears	Thursday 12, 2025 Chicken Enchiladas Pinto Beans Chateau Vegetables Watermelon	Friday 13, 2025 Hot Turkey "Sandwich" Mashed Potatoes Sliced Carrots Grapes
Monday 16, 2025 Beef and Mushroom Ragu Italian Blend Vegetable Peaches	Tuesday 17, 2025 Chicken & Vegetables Beet and Onion Steamed Brown Rice Apple slices	Wednesday 18, 2025 Meat Ball Sandwich Vegetable Medley Three Bean Salad Apricots Oatmeal cookie	Thursday 19, 2025 Tamale W/Red Chile Spanish rice Quelites Yogurt Mixed Berries	Friday 20, 2025 Ham and Cheese Sandwich Broccoli Salad Baby Carrots Cantaloupe
Monday 23, 2025 Beef & Papas Salsa Tortilla Tossed salad w/ Dressing Zucchini & Diced Tomatoes Pear	Tuesday 24, 2025 Tuna Salad Sandwich Potato Salad Cucumber & Tomato Salad Strawberries & Bananas	Wednesday 25, 2025 Beef Stew Tossed Salad w/ dressing Wheat roll w/ butter Fruit Salad Peanut Butter Cookie	Thursday 26, 2025 BBQ Chicken Collard Greens Green Beans Cornbread w/ honey & butter Watermelon	Friday 27, 2025 Beef Tacos Pinto Beans Spinach Mandarin Oranges Pineapple Chunks
Monday 30, 2025 Red Chile with Chicken Carrots Pinto Beans Flour Tortilla Tropical Fruit salad				Occasionally We Must Substitute Food Items We Are Sorry for the Inconvenience



CHAIR YOGA!
Tuesdays ~ 4 PM

YogaFit Certified Instructor:
RICK GROSS

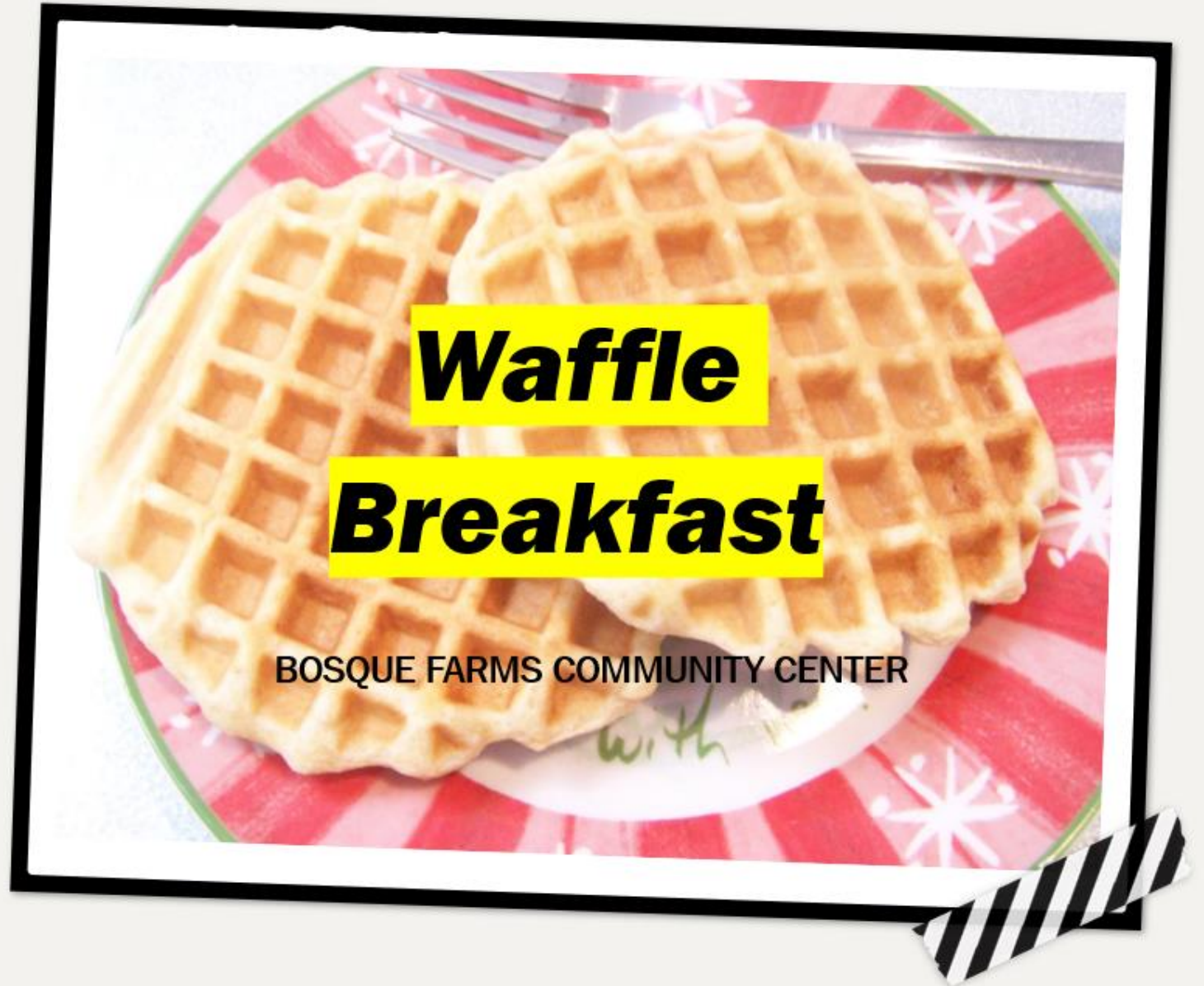
Bosque Farms Community Center

1st Wednesday
of every month

9 - 10 am

**Bring your
favorite topping or
prepared side dish.**

**Waffles, butter, syrup
and coffee will be
provided.**



Join the
Senior Citizens' Law Office
for a presentation on
Estate Planning

June 9th, 2025, at 1:00 PM



Presenter will discuss planning for incapacity (Powers of Attorney), and planning for end of life (Wills, Non-Probate Transfers, etc.).

Note: this presentation is general information only, and the presenter will not be able to give individual legal advice.

Attendees must sign up in advance for this event at the front desk.

Join Senior Citizens' Law Office for a
Power of Attorney Clinic

June 23, 1:00 PM to 3:00 PM



Bring current
Photo ID, and
the names and
contact
information of
people you will
appoint as
agents.

Attorneys will guide attendees through completing
Powers of Attorney for both Healthcare and Finances.

**Attendees must sign up in advance for this event at
Bosque Farms Community Center**

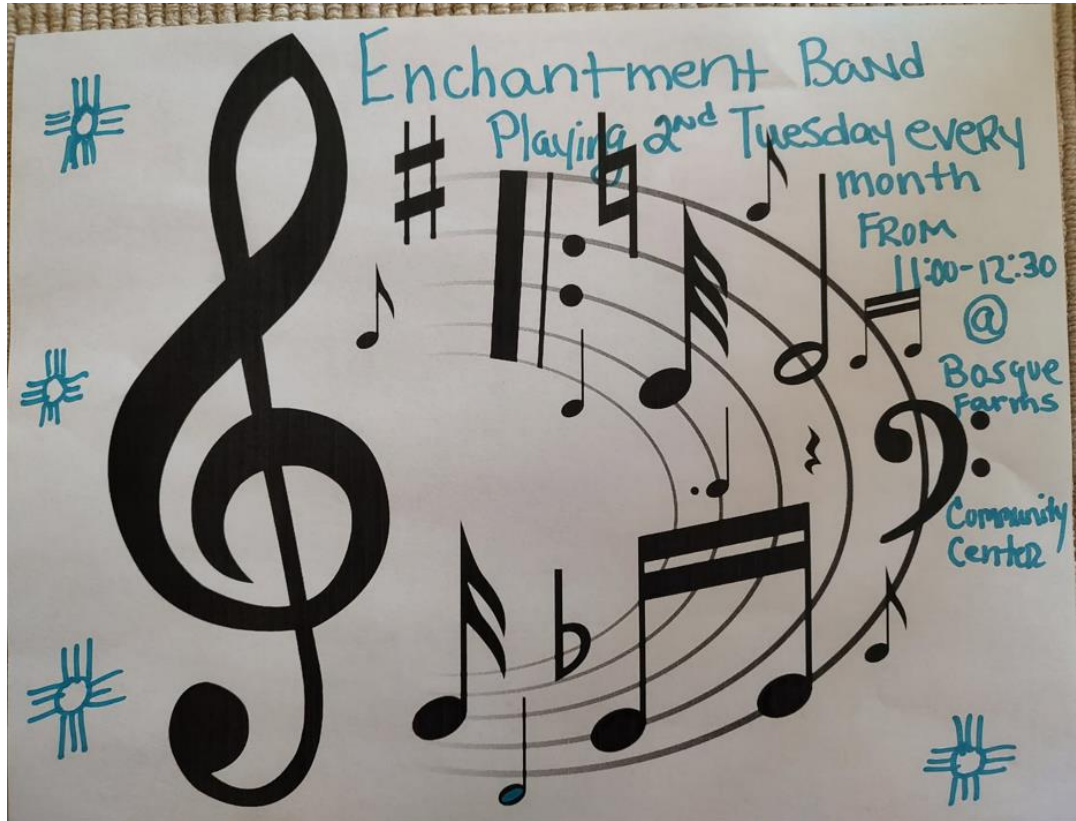


Join Senior Citizens'
Law Office for a
presentation on
Reverse Mortgages.

**July 21st, 2025, at
1:00PM**

Please sign up in advance at
Bosque Farms Community
Center front desk.





Come Join the Valencia County Writers

We meet the 2nd and 4th Wednesdays of
the month at 7:00 pm at the
Bosque Farms Community Center.
950 North Bosque Loop

Whether you've been at it a while or are just starting out,
we all need support and encouragement.


For more information contact Barb
at 505 357-7228 or Symbar@q.com

Bosque Farms Public Library
June 2025

Library Hours: Monday - Friday

10:00 a.m. - 4:30 p.m.

1455 West Bosque Loop
505-869-2227

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 	2 10:00 a.m. - Adult Handi-Crafts 11:00 a.m. - Vajra Kung Fu 12:00 p.m. - Book Worms Book Club	3 12:00 p.m. - Read to the Dogs 1:00 p.m. - Painting	4 10:30 a.m. - Family Storytime	5 12:00 p.m. - Read to the Dogs	6 1:00 p.m. - Read to the Adults	7 10:30 a.m. - Dance
8	9 10:00 a.m. - Adult Handi-Crafts 11:00 a.m. - Vajra Kung Fu	10 11:00 a.m. - Drums Around the World 1:00 p.m. - Painting	11 10:30 a.m. - Family Storytime	12 11:30 a.m. - Magic with John Polinko 12:00 p.m. - Read to the Dogs	13 1:00 p.m. - Read to the Adults	14 10:30 a.m. - Dance
15	16 10:00 a.m. - Adult Handi-Crafts 11:00 a.m. - Vajra Kung Fu	17 11:00 a.m. - AK Karate With Greg Cole 12:00 p.m. - Read to the Dogs 1:00 p.m. - Painting	18 10:30 a.m. - Family Storytime	19 JUNETEENTH-LIBRARY CLOSED	20 1:00 p.m. - Read to the Adults	21 10:30 a.m. - Dance
22	23 10:00 a.m. - Adult Handicrafts 11:00 a.m. Vajra Kung Fu	24 11:00 a.m. - Alpaca Ranch 1:00 p.m. - Painting	25 10:30 a.m. - Family Storytime	26 11:00 a.m. - Storyteller Joe Hayes 12:00 p.m. - Read to the Dogs	27 1:00 p.m. - Read to the Adults	28 10:30 a.m. - Dance
29	30 10:00 a.m. - Adult Handi-Crafts 11:00 a.m. - Vajra Kung Fu					
				Summer Reading Sign-Up Begins June 02! Fun Events and Prizes for ALL AGES!		
https://bosquefarms.bibliunix.com						

COLOR OUR WORLD™

2025

Summer Reading Program

at

Bosque Farms Public Library!

June 09, 2024—July 18, 2025

Sign Up Begins June 02, 2025

*Fun Games and Events *Prizes

* Completely Free

All Ages Welcome!

Visit the Library for More Information

1455 West Bosque Loop * 505-869-2227 * Monday—Friday

10:00 a.m.—4:30 p.m.

COLOR OUR WORLD™

Summer Reading Events 2025:

June 10: Drums Around the World with Kevin Kinane

June 12: Magic with John Polinko - show starts at 11:30!

June 17: Karate with Greg Cole

June 24: Alpaca Ranch

June 26: A Visit From Storyteller Joe Hayes

July 01: Explora

July 03: Raptors of New Mexico with Laura McCann

July 08: Planetarium at Peralta Methodist Church

*25 Wesley Rd

July 10: Field Trip to DeSmet Dairy Farm

*2405 McNew Rd

July 15: Hays Honey Farm: Beekeeping Presentation— starts at 11:30!

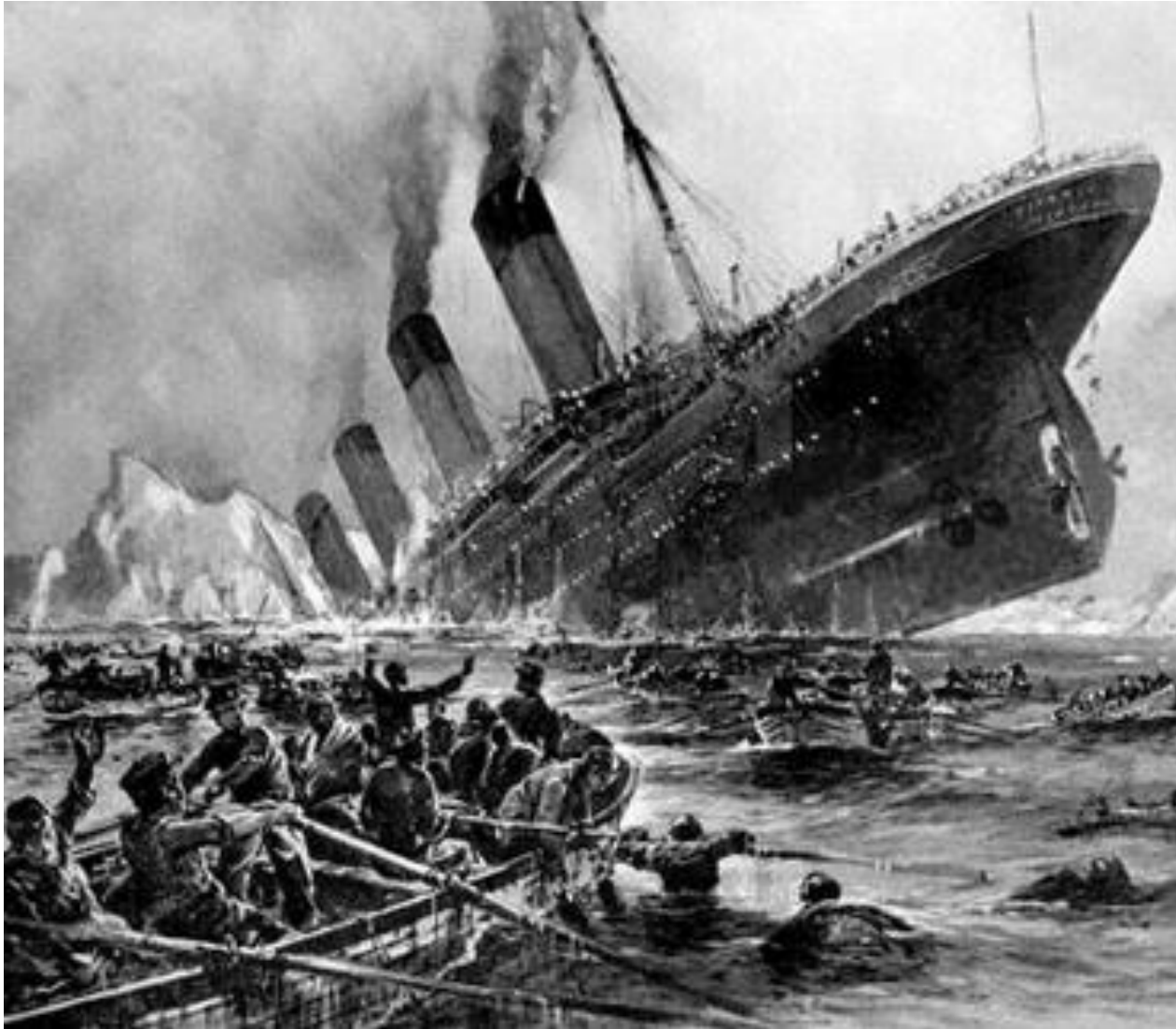
July 17: Carnival

All Events take place from 11 a.m. - 1 p.m.

All Events EXCEPT the Planetarium and the Field Trip to DeSmet Dairy will be in the Park behind the Library.

1455 West Bosque Loop—(505) 869-2227





Titanic Presentation

History and Survival Stories

Presented by Gail Garcia
Granddaughter of Maud Sincock Roberts
Titanic Survivor

Bosque Farms Community Center
Tuesday, June 17, 2025
10:30 AM

Spay It Forward

Low cost Spay/Neuter Clinic!

Village of Bosque Farms Animal Control and Rocky Mountain Puppy Rescue are bringing you SPAY IT FORWARD June 2025!

AFFORDABLE SUBSIDIZED SPAY NEUTER AND VACCINE CLINIC

June 20,21,22

Limited spots available, get yours before they are gone!

Sterilization surgery includes... For **Dogs**: Parvo/distemper vaccine, pain shot (post surgery), Rabies vaccine (if needed), and cone to go home.

For **Cats**: FCP vaccine, Rabies (if needed)

Sign up with **Bosque Farms Animal Control**
505-869-2358 **\$100/ Dog \$85/Cat**



Dogs 70-100 lbs \$120—Dogs over 100 lbs. \$140

Must secure appointment by paying fee in advance via money order to: Rocky Mountain Puppy Rescue or payment to Bosque Farms Animal Control in cash (exact amount if paying cash) For Credit cards, scan the QR code above. Only animals with payment, secured and signed waivers will be admitted. No walk-ups.

Scan here for credit card

Clinic to be held at: 1355 W Bosque Loop

Bosque Farms, NM



UNLOCKING OPPORTUNITIES FOR INDEPENDENT LIVING!

Providing Creative Solutions For Older Adults
Age 55 and Older Through A Community Health Worker (CHW)



About Us

Community Health Workers (CHWs) with the Health Equity and Social Connectedness for Older Adults program engage with older adults (ages 55+) in various sites around Bernalillo, Sandoval, Valencia and Torrance Counties, with a focused attention on rural and semi-rural areas. CHWs will conduct follow up community visits as well as telephonic follow ups and can provide resources around Social Drivers of Health that include: Housing, Transportation, Utility assistance and more.

Resources



Meals



Transportation



Caregivers



Disability Services



Home Services



Health Care Info



Health Insurance Info



Tax Preparation Assistance



And More!

Connect with a Community Health Worker today!

Name: Wendy Ramirez

Contact: 505-226-2942

Fiddlers & Musicians of NM

Jam Sessions/Dance

Sunday, June 22



2-5 pm

\$3 at the Door

Bosque Farms Community Center



Bosque Farms

Free Tech Help: Summer 2025!

Learn about your cell phone, computer or the internet!

Bosque Farm Community Center

Thurs, June 26 @ 9:30am (morning!)

Thurs, July 17 @ 9:30am (morning!)

Thurs, Aug 21 @ 2:00pm (afternoon!)

RSVP for free, 1-on-1 coaching. Bring your device!

(505) 869-5133

Teeniors® is a woman-owned business and social profit, created in 2015 in Albuquerque. We are now creating new programs across New Mexico and our multi-award winning work has been featured on NPR, The New York Times, Costco Magazine, Univision, Millennial Magazine, Albuquerque Journal, Valencia County News Bulletin, Santa Fe New Mexican, and more! Learn more at teeniors.com, or contact us anytime:

teeniors@gmail.com | (505) 600-1297.



Valencia County!

Free Tech Help! Summer 2025

1-on-1 coaching to learn about your cell phone or computer!

Los Lunas

Fred Luna MultiGen Ctr

Wed, June 18 @ 10:00am

Wed, July 16 @ 10:00am

Wed, Aug 13 @ 10:00am

RSVP for free 1-on-1 coaching!

Belen

Belen Senior Center

Fri, June 20 @ 1:00pm

Fri, July 18 @ 1:00pm

Fri, Aug 15 @ 1:00pm

RSVP for free 1-on-1 coaching!

Bosque Farm Community Ctr

950 N Bosque Loop

Thurs, June 26 @ 9:30am

Thurs, July 17 @ 9:30am

Thurs, Aug 21 @ 2:00pm

RSVP for free 1-on-1 Coaching

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teeniors@gmail.com | (505) 600-1297.

PLUMB ADEQUATE



ALCOHOL FREE
CLOSE TO HOME



DANCE

DANCE

DANCE

Bosque Farms
Community
Center

Saturday

June 28

7-9pm

\$5 Donation

Bosque Farms Community Center



CALL FOR VOLUNTEERS

Meal Preparation, Serving and Clean Up
Daily, Monthly, Spring, and Fall Clean Up
Preparation for Special Events
Decorating for Holidays

If you can help for an hour or more a month,
please call Rose at 505-869-5133.

Los Lunas Public Health Office Got Shots Schedule:

505-222-0940

445 Camino Del Rey, SW, Suite A, Los Lunas

- **Sat, 7/12: 9am-12pm and 1-3pm**
- Tues-Thurs, 7/15-7/17: 3-6:30pm
- **Sat, 7/19: 9am-12pm and 1-3pm**
- Tues-Thurs, 7/22-7/24: 3-6:30pm
- Tues-Thurs, 7/29-7/31: 3-6:30pm
- **Sat, 8/2: 9am-12pm and 1-3pm**
- Tues-Thurs, 8/12-8/14: 3-6:30pm
- **Sat, 8/16: 9am-12pm and 1-3pm**
- Tues-Thurs, 8/26-8/28: 3-6:30pm

Office closed from 12-1pm M-F

Appointments only – Please call ahead.

Will accept walk in's if staff are available.

Belen Public Health Office Got Shots Schedule:

505-864-7743

617 Becker Ave., Belen

- **Sat, 6/14: 10am-2pm**
- Mon, 6/16: 9am-12pm & 1-4pm
- Wed, 6/18: 3-7pm
- Fri, 6/20: 1-4pm
- Mon, 6/23: 9am-12pm & 1-4pm
- Tues, 6/24: 9am-12pm & 1-4pm
- **Sat, 6/28: 10am-2pm**
- Mon, 6/30: 9am-12pm & 1-4pm
- Wed, 7/3: 3-7pm
- Mon, 7/7: 9am-12pm & 1-4pm
- Thurs, 7/10: 9am-12pm & 1-4pm
- **Sat, 7/12: 10am-2pm**
- Wed, 7/16: 4-7pm
- Tues, 7/22: 3-6pm
- Thurs, 7/24: 4-7pm
- **Sat, 8/9: 10am-2pm**
- Tues, 8/12: 9am-12pm & 1-4pm
- Wed, 8/20: 3-7pm

Office closed from 12-1pm M-F. **Appointments only – Please call ahead.**

Will accept walk in's if staff are available.