



# Albuquerque/Bernalillo County Department of Senior Affairs

FOR IMMEDIATE RELEASE

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**Friday, May 15, 2015**

## **Mayor Berry and Councilor Benton Celebrate the Grand Opening of the North Valley Senior Center Fitness Room**

**ALBUQUERQUE**—Mayor Richard J. Berry and Councilor Isaac Benton, along with the Department of Senior Affairs will celebrate the Grand Opening of the North Valley Senior Center Fitness Room on Friday, May 15, 2015. The festivities will take place from 1:30 p.m. until 3:30 p.m. Mayor Berry will kick off the festivities with a Ribbon Cutting Ceremony beginning at 1:30 p.m. Fitness and healthy cooking demonstrations, fitness equipment orientation and entertainment will all be a part of the celebration. The North Valley Senior Center is located at 3825 4<sup>th</sup> Street NW.

The new addition to the North Valley Senior Center is approximately 2,800 square feet in size and includes a 1,600 square foot Fitness Room with men's and women's showers and lockers. There is an additional 1,200 square feet of space in the new addition that will be converted into additional classrooms in the future.

Lawrence Ortiz of Greer Stafford/SJCF Architecture, Inc. was responsible for the design and AnchorBuilt Inc. was responsible for the construction. The construction cost for the addition to the North Valley Senior Center was approximately \$650,000 and was paid for by a state grant and the City of Albuquerque's General Obligation Funds.

This month is Older Americans Month and the theme this year is "Get into the Act." This is a perfect time for seniors to become members of the Department of Senior Affairs and take charge of their health by exercising. "The new addition to our North Valley Senior Center will assist individuals in their journey of healthy aging," stated Mayor Berry.

To learn more about activities at the North Valley Senior Center, call (505) 761-4025.

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