



City of Albuquerque
Mayor,
Tim Keller

Department of Senior Affairs
Director,
Anna Sanchez



Department Contact List:

Information & Assistance:
764-6400

Senior Centers Contact Info:

Barelas: 764-6436

Bear Canyon: 767-5959

Highland: 767-5210

Los Volcanes: 767-5999

Palo Duro: 888-8102

Multigenerational Centers

Contact Info:

Manzano Mesa: 275-8731

North Domingo Baca: 764-6475

Senior Transportation/Nutrition

DSA Transportation: 764-6464

Sports & Fitness Program

Contact Info:

Palo Duro Fitness: 880-2800

Los Volcanes Fitness: 767-5990

RSVP Program:

RSVP: 767-5225

Foster Grandparents Program:

764-6412

City of Albuquerque Info:

Please Contact: 311

Non-emergency Police
assistance:

ONE
ALBUQUERQUE

Accredited by 
National Institute of
Senior Centers

City of Albuquerque
Department of Senior Affairs
North Valley Senior Center



North Valley Senior Center

Always & Forever

Dinner Dance

Tuesday, February 18th, 2020

4 P.M. - 7 P.M.

Tickets are \$7.50 per person

Dinner Menu:

Salad

Fresh Garden Salad

Entrée

~ Chicken Cordon Bleu ~

Rosemary Roasted Red Potatoes ~

Garlic Asparagus ~ Crescent ~

Dessert

Red Velvet Cake

Entertainment:

Band

Chile Bean Express

We Will Be Closed

Monday February 17th, 2020

For...



Presidents Day



Regular Business Hours

Monday - 8 a.m. - 5 p.m.

Tuesday - 8 a.m. - 7 p.m.

Wednesday 8 a.m. - 5 p.m.

Thursday 8 a.m. - 5 p.m.

Friday 8 a.m. - 5 p.m.

We are closed Saturday's

Sunday 12:30 p.m. - 5 p.m.

Absolutely



on

City property

Participant Conduct:

A. In order that all users may have a pleasant experience at a center participants are expected to respect the rights of others, use the center for the purposes of the center only, and to adhere to the following behaviors:

1. Maintain personal hygiene that is not offensive or unhealthy.
2. Wear attire that is not offensive or overly revealing.
3. Use language and behavior that other participants and staff will not find obscene, abusive or sexually offensive.
4. Show courtesy to other participants and staff; respect decisions made by center management and bring issues involving the operation of the center to management's attention for resolution.
5. Show consideration for the diversity of staff and fellow participants.
6. Treat the center materials, equipment, furniture, ground, and facility with respect.
7. Use the center and center equipment in a safe and appropriate manner.
8. Keep the building and grounds neat, clean, and litter free.

B. All participants need to be able to:

Function without one-on-one assistance (Staff); or have the help of a caregiver. Walk safely and independently in the center or use assistive devices independently.

2019 DSA Advisory Council Meetings

The Senior Affairs Advisory Board shall consist of twelve members to be as follows:

1. The City of Albuquerque shall appoint eight (8) members;
2. The County of Bernalillo shall appoint two (2) members;
3. The Village of Los Ranchos shall appoint one (1) member;
The Village of Tijeras shall appoint one (1) member.

If interested in becoming a Council member go to:

www.cabq.gov/clerk/boards-commissions

The Next Advisory Council Meeting:

Date: February 24, 2020

Where: Palo Duro Senior Center

5221 Palo Duro NE.

Once you get to this page, scroll down to Senior Affairs Advisory Council. Click on SAAC membership. Then click on the box that reads "Apply to Serve"

Learn to use the Fitness Room Equipment

Learn the proper way to use the machines at the North Valley Fitness Center to prevent injury, as well as maximizing your fitness needs. Training is by appointment only. Contact Palo Duro Sports & Fitness at 880-2800 to arrange a one on one training session at the center of your choice.

Regular Schedule

Support Groups & Helpful Classes

Defensive Driving	1st Monday	12:15 p.m.
Senior Law Office	3rd. Thursday	9 a.m.

Available Daily

Breakfast	Monday - Friday	8 a.m. to 9 a.m.
Lunch	Monday - Friday	11:30a.m. to 1 p.m.
.....Reservation Requested One Daily prior		
Open Computer Lab.....	Monday- Friday	1 p.m.
.....	Tuesday	9 a.m.
Billiards	During Regular Business Hours	8 a.m.
Jigsaw Puzzle.....	Available Daily	8 a.m.
Poker	Monday - Friday	12 p.m.

Available Weekly

Bingo.....	Wednesday	1:30 p.m.
Flea Market.....	Wednesday	8 a.m.

Available Monthly

Birthday Party	3rd, Friday	10:30 a.m.
Food Pantry	No Food Pantry in January	

Classes, & Clubs

Arts & Crafts.....	Wednesday	9 a.m.
Guitar Group (Jam Session).....	Tuesday	10:15 a.m.
Fishing Club.....	Monday	10 a.m.
Hand Quilting.....	Monday	8 a.m.
Hispanic Folk Art.....	Wednesday	1 p.m.
Knitting & Crocheting	Wednesday	9 a.m.
Oil Painting.....	Friday	9 a.m.
Photography Club	1st & 3rd Monday	10 a.m.
Pottery.....	Monday	9 a.m.
Stained Glass.....	Tuesday & Thursday	9 a.m.
Drawing Class.....	Wednesday	10 a.m.

Health & Wellness

Acupressure:.....	Friday	10 a.m.
Aquatics :.....	Monday, Wednesday, Friday	8:30 a.m.
.....	Monday, Friday	12:30 p.m.
Chair Yoga.....	Monday	3:30 p.m.
Dance for Parkinson's	1st & 3rd, Thursday	2 p.m.
Doctor King's Health Program.....	4th, Wednesday	10 a.m.
GEHM Clinic	Tuesday February 4th.	8 a.m.
Sponsored by: UNM Nursing School		
Enhanced Fitness.....	Monday, Tuesday, Friday	8:15 a.m.
Fitness Center Hours:.....	Monday- Friday	8 a.m.
.....	Tuesday til 7 p.m..Sunday 12:30 p.m.
Hiking	Every other Thursday	8 a.m.
Pilates	Thursday	8:30 a.m.
Reflexology.....	4 th Wed and every Friday	10 a.m.
Table Tennis.....	Upon Request	
T'ai Chi Ch'uan.....	Monday & Tuesday	9:30 a.m.
.....	and the 1st Friday of each month	
Yoga (Gentle Hatha)	Friday	3:30 p.m.
.....	Tuesday	4 p.m.
Yoga (Dahn)	Tuesday & Thursday	3:15 p.m.
Zumba (Gold)	Thursday	9:40 a.m.
.....	Friday	9 a.m.
Zumba	Tuesday	5:30 p.m.



NM Aging and Long Term Service Department

Benefit Counseling: State Health Insurance Program answers to questions and concerns regarding private and government benefit programs
Call: 1-800-432-2080



**Food
Pantry**

The Silver Horizons of New Mexico food pantry will be here on:

Monday February 24th, 2020

Time: 2:30 p.m. - 4 p.m.

Numbers will be given out at 1:30 p.m.

**ONE
ALBUQUE
RQUE** senior affairs

Classes

Botanical Drawing Textures and Tonal Drawing

This class will cover tonal and contour line drawing to render botanical plants and flowers. There will be two classes on that concentrate on textures and tonal values in order to draw in ebony pencil and or conte pencil. The other classes will cover elements of botanical drawing. Learning tonal value and textures is a foundation that will help you in.

Thursday, February 6th - 27th Time: 1 p.m. - 3 p.m.
Fee \$75 materials will be provided. You can also bring you own

Italian for Beginners I

For people with no prior knowledge of the Italian language. This course will introduce you to engage in simple communication in Italian so that you are able to greet people, introduce yourself and others, talk about where you live and where you come from, what you do, to express age, to describe people and the clothes they wear.

Tuesday, Feb. 4th - Mar. 10th, Time: 10 a.m.
Fee \$40

Italian for Beginners II

For those who already have basic knowledge of Italian. You'll learn to talk about your family, ask about the time and describe the weather, ask for directions and places, expressing likes and dislikes, talk about your routine and leisure activities.

Tuesday, Feb. 4th - Mar. 10th, Time: 11:15 a.m.
Fee \$40

Beginners Sign-Language

Learn sign language basics, including the manual alphabet, counting, plus familiar words and phrases.

Tuesday, Feb. 4th - Mar. 10th, Time: 1 p.m.
Fee \$5

Presentations

Veteran Pension Benefit Funds

Our fathers, mothers, and friends may be eligible for a unique benefit via the Veterans Administration (VA) called "Aid and Attendance." The benefit can provide up to \$2,200 per month to Veterans and their spouses who need non-medical care/assistance to help them with activities of daily living in their home or chosen place of residence. There are currently over 15 million Veterans who are believed could qualify for this benefit and only 3% of them are currently taking advantage of it – mainly because most all don't know it exists or have been inaccurately told by the VA that they don't qualify. Come join us on the 5th of February to learn how you can start receiving these funds without ever leaving the comfort of your home

Wednesday, February 10th, Time: 10 a.m.

Medicare 101 Question's and Answer's

Did you know that you are still eligible for Medicare even when you plan to continue working after turning 65? Did you know you may be able to get financial assistance to help pay you Medicare premiums and qualify for lower prescriptions drug copays? Are you turning 65 and confused about your Medicare Health Plan options? We'll share tools and resources to help you understand the types of coverage that may be right for you. Whether you are just getting started with Medicare or simply looking to learn more, we are here to help.

Wednesday, February 19th, Time: 10 a.m. .
Presenter: MedCare

Are you Smarter than a Scam Artist?

Avoid falling prey to scam artists by familiarizing yourself with ways to identify current scams and safeguarding your private information.

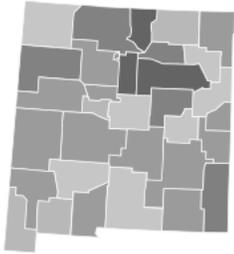
Thursday, February 27th, Time: 10 a.m.
Presenter: Michael Torres

Life Planning Presentation

Join Senior Citizens' Law Office for a presentation on planning for incapacity and end of life. Topics covered will include Powers of Attorney, Wills, and Non-Probate Transfers. Note: the attorney cannot give personal advice; general questions only.

Thursday, February 27th, Time: 10 a.m.
Presenter: SCLO

Trips

NM State Legislature Senior Day

Join us for a trip to visit the Legislature in Santa Fe. We will tour the Round House and hallway gallery. We will have lunch in Santa Fe at our own expense.

From North Valley

Friday, February 14

Check in: 10:45 am • Return Approx: 5 p.m.

Kit Carson Home & Museum Taos

The Kit Carson Home and Museum, still standing in its original footprint at 113 Kit Carson Road in Taos, was built circa 1825 and purchased by Kit Carson as a wedding gift for his third

wife, Maria Josefa Jaramillo, a member of a prominent Taos family. In 1963 the Kit Carson Home and Museum was designated as a National Historic Landmark by the National Park Service.

From North Valley

Thursday, February 27

Check in: 8:00 am • Return Approx: 5 p.m.
\$7 admission

Special Events

Valentines Day Bash

Friday, February 14

10:30 am - 11:30 am

Entertainment by
DE LUZ

On Valentine's Day, Cupid will agree, it's a great day for a special party! Bring your Valentine and join us for live music and dancing as we celebrate the most romantic day of the year!

FREE EVENT

North Valley Senior Center
2835 4th Street NW 87107
505.761.4025

ONE
ALBUQUE senior citizens
ROQUE

!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!**And**!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

Always & Forever***Dinner Dance***

Come and enjoy an elegant evening with your special love or celebrate with friends.

Tuesday, February 18

4:00 - 7:00 pm

\$7.50 per ticket



See front page for more information

Voices of the Valley (Poetry Group)

QUILT

Pen as needle.
Imagination as thread.
Phrase fragments... fabric remnants.

Combined words
fashion patterns designed
to reach deep into the soul.
Uncover memories
lost or repressed.
Shed light on
long forgotten wounds.

Tears flow,
cleanse.
Words soothe,
impart hope, comfort.
Cathartic for both reader
and writer.

Woven phrases
envelope, protect.
Love patterns create
acceptance, security:
Produce the courage to
emerge anew from
darkness into light.

Universal emotions respond
to the healing power of
The Poetry Quilt.

Mary Dorsey 2/16



Tax Time

Income Tax Assistance

If you have a complex return, check with the center before making an appointment. Some returns are out of scope for volunteer assistants.

Please bring the following information to your appointment.

Driver's License or State Issued Identification Card

Copy of your last year's tax returns

Social Security Cards for all people listed on return

W-2 forms for wages

Forms including 1099-INT (interest); 1099-DIV (dividends); All 1099-R (retirement); SSA 1099 (Social Security Benefit Statement); All 1099-B (stock sales) you must have the basis (what you paid) for all sales including mutual funds. Call your broker; 1099-G (gambling winning; RRB 1099 (railroad retirement); and any other 1099 forms.

Forms reporting income such as jury duty, election work, alimony, etc.

Medical expenses

Medical Insurance Cards and any Form 1095-A, B, or C's

For ages 65 or older, property tax bill and or rent receipts.

Friday, Feb. 7 - April 10

8:30 a.m. – 1 p.m.

Appointments Only

Walk in's if available



Read to Me ABQ Network

The Read to Me ABQ Network is a program designed to collect new or gently used children's books (English, Spanish & Bilingual) for distribution to children in our community. The book drive starts February 11, 2020 and ends March 11, 2020. The goal of the program is to provide children with a personal book they can keep and take home with them so as to help improve their reading skills. If you, family members, or your neighbors have children's books that can be donated please take them to your Senior Center where a collection box will be available.

We also have adult books that are also given to the program and we would like to share them with you. Please check your centers library and obtain a FREE book from the Read to Me ABQ Network.

Seniors, if you are also interested in volunteering with this program please call Dave Orner @ 505-681-6325

Learning Never Ends

Dave Orner
Committee Chair
(505) 681-6325

Marie Morra
New Mexico Rail Runner
(505) 724-3656

Sport's & Fitness

Wanted:

Senior Participants to commit to a one-hour 2-3 times weekly **Group Fitness** class designed for older adults.

Monday, Tuesday, Friday @ 8:15 a.m.

Enhanced Fitness includes:

Aerobic & Cardio, Strength Training, Flexibility & Balance. To ensure safety, each exercise was developed by experts in the field of physical therapy, in conjunction with agencies serving older adults.

What is Enhanced Fitness:

Enhance Fitness, an evidence-based group exercise and falls prevention program, helps older adults at all levels of fitness become more active, energized, and empowered to sustain independent lives.

BENEFITS:

The class is proven to:

1. Improve Physical Function
2. Decrease depression
3. Protect against Falls and Fall injury
4. Provide a social benefit
5. Promote a physically active lifestyle
6. Reduce medical care utilization costs
7. Decrease Unplanned hospitalizations
8. Decrease mortality rates

For more information call Henrietta Duran at 505-980-4410 (leave a message for a return call) or inquire at front desk for class locations.



February

Feb 5th: **8-Ball Pool**, Palo Duro Senior Center

Feb 7th: **Shuffleboard**, Manzano Mesa

Feb 8th: **Basketball and Huachas**, Manzano Mesa

Feb 29th: **Swimming**, West Mesa Aquatics Center
(**deadline to register 02/12/20**)

March

Mar 3rd, 4th & 6th: **Bowling**, Skidmore's Holiday Bowl

Mar 5th: **Racquetball**, Midtown Sports & Wellness

Mar 13th: **Badminton**, Manzano

Mar 28th: **Road Race**, Embudo Channel Trail

April

Apr 4th: **5K Racewalk**, Balloon Fiesta Park

Apr 11th: **5K Powerwalk**, Balloon Fiesta Park

Apr 14th: **Tennis Singles**, Jerry Cline

Apr 18th-19th: **Pickleball**, Manzano Mesa Outdoor Courts

Apr 21st: **Tennis Doubles**, Jerry Cline

Apr 22nd: **Golf**, Arroyo Del Oso

Apr 23rd: **Disc Golf**, Roosevelt Park

Apr 25th: **Horseshoes**, Los Altos Park

Apr 25th: **Archery**, Tijeras, Sandia Crest Bowhunter's Association

Apr 28th: **Tennis Mixed Doubles**, Jerry Cline

May

May 1st: **Field Events**, Academy

May 2nd: **Track, 1500M Racewalk & Powerwalk**, Academy

May 9th: **Cycling**, Atrisco Vista Blvd.

Pre-registration required 1 week before the event.

For more information contact Palo Duro Sports & Fitness: 505-880-2800



February Menu 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
2. El Gato Negro	3. Pasta Primavera Green Beans Wheat Roll Pineapple Tidbits w/Cinnamon	4. Taco Soup Pinto Beans Stewed Tomatoes Tortilla Banana	5. Memphis Dry-Rubbed Chicken Brown Rice Mixed Veggies Cornbread Orange	6. Beef Tips & Bow-tie Pasta Peas and Carrots Crescent Roll Peach Crumble	7. Pork Chop w/Apples Mashed Red Potatoes Brussel Sprouts Dinner Roll Apricots
9. Rider & Company	10. Fried Chicken w/ Mushroom & Onion Gravy MacN-Cheese Spinach Wheat Bread Orange	11. Turkey with Gravy Mashed Potato Mixed Vegetables Dinner Roll Oatmeal Cookie	12. Breaded Fish w/Tartar Sauce Bowtie Noodles Succotash Wheat Bread Fresh pear	13. Red Chile Beef Enchilada: Spanish Rice Pinto Beans Mixed fruit	14. Spinach Lasagna Mixed Vegetables Garlic Breadstick Cottage Cheese Pineapple
16. Rhythm Divine	17. Closed For Happy President's Day	18. Ham and Potato Soup Mixed Veggies Biscuit w/ margarine Sliced Peaches	19. Italian Chicken Steak fries Crinkle Cut Carrots Granny smith apple	20. Meatloaf White Rice Mixed Veggies Dinner Roll Yogurt	21. Red Chili Beans Cauliflower and Squash Tortilla Brownie
23. Sam Sais Y Los Amigos	24. Roasted Pork w/Onions Red Potatoes Mixed Veggies Dinner roll Sliced Apricots	25. Soft Chicken Tacos Spanish Rice Corn w/Peppers Cantaloupe	26. Red Chile Cheese Omelet Spinach w/Onions Beans Pineapple Chunks	27. Meatball Sub w/Provolone Steak Fries Green Beans & Onions Orange	28. Salmon w/Garlic Sauce Angel Hair Pasta Mixed Veggies Breadstick A Cookie

Breakfast is Served:
8 a.m. - 9 a.m.

Lunch is Served:
11:30 a.m. - 1 p.m.
Please make a reservation one day ahead, before 2pm.

Sunday Dance:
Doors Open @ 12:30 p.m.
Dance is from 1:30 p.m. - 4:15 p.m.
Tickets are \$3.00 per person.
A current membership is needed.

Breakfast Menu:

- * FULL BREAKFAST: 2 Eggs, Hashbrown, 2-Bacon or Sausage, Tortilla or Toast - \$1.50
- * MINI BREAKFAST: 1 Egg, Hashbrown, 1-Bacon or Sausage, Tortilla or Toast - .75¢
- * BURRITO: Egg (Scrambled), Hashbrown, Cheese, Bacon or Sausage, Chile - \$1.50
- * HOT/ COLD CEREAL: (Variety) (Includes 1 carton of 1% Milk) - .70¢
- * ENGLISH MUFFIN SANDWICH: Bacon or Sausage - \$1.00
- * BISCUIT & GRAVY: (Wednesday's only) \$1.00
- * HUEVOS RANCHEROS: (Friday's only) \$1.50 No Bean w/ Potatoes

All La Cart Menu:

- (1) French Toast/Pancake .25¢
- (2) Bacon .50¢ (2) Sausage .50¢
- * (1) Waffle (Monday's only) \$1.00
- * Hashbrown .30¢
- * Chile (Red or Green) .25¢
- * Tortilla/Toast/English Muffin/Biscuit (Wed. only) .20¢
- * (1) Juice .25¢ (1) Milk .25¢ (1) Coffee .30¢ (1) Hot Tea or Chocolate .30¢
- * (1) Egg .25¢