

August 2023



Mystery Tour Trip

Get ready for a new adventure! The series of mystery trips continues here at North Valley Senior Center. Visit places that are kept secret until arriving at the destination. **Due to popularity, participants will NOT be allowed to sign up for consecutive trips!**

Thursday, August 17, 2023
Check in - 8:00am

Note: This is an all-day trip, please bring money for lunch and other expenses.

Sign up at the front desk!



Center Hours

Mon., Wed., Thur., Fri.: 8am - 5pm
Tues.: 8am - 7pm Saturday Closed
Sun.: 12:30pm - 4:30pm

North Valley Senior Center Staff

Anita Hamel, Center Manager
Vacant, Coordinator
Debbie Gomez-Southworth, Office
Assistant
Jason Mercado, Program Assistant
Vacant, Program Assistant
Melinda Sena, Cook
Lexie Garcia, Kitchen Aid
Victoria Hernandez, General
Services

Special Dates & Announcements

8/8: Shot Clinic
8/10 Food Pantry
8/22: GEHM Clinic
8/17 Mystery Trip

Accredited by



National Institute of
Senior Centers

Computer Lab available during business hours

Monday

Fitness Room 8:00 am -5:00 pm
 Billiards 8:00 am - 5:00 pm
 Hand Quilting 8:00 am - 2:00 pm
 Enhanced Fitness 8:15 am - 9:15 am (Pre-registration required)
 Pottery 8:00 am - 11:30 am
 Yang Tai Chi 9:30 am- 10:30am
 Photo Club 10:00 am - 11:30 am 1st & 3rd
 Tarde de Oro Dance Group 9:30am - 11:00am
 Fishing Club Meeting 10:00am- 11:00am
 Poker 12:00 pm - 4:00 pm
NEW: Tai Chi Chih 2:00pm - 3:00pm



Tuesday

Fitness Room 8:00 am -7:00 pm
 Billiards 8:00 am - 7:00 pm
 Enhanced Fitness 8:15 am - 9:15 am (Pre-registration required)
 Stained Glass Class 9:00 am - 12:00 pm
 Guitar Jam Session 9:45 am- 11:45 am
 New Member Orientation 2nd Tuesday 10:00 am - 11:00 am
NEW: Geriatric Massage 10:00am- 3:00pm (By Appointment)
 Poker 12:00 pm - 4:00 pm
 Canasta Hand & Foot 1:15pm - 5:00 pm
 Dahn Yoga 3:15 pm - 4:15 pm
 Zumba 5:30 pm - 6:30 pm

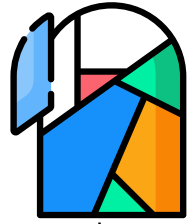


Wednesday

Fitness Room 8:00 am - 5:00 pm
 Billiards 8:00 am - 5:00 pm
 Flea Market 8:30 am - 11:30 am
 Pilates 8:30 am - 9:30 am
 Stained Glass Class 9:00 am - 12:00 pm
 Arts & Crafts Sharing 10:00 am - 12:00 pm
 Music w/ Caramba 10:30 am - 12:00pm
 Poker 12:00 pm - 4:00 pm
 Bingo 2:00 pm - 4:00 pm

Thursday

Fitness Room 8:00 am - 5:00 pm
 Billiards 8:00 am - 5:00 pm
 Senior Law Office 9:00 am - 11:00 am 3rd
 Belts & Blocks Yoga 9:00 am -10:00 am
 Stained Glass Class 9:00 am - 12:00 pm
 Slow Stretch for Flexibility 10:00am - 11:00am
 Poker 12:00 pm - 4:00 pm
 Computers w/ Mike 1:00 pm - 2:00 pm
 Canasta Hand & Foot 1:15 pm - 4:30 pm
 Dance for Parkinson's 2:00 pm - 3:00 pm
 Parkinson's Support/Advisory Group 3pm-4pm
 Dahn Yoga 3:15 pm - 4:15 pm



Friday

Table Tennis 8:00 am - 12:00 pm
 Fitness Room 8:00 am - 5:00 pm
 Billiards 8:00 am - 5:00 pm
 Enhanced Fitness 8:15 am - 9:15 am (Pre-registration required)
 Chair Yoga 10:00 am-11:00 am
 Poker 12:00 pm - 4:00 pm
 Pottery Open Lab 12:00 pm - 3:00 pm
 Yang Tai Chi 9:30 am- 10:30 am
 Zumba 3:30 pm- 4:30 pm



Sunday

Fitness Room 12:30 pm - 4:30 pm
 Billiards 12:30 pm - 4:30 pm
 Table Tennis 12:30 pm - 4:30 pm
 Hand Quilting 12:30 pm - 4:30 pm
 Dance to Live Music 1:30 pm - 4:00 pm



Friendly Reminder

Please remember to update or renew membership. Also, check in at the front desk for any classes or activities in which you participate.

Senior Citizen Law Office

Power of Attorney and General Legal Clinic.
Visit the front desk to schedule an appointment. Limited space available.



3rd Thursday of the Month
9:00am - 11:00am

Sunday Afternoon Dances

Dance to live music
Sundays 1:30pm to 4:00pm
\$3 with current membership!



Sunday, Aug. 6th - Antonio y los Unicos
Sunday, Aug. 13th - Paul Pino
Sunday, Aug. 20th - Amistad
Sunday, Aug. 27th - Enchanted 4

Blood Pressure

Carrington Collage Students will be here to check blood pressure



Monday, August 7, 2023
8:00am-10:00am

Shot Clinic!

Covid Vaccine and Covid Booster
No appointments necessary.

Tuesday, August 8, 2023
1:00pm - 4:00pm

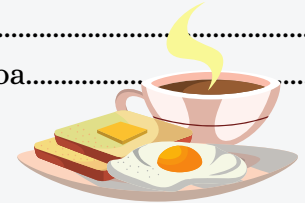
Sponsored by



Breakfast Menu

Served 8:00am to 9:00am
Monday through Friday

Full Breakfast	1.50
2 eggs, 2 pieces of bacon or sausage, hash browns, english muffin, toast or tortilla	
Mini Breakfast75
1 egg, 1 bacon. or sausage, hash browns, english muffin, toast or tortilla	
Breakfast Burrito	1.50
(chile optional)	
A-la Carte	
Egg.....	.25
2 Pieces of bacon or sausage.....	.50
Cheese.....	.25
Pancake.....	.25
French Toast.....	.25
Egg Muffin Sandwich.....	1.00
Toast, Tortilla or English Muffin.....	.20
Hash Browns.....	.30
Oatmeal w/milk.....	.70
Side of Chile (red or green).....	.25
Drinks	
Orange Juice or Milk.....	.25
Coffee, Tea or Hot Cocoa.....	.30



GEHM Clinic

Students from the college of Nursing and Pharmacy assist with providing clinic services. Screening services may include blood pressure check, pulse, oxygen saturation, height, weight, and blood glucose check and referrals if indicated.

Tuesday, August 22, 2023
9:00am - 12:00pm



TEFAP Food Pantry

Los Griegos Health and Social Services Center will be here at North Valley Senior

Center on **Thursday, August 10, 2023**

from **9:30am - 11:00am**

to distribute various food items to individuals who fit within the The Emergency Food Assistance Program. For more questions call (505) 761-4050.



WHAT DOCUMENTS ARE NEEDED:

1. Client household must reside in the Bernalillo County/ Albuquerque Metro Area
2. Client must provide a Photo Identification:
 - a. Must be a Photo ID - Does Not need to be valid.
3. Client must provide Proof of Address— Proof of address must contain the clients name and dated within the last 90 days.
 - a. Valid Lease Agreement or Mortgage Documentation (If lease is expired, it must stipulate continuance on a month-to-month basis).
 - b. Utility Bill
 - c. State or Federal Government Issued Documentation (Human Services, Unemployment, SSI, SSDI, etc.)

Friendship Coffee



A cup of coffee shared with a friend is happiness tasted and time well spent.

Wednesdays- 8:30am-10:30am

Thank you to the following Sponsors:



Geriatric Massage

Geriatric massage is a gentle massage designed for seniors. Each massage is tailored to each individual. Overall, geriatric massage can help improve circulation and posture, reduce stiffness and inflammation.



Please note:

- Ladies please bring a sheet and 2 towels.
- Men please bring a sheet and 1 towel.
- Any donation of sheets, pillows, pillow cases, and/or towels is highly appreciated!
- **Limited one treatment a month.**
- If you are taking multiple medications, an O.K. for geriatric massage will be required from your doctor.
- Donations welcomed!

Tuesdays

10:00am - 11:30am

12:30pm - 3:00pm

Sign up at the front desk!

How to stay safe in the heat



Do not leave children or pets in the car



In extreme temperatures rolling down the window is not enough



Stay hydrated

Drink plenty of water and avoid drinks with alcohol or caffeine



Seniors, babies and young children are most at risk during a heat wave



Some medications can make you sensitive to the sun. Ask your doctor if your medications could be putting you at risk.



Move strenuous exercise to the morning or afternoon



Check on family and friends who do not have air conditioning



Take frequent shade breaks if working outdoors



Wear light, loose fitting clothing and avoid dark clothes that will absorb heat



The Department of Senior Affairs Senior Meal Program is proud to be part of the New Mexico Grown state initiative to provide locally sourced fruits, vegetables, beans, and chile, ensuring our seniors a healthy meal.



Monday	Tuesday	Wednesday	Thursday	Friday
31 ♦ Spaghetti w/ marinara sauce ♦ Broccoli w/red peppers ♦ Seasonal vegetable ♦ Garlic breadstick ♦ Yogurt ♦ 1% milk 	1 ♦ Green chile chicken enchilada ♦ Pinto beans ♦ Calabacitas ♦ Mandarin oranges ♦ 1% milk 	2 ♦ Philly Cheesesteak sandwich ♦ Steamed carrots ♦ Warm cinnamon apples ♦ Whole grain hoagie bun ♦ 1% milk 	3 ♦ Meatloaf w/tomato gravy ♦ Roasted redskin potatoes ♦ Green beans ♦ Fresh seasonal fruit ♦ Whole grain dinner role ♦ 1% milk 	4 ♦ Salmon w/ pineapple over brown rice pilaf ♦ Brussel sprouts ♦ Diced beets ♦ Honeydew melon ♦ 1% milk 
7 ♦ Sweet and sour pork w/ fajita blend vegetables ♦ Brown rice ♦ Green peas ♦ Vanilla pudding ♦ 1% milk 	8 ♦ Cheeseburger w/ mushrooms ♦ Mushroom sauté ♦ Tater tots ♦ Whole grain bun ♦ Banana ♦ 1% milk 	9 ♦ Lime fish tacos ♦ Calabacitas ♦ Steamed carrots ♦ Fresh seasonal fruit ♦ 1% milk 	10 ♦ Beef tips w/ brown gravy ♦ Spinach w/ onions ♦ Sweet potatoes ♦ Watermelon or fresh seasonal fruit ♦ 1% milk 	11 ♦ Chicken alfredo ♦ Zucchini w/ red peppers ♦ Seasonal vegetable ♦ Fresh peaches or fresh seasonal fruit ♦ 1% milk 
14 ♦ Cheese omelet w/ red chile ♦ Stewed tomato ♦ Diced potatoes ♦ Whole grain biscuit ♦ Mandarin oranges ♦ 1% milk 	15 ♦ Spaghetti w/ meatballs ♦ Green beans ♦ Seasonal vegetable ♦ Pineapple ♦ 1% milk 	16 ♦ Chicken salad w/bell pepper, celery, onion ♦ Fresh cucumber slices ♦ Coleslaw ♦ Whole grain bread ♦ Cantaloupe ♦ 1% milk 	17 ♦ Pollock over brown rice ♦ Malibu blend (carrots, cauliflower) ♦ Green peas ♦ Fresh seasonal fruit ♦ Tarter sauce ♦ 1% milk 	18 ♦ Roasted pork loin w/ brown gravy ♦ Scalloped potatoes ♦ Carrots ♦ Pears ♦ Whole grain dinner role ♦ 1% milk 
21 ♦ Salisbury steak w/ brown gravy ♦ Roasted rosemary potatoes ♦ Spinach ♦ Mandarin oranges ♦ 1% milk 	22 ♦ BBQ pork ♦ Baked beans ♦ Broccoli w/ red peppers ♦ Fresh apricots or fresh seasonal fruit ♦ Whole grain dinner role ♦ 1% milk 	23 ♦ Baked seasoned chicken w/ brown rice pilaf ♦ Sweet potato ♦ Green beans ♦ Red grapes ♦ 1% milk 	24 ♦ Spinach lasagna ♦ Buttery corn ♦ Summer squash ♦ Garlic breadstick ♦ Yogurt ♦ 1% milk 	25 ♦ Baked garlic tilapia w ancient grain blend ♦ Brussel sprouts ♦ Corn w/ bell peppers ♦ Honeydew melon ♦ Chocolate chip cookies ♦ 1% milk 
28 ♦ Sliced ham w/ cornbread ♦ Pinto beans ♦ Collard greens ♦ Pineapple ♦ 1% milk 	29 ♦ Beef and vegetable stir fry ♦ Buttered noodles ♦ Green beans w/ mushrooms ♦ Fresh seasonal fruit ♦ 1% milk 	30 ♦ Fish and chips ♦ Stewed tomatoes ♦ Warm sliced apples ♦ Whole grain dinner role ♦ 1% milk 	31 ♦ Chicken w/ ziti pasta ♦ Steamed broccoli ♦ Carrots and zucchini ♦ Fresh strawberries ♦ 1% milk 	1 ♦ Green chile cheeseburger ♦ Tator tots ♦ Sliced tomatoes ♦ Whole grain bun ♦ Watermelon ♦ 1% milk 

Dine in lunch is served 11:30 a.m. - 1:00 p.m. Monday - Friday.

Please call 761-4025 to make your reservation by 1:00pm the day prior.