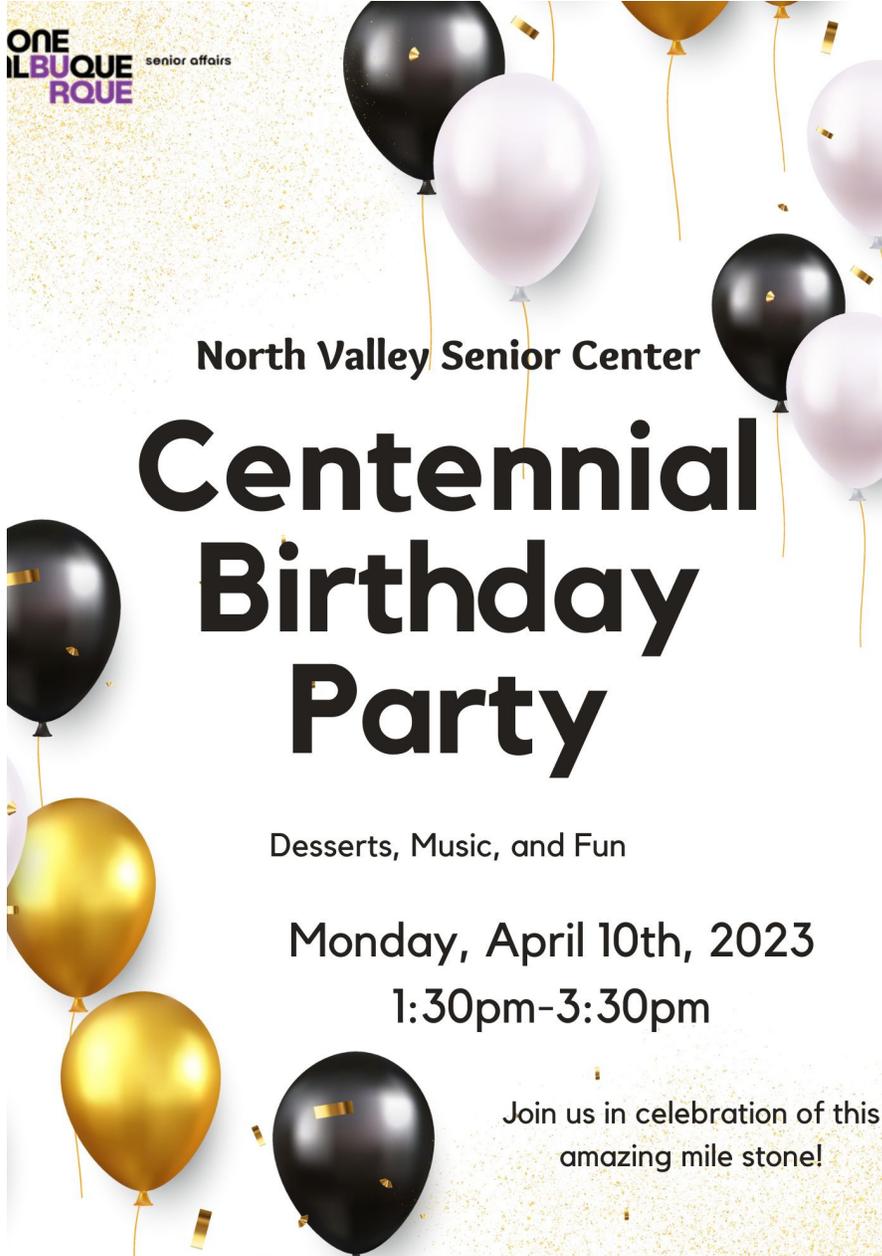


**April 2023**



**ONE ALBUQUE ROQUE** senior affairs

**North Valley Senior Center**

# **Centennial Birthday Party**

Desserts, Music, and Fun

**Monday, April 10th, 2023**  
**1:30pm-3:30pm**

Join us in celebration of this amazing mile stone!

**North Valley Senior Center will be  
Closed Sunday, April 9, 2023  
in Observance of the Easter Holiday**



### **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  
Viridiana Rodriguez-Flores,  
Coordinator  
Debbie Gomez-Southworth, Office  
Assistant  
Jason Mercado, Program Assistant  
Michelle Garcia, Program Assistant  
Melinda Sena, Cook  
Lexie Garcia, Kitchen Aid  
Victoria Hernandez, General  
Services

### **Special Dates & Announcements**

**4/04: Santuario de Chimayo Trip**  
**4/06: DSA Senior Easter Event Trip**  
**4/07: UNM Fall Prevention Course**  
**4/09: Easter Sunday, Center Closed**  
**4/10: Centennial Birthday Party**  
**4/14: Senior Tech Connect Fair Trip**  
**4/19: Santa Fe Commentary Visit**

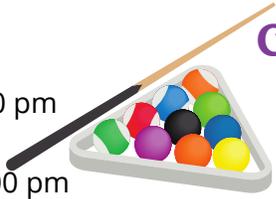
Accredited by



National Institute of  
Senior Centers

## Monday

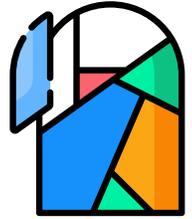
Fitness Room 8:00 am -5:00 pm  
 Billiards 8:00 am - 5:00 pm  
 Hand Quilting 8:00 am - 2:00 pm  
 Enhanced Fitness 8:15 am - 9:15 am  
 Pottery 8:00 am - 11:30 am  
 Yang Tai Chi 9:30 am- 10:30 am  
 Photo Club 10:00 am - 11:30 am 1st & 3rd  
 Tarde de Oro Dance Group 9:30 am - 11:00 am  
 Fishing Club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



Computer Lab available during business hours

## 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  
**NEW:** Slow Stretch and Flexibility 10:00am - 11:00am  
 Poker 12:00 pm - 4:00 pm  
**NEW:** 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 1st & 3rd  
 Dahn Yoga 3:15 pm - 4:15 pm



## Tuesday

Fitness Room 8:00 am -7:00 pm  
 Billiards 8:00 am - 7:00 pm  
 Enhanced Fitness 8:15 am - 9:15 am  
 Stained Glass Class 9:00 am - 12:00 pm  
 Guitar Jam Session 9:45 am- 11:45 am  
**NEW TIME:** New Member Orientation 2nd Tuesday  
 10:00 am - 11:00 am  
 Poker 12:00 pm - 4:00 pm  
 Canasta Hand & Foot 1:15pm - 5:00 pm  
 Dance Class 2:00 pm - 3:00 pm  
 Dahn Yoga 3:15 pm - 4:15 pm  
 Zumba 5:30 pm - 6:30 pm



## Friday

**NEW TIME:** 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  
**NEW:** 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



## 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



## Sunday

Fitness Room 12:30 pm - 4:30 pm  
 Billiards 12:30 pm - 4:30 pm  
**NEW TIME:** 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.

## Santa Fe Memorial

The NM Rail Runner will be taking 5 members on **Wednesday, May 17, 2023**, who wish to visit interred individuals at the Santa Fe National Cemetery. There is no cost and it will be an all day event.

For more information visit the front desk.



### Slow Stretch and Flexibility

This low impact and slow paced class will focus on the importance of stretching, flexibility, and mobility. Perfect class to learn how to warm up or cool down after a work out.



**Every Thursday**  
**starting April 20, 2023**  
**from 10:00am - 11:00am**

Space is limited, sign up at the front desk!

### Haircuts for Seniors

Need a haircut or a little trim? Racheal will be taking a couple appointments on Mondays for haircuts. Sign up at the front desk!



**\$10.00**

**Every Monday from 1:30pm - 3:00pm**

### Senior Citizen Law Office

Power of Attorney and General Legal Clinic.  
Call Senior Law Office at (505)265-2300 to schedule an appointment.

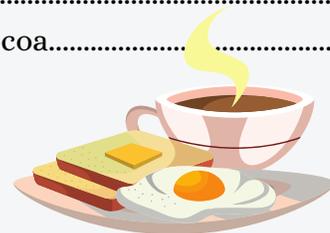
**3rd Thursday of the Month**  
**9:00am - 11:00am**



### Breakfast Menu

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

<b>Full Breakfast</b> .....	1.50
2 eggs, 2 pieces of bacon or sausage, hash browns, english muffin, toast or tortilla	
<b>Mini Breakfast</b> .....	.75
1 egg, 1 bacon. or sausage, hash browns, english muffin, toast or tortilla	
<b>Breakfast Burrito</b> .....	1.50
(chile optional)	
<b>A-la Carte</b>	
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
<b>Drinks</b>	
Orange Juice or Milk.....	.25
Coffee, Tea or Hot Cocoa.....	.30



### Fitness Equipment Orientation

Need help learning to use the Fitness Equipment properly? Call **505-880-2800** to schedule your appointment with a Sports & Fitness team member.



## Easter Wreath Making

Let's get crafty! Join us in a free DIY wreath making class for Easter. Materials will be provided.



**Monday, April 3, 2023 from 1:00pm - 2:00pm**

Space is limited, sign up at the front desk!

## Senior Easter Day Trip

Join us for an afternoon of fun at Bear Canyon Senior Center! There will be **Games/activities, refreshments, and prizes!**



**Thursday, April 6, 2023**

**Check in - 1:15 pm**

**Depart - 1:30 pm**

**Return - Approx. 4:00pm**

Sign up at the front desk!

## 50+ Senior Tech Connect Fair Trip

**Friday, April 14, 2023**

Join us on a trip to Palo Duro Senior Center. The 50+ Senior Tech Connect fair gives seniors the opportunity to explore today's technology and get hands-on learning. Prizes and refreshments will be served.



**Check in - 9:15 am**

**Depart - 9:30 am**

**Return - Approx. 12:00pm**

Sign up at the front desk!

## Caregiving for an LGBT Person

This presentation/training will focus on gaining a greater understanding of the Lesbian, Gay, Bisexual, and Transgender community and how best to care for an LGBT person.

**Thursday, April 13, 2023**

10:00am - 12:00pm

For Registration call or email [erin@familycaregovernm.org](mailto:erin@familycaregovernm.org)

505-494-4021



## NM Fall Prevention Class

Are you worried about falling? The University Of New Mexico will be offering a fall prevention class. They will cover ways to reduce fall risks and go over various tools and resources.



**Friday, April 7, 2023**

**8:15 am - 9:15 am**

Sign up at the front desk!

## Computer Classes for Seniors

DiverseIT is working with the City of Albuquerque Department of Senior Affairs to provide **free computer classes to local seniors on a variety of topics.** Please join us to learn about technology and to become more comfortable using your computer.

**Gone Phishing**

**diverseIT** Wednesday, May 10, 2023  
from 9:00am - 10:00am

Sign up at the front desk!

## Sunday Afternoon Dances

Dance to live music

Sundays 1:30pm to 4:00pm

\$3 with current membership!



Sunday, April 2nd - Chile Bean Express

Sunday, April 9th - No Dance, Easter Sunday

Sunday, April 16th - Enchanted 4

Sunday, April 23rd - Impression

Sunday, April 30th - Paul Pino & Tone Daddies

## Friendship Coffee



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

**Wednesdays - 8:30am-10:30am**

**Monday, April 3, 2023 - 11:00am-1:00pm**

Thank you to the following Sponsors:



## Meet and Walk/ April Schedule

Every Tuesday and Thursday.

Meet at following location at 9:00am.

**\*Remember to take good walking shoes, sunscreen, a hat, and water!**

4/04: Alameda Bridge West

4/06: Alameda Bridge West

4/11: Rio Grande Nature Center

- Group will meet at center @ 8:30am

4/13: Rio Grande Nature Center

- Group will meet at center @ 8:30am

4/18: Pueblo Montañño Trail/Behind Sprouts

4/20: Pueblo Montañño Trail/Behind Sprouts

4/25: Los Poblanos Fields Open Space

4/27: Los Poblanos Fields Open Space



## Tai Chi Chih

Tai Chi Chih is a mindfulness moving meditation. It is composed of only 19 moves and one pose. Everyone is welcome to join at no charge.

Donations welcomed!



### Benefits of Tai Chi Chih:

- Peace of mind
- improves health
- brings joy

**Mondays from 2:00pm-3:00pm**

\*There will be no class April 10 & 17, 2023



## North Valley Senior Support Group

Join the North Valley Senior Support Group.

Seniors can share fears and frustrations, receive support without judgement and be reassured that others share similar problems.



**The 1st and 3rd Monday of the month  
from 1:00pm-2:00pm**

**Please visit the front desk for more information.**

## 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, April 25, 2023  
9:00am - 12:00pm**



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
3	4	5	6	7
<ul style="list-style-type: none"> <li>◆ Salisbury Steak w/ mushroom gravy</li> <li>◆ Roasted Potatoes</li> <li>◆ Seasonal Vegetable</li> <li>◆ Seasonal Fruit</li> <li>◆ 1% Milk </li> </ul>	<ul style="list-style-type: none"> <li>◆ Teriyaki Pork/Fajita Blend</li> <li>◆ Brown Rice</li> <li>◆ Stir Fry Vegetable</li> <li>◆ Dinner Roll</li> <li>◆ Seasonal Fruit</li> <li>◆ 1% Milk </li> </ul>	<ul style="list-style-type: none"> <li>◆ Turkey Chef Salad</li> <li>◆ Macaroni Salad</li> <li>◆ Croissant</li> <li>◆ Seasonal Fruit</li> <li>◆ 1% Milk </li> </ul>	<ul style="list-style-type: none"> <li>◆ Frito Pie: Beef</li> <li>◆ Steamed Broccoli</li> <li>◆ Corn Chips</li> <li>◆ Tapioca Pudding</li> <li>◆ 1% Milk </li> </ul>	<ul style="list-style-type: none"> <li>◆ Garlic Tilapia </li> <li>◆ Pasta w/Diced Tomatoes</li> <li>◆ Steamed Green Beans</li> <li>◆ Seasonal Fruit</li> <li>◆ 1% Milk</li> </ul>
10	11	12	13	14
<ul style="list-style-type: none"> <li>◆ Creamy Garlic Baked Chicken </li> <li>◆ Seasoned Orzo Pasta</li> <li>◆ Seasonal Vegetable</li> <li>◆ Yogurt</li> <li>◆ 1% Milk</li> </ul>	<ul style="list-style-type: none"> <li>◆ Egg Salad Sandwich </li> <li>◆ Mediterranean Mixed Bean Salad</li> <li>◆ Croissant</li> <li>◆ Seasonal Fruit</li> <li>◆ 1% Milk</li> </ul>	<ul style="list-style-type: none"> <li>◆ Beef Fajita</li> <li>◆ Spanish Brown Rice</li> <li>◆ Calabacitas</li> <li>◆ Seasonal Fruit</li> <li>◆ 1% Milk </li> </ul>	<ul style="list-style-type: none"> <li>◆ Pork Chop w/ Au Jus</li> <li>◆ Sweet Potatoes</li> <li>◆ Steamed Beets</li> <li>◆ Seasonal Fruit</li> <li>◆ 1% Milk </li> </ul>	<ul style="list-style-type: none"> <li>◆ Sloppy Joe: Beef</li> <li>◆ Tater Tots</li> <li>◆ Steamed Green Beans</li> <li>◆ Chocolate Cake</li> <li>◆ 1% Milk </li> </ul>
17	18	19	20	21
<ul style="list-style-type: none"> <li>◆ Carne Adovada: Pork/Red Chile</li> <li>◆ Pinto Beans</li> <li>◆ Calabacitas</li> <li>◆ Sugar Cookies</li> <li>◆ 1% Milk </li> </ul>	<ul style="list-style-type: none"> <li>◆ Egg/Cheese Omelet w/peppers/onions </li> <li>◆ Stewed Tomato</li> <li>◆ Hash Browns</li> <li>◆ Seasonal Fruit</li> <li>◆ 1% Milk</li> </ul>	<ul style="list-style-type: none"> <li>◆ Chicken Patty w/Swiss Cheese</li> <li>◆ Tater Tots</li> <li>◆ Lettuce/Tomatoes/Onions</li> <li>◆ Hamburger Bun/ Mustard/Ketchup</li> <li>◆ Baked Apples </li> <li>◆ 1% Milk</li> </ul>	<ul style="list-style-type: none"> <li>◆ Spaghetti w/Meat Sause</li> <li>◆ Spinach</li> <li>◆ California Blend</li> <li>◆ Seasonal Fruit:</li> <li>◆ 1% Milk </li> </ul>	<ul style="list-style-type: none"> <li>◆ Roast Beef w/Gravy</li> <li>◆ Mashed Potatoes</li> <li>◆ Green Beans</li> <li>◆ Seasonal Fruit</li> <li>◆ 1% Milk </li> </ul>
24	25	26	27	28
<ul style="list-style-type: none"> <li>◆ Bean &amp; Cheese Burrito topped w/Red Chile</li> <li>◆ Spanish Rice</li> <li>◆ Calabacitas</li> <li>◆ Pineapple</li> <li>◆ 1% Milk </li> </ul>	<ul style="list-style-type: none"> <li>◆ Beef Tips w/Bowtie Pasta</li> <li>◆ Steamed Carrots</li> <li>◆ Steamed Broccoli</li> <li>◆ Wheat Dinner Roll/Margarine</li> <li>◆ Seasonal Fruit</li> <li>◆ 1% Milk </li> </ul>	<ul style="list-style-type: none"> <li>◆ Southern Baked Chicken</li> <li>◆ Turnip Greens/Black Eye Peas</li> <li>◆ Brown Rice w/Red Peppers</li> <li>◆ Seasonal Fruit</li> <li>◆ 1% Milk </li> </ul>	<ul style="list-style-type: none"> <li>◆ Baked Cheese Ziti</li> <li>◆ Steamed Green Beans</li> <li>◆ Seasonal Vegetables</li> <li>◆ Applesauce</li> <li>◆ 1% Milk </li> </ul>	<ul style="list-style-type: none"> <li>◆ Sliced Turkey w/Gravy </li> <li>◆ Scalloped Potatoes</li> <li>◆ Green Peas</li> <li>◆ Seasonal Fruit</li> <li>◆ 1% Milk</li> </ul>

**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.**