June 2022

Hello!

It feels like the month of May came and went! In celebration of May’s Older Americans Month, we launched new community events that were a great success. If you were able to attend our Ageless Artisan Craft Fair and our National Senior Health and Fitness Day at the ABQ BioPark Botanic Gardens, I think you will agree that they were well attended and everyone had a great time. We are especially thankful to our event sponsors Western Sky Community Care and Blue Cross and Blue Shield of New Mexico for partnering with us to make these opportunities happen. We are looking forward to offering those awesome community events every year so if you missed them this year, look for them again in the future.

Heading into June please remember our centers will be closed on June 20, 2022 in observance of Juneteenth. Juneteenth officially became the 11th federal holiday on June 17, 2021, and is the first holiday to be added to the list of federal holidays since the recognition of Rev. Dr. Martin Luther King, Jr's birthday in 1983. Juneteenth, in an annual holiday commemorating the end of slavery in the United States, and has been celebrated since the late 1800s.

We also want to remind you to renew your memberships at your earliest convenience. You can avoid the line and visit with front desk staff to renew as soon as possible. Once you renew your membership, we invite you to visit different center facilities and continue to explore the many recreation, education and sports and fitness programs and activities available at all of our sites. There really is something for everyone. Make sure you ask about day trips and other transportation services to make it even easier to get out and about.

As always, if you have any questions or comments about how we are doing, please feel free to get in touch with me. I do value your feedback about how we are doing.

Best,

Anna Sanchez, Director
Department of Senior Affairs

North Valley's Social Hall will be temporarily CLOSED for much needed flooring repairs
Tuesday, June 21 - Monday June 27, 2022.
Grab and Go lunch meals will be available.
NO breakfast will be served during this time.

Accredited by National Institute of Senior Centers

The Department of Senior Affairs is a community leader who, in partnership with others, involves seniors and people of all ages in creating a community that enhances everyone's quality of life by providing opportunities to achieve their potential, share their wisdom, maintain their independence, and live in dignity.
**Monday**

- Fitness Room 8 am - 5 pm
- Billiards 8 am - 5 pm
- Hand Quilting 8 am - 2 pm
- Enhanced Fitness 8:15 am - 9:15 am
- Pottery 8 am - 11:30 am
- Tai Chi 9:30 am - 10:30 am
- Photo Club 10 am - 11:30 am 1st & 3rd
- Tarde de Oro Dance Group 9:30 am - 11:00 am
- Fishing Club Meeting 10 am - 11 am
- Poker 12 noon - 4 pm
- Chair Yoga 2 - 3 pm
- Gentle Hatha Yoga 3:45 pm - 4:45 pm

**Tuesday**

- Fitness Room 8 am - 7 pm
- Billiards 8 am - 7 pm
- **New time!** Table Tennis 8am - 12pm
- Enhanced Fitness 8:15 am - 9:15 am
- Stained Glass Class 9 am - 12 noon
- Guitar Jam Session 9:45 am - 11:45 am
- Poker 12 noon - 4 pm
- Open Computer Lab 1 pm - 3 pm
- Reflexology 1 pm - 3 pm
- Canasta Hand & Foot 1 pm - 5 pm
- Dahn Yoga 3:15 pm - 4:15 pm
- Zumba 5:30 pm - 6:30 pm

**Wednesday**

- Fitness Room 8 am - 5 pm
- Billiards 8 am - 5 pm
- Flea Market 8:30 - 11:30 am
- Pilates 8:30 am - 9:30 am
- Arts & Crafts Sharing 10 am - 12 noon
- Music w/ Caramba 10:30 am - 12:30 pm
- Poker 12 noon - 4 pm
- Open Computer Lab 1 - 3 pm
- Bingo 2 pm - 4 pm
- Chair Yoga 2 - 3 pm

**Thursday**

- Fitness Room 8 am - 5 pm
- Billiards 8 am - 5 pm
- Senior Law Office 9 - 11 am 3rd
- Belts & Blocks Yoga 9:00 am - 10:00 am
- Stained Glass Class 9 am - 12 noon
- Poker 12 noon - 4 pm
- Open Computer Lab 1 pm - 3 pm
- **New time!** Table Tennis 1:00 - 4:45 pm
- Dahn Yoga 3:15 pm - 4:15 pm
- **New Member Orientation 2nd Thursday 10 - 11am**

**Friday**

- Fitness Room 8 am - 5 pm
- Billiards 8 am - 5 pm
- Enhanced Fitness 8:15 am - 9:15 am
- Acupressure 9:00 am - 12 pm
- Reflexology 11 am - 1 pm
- Poker 12 noon - 4 pm
- Pottery Open Lab 12 noon - 3 pm
- Open Computer Lab 1 pm - 3 pm
- Tai Chi 9:30 - 10:30 am
- Canasta Hand & Foot 1 - 4:30 pm
- Chair Yoga 2 - 3 pm

**Sunday**

- Fitness Room 12:30 pm - 5 pm
- Billiards 12:30 pm - 5 pm
- Table Tennis 1:00 pm - 4:30 pm
- Hand Quilting 12:30 pm - 5 pm
- Dance to Live Music 1:30 pm - 4:00 pm

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**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.
New Program Coordinator!

I am happy to announce that Viridiana Rodriguez-Flores has been promoted to the North Valley Senior Center Program Coordinator. Most of you know Viri as she has been a program assistant at our center since April of 2021. Viri graduated from Rio Grande High School and received her Bachelor of Arts degree in Sociology and Psychology with a minor in Spanish. While attending UNM Viri worked as a Customer Care Associate at T-Mobile and as a Worship Leader/Youth Teacher for Church of the Americas. Her customer service, programming skills, and work ethic have been a great addition to the center. Since December she has been fulfilling the responsibilities of both the program coordinator and program assistant while we wait to hire her replacement.

Please join me in congratulating Viri!

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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 Breakfast................................................................ .75
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

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Fitness Center Daily Closure!

Starting April 1, 2022
North Valley Fitness Center will be CLOSED daily
1:30 to 2:00pm for cleaning.

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FLEA MARKET

Is Back!

Wednesdays
8:30 - 11:30am
Sunday Afternoon Dances

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

Sunday, June 5th - La Raza
Sunday, June 12th - De Luz
Sunday, June 19th - Impresion
Sunday, June 26th - NO DANCE/Floor Repair

Monthly Birthday Party!

Come Celebrate with us!
Tuesday, June 14, 2022
11:30am - 12:30am
Sponsored by

Table Tennis

With the arrival of new fitness equipment Table Tennis will have a new home.
The table will be available in Room 3
Tuesdays 8:00am to 12:00pm,
Thursdays 1:00pm to 4:45pm, and
Sundays 1:00 to 4:30pm(dependent upon room availability)
Table Tennis has many health benefits including:

- Improving hand-eye coordination
- Improving reflexes
- It's easy on the joints
- It burns calories
- It's a social sport.
- It keeps your brain sharp.
- Table tennis is utilized a treatment for dementia.
- It improves balance.

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.

North Valley Senior Center Library

Mystery, Romance, Drama Awaits!
Looking for a good book to read? Have you stopped by North Valley's library lately? Located just before the Billiards room, our library is for users to take books to read and donate books for others enjoyment. The library is open anytime during normal business hours.
Shot Clinic!
Covid Vaccine and Covid Booster
No appointments necessary.
**Thursday, June 30, 2022**
1:00 - 4:00pm
Sponsored by 

Friendship Coffee
A cup of coffee shared with a friend is happiness tasted and time well spent.
**Wednesday, June 1, 8, 15, and 29**
8:30am - 10:30am
Thank you to the following Sponsors:

New Mexico Landlord-Tenant Law Presentation
This presentation is designed for seniors living in Albuquerque, to help them better understand their rights and responsibilities as tenants.

**Tuesday, June 7, 2022**
10:00am
Sign up at the front desk!

Juneteenth Movie Day!
Join us in celebrating the Juneteenth Holiday. Come watch a movie and enjoy free refreshments!

John Lewis: Good Trouble
Friday, June 17, 2022
Movie starts at 2:00pm

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**
9:00am - 11:00am

Father's Day Dance
Happy Father's Day! Father's Day celebrates and honors fathers, grandfathers, stepfathers and others you consider father figures and their influence in our lives. **Free admission to all fathers with current membership!**

**Sunday, June 19, 2022**
1:30 - 4:00pm

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, June 28, 2022**
8:30am - 12:00pm
### Grab and Go Meals

**June 21 through June 27**

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**Monday**
- **Monday**
- **Tuesday**
- **Wednesday**
- **Thursday**
- **Friday**

**Grab and Go**
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**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.**

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**June**

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**MEMORIAL DAY**

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**Week 1**
- **Monday**
  - Closed
- **Tuesday**
  - BBQ Chicken Sandwich
  - Sweet Potato
  - Apple Cobbler
  - 1% Milk
- **Wednesday**
  - Salisbury Steak Mushroom & Onion Gravy
  - Green Beans
  - Scalloped Potatoes
  - Orange
  - 1% Milk
- **Thursday**
  - Turkey Tetrazzini
  - Steamed Spinach
  - Peas & Carrots
  - Red Grapes
  - 1% Milk
- **Friday**
  - Beef Steak with Grilled Onions
  - Mashed Potatoes
  - Steamed Broccoli
  - Pudding
  - 1% Milk

**Week 2**
- **Monday**
  - Beef Tips w/ Gravy in Bowie Pasta
  - Steamed Green Beans
  - Peach Cobbler
  - 1% Milk
- **Tuesday**
  - Baked Chicken Thigh
  - Steamed Collard Greens
  - Brown Rice
  - Yogurt
  - Dinner Roll w/
    - Margarine
    - 1% Milk
- **Wednesday**
  - Baked Ziti
  - Steamed Carrots & Cauliflower
  - Breadstick
  - Pineapple
  - 1% Milk
- **Thursday**
  - Turkey Pot Pie
  - Ancient Grains
  - Broccoli
  - Diced Peaches
  - 1% Milk
- **Friday**
  - Bean & Rice Burrito with Red Chile
  - Cauliflower
  - Warm Cinnamon Apples
  - 1% Milk

**Week 3**
- **Monday**
  - Closed
- **Tuesday**
  - Chicken Thigh
  - Succotash
  - Cornbread
  - Apple
  - 1% Milk
- **Wednesday**
  - Pasta Primavera
  - Steamed Broccoli
  - Bread Stick
  - Cantaloupe
  - 1% Milk
- **Thursday**
  - Sliced Turkey w/ Brown Gravy
  - Steamed Carrots
  - Mashed Potatoes
  - Pear
  - 1% Milk
- **Friday**
  - Pork Roast w/ Creamy Onion Gravy
  - Steamed Broccoli & Carrots
  - Mashed Potatoes
  - Dinner Roll w/
    - Margarine
    - Green Grapes
    - 1% Milk

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**Week 4**
- **Monday**
  - Closed
- **Tuesday**
  - Cajun Chicken & Sausage Jambalaya w/ Peppers & Onions
  - Green Peas
  - Brown Rice
  - Orange
  - 1% Milk
- **Wednesday**
  - Garlic Tilapia
  - Steamed Potatoes
  - Collard Greens
  - Dinner Roll w/
    - Margarine
    - Strawberries
    - 1% Milk
- **Thursday**
  - Baked Ziti
  - Steamed Green Beans & Mushrooms
  - Garlic Breadstick
  - Pears
  - 1% Milk
- **Friday**
  - Cheeseburger
  - Sweet Corn
  - Steak Fries w/Ketchup
  - Watermelon
  - 1% Milk

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**The Department of Senior Affairs Senior Meal Program is proud to be part of the New Mexico Grown state initiative providing locally sourced produce ensuring our seniors a healthy meal.**

**Revised 5/11/22**