

**June 2023**

It's hard to believe how quickly this spring came and went! In April, we hosted the Second Annual 50+ Senior Tech Fair at Palo Duro Senior Center, followed by Older Americans Month in May and our National Senior Health and Fitness Day event at North Domingo Multigenerational Center to wrap up the season. We were happy to see so many of you come out and join us, and hope that everyone had a great time. We would also like to thank our sponsors, Comcast, Presbyterian Health Plan, and Blue Cross and Blue Shield of New Mexico, for helping us make these larger community events possible.

If you haven't already, we'd like to invite you to read our Department's newly released Senior Affairs Strategic Plan, which we created to ensure the City is prepared to serve Albuquerque's growing older adult population so they can maintain their health and independence. You can pick up a copy at your local senior or multigenerational center, or visit our website at <https://cabq.gov/seniors>.

As we head into June, we want to encourage everyone to take advantage of the nice weather and longer days by staying active and involved in your home center. With a variety of recreation, education, and sports & fitness programs to choose from, there really is something for everyone. We'd also like to remind everyone that our centers will be closed on Monday, June 19 in observance of Juneteenth, an annual holiday commemorating the end of slavery in the United States.

Finally, please remember to renew your memberships in order to continue taking advantage of all the services and programs our centers have to offer, including low-cost breakfast and free/donation-based lunch. To renew, simply visit your center's front desk staff at your earliest convenience. And as always, if you have any questions or comments about the Department of Senior Affairs, please feel free to get in touch with me. Our goal is to help you thrive and your feedback is certainly valuable in helping us achieve that goal.

Best regards,  
Director Anna Sanchez

**North Valley Senior  
Center will be Closed  
Monday, June 19, 2023  
in Observance of  
Juneteenth 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**

**6/12: Shot Clinic**

**6/13: New Member Orientation**

**6/14: Santa Fe Cemetery Trip**

**6/15: Teeniors: Computer and Cellphone Help**

**6/17: Downtown Growers' Market Trip**

**6/19: Juneteenth Holiday, Center Closed**

**6/22: Be Brave: Fall Recovery Class**

**6/29: Mystery Trip, Teeniors: Computer and  
Cellphone Help**

Accredited by



National Institute of  
Senior Centers

Computer Lab available during business hours

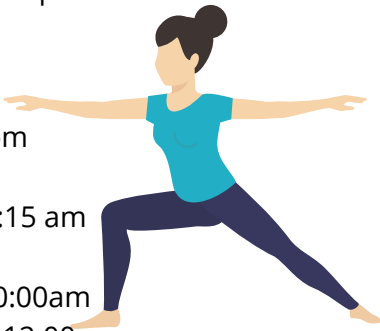
## Monday

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  
**NEW:** Geriatric Massage 9:30am- 5:00pm (By Appointment)  
 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:** Haircuts w/ Rachel 1:00pm - 3:00pm (By Appointment)  
**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)  
**NEW:** Garden Club 9:00am-10:00am  
 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  
 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



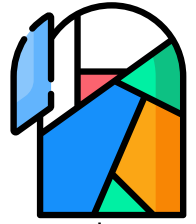
## Wednesday

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  
**NEW:** 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 1st & 3rd  
 Dahn Yoga 3:15 pm - 4:15 pm



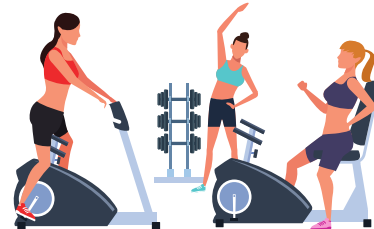
## Friday

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.

# Monthly Birthday Party!

Come Celebrate with us!

**Tuesday, June 20, 2023**

**12:00pm - 1:00pm**

Sponsored by



## 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**

## New Mexico Department of Veterans Services

Here to help veterans and eligible family members with any state benefits and services.



**Wednesday, June 28th, 2023**

**10:00am-2:00pm**

## Sunday Afternoon Dances

Dance to live music

Sundays 1:30pm to 4:00pm

\$3 with current membership!

Sunday, June 4th - Amistad

Sunday, June 11th - Latin Soul

Sunday, June 18th - La Raza

Sunday, June 25th - Milagro



## 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

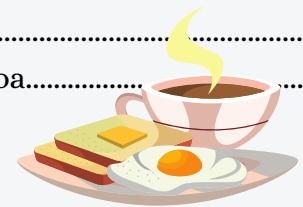
Oatmeal w/milk..... .70

Side of Chile (red or green)..... .25

### Drinks

Orange Juice or Milk..... .25

Coffee, Tea or Hot Cocoa..... .30



## 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 27, 2023**

**9:00am - 12:00pm**



## Activity Leaders Wanted!

North Valley Senior Center is looking for volunteers who are interested in becoming activity leaders. We currently need an activity leader for Walking Club, Poetry, and Garden Club. If you're interested in any of these activities, visit the coordinator's office for more information.



## Advisory Council meeting

Join us in our upcoming advisory council meeting at Bear Canyon Senior Center on **Monday, June 26th, 2023** starting at **12:00pm**.



## Teeniors\* tech-savvy teens helping seniors

Teeniors\* are tech-savvy teens and young adults who help seniors learn technology through one-on-one personal coaching. Whether you have questions about your phone, computer or anything online, their goal is to empower you to connect with your loved ones, engage with your community, and the world through technology while providing paid, meaning jobs for youth in NM.

**Thursday, June 15 & 29**  
**10:00am - 12:00pm**

Space is limited, sign up at the front desk!



## Friendship Coffee



A cup of coffee shared with a friend is happiness tasted and time well spent.  
**Mondays & 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!
- **Only one treatment a month.**
- If you are taking multiple medications, an O.K. for geriatric massage will be required from your doctor.
- Donations welcomed!

**Mondays, starting June 5th, 2023**  
**9:30am - 11:30am**  
**12:30pm - 5:00pm**

**Sign up at the front desk!**

## Shot Clinic!

Covid Vaccine and Covid  
Booster

No appointments necessary.

**Monday, June 12, 2023**

**1:00- 4:00pm**

Sponsored by



## 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 18, 2023

1:30pm - 4:00pm



## Downtown Growers' Market Trip

Let's support local! Join us on a trip to the Downtown Growers' Market at Robinson Park. Visit over 130 food, produce, art, and wellness vendors. Sign up at the front desk!

**Saturday, June 17, 2023**

**Check in - 7:30 am**

**Depart - 7:45am am**

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



## Mystery Tour Trip

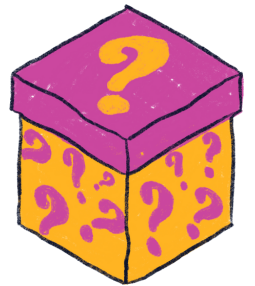
Let's go on an adventure! We will be starting a new series of mystery trips here at North Valley Senior Center. Sign up and visit places that are kept secret until arriving at the destination.

**Thursday, June 29, 2023**

**Check in - 8:00am**

**\*Bring money for lunch and other expenses**

Sign up at the front desk!



## Be BRAVE: a fall recovery class

Albuquerque Fire Rescue is proud to offer be BRAVE.

Be BRAVE is a dynamic discussion & practice 90-120 min. session aimed at discussing the fear of FALLING and its affect on daily life. The discussion will include but not limited to:

- Breathing (anatomy of breathing)
- Objective date: history of falls.
- Gait Strength and Balance
- Definition of a fall
- Fear cycles of falls
- How to get up off the ground
- Be BRAVE: Fall action plan
- Symptoms that are concerning
- Questions/comments

What to bring: Water, Layers & Secure shoes.

**Thursday, June 22, 2023**

**1:00pm - 3:30pm**

**Sign up at the front desk!**



For more info. Contact Lt. Athena Valerio-Hirschfeld 505-768-3791

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
29	30	31	1	2
◆ CLOSED	◆ Baked Potato Broccoli/ Cheese/Sour Cream ◆ Fajita Blend Vegetables ◆ Garlic Mushrooms ◆ Granola Bar ◆ 1% Milk	◆ Soft Tacos-Beef/ Cheese ◆ Pinto Beans/Green Chile/Onion ◆ Warm Sliced Apples ◆ Lettuce/Tomatoes ◆ Flour Tortilla/Salsa ◆ 1% Milk	◆ Cheese Omelet ◆ Hash Browns ◆ Spinach ◆ Pineapple ◆ 1% Milk	◆ Greek Pasta Salad: Diced Ham ◆ Creamy Cucumber/ Red Onion Salad ◆ Wheat Crackers ◆ Strawberries ◆ 1% Milk
5	6	7	8	9
◆ Salisbury Steak ◆ Scalloped Potatoes ◆ Green Beans ◆ Orange ◆ 1% Milk	◆ BBQ Chicken Sandwich ◆ Roasted Potatoes ◆ Cherry Cobbler ◆ Hamburger Bun ◆ 1% Milk	◆ Spinach Lasagna ◆ Italian Blend ◆ Breadstick ◆ Pineapple ◆ 1% Milk	◆ Tilapia w/Garlic Sauce ◆ Ancient Grains ◆ Carrots ◆ Peaches ◆ 1% Milk	◆ Green Chile Stew: Diced Pork ◆ Pinto Beans ◆ Baked Apples ◆ 1% Milk
12	13	*Cold Meal*	14	15
◆ Beef Tips/Gravy/ Bowtie Pasta ◆ Green Beans ◆ Peach Cobbler ◆ 1% Milk	◆ Baked Chicken Thigh ◆ Collard Greens ◆ Brown Rice ◆ Yogurt ◆ Dinner Roll /Margarine ◆ 1% Milk	◆ Tuna Salad ◆ Romaine Spinach Red Onion Salad ◆ Croissant/Dressing ◆ Grapes ◆ 1% Milk	◆ Beef Fajita ◆ Pinto Beans ◆ Flour Tortilla ◆ Baked Apples ◆ 1% Milk	◆ Pork Roast w/Creamy Onion Gravy ◆ Steamed Broccoli ◆ Mashed Sweet Potatoes ◆ Dinner Roll/Margarine ◆ Pears ◆ 1% Milk
19	20	21	22	23
<b>CLOSED</b> In Observance of Juneteenth	◆ Cajun Chicken & Sausage Jambalaya ◆ Okra ◆ Cornbread ◆ Peaches ◆ 1% Milk	◆ Baked Garlic Lemon Pepper Salmon ◆ Ancient Grain ◆ Carrot ◆ Cantaloupe ◆ 1% Milk	◆ Pasta Primavera ◆ Steamed Broccoli ◆ Breadstick ◆ Vanilla Pudding ◆ 1% Milk	◆ Carne Adovada ◆ Pinto Beans ◆ Spanish Rice ◆ Jell-O ◆ Flour Tortilla ◆ 1% Milk
26	27	*Cold Meal*	28	29
◆ Baked Pork Chop w/ Gravy ◆ Mashed Sweet Potatoes ◆ Broccoli/Cauliflower ◆ Yogurt ◆ Dinner Roll w/ margarine ◆ 1% Milk	◆ Meatballs w/Marinara ◆ Roasted Potatoes ◆ Seasonal Vegetable ◆ Seasonal Fruit ◆ Whole Grain Hoagie Roll ◆ 1% Milk	◆ Turkey Salad ◆ Carrot Raisin Salad ◆ Wheat Crackers ◆ Pineapple ◆ 1% Milk	◆ Garlic Tilapia ◆ Roasted Potatoes ◆ Collard Greens ◆ Dinner Roll w/ margarine ◆ Strawberries ◆ 1% Milk	◆ Baked Cheese Ziti ◆ Steamed Green Beans and Mushrooms ◆ Garlic Breadstick ◆ Orange ◆ 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.**

NORTH VALLEY SENIOR CENTER

# 4TH OF JULY CELEBRATION

JOIN US FOR FOOD,  
MUSIC, AND FUN!

MONDAY, JULY 3, 2023

1:30PM-3:30PM

