

**March 2023**

*Join  
us!*

## North Valley Gardening Club

IF YOU LOVE FRESH  
FRUITS AND VEGGIES AND  
WANT TO GET YOUR  
HANDS DIRTY, WE INVITE  
YOU TO JOIN NORTH  
VALLEY'S GARDEN CLUB.

**Interested in joining!**

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



Coming in soon in

**April** 

- **04/04: Santuario de Chimayo Trip**
- **04/07: UNM Fall Prevention Course**
- **04/14: Senior Tech Connect Fair Trip @ Palo Duro Senior Center**

### 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

**3/01: diverse IT Computer Classes**

**3/06: ABQ Choir Magic**

**3/10: Hearing Screenings w/ Beltone**

**3/13: Life Saver Course**

**3/15: Breakfast w/ Morada**

**3/23: Gutierrez-Hubbell House and Lunch Trip**

**3/24: Fluid Acrylic Art Therapy Class**

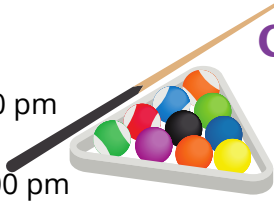
Accredited by



National Institute of  
Senior Centers

## Monday

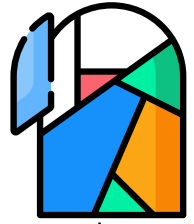
Fitness Room 8:00 am -5:00 pm  
 Billiards 8:00 am - 5:00 pm  
 Hand Quilting 8:00 am - 2:00 pm  
 Enhanced Fitness 8:15 am - 9:15 am  
 Pottery 8:00 am - 11:30 am  
 Yang Tai Chi 9:30 am- 10:30 am  
 Photo Club 10:00 am - 11:30 am 1st & 3rd  
 Tarde de Oro Dance Group 9:30 am - 11:00 am  
 Fishing Club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



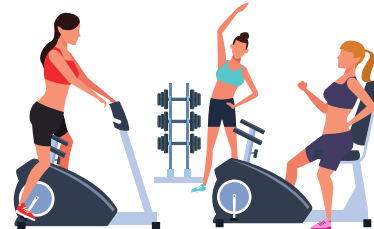
## Wednesday

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 - 12:30 pm  
 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.

## Monthly Birthday Party!

Come Celebrate with us!

**Tuesday, March 7, 2023**

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

Sponsored by



## New Mexico Department of Veterans Services

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

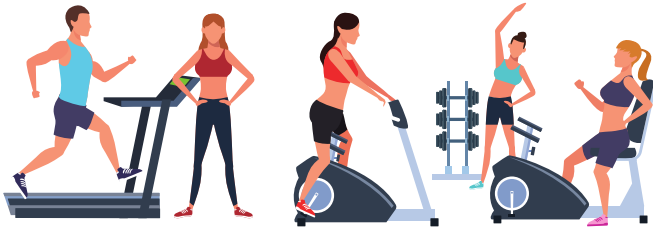
**Wednesday, March 29th, 2023**

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



## 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.



## Senior Citizen Law Office

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

**Wednesday, March 29, 2023**

**9:00am - 11:00am**

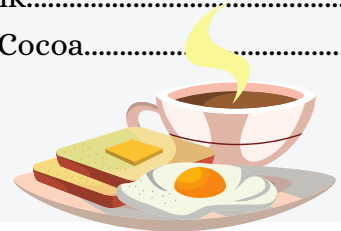


## Breakfast Menu

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



## Shot Clinics

Covid Vaccine and Covid Booster  
No appointments necessary.

**Friday, March 17, 2023 from**

**8:00am-11:30am and**

**Monday, March 27, 2023**

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

Sponsored by



## Life Saver Course

Join the Albuquerque Fire Rescue team in a life saver course that focuses on bleeding control, teaches hands only CPR, how to use an AED, and opioid intervention.



Monday, March 13, 2023  
starts at 2:00pm  
Sign up at the front desk!

## Breakfast w/ Morada Assisted Living

Enjoy a **FREE** breakfast courtesy of Morada Assisted Living.



Wednesday, March 15, 2023

8:00am – 9:00am

\*Regular breakfast will not be available. Menu will be announced soon!



## Meet and Walk

North Valley Senior Center is looking to start a walking club. Seniors would meet 2-3 times a week at a chosen location and walk together. All levels are welcomed to join.



Visit the front desk!

\*More information on walking locations and times will be announced soon.

## ABQ Choir Magic

ABQ Choir Magic will be performing at North Valley Senior Center on Monday, March 6, 2023 from 11:30am-12:30pm.



## Hearing Screenings

Beltone Board will be providing hearing screening at no cost on **Friday, March 10, 2023**. Appointments are required.

Screenings 10:00am – 12:00pm  
Sign up at the front desk!



## Gutierrez-Hubbell House and Lunch Trip

Thursday, March 23, 2023

Join us on a guided tour of the historic Gutierrez Hubbell House located in the South Valley. Admission is free! Lunch stop will be at El Sarape 2 Restaurant. Lunch will be at your own expense.



Check in - 9:15 am  
Depart - 9:30 am  
Return - Approx. 1:00pm  
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.

Fact vs. Fiction  
Wednesday, March 1, 2023  
from 9:00am-10:00am



Gone Phishing  
Wednesday, May 10, 2023  
from 9:00am - 10:00am



Sign up at the front desk!

## Table Tennis

Due to limited space and new programming, Table Tennis will only be available Fridays from 8:00am-12:00pm and Sundays from 12:30pm-4:30pm.



Please remember check in at the front desk!



## Sunday Afternoon Dances

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



Sunday, March 5th - Chile Bean Express  
Sunday, March 12th - Desert Springs  
Sunday, March 19th - Milagro  
Sunday, March 26th - Tino's Band

## Friendship Coffee



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

**Wednesdays - 8:30am-10:30am**  
**Monday, March 13, 2023 - 11:00am-1:00pm**  
Thank you to the following Sponsors:

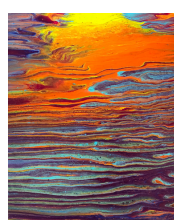


## Fluid Acrylic Art Therapy

w/ local artist Barb Cloud

Come be an artist! This art class is therapeutic fun and relaxation with acrylic paint colors. **No experience necessary!** Just bring a great attitude and an old t-shirt/apron and join the fun!

**Friday, March 24, 2023 from 10:00am - 11:30am.**



**\$20 session includes 8 x 10 canvas, paint, and materials needed. Sign up at the front Desk!**

## 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:

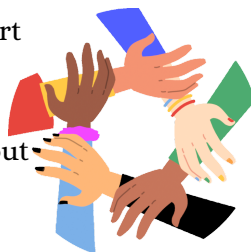
- Peace of mind
- improves health
- brings joy

**Mondays starting March 6, 2023**  
from 2:00pm-3:00pm



## 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.



**Mondays, starting March 6, 2023**  
**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, March 28, 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
27	28	1	2	3
<ul style="list-style-type: none"> <li>◆ Salisbury Steak</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>◆ Beef Fajitas</li> <li>◆ Tortilla</li> <li>◆ Spinach</li> <li>◆ Pinto Beans</li> <li>◆ Seasonal Fruit</li> <li>◆ 1% Milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Seasoned Baked Chicken</li> <li>◆ Mashed Potato</li> <li>◆ Seasonal Vegetable</li> <li>◆ Seasonal Fruit</li> <li>◆ Dinner Roll</li> <li>◆ 1% Milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Chile Dog w/Cheese</li> <li>◆ Tatar Tots</li> <li>◆ Seasoned Roasted Corn</li> <li>◆ Seasonal Fruit</li> <li>◆ 1% Milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Cajun Garlic Butter Tilapia</li> <li>◆ Orzo w/ Diced Tomatoes</li> <li>◆ Seasonal Vegetable</li> <li>◆ Seasonal Fruit</li> <li>◆ 1% Milk</li> </ul> 
6	7	8	9	10
<ul style="list-style-type: none"> <li>◆ Beef Stroganoff/Pasta</li> <li>◆ Steamed Carrots</li> <li>◆ Broccoli</li> <li>◆ Croissant w/Margarine</li> <li>◆ Apricots</li> <li>◆ 1% Milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Chicken Fajitas Beef/Fajita Blend</li> <li>◆ Flour Tortilla</li> <li>◆ Calabacitas</li> <li>◆ Spanish Rice</li> <li>◆ Seasonal Fruit: Mandarin Orange</li> <li>◆ 1% Milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Sliced Ham</li> <li>◆ Blackeye Peas</li> <li>◆ Seasonal Vegetable: Okra/Diced tomatoes</li> <li>◆ Yogurt</li> <li>◆ 1% Milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Meatloaf w/Tomato Gravy</li> <li>◆ Rosemary Potatoes</li> <li>◆ Green Beans</li> <li>◆ Grapes</li> <li>◆ 1% Milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Blackened Tilapia</li> <li>◆ Ancient Grains</li> <li>◆ Green Peas</li> <li>◆ Whole Wheat Roll w/Margarine</li> <li>◆ Sliced Peached</li> <li>◆ 1% Milk</li> </ul> 
13	14	15	16	17
<ul style="list-style-type: none"> <li>◆ Baked Chicken w/Gravy</li> <li>◆ Mashed Potato</li> <li>◆ Seasonal Vegetable: Italian Vegetable</li> <li>◆ Seasonal Fruit: Mixed Fruit</li> <li>◆ Dinner Roll w/Margarine</li> <li>◆ 1% Milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Bean and Rice Burrito w/Red Chile Sauce</li> <li>◆ Street Roasted Corn</li> <li>◆ Fajita Blead Peppers</li> <li>◆ Banana</li> <li>◆ 1% Milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Pork Chop w/Gravy</li> <li>◆ Lemon Herb Rice</li> <li>◆ Beets</li> <li>◆ Pears</li> <li>◆ 1% Milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Lentil Minestrone Soup</li> <li>◆ Seasonal Vegetable: Succotash</li> <li>◆ Bread Stick</li> <li>◆ Seasonal Fruit: Peaches</li> <li>◆ 1% Milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Comed Beef</li> <li>◆ Diced Potatoes</li> <li>◆ Steamed Cabbage</li> <li>◆ Cookie</li> <li>◆ 1% Milk</li> </ul> 
20	21	22	23	24
<ul style="list-style-type: none"> <li>◆ Chicken &amp; Sausage Jambalaya w/Peppers &amp; Onions</li> <li>◆ Collard Greens</li> <li>◆ Brown Rice</li> <li>◆ Sliced Apples</li> <li>◆ 1% Milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Salisbury Steak w/Brown Gravy</li> <li>◆ Rosemary Potatoes</li> <li>◆ Sliced Carrots</li> <li>◆ Pineapple</li> <li>◆ Dinner Roll w/Margarine</li> <li>◆ 1% Milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Turkey Pot Pie/Vegetables/Biscuit</li> <li>◆ Diced Potatoes</li> <li>◆ Seasonal Vegetables: Zucchini</li> <li>◆ Peaches</li> <li>◆ 1% Milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Pork Loin Roast w/Gravy</li> <li>◆ Sweet Potatoes</li> <li>◆ Cauliflower/Broccoli</li> <li>◆ Yogurt</li> <li>◆ 1% Milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Breaded Cod/Tartar Sauce</li> <li>◆ Rice Pilaf</li> <li>◆ Seasonal Vegetable: Beets</li> <li>◆ Seasonal Fruit: Strawberries</li> <li>◆ 1% Milk</li> </ul> 
27	28	29	30	31
<ul style="list-style-type: none"> <li>◆ Rotisserie Chicken</li> <li>◆ Garlic Angel Hair Pasta</li> <li>◆ Green Beans</li> <li>◆ Dinner Roll w/Margarine</li> <li>◆ Diced Pears</li> <li>◆ 1% Milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Pasta Primavera: Pen-na/Mariana/Fajita Blend/Mozzarella</li> <li>◆ Steamed Broccoli/Cauliflower/Carrots</li> <li>◆ Bread Stick</li> <li>◆ Cantaloupe</li> <li>◆ 1% Milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Sliced Ham/Macaroni and Cheese</li> <li>◆ Roasted Brussel Sprouts</li> <li>◆ Stewed Tomatoes</li> <li>◆ Oranges</li> <li>◆ 1% Milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Red Beef Enchiladas-Red Chile/Beef/Cheese/Corn Tortilla</li> <li>◆ Pinto Beans</li> <li>◆ Calabacitas</li> <li>◆ Seasonal Fruit: Grapes</li> <li>◆ 1% Milk</li> </ul> 	<ul style="list-style-type: none"> <li>◆ Garlic Buttered Salmon</li> <li>◆ Brown Rice</li> <li>◆ Okra/Tomatoes/Onions</li> <li>◆ Vanilla Pudding</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.**