

December 2022

ONE ALBUQUE RQUE senior affairs

NORTH VALLEY SENIOR CENTER

INVITES YOU TO
CELEBRATE THE HOLIDAYS WITH US!
TUESDAY, DECEMBER 20, 2022

MUSIC BY CHUNDA
4:30 PM - 6:30 PM

COME SEE THE LUMINARIAS AND CHRISTMAS LIGHTS. ENJOY HOT CHOCOLATE AND BISCOCHITOS!
4:00 PM - 6:30 PM

ARTS AND CRAFTS FAIR
COME SUPPORT OUR SENIORS AND DO SOME HOLIDAY SHOPPING!
4:00 PM - 6:30 PM



All City of Albuquerque Senior Meal Sites, as well as Senior, Multigenerational and 50+ Sports and Fitness Centers will be CLOSED Thursday, December 8, 2022 for a mandatory department-wide staff training. In Observance of Christmas Day North Valley will be closed December 25th & 26th.

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.

Center Hours

Mon., Wed., Thur., Friday: 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

Maryann De La O, Kitchen Aid

Victoria Hernandez, General Services

Special Dates & Announcements

- 12/01: Luminaria Making Party**
- 12/02: Old Town Holiday Stroll Trip, Tree Trimming**
- 12/08: Center Closed for Staff Training**
- 12/14: Breakfast w/Morada**
- 12/20: Holiday Celebration, Arts & Craft Fair**
- 12/22: Abuelitos y Niños Holiday Movie, Elf (2003)**
- 12/25 & 26: Center Closed for Christmas**

Accredited by



National Institute of Senior Centers

Monday

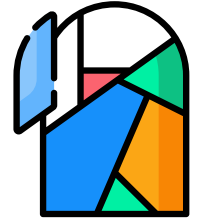
Fitness Room 8 am -5 pm
 Billiards 8 am - 5 pm
 Hand Quilting 8 am - 2 pm
 Enhanced Fitness 8:15 am - 9:15 am
 Pottery 8 am - 11:30 am
 Tai Chi 9:30 am- 10:30 am
 Photo Club 10 am - 11:30 am 1st & 3rd
 Tarde de Oro Dance Group 9:30 am - 11:00 am
 Fishing Club Meeting 10 am- 11am
 Poker 12 noon - 4 pm
New: NM Department of Veterans Services 12:30pm - 4:00pm Last Monday



Computer Lab available during business hours

Thursday

Fitness Room 8 am - 5pm
 Billiards 8 am - 5 pm
 Senior Law Office 9 - 11 am 3rd
 Belts & Blocks Yoga 9:00am -10:00am
 Stained Glass Class 9 am - 12 noon
 Poker 12 noon - 4 pm
 Table Tennis 1:00 - 4:45pm
New time! Canasta Hand & Foot 1:15 - 4:30 pm
 Dance for Parkinson's 2:00 - 3:00pm 1st & 3rd
 Dahn Yoga 3:15 pm - 4:15 pm
New Member Orientation 2nd Thursday 10 - 11am



Tuesday

Fitness Room 8 am -7 pm
 Billiards 8 am - 7 pm
 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
 Reflexology 1pm - 3pm
New time! Canasta Hand & Foot 1:15pm -5 pm
NEW:Dance Class 2:00pm-3:00pm
 Dahn Yoga 3:15 pm -4:15 pm
 Zumba 5:30 pm - 6:30 pm



Friday

Fitness Room 8 am - 5 pm
 Billiards 8 am - 5pm
 Enhanced Fitness 8:15 am - 9:15 am
NEW:Chair Yoga 10:00am-11:00am
will resume in January
 Reflexology 11 am- 1 pm
will resume in January
 Poker 12 noon - 4 pm
 Pottery Open Lab 12 noon - 3 pm
 Tai Chi 9:30 - 10:30 am
NEW: Zumba 3:30 pm- 4:30pm



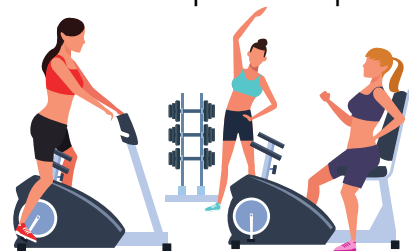
Wednesday

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
 Stained Glass Class 9 am - 12 noon
 Arts & Crafts Sharing 10 am - 12 noon
 Music w/ Caramba 10:30 am - 12:30 pm
 Poker 12 noon - 4 pm
 Bingo 2 pm - 4 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 - 5pm
 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.

Get Ready for Tax Season!

ARP Foundation Tax-Aide will be returning to North Valley Senior Center on Thursdays this upcoming year to provide free tax assistance to our members and our community.



Appointments begin on February 2, 2023, and conclude on April 13, 2023. Please see us at the front desk after January 2, 2023, to find out more about setting an appointment and to pick up the forms you need to complete before your tax appointment.

New Mexico Department of Veterans Services

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

Last Monday of the Month
12:30pm-4:00pm



Department of Senior Affairs Medicare Fair

Learn all about Medicare eligibility, enrollment and other affordable options. Ask the experts about benefits and features for 2023 and make sure your plan is right for you.

Participants can enter to win randomly-drawn door prizes. No enrollment obligation to enter to win door prizes, and no personal information will be disclosed for solicitation.

North Valley Senior Center
Thursday, December 1, 2022
9:00am – 11:00am

UNDERSTANDING

Medicare



Luminaria Making Party!

Let's make Luminarias! Join us for a more than 300-year tradition of glowing brown sacks that adorn New Mexico walkways, churches and homes.

North Valley Senior Center
Thursday, December 1, 2022
9:00am – 11:00am

Senior Citizen Law Office

Power of Attorney and General Legal Clinic. Call Senior Law Office at to schedule an appointment.

3rd Thursday
9:00am - 11:00am
(505)265-2300



Monthly Birthday Party!

Come Celebrate with us!

Tuesday, December 6, 2022

11:30am - 12:30am

Sponsored by



DEPARTMENT OF SENIOR AFFAIRS
ANNUAL

Festive Holiday Luncheon

Sunday, December 25, 2022
11 AM - 1 PM

Join us for lots of holiday cheer, live music entertainment and a traditional holiday lunch at

Los Volcanes Senior Center
6500 Los Volcanes NW 87121

\$4 Per Person

Call for Reservation & Pre-Payment Details:
505-767-5999

cabq.gov/seniors

ONE ALBUQUE RQUE

Tree Trimming

Let's get ready for the Holidays! Come help us decorate the center's Christmas tree!

Enjoy free refreshments and Holiday music.



Friday, December 2, 2022

9:30am-11:00am

Shot Clinic

Covid Vaccine and Covid Booster

No appointments necessary.

Monday, December 19, 2022

1:00pm- 4:00pm

Sponsored by

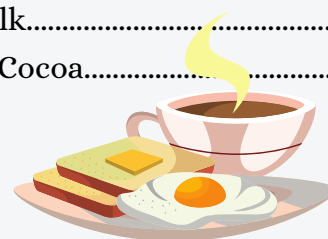


Breakfast Menu

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



Sunday Afternoon Dances

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



Sunday, December 4th - Enchanted 4
Sunday, December 11th - Desert Springs
Sunday, December 18th - Tino's Band
Sunday, December 25th - No Dance (Holiday)

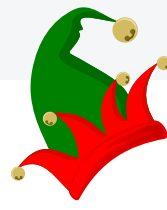
Breakfast w/ Morada Assisted Living

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

Wednesday, December 14, 2022
8:00am – 9:00am



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



Abuelitos y Niños Holiday Movie Thursday, December 22, 2022



Winter break is here! Bring your grandkids and enjoy a free movie! Refreshments will be served!
Movie starts promptly at 9:30am



Friendship Coffee

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

Wednesday, December 14th and 21st
8:30am-10:30am

Thank you to the following Sponsors:



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, December 27
9:00am - 12:00pm



ONE ALBUQUERQUE



NEW Items Needed:

- Socks
- Cleaning Supplies/Laundry Soap
- Slippers/Robes
- Word Search (Large Print)
- Large Puzzles
- Adult Coloring Books/Crayons
- Calendars
- Manicure Sets
- Adult Depends
- Tissue/Toilet Paper
- Protein Drinks/Low Sodium/Sugar Free Snacks (breakfast bars, crackers, etc.)
- Large Gift Bags

NEW & UNUSED ITEMS ONLY PLEASE

Senior Affairs
cabq.gov/seniors
505-764-6400

'Tis The Season For Giving

Annual Senior Holiday Donation Drive

The Annual Senior Holiday Donation Drive is collecting donations of NEW items to share with seniors in need this holiday season.

The donations are delivered through the Senior Affairs Care Coordination program to homebound older adults. Help spread some holiday cheer with your generous donations.

Drop off locations until December 16:




















- Any City of Albuquerque Senior or Multigenerational Centers
- Old Town APD substation (Rio Grande Blvd. & Cenral Ave.)

For more information or drop off location hours and directions, call 505-764-6400.

cabq.gov/seniors

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



Monday	Tuesday	Wednesday	Thursday	Friday
5	6	7	8	9
<ul style="list-style-type: none"> ◆ Salisbury Steak/Mashed Potatoes w/Gravy ◆ Sliced Carrots ◆ Diced Beets ◆ Apricots ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Macaroni & Cheese w/ Steamed Broccoli ◆ Seasonal Vegetable ◆ Stewed Tomatoes ◆ Greek Yogurt ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Green Chile Chicken Tamales ◆ Pinto Beans ◆ Calabacitas ◆ Fresh Seasonal Fruit ◆ 1% Milk 	CLOSED	<ul style="list-style-type: none"> ◆ Sesame Beef w/Pepper & Onions ◆ Chow Mein Noodles ◆ Stir Fry Vegetables ◆ Fortune Cookie ◆ 1% Milk 
12	13	14	15	16
<ul style="list-style-type: none"> ◆ Seasoned Baked Salmon/Rice Pilaf ◆ Succotash ◆ Seasonal Vegetable ◆ Fresh Seasonal Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Cajun Chicken & Sausage Jambalaya w/ Peppers & Onion ◆ Brown Rice ◆ Okra w/ Diced Tomatoes ◆ Orange ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Beef Tips w/Gravy/ Bowtie Pasta ◆ Garlic Brussel Sprouts ◆ Peach Crisp ◆ Croissant/Margarine ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Seasoned Pork Loin w/ Gravy/Mashed Sweet Potatoes ◆ Seasonal Vegetable ◆ Warmed Sliced Apples ◆ Dinner Roll w/Margarine ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Baked Ziti ◆ Steamed Broccoli ◆ Garlic Breadstick ◆ Pear ◆ 1% Milk 
19	20	21	22	23
<ul style="list-style-type: none"> ◆ Breaded Cod/Tartar Sauce ◆ Crinkle Cut Fries ◆ Steamed Spinach ◆ Mixed Fruit ◆ Whole Grain Dinner Roll w/Margarine ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Chicken Pot Pie ◆ Ancient Rice ◆ Steamed Broccoli ◆ Peaches ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Pasta Primavera ◆ Green Beans ◆ Garlic Breadstick ◆ Greek Yogurt ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Red Chile Pork Tamales ◆ Calabacitas ◆ Pinto Beans ◆ Pineapple ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Roast Beef w/Gravy ◆ Mashed Potatoes ◆ Peas w/Carrots ◆ Strawberries w/ Pound Cake ◆ Dinner Roll w/Margarine ◆ 1% Milk 
26	27	28	29	30
<p>Closed for Christmas</p> 	<ul style="list-style-type: none"> ◆ Cheese Omelet W/ Roasted Potatoes ◆ Stewed Tomatoes ◆ Whole Grain Biscuit ◆ Mandarin Oranges ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Breaded Cod over Brown Rice ◆ Green Beans ◆ Caluliflower w/ Red Peppers ◆ Fresh Seasonal Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Green Chile Chicken Posole ◆ Calabacitas ◆ Steamed Cabbage ◆ Flour Tortilla ◆ Rice Pudding ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Sliced Ham w/ Pineapple Glaze / Sweet Mashed Potatoes ◆ Collard Greens and Black eyed Peas ◆ Cornbread ◆ Grapes and a Fortune Cookie ◆ 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.