

November 2022



**Veterans Day
Celebration**

**JOIN US FOR
LIVE MUSIC, FOOD AND
FUN!**

**THURSDAY,
NOVEMBER 10TH
1:30-4:00PM**

FREE!

**HONORING
ALL
WHO SERVED**



**In Observance of
Thanksgiving Day
North Valley
will be closed**

November 24th & 25th

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**

11/02: Railrunner and Tomasita's Trip,

**11/10: New Member Orientation, Veterans
Celebration**

11/11: Center Closed for Veterans Day

11/15: Movie Matinee, The Blind Side

10/16: Breakfast w/Morada

11/19: Artisan Fair @ Manzano Mesa

11/24 & 25: Center Closed for Thanksgiving

11/29: Hearing Presentation

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
 Canasta Hand & Foot 1 pm - 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
 Reflexology 11 am- 1 pm **will resume in December**
 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.

Annual Thanksgiving Luncheon

Thursday November 24, 2022
Hosted by Palo Duro Senior Center
5221 Palo Duro Ave, NE

Thanksgiving Lunch Tickets are \$4.00,
please contact Palo Duro Senior Center
at 505-888-8102 for payment and
reservation information.



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

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



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



Monthly Birthday Party!

Come Celebrate with us!

Tuesday, November 15, 2022

11:30am - 12:30am

Sponsored by



South Valley Día de Los Muertos Parade Trip

Join us for this colorful annual parade featuring floats and well costumed Calavera participants!



*Face painting from 1pm-1:30pm

Sunday, November 6, 2022

Check in- 1:00pm

Depart- 1:30pm

Return- Approx. 4:30pm

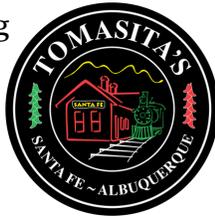
Sign up at the front desk!

Railrunner and Tomasita's Trip

Join us for lunch in Santa Fe! We will be taking the NM Railrunner and having lunch at Tomasita's.

Wednesday, November 2, 2022

***Lunch at own expense**



Check in- 8:50am

Depart- 9:05am

Return- Approx. 2:30pm

Sign up at the front desk!



Old Town Holiday Stroll Trip

Set the holiday Season in motion with entertainment, dining, shopping and more!



Friday, December 2, 2022

Check in- 4:00pm

Depart- 4:15pm

Return- Approx. 8:30pm

Sign up at the front desk!

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

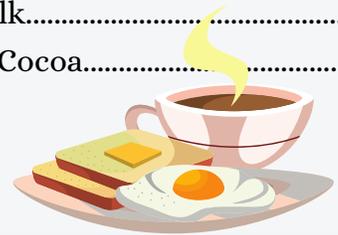
Oatmeal w/milk..... .70

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

Drinks

Orange Juice or Milk..... .25

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



Shot Clinic

Covid Vaccine and Covid Booster

No appointments necessary.

Monday, November 14, 2022

1:00pm- 4:00pm

Sponsored by



Sunday Afternoon Dances

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



Sunday, November 6th - Paul Pino
& The Tone Daddies

Sunday, November 13th - La Raza

Sunday, November 20th - De Luz

Sunday, November 27th - Milagro

Bernalillo County Treasure Outreach

Have questions about your property taxes? Staff will be on hand to answer any questions you might have.

Monday, November 7, 2022

11:00am – 1:00pm



Breakfast w/ Morada Assisted Living

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

Wednesday, November 16, 2022

8:00am – 9:00am



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



Hearing Presentation

Join a Beltone Board hearing specialist in a presentation that addresses the importance of getting your hearing checked and monitored.

Tuesday, November 29, 2022

1:30pm – 2:30pm

Sign up at the front desk!

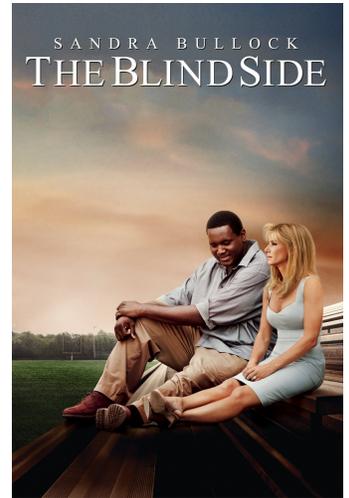


Movie Matinee!

Monday, November 21, 2022



Come and enjoy a free movie! Refreshments will be served! Movie starts promptly at 1:30pm



Ageless Artisan Craft Fair Winter Edition

Come shop and support our senior artists! The Ageless Artisan Fair will feature unique, one of kind items such as tin art, wood work, ceramics, photography, mixed media, jewelry, and much more!

NOVEMBER 19, 2022 | 9AM – 1PM

MANZANO MESA MULTIGENERATIONAL CENTER 501 ELIZABETH SE 87123



Transportation available

Sign up at the front desk!

NEW

Dance Class w/ Jacqueline Bequette

Join our new dance class! Come learn different styles of dancing, including ballroom dance, waltz, tango, swing, rumba, cha cha, salsa, bolero, and much more!



Tuesdays from 2:00pm-3:00pm
\$1 per person

NEW **Chair Yoga Class**

\$5 per class



Fridays, starting November 4, 2022
10:00am-11:00am

Sign up at the front desk!

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



Friendship Coffee

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

Wednesdays

8:30am-10:30am

Thank you to the following Sponsors:



NEW

Crochet Class

Join the NVSC Happy Crafters group for a 4-week class.

This series will focus on crochet stitches, basic knowledge on the process of crocheting, and learn how to read crotchet patterns.



Wednesdays, starting
November 9, 2022
10:00am-12:00pm

Sign up at the front desk!

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.

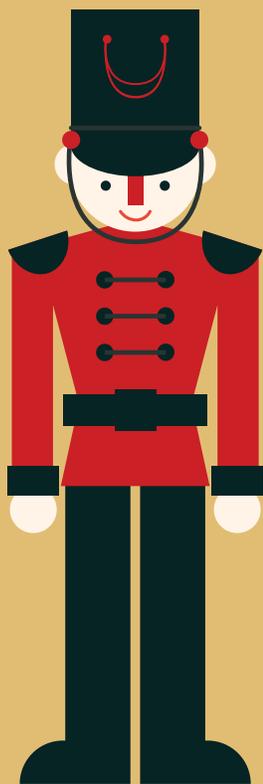


Tuesday, October 22

Wednesday, October 23

8:30am - 12:00pm

**NORTH VALLEY
SENIOR CENTER**



INVITES YOU TO
**CELEBRATE THE
HOLIDAYS WITH
US!**

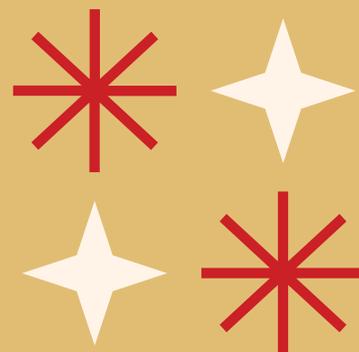
TUESDAY, DECEMBER 20, 2022

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



**COME SEE THE LUMINARIAS
AND CHRISTMAS LIGHTS.
ENJOY HOT CHOCOLATE
AND BISCOCHITOS!**

4:00PM-6:30PM



**ARTS AND CRAFTS
FAIR**

**COME SUPPORT OUR SENIORS
AND DO SOME HOLIDAY
SHOPPING!**

4:00PM-6:30PM



We reserve the right to alter the menu due to food availability, which includes closures due to inclement weather or any emergency.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>7</p> <ul style="list-style-type: none"> ◆ Salisbury Steak W/ Gravy ◆ Mashed Potatoes ◆ Green Beans ◆ Seasonal Fruit ◆ Whole Grain Dinner Roll W/Margarine ◆ 1% Milk  	<p>8</p> <ul style="list-style-type: none"> ◆ Sweet & Sour Chicken W/Stir Fry Vegetables ◆ Seasonal Vegetables ◆ Brown Rice ◆ Fortune Cookie ◆ 1% Milk  	<p>9</p> <ul style="list-style-type: none"> ◆ Cheese Omelet W/ Mushrooms ◆ Stewed Tomatoes ◆ Diced Potatoes ◆ Whole Grain Biscuit W/Margarine ◆ 1% Milk  	<p>10</p> <ul style="list-style-type: none"> ◆ BBQ Pork ◆ Roasted Sweet Potatoes ◆ Collard Greens ◆ Watermelon ◆ Whole Grain Dinner Roll W/Margarine ◆ 1% Milk  	<p>11</p> <p style="text-align: center;">Closed Veterans Day</p>
<p>14</p> <ul style="list-style-type: none"> ◆ Lemon Garlic Salmon/ Ancient Grain Blend ◆ Green Beans ◆ Succotash ◆ Seasonal Fruit ◆ 1% Milk  	<p>15</p> <ul style="list-style-type: none"> ◆ Meatballs W/Marinara Sauce ◆ Steak Fries ◆ Seasonal Vegetables ◆ Banana ◆ Whole Grain Hoagie Roll ◆ 1% Milk  	<p>16</p> <ul style="list-style-type: none"> ◆ Baked Seasoned Chicken W/Rice Pilaf ◆ Diced Beets ◆ Roasted Brussel Sprouts ◆ Chocolate Pudding ◆ 1% Milk  	<p>17</p> <ul style="list-style-type: none"> ◆ Carne Adovada ◆ Spinach & Onions ◆ Pinto Beans ◆ Flour Tortilla ◆ Seasonal Fruit ◆ 1% Milk  	<p>18</p> <ul style="list-style-type: none"> ◆ Pasta Primavera W/Stir Fry Vegetables & Alfredo Sauce ◆ Steamed Zucchini ◆ Breadstick ◆ Seasonal Fruit ◆ Yogurt ◆ 1% Milk 
<p>21</p> <ul style="list-style-type: none"> ◆ Breaded Cod W/ Tartar Sauce over Brown Rice ◆ Spinach W/Onions ◆ Cauliflower ◆ Seasonal Fruit ◆ 1% Milk  	<p>22</p> <ul style="list-style-type: none"> ◆ Cheese Omelet W/ Mushrooms ◆ Stewed Tomatoes ◆ Hash Browns ◆ Whole Grain Biscuit W/Margarine ◆ Mandarin Oranges ◆ 1% Milk  	<p>23</p> <ul style="list-style-type: none"> ◆ Roasted Turkey W/ Combread Stuffing & Gravy ◆ Seasoned Green Beans ◆ Bake Yams W/ Marshmallows  ◆ Dinner Roll W/ Margarine & Cranberry Sauce ◆ Pumpkin Empanada & Pumpkin Pie 	<p>24</p> <p style="text-align: center;">Holiday Closed</p> <p>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.</p> 	<p>25</p> <p style="text-align: center;">Holiday Closed</p> <p>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.</p> 
<p>28</p> <ul style="list-style-type: none"> ◆ Breaded Catfish W/ Tatar Sauce over Brown Rice ◆ Stewed Tomatoes ◆ Collard Greens ◆ Pineapple ◆ 1% Milk  	<p>29</p> <ul style="list-style-type: none"> ◆ Spaghetti W/Meat Sauce ◆ Sliced Mushrooms ◆ Italian Blend Vegetables ◆ Seasonal Fruit ◆ 1% Milk  	<p>30</p> <ul style="list-style-type: none"> ◆ Pork Chop W/ Roasted Sweet Potatoes ◆ Green peas ◆ Seasonal Vegetables ◆ Applesauce ◆ 1% Milk  	<p>Dec. 1</p> <ul style="list-style-type: none"> ◆ Cheeseburger ◆ Diced Tomatoes ◆ Bell Peppers W/ Onions ◆ Mixed Fruit ◆ Whole Grain Hamburger Bun ◆ 1% Milk  	<p>Dec. 2</p> <ul style="list-style-type: none"> ◆ BBQ Baked Chicken W/Ancient Grains ◆ Green Beans ◆ Corn ◆ Croissant W/ Margarine ◆ Grapes ◆ 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.