

October 2022



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

Vacant- Program Assistant

Vacant - Program Assistant

Melinda Sena, Cook

Maryann De La O, Kitchen Aid

Victoria Hernandez, General
Services

Special Dates & Announcements

10/8: UNM Football Trip

10/10: Indigenous People's Day, Center Closed

10/11: Prime Time Expo

10/19: Railrunner and Tomasita's Trip

10/31: Halloween Costume Party

"Fall

IS PROOF THAT CHANGE IS
BEAUTIFUL."



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
Chair Yoga 2 - 3 pm
Gentle Hatha Yoga 3:45 pm - 4:45 pm



Computer Lab available during business hours

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
Dahn Yoga 3:15 pm -4:15 pm
Zumba 5:30 pm - 6:30 pm



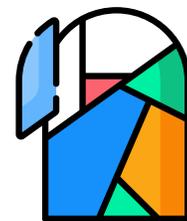
Wednesday

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
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
Chair Yoga 2 - 3 pm



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



Friday

Fitness Room 8 am - 5 pm
Billiards 8 am - 5pm
Enhanced Fitness 8:15 am - 9:15 am
Reflexology 11 am- 1 pm **will resume in November**
Poker 12 noon - 4 pm
Pottery Open Lab 12 noon - 3 pm
Tai Chi 9:30 - 10:30 am
Chair Yoga 2 - 3 pm
NEW: Zumba 3:30 pm- 4:30pm



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.

Monthly Birthday Party!

Come Celebrate with us!
Tuesday, October 18, 2022
11:30am - 12:30am

Sponsored by



26th Annual Prime Time Expo Trip

FREE HEALTH SCREENINGS, ENTERTAINMENT AND MUCH MORE!

October 11, 2022 | 8am-1:30pm | Embassy Suites

Check in- 8:00am

Depart- 8:15am

Return- Approx. 1:30pm

Sign up at the front desk!

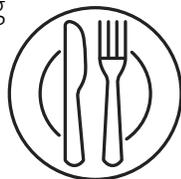


Railrunner and Tomasita's Trip

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

Wednesday, October 19, 2022

***Lunch at own expense**



Check in- 9:00am

Depart- 9:15am

Return- Approx. 2:30pm

Sign up at the front desk!

New Mexico Department of Veterans Services

Last Monday of the Month

12:30pm-4:00pm

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



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, October 24, 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, October 2nd - Enchanted 4
Sunday, October 9th - NO DANCE
Sunday, October 16th - Amistad
Sunday, October 23rd - Desert Springs
Sunday, October 30th - Chile Bean Express

Let's Get Spooky!

Come join us for a
FA-BOO-LOUS
pumpkin decorating party.

**FOOD
&
FUN!**

**Thursday, October 27, 2022
11:30am- 1:00pm**



Sponsored by



**WE LOVE
VOLUNTEERS**

Volunteers Needed!

North Valley Senior Center needs your help!

- Volunteer Drivers and Chaperones for trips
- Volunteers for Special events:
 - Help set up, servers, clean up, etc.

Please consider volunteering we could really use the extra hands.

For more information call 505-761-4025 or stop by the front desk.

Medicare 101

All about Medicare! Medicare enrollment and assistance with Deborah L Bisnett.

**Thursday, October 20, 2022
10:00am – 12:00pm**

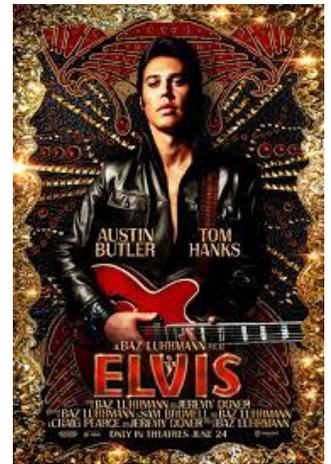


Movie Night!

Tuesday, October 18, 2022



**Come and enjoy a free movie! Refreshments will be served!
Movie starts at 4:00pm**



Elvis 2022



Matter of Balance: Fall Prevention class

Are you worried about falling? Join Oasis of Albuquerque in their fall prevention class from **September 29 to November 17, 2022.**

Thursdays from 10:30am-12:30am.

Last day to sign up is October 6th, 2022.

Visit the front desk!



Learn how to:

- Reduce your fall risk factors
- Increase your activity levels
- Reduce your fear of falling

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



Christmas Arts & Craft Fair Sign up!

We are now accepting vendors for our Christmas Arts & Craft Fair in December. Tables can be purchased at the front desk starting October 3, 2022. Please note that **only handcrafted and artisan goods will be accepted!**



\$3.00 per table

Location- NVSC Social Hall

Date- Tuesday, December 20, 2022

Time- 4:00pm-6:30pM

Set up time-3:30PM

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 from 8:30am-10:30am

Monday, October 17th and 31st

8:30am-10:30am

Thank you to the following Sponsors:



UNM Football Game Trip

**FREE
ADMISSION**



Saturday, October 8, 2022

Check in- 3:30pm

Depart- 3:45pm

Return- Approx. 8:30pm

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 25, 2022

8:30am - 12:00pm



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.

ONE ALBUQUERQUE

OCTOBER 2022

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
3	4	5	6	7
<ul style="list-style-type: none"> ◆ Carne Adovada ◆ Spanish Rice ◆ Pinto Beans ◆ Roasted Corn ◆ Pineapple ◆ Flour Tortilla ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Beef Stroganoff ◆ Broccoli & Red Peppers ◆ Seasonal Vegetables ◆ Bread Stick ◆ Apricots ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Omelet w/ Fajita Blend ◆ Buttered Spinach ◆ Tater Tots ◆ Rice Pudding ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Meatloaf w/ Gravy ◆ Mashed Potatoes ◆ Brussel Sprouts ◆ Dinner Roll ◆ Seasonal Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Lemon Pepper Tilapia ◆ Rice Pilaf ◆ Zucchini & Red Peppers ◆ Seasonal Vegetables ◆ Grapes ◆ 1% Milk 
10	11	12	13	14
<p>CLOSED FOR INDIGENOUS PEOPLES DAY</p>	<ul style="list-style-type: none"> ◆ Sweet and Sour Pork ◆ Brown Rice ◆ Vegetable Blend ◆ Orange ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Frito Pie ◆ Pinto Beans ◆ Spinach ◆ Applesauce ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Breaded Catfish ◆ Crinkle Cut Fries ◆ Diced Tomato ◆ Collard Green ◆ Cherry Cobbler ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Baked Chicken ◆ Macaroni and Cheese ◆ Green Beans ◆ Seasonal Vegetables ◆ Cantaloupe ◆ 1% Milk 
17	18	19	20	21
<ul style="list-style-type: none"> ◆ Bratwurst w/ Onion & Peppers ◆ Diced Potatoes ◆ Stewed Tomatoes ◆ Diced Pears ◆ Hoagie Bun ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Sliced Turkey w/ Gravy ◆ Sweet Potatoes ◆ Beets ◆ Dinner Roll ◆ Banana ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Eggplant Parmesan ◆ Pasta w/ Marinara ◆ Carrots ◆ Broccoli ◆ Greek Yogurt w/ Peaches ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Garlic Butter Tilapia ◆ Brown Rice ◆ Green Peas ◆ Cauliflower ◆ Seasonal Fruit ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Green Chile Beef Stew ◆ Pinto Beans ◆ Calabacitas ◆ Cinnamon Apples ◆ Flour Tortilla ◆ 1% Milk 
24	25	26	27	28
<ul style="list-style-type: none"> ◆ Pasta Primavera ◆ Green Beans ◆ Garlic Bread ◆ Yogurt ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ BBQ Baked Chicken ◆ Collard Greens ◆ Seasonal Vegetables ◆ Croissant ◆ Cranberry Sauce ◆ Mandarin Oranges ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Salisbury Steak w/ Gravy ◆ Brown Rice ◆ Cauliflower ◆ Green Peas ◆ Strawberries ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Garlic Butter Salmon ◆ Orzo Pasta ◆ Carrots w/ Parsley ◆ Broccoli & Cauliflower ◆ Grapes ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Beef Tips w/ Gravy ◆ Pasta ◆ Corn w/ Red Peppers ◆ Brussel Sprouts ◆ Tapioca Pudding ◆ 1% Milk 
31	Nov. 1	Nov. 2	Nov. 3	Nov. 4
<ul style="list-style-type: none"> ◆ Red Swamp Water (Posole) ◆ Witches Potion ◆ Mystery Mix ◆ Bat Wings ◆ Ghostly Pumpkin ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Cheese Burger ◆ Tater Tots ◆ Diced Tomatoes ◆ Peppers & Onions ◆ Banana ◆ Hamburger Bun ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Baked Chicken ◆ Ancient Grains ◆ Broccoli ◆ 5-Way Vegetables ◆ Diced Pears ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Sliced Ham ◆ Macaroni & Cheese ◆ Sliced Zucchini ◆ Carrots ◆ Pineapple ◆ 1% Milk 	<ul style="list-style-type: none"> ◆ Catfish ◆ Sweet Potatoes ◆ Pinto Beans ◆ Collard Greens ◆ Grapes ◆ 1% Milk 